

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: February-23-16 1:21 PM
To: Fran Craig; Steve Baird; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mark Blenkinsop; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #412

Carleton Masters Swimming Newsletter #412 Tuesday, February 23rd, 2016

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2015, Winter 2016, and Alumni: 7:30am Earlybirds I (43 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (34 addresses), Saturday Only (2 addresses), Masters "Alumni" (41 addresses)



Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 8th**.
- For this term, 7:30am Earlybirds has 1 spot left, and 3 spots remain in the 6pm Whitecaps. The other groups have more space.
- There are **no workouts on Fri Mar 25th or Mon Mar 28th** (Easter). For Saturday swimmers, there is a workout on **Sat Mar 26th**.

Sauna Update

The **women's** sauna has an inspection later this week. If it passes, the permit to open will be granted! The **men's** sauna is on track to open around the end of the month. Thanks to **Fran Craig** (Welcome Centre) for the updates.

Swimmer Notes

Swimmer Updates:

- **Mélanie Héroux** (8:30am Earlybirds) was interviewed by CTV for the upcoming Polar Plunge for Special Olympics: <http://ottawa.ctvnews.ca/video?clipId=812356>. Great job, **Mélanie!** Last chance to sponsor her! Here are the details: It's at Algonquin College 9am-noon on **Sat Feb 27th**. She has an envelope at the pool for donations and you can also donate on-line: <https://secure.e2rm.com/registrator/FundraisingPage.aspx?registrationID=3209649>.

- **Robin Henderson** (7:30am Earlybirds) and her husband went swimming with manatees on their most recent trip to Florida. Robin says: "The manatees are very gentle and curious. If you stay still in the water, they come and check you out. If they like you, they look you in the eye, give your mask a kiss and roll over for you to pet them. The babies especially are playful. Quite a unique experience. Awesome." Here's a [photo](#).

- Carleton's System and Computer Engineering Department is holding a fourth year project fair in the University Centre Galleria (4th floor) on **Mon Mar 21st 2:30-5:30pm**. One of the projects is developing electronic coaching for blind athletes.

- **Carleton Parking Update:** Parking Services is now using "The Boot" (a wheel clamp) to assist in tracking down repeat parking violators and to limit the need to tow vehicles on campus.

- **Carleton University Relay for Life:** This is a Canadian Cancer Society Fundraiser being held in the Carleton Fieldhouse from **7pm Fri Mar 11th to 7am Sat Mar 12th**. The Carleton pool lifeguards are organizing a team. If you are interested in donating, please go to their [team page](#).

- **Lisa Hans** (x-Whitecaps) is coordinating a team from the Royal Ottawa Hospital to participate in the Run for Women on **Sun May 8th** in support of the Women's Mental Health Program at the Royal. You can do 5k or 10k, and walking is fine! Any women interested in participating can go here: <http://www.runforwomen.ca/?s=15505>, and click "Register Now" next to the Teams of 5 or more. Lisa's team's name is "Track Attackers" and the team password is jav24juy. For more information, contact Lisa: lhans@rohcg.on.ca.

- The Orleans Riptides Special Olympics Swim Team, of which **Mélanie Héroux** (8:30am Earlybirds) is a member, is looking for an additional volunteer coach for their workouts next season. The season runs from mid-October until early May and they have one workout per week on Sundays from 4:30-5:30pm. The workout is at the Bob MacQuarrie pool except for January and February, when it will be at the Ray Friel pool, also on Sunday but from 4:00-5:00pm. Please pass this on to anyone else who may be interested. For more details, contact coach **Kristin Kernohan** at kristinkernohan@gmail.com.

- Carleton University Whitecaps swim caps, great for training and competition are available for \$5



each:

News and Links:

- **Caleb Dressel** sets NCAA 50yd free record of 18.23 [Ed. Note: My races last over 18 minutes, not 18 seconds!]: <https://www.youtube.com/watch?v=8o5IUFCVIEM>

- **Jane Asher**, British Masters Swimming Super-Star, Turns 85 this Year, Aims for 32 (of 35!) World Records:

<http://www.telegraph.co.uk/sport/12131836/Meet-84-year-old-Jane-Asher-Britains-ageless-swimming-super-gran.html>

- Canadian **Avila Rhodes**, Victoria, Sets World Record in 100 breast 60-64: <http://www.cheknews.ca/local-swimmer-setting-records-in-the-pool-142690/>

- **Marilyn Bell**, **Paul Lurie**, and **Terry Laughlin** [Ed. Note: Some of the drills we do are based on a clinic of Terry's that I attended.]: <http://www.wsj.com/articles/a-swimming-hero-relearns-how-to-swim-1455576353>

- Swimming Can Make You Rich?!: <http://www.metronews.ca/news/world/2016/02/04/germany-teenage-finder-to-keep-gold-bar-discovered-in-lake.html>

- The Pool Belongs to Those Who Show Up: <https://swimswam.com/pool-belongs-show/>

- Women Who Play Sports are More Successful: <http://fortune.com/2016/02/04/women-sports-successful/>

- Use Visualization to Swim Faster: <https://swimswam.com/3-proven-ways-to-use-visualization-to-swim-faster/>

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask! If there's a particular suit you are looking for, I may be able to track it down.

Caps and Goggles to Borrow: I always have a “lost and found” bag full of spare caps and goggles to borrow if you forget (or break) yours.

Swim Caps for Sale: The money raised selling these caps goes towards the \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We now have a few triathlon latex caps (50c), as well as some silicone caps (\$2). Ask if you're interested in looking at these. If anyone has any caps that they'd like to donate, they would be most welcome.

Nose Clips for Sale: Cost \$5. Contact me if you are interested.

Winter Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; Monday/Thursday: **Sean**; Tuesday: **Mits**

7:10pm Whitecaps: Shallow End; Monday/Thursday: **Sean**; Tuesday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (TBD)

Exceptions will be noted here.

Fin Days:

Mon Feb 1st

Thu Mar 10th / Fri Mar 11th

Time Trials:

Tue Feb 9th / Wed Feb 10th: 400fs or IM

Tue Feb 23rd / Wed Feb 24th: two 50s choice

Thu Mar 3rd / Fri Mar 4th: 100 choice

Thu Mar 17th / Fri Mar 18th: 200 choice

Tue Mar 22nd / Wed Mar 23rd: 800 / 1500fs

Thu Apr 7th / Fri Apr 8th: fun day (relays)

This information and more can be found with the Winter workout themes

at: <http://carletonmasters.tripod.com/mastplanwint16.pdf>.

Sean coached for **Mits** on **Tue Feb 16th**.

Sean is coaching for **me** on **Fri Mar 4th**.

Thanks to those who participated in the 400 time trials on Tue Feb 9th / Wed Feb 10th. Kudos to Jamie Chalmers (7:30am Earlybirds) for being the only one brave enough to do the 400IM, and that was just three days after he did one in competition (long course)! There were **13** improvements in 400 free, led by **Andrew Dechamplain** with a 40.1 second improvement, and **Randi Karstad** who was 36.2 seconds faster! A full list follows.

400fs (13)

Andrew Dechamplain (8:30am Earlybirds) 40.1

Randi Karstad (7:30am Earlybirds) 36.2

Lorne Monti (8:30am Earlybirds) 28.4

Nancy Manning (8:30am Earlybirds) 26.3

Bill Gregg (8:30am Earlybirds) 20.4

Janet Whitley (8:30am Earlybirds) 15.8

Miguel Chavez (7:30am Earlybirds) 11.3

Tony Michel (7:30am Earlybirds) 9.8

Harley Gifford (7:30am Earlybirds) 9.3

Matthew Tucciarone (7:30am Earlybirds) 8.2

Lisa Meyer (8:30am Earlybirds) 8.1

Colleen Hyslop (8:30am Earlybirds) 5.7

Heloise Emdon (7:30am Earlybirds) 0.8

Here are the weekday attendance statistics for the term to date. If you notice any errors or omissions, please let me know! Those with the best attendance will receive certificates.

6pm Whitecaps: Jan 4-Feb 22nd; 21 workouts; range: 8-31; average: 24.4
Perfect Attendance: **Cam D, Joanne D, Konstantin P, Rachel B**
Missed 1 Workout: **Don W, Iain McD, Peter L**
Missed 2 Workouts: **Debby W**

7:10pm Whitecaps: Jan 4-Feb 22nd; 21 workouts; range: 3-18; average: 13.2
Missed 1 Workout: **Christian C**

7:30am Earlybirds: Jan 4-Feb 22nd; 21 workouts; range: 13-28; average: 22.5
Perfect Attendance: **Bruce B**
Missed 1 Workout: **Harley G**
Missed 2 Workouts: **Kevin G, Tracey McG**
Missed 3 Workouts: **Brad S, Jessica T, Ursula S**

8:30am Earlybirds: Jan 4-Feb 22nd; 21 workouts; range: 12-26; average: 20.4
Perfect Attendance: **Bill G, Colleen H**
Missed 3 Workouts: **Melanie H**

Ask the Coach

Dear Coach: I am going to be travelling and would like to find somewhere to swim, preferably with a Masters team. Any suggestions? World Traveler

Dear W. Traveler: The best reference I know of is the Swimmers Guide: <http://www.swimmersguide.com/>. It has information on pools all over the world, and also mentions whether there are clubs that train at the pools. I've used it many times!

Dear Coach: I'm still having problems with butterfly. I have trouble getting my arms out of the water and tire very quickly. Help! Still a Caterpillar

Dear S.a. Caterpillar: Ask your coach for a fly clinic. In the meantime, here's a new drill someone sent me that is just for you: [The Caterpillar Drill](#). It emphasizes using your core, chest, and hips to generate the power in the kick.

Dear Coach: When we work on distance per stroke (dps), you say that we should take no more than 15 strokes per length. I am struggling to get under 25 strokes. What am I doing wrong? Not Enough Distance Per Stroke

Dear N.E.D.P. Stroke: When you are focusing on distance per stroke, first don't worry about speed. Take the time to rotate your core, spending lots of time stretched out on your side. Extend one arm forward as far as possible (just below the surface), and the other back as far as possible (keeping the entire arm submerged). You should feel stable stretched out on your side, as if you could stay there forever! Ask your coach for some feedback next time you are working on dps.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016 is now available: cost \$38.** Note that you must register with MSO before the **due date** of the entry for your first competition. If you have not registered with MSO and Carleton Masters before, I need the following: name, gender, date of birth, address, phone number. If you have registered with us in the past few years, I just need to know if any of your information has changed. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**).

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/events/>. For Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select Quebec and the month of interest, then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming competitions in Ontario and Quebec. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". More meets and more details will be added as the information become available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

Sat Feb 27th Riviere-du-Loup Masters Meet <https://swimming.ca/en/meet/19204/>
 Sun Feb 28th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/5th-annual-thornhill-invitational-swim-meet-february-28-2016/>
 Sun Mar 6th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-6-2016/> and http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/
 Sat Mar 19th Dollard-des-Ormeaux, Montreal <http://swimming.ca/en/meet/18842/>
 Sun Mar 20th Etobicoke Heart and Stroke 1500m LC Fundraiser: <http://www.mastersswimmingontario.ca/wp-content/uploads/2016/01/2016-03-20-Etobicoke-HS-final.pdf>
 Fri-Sun Apr 1-3rd Ontario Provincials Markham Pan-Am Pool <https://www.mastersswimmingontario.ca/events/2016-ontario-masters-swimming-championship-april-1-3-2016/>
 Fri-Sun Apr 15-17th Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>
 Sun Apr 17th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-april-17-2016/> and http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/
 Sun May 1st Perth Meet <http://www.mastersswimmingontario.ca/events/perth-stingrays-masters-swim-meet-may-1-2016/>
 Sun May 8th Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-regrets-roc-masters-invitational-may-8-2016/>
 Fri-Mon May 20-23rd Nationals, Etobicoke <http://www.mastersswimmingontario.ca/events/2016-canadian-masters-swimming-championships-may-20-to-may-23-2016/>
 Sat Jun 4th Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>
 Sat Jun 25th Technosport 2k Open Water Swim, Meech Lake (MSO Registration not required) <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>
 Sat Jul 16th Bring on the Bay 3k Open Water Swim (MSO Registration not required) <http://bringonthebay.com/>
 Sat Jul 23rd Technosport 2k Open Water Swim, Meech Lake (MSO Registration not required) <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>
 Sat Aug 7th Elma Couture Open Water Swim, Welland <http://www.mastersswimmingontario.ca/elma-couture-open-water-swim-aug-7-2016/elma-couture-open-water-swim-aug-7-2016>
 Sat Aug 13th Technosport 2k Open Water Swim, Meech Lake (MSO Registration not required) <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>

Race Results: (Please send in your results, and/or let me know if I missed anyone.)

Sat-Sun Feb 6-7th Quebec City Masters Meet

Congratulations to **Jamie Chalmers** on his great results in a competitive age group. Full results here (ignore that it says Jamie swims for the Rosemont club – just a glitch which cannot be fixed!): <http://mymisc.ca/ShowMeet.jsp?id=857>.
Jamie Chalmers (7:30am Earlybirds; 70-74): **1st** 100bk (1:53.29); 200bk (4:14.88); **2nd** 400IM (10:46.89); **3rd** 400fs (8:55.97), 100br (2:40.75)

Sun Feb 7th Technosport Masters Meet, U of Ottawa

Matthew Tucciarone (7:30am Earlybirds); **Tony Michel** (7:30am Earlybirds) and **I** are still waiting for the official results...

In the meantime, some of you asked if I had any videos of my recent record swims. Thanks to **Christian Berger** (Brossard), here are two from Pointe-Claire: [400 free](#) and [200IM](#). Thanks to **Merrie Walts** (Santa Rosa), here are 17 seconds of my [1500 free](#) from San Francisco (much better than watching over 18 minutes worth)!

Sun Feb 21st Nepean Long Course Masters Meet

Ten Carleton swimmers participated! The official results are not yet available, so below is the list of events that we each entered. Unofficially, **Ian** set a club record in 800fs, the **200+ relay** may have been a club record, and **I** set world records in 200bk and 200fl. Details next time!

Individual Events:

Jamie Chalmers (7:30am Earlybirds; 70-74): 100fs, 200fs, 800fs, 50bk, 200IM
Ian Lorimer (7:30am Earlybirds; 55-59): 200fs, 800fs
Robin Henderson (7:30am Earlybirds; 55-59): 800fs, 50fl
Lynn Marshall (Coach; 55-59): 800fs, 100bk, 200bk, 200fl, 200IM
Sandy Lawson (7:30am Earlybirds; 50-54): 100fs, 800fs, 100bk, 200bk, 50fl
Natalie Aucoin (8:30am Earlybirds; 40-44): 100fs, 200fs, 50fl, 100fl, 200IM
Sam Gamble (7:10pm Whitecaps; 35-39): 800fs, 50br, 100br, 200br, 50fl
Matthew Tucciarone (7:30am Earlybirds; 25-29): 50fs, 100fs, 50bk, 100bk
Miguel Chavez (7:30am Earlybirds; 18-24): 50fs, 200fs, 50br, 50fl

Matt Czupalay (7:30am Earlybirds; 18-24): 50fs, 200fs, 200IM

Relays:

72+ 4 x 50 Mixed Free Relay: **Jamie, Miguel, Natalie, Sandy:**

200+ 4 x 50 Mixed Medley Relay: **Sandy, Sam, Natalie, Jamie**

Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 rankings (by gender and age group, both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **Feb 19th**).

Private and Semi-Private Masters Swim Lessons

For Winter lessons are usually available: Monday 9:40-10:40am.

Additional times may be available during Reading Week and April exams.

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for more details.

Notes and Reminders

Carleton Masters Swim Team Photos:

Fall 2015 Evening groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec17whitecaps.pdf>.

Fall 2015 Morning groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec18earlybirds.pdf>.

There are some old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

We have identified **19** current swimmers in the old photos: **Joanie Conrad** (7:10pm Whitecaps), **Cam Dawson** (6pm Whitecaps), **Joanne Dawson** (6pm Whitecaps), **Sean Dawson** (then child safety supervision; now Coach), **Nicole Delisle** (6pm Whitecaps), **Cori Dinovitzer** (Summer 7:30am Earlybirds), **Fiona Hill** (7:30am Earlybirds), **Karen Jensen** (7:30am Earlybirds), **Tim Kilby** (Coach), **Mike Lau** (6pm Whitecaps), **Sandy Lawson** (7:30am Earlybirds), **Peter Lithgow** (6pm Whitecaps), **Lynn Marshall** (Coach), **Carolyn Odecki** (6pm Whitecaps – on sabbatical), **Lina Vincent** (6pm Whitecaps), **Jose Vivanco** (7:10pm Whitecaps), **Don Wells** (6pm Whitecaps), **Bicki Westerheide** (7:10pm Whitecaps), and **Debby Whately** (6pm Whitecaps). Also **Derek Baas** is in an old photo, and his wife, **Andrea Chandler** (6pm Whitecaps), swims now. Did we miss anyone else?

Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. As usual, Saturdays are **not** included in your weekday registration for Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

Winter 2016: Mon Jan 4th to Fri Apr 8th; no workouts Mon Feb 15th, Fri Mar 25th, Mon Mar 28th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10103; cost: \$127+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10104; cost: \$127+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10107; cost \$146+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10109; cost: \$130+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10105; cost: \$50+HST

Newsletter: An e-newsletter (like this one) is sent out about every two weeks. If you have new lane-mates, please mention to them that they should give their e-mail address to their coach if they'd like to receive it.

Suggestions for Workouts or Interested in Making up a Workout or a Set?: If you have suggestions for the workouts (something you like that we never do, or something you dislike that we do too much!), or if you'd like to try making up a workout or a set in a workout, just talk to your coach.

Interested in Copies of my Workouts?: Are you interested in getting copies of my workouts ahead of time? Let me know. I usually e-mail out two week's worth of workouts at a time. (Note that these are only the workouts that I coach.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

Your input to this newsletter is most welcome, especially for the Swimmer Notes, Race Results and Ask the Coach sections! To be added to or removed from the receiver list, just let me know (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>