

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: June-25-16 2:44 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 #420

Carleton Masters Swimming Newsletter #420

Saturday, June 25th, 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" (42 addresses)

"If you are good, be better." – Yarrow Viets

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)!
- Note that the **Athletics Building is closed on Canada Day (Fri Jul 1st)**.
- Registration is open for Summer (full details near the end of the newsletter).
 - There is space in all groups.
 - Note that we will have 8 lanes for the 7:30am group (6 in deep, 2 in shallow) if numbers warrant, so there is plenty of room for swimmers of all speeds!
 - Both the 7:30am group and the 6pm group include Saturday (12:15-1:25pm). In addition, it is also possible to sign up for Saturdays only.

Wed Jun 29th: Major Traffic Disruptions Near Carleton

Due to the North American Leaders Summit being held in Ottawa on **Wed Jun 29th**, there will be road closures throughout the city, including Bronson Avenue. **Bronson will be closed from 7am to 10am** from the airport to Colonel By Drive, **plus another approximately three hour window in the afternoon/evening**. Best to use the Colonel By entrance to get to/from Carleton or take the O-Train!

Swimmer Notes

Swimmer Updates:

- Coach **Mits Kachi** and his wife, **Marijan**, are expecting a baby this summer! Due to this upcoming exciting event, **Mits** will be taking some time off coaching. **Tue Jun 28th** will be his last day at the pool for some months. Congratulations to **Mits** and **Marijan**!

- **Kevin Graham** (7:30am Earlybirds) is renting out an apartment. It would be ideal for a Carleton student looking for a clean, quiet place. Available August 1st or September 1st. Details and photos here: <http://www.kijiji.ca/v-view-details.html?requestSource=b&adId=1173402543>.

- Thanks to **Meagan Michie** (7:30am Earlybirds/6pm Whitecaps) for bringing in her Special Olympics medals on Wed Jun 14th. The medals that she brought were from the Worlds in 2015 and Nationals in 2014. While she only brought in one of each colour, she actually won many gold medals!

- **Sarah Zhang** (6pm Whitecaps) works in an exercise physiology lab at U of Ottawa. Here's an opportunity to get involved:

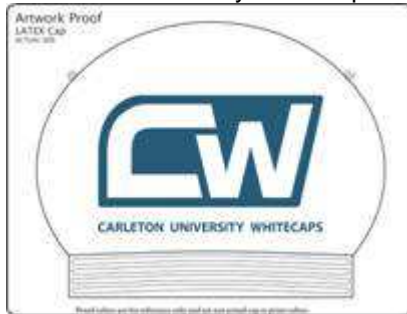
"We are currently looking for older participants (55+ yo) to come in and participate in our research. Our research looks at different responses and performances in the heat, with an emphasis on more vulnerable populations (chronically ill, aging, etc.). All our participants receive a free aerobic fitness test as well as body composition analysis, which we give in a fitness report as compensation. The testing would take place in July most likely."

If anyone is interested, please e-mail Sarah at szhan139@uottawa.ca.

- **Carleton Masters Golf Outing: Jim Lee** (7:30am Earlybirds)'s golf outing on **Sun Jun 5th** was rained out! Those who were planning to attend will likely play on **Sun Jun 26th** and/or the weekend of **Jul 23rd**. If anyone else is interested in joining them, let **Jim** know (jrlee0609@gmail.com). **Francois Jacques** (7:30am Earlybirds) was the winner of the free passes.

- The 13th FINA World Short Course Championships are being held in Windsor, ON from **Dec 6-11th, 2016**. (This is **not** a Masters event!) Details here: <http://www.finawindsor2016.com/>. If anyone is interested in attending as a spectator, as a Canadian swimmer, you can purchase tickets before they go on sale to the general public. Tickets start at just \$12. Use the promo code CANSWIM here: <http://www.finawindsor2016.com/content/tickets> before **July 1st**.

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



News and Links:

- **Lucie Boudreau** (x-Earlybirds) recommends **Diana Nyad**'s book: Find a Way [also available at the Ottawa Library]: <https://www.amazon.ca/Find-Way-Diana-Nyad/dp/0385353618>

- Is the New Swim Stroke (fly kick) the Fastest Yet? [Thanks to **Rod Haney** (7:30am Earlybirds) for this one]:

<http://nautil.us/issue/37/currents/is-this-new-swim-stroke-the-fastest-yet-rp>

- Prevention of Shoulder Injuries in Aquatics Sports (video):

https://www.youtube.com/watch?v=tP7fV_d7cDQ&feature=youtu.be&list=PL0521BE75ACEF3274

- How Katie Ledecky Became Better at Swimming than Anyone is at Anything [hint: Hard Work!]:

https://www.washingtonpost.com/sports/olympics/how-katie-ledecky-became-better-at-swimming-than-anyone-is-at-anything/2016/06/23/01933534-2f31-11e6-9b37-42985f6a265c_story.html

- The Closest Thing to a Wonder Drug: Try Exercise: <http://www.nytimes.com/2016/06/21/upshot/why-you-should-exercise-no-not-to-lose-weight.html>

- How Physical Exercise Makes Your Brain Work Better: <http://www.theguardian.com/education/2016/jun/18/how-physical-exercise-makes-your-brain-work-better>

- Beneficial Effects of Exercise Change with Age: <https://www.sciencedaily.com/releases/2016/06/160608100949.htm>

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: Monday: Shallow End; Tuesday/Thursday: Deep 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 coached for **Mits** on **Tue Jun 14th**. **Mits** coached for **Sean** on **Thu Jun 16th**.

Both **Whitecaps** groups were in the **shallow** end on **Thu Jun 16th** so that ROCS could use the bubbles.

I coached for **Claudia** on **Sat Jun 25th**.

Both **Whitecaps** groups will be in the **deep** end on **Mon Jun 27th**, as ROCS is not in.

Sean is coaching for me on **Fri Jul 8th**, **Mon Jul 11th**, **Mon Jul 25th**, **Wed Jul 27th**, and **Fri Jul 29th**.

Fin Day:

Thu May 26th / Fri May 27th

Time Trials:

Thu Jun 2nd / Fri Jun 3rd: timed 400fs or IM (apologies that this was missing last time!)

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>.

Thanks to those who participated in the **distance free time trial** on **Mon Jun 13th**. Scheduling this the day after a grueling (cold and windy) Rideau Lakes weekend reduced both the number of swimmers and the number of improvements (2, plus a tie)! Congratulations to **Miguel Chavez** (7:30am Earlybirds) and **Melanie Heroux** (8:30am Earlybirds) on their big improvements of 54 and 16 seconds, respectively!

1500fs (2)

Miguel Chavez (7:30am Earlybirds) 54

Mark Blenkinsop (Coach) tied best

400fs (1)

Melanie Heroux (8:30am Earlybirds) 16

Congratulations to all those who did the **100 and 50 time trials** on **Thu Jun 23rd / Fri Jun 24th**. Well done by **Mars Nienhuis** (6pm Whitecaps) for being the only swimmer to improve in both! The biggest improvements were by **Fay Hjartarson** (8:30am Earlybirds) with a 9.5 sec improvement in 100br, and by **Randi Karstad** (7:30am Earlybirds) with a 5.4 sec improvement in 100fs. Here's the list of all **11** improvements.

100fs (4)

Randi Karstad (7:30am Earlybirds) 5.4

Miguel Chavez (7:30am Earlybirds) 3.3

Nancy Manning (8:30am Earlybirds) 2.8

Mars Nienhuis (6pm Whitecaps) 0.9

100bk (1)

Harley Gifford (7:30am Earlybirds) 3.0

100br (2)

Fay Hjartarson (8:30am Earlybirds) 9.5

Fiona Hill (7:30am Earlybirds) 0.1

50fs (3)

Paul Denys (7:10pm Whitecaps) 2.0

Mars Nienhuis (6pm Whitecaps) 0.1

Matt Czapalay (7:30am Earlybirds) 0.1

50br (1)

Sandy Lawson (7:30am Earlybirds) 1.9

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

7:30am Earlybirds: May 2nd to June 24th (23 workouts); range 18-29; avg.: 22.7

Perfect Attendance: **Harley G, Robin H**

Missed 1 Workout: **Bruce B**

Missed 2 Workouts: **Susan H, Ursula S**

Missed 3 Workouts: **Francois J, Marie-Odile J, Mike M, Natalie A**

8:30am Earlybirds: May 2nd to June 24th (23 workouts); range 10-22; avg.: 16.5

Missed 1 Workout: **Nancy M**

Missed 3 Workouts: **Bob T**

6pm Whitecaps: May 2nd to June 23rd (23 workouts); range 13-27; avg.: 20.3

Missed 1 Workout: **Luz O**

Missed 2 Workouts: **Marg E, Peter L**

Missed 3 Workouts: **Don W, Mike L, Sarah Z**

7:10pm Whitecaps: May 2nd to June 23rd (23 workouts); range 4-13; avg.: 9.6

Missed 5 Workouts: **Joanie C**

Ask the Coach

Dear Coach: Do you agree with all the suggestions in this article "How to Improve your Swimming Technique":
<http://ottawatriathlon.ca/2016/06/13/swimming-technique-development/>. A Triathlete

Dear A. Triathlete: Lots of good stuff there. I would quibble with only a few minor points. I believe it's good to hold your breath slightly after you inhale as you are more buoyant with your lungs full, so that helps with body position. Working on your stroke rate is only helpful once your stroke length is reasonably long. And, yes, swimming is important, but there is a place for drills all season long for everyone, regardless of ability.

Dear Coach: Why is the Saturday swim at 12:15pm in the summer, instead of at 8:15am? Earlybird Swimmer

Dear E. Swimmer: As there are no other programs in the pool on Saturday mornings during July and August, for staffing purposes, the Masters workout is held just before the public swim (which starts at 1:30pm).

Dear Coach: Some days the pace times don't work out well for our lane (i.e. we are not getting any rest). What should we do? Tired Swimmer

Dear T. Swimmer: If the pace times aren't working out in your lane, please let the coach know. We can adjust the pace times, or, if some swimmers are making the times but not others, we may be able to adjust the lanes. The pace times are designed to give you a little or a lot of rest, depending on the set. If you are getting no rest, you won't get the maximum benefit!

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 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 750m, 1.5k, and 4k Riverkeeper Swim or Relay, Aylmer (MSO registration not required)

<https://www.events.runningroom.com/site/?racelid=13280>

Sat Aug 6th 4km Open Water Swim Orillia (MSO registration not required) Child Advocacy Fundraiser

<http://www.cacsimcoemuskoka.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.)

Sat Jun 4th Longueuil LC Masters Meet, Montreal

Jamie and I are still waiting for the official results!

Sat Jun 11th Harvest House 11k Redemption Run, Ottawa (30 participants)

Congratulations to **Mark** on his 2nd place finish! Full results here: <https://www.sportstats.ca/display-results.xhtml?raceid=29856>.

Mark Blenkinsop (Coach; 30-39): 2nd overall, 2nd man, and 2nd in category in 51:27.6

Sat Jun 11th Lachine Dragon Boat Knockout, Montreal

Congratulations to the Sportchicks for finishing 3rd overall in the women's division, behind two premier (i.e. much younger) teams! Full results: http://media.wix.com/ugd/a7d05f_1a52b7d74f82404bb6e115b7d3e5625e.pdf.

Sat Jun 18th Emilie's 5km Run, Ottawa (199 participants)

Congratulations to **Sheila Kealey** (8:30am Earlybirds) on breaking 20min. **Sheila** missing winning her age category by 0.9 seconds! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=30004>.

Sheila Kealey (8:30am Earlybirds; 50-59): 21st overall, 21st woman, and 2nd in category in 19:59.0

Sat Jun 18th A Contre Courant Meet, Claude-Robillard Centre, Montreal

Jamie and I were Carleton's two representatives at this meet. Congratulations to Jamie for winning a breaststroke event! (I can tease him about that, as it doesn't happen often for me, either!) Full results:

<https://www.swimrankings.net/services/CalendarFile/15860/live/index.html> and

<https://swimming.ca/en/meet/595652/?faction=86763>. Updated club records:

<http://carletonmasters.tripod.com/160618.Records.pdf>.

Jamie Chalmers (7:30am Earlybirds; 70-74): 1st 50fs (37.68), 100br (2:25.34); 2nd 400fs (8:18.71); 3rd 100fs (1:32.90)

Lynn Marshall (Coach; 55-59): 1st 50fs (29.57 Ontario Record), 50bk (34.64 Ontario Record), 50fl (32.68 Ontario Record), 100fl (1:09.67 National Record; 50 split 33.02 Ontario Record), 100IM (1:13.32 Ontario Record)

Sun Jun 19th Syracuse Half Ironman (1.9k/90k/21.1k)

On a very hot day, **Paul Scully** (8:30am Earlybirds) managed to complete this race without cramping. He usually has severe problems, so was very happy to make it through! Congratulations, Paul! Full results: <http://www.ironman.com/fr-fr/triathlon/events/americas/ironman-70-3/syracuse/results.aspx#axzz4CcEbirp4>.

Paul Scully (8:30am Earlybirds; 45-49): 520th overall, 426th man, and 58th in category in 6:20:36 (40:02 swim)

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 **June 16th**).

Private and Semi-Private Masters Swim Lessons

Here's the schedule for the last week of June. The schedule for July and August is coming soon.

Mon Jun 27th:

9:35-10:35am

6:00-7:00pm

Thu Jun 30th:

4:00-5:00pm

5:00-6:00pm

6:00-7:00pm

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

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Club website: <http://carletonmasters.tripod.com>