

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, February 10, 2017 4:57 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 #437

Carleton Masters Swimming Newsletter #437

Friday, February 10th, 2017

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2016, Winter 2017, and Alumni: 7:30am Earlybirds I (46 addresses), 8:30am Earlybirds II (43 addresses), 6pm Whitecaps I (51 addresses), 7:10pm Whitecaps II (29 addresses), Saturday Only (10 addresses), Masters Alumni (29 addresses).

“Experience is not what happens to you; it’s what you do with what happens to you.” – Aldous Huxley

Masters Program Notes and Cancellations

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

Swimmer Notes

Swimmer Updates:

- Congratulations to the Bytown Sportchicks Senior “B” team for being recognized at the annual Ottawa Sports Award Banquet on **Wed Feb 1st**: <https://www.ottawasportsawards.ca/node/1885> for winning three gold medals at the Dragonboat Club Crew World Championships in Australia. Those who swim with Carleton Masters are: **Claire Robinson** (captain), **Colette Kenney**, **Debby Whately**, **Carolyn Odecki** (steersperson), **Isabelle Fradette** (manager), and **Natalie Aucoin** (manager). The team received a plaque and each member got a certificate. Awesome!

- Best wishes to **Deb Low** (6pm Whitecaps) for her move to Vancouver for work. She’s been swimming with Carleton Masters since Fall 2011. We’ll miss her!

- Swimmers Registered with MSO for Swim Meets:

- If you plan to compete in sanctioned competitions outside Ontario, you can pay \$2 to join SCCM (Swim Canada Competitive Masters) and register with Swim Canada via this link: <https://form.swimming.ca/machform/view.php?id=18366>. You will then get a registration number that is in the national database. Note that you can still sign up as a member of CAPS, but you must use the new registration number for meets outside Ontario.

- If you are interested in competing in **relays at the Nepean Long Course meet**, please let **Sam Gamble** (7:10pm Whitecaps) know via e-mail: sam@cloudworks.ws. He has kindly offered to take care of our relays again this year.

- **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/regisrant/FundraisingPage.aspx?registrationID=3669080&langPref=en-CA>. This year’s Polar Plunge will take place at Algonquin College **on Sat Mar 4th**.

- 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:



- For those who prefer silicone caps, Carleton Varsity swim caps are available as a fundraiser for the Varsity team for \$15 each:



News and Links:

- Documentary: 10m Tower [thanks to **Christiane Wilke** (7:30am Earlybirds)]: <https://www.nytimes.com/video/opinion/100000004882589/ten-meter-tower.html>
- This Mental Trick Makes Your Workouts Easier: Talking to Yourself: <http://time.com/4606637/exercise-motivational-skills-training/>
- "I'm Tired. Do I Still Have to Warm-Up, Coach?": <https://coachrickswimming.com/2016/12/15/im-tired-do-i-still-have-to-warmup/>
- "Everything" Day at the Gym: <https://www.facebook.com/julia.taft.5/posts/10154820053923276>
- Baywatch Movie Features Olympic Swimmer Striving to Rehab His Image: <https://swimswam.com/baywatch-movie-features-olympic-swimmer-striving-rehab-image/>
- Lessons on Aging Well from 105 Year Old Cyclist [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://www.nytimes.com/2017/02/08/well/move/lessons-on-aging-well-from-a-105-year-old-cyclist.html>
- Life Lessons from Centenarians: <http://articles.mercola.com/sites/articles/archive/2017/01/14/life-lessons-from-centenarians.aspx>

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 3rd to Fri Apr 7th; excluding Mon Feb 20th.

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.

Mark is coaching for me on **Sat Feb 18th**.

Fin Days:

Mon Jan 30th

Thu Mar 9th / Fri Mar 10th

Time Trials:

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

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

Thu Mar 2nd / Fri Mar 3rd: 100 choice

Thu Mar 16th / Fri Mar 17th: 200 choice

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

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

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

at: <http://carletonmasters.tripod.com/mastplanwint17.pdf>.

Thanks to those who participated in the 400 time trials on Tue Feb 7th and Wed Feb 8th. There were twenty improvements – eighteen in the 400 free, and one each in 200 free and 400IM. The biggest improvements were by **Chris Whitehead** (8:30am Earlybirds): 41 seconds in 400fs; **Fay Hjartarson** (8:30am Earlybirds): 34.8 seconds in 400fs; and **Flo Kellner** (8:30am Earlybirds): 32.5 seconds in 200fs. A full list of improvements follows:

200fs (1)

Flo Kellner	EB2	32.5
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400fs (18)

Chris Whitehead	EB2	41.0
Fay Hjartarson	EB2	34.8
Derek Woodard	WC1	30.8
Liliane Cardinal	EB1	28.4
Jean-Louis Tiernan	WC1	25.4
Konstantin Petoukhov	WC1	17.7
Christiane Wilke	EB1	16.3
Ruth Fawcett	EB2	15.4
Mars Nienhuis	WC1	11.9
Mary Lou Davies	EB2	11.5
David Moore	WC1	10.8
Philip Kaisary	WC1	8.3
Lisa Meyer	EB2	7.3
Cori Dinovitzer	WC1	6.0
Alison Creba	EB2	4.6
Ursula Scott	EB1	3.9
Elspeth Cudmore	EB2	0.3
Justin Kernot	EB2	0.1

400IM (1)

Tony Revitt	EB2	1.8
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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-Feb 9th (17 workouts); range 21-35; average: 26.8

Perfect Attendance: **Joanie C, John H** (with apologies to John for missing him last time!)

Missed 1 Workout: **Cam D, Joanne D, Meagan M, Peter Lithgow**

7:10pm Whitecaps: Jan 3-Feb 9th (17 workouts); range 6-20; average: 14.0

Perfect Attendance: **Sam G**

Missed 1 Workout: **Steph LSF**

7:30am Earlybirds: Jan 4-Feb 10th (17 workouts) range 16-25; average: 21.8

Perfect Attendance: **Liliane C**

Missed 1 Workout: **Bruce B, Christiane W, Ursula S**

8:30am Earlybirds: Jan 4-Feb 10th (17 workouts) range 16-28; average: 22.2

Perfect Attendance: **Amir B, Chris W**

Missed 1 Workout: **Isla P, Lisa M, Natalie A, Penny E, Ruth F**

Ask the Coach

Dear Coach: How long will the pool be closed for maintenance this year? Eager Swimmer

Dear E. Swimmer: The pool closes 6pm **Fri Apr 7th** and re-opens 6am **Mon May 1st**. Details of the Spring and Summer Masters sessions will be available next month.

Dear Coach: Do I have to breathe every stroke on breaststroke? A Breaststroker

Dear A. Breaststroker: While it is recommended to breathe every stroke in breaststroke, it is not required. Note, however, that the head must break the surface of the water during each stroke cycle, i.e. the head cannot remain completely submerged during an entire stroke.

Dear Coach: Can you remind me of the head position in breaststroke? Another Breaststroker

Dear A. Breaststroker: As you want to be streamlined and avoid unnecessary motion, it is best if your neck remains (almost) straight. Thus you drop your hips, and look down towards the water (or your hands) as you breathe, rather than looking straight ahead. As you glide, your entire head is submerged and you are looking at the bottom of the pool, not ahead.

Dear Coach: Is it legal to bring my hands or arms out of the water in the breaststroke arm recovery? Yet Another Breaststroker

Dear Y.A. Breaststroker: The hands may come above the surface of the water, but under the chest / neck, as opposed to a wide butterfly-like recovery. There is less resistance above the surface, but it requires raising the body higher so uses more energy.

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.**

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

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

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

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

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

Sun Mar 5th Technosport Meet, Ottawa U http://www.technosport.ca/technosport_swim_and_triathlon_club/technosport-invitational-indoor-swim-meets/

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

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

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

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

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

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

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

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

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

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

Cycling 4km Hill Climb, Palm Springs

Not a race, but kudos to **Renee Robert** (8:30am Earlybirds) for being the only one of her cycling tour to take up the challenge of cycling the 4km road to the base of the Palm Springs gondola ride. It was 7-12% grade all the way and Renee managed to stay in her aerobic zone. Well done!

Sat Jan 28th Craftsbury 25k Classic Ski Race

Congratulations to **Sheila** on winning the women's open race by over 5min! Here's a link to the results:

<http://data.bullittiming.com/events/CraftsburyMarathon2017/results-Women%202%20Lap.html>, and Sheila's race report: <http://www.xcottawa.ca/articles.php?id=3007>.

Sheila Kealey (8:30am Earlybirds; Open Women): 1st overall in 1:29:37.4

Fri-Sun Feb 3-5th Ontario Provincial Masters Cross Country Championships, Parry Sound

Lisa participated in this event which she said encourages Masters by providing a not-too-technical course and by providing age-adjusted, as well as age group, results (although she doesn't know the formula – possibly something that would be interesting for swimming, too!). The oldest competitor was 83! Congratulations to **Lisa** on her results. Here are some links: <http://zone4.ca/results.asp?id=8477&cat=all>, <http://zone4.ca/results.asp?id=8484&cat=all>, and <http://zone4.ca/results/8483.pdf>.

Lisa Meyer (8:30am Earlybirds; Masters 6): 1st in category and in the age-adjusted results for the 20k classic, 1st in her category in the 10k classic, and 3rd in her category for the 10km skate

Fri-Sun Feb 3-5th Eastern Canadian Ski Championships, Nattertok

Congratulations to **Sheila** (again!) on her great results. Pretty impressive competing in the open category at age 50+! Full results here: <http://zone4.ca/event/090a5bf2-e8dc-11e6-9e5c-0a7aff3e7c9d/>.

Sheila Kealey (8:30am Earlybirds; Open Women): 8th in the classic 10k, 10th in the classic sprint, and 10th in the 15k skate

Sun Feb 5th Technosport Masters Meet, U of Ottawa

There were just two Carleton swimmers at this meet. Official results are not yet available, but here's how we think we did:

Sam Gamble (7:10pm Whitecaps; 35-39): 100fs (1:10), 50br (37), 100br (1:23), 100IM (1:15)
Lynn Marshall (Coach; 55-59): 200bk (2:34), 200br (3:07), 400IM (5:31)

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 23rd**).

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 21-24th.

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 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

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).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>