

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, February 21, 2020 1:41 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 #518

Carleton Masters Swimming Newsletter #518

Friday, February 21st, 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 (27 addresses), Saturday Only (3 addresses), Alumni (39 addresses).

"The miracle isn't that I finished. The miracle is that I had the courage to start." – John Bingham

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 is still space in the other groups.
- Full details on the Winter programs is in the "Reminders" section at the end of the newsletter.

Swimmer Notes

Swimmer Updates:

- **Christiane Wilke** (7:30am Earlybirds) is playing oboe in the CAMMAC annual concert, **Sun Feb 23rd 3-6pm** at the All Saints' Anglican Church in Westboro: <https://www.facebook.com/events/625573034910163/>.

- Congratulations to **Mars Neinhuis** (6pm Whitecaps) and **Christiane Wilke** (7:30am Earlybirds) on participating in the January Jam to raise funds for MS, and for bragging rights! **Mars** swam a whopping 142,388 yds in January and **Christiane** a fantastic 62,637 yds. More details in the race results section.

- From Feb 5 to 7, Coach **David Thibodeau** attended Global Sports Week. Thanks to David for providing this report:

The first edition of Global Sports Week was a super interesting event held in Paris last week. It was two days of panel discussions on how sport is at the intersection of business and society. Sport has an important role to play in the development of society and making the world a better place. Some of the topics included how to deliver sport to more conscious consumers, or the "citizen fan". Fans are driving teams and sport organisations to be more conscious on things like sustainability, and giving back to the community. Another topic of focus was delivering sport in an urban setting. In Europe they have a lot of people and small cities, the discussions focused a lot on how to deliver sports in an area with very little space for big sport facilities. Building multipurpose facilities and optimizing the space we have is key.

Is it responsible to hold major sporting events in a time where climate change is knocking at our doors? How must we adapt to make sure that sport is staying relevant and staying ahead of the fight on climate change. Powering our venues with renewable energy, being smarter about how we transport athletes around the world for competitions. We have to reinvent the way we do sports.

Another really interesting aspect of the conference was the social booster challenge. Social businesses that use sport to have an impact presented and competed for funding. One business was Baba Au Run, a company that partners with bakeries and takes their unsold food at the end of the day and volunteer runners go around Paris giving the food to homeless people.

Sport has a unique power to bring everyone together. Global Sports Week focused on how to harness that power and turn it into positive change.

- Coach **David Thibodeau** recently wrote this article on Sport for Social Inclusion:
<https://www.sportanddev.org/en/article/news/sport-social-inclusion>.

- Long-time Ontario Masters swimmer, **Bryan Finlay**, London Silver Dolphins, is being inducted into the International Marathon Swimming Hall of Fame: <https://www.mastersswimmingontario.ca/bryan-finlay-international-marathon-swimming-hall-of-fame-may-2020/>.

- Well known Ontario swim coach **Murray Drudge** has passed away:
https://www.swimontario.com/news_detail.php?id=3401,
<https://twitter.com/TOAdamVaughan/status/1230887201401167872>.

- **Steve Morton** (x-Whitecaps) is running the Boston Marathon for the first time on April 20. It took him five years to earn his spot and he's dedicating the journey to raise funds for Type 1 Diabetes, with the goal to raise \$4220 (\$100 for every km). His 11 year old son, Rowan, was diagnosed with Type 1 Diabetes in November, which has changed their family's lives. Here's his donation page: <https://jdrfca.donordrive.com/campaign/marathonfort1d>.

- Ottawa's **Jon Dunkerley**, a visually impaired triathlete, is attempting to qualify for the Paralympic Games with his racing guide, **James Cook**. To help cover the costs of travel, competition, and gear, they have started a gofundme page: <https://www.gofundme.com/f/jonandjames>.

News and Links:

- Multi-tasking: Reading and Swimming: <https://twitter.com/olympicchannel/status/1227064846191091717>
- Five Crazy Freestyle Drills: <https://myswimpro.com/blog/2019/12/19/5-crazy-freestyle-drills-for-swimmers/>
- Seven Things Your Swim Coach Wants You to Know: <https://swimswam.com/7-things-your-swim-coach-wants-you-to-know/>
- The Health Benefits of Saunas: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/the-health-benefits-of-sauna-bathing>
- Rise After Crashing: <https://twitter.com/Olympics/status/1228006301105631232>
- A Photographer Trains His Lens on 100 Year-Olds: <https://www.everythingzoomer.com/arts-entertainment/2019/10/01/why-a-german-photographer-trained-his-lens-on-100-year-old-models/>

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 is coaching for **Sean** on **Mon Feb 24th**.

Mark is coaching for **Sean** on **Thu Feb 27th**.

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-Feb 20th (20 workouts); range 18-32; average: 24.0
Perfect Attendance: **Cam Dawson, Don Wells, Joanie Conrad, Joanne Dawson, Konstantin Petoukhov**
Missed 1 Workout: **Christian Cattan**
Missed 2 Workouts: **Peter Lithgow**

7:10pm Whitecaps: Jan 6-Feb 20th (20 workouts); range 6-13; average: 9.2
Perfect Attendance: **Stephanie Le Saux-Farmer**
Missed 2 Workouts: **Stephen Agberien**

7:30am Earlybirds: Jan 6-Feb 21st (20 workouts); range 12-22; average: 17.2
Perfect Attendance: **Bruce Brown, Susan Hulley**
Missed 1 Workout: **Jocelyn Pender**
Missed 2 Workouts: **Steve Dods**

8:30am Earlybirds: Jan 6-Feb 21st (20 workouts); range 14-23; average: 18.6
Perfect Attendance: **Kevin Graham**
Missed 1 Workout: **Isla Paterson, Luciara Nardon**
Missed 2 Workouts: **Debby Whately, Penny Estabrooks, Rod Haney**

Thanks to those who participated in the **50 time trials on Tue Feb 18th and Wed Feb 19th**. There were 15 improvements and a tie. The largest improvement was 4.8 seconds by **Stephen Agberien** (7:10pm Whitecaps) in 50 fly. Next were **Jocelyn Pender** (7:30am Earlybirds) with a 4 sec improvement in 50 free, and **Christian Cattan** (6pm Whitecaps) with 3.9 in 50 fly. **Peter Kallai** (6pm Whitecaps) and **Marta Kolbuszewska** (Varsity) improved in both their swims! Congratulations to all those who improved (or tied):

50 free (5+1 tie)

Jocelyn Pender	4.0	EB1
Flo Kellner	1.8	EB2
Peter Kallai	1.4	WC1
Steve Kennedy	0.1	WC1
Marta Kolbuszewska	0.1	V
Heather Morrison	0.0	EB1

50 back (4)

Marta Kolbuszewska	3.0	V
Ann Bortolotti	1.3	EB1
Mark Blenkinsop	0.7	EB2
Luciara Nardon	0.4	EB2

50 breast (1)

Peter Kallai	3.0	WC1
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50 fly (5)

Stephen Agberien	4.8	WC2
Christian Cattan	3.9	WC1
Ralph Siemsen	2.0	EB2
Bekah Dyck	1.9	EB2
Susan Hulley	0.7	EB1

Ask the Coach

Dear Coach: Is there a swim session starting in April after the current one ends? New Swimmer

Dear N. Swimmer: After this session ends (Apr 11th) the pool will be closed for about three weeks' maintenance. The next session is planned for early May and details will be in the newsletter as soon as they are available. The details from last Spring/Summer are on the web site, so that information will give you an idea of what to expect (<http://carletonmasters.tripod.com/>).

Dear Coach: I'd like to get one of those red ravens swim caps. How can I get one? Need a Ravens Cap

Dear N.a.R. Cap: Just ask me in person or by email and I'll make arrangements to get you one.

Dear Coach: Any update on getting a new pool on the Carleton campus? Curious Swimmer

Dear C. Swimmer: My understanding is that the next building to be built is a new residence opening 2022, then opening in 2023 the new Wellness Centre, including a pool, provided the necessary funding is received. The Wellness Centre building will face Bronson Ave in the current parking lot 5.

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.

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 Susan Douglas Memorial Masters Meet, Wilmot, ON (SO registration required)
<https://www.swimming.ca/en/meet/35182/>
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 / Milton 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://www.swimming.ca/en/events-results/events/2020-canadian-masters-swimming-championships/>
Jun 18-25th VIII Pan American LC Masters Championships, Medellin, Columbia
<https://www.teamunify.com/SubTabGeneric.jsp?team=uana&stabid=57815>
Sat Jul 11th Bring on the Bay, 3km and 1500m Open Water Swims, Ottawa <https://bringonthebay.com/>
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!)

January Jam for MS

This challenge involves tracking your swim yardage on-line for the month of January. **Mars** and **Christiane** were part of the GLOW (Great Lakes Open Water) team that placed second overall. Both swam huge amounts! Thanks to **Mars** for sending me the results.

Mars Nienhuis (6pm Whitecaps; 25-29): 8th overall and 1st in category with 142,388 yds

Christian Wilke (7:30am Earlybirds; 40-44): 23rd overall and 3rd in category with 62,737 yds

Sat Feb 8th IIDBF World Ice Dragon Boat Festival, Ottawa

Congratulations to **Debby Whately** (8:30am Earlybirds) who was part of the Bytowne Ice Storm women's team that were the bronze medallists! Check out the details: <https://www.icedragonboat.ca/canada-wins-gold-2nd-iidbf-world-ice-dragon-boat-championships/>. Their team was featured on SportsNet's Hockey Hometown – here's a (not very clear) screen grab. **Debby** is in the middle in a red coat and bright green hat.



Sat-Sun Feb 15-16th Gatineau Loppet

Congratulations to **Ingrid** and **Sheila** on their podium finishes! If anyone else participated, please let me know.

50km Classic Ski (423 participants)

Ingrid Hagberg (6pm Whitecaps; 25-29): 95th overall, 6th woman and 2nd in category in 3:37:44.5

50km Free Ski (377 participants)

Sheila Kealey (8:30am Earlybirds; 55-59): 112th overall, 8th woman and 1st in category in 3:01:45.1

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 **Feb 16th**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Tue 4:00-5:00pm

Tue 5:00-6:00pm

Wed 4:30-5:30pm

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/se0/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

lynnmar@sce.carleton.ca

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