

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Tuesday, January 30, 2018 3:08 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 #462

Carleton Masters Swimming Newsletter #462

Tuesday, January 30th, 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 (38 addresses), Saturday Only (8 addresses), and Masters Alumni (31 addresses).

The man who can drive himself further once the effort gets painful is the man who will win. – Roger Bannister

Masters Program Notes

- The Winter session started **Wed Jan 3rd** and ends **Sat Apr 14th**.
- 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 and 7:30am groups are **full**. Wait lists are available. Let me know if you are on a wait list.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Nada Gawad** (7:30am Earlybirds) on her marriage. More details after her honeymoon!

- Check out the "Race Results" section (below) for the Carleton Masters (CARMA) Swimmers who made the Canadian Top 20 Rankings for 2017.

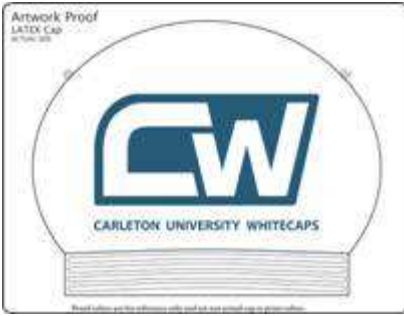
- Thanks to all of you who have joined GLOW! We are currently a close second to COWS. Full report next time after the "January Jam" ends! Check out the crazy distances that some people swim! Results to date:

<http://www.dynoswim.com/januaryjam/2018-results-team.php>.

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 1st). He wants to beat the COWS (Connecticut Open Water Swimming) Team! Details on signing up here: <http://www.dynoswim.com/januaryjam/>.

- The Ontario Masters Swimming Advocates (OMSA) are a group of concerned Masters club leaders, coaches and swimmers who believe the current state of Masters Swimming in Ontario can be improved. Please see this [Facebook site](#) for more details.

- 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:

- Things that Swimmers in the Fast Lane Do:

https://www.facebook.com/permalink.php?story_fbid=1572716866147794&id=713150735437749

- Ways for Swimmers to Stay Motivated: <https://www.proswimwear.co.uk/blog/10-powerful-ways-for-swimmers-to-stay-motivated-all-season/>

- Working the Stroke Recovery: <https://swimswam.com/working-stroke-recovery-work-no-one-working/>

- Lifeguard Controlled Drone Rescues Swimmers: <https://swimswam.com/first-time-ever-lifeguard-controlled-drone-rescues-struggling-swimmers/>

- Even Light Exercise is Healthy: https://www.washingtonpost.com/lifestyle/wellness/2-new-studies-show-that-even-light-activity-is-healthier-than-previously-thought/2017/12/11/191957a6-d9df-11e7-a841-2066faf731ef_story.html

- Time to Eradicate Sex Segregation in Sports?: <https://theconversation.com/why-it-might-be-time-to-eradicate-sex-segregation-in-sports-89305>

- Sleep and Eat Properly to Help Avoid Injury: <https://www.outsideonline.com/2273896/sleeping-and-eating-radical-injury-prevention-plan>

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.

I coached for **Mits** on **Sat Jan 27th**.

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

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>.

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

6pm Whitecaps: Jan 4-29th (11 workouts); range: 17-30; average: 24.6
Perfect Attendance: **Cam Dawson, Derek Woodard, Jian-Lok Chang, Mars Neinhuis, Peter Lithgow, Riley Steele, Sydney Steele**
Missed 1 Workout: **Dave Grynspan, Debby Whately, Joanie Conrad, Konstantin Petoukhov**

7:10pm Whitecaps: Jan 4-29th (11 workouts); range: 13-20; average: 15.5
Perfect Attendance: **Alper Yorukcu**
Missed 1 Workout: **Jon Critch, Marta Kolbuszewska**

7:30am Earlybirds: Jan 3-29th (12 workouts); range: 16-31; average: 23.8
Perfect Attendance: **Harley Gifford**
Missed 1 Workout: **Andrea Mrozek, Eleanor Fast, Jim Lee, Larry Durr, Tom Smy, Ursula Scott**

8:30am Earlybirds: Jan 3-29th (12 workouts); range: 9-21; average: 15.3
Perfect Attendance: **Bill Gregg**
Missed 1 Workout: **Alison Creba**

Ask the Coach

Dear Coach: I did more research, and found the following local sources for maternity swimwear: <http://hautemama.ca/> (designer pregnancy clothes), and <http://www.forbieactivewear.com/> (not pregnancy clothing, but they do a “fitting” and make the adjustments within a week). Pregnant Swimmer

Dear P. Swimmer: Thank you!

Dear Coach: Where does the “Man from Atlantis” drill get its name from? Young Swimmer

Dear Y. Swimmer: It’s from a 1970’s TV show. Here’s the opening theme:
<https://www.youtube.com/watch?v=r94CDD6E8fl>

Dear Coach: What is the etiquette if I arrive late for swim workout? Tardy Swimmer

Dear T. Swimmer: If you arrive late, or leave early, or need a comfort break, or are out of step with your lane-mates for any reason, it is **your** responsibility to join (back) in so that you do not disrupt those who are following the workout. Thank you!

Dear Coach: What is the etiquette for passing another swimmer? Faster Swimmer

Dear F. Swimmer: First, it's important that everyone in the lane be aware of where everyone else is at all times. That way no one is surprised when one swimmer needs to pass another. Second, it is the responsibility of the person passing to ensure that there are no collisions (with the swimmer being passed, or with any other swimmers in the lane). That said, if everyone is alert, this shouldn't be an issue. When you are being passed, move close to the lane rope (or wall). When you realize one swimmer will be passing another coming towards you, move towards the lane rope (or wall). When passing, ensure that you are on the "black line" and not on the "wrong" side of the lane. The person being passed has the option of stopping to let the other person by, but are not required to stop. The morning group will be doing a "passing practice" drill soon!

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 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/>

July 28 to Aug 4th Pan Am Masters Swim Championships Orlando, Florida (Long Course)

<http://www.2018panammasters.com/swimming.html>

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

Masters Swimming Canada Top 20 Results for 2017

Congratulations to the many Carleton swimmers who made the Canadian top 20 rankings for 2017 (listed youngest to oldest, women and then men). Full lists here: <http://www3.sympatico.ca/chberger/index7.html>.

Brigitte Boland (Earlybirds; 18-24): 16th 100fl

Luz Osorio (6pm Whitecaps; 30-34): 2nd 200fl; 4th 100fl; 10th 200fs, 50fl; 13th 50fs; 14th 100fs, 50bk; 16th 50br

Megan Holtzman (8:30am Earlybirds; 40-44): 7th 800fs LC; 13th 400fs LC

Natalie Aucoin (8:30am Earlybirds; 45-49): 4th 200fl LC; 5th 50fl LC; 6th 100fl LC; 8th 200fl; 9th 50fl, 200fs LC; 10th 100fl; 11th 50fs LC; 18th 100fs LC

Sandy Lawson (7:30am Earlybirds; 50-54): 9th 800fs; 11th 200bk; 14th 400fs; 18th 100bk; 20th 200IM

Claire Robinson (Earlybirds; 50-54): 19th 100br

Robin Henderson (7:30am Earlybirds; 55-59): 19th 1500fs

Lynn Marshall (Coach; 55-59): 1st 200fs, 400fs, 800fs, 1500fs, 100bk, 200bk, 200br, 100fl, 200fl, 200IM, 400IM, 200fs LC, 400fs LC, 800fs LC, 1500fs LC, 200vk LC, 200br LC, 100fl LC, 200fl LC, 200IM LC, 400IM LC; 2nd 50fs, 100fs, 50fs LC, 100fs LC; 3rd 50bk, 50br, 50fl, 100bk LC; 4th 100br, 50bk LC, 50br LC, 100br LC, 50fl LC

Liliane Cardinal (7:30am Earlybirds; 65-69): 3rd 200fl, 800fs LC; 4th 400IM, 400fs LC, 100fl LC; 6th 100fl, 200bk LC, 200IM LC; 7th 100bk LC; 8th 100br LC; 9th 1500fs, 50bk LC, 50fl LC; 10th 200IM; 11th 50br LC; 13th 200fs LC; 14th 800fs, 100fs LC; 16th 50fs LC; 18th 50fl; 20th 400fs

Justin Kernot (8:30am Earlybirds; 20-24): 1st 200IM LC; 3rd 50fl LC; 4th 100fs LC; 5th 50fs LC; 7th 200fs LC

Matthew Tucciarone (7:30am Earlybirds; 25-29): 5th 50bk LC, 100bk LC; 19th 100fs LC

Jian-Lok Chang (6pm Whitecaps; 30-34): 1st 50bk, 100bk, 100IM, 100fs LC, 50bk LC; 2nd 100fs, 50fs LC; 5th 50fs, 50fl; 8th 50br

Gi Wu (6pm Whitecaps; 30-34): 18th 50fs LC

Sean Dawson (Coach; 30-34): 3rd 200fs LC; 7th 50fsl LC, 100fs LC, 50fl LC

Mark Blenkinsop (Coach; 35-39): 4th 800fs LC; 7th 400fs LC; 10th 200fs LC, 100br LC; 11th 50fl LC; 14th 50br LC; 15th 50fs LC; 17th 100fs LC

Sam Gamble (7:10pm Whitecaps; 35-39): 5th 200br LC; 6th 800fs LC; 8th 50br LC; 13th 100br LC; 15th 400fs LC; 20th 100br

Tony Revitt (8:30am Earlybirds; 40-44): 1st 100br LC; 3rd 200IM LC; 5th 50br LC; 12th 200fs LC

Chris Whitehead (8:30am Earlybirds; 45-49): 6th 200IM LC, 11th 50br LC, 100br LC; 16th 50fl LC; 17th 200fs LC; 18th 50fs LC

Harley Gifford (7:30am Earlybirds; 60-64): 3rd 50bk LC, 100bk LC; 4th 200bk LC; 5th 100bk, 200IM LC; 8th 50bk, 50fs LC; 10th 200fs LC; 12th 100fs LC, 50fl LC; 14th 100fs

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 26th).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Mon/Fri 9:35-10:35am

Tue 4:00-5:00pm

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: **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/>.

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>