

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Monday, April 16, 2018 12:55 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 #468

Carleton Masters Swimming Newsletter #468

Monday, April 16th, 2018

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, Winter 2018, and Alumni: 7:30am Earlybirds I (51 addresses), 8:30am Earlybirds II (30 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (41 addresses), Saturday Only 108 addresses), and Masters Alumni (31 addresses).

"To succeed in life, you need three things: a wishbone, a backbone and a funny bone." — Reba McEntire

Masters Swimming Program Notes

- The Winter session ended **Sat Apr 14th**.
- Information on the **Spring** session, starting **Mon May 14th**, is near the end of the newsletter.
 - There are currently 11 spots left in the 6pm Whitecaps for the Spring session.
 - The other groups still have quite a bit of space.
- Information on the **Summer** session is coming soon.

Carleton Pool Annual Maintenance Shutdown

Please note that the Carleton pool is **closed for annual maintenance until 6:00am Mon May 14th**.

Swimmer Notes

Swimmer Updates:

- **Christiane Wilke** (7:30am Earlybirds; oboe and oboe d'amore) and **Mike Mopas** (7:30am Earlybirds; double bass) are part of a quintet performing the music of Argentine tango composer Astor Piazzolla in a concert entitled "Of Angels and Solitude" on **Sat Apr 21st 4:30pm** at the Trinity Anglican Church, 1230 Bank Street. Details here: <https://linkedevents.net/ottawa/of-angels-and-solitude-the-music-of-astor-piazzolla/>.

- **Matt Tucciarone** (7:30am Earlybirds)'s paddles have been claimed, but the bottle of Lipikar shower gel is still free to a good home. Let me know if you would like it.

- In a previous newsletter, I included a link to information on the Hammer Head Swim Cap, which helps reduce concussions for swimmers. Their web page is: <https://www.hammerheadswimcaps.com/>. The caps will be available starting around April. Each costs US\$34.95 and currently shipping to Canada is not available. **Susan Hulley** (7:30am Earlybirds) is interested in getting a cap. If others are interested, please let me know and I can investigate a group price and shipping to Canada.

- 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:

- Shallow Water Blackout Shows No Age Bias: <https://swimswam.com/shallow-water-blackout-shows-no-age-bias/>
- 1964 Olympic Swimming Video: https://www.youtube.com/watch?v=kAEie_LTj0k
- Are All Tech Suits the Same?: <https://swimswam.com/are-all-tech-suits-the-same/>
- Fit Middle-Aged Women May Fend off Dementia Later: https://www.webmd.com/fitness-exercise/news/20180314/fit-middle-aged-women-may-fend-off-dementia-later?ecd=soc_tw_180315_cons_news_fitwomendementiarisk&linkId=100000002066384#1
- Caffeine Makes Some People Faster, Others Slower: <https://www.outsideonline.com/2289531/caffeine-makes-some-people-faster-others-slower>
- Environmental Stress (e.g. Exposure to Hot/Cold) the Third Pillar of Physical Fitness, along with Diet and Exercise?: <https://www.independent.co.uk/life-style/physical-fitness-third-pillar-diet-exercise-a8254061.html>
- Peanut Butter and Jelly Should Fuel Your Next Adventure [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://www.outsideonline.com/2294556/ode-pbj>

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.

Spring Session Information

Dates: Mon May 14th to Sat Jun 30th; excluding Mon May 21st.

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: **Sean**; Tue/Thu: **David**

7:10pm Whitecaps: Shallow End: Mon: **Sean**; Tue/Thu: **David**

8:15am Saturdays, **except 10:45am on Sat May 19th**; Shallow End; rotating coach schedule (will be added to workout themes soon)

Exceptions will be noted here.

Lynn is coaching for **Sean** on **Mon May 14th**.

Fin Day:

Thu Jun 7th / Fri Jun 8th

Time Trials:

Thu Jun 14th / Fri Jun 15th: timed 200 choice or 400 IM/free

Tue Jun 19th / Fri Jun 20th: timed 50 and 100 choice

Mon Jun 25th: timed 800 / 1500fs

Thu Jun 28th / Fri Jun 29th: "funner" day (e.g. relays)

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

at: <http://carletonmasters.tripod.com/mastplansprsum18.pdf>.

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>.

Congratulations to those who participated in the end of term relays on **Fri Apr 13th**. There were no best times, but **Kevin Graham** (7:30am Earlybirds) tied his best 50 fly time. The relay results can be found at the end of the term summary.

Winter 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 the chocolates!

Here's the summary of the attendance and time trials for the Winter 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 Spring term or by e-mail.

Weekday Attendance:

This term we had **two** swimmers with perfect attendance. Congratulations to **Cam Dawson** (6pm Whitecaps) and to **Derek Woodard** (6pm Whitecaps). **Derek** also had perfect attendance in the Fall -- very impressive!

6pm Whitecaps: Jan 4-Apr 12th (41 workouts); range: 15-31; average: 24.2

Perfect Attendance: **Cam Dawson, Derek Woodard**

Missed 1 Workout: **Konstantin Petoukhov**

Missed 2 Workouts: **Mars Neinhuis**

Missed 4 Workouts: **Don Wells, Nicole Delisle**

7:10pm Whitecaps: Jan 4-Apr 12th (41 workouts); range: 9-24; average: 16.3

Missed 2 Workouts: **Alper Yorukcu**

7:30am Earlybirds: Jan 3-Apr 13th (41 workouts); range: 12-31; average: 18.9

Missed 3 Workouts: **Liliane Cardinal**

8:30am Earlybirds: Jan 3-Apr 13th (41 workouts); range: 9-21; average: 15.7

Missed 2 Workouts: **Rod Haney**

Time Trial and Relay Summary

The information below on most improved and fastest swimmers is taken from the time trials done during the Winter 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 117 different swimmers: 70 women and 47 men. There were 431 completed time trials: 250 for women and 181 for men. If you notice any errors or omissions, please let me know.

Thirty-seven swimmers (19 women and 18 men) improved in at least one event (62 total improvements). **Ahmed Doha** (8:30am Earlybirds) was the most improved with a 6:11 (46.4sec/100m) improvement in 800fs. Most improved female was **Riley Steele** (6pm Whitecaps) with a 1:12.6 (18.2sec/100m) improvement in 400fs. Next was **Derek Woodard** (6pm Whitecaps) with a 30 sec (15.0sec/100m) improvement in 200fs. He was followed by **Alison Slater** (7:10pm Whitecaps) with a 46.2 sec (11.6sec/100m) improvement in 400fs, and **Melanie Heroux** (8:30am Earlybirds) who was 21.6 sec (10.8sec/100m) faster in her 200bk. Rounding out the top three for the men was **Terry Headrick** (7:30am Earlybirds) with a 19.1 sec (4.8sec/100m) improvement in his 400fs. **Derek** improved in five events, and **Adrian Finn** (8:30am Earlybirds) and **Jon Critch** (7:10pm Whitecaps) each improved in four.

Twenty-nine swimmers (12 women and 17 men) scored 270 plus points in at least one event (78 swims total), as per the 2015 point scores at this link: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points. There was a tie for the fastest swim with **Jian-Lok Chang** and **Steve Kennedy** (both 6pm Whitecaps) scoring 456 points for 2:09.1 in 200fs. Next was **Adrian Finn** (8:30am Earlybirds) with 453 points for 58.5 in 100fs. The top woman was **Mars Nienhuis** (6pm Whitecaps) with 380 points for 2:32.9 in 200fs. She was followed by **Logan Marks** (7:10pm Whitecaps) with 376 points for her 21:14 1500fs, and **Luz Osorio** (6pm Whitecaps) with 369 points for 32.4 in 50fs. **Derek** scored at least 270 in six events. **Adrian**, **Jian-Lok**, and **Steve** scored at least 270 on five 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	Riley Steele	WC1	F	400fs	72.6	18.2
2	Alison Slater	WC2	F	400fs	46.2	11.6
3	Melanie Heroux	EB2	F	200bk	21.6	10.8
4	Flo Kellner	EB2	F	400fs	26.4	6.6
5	Christiane Wilke	EB2	F	100IM	6.5	6.5
6	Sydney Steele	WC1	F	50bk	2.8	5.6
7	Janine Debanne	WC1	F	400fs	16.1	4.0
8	Cori Dinovitzer	WC1	F	400fs	13.8	3.5
9	Liz Chretien	WC2	F	50fs	1.3	2.6
10	Megan Holtzman	EB2	F	1500fs	37.0	2.5
11	Rachel Bennett	WC1	F	800fs	14.0	1.8
12	Lisa Sharp	WC2	F	100fs	1.6	1.6
13	Mars Nienhuis	WC1	F	200fs	3.2	1.6
14	Gillian Massel	WC2	F	200fs	2.6	1.3
15	Eleanor Fast	EB1	F	400fs	4.9	1.2
16	Rocio Aranda	WC2	F	200fs	2.2	1.1
17	Robin Henderson	EB1	F	100IM	0.9	0.9
18	Rachel Bennett	WC1	F	100fs	0.8	0.8
19	Susan Hulley	EB1	F	100IM	0.7	0.7
1	Ahmed Doha	EB2	M	800fs	371.0	46.4
2	Derek Woodard	WC1	M	200fs	30.0	15.0
3	Terry Headrick	EB1	M	400fs	19.1	4.8
4	Peter Lapner	WC1	M	1500fs	61.0	4.1
5	Jonathan Critch	WC2	M	400fs	14.5	3.6
6	Konstantin Petoukhov	WC1	M	200IM	7.0	3.5
7	Jim Farmer	WC2	M	200fs	6.9	3.5
8	Madison Woodstock	WC2	M	400fs	12.1	3.0
9	Sam Hersh	EB2	M	400fs	11.5	2.9
10	Adrian Finn	EB2	M	200fs	5.6	2.8
11	Bill Gregg	EB2	M	800fs	15.0	1.9
12	Harley Gifford	EB1	M	200fs	3.0	1.5
13	Steve Kennedy	WC1	M	400fs	5.7	1.4
14	Chris Whitehead	EB2	M	1500fs	20.0	1.3
15	David Moore	WC1	M	50fl	0.4	0.8
16	Zoltan Csepregi	WC1	M	100fs	0.8	0.8
17	Miguel Chavez	EB1	M	50fl	0.3	0.6
18	Jian-Lok Chang	WC1	M	200fs	0.8	0.4

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	Mars Nienhuis	WC1	F	200fs	2:32.9	380
2	Logan Marks	WC2	F	1500fs	21:14	376
3	Luz Osorio	WC1	F	50fs	32.4	369

4	Gillian Massel	WC2	F	200fs	2:36.4	355
5	Paola Osorio	WC1	F	50fs	33.6	330
6	Lisa Sharp	WC2	F	100fs	1:14.6	319
7	Stephanie Le Saux Farmer	WC2	F	1500fs	22:49	303
8	Sydney Steele	WC1	F	50fs	34.9	295
9	Lisa Sharp	WC2	F	50fs	35.0	292
10	Sara Borrens	WC2	F	100fs	1:17.6	284
11	Julie Mouris	WC1	F	100fs	1:18.0	279
12	Natalie Aucoin	EB2	F	50fl	37.5	274
1	Jian-Lok Chang	WC1	M	200fs	2:09.1	456
1	Steve Kennedy	WC1	M	200fs	2:09.1	456
3	Adrian Finn	EB2	M	100fs	58.5	453
4	Zoltan Csepregi	WC1	M	100fs	1:01.6	388
5	Patrick Bickerton	WC2	M	50fs	27.8	387
6	Derek Woodard	WC1	M	100fs	1:02.3	375
7	Jonathan Critch	WC2	M	100fs	1:03.5	354
7	Tony Revitt	EB2	M	100fs	1:03.5	354
9	Sam Hersh	EB2	M	50fs	29.4	327
10	David Moore	WC1	M	50fs	30.2	301
x	Mark Blenkinsop	EB2	M	50fl	32.5	301
11	Gi Wu	WC1	M	50fs	30.5	293
12	Peter Lithgow	WC1	M	1500fs	21:19	293
13	Madison Woodstock	WC2	M	100fs	1:07.8	291
14	Miguel Chavez	EB1	M	50fs	30.6	290
15	Konstantin Petoukhov	WC1	M	100fs	1:08.1	287
16	Don Wells	WC1	M	200fs	2:33.3	272

(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	Liz Chretien	WC2	F	1.3	2.6
2	Sydney Steele	WC1	F	0.9	1.8
3	Eleanor Fast	EB1	F	0.6	1.2
1	Derek Woodard	WC1	M	1.1	2.2
2	Adrian Finn	EB2	M	0.8	1.6
(4/2)					
100fs					
1	Alison Slater	WC2	F	7.9	7.9
2	Lisa Sharp	WC2	F	1.6	1.6

3	Rachel Bennett	WC1	F	0.8	0.8
1	Terry Headrick	EB1	M	4.1	4.1
2	Derek Woodard	WC1	M	2.4	2.4
3	Adrian Finn	EB2	M	1.6	1.6
4	Jonathan Critch	WC2	M	1.5	1.5
(3/5)					
200fs					
1	Alison Slater	WC2	F	11.1	5.6
2	Sydney Steele	WC1	F	8.1	4.1
3	Mars Nienhuis	WC1	F	3.2	1.6
1	Derek Woodard	WC1	M	30.0	15.0
2	Jim Farmer	WC2	M	6.9	3.5
3	Jonathan Critch	WC2	M	5.7	2.9
4	Adrian Finn	EB2	M	5.6	2.8
(5/6)					
400fs					
1	Riley Steele	WC1	F	72.6	18.2
2	Alison Slater	WC2	F	46.2	11.6
3	Flo Kellner	EB2	F	26.4	6.6
1	Derek Woodard	WC1	M	35.8	9.0
2	Terry Headrick	EB1	M	19.1	4.8
3	Jonathan Critch	WC2	M	14.5	3.6
(8/7)					
800fs					
1	Rachel Bennett	WC1	F	14.0	1.8
1	Ahmed Doha	EB2	M	371.0	46.4
2	Bill Gregg	EB2	M	15.0	1.9
(1/2)					
1500fs					
1	Riley Steele	WC1	F	164.0	10.9
2	Megan Holtzman	EB2	F	37.0	2.5
3	Mars Nienhuis	WC1	F	18.0	1.2
1	Peter Lapner	WC1	M	61.0	4.1
2	Jonathan Critch	WC2	M	52.0	3.5
3	Derek Woodard	WC1	M	52.0	3.5
(4/5)					
50bk					
1	Sydney Steele	WC1	F	2.8	5.6
(1/0)					
100bk					
1	Melanie Heroux	EB2	F	9.1	9.1
(1/0)					
200bk					
1	Melanie Heroux	EB2	F	21.6	10.8

(1/0)					
50f1					
1	David Moore	WC1	M	0.4	0.8
2	Miguel Chavez	EB1	M	0.3	0.6
(0/2)					
100IM					
1	Christiane Wilke	EB2	F	6.5	6.5
2	Robin Henderson	EB1	F	0.9	0.9
3	Susan Hulley	EB1	F	0.7	0.7
1	Chris Whitehead	EB2	M	0.7	0.7
(3/1)					
200IM					
1	Konstantin Petoukhov	WC1	M	7.0	3.5
(0/1)					

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
25fs				
1	Heloise Emdon	EB1	F	21.1
2	Liliane Cardinal	EB1	F	26.6
(2/0)				
50fs				
1	Luz Osorio	WC1	F	32.4
2	Paola Osorio	WC1	F	33.6
3	Gillian Massel	WC2	F	34.7
4	Sydney Steele	WC1	F	34.9
5	Lisa Sharp	WC2	F	35.0
1	Adrian Finn	EB2	M	26.9
2	Steve Kennedy	WC1	M	27.1
3	Patrick Bickerton	WC2	M	27.8
4	Zoltan Csepregi	WC1	M	27.9
(57/35)				
100fs				
1	Mars Nienhuis	WC1	F	1:11.0
2	Logan Marks	WC2	F	1:11.6
3	Gillian Massel	WC2	F	1:13.2
1	Adrian Finn	EB2	M	58.5
2	Zoltan Csepregi	WC1	M	1:01.6
3	Patrick Bickerton	WC2	M	1:01.7
(20/21)				
200fs				

1	Mars Nienhuis	WC1	F	2:32.9
2	Gillian Massel	WC2	F	2:36.4
3	Stephanie Le Saux Farmer	WC2	F	2:46.4
1	Jian-Lok Chang	WC1	M	2:09.1
1	Steve Kennedy	WC1	M	2:09.1
3	Adrian Finn	EB2	M	2:15.9
(25/18)				
400fs				
1	Mars Nienhuis	WC1	F	5:24.5
2	Julie Mouris	WC1	F	6:06.7
3	Alison Creba	EB2	F	6:11.5
1	Adrian Finn	EB2	M	4:53.3
2	Steve Kennedy	WC1	M	4:53.8
3	Tony Revitt	EB2	M	5:04.1
(35/29)				
800fs				
1	Heloise Emdon	EB1	F	17:31
2	Isla Paterson	EB2	F	17:32
3	Lucie Roberge	WC2	F	17:52
1	Bill Gregg	EB2	M	17:50
2	John Weston	EB1	M	18:04
3	Ahmed Doha	EB2	M	21:04
(17/7)				
1500fs				
1	Logan Marks	WC2	F	21:14
2	Mars Nienhuis	WC1	F	21:16
3	Stephanie Le Saux Farmer	WC2	F	22:49
4	Gillian Massel	WC2	F	22:51
1	Steve Kennedy	WC1	M	19:09
2	Jonathan Critch	WC2	M	21:14
3	Peter Lithgow	WC1	M	21:19
(19/17)				
50bk				
1	Sydney Steele	WC1	F	40.9
2	Julie Mouris	WC1	F	44.1
3	Claire Owen	EB2	F	48.5
1	Jian-Lok Chang	WC1	M	30.3
2	Tony Revitt	EB2	M	36.2
3	Don Wells	WC1	M	37.4
4	Sam Hersh	EB2	M	37.5
(14/12)				
100bk				
1	Melanie Heroux	EB2	F	3:09.5
(1/0)				

200bk				
1	Melanie Heroux	EB2	F	6:19.0
(1/0)				
25br				
1	Heloise Emdon	EB1	F	26.0
2	Liliane Cardinal	EB1	F	36.7
(2/0)				
50br				
1	Lara Thorpe	WC2	F	50.3
2	Margaret King	EB1	F	50.7
3	Myriam Saboui	EB1	F	53.8
4	Alison Creba	EB2	F	53.9
1	Zoltan Csepregi	WC1	M	34.7
2	Adrian Finn	EB2	M	37.4
x	Mark Blenkinsop	EB2	M	41.5
3	Gi Wu	WC1	M	42.9
(18/9)				
100br				
1	Fay Hjartarson	EB2	F	2:48.9
1	Gi Wu	WC1	M	1:28.3
2	Peter Lithgow	WC1	M	1:33.5
(1/2)				
200br				
1	Fay Hjartarson	EB2	F	5:29.7
1	Peter Lithgow	WC1	M	3:17.4
(1/1)				
50f1				
1	Luz Osorio	WC1	F	34.4
2	Paola Osorio	WC1	F	36.7
3	Natalie Aucoin	EB2	F	37.5
1	Jian-Lok Chang	WC1	M	29.3
2	Derek Woodard	WC1	M	30.7
3	Steve Kennedy	WC1	M	30.9
(13/16)				
100f1				
1	Megan Holtzman	EB2	F	1:56.2
1	Mark Blenkinsop	EB2	M	1:18.2
2	Dave Grynspan	WC1	M	1:34.6
(1/2)				
100IM				
1	Luz Osorio	WC1	F	1:23.8
2	Natalie Aucoin	EB2	F	1:32.8
3	Aimee Jones	WC1	F	1:33.5
1	Jian-Lok Chang	WC1	M	1:06.7

2	Don Wells	WC1	M	1:19.2
3	Chris Whitehead	EB2	M	1:27.3
(17/4)				
200IM				
1	Julie Mouris	WC1	F	3:10.3
2	Natalie Aucoin	EB2	F	3:26.9
3	Andrea Mrozek	EB1	F	3:29.7
1	Konstantin Petoukhov	WC1	M	3:00.9
2	Gi Wu	WC1	M	3:01.8
3	Francois Jacques	EB1	M	3:25.5
(4/5)				
400IM				
1	Kaitlyn Gilham	EB1	F	6:48.0
2	Megan Holtzman	EB2	F	8:03.3
1	Jian-Lok Chang	WC1	M	5:19.8
2	Don Wells	WC1	M	6:07.7
3	Tom Smy	EB1	M	7:44.4
(2/3)				

Fun Relays (Fri Apr 13th)

7:30am Earlybirds

3 x 50 Free Relay

- 1:56.2 Team 4: Tracey Matthews, Myriam Saboui, Andrea Mrozek
- 1:58.1 Team 2: Eleanor Fast, Ursula Scott, Francois Jacques
- 1:59.8 Team 3: Kasia Poplawski, Brad O'Connell, Tony Michel
- 2:01.6 Team 1: Bruce Brown, Liliane Cardinal, Heloise Emdon, Kevin Graham

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

- 2:30.3 Team 1: Bruce Brown, Heloise Emdon, Liliane Cardinal, Kevin Graham
- 2:31.0 Team 4: Tracey Matthews, Myriam Saboui, Andrea Mrozek
- 2:31.7 Team 2: Eleanor Fast, Ursula Scott, Francois Jacques
- 2:37.8 Team 3: Kasia Poplawski, Brad O'Connell, Tony Michel

8:30am Earlybirds

3 x 50 Free Relay

- 2:16.1 Team 2: Tony Revitt, Alison Creba, Rod Haney
- 2:23.4 Team 1: Sam Hersh, Melanie Heroux, Chris Whitehead
- 2:30.4 Team 3: Marie-Odile Junker, Fay Hjartarson, Natalie Aucoin
- 2:36.7 Team 4: Doug Brubacher, Isla Paterson, Penny Estabrooks

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

- 2:49.5 Team 3: Marie-Odile Junker, Fay Hjartarson, Natalie Aucoin
- 2:57.6 Team 2: Tony Revitt, Alison Creba, Rod Haney
- 3:04.5 Team 4: Doug Brubacher, Isla Paterson, Penny Estabrooks
- 3:29.2 Team 1: Sam Hersh, Melanie Heroux, Chris Whitehead

Ask the Coach

Dear Coach: Could the 800/1500 time trial for Summer be moved to a Tue/Wed to avoid the weekends when there are a lot of races? Racing Swimmer

Dear R. Swimmer: Sure, done!

Dear Coach: I plan to do some open water swims over the summer. I will do one or two extra workouts each week on my own to prepare. What would you recommend? Open Water Racer

Dear O.W. Racer: As you will be getting a variety of strokes and distances in your Masters workouts, I'd recommend doing mostly free (with some back mixed in to "unwind") and mostly mid to long distance. Once a week a long swim is good. On the other day, some varying distances and speed, such as: Doing things like 5 x 400 or 600, 500, 400, 300, 200, 100 (or the other way around which is mentally more challenging), or even 100, 200, 300, 400, 500, 400, 300, 200, 100 (pyramid), where you are varying the speed (though still in the aerobic zone) are good. The sets don't have to be that long, of course. Another good idea is to do some open water swimming, once temperatures permit, so that you can practice sighting.

Dear Coach: What is a taper, and do I need to do one? New to Competition

Dear N.t. Competition: The idea behind a taper is to gradually reduce your training in the days or weeks leading up to a competition. The length of the taper depends on how much you have been training, how important the competition is, and other factors, such as age. As you get older, your recovery from exercise isn't as good as it was when you were younger, so the taper becomes more important. What works varies from person to person, so you may need to experiment a bit. Keep in mind that you need to reduce not just your swimming, but any other strenuous activities that you do, and even avoid standing or walking for long periods in the last few days before competition, if possible.

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.**

Global Swim Series: <https://globalswimseries.com/races/>

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

Fri-Sun May 4-6th SO Ontario Provincials, Barrie (SO Sanctioned)

<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

Sat-Mon May 19-21st Canadian Nationals, Calgary <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>, <https://www.mastersswimmingcanada.ca/WP/en/2018-msc-nationals/>

Sat Jun 2nd Longueuil Masters Meet (Long Course) <https://swimming.ca/en/meet/21406/>

June 5-10th First International European-Asian Amateur Aquatic Competition, Athens (pool and open water)

<https://regswim.org/> <https://www.facebook.com/icas.sport/>

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

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

Sat Sept 8th Amphibious Challenge (swim, run mixture), Pembroke <http://www.amphibiouschallenge.ca/>

Global Open Water Swim Series (Year Round): <https://globalswimseries.com/races/>

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

Sat Apr 7th OlymPINK Swim Meet, Brewer

Five Carleton swimmers took part. I hear that it was a great meet, with six Olympians plus cancer survivors present. A lot of money was raised for cancer research. Congratulations to **Derek**, **Natalie**, and **Steve** who won prizes for their age groups (calculated based on the sum of the times for all the events). **Steve** won a restaurant gift certificate, and **Derek** and **Natalie** won swim gear. Full results:

<https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=920>.

Swimming for Carleton Masters:

Natalie Aucoin (8:30am Earlybirds; 45-49): 1st 50fl (36.07); 2nd 50bk (45.93), 100IM (1:30.83); 3rd 50fs (34.97), 100fs (1:16.45), 50br (50.79)

Steve Kennedy (6pm Whitecaps; 35-39): 1st 100fs (56.98), 50br (34.83), 100IM (1:05.95 PB); 2nd 50fs (26.47), 50bk (32.97), 50fl (30.15)

Derek Woodard (6pm Whitecaps; 25-29): 2nd 50fl (30.00), 100IM (1:11.83); 3rd 50fs (27.80), 100fs (1:01.67), 50bk (34.29); 5th 50br (40.07)

Swimming Unattached:

Chris Whitehead (8:30am Earlybirds; 45-49): 2nd 50fs (33.39), 50bk (43.07), 50br (47.77), 100IM (1:26.04); 3rd 100fs (1:15.97), 50fl (37.72)

Christiane Wilke (7:30am Earlybirds; 35-39): 9th 100fs (1:26.72 PB), 50br (58.21); 10th 50fs (38.50 PB), 100IM (1:51.62)

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 **Apr 14th**).

Private and Semi-Private Masters Swim Lessons

Spring Schedule:

Mon/Fri 9:35-10:35am

Mon/Wed noon-1pm

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

Spring Session Information

Registration for the **Spring Masters** session is available. The strike is affecting Athletics, so the Summer program information and registration start date is not yet available. A reminder that Masters is open to members only. Students who are not taking summer courses will need to purchase a Summer membership (special prices available until Apr 30th).

Spring 2018: Mon May 14th to Sat Jun 30th; no workouts Mon May 21st

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 15318; cost: \$70+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 15319; cost: \$70+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 15323; cost \$78+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 15324; cost: \$70+HST

8:15am Saturday Earlybirds: 8:15-9:25am (**May 19th:** 10:45-11:55am) Sat (shallow): barcode 15321; cost: \$30+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>