

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Thursday, December 07, 2017 3:46 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 #458

Carleton Masters Swimming Newsletter #458

Thursday, December 7th, 2017

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, and Alumni, 7:30am Earlybirds I (44 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).

“Good judgment comes from experience, and often experience comes from bad judgment.” – Rita Mae Brown

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.
 - The Winter session starts on **Wed Jan 3rd**.
 - There may be some **interim** workouts: stay tuned!
- 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.
 - The 6pm group is **full** for Winter. A wait list is available. Let me know if you are on a wait list.

Tom Anzai's Passing

Ottawa coach and Masters swimmer, **Tom Anzai**, who hosted the recent Willy Lee Masters Swim Meet at the Brewer Pool, passed away on Fri Dec 1st after sustaining critical injuries from a fall at home. Our hearts go out to the Anzai family: his wife **Marie**, and their four children, **Trevor**, **Trenton**, **Emily**, and **Andrea** (all swimmers). **Tom** and **Marie** met while swimming on the Carleton Varsity Team. Details on visitation and service: <https://www.arbormemorial.ca/kelly/obituaries/thomas-tom-edward-anzai/12298>. Here's the Ottawa Citizen Article on **Tom**: <http://ottawacitizen.com/news/local-news/there-were-tears-and-then-we-swam-ottawa-swimmers-mourn-tom-anzai>. If you would like to **sign a sympathy card for the Anzai family**, the coaches will have them available at workouts on **Thursday evening, Friday morning, and Saturday morning**.

Swimmer Notes

Swimmer Updates:

- **Ursula Scott** (7:30am Earlybirds) choral group is performing afternoon Christmas concerts on **Sun Dec 10th and Sat Dec 16th**. For details visit <http://voicesinharmony.ca/> and click on the news and events link.

- A big thank you to **Don Wells** and **Joanie Conrad's** (both 6pm Whitecaps) for hosting the Annual Masters Festive Gathering on **Sat Nov 25th**. It was a wonderful feast and great to chat with so many current and former Carleton swimmers.

- Toronto ice swimmer (i.e. those who like to swim in water 5 C and below), **Madhu Nagaraja**, recently became the first Canadian to swim the Strait of Magellan in Chile. It's 3.9k and 4 degrees C. It took 1 hour and 19 minutes. And, no, he did not wear a wetsuit! Yes, he is crazy! <http://www.cbc.ca/news/canada/toronto/madhu-nagaraja-swims-strait-of-magellan-1.4430428>

- Many thanks to everyone who supported the Carleton Varsity Swim Team on Giving Tuesday, **Tue Nov 28th**. Donations are still being accepted here: <https://futurefunder.carleton.ca/project/ravens-swim-team/>. We're still waiting for the final tally, but we think we will have a total of about \$55,000 (\$30,000 donated and about \$25,000 in matching funds). This should give us sufficient funds to start a swimming bursary, as well as pay all the bills for this season!

- 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:

- Coaching Masters Swimming: A Different Sport [thanks to **Jamie Chalmers** (7:30am Earlybirds)]: <https://www.swimmingworldmagazine.com/news/coaching-masters-swimming-a-different-sport/>
- Why Swimming is So Good for You: <http://time.com/4688623/swimming-pool-health-benefits/>
- **Bob Bergstrom**, 76, has Swum with Team FAST for 40 Years: <http://www.oregister.com/2017/10/19/bob-bergstrom-76-has-been-a-fast-swimmer-for-40-years/>
- Three Essential Swimming Concepts: <http://www.usms.org/articles/articledisplay.php?aid=3386>
- Toxic Thoughts Swimmers Need to Drop: <https://swimswam.com/6-toxic-thoughts-every-swimmer-drop/>
- USMS Age-Grading: An Idea Whose Time Has Come?: <http://www.usms.org/articles/articledisplay.php?aid=3407>
- Getting Back in the Pool After an Injury: <https://swimswam.com/8-things-remember-getting-back-pool-injury/>
- Fixable Reasons Why You Aren't Achieving Success in the Water: <https://www.yourswimlog.com/7-fixable-reasons-you-arent-achieving-success-in-the-water/>

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.

David coached for **Sean** on **Thu Nov 30th**.

Tim is coaching for **Mits** on **Sat Dec 9th**.

Sean is coaching for **David** on **Mon Dec 11th**.

David is coaching for **Sean** on **Thu Dec 14th**.

The **6pm workout on Thu Dec 14th** will likely be in the **shallow end** to accommodate the young ROCS swimmers using the bubbler.

Mits is coaching for **Tim** on **Sat Dec 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>.

Congratulations to those who participated in the **100m time trial on Tue Nov 28th / Wed Nov 29th**. There were 14 improvements! The largest improvements were by **Melanie Heroux** (8:30am Earlybirds) with a whopping 10.3 seconds in 100 fly, and by **Danielle Le Saux Farmer** (7:30am Earlybirds) with a 9.8 second improvement in 100 free! A full list follows:

100fs (10)

Danielle Le Saux Farmer	9.8	EB1
Christiane Wilke	8.2	EB2
Jean-Louis Tiernan	6.3	WC1
Doug Brubaker	5.6	EB2
Derek Woodard	2.6	WC1
Konstantin Petoukhov	2.5	WC1
Mars Nienhuis	1.8	WC1
Adrian Finn	1.3	EB2
Lisa Meyer	0.8	EB2
Terry Headrick	0.5	EB1

100fl (2)

Melanie Heroux	10.3	EB2
Luz Osorio	0.8	WC1

100IM (2)

Jennifer Murdock	1.4	EB1
Jian-Lok Chang	1.0	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-Dec 6th (39 workouts): range 15-32; average: 23.1

Perfect Attendance: **Liliane C**

Missed 1 Workout: **Eleanor F, Ursula S**

Missed 3 Workouts: **Bruce B, Christiane W**

8:30am Earlybirds: Sept 6-Dec 6th (39 workouts): range 9-23; average: 17.4

Missed 2 Workout: **Melanie H**

6pm Whitecaps: Sept 7-Dec 5th (37 workouts: Mon Oct 2nd is excluded): range: 15-32; average: 25.4

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

Missed 2 Workouts: **Joanie C, Peter Lithgow, Riley S, Sydney S**

Missed 2 Workouts: **Cam D**

7:10pm Whitecaps: Sept 7-Dec 5th (37 workouts: Mon Oct 2nd is excluded): range: 5-19; average: 13.5

Missed 5 Workouts: **Stephanie LSF**

Ask the Coach

Dear Coach: What should I eat before morning workout? I'm having trouble finding something that is filling enough so that I don't feel hungry while not feeling too full to swim. Hungry Swimmer

Dear H. Swimmer: I passed this question along to **Sheila Kealey** (8:30am Earlybirds). **Sheila** is a health promotion consultant, nutrition researcher, and health writer (<http://www.sheilakealey.com/about/>). Here's her article: What Should I Eat Before I Workout?: <http://www.sheilakealey.com/2014/04/15/eat-workout/>.

Dear Coach: How close together should my fingers be when I swim? Working on My Pull

Dear W.o.M. Pull: You want your hands to be relaxed. You should neither cup the hands (takes effort and makes the surface area smaller), nor spread your fingers wide apart (again takes effort, and the water slips through). I've read articles that say 4-7mm between the fingers is best. Here's one that says 20-40% of the diameter of the finger: <http://www.dailymail.co.uk/sciencetech/article-2168305/The-secret-swimming-faster-Spread-fingers--forked-hands-speed-water-far-quicker.html>.

Dear Coach: I find it challenging to use the pace clock. Any suggestions? Should Have Started on the Red Top

Dear S.H.S.o.t.R. Top: It takes practice to get used to using a pace clock. It is recommended that you use the pace clock, rather than a watch while swimming. For the short (and far) sighted, prescription goggles are available for about \$25, and are a great investment. Once you can see the clock, you can start using it properly. Here's a video and description of how to use the clock: <https://www.facebook.com/GoSwim.tv/videos/10155373440494209/>. For those who have been working on their push offs and turns recently, check out how these swimmers push off the wall.

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.

Note that the Carleton Masters club code is CARMA (no longer CAPS as that is being used by a team in Calgary).

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 Dec 9th Montreal-Nord Masters Meet <https://swimming.ca/en/meet/21536/>

Sat Dec 9th North York Gators Masters Meet (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Dec 16th Nepean Red vs. Blue Meet (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Jan 13th Longueuil Masters Meet (Short Course) <https://swimming.ca/en/meet/21537/>

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)

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

Sun Feb 11th Burlington Masters Meet (MSO Sanctioned) <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)

<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)

<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 (Long Course) <https://swimming.ca/en/meet/21406/>

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

Sun Dec 3rd Technoport Time Trial, U of Ottawa

I was Carleton's only swimmer. Coach **Duane Jones** spoke about **Tom Anzai's** passing and dedicated the meet to him. Official results not yet available, but here's approximately how I did:

Lynn Marshall (Coach; 55-59): 50fs (31.1), 50fl (33.8), 100IM (1:16.5)

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 **Dec 1st**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

11:45am-12:45pm Dec 11, 14, 15, 18, 21

4:00pm-5:00pm Dec 21

4:30pm-5:30pm Dec 11, 20

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: **Full: wait list available.**

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>