

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: May-28-16 1:50 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 #418

Carleton Masters Swimming Newsletter #418

Saturday, May 28th, 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 (37 addresses), Saturday Only (2 addresses), Masters "Alumni" (39 addresses)

"Pain is inevitable. Suffering is optional."

Masters Program Notes and Cancellations

- The Spring session runs until **Sat Jul 2nd**.
 - There are **no workouts on Fri Jul 1st** (Canada Day).
 - Saturday swimmers please note that the **Sat Jul 2nd workout is at 12:15pm** (not 8:15am)!
- Registration is open for both Spring and Summer (details near the end of the newsletter).
 - The Spring 7:30am group is full. A wait list is available. Let me know if you are on the wait list.
 - The Spring 6pm group is getting close to full.
 - There is space in all groups for Summer.

Swimmer Notes

Swimmer Updates:

- On **Wed May 25th** sometime during the 8:30am Earlybirds swim, a swim bag, left on the bench near the entrance to the women's change room, was taken from the pool deck into the women's change room, where the money was stolen (luckily a small amount), and the bag stuffed into a locker. If anyone noticed anything suspicious, please let me know. It is surprising that someone could do this without being spotted! Also, please be sure to keep your valuables safe. If you can't leave them at home, wallet lockers are available at the Welcome Centre.

- **Madelayne DeGrace** (7:30am Earlybirds) and **Kyle** are very excited to announce that **Jeremy** will have a little sister in October. Madelayne's due date is October 8th. Congratulations!

- Best wishes to **Andrea Chandler** (6pm Whitecaps) for her recovery from a broken left wrist. She expects to be in a cast for 6 to 8 weeks.

- On **Mon May 30th Melanie Heroux** (8:30am Earlybirds) will be participating in the Law Enforcement Torch Run for Special Olympics. She will have a pledge form at the pool, and you can also sponsor her by completing this link: <https://secure.e2rm.com/registrant/tribute.aspx?eventid=24056&langpref=en-CA>.

- Thanks to **Jamie Chalmers** (7:30am Earlybirds) for bringing his medals from Masters Nationals (last weekend in Etobicoke) and Worlds (last summer in Kazan) to the pool on Friday for other swimmers to admire. Perhaps that will encourage more Carleton Masters swimmers to participate in competitions!

- **Mary Lou Davies** (8:30am Earlybirds) has been in touch with **Margaret Dibben King** (8:30am Earlybirds)'s family in the UK. They are going to donate \$200 to Carleton Masters swimming – a very nice gesture. Also, Mary Lou has offered to send a collection of our thoughts and memories to Margaret's family. If you would like to participate, please send Mary

Lou (marylou.davies1@gmail.com) an e-mail with your memories by **Sat Jun 11th**. The family will have a service for Margaret in England on Jun 8th.

- **Melanie Heroux** (8:30am Earlybirds) has another passion, apart from swimming, and that is airplanes and flying. Her recent visit with the Air Canada social media team was featured in an Air Canada publication for its employees: <http://carletonmasters.tripod.com/ACInfoLetterMelanie.pdf>.

- **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 5th**. 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:** jlee0609@gmail.com or 613-224-5771. Please let Jim know if anyone is able to car pool or needs a ride. There are 16 people signed up, and more are welcome to join by completing this link as soon as possible: <https://events.canadiangolfclub.com/eventRegister.aro?eID=1115>.

- Convocation will run from **Tue Jun 7th to Fri Jun 10th**. 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.

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



News and Links:

- Deer Joins Triathletes (and beats most of them) in Swim Leg of Kansas City Triathlon [Ed. Note: Who knew deer could swim at over 20kph?!]: <http://triathlonmagazine.ca/feature/deer-swims-triathletes-sundays-kansas-city-triathlon/>
- And Black Bears at Alaska Triathlon: <http://triathlonmagazine.ca/news/family-black-bears-provides-mid-race-adrenaline-rush-gold-nugget-triathlon/>
- Wisdom from the World's Best Coaches: <http://myswimpro.com/blog/index.php/2016/05/09/wisdom-from-the-worlds-best-coaches/>
- Better Aging Through Practice: <http://www.nytimes.com/2016/05/01/opinion/better-aging-through-practice-practice-practice.html>
- How to Prevent Swimmer's Shoulder: <http://www.yourswimlog.com/how-to-prevent-swimmers-shoulder/>
- The Four Classic Causes of Shoulder Pain and Injury in Swimming: <http://www.feelforthewater.com/2013/02/the-four-classic-causes-of-shoulder.html>
- Why Lifting Weights is More Important for Your Health than You Think: <http://www.iflscience.com/health-and-medicine/do-you-even-lift-why-lifting-weights-more-important-your-health-you-think>

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 31st**.

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>

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

7:30am Earlybirds: May 2nd to 27th (11 workouts); range 18-29; avg.: 23.8

Perfect Attendance: **Bruce B, Francois J, Harley G, Mike M, Natalie A, Robin H, Ursula S**

Missed 2 Workouts: **Andrea M, Claire O, Jamie C, Justin K, Marie-Odile J, Sandy L, Susan H, Susan N-Y**

8:30am Earlybirds: May 2nd to 27th (11 workouts); range 14-22; avg.: 18.1

Perfect Attendance: **Nancy M, Rod H**

Missed 1 Workout: **Bob T, Colette K, Colleen H, Renee R, Sheila K**

Missed 2 Workouts: **Jerome C, Melanie H, Tony R**

6pm Whitecaps: May 2nd to 26th (11 workouts); range 17-27; avg.: 21.8

Perfect Attendance: **Deb L, Don W, Luz O**

Missed 1 Workout: **Bill W, Elaine Y, Marg E, Mike L, Peter L, Sarah Z**

Missed 2 Workouts: **Cam D, Erica P, Joanne D, Nicole D**

7:10pm Whitecaps: May 2nd to 26th (11 workouts); range 6-13; avg.: 10.2

Missed 2 Workouts: **Joanie C, Mindy F**

Ask the Coach

Dear Coach: May I start early on the 50m easy between sets, or should I wait until the pace time is up for the last repeat in the set? Keen Swimmer

Dear K. Swimmer: Yes, it's perfectly fine to start the 50m easy early. Just be sure to wait for any stragglers before starting the next set.

Dear Coach: Can you please review build, fade, descend, ascend, and negative split again. I have even pace figured out ☺! New Swimmer

Dear N. Swimmer: Certainly. Descend and ascend are used to indicate the relative speed of a number of repeats (swims) of the same distance. For example, 6 x 50 d (for descend) 1->3 means that you would swim the first 50 at a moderate pace, the second faster, and the third fast, then repeat the same pattern for numbers 4 to 6. 6 x 50 a (for

ascend) 1->3 would be the opposite: #1 fast, #2 a little slower, #3 moderate (and repeat). Negative split is used to indicate the speed within a repeat (swim). The second half should be swum at a faster pace than the first half. Thus 100 negative split would be swum as 50 moderate, 50 fast (without stopping between 50s). Positive split is the opposite of negative split, but we don't do that (on purpose) often! Build and fade may be used for the speed within a repeat or between repeats of different distances. Within one repeat build means to start moderate and gradually speed up. Fade is the opposite: start fast and slow down. If you are asked to build within a set of different distances, that means the first one would be swum at a moderate pace, and the pace would gradually increase through the swims, so that the last repeat would be swum at a fast pace. (And fade would be the opposite.)

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.**

Sat Jun 4th Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>
Sat Jun 18th Coupe de Montreal Masters Meet <https://swimming.ca/en/meet/19609/>
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 6th 4km Open Water Swim Orillia (MSO registration not required) Child Advocacy Fundraiser <http://www.cacsimcoemusoka.ca/page/swim-city-register>
Sun 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/>
Sat Aug 27th to Tue Aug 31st Swimming at the Americas Masters Games, Vancouver (Note: This event is not sanctioned. Thus, it is open to everyone, no MSO registration is required, but 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 May 20th to Sun May 23rd Canadian Masters Swim Championships, Etobicoke

Congratulations to **Jamie Chalmers**, Carleton's only swimmer, on all his medals and a club record! Full results: <http://old.eswim.ca/cmssc2016/index.htm> and <http://mymsc.ca/ShowMeet.jsp?id=922>, and updated club records: <http://carletonmasters.tripod.com/160523.Records.pdf>.

Jamie Chalmers (7:30am Earlybirds; 70-74): **2nd** 100fl (2:27.28); **3rd** 50bk (47.92), 100bk (1:47.99), 200bk (3:55.44 Club Record), 200fl (5:41.93), 400IM (10:04.47); **4th** 200IM (4:14.84)

Sat May 21st Early Bird Triathlon, Carleton

Congratulations to **Nancy, Julia**, and **Tony** on their results. Please let me know if I missed anyone!

Early Bird Sprint Triathlon (500m/23.6k/5k; 169 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=29460>.

Nancy Manning (8:30am Earlybirds; 60-64): 53rd overall, 10th woman, and 1st in category in 1:23.45.6 (swim 12:18)

Early Bird Long Triathlon (500m/35.4k/5k; 115 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=29458>.

Tony Revitt (8:30am Earlybirds; 40-44): 4th overall, 4th man, and 2nd in category in 1:22:42.9 (swim 7:41)

Sprint Swim Cycle (500m/23.6k; 16 participants)

Julia Aimers (8:30am Earlybirds; female): 1st overall and 1st woman in 53:28.4 (swim 10:20)

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 11th**).

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 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

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