

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, January 27, 2017 3:15 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 #436

## Carleton Masters Swimming Newsletter #436

Friday, January 27<sup>th</sup>, 2017

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

**Bcc:** Those registered for Fall 2016 and Alumni: 7:30am Earlybirds I (46 addresses), 8:30am Earlybirds II (43 addresses), 6pm Whitecaps I (51 addresses), 7:10pm Whitecaps II (30 addresses), Saturday Only (10 addresses), Masters Alumni (29 addresses).

**“To think is easy. To act is difficult. To act as one thinks is the most difficult.” – Johann Wolfgang Von Goeth**

### Masters Program Notes and Cancellations

- The Winter session is underway.
  - There will be **no workouts on Mon Feb 20<sup>th</sup>** (Family Day). Workouts run as usual the rest of Carleton's Reading Week.
  - The Winter session ends **Fri Apr 7<sup>th</sup>**.
- The 6pm group is full for Winter. There is a wait list available. Please let me know if you are on the wait list.
  - There is just 1 spot available at 7:30am, and 5 spots at 8:30am.

## Swimmer Notes

### Swimmer Updates:

#### - Swimmers Registered with MSO for Swim Meets:

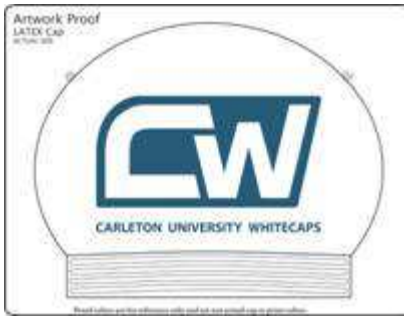
- Due to ongoing issues between Masters Swimming Ontario (MSO) and Swim Ontario (SO) / Swimming Natation Canada (SNC), swimmers registered for competition through MSO are currently limited to competing in Ontario. For those who wish to compete elsewhere in the near future, registering as an unattached Masters swimmer with FNQ (Federation de Natation de Quebec) is an option. Contact me for more details. We hope that this issue will be resolved before Nationals and Worlds!

- Links to on-line registration for upcoming local meets (Technosport and Nepean) are now included in the list of meets near the end of the newsletter.

- **Melanie Heroux** (8:30am Earlybirds) is again participating in the Annual Polar Plunge in support of Special Olympics. Melanie is accepting cash donations at the pool, and you can also sponsor her on-line: <https://secure.e2rm.com/registant/FundraisingPage.aspx?registrationID=3669080&langPref=en-CA>. This year's Polar Plunge will take place at Algonquin College **on Sat Mar 4<sup>th</sup>**.

- Interested in logging your swim mileage on-line? Check out Masters Swimming Canada's Million Metre Challenge: <https://www.mastersswimmingcanada.ca/WP/en/services/million-metre-challenge/>. You don't have to be registered for competitions to sign up for this program.

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



## News and Links:

- Are You Cut Out to be a 50 Freestyler (Flow chart)?: <https://swimswam.com/do-you-even-50-bro/>
- Good Surface Swim Photos 2016: <https://swimswam.com/best-swimming-photos-2016-surface/>
- Good Underwater Swim Photos 2016: <https://swimswam.com/best-underwater-swimming-photos-2016/>
- What is One Thing You Can Do to Swim Faster This Year?: <https://swimswam.com/what-is-the-one-thing-you-can-do-to-swim-faster-this-year/>
- 2016 Triathlon Quotes of the Year: [http://www.slowtwitch.com/Features/2016\\_Tri\\_Quotes\\_of\\_the\\_Year\\_6151.html](http://www.slowtwitch.com/Features/2016_Tri_Quotes_of_the_Year_6151.html)
- Signs That You Have a Swimmer's Body: <https://swimswam.com/9-signs-you-have-a-swimmers-body/>
- How to Become a Super-Ager: <http://www.nytimes.com/2016/12/31/opinion/sunday/how-to-become-a-superager.html>
- Work. Walk 5 Minutes. Work: <http://www.nytimes.com/2016/12/28/well/move/work-walk-5-minutes-work.html>
- Is Your Workout Not Working? Maybe You're a Non-Responder: <https://www.nytimes.com/2017/01/03/well/move/is-your-workout-not-working-maybe-youre-a-non-responder.html>
- Early Sport Specialization is Killing the Health of Our Kids: <https://drjohnrusin.com/early-sport-specialization-is-killing-the-health-of-our-kids/>
- Lessons We Learn from Failure in the Pool: <https://swimswam.com/5-tough-lessons-swimmers-learn-from-failure-in-the-pool/>
- Addressing Pool Air Quality in Indoor Pools: <http://www.swimmingworldmagazine.com/news/indoor-pool-air-quality-addressing-one-of-the-nations-most-underrated-issues/>
- How to Tell a Winner from a Loser: <https://www.linkedin.com/pulse/how-tell-winner-from-loser-david-wendkos>

**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.

## Winter Session Information

Dates: Tue Jan 3<sup>rd</sup> to Fri Apr 7<sup>th</sup>; excluding Mon Feb 20<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** coached for **Mark** on **Sat Jan 14<sup>th</sup>**.

## Fin Days:

Mon Jan 30<sup>th</sup>

Thu Mar 9<sup>th</sup> / Fri Mar 10<sup>th</sup>

#### Time Trials:

Tue Feb 7<sup>th</sup> / Wed Feb 8<sup>th</sup>: timed 400fs or IM

Tue Feb 21<sup>st</sup> / Wed Feb 22<sup>nd</sup>: 2 timed 50s

Thu Mar 2<sup>nd</sup> / Fr Mar 3<sup>rd</sup>: 100 choice

Thu Mar 16<sup>th</sup> / Fri Mar 17<sup>th</sup>: 200 choice

Tue Mar 21<sup>st</sup> / Wed Mar 22<sup>nd</sup>: 800 / 1500fs

Thu Apr 6<sup>th</sup> / Fri Apr 7<sup>th</sup>: “funner” day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint17.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:** Jan 3-26<sup>th</sup> (11 workouts); range 21-35; average: 26.5

Perfect Attendance: **Cam D, Debby W, Joanie C, Joanne D, Meagan M, Peter L, Rachel B**

**7:10pm Whitecaps:** Jan 3-26<sup>th</sup> (11 workouts); range 8-20; average: 14.4

Perfect Attendance: **Sam G**

**7:30am Earlybirds:** Jan 4-27<sup>th</sup> (11 workouts) range 18-25; average: 22.5

Perfect Attendance: **Liliane C, Margaret K, Susan N-Y, Ursula S**

**8:30am Earlybirds:** Jan 4-27<sup>th</sup> (11 workouts) range 16-28; average: 22.4

Perfect Attendance: **Amir B, Chris W, Isla P, Lisa M, Melanie H, Penny E**

## Ask the Coach

**Dear Coach:** What makes a pool “fast”? Looking For One Where I Can Swim Downhill

Dear L.F.O.W.I.C.S. Downhill: No, a fast pool doesn’t allow you to swim downhill ☺ ! A pool is fast when it is designed to reduce turbulence and is of an optimal temperature for performance. This means that the waves wash over the side of the pool, the pool is deep, and the lane ropes are high quality and tight. 78F is considered a good racing temperature. Here’s a link: <https://swimswam.com/what-actually-makes-a-pool-fast/> with more details.

**Dear Coach:** Who is David Wilkie? Mastering the David Wilkie Drill

Dear M.t.D.W. Drill: David Wilkie is a Scottish swimmer who held the World Record in 200m breaststroke from 1976 (set at the Montreal Olympics) until 1982 when Canadian Victor Davis broke it: [https://en.wikipedia.org/wiki/David\\_Wilkie\\_\(swimmer\)](https://en.wikipedia.org/wiki/David_Wilkie_(swimmer)). When I was at grad school in the UK, I went to a swim clinic where he demonstrated the drill that I use and named after him. He was recently in the news for being told off for swimming too fast in public swim: <http://www.telegraph.co.uk/news/2017/01/16/olympic-gold-medallist-cancelled-health-club-membership-told/>.

**Dear Coach:** Is it legal to wear an MP3 player during a sanctioned open water swim race? Music Lover

Dear M. Lover: No, MP3 players are not permitted during sanctioned open water swim events. There are rules prohibiting anything that may aid endurance (rule SW 10.8), and any device that may help with pacing (SW 10.16), both of which music may assist. In addition, many events ban these devices for safety reasons, as they may impede a swimmer’s ability to hear whistles or horns in the case that swimmers need to be cleared from the course due to lightning, etc.

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016-2017 (September 2016 to August 2017) costs \$35.** 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:

<https://ms.mastersswimmingontario.ca/web/schedule.php>.

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

Sun Feb 5<sup>th</sup> Technosport Meet, Ottawa U [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/technosport-invitational-indoor-swim-meets/](http://www.technosport.ca/technosport_swim_and_triathlon_club/technosport-invitational-indoor-swim-meets/)

Sun Feb 12<sup>th</sup> Burlington Masters Meet <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=810>

Sat Feb 18<sup>th</sup> Pointe-Claire Masters Meet <https://swimming.ca/en/meet/20385/>

Sat Feb 25<sup>th</sup> Nepean Winterlude Long Course Meet <http://www.nmsc.org/winterlude>

Sun Feb 26<sup>th</sup> Thornhill Meet, Markham <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=801>

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

Sun Mar 5<sup>th</sup> Technosport Meet, Ottawa U [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/technosport-invitational-indoor-swim-meets/](http://www.technosport.ca/technosport_swim_and_triathlon_club/technosport-invitational-indoor-swim-meets/)

Sun Mar 5<sup>th</sup> Clarington, Bowmanville <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=847>

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

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=802>

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

Sun May 7<sup>th</sup>, Clarington, Bowmanville <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=848>

Fri-Sun May 12-14<sup>th</sup> Canadian Masters Nationals, Quebec City <https://swimming.ca/en/meet/19821/>

Sat Jun 3<sup>rd</sup> Longueuil LCM Meet, Montreal <https://swimming.ca/en/meet/19898/>

Aug 7-20<sup>th</sup> FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina.org/content/17th-fina-world-masters-championships> (Open Water Swimming: Aug 10-12<sup>th</sup>; Pool Swimming: Aug 14-20<sup>th</sup>)

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

### **Sat-Sun Jan 21-22<sup>nd</sup> Coupe Skinouk, Cross Country Ski Races, Gatineau Park**

Congratulations to **Sheila Kealey** for sweeping the Women's Open events! Saturday Results:

<http://zone4.ca/results.asp?id=8417&cat=all>; Sunday Results: <http://zone4.ca/results.asp?id=8429&cat=all>

**Sheila Kealey** (8:30am Earlybirds; Open Women): 1<sup>st</sup> 10km classic (34:54.2), 15km free (48:23.3)

### **Sat Jan 21<sup>st</sup> Masters Swim Meet, Drummondville, Quebec**

I was the only Carleton swimmer at this meet. I was officially swimming as an unattached Quebec Masters swimmer due to the MSO/SNC issues, but all involved agreed that the swims will be considered as if I was swimming for CAPS, for ranking purposes. Results were posted (<https://swimming.ca/en/meet/19962/>), but are no longer there!

**Lynn Marshall** (Coach; 55-59): 1<sup>st</sup> 800fs (9:47.91), 100bk (1:14.81), 100br (1:27.47), 200fl (2:37.50), 200IM (2:39.00)

### **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 **December 23<sup>rd</sup>**).

### **Private and Semi-Private Masters Swim Lessons**

#### **Winter Schedule:**

Monday and Friday 9:35-10:35am

Monday 4:30-5:30pm

Some additional times may be available Feb 21-24<sup>th</sup>.

**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

### Winter Masters Swimming Programs, Barcodes and Prices

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 Winter. The information below is also on the web site:

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

**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

### 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. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

### Carleton Masters Swim Team Photos:

Fall 2016 group photos (Saturday, Morning, Evening): <http://carletonmasters.tripod.com/fall16photos.pdf>.

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** (6pm Whitecaps), **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 a month'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

[lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca) (or for quicker response: [lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca))

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