

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, March 6, 2020 2:25 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 #519

Carleton Masters Swimming Newsletter #519

Friday, March 6th, 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 (28 addresses), Saturday Only (3 addresses), Alumni (39 addresses).

No one succeeds without effort. Those who succeed owe their success to perseverance. – Ramana Maharshi

Masters Swimming Program Notes

- The Winter sessions runs from **Thu Jan 2nd** to **Sat Apr 11th**, excluding **Mon Feb 17th** and **Fri Apr 10th**.
 - There are no changes to the schedule due to March Break (Mar 16-20th).
- 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:

- **Tony Revitt** (8:30am Earlybirds) is the physiotherapist for the Canadian women's fencing team, so congratulations to him and the team in qualifying for the Olympics!: <https://www.cbc.ca/sports/olympics/summer/fencing-canada-olympic-foil-teams-qualify-1.5473291>

- **Melanie Heroux** (8:30am Earlybirds) is again participating in the Annual Polar Plunge to raise funds for Special Olympics. The event is tomorrow (Sat Mar 7th), but donations will continue to be accepted for at least a few days after that, so please consider sponsoring Melanie: <https://secure.e2rm.com/registrator/FundraisingPage.aspx?registrationID=4647934&langPref=en-CA>.

- An article by **Andrea Chandler** (6pm Whitecaps): Vladimir Putin's Proposed Constitutional Changes: A Post-Putin Succession Plan?: <http://activehistory.ca/2020/02/vladimir-putins-proposed-constitutional-changes-a-post-putin-succession-plan/>

- An article featuring **Christiane Wilke** (7:30am Earlybirds): Another Take: When an Air Strike Goes Wrong: <https://carleton.ca/fpa/story/when-an-air-strike-goes-wrong/>

- Aquasport is closing three of its Quebec stores (Ste-Rose, Pointe-Claire, and Greenfield Park) on March 15th, and the Montreal Pie-IX store on April 30th. The Ottawa store and Aquasport's web store will remain open. Aquasport is offering a 20% discount on online sales in March using promo code: THANKYOU20 at <https://shopaquasport.com/>. In addition, in store merchandise at the four Quebec stores is being liquidated at up to 70% off.

- Carleton has opened a Personal Training Studio: <https://athletics.carleton.ca/2020/new-personal-training-studio/>.

- **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:

- Canadian Swimmer, **Brent Hayden**, Impressive as Comeback Continues with First Meet: <https://www.swimming.ca/en/news/2020/02/25/hayden-impressive-as-comeback-continues-with-first-meet/>; An Important Message from **Brent Hayden**: <https://twitter.com/SwimNerds/status/1232035092752629760>
- Chinese Swimmer, **Sun Yang**, Banned Eight Years in Doping Case: <https://olympics.nbcsports.com/2020/02/28/sun-yang-doping-ban-swimming-china/>; **Sun Yang** vs. WADA Verdict: Damning Eight-Year Ban Ends Career of Chinese Swimmer [Ed. Note: He is appealing]: <https://www.swimmingworldmagazine.com/news/sun-yang-vs-wada-verdict-damning-eight-year-ends-career-of-chinese-controversy/>
- Dog Treads Water for Eleven Hours Leading to Owner's Rescue: <https://www.msn.com/en-ca/news/newsgoodnews/dog-treads-water-for-11-hours-leading-to-owners-rescue-after-boat-capsizes-in-australia/ar-BB10u4ag?ocid=sf>
- Do You Know if Your Breaststroke Pullout Slows You Down?: <https://swimlikeafish.org/part-i-do-you-know-if-your-breaststroke-pullout-slows-you-down>
- **George Hood**, 62 Year Old Marine, Planks for 8:15:15: <https://www.nytimes.com/2020/02/27/us/marine-plank-record.html>; More on Plank World Record: <https://twitter.com/CNN/status/1232017651058302977>
- **Chris Froome**: From Learning to Walk to Liberation [Ed. Note: He used swimming as part of his rehab]: <https://www.cyclingnews.com/news/chris-froome-from-learning-to-walk-to-liberation/>
(Crash: <https://www.theguardian.com/sport/2019/aug/03/chris-froome-on-dauphine-crash-aftermath-like-a-scene-from-greys-anatomy-cycling-ineos>)
- 40 Year Old Former 1,500-metre Specialist **Malindi Elmore** Tokyo-bound after Breaking Canadian Marathon Mark: <https://www.ctvnews.ca/sports/former-1-500-metre-specialist-elmore-tokyo-bound-after-breaking-marathon-mark-1.4774140>
- Fairy Tale on Ice: 40-Something Former Zamboni Driver **David Ayres** Lives Dream, Beats Leafs: <https://www.everythingzoomer.com/general/2020/02/24/fairytales-on-ice-40-something-zamboni-driver-david-ayres-lives-dream-beats-leafs/>

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 Feb 24th**.

Mark coached for **Sean** on **Thu Feb 27th**.

Tim coached for **Mits** on **Sat Feb 29th**.

Mits is coaching for **Tim** on **Sat Mar 21st**.

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-Mar 5th (26 workouts); range 18-32; average: 23.9
 Perfect Attendance: **Cam Dawson, Joanie Conrad, Joanne Dawson, Konstantin Petoukhov**
 Missed 1 Workout: **Christian Cattan, Don Wells**
 Missed 2 Workouts: **Peter Lithgow**

7:10pm Whitecaps: Jan 6-Mar 5th (26 workouts); range 6-13; average: 9.6
 Perfect Attendance: **Stephanie Le Saux-Farmer**
 Missed 1 Workout: **Stephen Agberien**

7:30am Earlybirds: Jan 6-Mar 6th (26 workouts); range 12-22; average: 16.6
 Perfect Attendance: **Susan Hulley**
 Missed 1 Workout: **Jocelyn Pender**
 Missed 3 Workouts: **Bruce Brown, Steve Dods**

8:30am Earlybirds: Jan 6-Mar 6th (26 workouts); range 14-23; average: 18.2
 Perfect Attendance: **Kevin Graham**
 Missed 2 Workouts: **Luciara Nardon**

Thanks to those who participated in the **50 time trials on Tue Feb 18th and Wed Feb 19th**. There were **16** improvements and a tie. **Apologies for missing Ian's improvement – now added below!** 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 (5)

Marta Kolbuszewska	3.0	V
Ann Bortolotti	1.3	EB1
Mark Blenkinsop	0.7	EB2
Luciara Nardon	0.4	EB2
Ian Lorimer	0.3	EB1

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
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Great job by those who did the **100 time trial on Thu Feb 27th / Fri Feb 28th**. The largest improvements were by Alison Slater (7:10pm Whitecaps) and Flo Kellner (8:30am Earlybirds) with 6.7 and 5.7 seconds, respectively, in their 100 freestyles. The full list of improvements follows:

100 free (8)

Alison Slater	6.7	WC2
Flo Kellner	5.7	EB2
Bekah Dyck	4.2	EB2
Jocelyn Pender	2.3	EB1
Liz Chretien	1.9	WC2
Mike Stewart	0.4	WC1
Doug Brubacher	0.4	EB2
Stephen Agberien	0.3	WC2

100IM (1)

Susan Hulley	1.2	EB1
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Ask the Coach

Dear Coach: I haven't been able to swim for a while due to an ankle injury. Things are improving and I want to start swimming again, but I may need to use a pull buoy most of the time. Is that permitted? Limping Swimmer

Dear L. Swimmer: Yes, that's certainly fine. Just make sure that the coach on deck and your lane-mates are aware of the modifications that you need to make.

Dear Coach: My shoulder hurts when I swim full-stroke fly, but is fine when I swim 1-arm fly. Any suggestions? Swimmer Can't Fly

Dear S.C. Fly: If you were planning to go to competitions, my answer might be different, but as you said that's not a goal at the moment, my recommendation would be to avoid full-stroke fly and stick with 1-arm fly. The fly arm movement is especially hard on the shoulders and as no other strokes hurt, this is an easy solution.

Dear Coach: My shoulder hurts when I swim freestyle. What do you recommend? Sore Shoulder

Dear S. Shoulder: The shoulder joint is very complicated and many swimmers experience shoulder issues, especially as they get older. Here's an article with an introduction to swimmer's shoulder: <https://eatsleepswimcoach.com/swimmers-shoulder/>. Suggestions include: asking your coach to look at your technique; reducing the amount of freestyle you swim and doing other strokes; doing just kick to give your shoulders a break; seeing a physiotherapist or Sports Med Doctor to get a diagnosis, prognosis, and exercises to do.

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 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 Masters 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.swimming.ca/en/meet/35253/>

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!)

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 2nd**).

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. **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.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

lynnmar@sce.carleton.ca

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