

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Wednesday, February 14, 2018 11:47 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 #463

Carleton Masters Swimming Newsletter #463

Wednesday, February 14th, 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 mind is not a vessel to be filled but a fire to be kindled." – Plutarch

Masters Program Notes

- The Winter session started **Wed Jan 3rd** and ends **Sat Apr 14th**.
- A reminder that there are **no workouts on Mon Feb 19th (Family Day)**. There is a public swim 1:30-4:30pm.
- 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**.
- 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:

- Best of luck to **Aimee Jones** (7:10pm Whitecaps) who is participating in the fourth Memphremagog Winter Swimming Festival in Newport, Vermont on February 23-25th. They cut a 2-lane 25m pool in the ice and race! This is Aimee's first time at this event and she is swimming 25m free, 50m free, and 25m fly! Go, **Aimee**! More information here: <http://kingdomgames.co/memphremagog-winter-swimming-society/>.

- Thanks to all of you who joined GLOW (Great Lakes Open Water) Adventures for the January Jam to raise funds for MS! GLOW was second to COWS (Connecticut Open Water Swimming). GLOW swimmers totaled 2,257,682 yds, compared to 2,579,226 yds for COWS. Carleton participants were: **me**, **Mars Nienhuis** (6pm Whitecaps), **Konstantin Petoukhov** (6pm Whitecaps), **Christiane Wilke** (7:30am Earlybirds), **Derek Woodard** (6pm Whitecaps), **David Moore** (6pm Whitecaps), and **Rachel Bennett** (6pm Whitecaps). **Mars**, **Christiane**, **Derek**, and **Rachel** won their age groups. **Konstantin** was second in his age group. **David** was fifth in his age group, and I was ninth overall. Well done! Team results: <http://www.dynoswim.com/januaryjam/2018-results-team.php>. Age group: <http://www.dynoswim.com/januaryjam/2018-results-age-group.php>. Overall Distance: <http://www.dynoswim.com/januaryjam/2018-results-distance.php>.

- **Melanie Heroux** (8:30am Earlybirds) is participating in the Ottawa **March 3rd Polar Plunge** to raise funds for Special Olympics. You can help her reach her \$300 fundraising goal here: <https://secure.e2rm.com/registrator/FundraisingPage.aspx?registrationID=4023819&langPref=en-CA>.

- Did you know that **John Weston** (8:30am Earlybirds) is the volunteer President of the National Health and Fitness Foundation? Check out this [article](#) from the January/February Your Health + Fitness Matters magazine.

- 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:

- Swimming Stereotypes [Thanks to **Adrian Finn** (8:30am Earlybirds)]: <https://www.youtube.com/watch?v=n652PYSVNjw>
- **Ian Thorpe** drill [Thanks to **Mark Blenkinsop** (Coach)]: <https://www.youtube.com/watch?v=GAQ5JnttxNE>
- **Elizabeth Beisel**'s: Titanic Drill [Ed. Note: Maybe we'll try this next session!]: <https://www.youtube.com/watch?v=ssDzjeSoh7g>
- Learn to Love the Struggle: <https://www.yourswimlog.com/learn-to-love-the-struggle/>
- Pushing the Limits of Extreme Breath Holding [Ed. Note: Don't try this on your own!]: <https://www.newyorker.com/tech/elements/pushing-the-limits-of-extreme-breath-holding>
- Lift Weights, Eat More Protein, Especially if You're Over 40: <https://www.nytimes.com/2018/02/07/well/move/lift-weights-eat-more-protein-especially-if-youre-over-40.html>
- To Enjoy it More, Stop Thinking of Exercise as a Way to Lose Weight: <https://fivethirtyeight.com/features/if-you-stop-thinking-of-exercise-as-a-way-to-lose-weight-you-may-actually-enjoy-it/>
- The Mental Tricks of Athletic Endurance: <https://www.wsj.com/articles/the-mental-tricks-of-athletic-endurance-1517583851>

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 **Sean** on **Thu Feb 1st**.

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>.

Thanks to those who participated in the **400 time trial on Tue Feb 6th / Wed Feb 7th**. There were fifteen improvements in 400 free, led by **Riley Steele** (6pm Whitecaps) with a 1:12.6 improvement and **Alison Slater** (7:10pm Whitecaps) with a 46.2 second improvement. Here's the full list:

400fs (15)

F	Riley Steele	72.6	WC1
F	Alison Slater	46.2	WC2
M	Derek Woodard	35.8	WC1
F	Flo Kellner	26.4	EB2
M	Terry Headrick	19.1	EB1
F	Janine Debanne	16.1	WC1
M	Jonathan Critch	14.5	WC2
F	Cori Dinovitzer	13.8	WC1
M	Madison Woodstock	12.1	WC2
M	Sam Hersh	11.5	EB2
M	Adrian Finn	6.1	EB2
M	Steve Kennedy	5.7	WC1
F	Mars Nienhuis	5.3	WC1
F	Eleanor Fast	4.9	EB1
F	Christiane Wilke	1.4	EB1

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

6pm Whitecaps: Jan 4-Feb 13th (18 workouts); range: 17-30; average: 24.6

Perfect Attendance: **Cam Dawson, Derek Woodard, Mars Neinhuis, Sydney Steele**

Missed 1 Workout: **Jian-Lok Chang, Konstantin Petoukhov, Peter Lithgow, Riley Steele**
Missed 2 Workouts: **Dave Grynspan, Debby Whately, Don Wells, Joanie Conrad**

7:10pm Whitecaps: Jan 4-Feb 13th (18 workouts); range: 13-26; average: 16.6
Perfect Attendance: **Alper Yorukcu**
Missed 1 Workout: **Marta Kolbuszewska**

7:30am Earlybirds: Jan 3-Feb 14th (19 workouts); range: 16-31; average: 22.4
Perfect Attendance: **Harley Gifford**
Missed 1 Workout: **Andrea Mrozek, Eleanor Fast, Jim Lee, Larry Durr, Tom Smy, Ursula Scott**
Missed 2 Workouts: **Adrian Finn, Rod Haney**

8:30am Earlybirds: Jan 3-Feb 14th (19 workouts); range: 9-21; average: 15.9
Missed 1 Workout: **Alison Creba, Bill Gregg**
Missed 2 Workouts: **Adrian Finn, Rod Haney**

Ask the Coach

Dear Coach: I've been working on my breaststroke start and underwater pull out and I'm worried that I may go further than 15m. How can I make sure I don't go too far underwater? A Breaststroker

Dear A. Breaststroker: The 15m rule does not apply to breaststroke. You may go as far underwater as you like, as long as you do just one dolphin kick, one underwater (fly) arm pull, and then one breaststroke kick.

Dear Coach: I've been working on my head position in breaststroke and find it hard to inhale when I tuck my chin to my chest. Any suggestions? Working on My Streamline

Dear W.o.M. Streamline: If you feel like you're choking or there is water running from your head into your mouth then you have tucked your chin too far. You want to aim to keep the spine straight. As most of us extend the chin too far, we need to feel like we are tucking the chin, but you are actually aiming for a neutral position.

Dear Coach: What is the etiquette if a swimmer is about to do a turn, while another swimmer is about to start the next repeat? Need More Passing Practice

Dear N.M.P. Practice: In most lanes, all the swimmers should stay together. Thus, in the situation above, assuming the swimmer coming in to the turn is behind then he/she should stop and join back in with the rest of his/her lane-mates. The only lanes where things might be different are the slowest and fastest lanes where there may be swimmers of very different speeds. In that case, swimmers may be following different pace times. Ideally, the faster swimmers have right of way, so the slower swimmer should pause slightly here. This assumes, however, that everyone is paying attention! Here's another suggestion that may help. If you are the swimmer stopped and you realize that a slower swimmer is coming towards the wall to turn, you can start your next repeat a few seconds early. That will reduce the congestion and the number of passes required, and make everyone's life easier.

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 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/>

Sat Apr 7th OlymPINK Masters Swim Meet by B-Train at Brewer <https://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Apr 15th Milton Masters Swim Meet <https://ms.mastersswimmingontario.ca/web/schedule.php>

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.)

Sat Feb 3rd Winterlude Triathlon (12km skate, 5km run; 173 participants)

Margaret King (7:30am Earlybirds) and **Lucie Boudreau** (x-8:30am Earlybirds) participated. Congratulations to you both on your podium finishes!

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93005>.

Lucie Boudreau (x-8:30am Earlybirds; 60-64): 51st overall, 9th woman, and 1st in category in 58:42.0

Margaret King (7:30am Earlybirds; 55-59): 76th overall, 19th woman, and 3rd in category in 1:02.02.0

Sun Feb 4th Technosport Masters Swim Meet, Ottawa U

I was the only Carleton swimmer. Full results here:

<https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=907>.

Lynn Marshall (Coach; 55-59): 1st 50bk (36.29), 200bk (2:37.67), 50br (40.93), 100br (1:29.30), 100IM (1:16.04), 200IM (2:37.41)

Sat Feb 10th Winterlude Ice Dragonboat Races, Dow's Lake

Quite a few Carleton swimmers took part. The Bytown Sportchick Icycles and Frosties were the top two women's teams, and the Bytown Ottawa Dragon Masters Senior B Mixed team was first in the mixed category. There were also Carleton

swimmers on the third women's team: Galley Girls 1. Women's results: <http://www.icedragonboat.ca/womens-teams-overall-results/>. Mixed results: <http://www.icedragonboat.ca/mixed-teams-overall-results/>. Congratulations!

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 **Feb 13th**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Mon/Fri 9:35-10:35am

Tue 4:00-5:00pm

(Other times may be available 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: **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>