

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Sunday, March 31, 2019 3:38 PM  
**To:** 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; David Thibodeau  
**Subject:** Carleton Masters Swimming Newsletter #494

## Carleton Masters Swimming Newsletter #494

Sunday, March 31<sup>st</sup>, 2019

**To:** Carleton Masters Coaches / Staff (7 addresses)

**Bcc:** Those registered for Fall 2018, Winter 2019, and Alumni: 7:30am Earlybirds I (49 addresses), 8:30am Earlybirds II (33 addresses), 6pm Whitecaps I (53 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (4 addresses), Alumni (33 addresses).

**Repetition: A person must hear something several times to believe it. A person must do something several times to achieve it. – John Wooden**

### Masters Swimming Program Notes

- The Winter Masters session runs from Wed Jan 2<sup>nd</sup> to Sat Apr 13<sup>th</sup>, inclusive, except for the unexpected “snow days” on **Tue Feb 12<sup>th</sup>** / **Wed Feb 13<sup>th</sup>**, and **Mon Feb 18<sup>th</sup>** (Family Day).
  - Full details on dates, prices, etc., can be found in the “Notes and Reminders” section near the end of the newsletter.
  - On **Tue Apr 2**, two starting blocks will be put in the lanes nearest the change rooms after the 6pm Masters ends.
  - The pool closes on **Sun Apr 14<sup>th</sup>** for three weeks annual maintenance.
- Full details on the Spring and Summer programs can be found in the paragraph below.

### Spring / Summer Masters Programs: Registration Start Date: Wed Apr 3<sup>rd</sup>

Details on the Spring and Summer Masters programs, starting **Mon May 6<sup>th</sup>** can be found below and on the web site: <http://carletonmasters.tripod.com/>. Registration for Spring and/or Summer Master starts on **Wed Apr 3<sup>rd</sup> at 6am**. Note that the 7:30am and 6pm groups fill quickly, so register earlier rather than later if you like to swim at one of those two times!

Note that **Mon May 6<sup>th</sup>** is a free make-up workout for all groups due to the “snow days” cancellations on **Tue Feb 12<sup>th</sup>** and **Wed Feb 13<sup>th</sup>**, so the Spring session officially starts on **Tue May 7<sup>th</sup>** / **Wed May 8<sup>th</sup>**, but to avoid confusion, I’ve listed the start date as **Mon May 6<sup>th</sup>**.

The main change for this year is that there is a separate registration for Saturdays in the Summer program (i.e. it is no longer included with the weekday registration). If the registration is low, this program will likely not be offered starting next year.

Please welcome Coach **Adrian** to our evening coaching rotation. **Mark** is not available to coach in the evenings for Spring/Summer.

#### Spring 2019: Mon May 6<sup>th</sup> to Sat Jun 29<sup>th</sup>; no workouts Mon May 20<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$76+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$76+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon: **Adrian**; Tue: **David**; Thu: **Sean**): cost \$84+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: Mon: **Adrian**; Tue: **David**; Thu: **Sean**): cost \$76+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat, except May 18<sup>th</sup> is 10:45-11:55am (shallow; Coaches: rotating schedule): cost: \$34+HST

#### Summer 2019: Tue Jul 2<sup>nd</sup> to Sat Aug 31<sup>st</sup>; no workouts Mon Jul 1<sup>st</sup>, Sat Aug 3<sup>rd</sup>, or Mon Aug 5<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep + 2 lanes shallow, if needed; Coach: **Lynn**): cost: \$76+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (deep; Coaches: Mon: **Adrian**; Tue: **David**; Thu: **Sean**): cost \$84+HST

**12:15pm Saturday Earlybirds:** 12:15-1:25pm Sat (shallow; Coaches: rotating schedule): cost: \$34+HST

## Swimmer Notes

### Swimmer Updates:

- Here's some information on aspirating water, also called secondary drowning, which is rare for Masters swimmers but can happen. Also a reminder that if you or any of your team-mates are not feeling well (on deck or in the change room), please let the lifeguards know!

<https://www.livestrong.com/article/471806-water-in-my-lungs-from-swimming/>

<https://www.underwateraudio.com/blogs/swimming-and-fitness-blog/secondary-drowning>

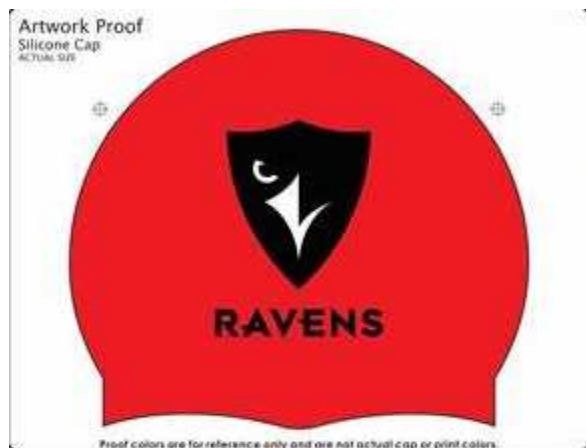
- This evening: **Sun Mar 31<sup>st</sup> 6:15-9:30pm** is Bushtukah's annual SWEET (Sporty Women Encouraging and Empowering Together) Night at 203 Richmond Road. Details here: <https://www.facebook.com/events/2180428205620933/>.

- I was featured in a short article in the March-April edition of Ottawa's Fifty-Five Plus Magazine (pages 42-43):

<https://publications.virtualpaper.com/fifty-five-plus-magazine/marchapril-2019-ottawa/#44/>.

- Did you know that new entrances and exits to campus for cars and buses are coming? This is due to the planned closure of the Hog's Back Swing Bridge starting August 2019 and running until May 2020 (with ongoing rehabilitation continuing until September 2021), plus the planned O-Train shutdown from May 2020 to September 2022. Check out the information here: <https://carleton.ca/transportationplan/new-raven-road-stadium-way/>.

- Carleton Varsity "RAVENS" swim caps (\$15) and "RAVENS SWIMMING" T-shirts (\$20) are available as a fundraiser to support the Varsity team:



### News and Links:

- 100 Year Old **George Coronos** Breaks World Record:

<https://www.facebook.com/swimmingaustralia/videos/159474934760247/>

- Ten Tips for Older Swimmers: <https://myswimpro.com/blog/2019/03/07/10-tips-for-older-swimmers/>

- Well Preserved, Swimming in the Sea, off the Coast of the Faroe Islands (see:

<https://www.patreon.com/greenrenaissance> for more on this film):

<https://www.facebook.com/watch/?v=356436011600238>

- Age is Just a Number: **Pat Gallant-Charette** Won't Stop Breaking Records:

<https://www.outsideonline.com/2390652/marathon-swimmer-pat-gallant-charette>

- A Swimmer Saved by What She Lost:

<https://www.nytimes.com/2019/03/03/sports/morgan-stickney-swimming-amputee.html>

- There's even more evidence that one type of exercise is the closest thing we have to a miracle drug:

<https://www.businessinsider.com/best-exercise-for-brain-mental-health-2017-10>

- Former Royal Marine Becomes First Amputee to Row Solo Across the Atlantic Ocean:

<https://www.npr.org/2019/03/12/702469248/former-royal-marine-becomes-first-amputee-to-row-solo-across-atlantic>

**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 2<sup>nd</sup> to Sat Apr 13<sup>th</sup>; excluding snow days Tue Feb 12<sup>th</sup>/Wed Feb 13<sup>th</sup>, and Mon Feb 18<sup>th</sup>.

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.

### Fin Days:

Mon Jan 28<sup>th</sup>

Thu Mar 7<sup>th</sup> / Fri Mar 8<sup>th</sup>

### Time Trials:

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

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

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

Thu Mar 14<sup>th</sup> / Fri Mar 15<sup>th</sup>: timed 200 choice

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

Thu Apr 11<sup>th</sup> / Fri Apr 12<sup>th</sup>: "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 - Mar 29<sup>th</sup> (36 workouts); range: 12-28; average: 19.7

Perfect Attendance: **Liliane Cardinal**

Missed 1 Workout: **Ursula Scott**

Missed 3 Workouts: **Bruce Brown**

**8:30am Earlybirds:** Jan 2 - Mar 29<sup>th</sup> (36 workouts); range: 14-25; average: 19.5

Missed 1 Workout: **Debby Whately**

Missed 2 Workouts: **Bill Gregg**

Missed 3 Workouts: **Isla Paterson, Natalie Aucoin**

**6pm Whitecaps:** Jan 2 - Mar 28<sup>th</sup> (36 workouts); range: 16-34; average: 25.6

Perfect Attendance: **Cam Dawson, Konstantin Petoukhov**

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

**7:10pm Whitecaps:** Jan 2 - Mar 28<sup>th</sup> (36 workouts); range: 4-24; average: 12.8

## Ask the Coach

Here's an addition to the answer to this question from last time:

**Dear Coach:** I really struggle with my body position while swimming due to weakness in my legs. Any suggestions? Swimmer with Sinky Legs

Dear S.w.S. Legs: One thing you could try is a swim suit made out of wet-suit material. These are popular with many male triathletes for helping with body position. Here's a link to the swim shorts made by ROKA:

<https://global.roka.com/collections/sim-buoyancy-shorts/products/mens-sim-elite-ii-neoprene-buoyancy-shorts?variant=16775759361>.

Dear S.w.S. Legs: Another option is calf sleeves, for example: <https://www.blueseventy.com/products/swimrun-calf-sleeves>. Probably a cheaper option than the neoprene swim shorts.

**Dear Coach:** I am being treated for TMJ (Temporomandibular joint: jaw joint/muscle) issues. It is sometimes quite painful during swimming due to the breathing technique. Other than avoiding swimming until it gets better, is there anything that can help? Sore Jaw

Dear S. Jaw: This isn't something I've heard about previously, but I did locate this article which is worth a read: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2732254/>. When we breathe in freestyle we often make a kind of "Popeye mouth" so that we don't have to turn our head quite as far to breathe (i.e. breathe out of the corner of our mouth). That likely puts some strain on the jaw, so I'd recommend keeping the mouth in a neutral and relaxed position, and rotating a little further than usual to breathe. I would expect that there would be less problem with the other strokes, so doing less freestyle might help. If anyone has any experience with this, do let us know!

**Dear Coach:** I plan to do the Bring on the Bay 3km swim again this year, and would like to do better than in previous years. Any training suggestions, in addition to my three times per week with Masters? Open Water Swimmer

Dear O.W. Swimmer: With Masters you are getting a mix of short, mid and long distance, plus a variety of strokes and effort levels, all of which help you to improve (for pretty much any distance). However, if you want to do even better, I'd suggest the occasional long swim on your own (a workout where you do at least 2k straight -- and 3k would be even better). Also, doing a bit of training in open water (once conditions permit) is a good idea.

**Dear Coach:** When I do flip turns, I get water in my ears and have to take a breath to let them pop which dramatically reduces the efficiency of the turn. This also happens sometimes in the middle of a length, and didn't happen at all until the past year or so. Any idea on how to avoid this? Popping Ears

Dear P. Ears: Many swimmers get water in their ears, but it usually just drains out on its own without causing any issues. However, that doesn't seem to be the case for you. Some swimmers with ear issues find that wearing ear plugs solves the issue, so that would be my suggestion as the first thing to try. Perhaps our readers have other suggestions?

## Masters Swimming Competitions

This season (September 2018 to August 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 1<sup>st</sup> to Aug 31<sup>st</sup>. 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 1<sup>st</sup> to Aug 31<sup>st</sup>. 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 1<sup>st</sup> to Aug 31<sup>st</sup>.

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.

Sat Apr 6<sup>th</sup> OlymPink Masters Distance and Sprint Challenge, Brewer Pool (MSO registration required)

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

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

Fri-Sun Apr 26-28<sup>th</sup> SO Provincials, Etobicoke (SO registration required)

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

Fri-Sun Apr 26-28<sup>th</sup> Quebec Provincial Masters Champs, Cote-St-Luc (SO registration required)

<https://www.swimming.ca/en/meet/32636/>

**Cancelled:** Sat May 4<sup>th</sup> Barrie Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/24819/>

Fri-Sun May 24-26<sup>th</sup> MSC Nationals, Montreal Claude Robillard (SO registration required)

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

**Cancelled:** Sat Jun 1<sup>st</sup> Longueuil LC Meet (TBC: not listed in the calendar): update: some Quebec swimmers tell me that they are trying to convince Longueuil to reconsider the cancellation

Sat Jul 6<sup>th</sup> King Wolf 5k and 11k open water swims, Kingston (part of Global Swim Series -- link below)

Sat Jul 13<sup>th</sup> Bring on the Bay 3k open water swim, Ottawa <https://bringonthebay.com/>

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 Mar 17<sup>th</sup> Special Olympics Swim Meet, Kanata**

**Melanie** participated in four events and had an awesome competition! Great job, **Melanie**! Her times are now available, so here they are:

**Melanie Heroux** (8:30am Earlybirds, 30-39): **1<sup>st</sup>** 100 fly (3:59.56), 100 back (3:04.49); **2<sup>nd</sup>** 400 free (13:13.03), 100IM (3:22.37)

### **Fri-Sun Mar 22-24<sup>th</sup> Masters Swimming Ontario Provincials, Markham**

**Marty** swam for Carleton Masters, though as he hasn't trained with us for many years, he isn't eligible for club records. Full results: <https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=961>. **Marty** had a great meet:

**Marty Raymond** (55-59): **1<sup>st</sup>** 50 free (27.48), 200 free (2:19.49), 400 free (5:01.90), 800 free (10:39.87); **2<sup>nd</sup>** 1500 free (20:43.74)

### **Sat Mar 23<sup>rd</sup> Special Olympics Bowling Tournament, Kingston**

**Melanie Heroux** (8:30am Earlybirds) participated. My apologies that in the last newsletter I said this competition was in Ottawa. Results soon!

### **Sat Mar 30<sup>th</sup> LaSalle Montreal, Long Course Swim Meet**

**Jamie** and **I** were Carleton's two swimmers. Here's how we did (incomplete results via the Splash Me app):

**Jamie Chalmers** (Earlybirds; 75-79): 1<sup>st</sup> 50 free (42.70), 100 back (2:21.99); 2<sup>nd</sup> 200 back (4:49.43)  
**Lynn Marshall** (Coach; 55-59): 1<sup>st</sup> 1500 free (18:57.96), 100 back (1:18.57), 200 back (2:42.42), 200 breast (3:21.02), 400IM (5:45)

## Sat Mar 31<sup>st</sup> Special Olympics Swim Meet, Brockville

**Melanie Heroux** (8:30am Earlybirds) is participating in 100 fly, 200IM, 200 free, and 100 back today. Best of luck!!

## 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 **Mar 24<sup>th</sup>**).

## 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 and 5:00-6:00pm

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 2<sup>nd</sup> to Sat Apr 13<sup>th</sup>; no workouts Mon Feb 18<sup>th</sup>**

**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 2<sup>nd</sup>**: **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 2<sup>nd</sup>**.

**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.slowlitch.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](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

[lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)

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