

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** Saturday, September 17, 2016 3:03 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 #427

## Carleton Masters Swimming Newsletter #427      Saturday, September 17<sup>th</sup>, 2016

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

**Bcc:** Those registered for Fall 2016 and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (34 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (24 addresses), Saturday Only (6 addresses), Masters "Alumni" (5 addresses); plus Fall 2015, Winter 2016, Spring 2016, Summer 2016, and Alumni: 7:30am Earlybirds I (15 addresses), 8:30am Earlybirds II (15 addresses), 6pm Whitecaps I (16 addresses), 7:10pm Whitecaps II (17 addresses), Saturday Only (1 address), Masters "Alumni" (36 addresses)

**"Nothing is a waste of time if you use the experience wisely." – Auguste Rodin**

### Masters Program Notes and Cancellations

- The Fall session started **Tue Sept 6<sup>th</sup>**:
  - There are no workouts **Mon Oct 10<sup>th</sup> (Thanksgiving)**. For Saturday swimmers, there **is** a workout **Sat Oct 8<sup>th</sup> at 8:15am**.
  - The water temperature is now back down to normal – thanks for your patience!
- Registration is open for both Fall and Winter. Details on dates, prices, and barcodes is near the end of the newsletter.
- For Fall, the 7:30am and 6pm groups are full: wait lists available (do let me know if you're on a wait list!). There are **5 spots left at 8:30am**.
  - The 7:30am and 6pm groups are likely to fill for Winter, also, so if you like to swim at either of those times, I'd recommend signing up for Winter by about December.

### Women's Swim Suit September Sale

I'm having a September sale on women's swim suits. All my women's suits are \$5 off the regular price. Buy three suits (all for you, or with a friend or two) and get \$20 off. Suits are available in chest sizes 28, 30, 32, 34, 36, 38, 40, and 42. If you swim in the morning, ask me before workout about taking a bag of suits home to try. If you swim in the evening, please e-mail me to arrange to get some suits.

### Aquasport Discount for Carleton Masters Swimmers

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) They have two locations in Ottawa (2730 Iris Street in the West End and 2160 Montreal Road in the East) and several in Montreal.

### Masters Swimming Ontario Registration for 2016-2017

If you want to enter Masters Swimming competitions, you need to register with Masters Swimming Ontario via your Coach (i.e. me!). Registration for this season isn't yet available. I will advise as to cost and process as soon as it is.

## Swimmer Notes

### Swimmer Updates:

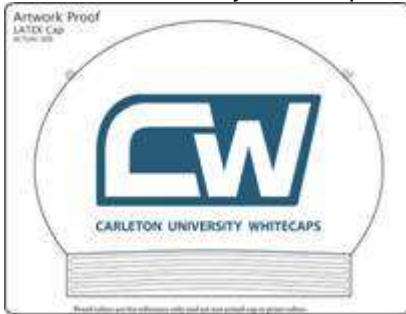
- Great news from **Dave Caldwell** (7:30am Earlybirds): He reports that his July cancer surgery was so successful that he won't need radiation or chemotherapy! He hopes to be back in the pool early in 2017.

- I'll be cleaning up the e-newsletter lists over the next few weeks. If you are not planning to register for Fall and want to continue to receive the newsletter and/or workout e-mails, just let me know.

- On **Sept 26, 28, Oct 3, 5, 11, 14, 17, and 19<sup>th</sup>** from **8:00-9:00am and 11am-noon** Carleton University Safety will be conducting a campus-wide awareness campaign on new traffic regulations for vehicles and cyclists. During this awareness campaign, safety officers will be at key locations across campus handing out information cards that highlight driving within the speed limit, staying off the phone while driving and the importance of stopping at stop signs.

- **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) until **Oct 28<sup>th</sup>**.

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



## News and Links:

- Tips to Start the Best Season of Your Life: <http://mastersswimmingcanada.com/index.php/2016/09/02/tips-to-start-the-next-best-season-of-your-life/>
- What Makes a Swimmer Smart?: <https://swimswam.com/makes-swimmer-smart/>
- **Penny Oleksiak** and the Power of Inexperience: <http://www.yourswimlog.com/penny-oleksiak-power-inexperience/>
- Age Analysis of Rio Swimming Finalists: <https://www.swimmingworldmagazine.com/news/age-analysis-of-rio-swimming-finalists-the-older-the-better/>
- HUUB Kickpant: The Ultimate Training Tool for Sinky-Legged Swimmers [thanks to **Brad Shapansky** (7:30am Earlybirds)]: <http://www.swimsmooth.com/huub-kickpant.php>
- Superstar Seniors Exercise Well into Their Golden Years: <http://fitness.mercola.com/sites/fitness/archive/2016/09/09/exercises-for-seniors.aspx>
- 85 Year Old **Ed Whitlock** Breaks 50min for 10k Run: <http://runningmagazine.ca/85-year-old-ed-whitlock-breaks-50-minutes-for-10k-at-toronto-island-run/>
- Dark Chocolate Can Boost Athletic Performance: <https://www.sciencedaily.com/releases/2016/04/160419120151.htm>
- Different Types of Exercise Affect Different Parts of the Brain: <http://consciouslifeneeds.com/new-finding-different-types-exercise-affect-different-parts-brain/11121031/>
- Exercise Does More Good if You Believe it Will!: <https://www.sciencedaily.com/releases/2016/08/160811090039.htm>
- How to Improve Your Swim in the Gym: <http://www.220triathlon.com/training/swim/how-to-improve-your-swim-in-the-gym/8178.html>
- Use it or Lose it: Study Shows that Stopping Exercise Decreases Brain Blood Flow [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <http://medicalxpress.com/news/2016-08-decreases-brain-blood.html>

**Swim Suits for Sale:** The suits range in brand, style, and colour. Most prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask! If there's a particular suit you are looking for, I may be able to track it down.

**Caps and Goggles to Borrow:** I always have a "lost and found" bag full of spare caps and goggles to borrow if you forget (or break) yours.

**Swim Caps for Sale:** The money raised selling these caps goes towards the \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We now have a few triathlon latex caps (50c), as well as some silicone caps (\$2). Ask if you're interested in looking at these. If anyone has any caps that they'd like to donate, they would be most welcome.

**Nose Clips for Sale:** Cost \$5. Contact me if you are interested.

## Fall Session Information

Dates: Tue Sept 6<sup>th</sup> to Thu Dec 22<sup>nd</sup>; excluding Mon Oct 10<sup>th</sup>.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End: **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Mon: Shallow End; Tue/Thu: Deep End: Mon/Thu: **Sean**; Tue: **Mark**

7:10pm Whitecaps: Shallow End: Mon/Thu: **Sean**; Tue: **Mark**

8:15am Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

**Sean** is coaching for **Mark** on **Tue Sept 20<sup>th</sup>** and **Mark** is coaching for **Sean** on **Thu Sept 22<sup>nd</sup>**.

I was going to coach for **Sean** on **Sat Sept 24<sup>th</sup>**, but now **Sean** can make it, so we've swapped back!

I am coaching for **Sean** on **Thu Oct 13<sup>th</sup>**.

I'm coaching for **Sean** on **Sat Nov 26<sup>th</sup>** and **Sean** is coaching for me on **Sat Dec 3<sup>rd</sup>**.

### Fin Days:

Tue Oct 25<sup>th</sup> / Wed Oct 26<sup>th</sup>

Thu Nov 24<sup>th</sup> / Fri Nov 25<sup>th</sup>

### Time Trials:

Thu Oct 13<sup>th</sup> / Fri Oct 14<sup>th</sup>: timed 400fs or IM

Thu Oct 20<sup>th</sup> / Fri Oct 21<sup>st</sup>: 2 timed 50s

Mon Oct 31<sup>st</sup>: 200 choice

Mon Nov 14<sup>th</sup>: 800 / 1500fs

Tue Nov 29<sup>th</sup> / Wed Nov 30<sup>th</sup>: 100 choice

Wed Dec 21<sup>st</sup> / Thu Dec 22<sup>nd</sup>: "funner" day (e.g. relays)

This information and more can be found with the Fall workout themes

at: <http://carletonmasters.tripod.com/mastplanfall16.pdf>.

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

**6pm Whitecaps:** Sept 6-15<sup>th</sup> (5 workouts); range 21-33; average: 28.6

Perfect Attendance: **Bill W, Cam D, Erica P, Jian-Lok C, Joanne D, Konstantin P, Mars N, Marg E, Meagan M, Mike L, Peter L**

**7:10pm Whitecaps:** Sept 6-15<sup>th</sup> (5 workouts); range 12-17; average: 14.6

Perfect Attendance: **Gillian M**

**7:30am Earlybirds:** Sept 7-16<sup>th</sup> (5 workouts); range 20-31; average: 26.2

Perfect Attendance: **Bruce B, Chris W, Christiane W, Dawn W, Harley G, Heloise E, Jamie C, Jim L, Liliane C, Mike M, Natalie A**

**8:30am Earlybirds:** Sept 7-16<sup>th</sup> (5 workouts); range 21-32; average: 26.6

Perfect Attendance: **Bill G, Colleen H, Isla P, Lorne M, Mark B, Paul M, Ruth F, Sheila K**

## Ask the Coach

**Dear Coach:** Will Carleton be replacing the missing pace clock in the deep end? Short-Sighted Swimmer

Dear S-S. Swimmer: Yes, a new pace clock is being ordered. Apologies for the inconvenience. Please be patient!

**Dear Coach:** When we did the freestyle drills you said to keep my fingers pointing at the bottom and at shoulder width throughout the stroke. You also said that my wrist should be in front of my belly button at the start of the finish. How does that work? Confused Freestyler

Dear C. Freestyler: It's all in the body roll. As you will be on your side (well, nearly) during the finish portion of the stroke, your fingers will point towards the bottom with your wrist in front of your belly. Think about bringing your hips towards your hand, rather than the other way around.

**Dear Coach:** Should I cup my hand while swimming? Should my fingers be tight together? What about my thumb? Working on Freestyle Propulsion

Dear W.o.F. Propulsion: The hand should not be cupped, nor should you spread your fingers as wide as you can. The fingers also shouldn't be tight together, but no one can agree on the thumb position. The optimal finger distance is a 3-8mm gap. Yes, there is research on this: <https://coachrickswimming.com/2014/11/22/open-or-closed-fingers-a-review/>.

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2017 (which includes Fall 2016) will be available soon.** 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 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/>

Sept 10<sup>th</sup> Canadian Masters Open Water Swimming Championships (2.5k or 5k)

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

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

Sat Nov 12<sup>th</sup> Brossard Meet, Montreal <https://swimming.ca/en/meet/19958/>

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/>

Sat Nov 19<sup>th</sup> Coupe de Quebec: Claude Robillard Meet, Montreal <https://swimming.ca/en/meet/19959/>

Sun Dec 4<sup>th</sup> Technoport Meet, Ottawa U <http://www.mastersswimmingontario.ca/events/techno-dec-4-2016/>

Sat Dec 10<sup>th</sup> Montreal Nord Meet, Montreal <https://swimming.ca/en/meet/19960/>

Sat Dec 10<sup>th</sup> Sainte Foy Meet, Quebec City <https://swimming.ca/en/meet/19961/>

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

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

Sat Jan 21<sup>st</sup> Drummondville Masters Meet, Drummondville, QC <https://swimming.ca/en/meet/19962/>

Sat-Sun Feb 4-5<sup>th</sup> Coupe de la Capitale LCM Meet, Quebec City <https://swimming.ca/en/meet/19963/>

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

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

Sat Mar 4<sup>th</sup> Cowansville Masters Meet, Cowansville, QC <https://swimming.ca/en/meet/19964/>

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

Sat Mar 18<sup>th</sup> Dollard-des-Ormeaux Meet, Montreal <https://swimming.ca/en/meet/19965/>

Fri-Sun Mar 24-26<sup>th</sup> Ontario Provincial Masters Meet, Thornhill, Markham

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

Sat-Sun Apr 22-23<sup>rd</sup> Quebec Provincial Masters Meet, Quebec City <https://swimming.ca/en/meet/19951/>

Fri-Mon May 19-22<sup>nd</sup> Canadian Masters Nationals LCM?, Quebec City <https://swimming.ca/en/meet/19821/>  
Sat Jun 3<sup>rd</sup> Longueuil LCM Meet, Montreal <https://swimming.ca/en/meet/19898/>  
Late July to Early August FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina-budapest2017.com/masters>

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

**Sat Sept 3<sup>rd</sup> Canadian Sprint Triathlon, Mooney's Bay** (750m/30k/5k; 147 participants)  
Congrats to **Julia** on her race and podium finish! If anyone else participated, please let me know. Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=30906>.  
**Julia Aimers** (8:30am Earlybirds; 50-54): 33<sup>rd</sup> overall, 9<sup>th</sup> woman and 2<sup>nd</sup> in category in 1:45:54.9 (15:53 swim)

**Sat Sept 10<sup>th</sup> Carleton Place Dragon Boat Festival**  
Congratulations to the **Sportchicks** who, despite missing some of their usual paddlers, won the women's division easily and also won the mixed division, paddling against teams with both men and women! Awesome!! **Isabelle Fradette** (8:30am Earlybirds) and **Debby Whately** (6pm Whitecaps) were on the winning team!

**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 **August 31<sup>st</sup>**).

### Private and Semi-Private Masters Swim Lessons

For Fall, the schedule is:  
Monday and Friday 9:35-10:35am  
Some early evenings, usually Thursday 4-5pm.  
Additional times available in late October and mid-December.

**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

#### 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 6<sup>th</sup> to Thu Dec 22<sup>nd</sup>; no workouts Mon Oct 10<sup>th</sup>

**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 3<sup>rd</sup> to Fri Apr 7<sup>th</sup>; no workouts Mon Feb 20<sup>th</sup>**  
**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

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