

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, January 24, 2020 3:38 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #516

Carleton Masters Swimming Newsletter #516

Friday, January 24th, 2020

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2019, Winter 2020, and Alumni: 7:30am Earlybirds I (45 addresses), 8:30am Earlybirds II (32 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (24 addresses), Saturday Only (3 addresses), Alumni (39 addresses).

“Every day is a new opportunity. You can build on yesterday's success or put its failures behind and start over again. That's the way life is, with a new game every day.” – Bob Feller

Masters Swimming Program Notes

- The Winter sessions runs from **Thu Jan 2nd** to **Sat Apr 11th**, excluding **Mon Feb 17th** and **Fri Apr 10th**.
- Note that the **6pm Whitecaps** is now **full**. Please let me know if you are on the wait list!
- There are **5** spots left in the 7:30am Earlybirds group.
- Full details on the Winter programs is in the “Reminders” section at the end of the newsletter.

Swimmer Notes

Swimmer Updates:

- Best wishes to **Melanie Heroux** (8:30am Earlybirds) who is recovering from glaucoma eye surgery this week. We hope to see her back in the pool next week.

- Congratulations also to **Melanie Heroux** (8:30am Earlybirds) for participating in her first Special Olympics bowling tournament of the year last weekend.

News and Links:

- Canadian Open Water Swimmer **Marilyn Bell** to be Inducted into the International Swimming Hall of Fame: <https://www.swimmingworldmagazine.com/news/canadian-open-water-swimmer-marilyn-bell-to-be-inducted-into-the-international-swimming-hall-of-fame/>
- Five Steps to Improve your 50 Free (aka Any Event) by **Caeleb Dressel**: <https://swimpractice.com/blogs/news/caeleb-dressel-improve-your-50-free-in-5-steps>
- **Katie Ledecky**'s Three Steps to Better Swim Efficiency: <http://www.220triathlon.com/training/swim/pro-swimmer-katie-ledeckys-three-steps-to-better-swim-efficiency/10516.html>
- Fasted Training may have Long Term Risks Especially for Female Athletes: <https://trailrunnermag.com/training/fasted-training-may-have-long-term-risks-especially-for-female-athletes.html>
- The Strange Power of Rest: <https://www.cbc.ca/playersvoice/entry/the-strange-power-of-rest>
- Your Inability to do Pull-ups is All in Your Head [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://elemental.medium.com/your-inability-to-do-pullups-is-all-in-your-head-191278c2f5aa>

Winter Session Information

Dates: Thu Jan 2nd to Sat Apr 11th; excluding Mon Feb 17th and Fri Apr 10th.

Note: There are also **morning** workouts on **Thu Jan 2nd**, and **evening** workouts on **Fri Jan 3rd**.

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/Thu: **Sean**; Tue: **David**

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

8:15am Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here.

Adrian coached for **Sean** on **Mon Jan 20th**.

Mark coached for **Sean** on **Thu Jan 23rd**.

Sean is coaching for **David** on **Tue Feb 4th**.

Fin Days:

Mon Jan 27th

Thu Mar 5th / Fri Mar 6th

Time Trials:

Tue Feb 4th / Wed Feb 5th: timed 400 free or IM

Tue Feb 18th / Wed Feb 19th: two timed 50s choice

Thu Feb 27th / Fri Feb 28th: timed 100 choice

Thu Mar 12th / Fri Mar 13th: timed 200 choice

Tue Mar 17th / Wed Mar 18th: timed 800 / 1500 free

Wed Apr 8th / Thu Apr 9th: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint20.pdf>.

Here are the weekday attendance statistics, starting **Mon Jan 6th**:

6pm Whitecaps: Jan 6-23rd (9 workouts); range 20-32; average: 25.8

Perfect Attendance: **Cam Dawson, Christian Cattan, Don Wells, Joanie Conrad, Joanne Dawson, Konstantin Petoukhov**

7:10pm Whitecaps: Jan 6-23rd (9 workouts); range 6-13; average: 8.7

Perfect Attendance: **Alison Slater, Stephanie Le Saux-Farmer, Stephen Agberien**

7:30am Earlybirds: Jan 6-24th (9 workouts); range 14-22; average: 18.2

Perfect Attendance: **Bruce Brown, Eleanor Fast, Jocelyn Pender, Ruth Fawcett, Sam Hersh, Susan Hulley, Ursula Scott**

8:30am Earlybirds: Jan 6-24th (9 workouts); range 14-22; average: 19.1

Perfect Attendance: **Debby Whately, Kevin Graham, Luciara Nardon, Penny Estabrooks, Rod Haney**

Ask the Coach

Dear Coach: I have trouble digesting food before I swim in the morning. Is it ok to eat after instead of before? Morning Swimmer

Dear M. Swimmer: It's best to eat something before workout. Here's an article with some suggestions:

<https://www.usms.org/fitness-and-training/articles-and-videos/articles/the-one-thing-you-should-do-before-early-morning-swim-practice>.

Dear Coach: I noticed a strong scent at the pool this morning. Any ideas where it was coming from? Another Morning Swimmer

Dear A.M. Swimmer: Sometimes there's a strong breeze that blows up the stairs from the men's change room, bringing with it the scents of products used in the showers. If you notice this, let the coach know and we can put a mat across the entrance to block the wind.

Dear Coach: Should I do fly kicks off the wall when I'm racing? If so, how many? Competing Masters Swimmer

Dear C.M. Swimmer: As much as fly (dolphin) kick is considered the "fifth stroke" and can be very fast: <https://getpocket.com/explore/item/is-this-new-swim-stroke-the-fastest-yet>, whether you will benefit from this in competition depends on the stroke, distance, and the relative speed of your fly kick vs. your swim speed. First, in breaststroke you are allowed only one fly kick in conjunction with your underwater pull out. For the other three strokes, you are permitted to kick underwater up to 15m. Respected coach, **Gary Hall Sr.**, suggests this test: Time yourself for 25m underwater fly kick with your arms in a streamline position. Once you've recovered, time yourself for a 25m freestyle with no underwater fly kicks. If the difference is 1 second or less, then take advantage of the full 15m underwater (or as long as your lungs will allow). If the difference is 1-2 seconds, then do 3 or 4 fly kicks. If the difference is 2-4 seconds, then do 1 or 2 fly kicks. If the difference is more than four seconds, don't do any dolphin kicks. You can do the same test for fly and backstroke. Another tip from Gary is to start your first up kick as soon as your toes leave the wall, and keep the kicks quick and tight. The longer between kicks, the slower you will go.

Masters Swimming Competitions

This season (September 2019 to August 2020), you have many 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 be accepted by Christian Berger (for his Top 20 rankings) but will not be recognized by Swim Canada, MSC, or 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 \$6 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 **\$50** 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. Notice the price has been reduced by \$15 this year!
3. You can register with both MSO and SO. This costs **\$60** for Sept 1st to Aug 31st.
4. You can also register with MSC. This costs \$30. It's not yet clear what this gets you beyond a few discounts and the ability to use their Million Meter recording page. It will likely be required to swim at the MSC Nationals.

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 Swim Canada Masters 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 Jan 25th Cote St Luc Invitational, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34397/>
 Sat Feb 1st Quebec Manche 4 LC, Quebec (SO registration required) <https://www.swimming.ca/en/meet/34519/>
 Sat Feb 8th Downtown Swim Club LC All Out Swim Meet, Toronto (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sun Feb 9th [Note date change] Technosport Meet, uOttawa (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
 Note: No Nepean Winterlude LC Meet in 2020 as Nepean is hosting MSO Provincials.
 Sat Feb 22nd Quebec Manche 5, Pointe Claire, Montreal (SO registration required)
<https://www.swimming.ca/en/meet/34520/>
 Sun Feb 23rd Thornhill Stephen Forsey Invitational Swim Meet (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sun Mar 1st Technosport Meet, uOttawa (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sun Mar 1st Wilmot ACES Meet (SO registration required)
<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>
 Sat Mar 14th Quebec Manche 6, Dollard-des-Ormeaux, Montreal (SO registration required)
<https://swimming.ca/en/events-results/live-upcoming-meets/>
 Fri-Sun Mar 27-29th MSO Provincial Championships, Nepean (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Mar 28th MSO AGM during MSO Provincials <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Mar 28th La Salle LC Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34281/>
 Sat Apr 18th Burlington Spring Splash (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Apr 18th OlymPINK Masters Challenge, Ottawa (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
 Fri-Sun Apr 24-26th Quebec Masteres Provincials, Montreal (SO registration required)
<https://www.swimming.ca/en/meet/34521/>
 Sat-Sun Apr 25-26th Swim Ontario Masters Provincials, Etobicoke (SO registration required)
<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>
 Apr/May (TBC) Milton Spring Splash (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
 Fri-Sun May 22-24th Swim Canada Masters Nationals, Etobicoke (SO registration required)
<https://swimming.ca/en/events-results/live-upcoming-meets/>
 Sat-Sun Jun 27-28th Swim Portion of USA Masters Games (SCY = yards), Grand Rapids, Michigan
<https://www.usamastersgames.com/swimming>
 Fri-Sun Aug 14-16th Traversee du Lac Tremblant: 1k, 3k, 5k, and 12k Swims: <https://www.traverseelactremblant.ca/en/>
 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!)

Carleton Masters Placings in the Canadian Top 20 in 2019:

There were 12 Carleton swimmers who made the Canadian Top 20 rankings in 2019. Four swimmers were ranked first in the country in at least one event: Liliane Cardinal (7:30am Earlybirds): 1 event; **Jian-Lok Chang** (6pm Whitecaps): 1 event; **Steve Kennedy** (6pm Whitecaps): 5 events, and **Lynn Marshall** (Coach): 20 events. Other swimmers with a top 3 finish were: **Jamie Chalmers** (x-Earlybirds) :three 2nd places, **Robin Henderson** (7:30am Earlybirds): two 3rd places, and **Natalie Aucoin** (8:30am Earlybirds): 1 third.

Here's the full list of Carleton placings in the Top 20:

Megan Holtzman (40-44; 8:30am Earlybirds): 4th 200IM LC; 6th 800 free LC; 10th 400 free LC, 200 fly SC; 11th 200 free LC; 14th 50 free LC, 50 fly LC; 15th 100 free LC, 400IM SC

Natalie Aucoin (45-49; 8:30am Earlybirds): **3rd** 50 fly LC; 4th 200IM LC; 6th 200 free LC; 7th 50 free LC, 100 fly SC; 8th 100 free LC; 11th 400IM SC; 17th 200IM SC

Dawn Walsh (55-59; 7:30am Earlybirds): 17th 400IM SC

Lynn Marshall (55-59; Coach): **1st** 100 free LC, 200 free SC/LC, 400 free SC/LC, 800 free SC/LC, 1500 free SC/LC, 100 back SC, 200 back SC/LC, 100 fly SC/LC, 200 fly SC/LC, 200IM SC/LC, 400IM SC/LC; 2nd 100 free SC, 100 back LC, 100 breast LC, 200 breast SC/LC, 100IM SC; 3rd 50 free SC/LC; 50 back LC, 50 breast LC; 4th 100 breast SC, 50 fly SC; 5th 50 back SC, 50 fly LC; 7th 50 breast SC

Robin Henderson (60-64; 7:30am Earlybirds): **3rd** 800 free LC, 200 breast LC; 4th 400 free LC; 5th 100 breast LC; 6th 200 free LC; 9th 100 free LC; 13th 1500 free SC; 14th 50 free LC; 15th 800 free SC

Liliane Cardinal (70-74; 7:30am Earlybirds): 1st 400IM LC; 2nd 50 fly LC, 200 fly SC, 200IM LC; 3rd 400 free LC, 1500 free SC, 400IM SC; 4th 800 free SC, 50 breast LC, 200 breast SC; 5th 200 free LC, 100 fly SC, 200IM SC; 6th 50 free LC, 100 free LC; 8th 200 back SC; 9th 400 free SC, 100 breast SC, 100IM SC; 10th 50 fly SC; 12th 200 free SC; 15th 100 back SC, 50 breast SC; 20th 100 free SC, 50 back SC

Derek Woodard (25-29; 6pm Whitecaps): 9th 100IM SC; 11th 50 fly SC; 12th 50 back SC; 19th 100 free SC

Jian-Lok Chang (30-34; 6pm Whitecaps): 1st 50 back LC; 2nd 50 free LC; 5th 100 free LC

Steve Kennedy (40-44; 6pm Whitecaps): 1st 400 free LC, 800 free LC, 50 breast LC, 100 breast LC, 200IM LC; 2nd 100 free SC; 3rd 200 free LC, 50 fly LC; 7th 100IM SC; 8th 50 free LC, 100 free LC; 9th 50 fly SC; 13th 50 free SC; 16th 50 back SC; 18th 50 breast SC

Mark Blenkinsop (40-44; Coach): 10th 1500 free SC; 16th 800 free SC

Marty Raymond (55-59; x-Whitecaps): 4th 1500 free SC; 6th 400 free SC; 4th 200 free SC, 800 free SC; 8th 50 free SC

Jamie Chalmers (75-79; x-Earlybirds): 2nd 50 back LC, 100 back LC, 200 back LC; 3rd 50 free LC, 100 free LC; 8th 200 free LC; 10th 100 back SC; 12th 50 back SC; 13th 50 free SC; 19th 100 free SC

The full 2019 Top 20 is here: <http://www.statsman.ca/index7.html>.

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 21st).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Wed 4:30-5:30pm

Tue 4:00-5:00pm

Tue 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 Programs

Masters is a members-only program with no student discount. Registration can be done in person or by phone: 613-520-4480. The 6pm and 7:30am groups fill quickly, so register early to avoid disappointment! The Masters program information is also available on the web site: <http://carletonmasters.tripod.com/>.

Winter 2020: Thu Jan 2nd to Sat Apr 11th; no workouts Mon Feb 17th; Fri Apr 10th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2nd but *not* Thu Apr 9th (replaced by Fri Dec 20th)**

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2nd but *not* Thu Apr 9th (replaced by Fri Dec 20th)**

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon/Thu: Sean; Tue: David): cost \$165+HST: includes **Fri Jan 3rd Full: Waitlist Available**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon/Thu: Sean; Tue: David): cost \$150+HST: includes **Fri Jan 3rd**

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

Students May Add Carleton Masters to their Co-Curricular Record

Carleton students who swim with Carleton Masters may now get this added to their co-curricular record. Just add "Carleton Masters Swim – Member". Information on how to do this is provided here: <https://carleton.ca/seo/ccr/>.

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 Ravens Gear: Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity team:



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.

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).

Happy lengths!
Lynn

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