

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, September 29, 2018 4:12 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 #480

Carleton Masters Swimming Newsletter #480 2018

Saturday, September 29th,

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2018, plus those registered for Fall 2017, Winter 2018, Spring 2018, Summer 2018, and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (26 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (25 addresses), Saturday Only (4 addresses), Alumni (30 addresses); 2017-2018: 7:30am Earlybirds I (28 addresses), 8:30am Earlybirds II (10 addresses), 6pm Whitecaps I (13 addresses), 7:10pm Whitecaps II (15 addresses), Saturday Only (7 addresses), and Masters Alumni (16 addresses).

Complacency is the forerunner of mediocrity. You can never work too hard on attitudes, effort and technique. – Don Meyer

Masters Swimming Program Notes

- **The Fall session runs from Wed Sept 5th to Thu Dec 20th, inclusive.**
 - There are **no Masters workouts on Mon Oct 8th (Thanksgiving)**.
 - The only public swim on Mon Oct 8th is 1:30-4:30pm.
 - There are no other planned workout cancellations this term. In particular, for Saturday swimmers there is workout on Sat Oct 6th, and workouts run as usual during Carleton's reading week.
 - The 6pm Whitecaps and 7:30am Earlybirds groups are full for Fall: wait lists available. **If you are on a wait list, please let me know, including your position on the list.**
- Details on the Fall and Winter sessions can be found in the "Notes and Reminders" section near the end of the newsletter.

Athletics Membership Card Activation: Patience Please

The Athletics Welcome Centre has a high volume of card activations to process at this time of year, and they are currently doing their best to get caught up. In the meantime, please be patient if your membership needs to be checked before you get admittance to the facilities. This is for your safety, to ensure that only members get access. Thank you!

Swimmer Notes

Swimmer Updates:

- I hope that everyone is recovering from the tornados that hit the region last Friday. Carleton University was lucky. Some parts of campus didn't lose power, and the power was out at the pool for only a few hours on Friday evening, so no Masters workouts were affected.

- Best wishes to **Steve Dods** (7:30am Earlybirds) as he recovers from surgery for a brain tumour. Thanks to **Susan Hulley** (7:30am Earlybirds) for this report:

On August 30th, Steve Dods rode his bike to the Queensway Carleton for an MRI which was ordered for symptoms of temporal lobe epilepsy. He has not been out of the hospital since then because a right temporal lobe astrocytoma was found. On September 6th Steve was the first patient in Canada to have a fluorescence-guided resection by Dr. Sinclair at the Ottawa Civic Neurosurgery Centre. On September 13th the pathology report indicated that 25% of the tumour is grade III, but more importantly, the immunohistochemistry markers (IDH mutant, ATRX expression lost, p53 with strong nuclear

positivity) all point to a more favorable prognosis. Steve is now back at the Queensway Carleton. He will require radiation and chemotherapy 4 weeks after the surgery. Fortunately, Steve is enjoying visitors and his humour remains intact.

- uOttawa's Human and Environmental Physiology Research Unit (HEPRU) needs male and female volunteers aged 50 to 74 years old both with and without Type 2 diabetes and/or hypertension to participate in their research. Compensation is in the form of a fitness assessment and exercise program. For more information: hepru@uottawa.ca 613-562-5800 x4270, <https://hepru.ca/>.

- **Megan Holtzman** (megan@holtzman.ca) now has all the data from the **TritonWear** visit to Carleton on **Tue Jun 26th** and **Wed Jun 27th**. If you wore a unit and would like to get the metrics and data, please contact **Megan**. She noticed one interesting trend that the triathletes in the group tended to take less advantage of the walls than the swimmers, i.e. the triathletes didn't push hard off the walls.

- I also received a USB with the videos from the visit by HeadStartPro to the morning workout on **Mon Jun 11th**. They are posted [here](#). (Note that there are some sub-directories.)

- 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:

- **Ross Edgley** Swims 900 Miles Along British Coast: <https://swimswam.com/ross-edgley-sets-wr-swimming-900-mile-length-of-britain/>

- Is Swimming Kicking or Pulling More Important?: <https://www.swimmingscience.net/is-swimming-kicking-or-pulling-more-important/>

- A Frog's-Eye View of the Five Boroughs (of New York): <https://www.newyorker.com/magazine/2018/08/27/a-frogs-eye-view-of-the-five-boroughs>

- Swimming Workouts to Build Running Endurance: http://running.competitor.com/2018/07/training/swimming-workouts-build-running-endurance_173852
- Speaking While Exercising? Not If you Want to get Fitter [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://www.theglobeandmail.com/life/health-and-fitness/article-speaking-while-exercising-not-if-you-want-to-get-fitter/>
- German Triathlete Banned from All-You-Can-Eat Restaurant: <https://ca.sports.yahoo.com/german-triathlete-banned-can-eat-restaurant-eating-201614848.html>
- How You Felt About Gym Class May Impact Your Exercise Habits [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://www.nytimes.com/2018/08/22/well/move/how-you-felt-about-gym-class-may-impact-your-exercise-habits-today.html>
- One Reason Fad Diets are Appealing: <http://www.sheilakealey.com/2018/08/24/restrictive-diets-appeal/>
- The Science of Why We Fall on Mountain Trails: <https://www.outsideonline.com/2309871/science-why-we-fall-mountain-trails>

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.

Adrian coached for **Mits** on **Sat Sept 22nd**.

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>.

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

7:30am Earlybirds: Sept 5-28th (11 workouts); range: 17-26; average: 21.6

Perfect Attendance: **Bill Meyer, Bruce Brown, Liliane Cardinal, Mike Wheatley, Robin Henderson**

8:30am Earlybirds: Sept 5-28th (11 workouts); range: 18-29; average: 22.0
Perfect Attendance: **Debby Whately, Luciara Nardon, Mark Blenkinsop, Melanie Heroux**

6pm Whitecaps: Sept 6-27th (10 workouts); range: 25-32; average: 28.0
Perfect Attendance: **Cam Dawson, Konstantin Petoukhov, Nicole Delisle, Ruth Fawcett, Sylvie Bourgoing**

7:10pm Whitecaps: Sept 6-27th (10 workouts); range: 8-16; average: 13.8
Missed 1 Workout: **Lynn Brodsky, Michelle D'Eon**

Ask the Coach

Dear Coach: What should I do if I end up too close to the wall to take a full stroke on breaststroke or fly? Working on Turns

Dear W.o. Turns: The real answer is that this should never happen ☺ ! You should start adjusting your stroke length as you get to the flags so that it works out perfectly. If you're not able to do that (it just takes practice), then the rule is to go long on the finish and short on the turn. In other words, if you are turning take another short stroke into the wall. If you are finishing, then stretch out the current stroke. Keep in mind that in butterfly, it is illegal to move your hands forward under the water. If you start to push your hands back, they must exit the water as they come forward.

Dear Coach: I get a sore lower back on breaststroke and butterfly. Any suggestions? Sore Back Swimmer

Dear S.B. Swimmer: As much as we are doing a short axis rotation in fly and breast (compared to long axis in free and back), there should not be a lot of arch in the lower back on those strokes. Here's a video of Michael Phelps doing fly. The side view starts at about 23 seconds. You'll see that his lower back does not arch much as he swims: <https://www.youtube.com/watch?v=jd67PMryIT0>. The same is true in breaststroke. Think about keeping the core engaged (tight) while you swim and see if that helps.

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, or in Ontario SO-sanctioned meets, 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, 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.** Meets are SCM unless otherwise indicated.

CANCELLED: 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.

Sat Oct 27th Brossard Masters Meet, Montreal (SO registration required)

Sat Nov 10th Maitres ACC Masters Meet, Montreal (SO registration required)

Sun Nov 11th Guelph Masters Meet (MSO registration required) <https://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Dec 2nd Technosport Masters Meet, Ottawa (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Dec 8th Sainte-Foy Masters Meet (SO registration required)

Sat Dec 8th Montreal Nord Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/25893>

Sat Dec 15th North York Masters Meet (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Jan 12th Drummondville Masters Meet (SO registration required)

Sun Jan 20th Alderwood SCY Masters Meet, Toronto (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Jan 26th Cote-St-Luc Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/24727>

Sat Feb 2nd Mont-Tremblant Masters Meet (SO registration required)

Sat-Sun Feb 2-3rd Quebec City LCM Masters Meet (SO registration required)

Sun Feb 3rd Technosport Masters Meet, Ottawa (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Feb 23rd Pointe-Claire Masters Meet, Montreal (SO registration required)

Sun Feb 24th Thornhill Masters Meet, Toronto (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Mar 3rd Technosport Masters Meet, Ottawa (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Mar 16th Dollard-des-Ormeaux Masters Meet, Montreal (SO registration required)

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

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Mar 30th La Salle Masters LCM Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/29970>

Fri-Sun Apr 26-28th SO Provincials, Etobicoke (SO registration required)

Fri-Sun Apr 26-28th Quebec Provincial Masters Champs, Trois-Rivieres (SO registration required)

Fri-Sun May 24-26th MSC Nationals, Montreal Claude Robillard (?) (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!)

Did I miss any of your results this summer? It's not too late to send them in!

Sat Jun 23rd Rose City Triathlon Give-it-a-Tri (400m/10.5k/2.5k; 130 participants)

Congratulations to **Madison** on his first triathlon! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=93668>.

Madison Woodstock (7:10pm Whitecaps; 20-24): 8th overall, 6th man, and 2nd in category in 43:31.5 (6:55 swim)

Sun Aug 19th Orillia Triathlon Try-a-Tri (375m/10k/2.5k; 150 participants)

Another great race by Madison! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=94145>.

Madison Woodstock (7:10pm Whitecaps; 20-24): 4th overall, 3rd man, and 2nd in category in 40:09.8 (5:28 swim)

Sun Sept 9th Welland 5km Swim

Congratulations to **Christiane Wilke** (7:30am Earlybirds) on completing her first 5k race! The results are now available:

<https://www.facebook.com/canaquasports/posts/2208189462793338>.

Christiane Wilke (7:30am Earlybirds; 35-39): 16th overall, 7th woman, and 1st in category in 1:46:04

Sun Sept 23rd Army Run

Please let me know if you participated! Congratulations to **Andrea** and **Liliane** on their races. Both did PBs by 2 minutes! Fantastic!

5km (10921 participants) Results: <https://www.sportstats.ca/display-results.xhtml?raceid=94316>
Andrea Chandler (6pm Whitecaps; 55-59): 4604th overall, 1815th woman, and 121st in category in 32:02.0
Liliane Cardinal (7:30am Earlybirds; 65-59): 7355th overall, 3496th woman, and 43rd in category in 37:51.1

Sept 27-30th Liga Open Squash Tournament, St Petersburg, Russia

Luz Osorio (6pm Whitecaps) is competing. Results next time.

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 **Sept 12th**).

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: **Full: wait list available**

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!

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>