

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** May-14-16 2:00 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 #417

## Carleton Masters Swimming Newsletter #417 Saturday, May 14<sup>th</sup>, 2016

**To:** Carleton Masters Coaches / Staff (10 addresses)

**Bcc:** Those registered for Fall 2015, Winter 2016, Spring 2016, and Alumni: 7:30am Earlybirds I (47 addresses), 8:30am Earlybirds II (40 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (36 addresses), Saturday Only (3 addresses), Masters "Alumni" (40 addresses)

"If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it." – Michael Jordan

### Masters Program Notes and Cancellations

- The Spring session is underway!
  - Saturday swimmers please note that the **Sat May 21<sup>st</sup> workout is at 10:45am** (not 8:15am)!
  - There are **no workouts on Mon May 23<sup>rd</sup>** (Victoria Day).
- Registration is open for Spring and Summer (details near the end of the newsletter).
  - The Spring 7:30am group is full. A wait list is available. Please let me know if you are on the wait list
  - The Spring 6pm group is getting close to full.

### Swimmer Notes

#### Swimmer Updates:

- Thank you very much to all of those who were able to attend **Margaret Dibben King's** (8:30am Earlybirds) memorial service on **Fri May 6<sup>th</sup>**, especially to **Mary Lou Davies** (8:30am Earlybirds) for working with Margaret's guardian to keep everyone informed. There were about 25 swimmers in attendance! Here is the link to Margaret's obituary and an on-line guest book: <http://www.legacy.com/obituaries/ottawacitizen/obituary.aspx?pid=179869882>.

- Condolences to **Sheila Kealey** (8:30am Earlybirds) on her father's passing on **Mon May 2<sup>nd</sup>**:  
<http://www.legacy.com/obituaries/ottawacitizen/obituary.aspx?pid=179894360>.

- Condolences also to **Norine Naguib** (7:30am Earlybirds) whose apartment burned down on **Wed Apr 27<sup>th</sup>** while she was away on business: <http://www.cbc.ca/news/canada/ottawa/spadina-fire-ottawa-accidental-1.3557215>.

- **Carleton Masters Golf Outing:** Thanks to **Jim Lee** (7:30am Earlybirds) for organizing this! Everyone is invited to join in for a fun game of golf at the Canadian Golf & Country Club, 7800 Golf Club Way, Ashton, ON K0A 1B0: <https://canadiangolfclub.com> (directions are at the bottom of the web page) at **2:30pm on Sun Jun 5<sup>th</sup>**. We are going to play 9 holes of best ball; so all levels of play can join in for a fun time. There will be two prizes of a free round of golf awarded to longest drive and the closest to the pin. We will meet afterward at Everest Bar and Grill for refreshments. The cost is \$24.86. Clubs and cart can be rented at the Pro-shop if needed. Contact: **Jim Lee:** [jrlee0609@gmail.com](mailto:jrlee0609@gmail.com) or 613-224-5771. Please let Jim know if anyone is able to car pool or needs a ride.

- **Girls Learning About Math** (GLAM) Games for grades 6 to 8 at Carleton from **Fri May 27 to Sun May 29<sup>th</sup>**. Participation is free. Details here: <http://carleton.ca/1125/current-projects/glamgames/>.

- Convocation will run from **Tue Jun 7<sup>th</sup> to Fri Jun 10<sup>th</sup>**. There are ceremonies at 9:30am and 2pm each day. There will likely be parking restrictions, so give yourself extra time to get to the pool on those dates.

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

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

- **Sun May 29<sup>th</sup>** 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>

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



## News and Links:

- Masters Swimming Canada Spring Newsletter: <http://mastersswimmingcanada.com/wp-content/uploads/2016/05/MSC-News-Spring-16-EN-Web.pdf>

- Russian Insider Says State-Run Doping Fueled Olympic Gold at Sochi:

<http://www.nytimes.com/2016/05/13/sports/russia-doping-sochi-olympics-2014.html>

- Podcast on **Dawn Fraser** (Australian Olympian in 1950s and 60s) [thanks to **Heloise Emdon** (7:30am Earlybirds)]:

<http://www.bbc.co.uk/programmes/p03s2vr1>- Swimming May Slow Aging by Decades:

<http://www.everythingzoomer.com/swimming-exercise-aging/>

- How Much Training Should Elite Swimmers Be Doing (Hint: No Easy Answer)?:

<https://www.swimmingworldmagazine.com/news/swim-training/>

- At Age 100, Still Running for Her Life: <http://well.blogs.nytimes.com/2016/04/22/at-100-still-running-for-her-life/>

- Funny Pictures that Swimmers can Relate to: <https://www.buzzfeed.com/samstryker/pictures-funny-to-swimmers>

- How Slow Will I Get?: <http://www.nytimes.com/2016/04/27/sports/aging-runners-find-help-for-a-question-how-slow-will-i-get.html>

- Table to Predict Times at Different Ages: <https://fairmodel.econ.yale.edu/aging/index.htm>

- By **Lynne Cox** (Swimming to Antarctica author) Swimmers Shouldn't Swim Through Sewage in Rio:

<http://www.nytimes.com/2016/05/06/opinion/olympians-shouldnt-swim-through-sewage.html>

**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 2<sup>nd</sup> to Sat Jul 2<sup>nd</sup>; excluding Mon May 23<sup>rd</sup>, Fri Jul 1<sup>st</sup>.

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 21<sup>st</sup>; and 12:15pm on Jul 2<sup>nd</sup>): Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

**Sean** coached for **Mits** on **Tue May 3<sup>rd</sup>**. **Mits** coached for **Sean** on **Thu May 5<sup>th</sup>**.

### **Fin Day:**

Thu May 26<sup>th</sup> / Fri May 27<sup>th</sup>

### **Time Trials:**

Tue Jun 7<sup>th</sup> / Wed Jun 8<sup>th</sup>: 200 choice

Mon Jun 13<sup>th</sup>: 800 / 1500fs

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

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

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

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

Here are the weekday attendance statistics to date. Those with the best attendance will receive certificates.

**7:30am Earlybirds:** May 2<sup>nd</sup> to 13<sup>th</sup> (6 workouts); range 20-29; avg.: 25.2

Perfect Attendance: **Andrea M, Brad S, Bruce B, Dave C, Flo K, Francois J, Harley G, Heloise E, Jocelyn P, Marie-Odile J, Mike M, Natalie A, Robin H, Sandy L, Susan H, Ursula S**

**8:30am Earlybirds:** May 2<sup>nd</sup> to 13<sup>th</sup> (6 workouts); range 18-22; avg.: 19.5

Perfect Attendance: **Bill G, Bob T, Colette K, Colleen H, Nancy M, Rod H, Sheila K**

**6pm Whitecaps:** May 2<sup>nd</sup> to 12<sup>th</sup> (6 workouts); range 17-23; avg.: 20.5

Perfect Attendance: **Bill W, Deb L, Don W, Elaine Y, Jennifer M, Luz O, Marg E, Mike L, Nicole D, Peter L, Sarah Z**

**7:10pm Whitecaps:** May 2<sup>nd</sup> to 12<sup>th</sup> (6 workouts); range 9-13; avg.: 10.3

Perfect Attendance: **Mindy F**

### **Ask the Coach**

**Dear Coach:** I am having trouble understanding the notation on the black board. New Swimmer

Dear N. Swimmer: You'll find a key to abbreviations on the web site: <http://carletonmasters.tripod.com/key.txt>. If you swim in the morning, you may also request to get the workouts by e-mail ahead of time, so that you can look at them in advance. Also, please don't hesitate to ask your coach if you have any questions.

**Dear Coach:** Due to back problems, I cannot do butterfly (not even 1-arm fly). Suggestions? Injured Swimmer

Dear I. Swimmer: When we do fly drills, just ask your coach for some alternative drills. When we do IM, just substitute backstroke or breaststroke in place of fly. (But not freestyle, as it will get you too far ahead of your lane-mates.)

**Dear Coach:** How much rest am I supposed to take between swims? I don't understand the numbers you write on the board. Beginner Swimmer

Dear B. Swimmer: Usually, in the main set, I write pace times on the board. The pace time is the time between the start of one swim and the start of the next swim. The amount of rest you get is dependent on the speed you swim at. If you were doing 100s on a pace time of 2:00, then if you swam 100m in 1:45, you would get 15 seconds of rest. If it took 1:55, you'd get 5 seconds rest. If you took 2:05, you'd have missed the pace time and would have to try to catch up to your lane-mates on the next one!

### **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 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.**

Fri-Mon May 20-23<sup>rd</sup> Nationals, Etobicoke <http://www.mastersswimmingontario.ca/events/2016-canadian-masters-swimming-championships-may-20-to-may-23-2016/>

Sat Jun 4<sup>th</sup> Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>

Sat Jun 18<sup>th</sup> Coupe de Montreal Masters Meet <https://swimming.ca/en/meet/19609/>

Sat Jun 25<sup>th</sup> 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 16<sup>th</sup> Bring on the Bay 3k Open Water Swim (MSO Registration not required) <http://bringonthebay.com/>

Sat Jul 23<sup>rd</sup> 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 6<sup>th</sup> 4km Open Water Swim Orillia (MSO registration not required) Child Advocacy Fundraiser <http://www.cacsimcoemuskoka.ca/page/swim-city-register>

Sun Aug 7<sup>th</sup> 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 13<sup>th</sup> Technosport 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 27<sup>th</sup> to Tue Aug 31<sup>st</sup> 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 19<sup>th</sup> 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 Apr 30<sup>th</sup> to Sun May 1<sup>st</sup> Canadian Lifeguard Emergency Response Championships, Vancouver**

**Miguel Chavez** (7:30am Earlybirds) is a member of the Brewer Pool Lifeguarding team. They placed a very respectable 9th out of 16 teams at Nationals.

### **Sun May 1<sup>st</sup> Perth Masters Meet**

**Bill Westcott** was the only Carleton swimmer participating. Congrats to Bill on winning all his events! Full results here: <http://mymsc.ca/ShowMeet.jsp?id=920>.

**Bill Westcott** (6pm Whitecaps; 55-59; swimming for Nepean Masters): 1<sup>st</sup> 50fs (30.41), 50br(37.41), 100br (1:29.09), 50fl (33.26)

### **Sun May 1<sup>st</sup> Mississauga Marathon** (741 participants)

Congratulations to both **Susan** and **Margaret** for getting their Boston qualifying times, and to **Susan** for a podium finish!! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=29447>.

**Susan Nevitt-Yelle** (7:30am Earlybirds; 50-59): 218<sup>th</sup> overall; 40<sup>th</sup> woman and 3<sup>rd</sup> in category in 3:42:18.7

**Margaret King** (7:30am Earlybirds; 50-59): 320<sup>th</sup> overall; 84<sup>th</sup> woman and 10<sup>th</sup> in category in 3:57:36.9

### **Sun May 8<sup>th</sup> Sporting Life 10km Run** (1895 participants)

Congratulations to **Susan** on making the podium. Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=29611/>.

**Susan Nevitt-Yelle** (7:30am Earlybirds; 50-54): 147<sup>th</sup> overall, 39<sup>th</sup> woman and 3<sup>rd</sup> in category in 46:56.5

## 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 **May 11<sup>th</sup>**).

## Private and Semi-Private Masters Swim Lessons

Here's the schedule for May and June. Some later evening times should be available in late June, July, and August.

### Mornings:

Friday 9:35-10:35am

### Afternoons:

Monday 5:00-6:00pm

Tuesday 4:00-5:00pm

Wednesday 5:00-6:00pm

Thursday 4:00-5:00pm

### 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 2<sup>nd</sup> to Sat Jul 2<sup>nd</sup>; no workouts Mon May 23<sup>rd</sup> or Fri Jul 1<sup>st</sup>**

**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 21<sup>st</sup> 10:45-11:55am; and Jul 2<sup>nd</sup> 12:15-1:25pm (shallow): Coaches: **rotating schedule**; barcode 11258; cost: \$35+HST

#### **Summer 2015: Mon Jul 4<sup>th</sup> to Sat Sept 3<sup>rd</sup>; no workouts Mon Aug 1<sup>st</sup>**

**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 3<sup>rd</sup> 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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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