

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Tuesday, January 16, 2018 2:08 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 #461

## Carleton Masters Swimming Newsletter #461

Tuesday, January 16<sup>th</sup>, 2018

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those registered for Fall 2017, Winter 2018, and Alumni: 7:30am Earlybirds I (50 addresses), 8:30am Earlybirds II (30 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (37 addresses), Saturday Only (8 addresses), and Masters Alumni (31 addresses).

"The man who is swimming against the stream knows the strength of it." – Woodrow Wilson

### Masters Program Notes

- The Winter session started **Wed Jan 3<sup>rd</sup>** and ends **Sat Apr 14<sup>th</sup>**.
- The planned cancellations for this term are:
  - **Mon Feb 19<sup>th</sup> (Family Day)**; There are no other cancellations for Carleton's Reading Week.
  - **Fri Mar 30<sup>th</sup> (Good Friday) and Mon Apr 2<sup>nd</sup> (Easter Monday)**. There is workout as usual for Saturday swimmers on **Sat Mar 31<sup>st</sup>**.
- 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 and 7:30am groups are **full**. Wait lists are available. Let me know if you are on a wait list.

### Swimmer Notes

#### Swimmer Updates:

- Toronto Marathon swimmer, **Madhu Nagaraja**, needs more members in the GLOW (Great Lakes Open Water) Adventure swim team for the January Jam to raise money for MS. Join dynoswim (free) and sign up for the January Jam (US\$35, includes a T-shirt, money goes to MS research) and record your swim yardage for every day in January (you can back date your workouts to Jan 1<sup>st</sup>). He wants to beat the COWS (Connecticut Open Water Swimming) Team! Details on signing up here: <http://www.dynoswim.com/januaryjam/>. Check out the team results to date here: <http://www.dynoswim.com/januaryjam/2018-results-team.php>. Thanks to **Christiane Wilke** (7:30am Earlybirds), **Mars Nienhuis** (6pm Whitecaps), **Konstantin Petoukhov** (6pm Whitecaps), and **Rachel Bennett** (6pm Whitecaps) for signing up! And check out the crazy distances that organizer **Elizabeth Fry** (COWS) has been doing!

- 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:

- Streamline: <https://twitter.com/goswim/status/947837690510233600>
- Freestyle body position: <https://swimswam.com/get-freestyle-head-position-right-roland-schoeman-swimisode/>
- New Year, New Technique: Here's How to Fix What's Ailing Your Stroke: <http://www.usms.org/articles/articledisplay.php?aid=3425>
- Things You Cannot Control in the Pool and What to Focus on Instead: <https://www.yourswimlog.com/5-things-you-cant-control-in-the-pool-and-what-to-focus-on-instead/>
- 50 Year Old California Woman Qualifies for Olympic Marathon Trials: <https://www.runnersworld.com/masters/california-woman-qualifies-for-olympic-marathon-trials-at-age-50>
- Toronto Shirtless Runner (in Winter!): <https://twitter.com/globalnewsto/status/949669308266721280>
- Tips to Achieve Your New Year Health and Fitness Goals: <https://www.belfasttelegraph.co.uk/life/health/8-top-tips-to-achieve-your-new-year-health-and-fitness-goals-36421024.html>
- The Best Performance Food for Every Activity [thanks to **Sheila Kealey** (7:30am Earlybirds)]: <https://www.outsideonline.com/2270156/best-performance-food-every-activity>
- What to Eat After Training and Why: [https://www.arenawaterinstinct.com/en\\_uk/community/fitness-wellness/what-to-eat-after-training-and-why](https://www.arenawaterinstinct.com/en_uk/community/fitness-wellness/what-to-eat-after-training-and-why)

**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 3<sup>rd</sup> to Sat Apr 14<sup>th</sup>; excluding Mon Feb 19<sup>th</sup>, Fri Mar 30<sup>th</sup>, and Mon Apr 2<sup>nd</sup>.

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.

The 7:30am and 8:30am **Earlybirds** will be in the **shallow** end on **Mon Mar 19<sup>th</sup>** due to a Water Polo Canada Training Camp.

### Fin Days:

Mon Jan 29<sup>th</sup>

Thu Mar 8<sup>th</sup> / Fri Mar 9<sup>th</sup>

### Time Trials:

Tue Feb 6<sup>th</sup> / Wed Feb 7<sup>th</sup>: timed 400fs or IM  
Tue Feb 20<sup>th</sup> / Wed Feb 21<sup>st</sup>: 2 timed 50s  
Thu Mar 1<sup>st</sup> / Fr Mar 2<sup>nd</sup>: 100 choice  
Thu Mar 15<sup>th</sup> / Fri Mar 16<sup>th</sup>: 200 choice  
Tue Mar 20<sup>th</sup> / Wed Mar 21<sup>st</sup>: 800 / 1500fs  
Thu Apr 12<sup>th</sup> / Fri Apr 13<sup>th</sup>: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint18.pdf>.

Here are the weekday attendance statistics for the term so far. Please let me know of any errors!

**6pm Whitecaps:** Jan 4-15<sup>th</sup> (5 workouts); range: 19-29; average: 23.6

Perfect Attendance: **Bill Westcott, Cam Dawson, Debby Whately, Derek Woodard, Jian-Lok Chang, Mars Neinhuis, Peter Lithgow, Riley Steele, Sydney Steele**

**7:10pm Whitecaps:** Jan 4-15<sup>th</sup> (5 workouts); range: 13-16; average: 14.4

Perfect Attendance: **Alper Yorukcu, Andrea Jensen, Jon Critch, Marta Kolbuszewska, Stephanie Le Saux Farmer**

**7:30am Earlybirds:** Jan 3-15<sup>th</sup> (6 workouts); range: 20-26; average: 23.7

Perfect Attendance: **Eleanor Fast, Harley Gifford, Jim Lee, Kevin Graham, Liliane Cardinal, Tom Smy, Ursula Scott**

**8:30am Earlybirds:** Jan 3-15<sup>th</sup> (6 workouts); range: 9-18; average: 13.3

Perfect Attendance: **Bill Gregg, Mary Lou Davies, Melanie Heroux**

### Ask the Coach

**Dear Coach:** I'm looking for a maternity swim suit, and have tried Brio and Aquasport with no luck. Perhaps one of the swimmers would have a suggestion? Pregnant Swimmer

Dear P. Swimmer: Let's see if anyone can provide advice!

**Dear Coach:** Do you have any recommendations as to which Carleton indoor bike training sessions are good for newbie triathletes? First Triathlon in May

Dear F.T.i. May: I have never done any of them, but perhaps readers have suggestions? I would think that they'd all be equally good, and picking what best fits your schedule would be a good place to start.

**Dear Coach:** I'd like to be challenged a bit more in workout. Would it be ok to move up a lane? Improving Swimmer

Dear I. Swimmer: Thanks for asking. Yes, that's fine. (The only issue would be if the next lane was full, in which case the coaches would work at rearranging things so that you could move up.)

**Dear Coach:** I'd like to try a swim meet. What would you recommend as a low key first competition? New Competitive Swimmer

Dear N.C. Swimmer: All competitions are fairly low key, but I'd recommend starting with a smaller competition. The Technosport meets at Ottawa U are nearby and, due to the early start time, tend to have small numbers. The next one is Sun Feb 4<sup>th</sup> -- details below.

### 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 1<sup>st</sup> to Aug 31<sup>st</sup>. 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 1<sup>st</sup> to Aug 31<sup>st</sup>. 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 1<sup>st</sup> to Aug 31<sup>st</sup>.

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 1<sup>st</sup>, 2017 to April 30<sup>th</sup>, 2018 Global Swim Series: <https://globalswimseries.com/races/>

Sun Jan 21<sup>st</sup> Alderwood 25yd Meet, Toronto (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Feb 3<sup>rd</sup> Magog Masters Meet <https://swimming.ca/en/meet/21538/>

Sun Feb 4<sup>th</sup> Technoport Time Trial, U of Ottawa (MSO Sanctioned)

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

Sun Feb 11<sup>th</sup> Burlington Masters Meet (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Feb 17<sup>th</sup> Pointe-Claire Masters Meet <https://swimming.ca/en/meet/23060/>

Sat-Sun Feb 24-25<sup>th</sup> Coupe de la Capitale, Quebec City (Long Course) <https://swimming.ca/en/meet/21539/>

Sun Feb 25<sup>th</sup> Thornhill Masters Meet, Stephen Forsey Invitational

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

Sun Mar 4<sup>th</sup> Technoport Time Trial, U of Ottawa (MSO Sanctioned)

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

Sat Mar 17<sup>th</sup> DDO Masters Meet <https://swimming.ca/en/meet/21541/>

Fri-Sun Mar 23-25<sup>th</sup> MSO Provincials, Nepean (MSO Sanctioned)

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

Sat Mar 31<sup>st</sup> LaSalle Masters Meet (LC) <https://swimming.ca/en/meet/22660/>

Fri-Sun Apr 20-22<sup>nd</sup> Quebec Provincials, Universite de Laval <https://swimming.ca/en/meet/21443/>

Sat-Mon May 19-21<sup>st</sup> Canadian Nationals, Calgary <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

Sat Jun 2<sup>nd</sup> 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.)

### Sat Jan 13<sup>th</sup> Longueuil Masters Meet, Montreal

Not a great day weather-wise. Many Montreal swimmers didn't make it to the meet due to the snow! I was Carleton's only swimmer. Official results not yet posted, but here's how I did.

**Lynn Marshall** (Coach; 55-59): 1<sup>st</sup> 200fs (2:19.25), 400fs (4:44.91), 100bk (1:16.08), 200br (3:07.54), 100fl (1:13.35)

## 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 Jan 9<sup>th</sup>).

## 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 3<sup>rd</sup> to Sat Apr 14<sup>th</sup>; no workouts Mon Feb 19<sup>th</sup>, Fri Mar 30<sup>th</sup>, Mon Apr 2<sup>nd</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): barcode 14265; cost: \$140+HST: **Full: wait list available.**

**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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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