

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, August 31, 2018 5:43 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 #478

Carleton Masters Swimming Newsletter #478

Friday, August 31st, 2018

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 (59 addresses), 7:10pm Whitecaps II (40 addresses), Saturday Only (13 addresses), and Masters Alumni (27 addresses).

"A good goal should scare you a little and excite you a lot." -- Lisa Stovall

Note for those attending workout on Sat Sept 1st at 12:15pm:

- Colonel By Drive is closed for a Triathlon.
- It's "move in" weekend in residence, so getting onto campus from Bronson Avenue could be tricky. Consider parking at Brewer Park, if it's backed up!

Note for evening swimmers:

- The first swim of the Fall term is Thu Sept 6th (no workouts on Tue Sept 4th).

Masters Swimming Program Notes

- The Summer session runs from Tue Jul 3rd to Sat Sept 1st, inclusive.
 - All summer Saturday workouts are at 12:15pm.
- The Fall session runs from Wed Sept 5th to Thu Dec 20th, inclusive.
 - There are **no Masters workouts on Mon Sept 3rd (Labour Day) or on Tue Sept 4th**.
 - The only public swim on Mon Sept 3rd is 1:30-4:30pm. Public swims run as usual on Tue Sept 4th.
 - The 6pm Whitecaps group is full for Fall: wait list available. **If you are on the wait list, please let me know, including your position on the list.**
 - The 7:30am Earlybirds group is close to full.
 - Full details on the Fall and Winter sessions can be found in the "Notes and Reminders" section near the end of the newsletter.

Swimmer Notes

Swimmer Updates:

- Ian Lorimer (7:30am Earlybirds) was featured in the Ottawa Hospital Newsletter for his research: Using Stem Cells to Treat Brain Cancer: Pilot Study Highlights Potential New Approach: <http://www.ohri.ca/newsroom/story/view/1041?l=en>.

- Also, best wishes to Ian Lorimer (7:30am Earlybirds) for a quick recovery from a blood clot in his leg.

- Bon voyage to Brad O'Connell (7:30am Earlybirds) who is relocating to Halifax.

- If you or someone you know is interested in getting into coaching, the Coaching Association of Canada, with the support of Investors Group, offers [Get Coaching!](#), a four step tutorial series to help new coaches get the right start. Speaking of which...

- Special Olympics Ottawa is looking for volunteers for the following positions (great chance for high school students to earn volunteer hours):

- head coach for 5 pin bowling

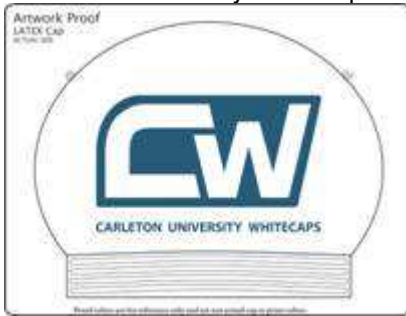
- assistant coach for 10 pin bowling

- head coach for gymnastics

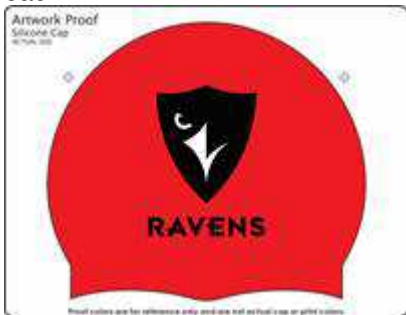
- additional volunteers for Active Start and Fundamentals (West End)

contact Andrea volunteer_lead@specialolympicsottawa.ca 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 the Turkish Hellsport: Alex Preston follows in Lord Byron's wake [thanks to **Martin B** (7:10pm Whitecaps)]:

<https://www.telegraph.co.uk/health-fitness/body/swimming-turkish-hellespont-alex-preston-follows-lord-byrons/>

- Gills for Humans: <https://www.facebook.com/givemethisDM/videos/1942882032418009/>

- Swim Obstacle Race: <https://www.facebook.com/MilitaryPentathlon2018Austria/videos/1020967984767531/>

- Freestyle Roll Video [thanks to **Mark Blenkinsop** (Coach)]: <https://www.youtube.com/watch?v=mYfuCCb3Ptw>

- Woman Survives 10 Hours After Falling off Cruise Ship into Adriatic Sea: <https://www.nbcnews.com/news/world/cruise-ship-passenger-survives-10-hours-after-falling-adriatic-sea-n902021>

- Cycling in Tandem for Over 60 Years: <https://www.facebook.com/SunLifeUK/videos/279659212625589/>

- What Type of Exercise is Best for the Brain: <http://time.com/4841790/exercise-brain/>

- Strength Exercise as Vital as Aerobic: <https://www.sciencedaily.com/releases/2017/11/171101102846.htm>

- "I'm More Than My Age": 99 Year Old Yoga Teacher:

<https://www.facebook.com/CookingLight/videos/10157044827153132/>

- What Exercise is Best for Optimal Health and Longevity?: <https://www.bluezones.com/2018/01/what-exercise-best-happy-healthy-life/>

- Five Healthy Habits May Add Years to Your Life: <https://www.health.harvard.edu/staying-healthy/harvard-researchers-say-healthy-habits-may-add-years-to-your-life>

- How Poor Posture Affects Your Health and Athletic Performance: <http://boxlifemagazine.com/5193-2/>

- Women Die More from Heart Attacks Than Men—Unless the ER Doc Is Female [thanks to **Bicki Westerheide** (6pm Whitecaps)]: <https://www.scientificamerican.com/article/women-die-more-from-heart-attacks-than-men-mdash-unless-the-er-doc-is-female/>

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.

Fall Session Information

Dates: Wed Sept 5th to Thu Dec 19th; excluding Mon Oct 8th.

The usual pool allocations and coaches are as follows:

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

8:30am Earlybirds: Deep End: **Lynn**

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

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

8:15am Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Fin Days:

Tue Oct 23rd / Wed Oct 24th

Thu Nov 22nd / Fri Nov 23rd

Time Trials:

Thu Oct 11th / Fri Oct 12th: timed 400 free or IM

Thu Oct 18th / Fri Oct 19th: two timed 50s choice

Mon Oct 29th: timed 200 choice

Mon Nov 12th: timed 800 / 1500 free

Tue Nov 27th / Wed Nov 28th: timed 100 choice

Wed Dec 18th / Thu Dec 19th: “funner” day (e.g. relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall18.pdf>.

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.

Mark coached for **Lynn** on **Sat Aug 25th**.

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**).

Lynn coached for **Sean** on **Mon Aug 27th**.

Tim is coaching for **Lynn** on **Sat Sept 1st**.

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>.

Thanks to those who participated in the **end of term relays** on **Fri Aug 31st**. There were 4 improvements led by **Graham Archibald** (7:30am Earlybirds) with a 4.9 second improvement in 50 breast. Here's the full list:

50br (2)

Graham Archibald	4.9	EB1
Heloise Emdon	0.2	EB1

50fl (2)

Stephen Agberien	0.7	EB1
Eleanor Fast	0.1	EB1

Summer 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.

Here's the summary of the attendance and time trials for the Summer 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 soon either in person or by e-mail.

Weekday Attendance:

This term we had **two** swimmers with perfect attendance. Congratulations to **Derek Woodard** (6pm Whitecaps) and **Stephen Agberien** (7:30am Earlybirds). **Derek** also had perfect attendance in the Fall, Winter and Spring, and thus has successfully completed a full year of 6pm perfect attendance! Very impressive, **Derek!!**

6pm Whitecaps: Jul 3rd-Aug 30th (25 workouts); range: 13-28; average: 22.0

Perfect Attendance: **Derek Woodard**

Missed 4 Workouts: **Christian Cattan**, **Erin McRae**

7:30am Earlybirds: Jul 4-Aug 31st (25 workouts); range: 20-39; average: 30.8

Perfect Attendance: **Stephen Agberien**

Missed 2 Workouts: **Bruce Brown**, **Liliane Cardinal**

Missed 4 Workouts: **Harley Gifford**, **Susan Hulley**

Time Trial and Relay Summary

The information below on most improved and fastest swimmers is taken from the time trials done during the Summer 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 76 different swimmers: 40 women and 36 men. There were 234 completed time trials: 117 for women and 117 for men. If you notice any errors or omissions, please let me know.

Twenty-three swimmers (11 women and 12 men) improved in at least one event (35 total improvements). The most improved swimmer was **Graham Archibald** (7:30am Earlybirds) with a 4.9sec (9.8sec/100m) improvement in 50br. Next was **Derek Woodard** (6pm Whitecaps) with an 18.0sec (9.0sec/100m) improvement in 200IM. Next was **Steve Dods** (7:30am Earlybirds) with a 1:05 (8.1sec/100m) improvement in 800fs. He was followed by the top woman, Lisa Sharp

(6pm Whitecaps) with a 1:04 (4.3sec/100m) improvement in 1500fs. **Sydney Steele** improved her 400fs by 16.4sec (4.1sec/100m). Rounding out the top three for the women was **Liliane Cardinal** (7:30am Earlybirds) with a 23sec (2.9sec/100m) improvement in 800fs. **Graham** and **Justin Kernot** (7:30am Earlybirds) each improved in four different events.

Eighteen swimmers (8 women and 10 men) scored 270 plus points in at least one event (39 swims total), as per the 2015 point scores at this link: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points. The highest point score was by **Imani Theodore** (7:30am Earlybirds) with 502 points for 4:55.0 in 400fs. Next was **Steve Kennedy** (6pm Whitecaps) with 470 points for 57.8 in 100fs. Second woman was **Andrea Zarins** with 439 points for 2:25.7 in 200fs. Next was **Justin Kernot** (7:30am Earlybirds) with 426 points for his 100IM of 1:07.3, followed by **Poya Fallahdoust** (7:30am Earlybirds) with 422 for 59.9 in 100fs. And the third woman was **Mars Nienhuis** (6pm Whitecaps) with 385 for 1:10.1 in 100fs. **Justin** scored over 270 points in five events, and **Derek Woodard** (6pm Whitecaps) in four.

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 11 women and 12 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Lisa Sharp	WC1	F	1500fs	64.0	4.3
2	Sydney Steele	WC1	F	400fs	16.4	4.1
3	Liliane Cardinal	EB1	F	800fs	23.0	2.9
4	Sandy Lawson	EB1	F	200IM	4.9	2.5
5	Marta Kolbuszewska	EB1	F	200fs	3.4	1.7
6	Luciara Nardon	EB1	F	1500fs	23.0	1.5
7	Susan Hulley	EB1	F	800fs	7.0	0.9
8	Heloise Emdon	EB1	F	50br	0.2	0.4
9	Jennifer Murdock	EB1	F	1500fs	6.0	0.4
10	Andrea Zarins	WC1	F	100fs	0.3	0.3
11	Eleanor Fast	EB1	F	50fl	0.1	0.2
1	Graham Archibald	EB1	M	50br	4.9	9.8
2	Derek Woodard	WC1	M	200IM	18.0	9.0
3	Steve Dods	EB1	M	800fs	65.0	8.1
4	Jean-Louis Tiernan	WC1	M	1500fs	81.0	5.4
5	Bryn Livingstone	EB1	M	200fs	6.8	3.4
6	Stephen Agberien	EB1	M	200fs	6.8	3.4
7	Ethan Young	WC1	M	200fs	5.8	2.9
8	Bob Tipple	EB1	M	100IM	2.4	2.4
9	Steve Kennedy	WC1	M	100fs	1.7	1.7
10	Isaac Fierro Marquez	WC1	M	200fs	2.2	1.1
11	Justin Kernot	EB1	M	50fl	0.4	0.8
12	Konstantin Petoukhov	EB1	M	100fs	0.6	0.6

Fastest Swimmers (best event for each person) :

All those scoring 270 or more points are shown. This term there were 8 women and 10 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
1	Imani Theodore	EB1	F	400fs	4:55.0	502
2	Andrea Zarins	WC1	F	200fs	2:25.7	439
3	Mars Nienhuis	WC1	F	100fs	1:10.1	385
4	Erin McRae	WC1	F	100fs	1:11.0	370
5	Paola Osorio	WC1	F	200fs	2:37.8	345
6	Lisa Sharp	WC2	F	1500fs	22:07	332
7	Gillian Massel	WC1	F	200fs	2:40.9	326
8	Stephanie Le Saux Farmer	EB1	F	200fs	2:50.8	272
1	Steve Kennedy	WC1	M	100fs	57.8	470
2	Justin Kernot	EB1	M	100IM	1:07.3	426
3	Poya Fallahdoust	EB1	M	100fs	59.9	422
4	Adrian Finn	WC1	M	50fs	28.3	366
5	Derek Woodard	WC1	M	200IM	2:34.6	356
x	Sean Dawson	WC1	M	200fs	2:21.6	345
6	Konstantin Petoukhov	EB1	M	100fs	1:07.3	297
7	Isaac Fierro Marquez	WC1	M	200fs	2:31.0	284
x	Mark Blenkinsop	WC1	M	50f1	33.5	275
8	Sam Hersh	EB1	M	200bk	2:43.2	274

(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	Graham Archibald	EB1	M	2.4	4.8
2	Bryn Livingstone	EB1	M	0.4	0.8
(0/2)					
100fs					
1	Andrea Zarins	WC1	F	0.3	0.3
1	Graham Archibald	EB1	M	5.5	5.5
2	Steve Kennedy	WC1	M	1.7	1.7
3	Konstantin Petoukhov	EB1	M	0.6	0.6
(1/3)					
200fs					
1	Marta Kolbuszewska	EB1	F	3.4	1.7
1	Jean-Louis Tiernan	WC1	M	6.9	3.5
2	Stephen Agberien	EB1	M	6.8	3.4

3	Bryn Livingstone	EB1	M	6.8	3.4
(1/5)					
400fs					
1	Sydney Steele	WC1	F	16.4	4.1
1	Graham Archibald	EB1	M	6.4	1.6
2	Derek Woodard	WC1	M	3.4	0.9
(1/2)					
800fs					
1	Liliane Cardinal	EB1	F	23.0	2.9
2	Susan Hulley	EB1	F	7.0	0.9
1	Steve Dods	EB1	M	65.0	8.1
(2/1)					
1500fs					
1	Lisa Sharp	WC2	F	64.0	4.3
2	Luciara Nardon	EB1	F	23.0	1.5
3	Jennifer Murdock	EB1	F	6.0	0.4
1	Jean-Louis Tiernan	WC1	M	81.0	5.4
(3/1)					
50bk					
1	Bob Tipple	EB1	M	0.3	0.6
(0/1)					
50br					
1	Heloise Emdon	EB1	F	0.2	0.4
1	Graham Archibald	EB1	M	4.9	9.8
2	Justin Kernot	EB1	M	0.3	0.6
(1/2)					
50fl					
1	Eleanor Fast	EB1	F	0.1	0.2
1	Stephen Agberien	EB1	M	0.7	1.4
2	Justin Kernot	EB1	M	0.4	0.8
(1/2)					
100IM					
1	Susan Hulley	EB1	F	0.7	0.7
1	Bob Tipple	EB1	M	2.4	2.4
2	Justin Kernot	EB1	M	0.4	0.4
(1/2)					
200IM					
1	Sandy Lawson	EB1	F	4.9	2.5
1	Derek Woodard	WC1	M	18.0	9.0
2	Justin Kernot	EB1	M	1.0	0.5
(1/2)					

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 32:00.)

	Name	Group	Gender	Time
50fs				
1	Andrea Zarins	WC1	F	31.2
2	Mars Nienhuis	WC1	F	34.0
3	Kayla Bose	WC1	F	36.1
3	Sydney Steele	WC1	F	36.1
1	Poya Fallahdoust	EB1	M	27.5
2	Steve Kennedy	WC1	M	27.7
3	Adrian Finn	WC1	M	28.3
(29/22)				
100fs				
1	Andrea Zarins	WC1	F	1:07.2
2	Mars Nienhuis	WC1	F	1:10.1
3	Erin McRae	WC1	F	1:11.0
1	Steve Kennedy	WC1	M	57.8
2	Poya Fallahdoust	EB1	M	59.9
3	Adrian Finn	WC1	M	1:03.1
(16/12)				
200fs				
1	Imani Theodore	EB1	F	2:23.6
2	Andrea Zarins	WC1	F	2:25.7
3	Erin McRae	WC1	F	2:35.3
x	Sean Dawson	WC1	M	2:21.6
1	Isaac Fierro Marquez	WC1	M	2:31.0
2	Ethan Young	WC1	M	2:33.8
3	Sam Gamble	WC1	M	2:42.0
(16/13)				
400fs				
1	Imani Theodore	EB1	F	4:55.0
2	Mars Nienhuis	WC1	F	5:24.9
3	Erin McRae	WC1	F	5:30.4
1	Adrian Finn	WC1	M	4:58.2
2	Justin Kernot	EB1	M	5:06.9
3	Derek Woodard	WC1	M	5:14.3
(17/15)				
800fs				
1	Susan Hulley	EB1	F	16:34
2	Liliane Cardinal	EB1	F	18:21
3	Isla Paterson	EB1	F	18:46
1	Steve Dods	EB1	M	15:02
(4/5)				

1500fs				
1	Lisa Sharp	WC2	F	22:07
2	Jennifer Murdock	EB1	F	22:14
3	Sydney Steele	WC1	F	26:09
1	Bruce Brown	EB1	M	21:59
2	Marshall Perrin	WC2	M	25:45
3	Dave Grynspan	WC2	M	26:26
(7/8)				
50bk				
1	Sandy Lawson	EB1	F	46.8
2	Ruth Fawcett	EB1	F	50.8
3	Mary Donaghy	EB1	F	54.9
1	Harley Gifford	EB1	M	40.4
2	Bruce Brown	EB1	M	40.6
3	Tony Michel	EB1	M	45.7
(5/5)				
100bk				
1	Sandy Lawson	EB1	F	1:41.7
2	Liliane Cardinal	EB1	F	2:41.1
1	Don Wells	WC1	M	1:19.5
(2/1)				
200bk				
1	Sam Hersh	EB1	M	2:43.2
2	Harley Gifford	EB1	M	2:59.3
(0/2)				
50br				
1	Fiona Hill	EB1	F	49.3
2	Heloise Emdon	EB1	F	55.7
3	Liliane Cardinal	EB1	F	1:14.3
1	Justin Kernot	EB1	M	33.9
2	Graham Archibald	EB1	M	41.9
3	Don Wells	WC1	M	43.4
(3/5)				
100br				
1	Fiona Hill	EB1	F	1:44.9
1	David Moore	EB1	M	1:35.9
(1/1)				
200br				
1	Liliane Cardinal	EB1	F	5:34.7
(1/0)				
50f1				
1	Natalie Aucoin	EB1	F	38.0
2	Heather McBurney	EB1	F	41.1
3	Eleanor Fast	EB1	F	47.3

1	Poya Fallahdoust	EB1	M	30.2
2	Justin Kernot	EB1	M	30.3
x	Mark Blenkinsop	WC1	M	33.5
3	David Moore	EB1	M	34.0
(5/8)				
100f1				
x	Mark Blenkinsop	WC1	M	1:17.8
(0/1)				
200f1				
x	Mark Blenkinsop	WC1	M	3:08.6
(0/1)				
100IM				
1	Natalie Aucoin	EB1	F	1:33.6
2	Heather McBurney	EB1	F	1:34.3
3	Andrea Mrozek	WC1	F	1:37.9
1	Justin Kernot	EB1	M	1:07.3
2	Bryn Livingstone	EB1	M	1:34.5
3	Ian Lorimer	EB1	M	1:34.9
(4/5)				
200IM				
1	Natalie Aucoin	EB1	F	3:20.8
2	Sandy Lawson	EB1	F	3:21.8
1	Justin Kernot	EB1	M	2:30.5
2	Derek Woodard	WC1	M	2:34.6
3	David Moore	EB1	M	3:01.5
(2/6)				

Fun Relays (Fri Aug 31st)

7:30am Earlybirds

4 x 50 Free Relay

1. 2:36.8 Team 1: Francois Jacques, Mary Donaghy, Eleanor Fast, Francois Jacques
2. 2:40.7 Team 3: Sean Kelly, Cori Dinovitzer, Harley Gifford, Sean Kelly
3. 2:42.4 Team 4: Ruth Fawcett, Graham Archibald, Ursula Scott, Christiane Wilke
4. 2:53.2 Team 2: Tony Michel, Liliane Cardinal, Natalie Aucoin, Bruce Brown
5. 2:54.5 Team 5: Bob Tipple, Heloise Emdon, Karen Jensen, Stephen Agberien

4 x 50 Medley Relay

1. 2:58.8 Team 3: Harley Gifford, Sean Kelly, Harley Gifford, Cori Dinovitzer
2. 3:12.6 Team 2: Tony Michel, Liliane Cardinal, Natalie Aucoin, Bruce Brown
3. 3:13.9 Team 4: Ruth Fawcett, Graham Archibald, Ursula Scott, Christiane Wilke
4. 3:15.9 Team 1: Mary Donaghy, Francois Jacques, Eleanor Fast, Mary Donaghy
5. 3:19.3 Team 5: Bob Tipple, Heloise Emdon, Stephen Agberien, Karen Jensen

Ask the Coach

Dear Coach: How often are Masters swim meets held and where can I get more information? New Masters Competitor

Dear N.M. Competitor: There are usually one or two a month in Ontario and Quebec from November to June. I'll be searching out some information and including it in the upcoming newsletters in the "Masters Swimming Competitions" section below.

Dear Coach: I'm having trouble with my flip turns. I find them very tiring. Can you help? New Flip Turner

Dear N.F. Turner: Ask your coach to have a look. The usual issue is trying to pull yourself into the turn (starting with arms above your head), rather than pushing yourself into the turn (starting with your arms at your sides).

Dear Coach: My backstroke kick is much slower, relative to others, than my other kicks. Any tips? Struggling Back Kicker

Dear S.B. Kicker: It's important to keep your back straight, so I recommend keeping your arms at your sides. Many people arch their backs if they put their arms up. Also, unless you are very flexible, there will be drag created from your forearms when your arms are above your head. Next be sure to keep the upper legs quite still and move the lower legs more than when doing freestyle kick.

Masters Swimming Competitions

Updated: This season (2018-2019), 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 **\$15** 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 **\$65** 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 **\$75** for Sept 1st to Aug 31st.

Note that the Carleton Masters club code is CARMA.

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.**

Note: I'll be adding Masters meets (that I know of) to this list starting next time!

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

Sun Sept 9th Welland 5k Individual and Team Open Water Swims <https://raceroster.com/events/2018/18210/welland-ultra-swim-and-5k-team-challenge>

Sun Sept 30th Nepean Sportsplex Aquathon (650m swim + 5k run) visit any City of Ottawa recreation centre service desk and register for barcode 1416974 (\$22.25). For more information contact Steve Papai at 613-580-2424 x41261 or steve.papai@ottawa.ca.

Fri-Sun Mar 22-24th 2019 MSO Provincials, Markham (MSO registration required)

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

Fri-Sun May 24-26th 2019 MSC Nationals, Montreal (SO registration required)

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 or any races!)

Sat Aug 12th Welland Canal Swims

Mars Nienhuis (6pm Whitecaps) was the top female in what ended up being a 12km long "10km" swim. She finished in an excellent 3:13.03! Fantastic job, **Mars**!! **Derek Woodard** (6pm Whitecaps) was there as part of **Mars'** cheering squad and entered the 1km swim. Official results for the "10km": <https://tinyurl.com/y8jerfea>. Official results for the 1km: <https://tinyurl.com/y9z7y6ao>.

12km (20 participants)

Mars Nienhuis (6pm Whitecaps; 25-29): 5th overall; 1st female; and 1st in category in 3:13.03

1km (26 participants)

Derek Woodard (6pm Whitecaps; 25-29): 6th overall; 5th male; and 1st in category in 17:24

Sun Aug 19th Ironman Mont-Tremblant (3.8k/180k/42.2k; 2765 participants)

Margaret had a tough run, but came through it and completed her third TriRudy award! Fantastic job, **Margaret**! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=94117&status=results>.

Margaret King (7:30am Earlybirds; 55-59): 1137th overall, 219th female, and 10th in category in 13:03:45.0 (1:09:29 swim)

Sun Aug 19th 1000 Islands Sprint Triathlon (800m/20.7k/5k; 83 participants)

Congrats to **Glen** on the age group win! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=94134>.

Glen Paradis (7:30am Earlybirds; 45-49): 20th overall, 15th male, and 1st in category in 1:25:55.7 (18:41 swim)

Sat Aug 25th ITU International Triathlon, Montreal (800m/20k/5k; 192 participants)

Congratulations to Julia on a podium finish! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=93960>.

Julia Aimers (8:30am Earlybirds; 50-54): 79th overall, 15th female, and 3rd in category in 1:24:54.4 (15:47 swim)

Sun Aug 26th Ironman 70.3 Maine (1.9k/90k/21.1k; 1801 participants)

Congratulations to **Mike** on a great race, including a challenging sea swim! Results:

<http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=maine70.3&y=2018#axzz5PhpBbnA3>.

Mike Mopas (7:30am Earlybirds; 40-44): 1222nd overall, 870th male, and 141st in category in 6:22.10 (37:01 swim)

Sun Aug 26th Cornwall Sprint Triathlon (800m/20k/5k; 163 participants)

Great job by **Rachel** in her last triathlon of the season! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=94178>.

Rachel Bennett (6pm Whitecaps; 30-39): 61st overall, 25th female, and 11th in category in 1:28:33.5 (17:17 swim, including transition)

Sun Aug 26th Cornwall Olympic Triathlon (1.5k/40k/10k; 152 participants)

Well done, Glen! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=94177>.

Glen Paradis (7:30am Earlybirds; 40-49): 53rd overall, 39th male, and 16th in category in 2:42:10.0 (33:45 swim)

Sun Aug 26th Toronto Island 3.8k Swim (60 participants)

Congratulations to **Christiane** on a great swim! Results: <https://results.rmrcs.live/Toronto-Island-Lake-Swim/events/2018/Toronto-Island-Lake-Swim2018/results>.

Christiane Wilke (7:30am Earlybirds; 30-39): 38th overall; 16th female, and 4th in category in 1:28:25

Here's her race report:

On August 26th I participated in the Toronto Island Lake Swim (3.8k). The day before the swim, I helped the organizers to set up the tents and the course, which is why I could camp on the Toronto Islands. I also got to meet the local fire ants and found out that I have an interesting allergic reaction to their bites and that there is no pharmacy on the islands. (Spoiler alert: someone brought antihistamines and my arm became usable again.) The water was warm (20 C)

and clear. During our swim, the wind picked up, so we experienced some genuine Lake Ontario chop that made the swim a bit more challenging. It's a really fun event with a well-marked course and a very encouraging crowd.

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 **Aug 23rd**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Mon/Wed/Fri 9:35-10:35am

Mon/Wed 4:30-5:30pm or 5:00-6:00pm

Tue/Thu 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

Fall and Winter Session Information

Registration for Fall **and** Winter Masters is underway. 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: **Full: wait list available**

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

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.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>