

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, December 09, 2018 3:48 PM
To: 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #485

Carleton Masters Swimming Newsletter #485

Sunday, December 9th, 2018

To: Carleton Masters Coaches / Staff (7 addresses)

Bcc: Those registered for Fall 2018 and Alumni: 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (27 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (27 addresses), Saturday Only (4 addresses), Alumni (40 addresses).

“What do you do with a mistake: recognize it, admit it, learn from it, forget it.” – Dean Smith

Masters Swimming Program Notes

- **The Fall session runs from Wed Sept 5th to Thu Dec 20th, inclusive.**
 - There are no other planned workout cancellations this term.
 - The 6pm Whitecaps and 7:30am Earlybirds groups are full for Fall: wait lists available.
- Details on the Fall and Winter sessions can be found in the “Notes and Reminders” section near the end of the newsletter.
 - Registration is open for Winter and the 6pm Whitecaps group is now full (wait list available). **If you are on a wait list, please let me know, including your position on the list.**
 - The Winter 7:30am group is getting close to full.
 - The Winter session starts on **Wed Jan 2nd** for both morning and evening groups (yes, a workout on Wednesday evening).
 - There will be some interim pay-as-you-go workouts between the Fall and Winter sessions. Details coming soon!

Annual Team Photos

Coach **Sean Dawson** has kindly offered to take team photos for the morning and evening groups again this year. Those who swim only on Saturdays are welcome to attend either of the photo sessions. The photos will be taken on the pool deck (sun deck stairs).

Wed Dec 19th: 8:25-8:35am (between the 7:30am and 8:30am groups)

Thu Dec 20th: 7:05-7:15pm (between the 6:00pm and 7:10pm groups)

Interim Workouts

We will have five “pay-as-you-go” \$5 workouts between the end of the Fall session and beginning of the Winter session as per the schedule below. The interim swims are open to those registered for Fall and/or Winter Masters, and swimmers may also bring a guest. Note that those who missed most of their 7:10pm workout on Tue Oct 2nd may attend one of these workouts for free, as may those who missed their 8:30am workout on Wed Oct 24th due to a power outage. Give your name to the coach if this applies to you. Otherwise Masters and their guests should each purchase a public swim pass for \$5 at the Welcome Centre and get a paper receipt. Write your name on the receipt and give it to the coach.

Interim Workout Schedule:

Fri Dec 21st 7:30-8:30am; Theme: short IM; Coach: Lynn

Fri Dec 21st 8:30-9:30am; Theme: short IM; Coach: Lynn

Sat Dec 22nd 8:15-9:25am; Theme: short ch; Coach: Sean

Thu Dec 27th 6:00-7:15pm; Theme: mid-dist fs; Coach: Sean or Lynn

Sat Dec 29th noon-1:15pm; Theme: short IM/ch; Coach: Lynn or Sean

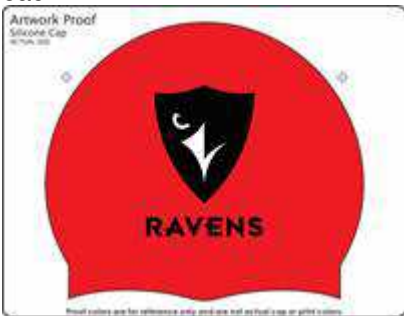
Swimmer Notes

Swimmer Updates:

- Thank you to **Joanie Conrad** and **Don Wells** (6pm Whitecaps) for hosting yesterday's annual holiday potluck, and to all those swimmers and alumni who were able to attend. As usual, a wonderful feast and social occasion!
- **Penny Estabrooks** (8:30am Earlybirds) is back in the pool after successful surgery for bladder cancer. The cancer was discovered early so the prognosis is excellent.
- **Steve Dods** (7:30am Earlybirds) was able to attend his daughter's graduation from Physiotherapy at McMasters University in late November. Great that he was able to make the trip, as he continues to recover from his brain tumour!
- Congratulations to **Melanie Heroux** (8:30am Earlybirds) and her bowling team for a success bowl-a-thon on Sun Dec 2nd that raised \$600 for their Special Olympics team.
- Thank you to those who donated to the Varsity Swim Team's Giving Tuesday campaign. With the matching funds, we believe that we raised over \$60,000 for the team!
- Here's the Masters Swimming Canada (MSC) Fall Newsletter: <https://www.mastersswimmingcanada.ca/WP/wp-content/uploads/2018/11/MSC-Newsletter-Fall-2018-EN-1.pdf>.
- Masters Swimming Canada (MSC) is introducing a new Masters Coaching Module: <https://www.mastersswimmingcanada.ca/WP/en/aboutus/coaching/>.
- 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:

- First in Five Part Series, **Dan Thompson's** the "Zen of Butterfly" (introduction and key messages): <https://youtu.be/ieikgAs7IXo>
- Dolphin kick in elite age group swimmers and 3 things they are doing wrong: <https://www.swimmingscience.net/80-2013-07-friday-interview-scott-colby-discusses-html/>
- What Your Pullbuoy Can Teach You: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/what-your-pull-buoy-can-teach-you>
- In February Quebec Teen Drowned During School Swim and Nobody Noticed for 38 Minutes: <https://www.ctvnews.ca/canada/quebec-teen-drowned-during-school-swim-and-nobody-noticed-for-38-minutes-1.4194199>

- Three Yoga Posts for Better Shoulder Health: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/three-yoga-poses-for-better-shoulder-health>
- Five Mental Tricks to Overcome Fatigue: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/five-mental-tricks-to-overcome-fatigue>
- Arctic Free Diving Helped Save Her Leg. Now Johanna Nordblad Has a World Record: <https://video.nationalgeographic.com/video/short-film-showcase/00000157-8bf9-da6d-a7ff-dff91ac60000>
- Are Athletes Really Getting Faster, Better, Stronger? **David Epstein** TED Talk: <https://www.youtube.com/watch?v=8COaMKbNrX0>

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.

Lynn is coaching for **Mark** on **Thu Dec 13th**.

Mark is coaching for **Sean** on **Mon Dec 17th**.

Sean is coaching for **Mark** on **Thu Dec 20th**.

Fin Days:

Tue Oct 23rd / Wed Oct 24th (The morning group did fins on Fri Oct 26th instead due to me being absent minded and the power outage!)

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)

The **7:10pm Whitecaps** swimmers affected by the fire alarm on **Tue Oct 2nd**, and the **8:30am Earlybirds** swimmers affected by the power outage on **Wed Oct 24th** will be a free interim workout between the Fall and Winter sessions. (Dates/times near the top of the newsletter.)

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. Apologies to **Mars Nienhuis** (6pm Whitecaps) for the mistake in her attendance, now corrected.

7:30am Earlybirds: Sept 5-Dec 7th (40 workouts); range: 14-26; average: 20.2
Missed 1 Workout: **Harley Gifford, Liliane Cardinal**
Missed 2 Workouts: **Robin Henderson**
Missed 3 Workouts: **Bruce Brown**
Missed 4 Workouts: **Ursula Scott**

8:30am Earlybirds: Sept 5-Dec 7th (40 workouts); range: 13-29; average: 19.8
Missed 4 Workouts: **Debby Whately**

6pm Whitecaps: Sept 6-Dec 6th (39 workouts); range: 19-33; average: 25.9
Missed 2 Workouts: **Konstantin Petoukhov, Mars Nienhuis, Nicole Delisle**
Missed 4 Workouts: **Joanie Conrad**

7:10pm Whitecaps: Sept 6-Dec 6th (39 workouts); range: 7-22; average: 13.5
Missed 1 Workout: **Lynn Brodsky**

Thanks to those who participated in the **100m** time trials on **Tue Nov 27th / Wed Nov 28th**. There were 7 improvements, led by **Eleanor Fast** (7:30am Earlybirds), and **Bill Meyer** (7:30am Earlybirds) with improvements of 3.9 and 3.0 seconds, respectively. Here's the full list:

100fs (4)

Bill Meyer	3.0	EB1
Flo Kellner	2.3	EB2
Susan Hulley	1.1	EB1
Konstantin Petoukhov	0.3	WC1

100bk (1)

Harley Gifford	2.0	EB1
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100br (1)

Fiona Hill	0.5	EB1
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100IM (1)

Eleanor Fast	3.9	EB1
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Ask the Coach

Dear Coach: Will the coaches be the same for the Winter session as for the Fall? Curious Swimmer

Dear C. Swimmer: Yes. For the evenings, Sean will coach Mondays, David Tuesdays, and Mark Thursdays. I will coach the weekday mornings. Saturday mornings will have a rotating coach schedule, exact dates for each coach coming soon.

Dear Coach: What's a good land exercise to improve my fly movement in the pool? Improving Fly Swimmer

Dear I.F. Swimmer: Using a hula hoop is similar to the fly movement as you need to use your hips. The only difference is that fly is up and down, while hula hooping also involves some side-to-side motion.

Dear Coach: Is it legal to do a scissor kick in butterfly? Learning to Fly

Dear L.t. Fly: No. The fly kick must involve synchronous simultaneous movement of the legs. For age group swimming, the only kick permitted in butterfly is the fly kick. However, in Masters, a breaststroke kick is also legal. This is for historical reasons as butterfly originated from breaststroke when someone noticed that the breaststroke rules (in 1934) didn't require the arms to stay under water on the recovery. The butterfly-breaststroke was fly arms with breaststroke kick. When it became a separate stroke in 1952, the fly kick became legal.

Masters Swimming Competitions

This season (2018-2019), you have several options for registration for competitions:

1. You can register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times will probably be accepted by MSC (e.g. for the Top 20 rankings) but will probably not be recognized by FINA (e.g. for World Records). 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, are 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.

Sun Dec 9th Nepean Red vs. Blue Meet (MSO registration required)

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

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) <https://www.swimming.ca/en/meet/32069/>

Sun Jan 13th Clarington Masters Meet (MSO registration required)

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

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) <https://www.swimming.ca/en/meet/32070/>

Sat-Sun Feb 2-3rd Quebec City LCM Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32074/>

Sun Feb 3rd Technosport Masters Meet, Ottawa (MSO registration required) <https://www.technosport.ca/swim/ottawa-swim-meets/>

Sat Feb 16th Nepean Winterlude LCM Meet, Ottawa (MSO registration required)

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

Sat Feb 23rd Pointe-Claire Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/32193/>

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://www.technosport.ca/swim/ottawa-swim-meets/>

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

<https://www.swimming.ca/en/meet/32075/>

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>

Sun Apr 14th Milton Masters Meet (MSO registration required) <https://ms.mastersswimmingontario.ca/web/schedule.php>

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

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

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)

Sat Jun 1st Longueuil LC Meet (TBC)

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!)

Sun Nov 25th Jester University League East, Squash Competition

Luz Osorio (6pm Masters) was an honorary member of the Carleton University Squash Team for this competition, despite it being some years since she graduated ☺ !

Sun Dec 2nd Technosport Masters Meet, U of Ottawa

There were four Carleton swimmers at this meet held bright and early in the morning. In her first meet, **Ursula** was pleased that her goggles stayed on and that she had no disqualifications! It was **Kasia's** first meet in a few years, and first swimming for Carleton. She was pleased with her backstroke and IM times. **I** was happy to set 2018 bests in all my events (mind you, I chose the events where I had the best chance of improving). **Steve** had a great 100 breast time trial in workout last month and realized that he had a chance at some club records, as long as he swam them this year (as he moves into the next age category in January). He set club records in the 50 and 100 breast, beating times set by **Jim Wright** in 1988 and 1987, respectively -- those had stood for 30 and 31 years! Great job Steve!

Here is the link to the full results: <https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=954>, and here are the new club records: <http://carletonmasters.tripod.com/181202.Records.pdf>

Here's how we did:

Steve Kennedy (6pm Whitecaps; 35-39): 1st 50fs (26.15), 100fs (57.50), 50br (34.25 Club Record), 100br (1:15.03 Club Record)

Kasia Poplawski (7:30am Earlybirds; 35-39): 1st 50fs (35.59), 100fs (1:27.81), 100bk (1:49.66), 100IM (1:44.00)

Ursula Scott (7:30am Earlybirds; 55-59): 1st 50fs (42.38), 100fs (1:36.72), 50br (57.43); 2nd 100IM (1:59.62)

Lynn Marshall (Coach; 55-59): 1st 50bk (35.93), 100bk (2:33.52), 50fl (33.14), 100fl (1:12.28), 100IM (1:15.85)

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 **Nov 22nd**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

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

Mon-Thu 11:45am-12:45pm or noon to 1pm

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. 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**: **Full: wait list available**

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

lynnmar@sce.carleton.ca

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