

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, December 22, 2017 1:30 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 #459

Carleton Masters Swimming Newsletter #459

Friday, December 22nd, 2017

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, Winter 2018, and Alumni, 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (29 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (8 addresses), and Masters Alumni (32 addresses).

"A huge part of swimming for me is I love it, and it is so much fun." – Missy Franklin

Masters Program Notes

- The Fall session started **Wed Sept 6th** and ended **Thu Dec 21st**.
 - This is the extra-long end-of-term newsletter!
- The Winter session starts **Wed Jan 3rd**.
- Please see details on the interim workouts below.
- Registration for Winter is ongoing. Program details can be found near the end of the newsletter.
 - The 6pm group is **full**. A wait list is available. Let me know if you are on a wait list.

Interim Workouts

We will be holding interim pay-as-you-go workouts as per the schedule below. Please attend if you are available!

Members may bring a non-member friend. The cost for everyone is \$5.

Please pay the **\$5 public swim fee** at the Welcome Centre and ask for a **paper receipt**. Then write your name on your receipt and give it to the coach on deck.

Here is the schedule:

Fri Dec 22nd 7:30-8:30am: Coach: Lynn; Theme: mid-distance free (deep)

Wed Dec 27th 6:00-7:15pm: Coach: Sean; Theme: Christmas (shallow)

Thu Dec 28th 6:00-7:15pm: Coach: Sean; Theme: Hanukkah (shallow)

Sat Dec 30th 12:00 noon-1:15pm: Coach: Sean; Theme: Kwanzaa (deep)

Tue Jan 2nd 6:00-7:15pm: Coach: Lynn; Theme: short distance free (shallow)

Team Photos:

A big thank you to Coach **Sean Dawson** for once again organizing team photos, and to all those who were able to take part:

Here is the Earlybirds photo taken on **Wed Dec 20th**: <http://carletonmasters.tripod.com/earlybirdsteam2017.pdf>.

Here is the Whitecaps photo taken on **Thu Dec 21st**: <http://carletonmasters.tripod.com/whitecapsteam2017.pdf>.

Swimmer Notes

Swimmer Updates:

- It was great to see such a good turnout for Coach and Masters Swimmer **Tom Anzai's** visitation, service, and celebration of life.

- Congratulations to Coach **David Thibodeau** for being featured in an Outsports article:
<https://www.outsports.com/2017/12/11/16752814/david-thibodeau-gay-swimming-coming-out>.

- For those who are unable to attend the interim workouts, or who want additional training, here is the Carleton public swim schedule from Dec 23rd to Jan 2nd: Sat Dec 23rd and Sat Dec 30th: 1:30-4:30pm only; Wed Dec 27th, Thu Dec 28th, Fri Dec 29th, and Tue Jan 2nd: 12:30-3:30pm only; Dec 24, 25, 26, 31, and Jan 1st: closed.

- 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 (due later today!), 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:

- **Sarah Thomas:** The Woman Who Swam a Century (i.e. over 100 miles non-stop):

<https://www.ft.com/content/7e898266-d0ff-11e7-947e-f1ea5435bcc7> and

<http://www.usms.org/articles/articledisplay.php?aid=3431>

- The Benefits of Long Unbroken Swimming: <https://www.yourswimlog.com/the-benefits-of-long-unbroken-swimming/>

- Wall Push-Off: https://www.instagram.com/p/BcaV_l6AfP3/

- The Five Best Exercises to Do Before Swim Training: <https://www.swimlabs.com/blog/dryland-before-you-dive-in>

- How to Be A Hard-Working Swimmer: <https://swimswam.com/hardest-working-swimmer-pool-2/>

- Underwater Swimming Photos: <https://swimswam.com/best-underwater-swimming-photos-2017/>

- Sleep vs. Exercise: <https://www.nytimes.com/2017/12/08/well/sleep-vs-exercise.html>

- Nine Ways to Live Healthier in 2018: <https://www.nytimes.com/2017/12/03/smarter-living/9-ways-to-live-healthier-in-2018.html>

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.

Winter Session Information

Dates: Wed Jan 3rd to Sat Apr 14th; excluding Mon Feb 19th, Fri Mar 30th, and Mon Apr 2nd.

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 (will be in workout themes soon)

Exceptions will be noted here.

Fin Days:

Mon Jan 29th

Thu Mar 8th / Fri Mar 9th

Time Trials:

Tue Feb 6th / Wed Feb 7th: timed 400fs or IM

Tue Feb 20th / Wed Feb 21st: 2 timed 50s

Thu Mar 1st / Fri Mar 2nd: 100 choice

Thu Mar 15th / Fri Mar 16th: 200 choice

Tue Mar 20th / Wed Mar 21st: 800 / 1500fs

Thu Apr 12th / Fri Apr 13th: "funner" day (e.g. relays)

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

at: <http://carletonmasters.tripod.com/mastplanwint18.pdf>.

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.

Tim coached for **Mits** on **Sat Dec 9th**.

David coached for **Sean** on **Thu Dec 14th**.

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

Mits coached 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 **end of term relays on Wed Dec 20th**. There were four improvements. **Terry Headrick** (7:30am Earlybirds) had the largest improvement with 2.2 seconds in 50 breast. **Megan Holtzman** (8:30am Earlybirds) improved in both relays. **Megan** and **Terry** each improved an event for the second time this term! Here's the list of improvements:

50fs (2)

John Weston	1.1	EB1
Megan Holtzman	0.2	EB2

50br (1)

Terry Headrick	2.2+1.0 = 3.2	EB1
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50fl (1)

Megan Holtzman	0.7+1.2 = 1.9	EB2
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Fall Session Summary

A big thank you to evening coaches **David Thibodeau** and **Sean Dawson**, and to Saturday coaches **Mits Kachi**, **Tim Kilby**, **Blake Christie**, and **Mark Blenkinsop** for their coaching this term.

Thanks also to the Earlybirds, organized by **Melanie Heroux**, for their gift of beautiful flowers and chocolates!

Here's the summary of the attendance and time trials for the Fall session. If you notice any errors or omissions, please do let me know. Those of you who earned awards (perfect attendance, top 3 most improved overall, top 3 fastest overall, relay winners overall) will receive certificates early in the Winter term or by e-mail.

Weekday Attendance:

This term we had **four** swimmers with perfect attendance. Congratulations to **Derek Woodard** (6pm Whitecaps), **Konstantin Petoukhov** (6pm Whitecaps), **Liliane Cardinal** (7:30am Earlybirds), and **Mars Nienhuis** (6pm Whitecaps).

Here is the weekday attendance summary for this term:

7:30am Earlybirds: Sept 6-Dec 20th (45 workouts): range 15-32; average: 22.6

Perfect Attendance: **Liliane Cardinal**

Missed 1 Workout: **Ursula Scott**

Missed 2 Workouts: **Eleanor Fast**

Missed 3 Workouts: **Bruce Brown**

8:30am Earlybirds: Sept 6-Dec 20th (45 workouts): range 9-23; average: 17.0

Missed 2 Workout: **Melanie Heroux**

6pm Whitecaps: Sept 7-Dec 21st (44 workouts: Mon Oct 2nd is excluded): range: 15-32; average: 25.2

Perfect Attendance: **Derek Woodard**, **Konstantin Petoukhov**, **Mars Nienhuis**

Missed 2 Workouts: **Joanie Conrad**

Missed 2 Workouts: **Cam Dawson**, **Sydney Steele**

7:10pm Whitecaps: Sept 7-Dec 21st (44 workouts: Mon Oct 2nd is excluded): range: 5-19; average: 13.2

Missed 5 Workouts: **Stephanie Le Saux-Farmer**

Time Trial and Relay Summary

The information below on most improved and fastest swimmers is taken from the time trials done during the Fall session, and includes the relay splits from the end of term relays. Times done in competitions are **not** included. If your times are not listed here and you're curious, just e-mail me for details. (I have all time trial times since May 2001.)

This term time trials were done by 114 different swimmers: 65 women and 49 men. There were 427 completed time trials: 244 for women and 183 for men. If you notice any errors or omissions, please let me know.

Thirty-seven swimmers (18 women and 19 men) improved in at least one event (71 total improvements). **Mars Nienhuis** (6pm Whitecaps) led the way with a whopping 25 sec (50sec/100m) improvement in 50fl. Next, and top man, was **Bryn Livingstone** (7:30am Earlybirds) with a 45 sec (11.3sec/100m) improvement in 400fs. He was followed by **Melanie Heroux** (8:30am Earlybirds) who had a 10.3 sec (10.3sec/100m) improvement in 100fl. Next was **Danielle Le Saux-Farmer** (7:30am Earlybirds) with a 9.8 sec (9.8sec/100m) improvement in 100fs, followed by **Brad Shapansky** (7:30am Earlybirds) with a 4.7 sec (9.4sec/100m) improvement in 50fl. Next was **Christiane Wilke** (7:30am Earlybirds) with an 8.2 sec (8.2sec/100m) improvement in 100fs. Rounding out the top 3 for the men was **Peter Lapner** (6pm Whitecaps) with a 2:01 (8.1sec/100m) improvement in 1500fs. **Derek Woodard** (6pm Whitecaps) and **Konstantin Petoukhov** (6pm Whitecaps) both improved in six different events.

Twenty-six swimmers (14 women and 12 men) scored 270 plus points in at least one event (55 swims total), as per the 2015 point scores at this link: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points. **Jian-Lok Chang** (6pm Whitecaps) had the top score earning 457 points for 26.3 in 50fs. Second overall and top woman was **Luz Osorio** (6pm Whitecaps) with 453 points for 1:11.1 in 100fl. Third overall was **Andrea Zarins** (6pm Whitecaps) with 438 points for 37.9 in 50br. The second man was **Adrian Finn** (8:30am Earlybirds) with 418 for 1:00.1 in 100fs, followed by **Sean Sepulis** (6pm Whitecaps) with 410 points for 29.9 in 50bk, and **Steve Kennedy** (6pm Whitecaps) with 400 for 1:08.7 in 100IM. Rounding out the top 3 for the women was **Mars Nienhuis** (6pm Whitecaps) with 383 points for 1:10.2 in 100fs. **Adrian** scored at least 270 points in six different events. **Jian-Lok** and **Mars** scored at least 270 in five different events.

All those improving and all those scoring over 270 points, as well as the top 3 improvements, and the top 3 times for each event are listed below, as are the results of the relays.

Many thanks to all of you who participated in the time trials!

Key:

EB1 = 7:30am Earlybirds I, EB2 = 8:30am Earlybirds II, WC1 = 6pm Whitecaps I, WC2 = 7:10pm Whitecaps II, Sat = Saturdays only, TR = Masters trial workout.

Most Improved Swimmers (best event for each person):

Only those who have swum Carleton Masters time trials in the same event at least twice are eligible. This term there were 14 women and 11 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Mars Nienhuis	WC1	F	50fl	25.0	50.0
2	Melanie Heroux	EB2	F	100fl	10.3	10.3
3	Danielle Le Saux Farmer	EB1	F	100fs	9.8	9.8
4	Christiane Wilke	EB2	F	100fs	8.2	8.2
5	Andrea Zarins	WC1	F	50br	3.2	6.4
6	Sandy Lawson	EB1	F	50br	3.2	6.4
7	Megan Holtzman	EB2	F	400fs	18.0	4.5
8	Rachel Bennett	WC1	F	400fs	15.4	3.9
9	Claude Tellier	EB1	F	800fs	26.0	3.3
10	Liliane Cardinal	EB1	F	800fs	14.0	1.8
11	Myriam Saboui	EB1	F	1500fs	22.0	1.5
12	Jennifer Murdock	EB1	F	100IM	1.4	1.4
13	Lisa Meyer	EB2	F	100fs	0.8	0.8

14	Luz Osorio	WC1	F	100fl	0.8	0.8
15	Gillian Massel	WC2	F	1500fs	10.0	0.7
16	Lisa Sharp	WC2	F	1500fs	10.0	0.7
17	Alison Creba	EB2	F	1500fs	6.0	0.4
18	Fay Hjartarson	EB2	F	800fs	2.0	0.3
1	Bryn Livingstone	EB1	M	400fs	45.0	11.3
2	Brad Shapansky	EB1	M	50fl	4.7	9.4
3	Peter Lapner	WC1	M	1500fs	121.0	8.1
4	Adrian Finn	EB2	M	400fs	27.9	7.0
5	Sean Sepulis	WC1	M	50bk	3.2	6.4
6	Terry Headrick	EB1	M	50br	3.2	6.4
7	Jean-Louis Tiernan	WC1	M	100fs	6.3	6.3
8	Doug Brubaker	EB2	M	100fs	5.6	5.6
9	Derek Woodard	WC1	M	1500fs	83.0	5.5
10	Konstantin Petoukhov	WC1	M	400fs	17.3	4.3
11	John Weston	EB1	M	800fs	34.0	4.3
12	John Halloran	WC1	M	50br	1.2	2.4
13	Harley Gifford	EB1	M	200bk	4.7	2.4
14	Marshall Perrin	WC2	M	400fs	7.7	1.9
15	Paul Denys	WC2	M	400fs	5.3	1.3
16	Jonathan Critch	WC2	M	1500fs	17.0	1.1
17	Jian-Lok Chang	WC1	M	100IM	1.0	1.0
18	Christian Cattan	WC1	M	1500fs	9.0	0.6
19	Mark Blenkinsop	EB2	M	1500fs	2.0	0.1

Fastest Swimmers (best event for each person) :

All those scoring 270 or more points are shown. This term there were 9 women and 8 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
1	Luz Osorio	WC1	F	100fl	1:11.1	453
2	Andrea Zarins	WC1	F	50br	37.9	438
3	Mars Nienhuis	WC1	F	100fs	1:10.2	383
4	Paola Osorio	WC1	F	100IM	1:21.3	339
5	Gillian Massel	WC2	F	200fs	2:39.1	337
6	Stephanie Le Saux Farmer	WC2	F	400fs	5:45.1	313
7	Sydney Steele	WC1	F	100fs	1:16.3	298
8	Nada Gawad	EB1	F	50fs	35.0	292
9	Lisa Sharp	WC2	F	1500fs	23:19	284
10	Shelby McLean	EB2	F	50fs	35.4	282
11	Alison Creba	EB2	F	50fs	35.6	278
12	Julie Mouris	WC1	F	100fs	1:18.1	278
13	Liz Chretien	WC2	F	1500fs	23:34	275
14	Rachel Bennett	WC1	F	400fs	6:01.2	273
1	Jian-Lok Chang	WC1	M	50fs	26.3	457
2	Adrian Finn	EB2	M	100fs	1:00.1	418

3	Sean Sepulis	WC1	M	50bk	29.9	410
4	Steve Kennedy	WC1	M	100IM	1:08.7	400
x	Sean Dawson	EB1	M	50fs	28.1	374
5	Derek Woodard	WC1	M	50fl	30.6	361
6	Tony Revitt	EB2	M	50fs	29.1	337
7	Gi Wu	WC1	M	50fs	29.5	323
8	Madison Woodstock	WC2	M	100fs	1:07.2	299
9	Konstantin Petoukhov	WC1	M	50fs	30.4	296
10	Don Wells	WC1	M	400fs	5:20.0	291
11	Jonathan Critch	WC2	M	400fs	5:23.7	281

(For point scores, see: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points.)

Top 3 Swimmers Improving in Each Event:

Minutes and/or seconds improved and sec/100m improvement are both listed. The numbers in parentheses below the event indicate the number of women and men, respectively, who improved in that event. If the improvements are close, more than three swimmers may be shown.

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Christiane Wilke	EB1	F	1.9	3.8
2	Mars Nienhuis	WC1	F	1.1	2.2
3	Megan Holtzman	EB2	F	0.2	0.4
1	Sean Sepulis	WC1	M	1.8	3.6
2	Derek Woodard	WC1	M	1.4	2.8
3	John Weston	EB1	M	1.1	2.2
(3/7)					
100fs					
1	Danielle Le Saux Farmer	EB1	F	9.8	9.8
2	Christiane Wilke	EB2	F	8.2	8.2
3	Mars Nienhuis	WC1	F	1.8	1.8
1	Jean-Louis Tiernan	WC1	M	6.3	6.3
2	Doug Brubaker	EB2	M	5.6	5.6
3	Derek Woodard	WC1	M	2.6	2.6
(4/6)					
200fs					
1	Christiane Wilke	EB1	F	6.2	3.1
1	Jean-Louis Tiernan	WC1	M	9.2	4.6
2	Terry Headrick	EB1	M	7.0	3.5
3	Brad Shapansky	EB1	M	0.1	0.1
(1/3)					
400fs					
1	Christiane Wilke	EB1	F	18.5	4.6
2	Megan Holtzman	EB2	F	18.0	4.5
3	Rachel Bennett	WC1	F	15.4	3.9

1	Bryn Livingstone	EB1	M	45.0	11.3
2	Adrian Finn	EB2	M	27.9	7.0
3	Konstantin Petoukhov	WC1	M	17.3	4.3
(4/7)					
800fs					
1	Claude Tellier	EB1	F	26.0	3.3
2	Liliane Cardinal	EB1	F	14.0	1.8
3	Fay Hjartarson	EB2	F	2.0	0.3
1	John Weston	EB1	M	34.0	4.3
(3/1)					
1500fs					
1	Mars Nienhuis	WC1	F	42.0	2.8
2	Myriam Saboui	EB1	F	22.0	1.5
3	Gillian Massel	WC2	F	10.0	0.7
3	Lisa Sharp	WC2	F	10.0	0.7
1	Bryn Livingstone	EB1	M	126.0	8.4
2	Peter Lapner	WC1	M	121.0	8.1
3	Derek Woodard	WC1	M	83.0	5.5
(5/7)					
50bk					
1	Sean Sepulis	WC1	M	3.2	6.4
(0/1)					
200bk					
1	Melanie Heroux	EB2	F	4.7	2.4
2	Sandy Lawson	EB1	F	2.7	1.4
1	Harley Gifford	EB1	M	4.7	2.4
(2/1)					
50br					
1	Andrea Zarins	WC1	F	3.2	6.4
1	Sandy Lawson	EB1	F	3.2	6.4
1	Terry Headrick	EB1	M	3.2	6.4
2	John Halloran	WC1	M	1.2	2.4
(2/2)					
50f1					
1	Mars Nienhuis	WC1	F	25.0	50.0
2	Megan Holtzman	EB2	F	1.9	3.8
1	Brad Shapansky	EB1	M	4.7	9.4
2	Derek Woodard	WC1	M	1.7	3.4
2	Konstantin Petoukhov	WC1	M	1.7	3.4
(2/3)					
100f1					
1	Melanie Heroux	EB2	F	10.3	10.3
2	Luz Osorio	WC1	F	0.8	0.8
(2/0)					

100IM					
1	Jennifer Murdock	EB1	F	1.4	1.4
1	Jian-Lok Chang	WC1	M	1.0	1.0
(1/1)					
200IM					
1	Megan Holtzman	EB2	F	1.9	1.0
1	Derek Woodard	WC1	M	9.0	4.5
2	Konstantin Petoukhov	WC1	M	0.8	0.4
(1/2)					

Fastest Three Times in Each Event:

The numbers in parentheses below the event indicate the number of female and male, respectively, time trials in that event (some swimmers may have done more than one time trial of the same event). If times are really close, more than 3 swimmers are included. (The 800m is intended only for those who cannot complete 1500m in under 32:30.)

	Name	Group	Gender	Time
50fs				
1	Andrea Zarins	WC1	F	32.1
2	Mars Nienhuis	WC1	F	32.5
3	Nada Gawad	EB1	F	35.0
1	Jian-Lok Chang	WC1	M	26.3
2	Adrian Finn	EB2	M	27.7
x	Sean Dawson	EB1	M	28.1
3	Sean Sepulis	WC1	M	28.5
(61/42)				
100fs				
1	Mars Nienhuis	WC1	F	1:10.2
2	Sydney Steele	WC1	F	1:16.3
3	Shelby McLean	EB2	F	1:17.9
1	Adrian Finn	EB2	M	1:00.1
2	Derek Woodard	WC1	M	1:04.7
3	Madison Woodstock	WC2	M	1:07.2
(27/13)				
200fs				
1	Mars Nienhuis	WC1	F	2:36.2
2	Gillian Massel	WC2	F	2:39.1
3	Stephanie Le Saux Farmer	WC2	F	2:46.6
1	Jian-Lok Chang	WC1	M	2:13.3
2	Madison Woodstock	WC2	M	2:36.4
3	Peter Lithgow	WC1	M	2:39.7
(20/16)				
400fs				
1	Mars Nienhuis	WC1	F	5:29.8
2	Gillian Massel	WC2	F	5:44.1
3	Stephanie Le Saux Farmer	WC2	F	5:45.1

1	Adrian Finn	EB2	M	4:59.4
2	Tony Revitt	EB2	M	5:14.0
3	Don Wells	WC1	M	5:20.0
(30/18)				
800fs				
1	Claude Tellier	EB1	F	17:04
2	Candace Newman	EB1	F	18:31
3	Liliane Cardinal	EB1	F	18:44
1	John Weston	EB1	M	17:54
(9/1)				
1500fs				
1	Mars Nienhuis	WC1	F	21:34
2	Gillian Massel	WC2	F	22:17
3	Lisa Sharp	WC2	F	23:19
1	Jian-Lok Chang	WC1	M	19:31
2	Adrian Finn	EB2	M	20:19
3	Don Wells	WC1	M	21:55
(25/19)				
50bk				
1	Sydney Steele	WC1	F	43.7
2	Rachel Bennett	WC1	F	46.5
3	Eleanor Fast	EB1	F	50.6
1	Sean Sepulis	WC1	M	29.9
2	Jian-Lok Chang	WC1	M	30.3
3	Tony Revitt	EB2	M	34.7
(12/16)				
100bk				
1	Bruce Brown	EB1	M	1:29.2
2	David Moore	WC1	M	1:39.4
(0/2)				
200bk				
1	Sandy Lawson	EB1	F	3:28.8
2	Janine Debanne	EB2	F	4:33.7
3	Melanie Heroux	EB2	F	6:40.6
1	Don Wells	WC1	M	2:47.4
2	Harley Gifford	EB1	M	2:53.5
(3/2)				
50br				
1	Andrea Zarins	WC1	F	37.9
2	Myriam Saboui	EB1	F	49.6
3	Margaret King	EB1	F	50.0
1	Bill Westcott	WC1	M	41.9
2	Peter Lapner	WC1	M	43.7
3	Francois Jacques	EB1	M	44.4

(19/13)				
100br				
1	Liliane Cardinal	EB1	F	2:32.1
(1/0)				
200br				
1	Margaret King	EB1	F	3:52.9
2	Karen Jensen	WC1	F	3:59.2
1	Tony Revitt	EB2	M	3:06.5
2	Bill Westcott	WC1	M	3:21.7
3	Brad O'Connell	EB2	M	4:04.4
(2/3)				
50f1				
1	Nada Gawad	EB1	F	40.8
2	Mars Nienhuis	WC1	F	41.0
3	Sandy Lawson	EB1	F	42.8
1	Derek Woodard	WC1	M	30.6
2	Adrian Finn	EB2	M	32.0
3	Konstantin Petoukhov	WC1	M	35.8
(18/13))				
100f1				
1	Luz Osorio	WC1	F	1:11.1
2	Melanie Heroux	EB2	F	3:43.6
1	Tony Revitt	EB2	M	1:11.6
2	Mark Blenkinsop	EB2	M	1:15.0
(2/3)				
100IM				
1	Paola Osorio	WC1	F	1:21.3
2	Nada Gawad	EB1	F	1:32.1
3	Andrea Mrozek	EB1	F	1:35.9
1	Jian-Lok Chang	WC1	M	1:06.4
2	Steve Kennedy	WC1	M	1:08.7
3	Adrian Finn	EB2	M	1:12.6
(11/12)				
200IM				
1	Liz Chretien	WC2	F	3:14.9
2	Natalie Aucoin	EB2	F	3:25.0
3	Megan Holtzman	EB2	F	3:49.8
1	Steve Kennedy	WC1	M	2:33.8
2	Derek Woodard	WC1	M	2:52.6
3	David Moore	WC1	M	3:03.7
(4/6)				
400IM				
1	Sandy Lawson	EB1	F	7:21.4
2	Marie-Odile Junker	EB2	F	8:56.9

1	Christian Cattan	WC1	M	7:51.4
2	Rod Haney	EB2	M	18:38.0
(2/2)				

Fun Relays (Wed Dec 20th)

7:30am Earlybirds

3 x 50 Free Relay

1=. 1:52.5 Team 5: Harley Gifford, Myriam Saboui, Marie-Odile Junker

1=. 1:52.5 Team 4: Bruce Brown, Margaret King, Nada Gawad

3. 1:55.9 Team 3: Brad O'Connell, Ursula Scott, Brad Shapansky

4. 1:59.2 Team 1: Susan Nevitt-Yelle, Terry Headrick, Jennifer Murdock

5. 2:05.8 Team 6: Sean Dawson, Liliane Cardinal, Ian Lorimer

6. 2:08.5 Team 2: Larry Durr, Sandy Lawson, John Weston

3 x 50 Medley Relay (back, breast, fly)

1. 2:12.3 Team 4: Bruce Brown, Margaret King, Nada Gawad

2. 2:23.8 Team 5: Harley Gifford, Myriam Saboui, Marie-Odile Junker

3. 2:28.2 Team 1: Susan Nevitt-Yelle, Terry Headrick, Jennifer Murdock

4. 2:30.4 Team 6: Sean Dawson, Liliane Cardinal, Ian Lorimer

5. 2:33.5 Team 3: Brad O'Connell, Ursula Scott, Brad Shapansky

6. 2:47.8 Team 2: Larry Durr, Sandy Lawson, John Weston

8:30am Earlybirds

5 x 50 Free Relay

1. 4:28.4 Team 2: Christiane Guibord, Melanie Heroux, Robin Henderson, Isla Paterson, Megan Holtzman

2. 4:31.9 Team 1: Lisa Meyer, Paul Scully, Rod Haney, Doug Brubacher, Penny Estabrooks

5 x 50 Medley Relay (back, back, breast, breast, fly)

1. 5:05.8 Team 2: Christiane Guibord, Melanie Heroux, Robin Henderson, Isla Paterson, Megan Holtzman

2. 5:42.7 Team 1: Lisa Meyer, Paul Scully, Rod Haney, Doug Brubacher, Penny Estabrooks

Ask the Coach

Dear Coach: Can you please explain descend again? Confused Swimmer

Dear C. Swimmer: Sure. When we do a set of descending repeats, each should be faster than the one before. While your effort is increasing, it is the time that decreases, so that's where the descend comes from. We also occasionally do ascending repeats, where each one is slower than the preceding one.

Dear Coach: I feel like my freestyle has plateaued. Any suggestions? Frustrated Swimmer

Dear F. Swimmer: Ask your coach to have a look at your technique. Having something to keep in the back of your mind can be helpful. In addition, sometimes a few short all out sprints can help you get out of a rut. Of course, swimming regularly also helps.

Dear Coach: I have no problem keeping up with my lane-mates on freestyle, but when we do other strokes I struggle to keep up. What do you recommend? A Freestyler

Dear A. Freestyler: Everyone has strengths and weaknesses. Our natural inclination is to focus on our strengths. However, spending more time on our weaknesses is a good New Year's resolution!

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 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.)

None to report this 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 **Dec 1st**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Mon/Fri 9:35-10:35am

Some early evenings (TBC)

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

Registration is open for 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 Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

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://carletonmasters.tripod.com/2015dec17whitecaps.pdf>.

Fall 2015 Morning groups: <http://carletonmasters.tripod.com/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>