

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, November 10, 2017 6:59 PM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #456

Carleton Masters Swimming Newsletter #456

Friday, November 10th, 2017

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, and Alumni, 7:30am Earlybirds I (43 addresses), 8:30am Earlybirds II (29 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (30 addresses), Saturday Only (8 addresses), and Masters Alumni (32 addresses).

"Nothing is black-and-white, except for winning and losing, and maybe that's why people gravitate to that so much." – Steve Nash

Masters Program Notes

- The Fall session started **Wed Sept 6th** and runs until **Thu Dec 21st**.
 - There are no further cancellations planned for this term:
 - There are no cancellations due to Remembrance Day (Sat Nov 11th).
- Registration for both Fall and Winter is available. Program details can be found near the end of the newsletter.
 - The 7:30am and 6pm groups are **full** for Fall, with wait lists available. Let me know if you are on a wait list.
 - There are **3** spots left in the Winter 6pm group.

Swimmer Notes

Swimmer Updates:

- Date for your Diary: The annual **Carleton Masters Festive Gathering** will be held at and **Don Wells** and **Joanie Conrad's** (both 6pm Whitecaps) on **Sat Nov 25th** starting at 6:30pm. It's potluck and BYOB. Full details here: <http://carletonmasters.tripod.com/festive2017.pdf>.

- Congratulations to **Christiane Guibord** (8:30am Earlybirds) and **Sebastien Robillard-Cardinal** (7:10pm Whitecaps). They are expecting baby #2 in May!

- Congratulations also to **Matthew Tucciarone** (7:30am Earlybirds) on his engagement. He will be joining his fiancée **Reni** in Jakarta, Indonesia in the Spring!

- **Mélanie Héroux** (8:30am Earlybirds) is participating in the 3rd Annual Norm MacEwen Bowl-a-Thon for Special Olympics on **Sun Nov 19th**. If you would like to sponsor **Mélanie** for this event, she will have an envelope at the pool for donations. There is also an opportunity to participate in the bowling or the live and silent auctions happening during the event. Ask **Mélanie** (saku_fan@hotmail.com) for more details.

- The Carleton Varsity Swim Team is again raising funds on Giving Tuesday, **Tue Nov 28th**, when Carleton will match all donations (up to a maximum of \$2000 per donation) starting at 12:01am until they have matched \$250,000. Last year the matching funds ran out by about 9am! There is no minimum donation, and all contributions will be greatly appreciated, especially early in the day! Details here: <https://futurefunder.carleton.ca/project/ravens-swim-team/>. (They're working on fixing the photo!)

- Due to Fall Convocation on **Sat Nov 18th**, Parking Lot 5 will be closed on that date. Those with parking passes may park in any other legal spot on that date.

- 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:

- Swimming in an Empty Pool [thanks to **Mars Nienhuis** (6pm Whitecaps)]:

<https://www.facebook.com/Wimpcom/videos/1550359228388564>

- Creating Workouts for All Types of Swimmers: <http://www.usms.org/articles/articledisplay.php?aid=3367>

- Six Swim Practice Bad Habits to Break: <https://www.yourswimlog.com/6-bad-swim-practice-habits-you-should-break-now/>

- Fit at 80? Meet Four Octogenarian Athletes: <https://www.prevention.com/fitness/fit-at-80-you-bet-meet-4-octogenarian-athletes-who-give-you-zero-reason-to-skip-the-gym>

- For Your Brain's Sake, Keep Moving: <https://www.nytimes.com/2017/10/04/well/move/for-your-brains-sake-keep-moving.htm>

- Daily Dark Chocolate Can Help Your Workouts: <http://www.mensfitness.com/nutrition/what-to-eat/daily-dark-chocolate-can-help-you-exercise-longer-and-harder>

- How Many Calories You Burn with Different Exercises: <http://www.businessinsider.com/how-many-calories-you-burn-an-hour-walking-running-other-exercises-2017-9>

- If You Stopped Exercising, How Long Before Your Body Notices?: <https://www.forbes.com/sites/quora/2016/12/01/if-you-stopped-exercising-today-heres-how-long-it-would-take-your-body-to-notice>

- Strength Training Could Add Years to Your Life: <http://www.irishexaminer.com/lifestyle/healthandlife/yourhealth/strength-training-could-add-years-to-your-life-404022.html>

- Want to be Mentally Tougher: Sleep More: <https://swimswam.com/want-mentally-tougher-season-sleep/>

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$45 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 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: Wed Sept 6th to Thu Dec 21st; excluding Mon Oct 9th, plus free interim workout Tue Sept 5th 6:00-7:15pm.

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/Tue: **David**; Thu: **Sean**

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

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

Exceptions will be noted here.

I coached for **Sean** on **Thu Nov 2nd**.

We swapped the workouts of **Mon Nov 6th** and **Fri Nov 10th** for the morning groups, by request.

Sean is coaching for **David** on **Mon Nov 13th**.

David is coaching for **Sean** on **Thu Nov 16th**.

Fin Days:

Tue Oct 24th / Wed Oct 25th

Thu Nov 23rd / Fri Nov 24th

Time Trials:

Thu Oct 12th / Fri Oct 13th: timed 400fs or IM

Thu Oct 19th / Fri Oct 20th: 2 timed 50s

Mon Oct 30th: 200 choice

Mon Nov 13th: 800 / 1500fs

Tue Nov 28th / Wed Nov 29th: 100 choice

Wed Dec 20th / Thu Dec 21st: "funner" day (e.g. relays)

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

at: <http://carletonmasters.tripod.com/mastplanfall17.pdf>.

Thanks to those who participated in the **200 time trial on Mon Oct 30th**. There were 10 improvements. The biggest improvements were 9.2 seconds by **Jean-Louis Tiernan** (6pm Whitecaps) in 200fs, and 9.0 seconds by **Derek Woodard** (6pm Whitecaps) in 200IM.

200fs (4)

Jean-Louis Tiernan	9.2	WC1
Terry Headrick	7.0	EB1
Christiane Wilke	6.2	EB1
Brad Shapansky	0.1	EB1

200bk (3)

Melanie Heroux	4.7	EB2
Harley Gifford	4.7	EB1
Sandy Lawson	2.7	EB1

200IM (3)

Derek Woodard	9.0	WC1
Megan Holtzman	1.9	EB2
Konstantin Petoukhov	0.8	WC1

Weekday Attendance:

Here is the weekday attendance so far for this term. Please let me know of any errors or omissions!

7:30am Earlybirds: Sept 6-Nov 10th (28 workouts): range 15-32; average: 23.8

Perfect Attendance: **Christiane W, Liliane C**

Missed 1 Workout: **Eleanor F, Harley G**

Missed 2 Workouts: **Bruce B**

Missed 3 Workouts: **Brad S, Ursula S**

8:30am Earlybirds: Sept 6-Nov 10th (28 workouts): range 9-23; average: 17.2

Missed 2 Workout: **Melanie H**

Missed 3 Workouts: **Adrian F**

6pm Whitecaps: Sept 7-Nov 9th (26 workouts: Mon Oct 2nd is excluded): range: 15-32; average: 25.3

Perfect Attendance: **Derek W, Konstantin P, Mars N**

Missed 1 Workout: **Joanie C, Sydney S**

Missed 2 Workouts: **Peter Lithgow, Riley S**

Missed 2 Workouts: **Cam D, Don W**

7:10pm Whitecaps: Sept 7- Nov 9th (26 workouts: Mon Oct 2nd is excluded): range: 5-19; average: 13.8

Missed 2 Workouts: **Stephanie LSF**

Ask the Coach

Dear Coach: Do you have any pointers for non-masters swimmers who want to start training for triathlons? I have a friend who can swim but needs to work on a more efficient free style stroke and train for distance. Any sources of good information he should know about or consult? Tri-Friend

Dear T. Friend: I'd recommend that your friend find a group to train with, if that works for him (triathlete group or Masters group). If that doesn't work with his schedule, I'd suggest a few private lessons to get him on the right track. I offer lessons for triathletes, as well as Masters swimmers.

Dear Coach: What should your arms do on a flip turn? Learning to Flip

Dear L.t. Flip: To do an efficient flip turn you want to be pushing (not pulling) the water. As you come into the wall, take your second last stroke and stop with your arm extended by your leg. Take your last stroke, and end with that arm by your leg. Turns your hands so they are palm down and push hard, bending the elbows as you do so. This will make your flip efficient. Ask for a clinic, if needed!

Dear Coach: Why do we scull? Tired Sculler

Dear T. Sculler: When we swim there are two components to every arm movement. We are moving our arms towards our feet (in a backwards direction), but there is also a side-to-side motion involved. Sculling teaches you "feel for the water", i.e. how to keep your hand in the optimum position as you move through the water.

Masters Swimming Competitions

This year, you have several options for registration for competitions:

1. You can still register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times are not accepted by MSC (e.g. for the Top 20 rankings) and are not recognized by FINA. This costs **\$25** for Sept 1st to Aug 31st. This registration can be done quite quickly, so it doesn't have to be done very far in advance of the competition you are interested in. (You can also pay a \$5 registration fee for each MSO-sanctioned competition that you enter, but then you would not be swimming for Carleton Masters.)

2. If you wish to compete outside Ontario, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$75** for Sept 1st to Aug 31st. Registration several weeks in advance of the meet deadline is required, as you will not be eligible to compete until your registration has been processed by SO.

3. You can register with both MSO and SO. This costs **\$90** for Sept 1st to Aug 31st.

For all of the above, if you haven't registered before, please send me your name, gender, date of birth, address and phone number. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**). Note that the above costs include a contribution to the club registration fee.

Many Ontario meets, including most local meets, will likely be MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals in Calgary, then SO registration is required.

For MSO competitions see: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

For Ontario SO competitions and Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select the province and the month of interest, then select the appropriate meet to get more info. Masters meets are identified as "Masters" under meet type. If it says "sanctioned" the meet package should be available. You can also look on the Masters Swimming Canada site, which should list competitions from all provinces, and is sometimes more helpful than the above: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>.

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 becomes available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

May 1st, 2017 to April 30th, 2018 Global Swim Series: <https://globalswimseries.com/races/>
Sat Nov 11th Coupe de Montreal, Claude Robillard <https://swimming.ca/en/meet/21525/>
Sat Nov 18th Willy Lee Charity Meet, Brewer Pool (Unsanctioned) <http://www.anzai.com/EventResults.htm>
Sat Nov 18th Drummondville Masters Meet <https://swimming.ca/en/meet/21535/>
Sun Dec 3rd Technoport Time Trial, U of Ottawa (MSO Sanctioned; TBC)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Dec 9th Montreal-Nord Masters Meet <https://swimming.ca/en/meet/21536/>
Sat Jan 13th Longueuil Masters Meet (Short Course?) <https://swimming.ca/en/meet/21537/>
January or February Pointe Claire Masters Meet (TBC)
Sun Jan 21st Alderwood 25yd Meet, Toronto (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Feb 3rd Magog Masters Meet <https://swimming.ca/en/meet/21538/>
Sun Feb 4th Technoport Time Trial, U of Ottawa (MSO Sanctioned; TBC)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Feb 17th Pointe-Claire Masters Meet (TBC)
Sat-Sun Feb 24-25th Coupe de la Capitale, Quebec City (Long Course) <https://swimming.ca/en/meet/21539/>
Sun Feb 25th Thornhill Masters Meet, Stephen Forsey Invitational
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sun Mar 4th Technoport Time Trial, U of Ottawa (MSO Sanctioned; TBC)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Mar 17th DDO Masters Meet <https://swimming.ca/en/meet/21541/>
Fri-Sun Mar 23-25th MSO Provincials, Nepean (MSO Sanctioned; TBC)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Mar 31st LaSalle Masters Meet (LC) <https://swimming.ca/en/meet/22660/>
Fri-Sun Apr 20-22nd Quebec Provincials, Universite de Laval <https://swimming.ca/en/meet/21443/>
Sat-Mon May 19-21st Canadian Nationals, Calgary <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>
Sat Jun 2nd Longueuil Masters Meet (LC) <https://swimming.ca/en/meet/21406/>

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

Sat Nov 4th Cookie Run, Ottawa

Congratulations to **Susan** and the **Revitt** family on their runs (and cookies)! The **Revitt's** took 2 min off their time from their last family race. **Susan** was close to a podium finish in a super competitive age group!

5km (674 participants)

Brooke Revitt (Tony's daughter; under 19): 334th overall; 179th female, and 78th in category in 33:23.4 (31:15.8 chip time)

Jolene Harvey (Tony's wife; 40-49): 335th overall; 180th female, and 36th in category in 33:24.0 (31:17.2 chip time)

Tony Revitt (8:30am Earlybirds; 40-49): 336th overall; 156th male, and 26th in category in 33:24.1 (31:16.5 chip time)

10km (297 participants)

Susan Nevitt-Yelle (7:30am Earlybirds; 50-59): 55th overall; 9th woman, and 4th in category in 47:51.4 (47:41.9 chip time)

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 **Oct 25th**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Mon and Fri 9:35-10:35am

Early evenings may also be available.

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 2017: Wed Sept 6th to Thu Dec 21st; no workouts Mon Oct 9th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 14262; cost: \$155+HST: **Full: wait list available.**

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 14263; cost: \$155+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 14268; cost \$170+HST: **Full: wait list available.**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 14270; cost: \$155+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 14264; cost: \$62+HST

Winter 2018: Wed Jan 3rd to Sat Apr 14th; no workouts Mon Feb 19th, Fri Mar 30th, Mon Apr 2nd

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 14265; cost: \$140+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 14266; cost: \$140+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 14269; cost \$155+HST: **Almost full!**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 14271; cost: \$140+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 14267; cost: \$62+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.) In Ottawa, they are located at 2730 Iris Street in the West End. (The Montreal Road location has closed.) There are also several locations 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 and recent 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.

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>