

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Monday, January 01, 2018 10:20 AM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; David Thibodeau
Subject: Carleton Masters Swimming Newsletter #460

Carleton Masters Swimming Newsletter #460

Monday, January 1st, 2018

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, Winter 2018, and Alumni: 7:30am Earlybirds I (48 addresses), 8:30am Earlybirds II (30 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (33 addresses), Saturday Only (7 addresses), and Masters Alumni (32 addresses).

Commitment separates those who live their dreams from those who live life regretting the opportunities they've squandered. – Bill Russell

Masters Program Notes

- Happy New Year!
- The Winter session starts **Wed Jan 3rd** and ends **Sat Apr 14th**.
 - 7:30am swimmers, note that the pool opens on **Wed Jan 3rd at 7:30am** for the Masters workout (no 6am public swim), so don't be surprised if the change room doors are still locked if you arrive early!
- The planned cancellations for this term are:
 - **Mon Feb 19th (Family Day)**; There are no other cancellations for Carleton's Reading Week.
 - **Fri Mar 30th (Good Friday) and Mon Apr 2nd (Easter Monday)**; There is workout as usual for Saturday swimmers on **Sat Mar 31st**.
- Please see details on the final interim workout 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.
 - There are just **6** spots left in the 7:30am group.

Last Interim Workout

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.

The final interim workout is: **Tue Jan 2nd 6:00-7:15pm: Coach: Lynn; Theme: short distance free (shallow)**

Swimmer Notes

Swimmer Updates:

- Here is the Carleton public swim schedule for this week: **Mon Jan 1st**: closed; **Tue Jan 2nd**: 12:30-3:30pm only; **Wed Jan 3rd**: 11:45am-1:15pm, 4:30-6pm, and 9:10-10:25pm only; **Thu Jan 4th**: 7:30-8:30am, 11:45am-1:15pm, 4:30-6pm, and 9:10-10:25pm; **Fri Jan 5th**: 6-7:30am, 11:45am-1:15pm, and 4:30-6pm only; **Sat Jan 6th**: 1:30-4:30pm only. The regular schedule starts **Sun Jan 7th**.

- 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 sometime soon, we hope), 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:

- **Adam Peaty's** Fast Underwater Mirror Breaststroke: <https://swimswam.com/2017-swammy-awards-south-american-female-swimmer-year-2/>

- American **Jeff Farrell** Breaks a World Record 67 Years After His First:

<http://www.swimmingworldmagazine.com/news/hes-back-jeff-farrell-breaks-wr-sixty-seven-years-after-his-first-wr/>

- Run, Jump, and Touch the Backstroke Flags with your Foot?!

https://twitter.com/kevin_donn/status/944270999989743616

- How to Train Around a Sore Shoulder: <https://www.yourswimlog.com/how-to-train-around-swimmers-shoulder>

- How to Build Strength and Endurance Simultaneously [thanks to **Sheila Kealey** (8:30am Earlybirds)]:

<https://www.outsideonline.com/2270846/how-build-strength-and-endurance-simultaneously>

- Some 2017 Swimming Photos: <https://swimswam.com/best-swimming-photos-2017-surface/>

- Fisherman Spends Two Days and Three Nights Afloat in Arabian Sea: <http://www.thehindu.com/society/struck-by-cyclone-ockhi-this-fisherman-spent-two-days-and-three-nights-afloat-in-the-arabian-sea/article22260408.ece/amp/>

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 / Fr 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>.

Attendance statistics will be included here, starting with the next newsletter.

Ask the Coach

Dear Coach: Can you remind me of your ear drops recipe? Sore Ears

Dear S. Ears: Here you go... These drops help get any residual water out of your ears after swimming, and help avoid ear infections. Mix about 90% rubbing alcohol and 10% hydrogen peroxide or vinegar in a small squeeze bottle, or similar container. After your post-swim shower, tilt your head to the side and put a few drops in the upper ear. Leave for a few seconds and then let drain. Repeat on the other side. The rubbing alcohol helps any water to evaporate and the hydrogen peroxide or vinegar changes the pH to make infections unlikely.

Dear Coach: With the start of a new session, can you include the lane etiquette rules again? Returning Swimmer

Dear R. Swimmer: Certainly!

Lane Etiquette

Here are a few tips to ensure that you and your lane-mates all have a good swim.

- Ensure that you know what direction your lane-mates are swimming in (clockwise or counter-clockwise) before you start.
- Swim in a circle during warm-up, even if your lane isn't busy at the start of workout (due to late arrivals).
- If you arrive late, join in with the others in your lane, rather than starting at the beginning of the warm up.
- Keep a minimum 5 second gap between swimmers, except when passing.
- Pass only when it is safe to do so. Your lane-mates should be aware of where you are, but if you suspect a lane-mate doesn't know you want to pass, just tap lightly on his/her feet.
- Ensure that you do your turns in the middle of the lane, to avoid collisions with those behind you.
- If you stop at the wall during warm up, ensure that you move to a corner of the lane, so that those swimming can turn in the middle.
- During the main set, ensure that everyone in your lane has space to finish at the wall, which may mean moving away from the wall if you're in a busy lane.
- If you get lapped in the main set, skip a 50 and join back in with your lane-mates.
- If you are not happy with the speed of your lane (too fast or too slow), let your coach know, but keep in mind that we only have 6 lanes!
- Put all your equipment away neatly in the appropriate location after your swim. (Ask if you're not sure where something goes.)
- Keep an eye on the time, and exit the water promptly at the end of your workout.

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 Technosport 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 <https://swimming.ca/en/meet/23060/>
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 Technosport 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 upon request.

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:

Team Photos:

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

Fall 2017 Morning groups: <http://carletonmasters.tripod.com/earlybirdsteam2017.pdf>.

Fall 2017 Evening groups: <http://carletonmasters.tripod.com/whitecapsteam2017.pdf>.

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.slowlitch.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>