

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Wednesday, August 01, 2018 2:12 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 #476

Carleton Masters Swimming Newsletter #476 2018

Wednesday, August 1st,

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, Winter 2018, Spring 2018, Summer 2018, and Alumni: 7:30am Earlybirds I (70 addresses), 8:30am Earlybirds II (36 addresses), 6pm Whitecaps I (58 addresses), 7:10pm Whitecaps II (40 addresses), Saturday Only (13 addresses), and Masters Alumni (27 addresses).

“Only those who risk going too far can possibly find out how far one can go.” – T.S. Eliot

Masters Swimming Program Notes

- The Summer session runs from Tue Jul 3rd to Sat Sept 1st, inclusive
 - There are **no Masters workouts on Mon Aug 6th (Civic Holiday)**.
 - The only public swim that date is 1:30-4:30pm.
 - The only groups running for the Summer are the 6pm Whitecaps, 7:30am Earlybirds, and 12:15pm Saturdays.
 - If you have signed up for 6pm or 7:30am for summer, then Saturdays are **included**. You may also sign up for Saturdays only.
 - All summer Saturday workouts are at **12:15pm**.
 - The 6pm group is **full** for Summer. Wait list available. There is **one** spot left at 7:30am.

Fall/Winter Registration

Registration for Fall and Winter Masters will start at **7am Wed Aug 8th**. Masters is a members-only program with no student discount. Registration can be done in person or by phone: 613-520-4480. Note that membership information will be in the old (CLASS) system, while the program registration will be done in the new (FUSION) system. There are likely to be some growing pains, and while the staff has been trained, please be patient! If there are any major issues with your registration, please contact **Fran Craig** (fran.craig@carleton.ca; 613-520-2600 x8441). Originally, the Winter registration was going to be in October, but that has been moved forward **only** for Masters swimming, which will save time for those who want to register for both. Eventually the new system will allow on-line registration for Masters, which will make life easier for everyone. Note that the new system does ***not*** have barcodes. When you register, please identify the program(s) by the name and time of the swims. As per usual, for Fall and Winter, if you want to swim on Saturdays, that is a separate registration. The Masters program information is also available on the web site:

<http://carletonmasters.tripod.com/>.

Fall 2018: Wed Sept 5th to Thu Dec 20th; no workouts Mon Oct 8th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$165+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$150+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

Winter 2019: Wed Jan 2nd to Sat Apr 13th; no workouts Mon Feb 18th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$165+HST: Note that there is a workout on **Wed Jan 2nd**.

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$150+HST: Note that there is a workout on **Wed Jan 2nd**.

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

Swimmer Notes

Swimmer Updates:

- Congratulations to **Myriam Saboui** (7:30am Earlybirds) on the birth of her daughter, **Faia Leonor Azevedo**, on Sat Jul 28th. The whole family is doing well!

- **Katie Xu** (7:30am Earlybirds) is off to the Special Olympics Summer Games in Antigonish. The swimming starts today! Here's a shot of the Ontario team at the Ottawa airport on Monday: <https://twitter.com/ChiefBordeleau/status/1024012325026717702>. **Katie** is to the right of the police chief, with her dark hair up.

- Congratulations to **Cori Dinovitzer** (7:30am Earlybirds) on a great 10km swim at Lake Magog last weekend. Kudos also to her kayaker, **Mary Donaghy** (7:30am Earlybirds). More details in the race results.

- **Konstantin Petoukhov** (7:30am Earlybirds) has broken his arm, and will be out of the pool until the Fall. We wish him all the best for a quick recovery. As his bike accident was near Carleton, I appreciate him sending the details, as they may be useful for other cyclists. Here's his note:

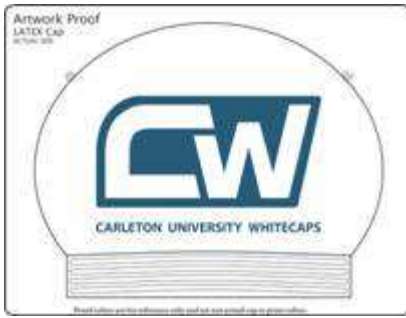
I was riding my bike yesterday (Tuesday) morning on Bronson going north using the bike lane, and near Carleton the lane was blocked by a City of Ottawa construction sign with the words "steel plates" on it. There was no steel plates ahead or active, ongoing construction. The sign snuck up on me quickly as I was moving at a good clip and I could not avoid it – there were cars in the lane next to me (on the left) and jumping onto the curb to the right was not an option as it was blocked by construction supplies. I crashed into the sign that was anchored by sandbags, flipped over the handlebars, and luckily landed on my hands. No cars stopped to help. A fellow cyclist stopped to ask if I was ok, and then a pedestrian and I moved the construction sign off the bike lane. I had a few scratches on my hands and shoulders, back, and elbow. "Nothing too serious, I thought," and jumped back on my bike to get to work. The pain in my elbow worsened later that morning and I ended up going to the Ottawa General in the afternoon. The X-rays revealed a radial fracture in the bone that connects the forearm to the elbow, which resulted from the impact of my hand hitting the pavement. The doctor gave me a sling to wear for the next 4 weeks (no cast), and told me to start exercises to regain the motion range in my arms as soon as possible (it's currently at a 90 degree angle and won't bend or straighten). All things considered, the situation could have been much worse, but I will still be out for swimming until September. It's been a pleasure swimming with the 7:30am crew! I will see many of you again in the Fall session. Have a great summer everyone!

- **Susan Nevitt-Yelle** (7:30am Earlybirds) reports that her ACL surgery went well. A couple of days of pain, but then a dull ache. She has started physio and is doing her exercises faithfully. She has a zimmer splint for two more weeks, and then a brace. She is off the crutches and using a cane. We look forward to seeing her back in the pool in September!

- Masters Swimming Canada summer 2018 benefits: <https://www.mastersswimmingcanada.ca/WP/en/news/msc-member-benefits-summer-2018/>.

- **Christiane Wilke** (7:30am Earlybirds, christianewilke@gmail.com) writes: Some amazing open water swimmers from the Toronto area have decided to make the Toronto Island Lake Swim on **Sun Aug 26th** (<https://www.torontoislandlakeswim.com/>) a huge party. They're offering to help us with accommodation. The most likely scenario is that we'll camp on the Toronto Islands the night before the swim. If you haven't been there: it's beautiful. The water is clean and clear, and the islands are the best place to see the sun setting behind the Toronto skyline. If you want to do one of the available distances (3.8k, 1.5k or 750m) and are looking for company, please send me an email, ideally before August 1st, and I'll relay the information.

- 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:

- 97 Year Old American, **Maurine Kornfeld**, Inducted into IMSHOF: <https://www.swimmingworldmagazine.com/news/97-year-old-maurine-kornfeld-to-be-inducted-into-international-masters-swimming-hall-of-fame/>
- Freestyle Hand Position: https://www.arenawaterinstinct.com/en_us/community/training-technique/learn-correct-freestyle-hand-position/
- The Effects of Deep Breathing Before a Race: <http://www.swimmingworldmagazine.com/news/the-effects-of-deep-breathing-before-a-race-does-it-help-or-hurt/>
- Comparing Olympic Results Over the Years: <http://archive.nytimes.com/www.nytimes.com/interactive/2012/08/01/sports/olympics/racing-against-history.html>
- Twelve Ways to Get Out of the Pool: <https://twitter.com/SwimWithIssues/status/1022518550085414912>
- The World Underwater Hockey Championships Were Held in Quebec City: <https://montreal.ctvnews.ca/underwater-hockey-yes-underwater-hockey-reaches-new-depths-in-quebec-city-championships-1.4031486>; and here are the results: <https://uwhscores.com/t/worlds2018#places>

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.

Summer Session Information

Dates: Tue Jul 3rd to Sat Sept 1st; excluding Mon Jul 2nd and Mon Aug 6th.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Deep End: Mon: **Sean**; Tue/Thu: **David**

12:15pm Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Sean coached for **Lynn** on **Mon Jul 23rd**.

Sean is coaching for **David** on **Tue Aug 7th**.

Sean is coaching for **Lynn** on **Wed Aug 8th**.

Sean is coaching for **David** on **Thu Aug 9th**.

Sean is coaching for **Lynn** on **Fri Aug 10th**.

Sean is coaching for **Lynn** on **Mon Aug 13th**.

Thank you, **Sean**, for all this sub-coaching!

Note that the **6pm group will be in the shallow end for all three swims the last week of the term** (Mon Aug 27th, Tue Aug 28th, and Thu Aug 30th).

Fin Day:

Thu Aug 2nd / Fri Aug 3rd

Time Trials:

Mon Jul 16th: timed 400 free or IM

Mon Jul 23rd p.m. / **Wed Jul 25th**: timed 100 and 50 choice

Tue Aug 7th / Wed Aug 8th: timed 800 / 1500fs

Tue Aug 14th / Wed Aug 15th: timed 200 choice

Thu Aug 30th / Fri Aug 31st: "funner" day (e.g. relays)

This information and more can be found with the Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum18.pdf>.

Here are the weekday attendance statistics for the term to date. Please let me know of any errors or omissions.

6pm Whitecaps: Jul 3rd-26th (11 workouts); range: 20-26; average: 23.0 [**Note:** This week's workouts will be included next time.]

Perfect Attendance: **Derek Woodard**

Missed 1 Workout: **Christian Cattan, Don Wells, Erin McRae**

Missed 2 Workouts: **Dave Grynspan, Joanie Conrad, Mars Nienhuis, Peter Lithgow**

7:30am Earlybirds: Jul 4-Aug 1st (13 workouts); range: 29-39; average: 34.6

Perfect Attendance: **Bruce Brown, Graham Archibald, Liliane Cardinal, Stephen Agberien**

Missed 1 Workout: **Konstantin Petoukhov, Marta Kolbuszewska, Susan Hulley**

Missed 2 Workouts: **Bob Tipple, Francois Jacques, Kevin Graham, Nicole Le Saux**

Thanks to those who participated in the 400 time trial on **Mon Jul 16th**. There were three improvements, led by **Sydney Steele** (6pm Whitecaps) with a 16.4 second improvement in her 400 free! Here's the list:

400fs (3)

Sydney Steele	16.4	WC1
Graham Archibald	6.4	EB1
Derek Woodard	3.4	WC1

Great job by those doing the **100 and 50 time trials** on the evening of **Mon Jul 23rd** and morning of **Wed Jul 15th**. There were 12 improvements. The largest improvement was by **Graham Archibald** (7:30am Earlybirds) with 5.5 seconds off his 100 free. **Graham** and **Bob Tipple** (7:30am Earlybirds) improved in both their 100 and 50 time trials, while **Justin Kernot** (7:30am Earlybirds) improved in his 100 and two 50 time trials, as he did a bonus time trial! Here are the improvements:

50fs (2)

Graham Archibald	2.4	EB1
Bryn Livingstone	0.4	EB1

100fs (4)

Graham Archibald	5.5	EB1
Steve Kennedy	1.7	WC1
Konstantin Petoukhov	0.6	EB1
Andrea Zarins	0.3	WC1

50bk (1)

Bob Tipple	0.3	EB1
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50br (1)

Justin Kernot	0.3	EB1
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50fl (1)

Justin Kernot	0.4	EB1
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100IM (3)

Bob Tipple	2.4	EB1
Susan Hulley	0.7	EB1
Justin Kernot	0.4	EB1

Ask the Coach

Dear Coach: I'm a parent of an infant, and have been struggling over the past year to make some time to keep up my swimming. It's hard to get to the pool on time, and I find it difficult to keep a consistent schedule. I try to make a few swims per week, even if abbreviated, or if I come for public swim to fill in the gaps. It's a real challenge, but how effective is a short swim, even if only for 10 minutes? Making It When I Can

Dear M.I.W.I. Can: The bottom line is to keep active. I'm sure that with the infant, you are keeping busy walking, etc. Here are some findings from a bunch of articles that I looked at:

- Any exercise is better than nothing.
- Fifteen minutes per day is the minimum amount of exercise required per day to keep healthy.
- 75 minutes of intense (or 150 minutes of easy) exercise per week is the minimum required for health.
- Exercising twice per week for a total of 75 minutes (of intense exercise) is as good as spreading it out over more days.
- As little as 15 minutes per day leads to an increase in life expectancy of 2.5 to 3 years for the average 30 year old.
- 15 minutes is required to stay healthy, 30 minutes to stay lean, and no benefit beyond 90 minutes per day.
- Three 10 minute walks is as good as a 30 minute walk.
- 120 minutes per week improves memory.
- 150 minutes per week reduces risk of cancer.

And the links:

- <https://thehealthorange.com/stay-fit/workouts/whats-the-least-amount-of-exercise-you-can-do-and-still-be-healthy/>
- <https://www.independent.co.uk/life-style/health-and-families/health-news/exercise-health-disease-amount-you-should-be-doing-every-day-a7181261.html>
- <https://theculturetrip.com/north-america/usa/articles/the-minimum-amount-of-exercise-needed-to-stay-healthy-is-definitely-doable/>
- <https://www.womenshealthmag.com/fitness/a19905847/how-much-exercise-you-need-to-do-to-get-health-benefits/>
- <https://www.healthline.com/health-news/the-minimum-amount-of-exercise-you-need#3>
- <https://www.quickanddirtytips.com/health-fitness/exercise/whats-the-minimum-amount-of-exercise-you-can-do?page=1>
- <https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916>

Dear Coach: Why do many athletes not perform their best at "big" competitions? Just Wondering

Dear J. Wondering: To swim a best time, everything has to go right (unless you are a very new or young swimmer who swims best times every time you race!). At big competitions, there is lots of pressure to do well, and that can be difficult to deal with for many athletes. I believe that the percentage of best times for Olympic swimmers is less than 20%, but can't find the article where I read that! Here's an article on "choking", i.e. poor performance, at the Winter Olympics and some of the factors involved: <https://theconversation.com/why-olympic-athletes-choke-at-the-winter-games-92018>.

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.**

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

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

Sat Aug 4th Mont-Tremblant 21km Swim (no MSO/SO registration required)

<https://www.facebook.com/Technosport/posts/1995282533875349>

Sat Aug 11th Technosport 4k Meech Lake Swim (no MSO/SO registration required)

<https://www.technosport.ca/swim/open-water-swim-ottawa/>

Sat Aug 11th Riverkeeper 750m, 1.5km, and 4km swims (no MSO/SO registration required); rain date Sun Aug 12th

<https://www.ottawariverkeeper.ca/riverkeeper-4k/>

Sun Aug 12th Welland Canal 1k, 2.5k, 5k, and 10km swims (no MSO/SO registration required)

<https://raceroster.com/events/2018/14754/welland-canal-open-water-swim>

Sat Aug 18th LOST 3.8k and Mile swims, Oakville (no MSO/SO registration required, but those who are registered with SO will be part of the MSC Championships) <http://lostswimming.com/lost-race/>

Sun Aug 26th Toronto Island Lake Swim: 750m, 1.5k, or 3.8k (no MSO/SO registration required)

<https://www.torontoislandlakeswim.com>

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

Fri-Sun Mar 22-24th 2019 MSO Provincials, Markham

Fri-Sun Apr 19-21st 2019 SO Provincials, Markham (TBC)

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

Sat Jul 14th Bring on the Bay Open Water Swims, Ottawa

Great to see so many swimmers from Carleton!! Please let me know if I missed anyone else! Congratulations to **Luca Haines**, son of **Seema Akhtar** on his great race and apologies for missing him last time!

The team results for 2018 aren't posted yet. They should be here soon: <https://bringonthebay.com/race-day/botb-team-results/>. Great job by everyone. Lots of great times and improvements from last year. Special kudos to those who won their categories: **Erin, Tim, Mars, Graham, and Lily**.

1.5k (95 participants)

Results: <https://www.sportstats.ca/display-results.xhtml?raceid=93855>.

Erin McRae (6pm Whitecaps; 20-29): 5th overall, 1st woman, and 1st in category in 24:02.2

Ashley Kotarba (7:10am Whitecaps; 30-39): 52nd overall, 35th woman, and 4th in category in 34:11.3

3k (657 participants)

Results: <https://www.sportstats.ca/display-results.xhtml?raceid=93854>.

new **Luca Haines** (son of **Seema Akhtar**, 6pm Whitecaps; 14&U): 11th overall, 10th man, and 2nd in category in 40:41.1

Freddy Chandler-Baas (son of **Andrea Chandler**, 6pm Whitecaps; 15-19): 23rd overall, 19th man, and 10th in category in 42:39.8

Tim Kilby (Coach; 50-59): 30th overall, 23rd man, and 1st in category in 43:57.8

Mars Nienhuis (6pm Whitecaps; 20-29): 38th overall, 12th woman, and 1st in category in 44:43.9

Gillian Massel (6pm Whitecaps; 20-29): 80th overall, 39th woman, and 7th in category in 47:51.8

Derek Woodard (6pm Whitecaps; 20-29): 94th overall; 51st man, and 2nd in category in 48:42.6

Rachel Bennett (6pm Whitecaps; 30-39): 109th overall, 50th woman, and 7th in category in 50:03.2

Konstantin Petoukhov (6pm Whitecaps; 30-39): 118th overall, 67th man, and 8th in category in 50:49.6

Graham Archibald (7:30am Earlybirds; 20-29 wetsuit): 136th overall, 79th man, and 1st in category in 51:52.1

Lily Monitor (daughter of **Tatjana Molitor**, 6pm Whitecaps; 14&U): 203rd overall, 90th woman, and 1st in category in 55:45.7

Natalie Aucoin (7:30am Earlybirds; 40-49): 234th overall, 104th woman, and 12th in category in 56:52.8

Gi Wu (6pm Whitecaps; 30-39): 237th overall, 132nd man, and 16th in category in 57:07.1

Margaret King (7:30am Earlybirds; 50-59): 252nd overall, 113th woman, and 10th in category in 57:57.3

Dawn Walsh (7:30am Earlybirds; 50-59): 300th overall, 143rd woman, and 15th in category in 59:42.6

Aimee Jones (6pm Whitecaps; 30-39): 307th overall, 146th woman, and 23rd in category in 1:00:20.0

Stephane Raynaud (6pm Whitecaps; 40-49): 375th overall, 190th man, and 24th in category in 1:03:54.9

Sean Kelly (7:30am Earlybirds; 60-69): 390th overall, 193rd man, and 4th in category in 1:04:28.6

Candace Newman (7:30am Earlybirds; 40-49 wetsuit): 448th overall, 231st woman, and 36th in category in 1:07:52.7

Cori Dinovitzer (7:30am Earlybirds; 50-59): 468th overall, 243rd woman, and 27th in category in 1:09:00.7

Nancy Manning (8:30am Earlybirds; 60-69 wetsuit): 472nd overall, 245th woman, and 6th in category in 1:09:16.1

Mary Donaghy (7:30am Earlybirds; 50-59): 481st overall, 252nd woman, and 28th in category in 1:09:55.1

Seema Akhtar (6pm Whitecaps; 40-49): 507th overall, 274th woman, and 38th in category in 1:12:14.6

Tatjana Molitor (6pm Whitecaps; 40-49 wetsuit): 514th overall, 280th woman, and 42nd in category in 1:12:46.6

Jul 17-22nd Dragon Boat Club Crew World Championships, Hungary

Congratulations to the Carleton swimmers who participated in this event. Thanks to **Megan Holtzman** (8:30am Earlybirds) for this summary! Full results here: https://idbfchamps.org/2018size#medal_tables.

Bytown / Sportchicks had 8 teams at the championships and the 2nd highest number of paddlers representing their club at the Club Crew World Championships. We finished third overall in standard boat in terms of our medal rankings. As for Carleton swimmers, **Colette Kenney** (8:30am Earlybirds), **Cheri Reddin** (Saturdays), **Isabelle Fradette** (8:30am Earlybirds) and I took home 1 medal: a bronze with the Senior A women's team in the 2K. **Debbie Whately** (6pm Whitecaps) was also on the senior A team for that bronze, as well as the Senior C teams so she took home more medals: gold (500m), silver (200m), and bronze (2000m). **Carolyn Odecki** (Whitecaps) took home a bunch since she paddled on the senior C team and steered for a number of other teams, including our successful 2k. She did an amazing steering job in a high current river, skimming around buoys that the other steerspeople overshot by miles. **Colette, Isabelle** and I were also on the Premiere Women team, where our best finish was 4th in the 2k. The Premiere Women's team is a relatively new team, so we are looking forward to the next Club Crew World Championships in France in 2020.

Sun Jul 22nd University of Maryland Baltimore County Outdoor LC Swim Meet

I was Carleton's only swimmer. I was planning to go to a meet near Detroit that was cancelled just a few days before, so ended up in Baltimore instead. Official results not yet posted, but here's how I did, plus some photos:

Lynn Marshall (Coach; 55-59): **1st** 1500 (19:09.81; 800 10:14.01; 400 5:03.85), 400IM (5:37.57 World Record)

Sat Jul 28th 10km Kingdom Swim, Lake Magog (29 swimmers)

Cori completed this long swim(!), with **Mary** as her kayaker. No official results posted yet, but they should be here soon: <http://kingdomgames.co/times/>. In the meantime, **Mary** sent me unofficial results (thanks, **Mary**!) **Cori** had a great swim, and **Mary** (her second time in a kayak!) managed not to capsizе ☺ !

Cori Dinovitzer (7:30am Earlybirds; 50-54): 20th overall; 14th woman, and **2nd** in category in 4:14:24

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 **June 11th**).

Private and Semi-Private Masters Swim Lessons

Summer Schedule:

Mon-Fri 11:30am-12:30pm

Mon-Thu 4:30-5:30pm

Mon-Thu 5:30-6:30pm

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

Summer Session Information

Registration for the **Summer Masters** session is still available. A reminder that Masters is open to members only. Students who are not taking summer courses will need to purchase a Summer membership. If you sign up for either 7:30am or 6pm, Saturdays are **included** for the Summer session. You may also sign up for Saturdays only.

Summer 2018: Tue Jul 3rd to Sat Sept 1st; no workouts Mon Jul 2nd or Mon Aug 6th

7:30am Earlybirds: 7:30-8:30am MWF (deep) and 12:15-1:25pm Sat (shallow): barcode 15320; cost: \$102+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh (deep) and 12:15-1:25pm Sat (shallow): barcode 15325; cost \$112+HST

12:15pm Saturday ONLY: 12:15-1:25pm Sat (shallow): barcode 15322; cost: \$38+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: Check out some new and old team photos:

<http://www3.sympatico.ca/lynnmarshall/teamphotos.html>.

Newsletter: An e-newsletter (like this one) is sent out about every two weeks. If you have new lane-mates, please mention to them that they should give their e-mail address to their coach if they'd like to receive it.

Suggestions for Workouts or Interested in Making up a Workout or a Set?: If you have suggestions for the workouts (something you like that we never do, or something you dislike that we do too much!), or if you'd like to try making up a workout or a set in a workout, just talk to your coach.

Interested in Copies of my Workouts?: Are you interested in getting copies of my workouts ahead of time? Let me know. I usually e-mail out a month's worth of workouts at a time. (Note that these are only the workouts that I coach.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-

mail. Another good resource is <http://www.slowlitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

Your input to this newsletter is most welcome, especially for the Swimmer Notes, Race Results and Ask the Coach sections! To be added to or removed from the receiver list, just let me know (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

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Club website: <http://carletonmasters.tripod.com>