

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: April-27-16 3:28 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 #416

Carleton Masters Swimming Newsletter #416

Wednesday, April 27th, 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 (40 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (34 addresses), Saturday Only (2 addresses), Masters "Alumni" (41 addresses)

One of the most important keys to success is having the discipline to do what you know you should do, even when you don't feel like doing it.

Masters Program Notes and Cancellations

- I trust that everyone is looking forward to the Spring session starting on **Mon May 2nd**!
 - Saturday swimmers please note that the **Sat May 21st workout is at 10:45am** (not 8:15am)!
 - There are **no workouts on Mon May 23rd** (Victoria Day).
- Registration is open for Spring and Summer (details near the end of the newsletter).
 - There is space in all groups, but 7:30am and 6pm are getting close to full.
 - If you still need to register, check out the mystery shopper opportunity below.
- The Spring/Summer workout themes are posted here: <http://carletonmasters.tripod.com/mastplansprsum16.pdf>

Swimmer Notes

Swimmer Updates:

- Mystery Shopper Program for Carleton Athletics: Interested in providing feedback on the Welcome Centre Staff while registering for Masters, renewing your membership, or asking a question? By participating in this program you can earn \$20 towards your next program registration or a two-day fitness pass worth \$24. To sign up, contact **Melanie Dow** at Melanie.dow@carleton.ca.

- Starting **May 1st**, you need to swipe your membership card to get from the Ice House to the Norm Fenn Gym.

- Want to give a (short) triathlon a try?

- **Sat May 21st** Carleton Pool: Earlybird Triathlon (various distances): <http://somersault.ca/eventearlybird.htm>

- **Sun May 29th** Perth Triathlon at the Perth Pool: 500m swim; 16km bike; 3km run (or double):

<http://perthtriathlon.blogspot.ca/2016/02/registration-for-2016-perth-triathlon.html>

- For those who are interested in **coaching** (swimming, Special Olympics, and a variety of other sports), here's a great opportunity to get a very good deal on a coaching course. Most courses are regularly \$300 and are being offered for \$75. However, they are in **Toronto from May 6th to 8th**. Details here: <http://www.coachesontario.ca/superclinic/>. Please pass this along to anyone else who may be interested.

- **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.

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



News and Links:

- What Age is Old?: <https://www.youtube.com/watch?v=LYdNjrUs4NM>
- You Can Dig Deeper. Bring On the Pain: <http://www.outsideonline.com/2060596/you-can-dig-deeper-bring-pain>
- Things Fast Swimmers Do: <https://swimswam.com/7-things-fast-swimmers-do-that-you-should-do-too/>
- Thoughts During a 200 Fly: <https://www.swimmingworldmagazine.com/news/thoughts-all-swimmers-have-during-the-200-butterfly/>
- A Mermaid Tail Blanket: <http://www.rosegal.com/bedding-sets/chic-knitted-women-s-blue-384831.html>
- Things that Drive your Coach Nuts: <https://www.facebook.com/photo.php?fbid=982708561799423>
- The Time Cost of Swim Mistakes: <http://triathlete-europe.competitor.com/2015/10/08/the-time-cost-of-swim-mistakes>
- First NCAA Transgender Swimmer: <http://www.cbsnews.com/news/60-minutes-overtime-parents-of-transgender-schuyler-bailor/>
- Underwater Robot Finds "Nessie": <http://www.gizmag.com/robot-underwater-nessie/42800/>
- 102 Year Old Skier Hangs Up Her Poles: <http://metro.co.uk/2016/04/03/britains-oldest-skier-finally-gives-up-sport-after-80-years-5792868/>
- Get Sick Less, Win More Medals: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/healthier-athletes-win-more-medals-study-finds/article29495163/>

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.

Spring Session Information

Dates: Mon May 2nd to Sat Jul 2nd; excluding Mon May 23rd, Fri Jul 1st.

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 (except: 10:45am on May 21st; and 12:15pm on Jul 2nd): Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Sean is coaching for **Mits** on **Tue May 3rd**.

Fin Day:

Thu May 26th / Fri May 27th

Time Trials:

Tue Jun 7th / Wed Jun 8th: 200 choice

Mon Jun 13th: 800 / 1500fs

Thu Jun 23rd / Fri Jun 24th: 50 and 100 choice

Wed Jun 29th / Thu Jun 30th: fun day (relays)

This information and more can be found with the Spring/Summer workout themes

at: <http://carletonmasters.tripod.com/mastplansprsum16.pdf>

Ask the Coach

Dear Coach: Here's a video of **Sun Yang** (Chinese 1500 swimmer): <http://youtu.be/uncOBURz-6o>. It appears that he stops kicking when he breathes and glides the most at that point of his stroke. Is this a proven swimming technique? Distance Swimmer

Dear D. Swimmer: It is very common for a swimmer to be asymmetrical while swimming, and you are correct that he is kicking less while he breathes (and breathing on one side). Some swimmers kick more while they breathe, some kick less. Neither is, to the best of my knowledge, a proven swimming technique. It also looks like he flexes one of his ankles a little too much, but that could be the camera angle! Just goes to show that even the elite have room for improvement ☺!

Dear Coach: My doctor suggested that I try a Fitbit. I found some water proof ones here: <http://www.wearable.com/fitness-trackers/best-trackers-swimming-mp3>. What do you recommend? A Reluctant Geek

Dear A.R. Geek: It all depends what sort of data you want. When I swim, I get everything I need from counting lengths and using the pace clock. However, a fit bit will help you track that data, if you tend to lose count and/or struggle with pace clock math. Of the devices in the link you provided, I'd suggest that the Misfit Shine is a good compromise (fairly inexpensive but some good data). **Megan Holtzman** (8:30am Earlybirds) works for Tritonwear (<https://www.tritonwear.com>), and while those devices provide much more data, they are designed for entire swim teams.

Dear Coach: Should I keep my elbows straight or bent under water when swimming freestyle? Aiming for Efficiency

Dear A.f. Efficiency: The straighter your arms (and deeper your hands go) while swimming freestyle, the more power required. Swimming with straight arms is very fatiguing and harder on your joints compared to bending your arms. The only swimmers who use the complete straight arm technique tend to be 50m sprinters. A good drill to practice bending your arms is to swim freestyle in Carleton's baby pool (by the shallow end)!

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.**

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 Technoport 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 Technoport 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 Technoport 2k Open Water Swim, Meech Lake (MSO Registration not required)

<https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>

Sat Aug 27th to Tue Aug 31st Swimming at the Americas Masters Games, Vancouver (Note: Event may or may not be sanctioned – check before you enter! If it is not sanctioned, your times don't count towards records, statistics, etc.):

<https://www.americasmastersgames2016.com/>

Sat Nov 19th Swim Ottawa Willy Lee Meet, Brewer Pool <http://www.mastersswimmingontario.ca/events/annual-willy-lee-invitational-nov-19-2016/>

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

Fri-Sun Apr 15-17th Quebec Provincials, Claude-Robillard, Montreal

There were four Carleton swimmers who competed in this event. They had a great time and swam well – congratulations, all! Especially to Luz for a lifetime PB in 50m fly, and to Jian-Lok, who set three club records, and missed a fourth record by 0.01! Full results: <http://mymsc.ca/ShowMeet.jsp?id=912> and:

<https://www.swimrankings.net/services/CalendarFile/15353/live/index.html>. Updated club records:

<http://carletonmasters.tripod.com/160417.Records.pdf>.

Julie Mouris (6pm Whitecaps; 30-34): 4th 200fs (2:41.37), 50fl (35.41); 6th 100fl (1:20.56); 11th 100fs (1:12.58)

Luz Osorio (6pm Whitecaps; 30-34): 1st 50fl (31.80 PB), 100fl (1:10.85), 200fl (2:37.18); 4th 100fs (1:05.54)

Paola Osorio (6pm Whitecaps; 30-34): 2nd 200fs (2:28.36), 50fl (34.45); 5th 100IM (1:19.20); 7th 100fs 1:07.55

Jian-Lok Chang (6pm Whitecaps; 30-34): 1st 50bk (27.69 Club Record), 50fl (27.05); 2nd 100bk (1:01.56); 3rd 100fs (55.04 Club Record)

Sun Apr 17th Technoport Meet, U of Ottawa

I was Carleton's only swimmer. It was a small meet, and I didn't swim particularly well. Full results:

<http://mymsc.ca/ShowMeet.jsp?id=910>. Club records: <http://carletonmasters.tripod.com/160417.Records.pdf>.

Lynn Marshall (Coach; 55-59): 1st: 50fs (30.27), 50bk (35.78 Ontario Record), 50br (41.16), 100br (1:28.62), 100fl (1:11.76)

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 **Apr 27th**).

Private and Semi-Private Masters Swim Lessons

I usually have a wide range of lessons available from May to August. Details coming soon!

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

Spring/Summer Masters Swimming Programs, Barcodes and Prices

Registration is open for both Spring and Summer registration. 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. Saturdays are included in your weekday registration for Summer (but not for Spring). The information below is also on the web site: <http://carletonmasters.tripod.com/index.html#schedSpringSummer>.

Spring 2015: Mon May 2nd to Sat Jul 2nd, no workouts Mon May 23rd or Fri Jul 1st

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 11255; cost: \$82.50+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 11256; cost: \$82.50+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: **Tue: Mits; Mon/Thurs: Sean**; barcode 11260; cost \$95+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: **Tue: Mits; Mon/Thurs: Sean**; barcode 11261; cost: \$85+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat, except: May 21st 10:45-11:55am; and Jul 2nd 12:15-1:25pm (shallow): Coaches: **rotating schedule**; barcode 11258; cost: \$35+HST

Summer 2015: Mon Jul 4th to Sat Sept 3rd, no workouts Mon Aug 1st

7:30am Earlybirds: 7:30-8:30am MWF and 12:15-1:25pm Sat (MWF deep; Sat shallow):

Coaches: Weekdays: **Lynn**; Saturdays: **rotating schedule**; barcode 11257; cost: \$100+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Weekdays: **Sean**; Saturdays: **rotating schedule**; barcode 11262; cost \$112+HST

12:15pm Saturday Earlybirds ONLY: 12:15-1:25pm Sat, except: Sept 3rd 8:15-9:25am (shallow): Coaches: **rotating schedule**; barcode 11259; cost: \$35+HST

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?

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

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