

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: Sunday, August 28, 2016 3:26 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 #425

Carleton Masters Swimming Newsletter #425

Sunday, August 28th, 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 (51 addresses), 8:30am Earlybirds II (40 addresses), 6pm Whitecaps I (49 addresses), 7:10pm Whitecaps II (37 addresses), Saturday Only (2 addresses), Masters "Alumni" (42 addresses)

"It always seems impossible until it's done." – Nelson Mandela

***** IMPORTANT: Please note that the Sat Sept 3rd workout time has been changed to 12:15-1:25pm. Sorry for the late notice! *****

Masters Program Notes and Cancellations

- The Summer session runs until **Sat Sept 3rd: 12:15-1:25pm.**
 - As per the note above, **please note the time change for the last workout.** Saturdays will change back to the usual 8:15am for the Fall session.
 - Apologies for the warm water over the past week. The problem is being investigated and we hope to have the water temperature back to normal soon!
- A reminder that both the Summer 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.
- Registration for Fall 2016 and Winter 2017 is underway. Program details and prices are in the next section.
 - There is space in all groups, but 7:30am and 6pm are starting to fill up for Fall (11 spots left in each).

Fall/Winter Coaching: Please Welcome Mark Blenkinsop: Tuesday Coach

As previously announced, Coach **Mits** is taking a well-earned break from coaching to enjoy the new addition to his family – details and photo below. I am pleased to announce that **Mark Blenkinsop** will be joining **Sean** and myself on the regular coaching staff and coaching on Tuesday evenings. **Mark** has been a competitive swimmer for many years with the Carleton Varsity team and the Carleton Masters team. He has been a Carleton Masters substitute and Saturday coach all year, and has been doing a great job! Please join me in welcoming **Mark** to the evening coaching staff.

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for both Fall and Winter. 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. As usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

Fall 2016: Tue Sept 6th to Thu Dec 22nd; no workouts Mon Oct 10th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): barcode 12285; cost: \$148+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): barcode 12286; cost: \$148+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12291; cost \$168+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12293; cost: \$152+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: **rotating schedule**): barcode 12287; cost: \$60+HST

Winter 2017: Tue Jan 3rd to Fri Apr 7th; no workouts Mon Feb 20th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): barcode 12288; cost: \$132+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): barcode 12289; cost: \$132+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12292; cost \$148+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12294; cost: \$132+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: **rotating schedule**): barcode 12290; cost: \$52+HST

Swimmer Notes

Swimmer Updates:

- Congratulations to Coach **Mits** and his wife **Marijan** who send this update: Our son, **Hiroshi Bernard Grobbink-Kachi** was born August 19th at 22:21 at the Queensway Carleton Hospital, weighing in at 7 lbs 3 oz. He is named for his paternal grandfather & maternal great grandfather :). Mother and child are doing well. The Father is stunned & amazed.



- While the “numbers” are in the “Race Results” section, I just wanted to mention some amazing accomplishments by Carleton swimmers at Ironman Mont Tremblant last weekend, despite monsoon-like conditions. **Margaret King** (7:30am Earlybirds) won her age category and qualified for the Ironman World Championships in Kona, Hawaii in October! **Lucie Boudreau** (x-Earlybirds) was **3rd** in her age category in her (she claims!) last Ironman – her celebration of 10 years since her treatment for breast cancer. **Nicole Mikhael** (6pm Whitecaps) suffered hypothermia on the bike leg and spent time in the medical tent but persevered to finish in a very respectable time.

- Congratulations and best wishes to **Isaac Fierro Marquez** (6pm Whitecaps) who is going to Milan to study for a year. We look forward to seeing him back in the Carleton pool in September 2017!

- If you know of anyone interested in a lifeguard job at the Carleton pool, here’s the information on applying (deadline Sept 9th): <http://athletics.carleton.ca/employment-opportunities/aquatics-jobs/>.

- **Andrea Zarins** (6pm Whitecaps) is participating in The Ride on September 11, a fundraising event to support cancer research. She will be riding with a few of her colleagues as part of the Melanoma Warriors and is asking for your support. In 2015, tens of thousands of patients were treated for cancer at The Ottawa Hospital. Many of them benefitted from the 200 cancer-related clinical trials currently underway. Funds raised by The Ride support this research. If you are in a position to do so, please help her support groundbreaking discoveries by making a donation at this link: <http://my.ohfoundation-fondationho.ca/andreazeerides>. And remember, your donation is tax deductible!

- **Robin Henderson** (7:30am Earlybirds)'s husband, **Chris St Michael**, is having some of his photos featured in the "Wildlife, Birds and Adventure" exhibition at the "Oh So Good" Coffee House Westboro location (261 Richmond Road) for the next two months, starting today. You can check out some of his photos here:



- The Rideau Speedeaus (Ottawa's Gay/Lesbian-friendly Masters Swim Team) is looking for a Wednesday night coach 6-7pm at Ottawa U for next season, starting September. It is a paid position, pay dependent on experience. Please contact **Tarek** (swimguy_66@hotmail.com) for more information.

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



News and Links:

- Competitive swimmers plead for new Olympic pool in Ottawa: <http://www.cbc.ca/news/canada/ottawa/swim-clubs-olympic-size-pool-ottawa-1.3723394>
- **Wayne Strach**: 135km Lake Okanagan swim: <http://www.cbc.ca/news/canada/edmonton/educ-man-attempts-to-break-open-water-swimming-record-1.3684316>; <http://mastersswimmingcanada.com/index.php/2016/08/05/the-incredible-swim-story-of-wayne-strach/>; But Unfortunately Gets Separated from His Boat Crew: <http://www.cbc.ca/news/canada/edmonton/stargazing-long-distance-swimmer-loses-his-way-on-moonlit-okanagan-lake-1.3730732>
- British Endurance Athlete, **Nick Thomas**, Dies in Channel Attempt: <http://www.mirror.co.uk/news/uk-news/english-channel-swimmer-nick-thomas-8723707>
- Masters 360 plus (average age 90) 4 x 200 Free Relay World Record: <https://www.facebook.com/GrowingBolder/videos/10153840828838581/>
- MLB's **Bryce Harper** Holds **Katie Ledecky**'s Medals as She Throws First Pitch: <http://www.latimes.com/sports/olympics/la-sp-katie-ledecky-bryce-harper-20160825-snap-htmlstory.html>
- How **Katie Ledecky** Thinks Differently: The Psychology of Success [thanks to **Lucie Boudreau** (x-Earlybirds) for this one]: <http://www.inc.com/jeff-haden/6-ways-katie-ledecky-thinks-differently-the-psychology-of-success.html>
- The Murky History of the Butterfly Stroke: <http://www.newyorker.com/news/sporting-scene/the-murky-history-of-the-butterfly-stroke>
- Pictures Only Funny to Swimmers: <https://www.buzzfeed.com/samstryker/pictures-only-funny-to-swimmers-olympics>
- Why do you Race Faster than you Train?: <http://www.runnersworld.com/sweat-science/why-do-you-race-faster-than-you-train>

- Three Mindsets of Those who Follow Through on Goals: <http://qz.com/751115/psychology-has-identified-three-mindsets-shared-by-people-who-actually-follow-through-on-their-goals/>
- Scientifically Proven Ways to Speed Recovery: <http://greatist.com/fitness/18-scientifically-proven-ways-speed-recovery>
- Drowning Doesn't Look Like Drowning: <http://www.winnipegfreepress.com/world/drowning-doesnt-look-like-drowning-210736971.html>
- Why You're Stiff in the Morning: Your Body Suppresses Inflammation When You Sleep at Night: http://www.eurekalert.org/pub_releases/2016-08/foas-wys080516.php
- Rediscovering the Kitchen and Other Tips for Heart Health: <http://well.blogs.nytimes.com/2016/08/01/rediscovering-the-kitchen-and-other-tips-for-heart-health/>
- Three Keys for Mental Training for Swimmers: <http://www.yourswimlog.com/3-keys-for-making-mental-training-highly-effective-in-swimmers/>
- Problems with the Rio Pool, e.g. Current?: Yes: <https://swimswam.com/problem-rio-pool/>; or No: <https://swimswam.com/fina-no-current-detected-rio-pool-stage-competitions/>

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 4th to Sat Sept 3rd; excluding Mon Aug 1st.

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: Usually Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Fin Day:

Thu Aug 4th / Fri Aug 5th

Time Trials:

Mon Jul 11th: timed 400fs or IM

Mon Jul 18th: timed 50 and 100 choice

Tue Aug 9th / Wed Aug 10th: 800 / 1500fs

Tue Aug 16th / Wed Aug 17th: 200 choice

Thu Sept 1st / Fri Sept 2nd: 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 **200 time trial on Tue Aug 16th / Wed Aug 17th**. There were eight improvements. The largest were by **Jean-Louis Tiernan** (6pm Whitecaps) with a whopping 14.5 second improvement from last term, and **Roy Hanes** (6pm Whitecaps) with a 9.1 second improvement! The full list follows:

200fs (7)

Jean-Louis Tiernan (6pm Whitecaps) 14.5

Roy Hanes (6pm Whitecaps) 9.1

Mars Nienhuis (6pm Whitecaps) 6.5

Isaac Fierro Marquez (6pm Whitecaps) 3.4

Heloise Emdon (7:30am Earlybirds) 2.6

Megan Holtzman (7:30am Earlybirds) 2.2
Bob Tipple (7:30am Earlybirds) 0.3

200fl (1)
Luz Osorio (6pm Whitecaps) 6.3

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-Aug 26th (23 workouts); range 19-35; average: 26.4
Perfect Attendance: **Jamie C, Ursula S**
Missed 1 Workout: **Liliane C**
Missed 3 Workouts: **Bob T, Jerome C, Mike M**

6pm Whitecaps: July 4-Aug 25th (23 workouts); range 20-30; average: 24.3
Perfect Attendance: **Luz O**
Missed 2 Workouts: **Nicole D**
Missed 3 Workouts: **Andrea Z, Cam D, Elaine Y, Joanne D**

Ask the Coach

Dear Coach: Where is the Masters bulletin board that you mentioned in the last newsletter? Possibly(?) Unobservant Swimmer

Dear P.O. Swimmer: The Masters bulletin board is on the far side of the pool near the stairs to the sundeck. Especially if you swim in the deep end, it's not too surprising that you haven't noticed it. Currently posted on the bulletin board are the latest newsletters and the workout plan, as well as the card from Mits and Marijan. If anyone is interested in putting together some photos for the bulletin board, that would be most welcome!

Dear Coach: Where should my toes point when I push off the wall when I do a flip turn? What angle should I kick at when I do my kicks off the wall? Improving My Flip Turn

Dear I.M.F. Turn: When you do a turn (of any sort), you should push off with your toes pointing up toward the ceiling. You want to think of turning like a ferris wheel, not like a merry-go-round – i.e. turning on a vertical plane, not a horizontal one. When you push off the wall on a flip turn, you should push off with a small twist so that you turn onto your side and then onto your stomach. Your fly kicks off the wall should be done on your side and/or stomach. That said, Ryan Lochte (currently in the news for his non-swimming antics) has experimented with kicking on his back off the wall on freestyle, as per the last newsletter: <http://carletonmasters.tripod.com/newsletter424.pdf>.

Dear Coach: Why do you have us breathe every odd (3, 5, 7, 9) stroke when we do breathing patterns in freestyle? Even Breather

Dear E. Breather: Breathing on both sides is good for both symmetry in your stroke and avoiding injury. Breathing on one side puts strain on the opposite shoulder. Thus, I recommend that in training everyone work on breathing on both sides.

Dear Coach: Why do you like us to breathe on both sides even though many of the Olympic swimmers breathe only on one side? Reluctant Odd Breather

Dear R.O. Breather: There are a couple of differences here. First, there's training vs. racing, and then there's Olympic vs. Masters swimming. While I recommend breathing on both sides during (most of) your training, if you have a preferred side to breathe on for racing, that's fine. For most of us, the distance that we race is much less than the distance we train, so breathing on only one side while racing isn't an issue. Also, most Olympic swimmers have fairly short swimming careers (at that level), compared to the many years that most of us hope to train (and possibly race) as Masters swimmers. Breathing on only one side is less of an issue for a short duration.

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.** If you register in the Fall, your registration will be good until December 2017. 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 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/>

Sept 10th Canadian Masters Open Water Swimming Championships (2.5k or 5k)

<http://canaquasports.com/races/canadian-masters-open-water-swimming-championships/>

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

Sat Nov 12th Brossard Meet, Montreal

Sun Nov 13th Technoport Meet, Ottawa U <http://www.mastersswimmingontario.ca/events/techno-nov-13-2016/>

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

Sat Nov 19th Claude Robillard Meet, Montreal

Sat Dec 10th Montreal Nord Meet, Montreal

Sat Dec 10th Sainte Foy Meet, Quebec City

Sat Dec 17th Nepean Masters SCM Meet <http://www.mastersswimmingontario.ca/events/nepeansc-dual-meet-bvsr-dec-17-2016/>

Fri Jan 20th, 2017 Alderwood SCY Meet, Toronto <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-42nd-annual-scy-meet-january-20-2017/>

Sat Jan 21st Drummondville Masters Meet, Drummondville, QC

Sat-Sun Feb 4-5th Coupe de la Capitale LCM Meet, Quebec City

Sun Feb 5th Technoport Meet, Ottawa U <http://www.mastersswimmingontario.ca/events/technoport-feb-5-2017/>

Sun Feb 26th Thornhill Meet, Markham <http://www.mastersswimmingontario.ca/events/thornhill-feb-26-2017/>

Sat Mar 4th Cowansville Masters Meet, Cowansville, QC

Sun Mar 5th Technoport Meet, Ottawa U <http://www.mastersswimmingontario.ca/events/technoport-mar-5-2017/>

Sat Mar 18th Dollard-des-Ormeaux Meet, Montreal

Fri-Sun Mar 24-26th Ontario Provincial Masters Meet, Thornhill, Markham

<http://www.mastersswimmingontario.ca/events/thornhillprovincials-mar-24-25-26-2017/>

Sat-Sun Apr 22-23rd Quebec Provincial Masters Meet, Quebec City

Fri-Mon May 19-22nd Canadian Masters Nationals LCM, Quebec City

Late July to Early August FINA World Masters Aquatic Championships, Budapest, Hungary

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

Sat Aug 13th Technoport 4k Swim, Meech Lake (18 participants)

Congratulations to **Mars** and **Isaac** on their fantastic performance – top two overall! Full results:

http://www.technoport.ca/results/MEECH_4K_Aug_2016_results.pdf.

Mars Nienhuis (6pm Whitecaps, wetsuit): **1st** overall, **1st** wetsuit, **1st** female and **1st** in category in 1:09:35

Isaac Fierro Marquez (6pm Whitecaps, non-wetsuit): **2nd** overall, **1st** non-wetsuit, **1st** male and **1st** in category in 1:09:48

Sun Aug 14th Brockville Sprint Triathlon and Swim/Bike (750m/20.7k/5k; 115 participants)

Congratulations to **Julia** and **Theresa** on their races. Results for the triathlon: <https://www.sportstats.ca/display-results.xhtml?raceid=30498>; and for the swim/bike: <https://www.sportstats.ca/display-results.xhtml?raceid=30500>.

Julia Aimers (7:30am Earlybirds; triathlon, 50-54): **22nd** overall, **3rd** female and **1st** in category in 1:25:31.7 (16:54 swim)

Theresa Wallace (x-Earlybirds/Whitecaps; swim/bike): **5th** overall and **4th** female in 1:26:54.9 (26:41 swim)

Here's **Julia's** inspirational story of her race (from her Team Triumph Weekly News):

Brockville was my first triathlon in 1992. I did it as a team. I was the runner. Yes, who knew...the runner!

After being plagued with knee problems and surgery gone awry, I haven't been able to run for 4 years. I am excited to report that today marked my 1st sprint triathlon since 2012!!

In May of 2015, when my knee really wasn't improving, I searched out alternatives and discovered stem cell therapy. I was going to go to Colorado but then Triumpher, Joanne Beveridge gave me the name of a new Canadian doctor who was working with stem cells. I had the procedure done in December, 2015. After completely cutting out added sugar and consistently doing strength training to stabilize the knee, I started seeing progress with my running but felt there was more I could do to treat the whole knee not just the meniscus.

In June, I found another Dr who does Prolotherapy and PRP (platelet rich plasma). He treated the whole knee with ultrasound to guide the injections. After round 1 of over 30 injections that made my knee look like I'd been stung by a wasp's nest, I was back to the couch and rehab. I was NOT giving up!

I confess, I came back a bit too fast and got hit by a shoulder and toe injury that went straight up and down from knee. Ugh!! Still not giving up, I immediately went for acupuncture, Bioflex Laser therapy, saw my most amazing massage therapist and started neurokinetic therapy. All of these treatments helped bring the shoulder and toe back enough that I felt that I was ready to race today.

With NO pain in my knee after the race, and (maybe a bit in my shoulder and toe), I came in 3rd/49 in the women and 1st in my age cat. As many of you know, I don't usually like to share my results but I think it's important today to share this story about never giving up on your dreams!

Sat-Sun Aug 20-21st Dragon Boat National Championships, Welland

Congratulations to the **Sportchicks** on their medals at Nationals! The Women's Senior B (age 50+) was **1st** in the 200m (53.60), **2nd** in the 500m (2:31.21), and **2nd** in the 2k (9:35.18) giving them the **silver** medal for that category. The Women's Senior A (age 40+) was **5th** in the 200m (55.29, with an unfortunate penalty due to a lane infraction), **2nd** in the 500m (2:11.98), and **2nd** in the 2k (9:20.47) for the **bronze** medal position overall. Details here: <http://www.dragonboat.ca/#!canadian-championships/cbs9>, and <http://dbcresults.ca/>.

Sun Aug 21st Ironman Mont Tremblant (3.8k/180k/26.2k)

Congratulations to **Margaret, Nicole** and **Lucie** on their great races! Both **Margaret** and **Lucie** had podium finishes!! **Margaret** is going to Kona! **Nicole** had hypothermia during the bike and spent some time in the medical tent during the run, but still completed the race – wow! Full results:

<http://www.ironman.com/triathlon/events/americas/ironman/mont-tremblant/results.aspx?rd=20160821&race=monttremblant>.

Margaret King (7:30am Earlybirds; 55-59): 480th overall, 60th woman and **1st** in category in 11:37:34 (1:12:51 swim)

Nicole Mikhael (6pm Whitecaps; 30-34): 1089th overall, 164th woman and 41st in category in 12:56:41 (1:22:16 swim)

Lucie Boudreau (x-Earlybirds; 60-64): 1941st overall, 462nd woman and **3rd** in category in 15:05:02 (1:45:31 swim)

Sun Aug 28th Cornwall Olympic Triathlon (1.5k/40k/10k; 111 participants)

Congratulations to **Jordan, Nicole**, and **Christian** on their races – all great results! **Nicole** and **Christian** both set personal bests both overall and for the swim. **Nicole** improved her swim by 5 minutes! Thanks to **Nicole** for the great photo of her and **Christian** after the race. Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=30423>.

Jordan Monnink (8:30am Earlybirds; 20-29): **1st** overall, **1st** male, and **1st** in category in 1:56:34.1 (18:48 swim)

Nicole Mikhael (6pm Whitecaps; 30-39): 22nd overall, **5th** female, and **4th** in category in 2:24:44.6 (27:17 swim)

Christian Cattan (6pm Whitecaps; 30-39): 31st overall, 24th male, and **6th** in category in 2:33:52.9 (26:50 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 **July 10th**).

Private and Semi-Private Masters Swim Lessons

The Fall schedule will be available 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

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 2016: 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>