

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, January 27, 2019 12:20 PM
To: 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #489

Carleton Masters Swimming Newsletter #489

Sunday, January 27th, 2019

To: Carleton Masters Coaches / Staff (7 addresses)

Bcc: Those registered for Fall 2018, Winter 2019, and Alumni: 7:30am Earlybirds I (48 addresses), 8:30am Earlybirds II (31 addresses), 6pm Whitecaps I (53 addresses), 7:10pm Whitecaps II (29 addresses), Saturday Only (4 addresses), Alumni (34 addresses).

"I say luck is when an opportunity comes along and you're prepared for it." – Denzel Washington

Masters Swimming Program Notes

- The Winter Masters session runs from Wed Jan 2nd to Sat Apr 13th, inclusive, except for Mon Feb 18th.
 - While there are **no workouts on Mon Feb 18th (Family Day)**, all other workouts run as usual during Carleton's Reading Week.
 - Full details can be found in the "Notes and Reminders" section near the end of the newsletter.
 - The 7:30am Earlybirds and 6pm Whitecaps groups are now full (wait lists available). **If you are on a wait list, please let me know, including your position on the list.**

Swimmer Notes

Swimmer Updates:

- **Julia Aimers** (8:30am Earlybirds) got engaged over the holidays and her wedding is planned for next Christmas! In addition, she has received confirmation that she has qualified for the Sprint World Triathlon Championships in Lausanne, Switzerland in August. Congratulations, Julia!!

- From **Christiane Wilke** (7:30am Earlybirds):

I'd like to let you all know that on Sunday, Feb 3rd I'll play a concert with music that is all about how we experience time. The pieces are about oblivion, nostalgia, transformations, a clock made out of flowers, and music written for a then brand new instrument that is now forgotten. Jenna Richards (piano) and I (on oboe and oboe d'amore) would be delighted if you would join us for an afternoon of music by Astor Piazzolla, Jean Francaix, Franz Schubert, Johannes Brahms, and Benjamin Britten. Our concert is part of the Glebe St. James United concert series. We have been performing in chamber music concerts and house concerts for a number of years and are happy to come back to this church with its beautiful acoustics.

When? Feb 3rd, 2:30pm

Where? Glebe St. James United Church, 650 Lyon St. South (<https://www.glebestjames.ca/>)

Admission: \$10/\$7 or pay what you can. The church is committed to not allowing cost to be a barrier to attendance.

This is the link to the facebook event page: <https://www.facebook.com/events/281516562723176/>

- Interested in trying something crazy?! Check out the Lake Memphremagog Winter Swim Festival on Feb 23-24th -- details under "Masters Swimming Competitions". Thanks to **Aimee Jones** (6pm Whitecaps) for passing this information along!

- Join the **January Jam!**: MS Plunge for [Dave Parcels](#) MS Fund: Like last year, some Carleton Masters swimmers are participating in this challenge to log your swim miles in January, raise funds for MS research, and to attempt to help the GLOW (Great Lakes Open Water) Adventures team beat the COWS (Connecticut Open Water Swimming) this

year. Registration and details here: <http://dynoswim.com/January-Jam>. **Mars Nienhuis** (6pm Whitecaps) and **Christiane Wilke** (7:30am Earlybirds) are already registered!

- Carleton Varsity swim caps are available as a fundraiser for the Varsity team for \$15 each:



News and Links:

- The Evolution of Women's Swimming: From Then to Now: <https://www.swimmingworldmagazine.com/news/the-evolution-of-womens-swimming-from-then-to-now/>
- Zen of Butterfly, Part 5: Kick up for Greatness: Vertical Kick: <https://www.youtube.com/watch?v=tCngHmjW4SQ>
- 24 Pictures That Are Hilarious But Also Way Too Real To Swimmers: <https://www.buzzfeed.com/samstryker/swimmer-problems-2018-part2>
- Fourteen Keys to a Healthy Diet [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <http://www.berkeleywellness.com/healthy-eating/food/slideshow/14-keys-healthy-diet>
- Superior Bodyweight Strength: <https://www.facebook.com/strengthproject/videos/280438475975708/UzpfSTEwMDAwMDUzMjk4ODQ2MToyNDExMjYwOTUyMjM0OTgx/>
- Even a Little Weight Training May Cut the Risk of Heart Attack and Stroke: <https://www.nytimes.com/2018/12/04/well/move/even-a-little-weight-training-may-cut-the-risk-of-heart-attack-and-stroke.html>
- Spine Race: **Jasmin Paris** becomes First Female Winner of 268-mile Ultra-Marathon: <https://www.bbc.com/sport/athletics/46906115>
- GPS Watch Ties Runner to Murders: <https://www.runnersworld.com/news/a25924256/mark-fellows-runner-hitman-murder/>

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.

Winter Session Information

Dates: Wed Jan 2nd to Sat Apr 13th; excluding Mon Feb 18th.

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 (coming soon)

Exceptions will be noted here.

Sean coached for **Mark** on **Thu Jan 17th**.

Fin Days:

Mon Jan 28th

Thu Mar 7th / Fri Mar 8th

Time Trials:

Tue Feb 5th / Wed Feb 6th: timed 400 free or IM

Tue Feb 19th / Wed Feb 20th: two timed 50s choice

Thu Feb 28th / Fri Mar 1st: timed 100 choice

Thu Mar 14th / Fri Mar 15th: timed 200 choice

Tue Mar 19th / Wed Mar 20th: timed 800 / 1500 free

Thu Apr 11th / Fri Apr 12th: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint19.pdf>.

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

7:30am Earlybirds: Jan 2-25th (11 workouts); range: 15-28; average: 22.4

Perfect Attendance: **Heloise Emdon, Liliane Cardinal, Mike Mopas, Steve Dods, Susan Hulley, Ursula Scott**

8:30am Earlybirds: Jan 2-25th (11 workouts); range: 14-25; average: 20.4

Perfect Attendance: **Chris Whitehead, Debby Whately**

6pm Whitecaps: Jan 2-24th (11 workouts); range: 16-34; average: 26.2

Perfect Attendance: **Konstantin Petoukhov, Mars Nienhuis**

7:10pm Whitecaps: Jan 2-24th (11 workouts); range: 4-19; average: 13.0

Perfect Attendance: **Gillian Massel**

Ask the Coach

Dear Coach: Is it worth me spending time in the gym, or should I be swimming more? Improving Swimmer

Dear I. Swimmer: That's a difficult question to answer, as there are many factors! Most coaches will tell you that you need to be swimming 4 or 5 times a week before you spend time in the gym. In other words, if you have the extra time and you're swimming three times per week, then increase the amount of swimming, rather than going to the gym. However, if there are specific things that you are working on, such as mobility (as mentioned previously, lack of mobility in the ankles and shoulders impacts your ability to swim fast), then spending time in the gym is worthwhile. Also, weight training is good for those of us who swim as it is weight bearing and thus better for the bones than swimming. Thus, some weight training is certainly a good thing. Here's a simple strength training workout for swimmers: <https://www.thoughtco.com/simple-strength-training-for-swimmers-3168631>.

Dear Coach: I often arrive late for workout, and sometimes have to leave early. What can I do to avoid disturbing my lane-mates when this occurs? Busy Swimmer

Dear B. Swimmer: The coaches understand that everyone has busy schedules and that arriving late and/or leaving early is better than not swimming at all. Try to disrupt your lane-mates as little as possible. If you arrive very late, best to ensure that they know you are joining them so they don't accidentally bump into you, not expecting another swimmer in the lane. Join in with the lane, rather than starting from the beginning of warm up. And when leaving early, just do your warm down without interfering with those on the main set. Mentioning to your lane-mates that you'll be getting out at a certain time is good etiquette, also.

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 Jan 27th Susan Douglas Memorial Swim Meet, Wilmot (Baden, New Hamburg) (SO registration required)

<https://www.swimming.ca/en/meet/32113/>

Sat Feb 2nd Mont-Tremblant Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32070/>

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

Sat-Sun Feb 9th Quebec City LCM Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32074/>

Sun Feb 10th Burlington Masters Meet (MSO registration required)

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

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

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

Sat-Sun Feb 23-24th Lake Memphremagog Winter Swim Festival <http://kingdomgames.co/memphremagog-winter-swimming-society/>

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)

Sat Jul 6th King Wolf 5k and 11k open water swims (part of Global Swim Series -- link below)

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 Jan 26th, Cote St Luc, Montreal, Masters Meet

I was Carleton's only swimmer. Results: <http://cslameetresults.ca/meetmanager/201901masters/>.

Lynn Marshall (Coach; 55-59): 1st 200fs (2:17.64), 200bk (2:33.04), 100br (1:28.17), 400IM (5:27.75)

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://www.statsman.ca/#canada> (last update Jan 24th).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Mon 9:35-10:35am

Mon, Tue, 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

Winter Session Information

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 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/>.

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: **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: 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. 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 (lynnmar@sce.carleton.ca).

Happy lengths!
Lynn

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