

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** July-16-16 2:31 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 #422

## Carleton Masters Swimming Newsletter #422      Saturday, July 16<sup>th</sup>, 2016

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

**Bcc:** Those registered for Fall 2015, Winter 2016, Spring 2016, Summer 2016, and Alumni: 7:30am Earlybirds I (50 addresses), 8:30am Earlybirds II (40 addresses), 6pm Whitecaps I (49 addresses), 7:10pm Whitecaps II (37 addresses), Saturday Only (2 addresses), Masters "Alumni" (41 addresses)

"Tell me, what it is you plan to do with your one wild and precious life?" – Mary Oliver.

### Masters Program Notes and Cancellations

- The Summer session has started.
- Note that there are **no workouts Mon Aug 1<sup>st</sup>** (Civic Holiday).
- A reminder that 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.
- The 6pm group is full with a wait list available. Please let me know if you are on the wait list!
- There are a few spots left at 7:30am.

### Swimmer Notes

#### Swimmer Updates:

- Thanks to **Andrea Chandler** (6pm Whitecaps) for this update on her wrist. We hope to see her back swimming as soon as she is able: "I have had the cast on my arm removed and now it is in a splint for two weeks. The broken wrist seems to be healing well, but I continue to have pain from sprains on my wrist, hand and fingers. I have started physiotherapy. It will be a while yet before I am ready for Masters, but I hope to at least set foot in a pool by the end of the month!"

- Best wishes to **Dave Caldwell** (7:30am Earlybirds) for his upcoming surgery scheduled for **July 18<sup>th</sup>**.

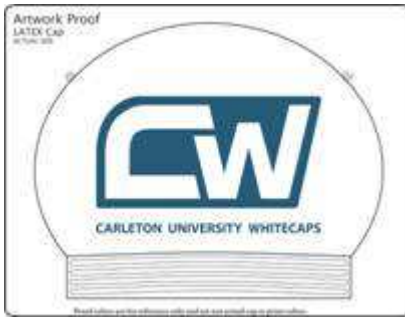
- **Mary Lou Davies** (8:30am Earlybirds) is doing the MS Bike ride this year. She's looking for sponsors to raise funds to help combat this disease – every little bit helps. Thank you for your support. [Click here to visit her page.](#)

- **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 1<sup>st</sup> or September 1<sup>st</sup>. Details and photos here: <http://www.kijiji.ca/v-view-details.html?requestSource=b&adId=1173402543>.

- **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](mailto:szhan139@uottawa.ca).

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



## News and Links:

- **Michaela Arsenault**, 14, Swims Lake Erie Butterfly (just under 14 hours!): <http://www.niagarathisweek.com/news-story/6767231-arsenault-swims-her-way-to-two-world-records/>
- 1981 **Mary T. Meagher**: 200 fly World Record: no tech suit, no goggles, no underwater kicks, and double lane ropes – brings back memories!: <https://www.youtube.com/watch?v=3ImCEjE0if0>
- 35 Years Young: Anthony Ervin Qualifies for the US Olympic Swim Team in 50m Free: <https://swimswam.com/ervin-becomes-oldest-u-s-male-individual-olympic-swimmer-since-1904/>
- 500 yard “log rolling” (corkscrew stroke) in 7min: <https://swimswam.com/watch-highschooler-swim-entire-500-corkscrew/>
- Things Fast Swimmers Do: <https://swimswam.com/7-things-fast-swimmers-do-that-you-should-do-too/>
- Injured Muscles “Shocked” Back to Health: <https://www.sciencedaily.com/releases/2016/07/160706091452.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.

## Summer Session Information

Dates: Mon Jul 4<sup>th</sup> to Sat Sept 3<sup>rd</sup>; excluding Mon Aug 1<sup>st</sup>.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End (plus 2 lanes Shallow End as needed); **Lynn**

6pm Whitecaps: Shallow End: **Sean**

12:15pm Saturdays (except: 8:15am Sept 3<sup>rd</sup>): Usually Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

**Sean** coached for **me** on **Fri Jul 8<sup>th</sup>**, and **Mon Jul 11<sup>th</sup>**.

**Sean** is coaching for **me** on **Mon Jul 25<sup>th</sup>**, **Wed Jul 27<sup>th</sup>**, and **Fri Jul 29<sup>th</sup>**.

## Fin Day:

Thu Aug 4<sup>th</sup> / Fri Aug 5<sup>th</sup>

## Time Trials:

Mon Jul 11<sup>th</sup>: timed 400fs or IM

Mon Jul 18<sup>th</sup>: timed 50 and 100 choice

Tue Aug 9<sup>th</sup> / Wed Aug 10<sup>th</sup>: 800 / 1500fs

Tue Aug 16<sup>th</sup> / Wed Aug 17<sup>th</sup>: 200 choice

Thu Sept 1<sup>st</sup> / Fri Sept 2<sup>nd</sup>: 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 **400 time trial on Mon Jul 11<sup>th</sup>**. There were four improvements, led by **Mars Nienhuis** (6pm Whitecaps) and **Ilana Hanes** (6pm Whitecaps) with improvements of 42.2 and 32.2 seconds, respectively – well done! A full list of improvements follows:

#### **400fs (4)**

**Mars Nienhuis** (6pm Whitecaps) 42.2

**Ilana Hanes** (6pm Whitecaps) 32.2

**Andrea Zarins** (6pm Whitecaps) 13.4

**Ursula Scott** (7:30am Earlybirds) 4.0

Here are the weekday attendance statistics for this term. If you notice any mistakes, please let me know! Those with the best attendance will receive certificates early next term.

**7:30am Earlybirds:** July 4-15<sup>th</sup> (6 workouts); range 19-29; average: 23.0

Perfect Attendance: **Bob T, Jamie C, Jerome C, Justin K, Liliane C, Mike M, Ursula S**

**6pm Whitecaps:** July 4-14<sup>th</sup> (6 workouts); range 23-30; average: 25.3

Perfect Attendance: **Cam D, Don W, Elaine Y, Jennifer M, Luz O, Mindy F, Nicole D, Peter L**

## **Ask the Coach**

**Dear Coach:** With the change to the evening public swim times, is it still ok for evening Masters swimmers to get in the water early? Keen Whitecaps Swimmer

Dear K.W. Swimmer: The evening public swim now ends at 5:55pm to give the pool staff time to get the pool set up for the groups that are in after the public swim. If you enter the water (shallow end) before 5:55pm, then you may stay in the pool between 5:55pm and 6pm, while the staff are setting up, as long as you don't interfere with the set up. The Whitecaps workout will start at 6pm (not before).

**Dear Coach:** What is a competitive time for my age in the 400 free? Considering Competition

Dear C. Competition: Masters swimming competitions are open to everyone, regardless of age or ability. You do not have to be a "super star" to enter competitions. However, if you want to see how your time compares to others of a similar age, here's a link to the 2016 top 20 times swum by Canadians for each event and each age group in a 25m pool: <http://www3.sympatico.ca/chberger/index7.html#NSC00>.

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

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

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: 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/>

Oct 29<sup>th</sup> to Nov 6<sup>th</sup> Swim Camp in Barbados <http://katiebrambley.wix.com/freestyleexperience>

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.)

### Sat Jun 4<sup>th</sup> Longueuil LC Masters Meet, Montreal

Official results are finally available: <http://mymsc.ca/ShowMeet.jsp?id=929>.

**Jamie Chalmers** (7:30am Earlybirds; 70-74): 1<sup>st</sup> 200br (5:57.17), 50fl (1:02.97), 200fl (5:59.56); 2<sup>nd</sup> 100fl (2:36.84)

**Lynn Marshall** (Coach; 55-59): 1<sup>st</sup> 50fs (30.79 Ontario Record), 200fs (2:19.07 Canadian Record), 50bk (37.58 Ontario Record), 100fl (1:12.52 Canadian Record), 200IM (2:39.96 Canadian Record)

### Sun Jun 26<sup>th</sup> Mont Tremblant 70.3 Half Ironman Triathlon (1.9k/90k/21.1k)

Congratulations to **Margaret** and **Jordan** on fantastic races and placing so well in your categories! Full results:

<http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=montremblant70.3&y=2016#axzz4EacGFBhg>.

**Jordan Monnik** (8:30am Earlybirds; Pro): 12<sup>th</sup> overall, 11<sup>th</sup> man, and 10<sup>th</sup> in category in 4:13:22 (24:42 swim)

**Margaret King** (7:30am Earlybirds; 55-59): 699<sup>th</sup> overall, 108<sup>th</sup> woman and 4<sup>th</sup> in category in 5:35:31 (33:11 swim)

### Sat Jul 2<sup>nd</sup> King Wolf 5km Swim, Kingston (42 swimmers)

Congratulations to **Janet** on a great result! **Janet** will be helping organize this swim next year. Full results:

<http://www.kingwolfswim.com/results>.

**Janet Whitley** (8:30am Earlybirds; 50-59 wetsuit): 4<sup>th</sup> in category (out of 10) in 1:41:42

### Fri-Sun Jul 8-10<sup>th</sup> University of Maryland Masters Meet, College Park

I was Carleton's (Canada's!) only swimmer. One good swim, one awful swim, and some mediocre. I stayed an extra couple of days and enjoyed visiting Washington D.C.'s (free!) museums and sight-seeing. Full results:

[http://www.usms.org/comp/meets/meetsearch.php?MeetID=20160708WB\\_LCML](http://www.usms.org/comp/meets/meetsearch.php?MeetID=20160708WB_LCML); Canadian only results:

<http://mymsc.ca/ShowMeet.jsp?id=930>.

**Lynn Marshall** (Coach; 55-59): 1<sup>st</sup> 400fs (4:43.41 World Record), 1500fs (20:34.98; 800 split 9:57.32), 100bk (2:17.34 Ontario Record), 50br (43.13), 100br (1:32.85); 2<sup>nd</sup> 50fl (33.18 Ontario Record)

### Sat Jul 16<sup>th</sup> Bring on the Bay 3k Open Water Swim, Ottawa (581 participants)

Apologies if I missed anyone, please let me know! Awesome job by everyone, especially those finishing in the top 10 in their categories: **Tim** (1<sup>st</sup>), **Mars** (2<sup>nd</sup>), **Harley** and **Renee** (3<sup>rd</sup>), **Linz** (5<sup>th</sup>), **Gillian** (7<sup>th</sup>), **Julia** (9<sup>th</sup>), **Bill** and **Joanie**

(10<sup>th</sup>). Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=30065>.

#### Non-Wetsuit Swimmers:

**Tim Kilby** (Coach; 50-59): 18<sup>th</sup> overall; 13<sup>th</sup> man and 1<sup>st</sup> in category in 43:31.8

**Linz Buckingham** (6pm Whitecaps; 20-29): 71<sup>st</sup> overall; 28<sup>th</sup> woman and 5<sup>th</sup> in category in 48:16.6

**Bill Westcott** (6pm Whitecaps; 50-59): 116<sup>th</sup> overall; 74<sup>th</sup> man and 10<sup>th</sup> in category in 50:56.0

**Gillian Massel** (6pm Whitecaps; 20-29): 132<sup>nd</sup> overall; 49<sup>th</sup> woman and 7<sup>th</sup> in category in 52:38.3

**Cheri Reddin** (7:30am Earlybirds; 40-49): 229<sup>th</sup> overall; 109<sup>th</sup> woman and 16<sup>th</sup> in category in 59:04.2

**David Moore** (6pm Whitecaps; 40-49): 235<sup>th</sup> overall; 124<sup>th</sup> man and 18<sup>th</sup> in category in 59:35.9

**Joanie Conrad** (6pm Whitecaps; 50-59): 286<sup>th</sup> overall; 138<sup>th</sup> woman and 10<sup>th</sup> in category in 1:03:06.1

**Mary Donaghy** (7:30am Earlybirds; 50-59): 457<sup>th</sup> overall; 244<sup>th</sup> woman and 21<sup>st</sup> in category in 1:17:45.9

#### Wetsuit Category:

**Harley Gifford** (7:30am Earlybirds; 60-69 wetsuit): 137<sup>th</sup> overall; 87<sup>th</sup> man and 3<sup>rd</sup> in category in 52:55.5

**Mars Nienhuis** (6pm Whitecaps; 20-29 wetsuit): 145<sup>th</sup> overall; 54<sup>th</sup> woman and 2<sup>nd</sup> in category in 53:23.9

**Julia Aimers** (7:30am Earlybirds; 50-59 wetsuit): 205<sup>th</sup> overall; 93<sup>rd</sup> woman and 9<sup>th</sup> in category in 57:24.8

**Janet Whitley** (8:30am Earlybirds; 50-59 wetsuit): 225<sup>th</sup> overall; 106<sup>th</sup> woman and 12<sup>th</sup> in category in 58:44.2  
**Renee Robert** (6pm Whitecaps; 60+ wetsuit): 302<sup>nd</sup> overall; 151<sup>st</sup> woman and 3<sup>rd</sup> in category in 1:04:19.5  
**Tatjana Molitor** (6pm Whitecaps; 40-49 wetsuit): 472<sup>nd</sup> overall; 259<sup>th</sup> woman and 40<sup>th</sup> in category in 1:20:48.6

## 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 **July 10<sup>th</sup>**).

## Private and Semi-Private Masters Swim Lessons

The schedule for July and August is:

Monday 4:30-5:30pm, 5:30-6:30pm

Tuesday 4:30-5:30pm, 5:30-6:30pm

Wednesday 5:30-6:30pm, 6:30-7:30pm

Thursday 4:30-5:30pm, 5:30-6:30pm

### 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

### 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>.

### 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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