

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Thursday, May 03, 2018 6:25 PM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; David Thibodeau
Subject: Carleton Masters Swimming Newsletter #469

Carleton Masters Swimming Newsletter #469

Thursday, May 3rd, 2018

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, Winter 2018, and Alumni: 7:30am Earlybirds I (51 addresses), 8:30am Earlybirds II (30 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (42 addresses), Saturday Only (10 addresses), and Masters Alumni (31 addresses).



PROMOTION

ZOOMER 10
MAGAZINE YEARS

After taking up swimming in her 40s, Liliane Cardinal, now 68, swims competitively at the Canadian and world levels with Masters Swimming Canada. Always up for a challenge, she recently added cycling and running to her routine and completed her first triathlon last year. "Embrace life with energy, and you will discover new possibilities."

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 Masters Swimming Canada (MSC) is one of Canada's largest adult fitness populations, representing more than 250 national community swim clubs with members of all abilities aged 18 to 105.

Congratulations to **Liliane Cardinal** (7:30am Earlybirds) on being selected by Masters Swimming Canada to be featured in the May Zoomer magazine, now on newstands. Thanks also to **Kevin Graham** (7:30am Earlybirds) and **John Weston** (7:30am Earlybirds) for their help as videographers. **Liliane** is also featured in the ad above, and on ZoomerTV: <https://www.youtube.com/watch?v=aHPzw5FrcOU>. What a fantastic opportunity and experience for **Liliane**!

Masters Swimming Program Notes

- Information on the **Spring** session, starting **Mon May 14th**, is near the end of the newsletter.
 - There are currently just **2** spots left in the 6pm Whitecaps for the Spring session.
 - The other groups still have a fair amount of space.
 - A reminder that the workout on **Sat May 19th** is later than usual: **10:45-11:55am**.
 - There are **no workouts Mon May 21st** (Victoria Day)
- As the pool annual maintenance is proceeding slightly ahead of schedule, the pool is going to reopen two days early on **Sat May 12th**. In celebration there will be two free Masters interim workouts that morning -- details below.
- Information on the **Summer** session is below. Registration starts tomorrow, **Fri May 4th at 8:00am**.

Free Interim Workouts: Sat May 12th: 8:05-9:15am and 9:15-10:25am

As the pool is opening two days earlier than originally scheduled, we will hold two free interim workouts open to all Carleton Masters swimmers on **Sat May 12th: 8:05-9:15am and 9:15-10:25am**. So that we can ensure that numbers are reasonable, if you plan to attend, please indicate which workout on this Google sheet: <https://docs.google.com/spreadsheets/d/1yPsgVphVeLBQ9lpNsGvmOKvEwUGdfILsyPcGuk81LDM/edit?usp=sharing>. The workout theme is short/mid-distance choice. Coach(es) TBD.

Summer Session Information

Registration for the **Summer Masters** session starts **8am Fri May 4th**. A reminder that Masters is open to members only. If you sign up for either 7:30am or 6pm, Saturdays are **included** for the Summer session. You may also sign up for Saturdays only.

Summer 2018: Tue Jul 3rd to Sat Sept 1st; no workouts Mon Jul 2nd or Mon Aug 6th

7:30am Earlybirds: 7:30-8:30am MWF (deep) and 12:15-1:25pm Sat (shallow): barcode 15320; cost: \$102+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh (deep) and 12:15-1:25pm Sat (shallow): barcode 15325; cost \$112+HST

12:15pm Saturday ONLY: 12:15-1:25pm Sat (shallow): barcode 15322; cost: \$38+HST

Swimmer Notes

Swimmer Updates:

- In association with National Health and Fitness Day, **Wed May 9th** is Swim Day on the Hill. The event starts at noon in front of the Centre Block. **Pierre Lafontaine** is the MC and **John Weston** (7:30am Earlybirds) is the founding President of the National Health and Fitness Foundation which organizes this event. More details here:

<https://www.nhfdcan.ca/swim-day-on-the-hill>. Other upcoming dates: **Tue May 29th** is Bike Day on the Hill, and **Sat Jun 2nd** is National Health and Fitness Day. More details: <http://nancygreeneraine.ca/fr/national-health-fitness-day/>.

- Congratulations to **Bill Westcott** (6pm Whitecaps) on his new coaching position with Technosport! Here are the details from **Duane Jones**: <https://www.facebook.com/Technosport/posts/1879758418761095>.

- Congratulations to **Debby Whately** (6pm Whitecaps) on her retirement from the Ottawa Hospital Virus Lab on April 27th.

- **John Weston** (7:30am Earlybirds) splits his time between Ottawa and Vancouver, and two years ago the Masters group that he had been swimming with in Vancouver added a requirement that swimmers had to be able to swim 400m in 8:00 or less. At that time, his time was 8:33. Last week he completed the 400m in 7:55! Congratulations, **John**. A lot of hard work went into that big improvement!

- Volunteers needed: Researchers at uOttawa are looking into the effects of heat stress on the health and performance of individuals, including older adults and those with chronic health conditions such as Type 2 diabetes and hypertension. Those who participate get a free fitness assessment, including a VO2max test and hydrostatic weighing to determine body fat

percentage. For more details contact: **Samah Saci** (samahsaci93@gmail.com) or **Dr. Glen Kenny** (gkenny@uottawa.ca; 613-562-5800 x4282).

- A swimmer is asking for swimmers and non-swimmers to complete his survey on market research: https://www.surveymonkey.co.uk/r/Form_need_you.

- **Matt Tucciarone** (7:30am Earlybirds)'s paddles have been claimed, but the bottle of Lipikar shower gel is still free to a good home. Let me know if you would like it.

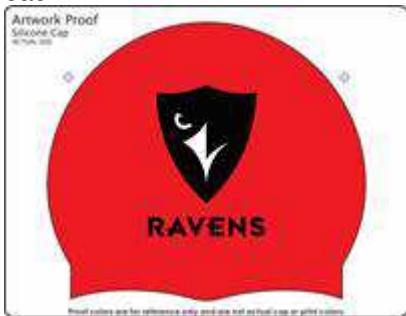
- In a previous newsletter, I included a link to information on the Hammer Head Swim Cap, which helps reduce concussions for swimmers. Their web page is: <https://www.hammerheadswimcaps.com/>. The caps will be available starting around April. Each costs US\$34.95 and currently shipping to Canada is not available. **Susan Hulley** (7:30am Earlybirds) is interested in getting a cap. If others are interested, please let me know and I can investigate a group price and shipping to Canada.

- The Ontario Masters Swimming Advocates (OMSA) are a group of concerned Masters club leaders, coaches and swimmers who believe the current state of Masters Swimming in Ontario can be improved. Please see this [Facebook site](#) for more details.

- Carleton University Whitecaps swim caps, great for training and competition, are available for \$5 each:



- For those who prefer silicone caps, Carleton Varsity swim caps are available as a fundraiser for the Varsity team for \$15 each:



News and Links:

- Seventeen Ways to Drive Your Swim Coach Nuts: <https://swimswam.com/17-ways-drive-swim-coach-nuts/>

- The Three Stages of Proper Swim Development: <https://www.trainingpeaks.com/blog/3-stages-proper-swim-development/>

- Physical and Mental Benefits of Swimming: <https://www.medicalnewstoday.com/articles/321496.php>

- Cross Over Swim Kick: <https://swimswam.com/cross-swim-kick/>

- Do We Need a Cool-Down After Exercise? A Narrative Review of the Psychophysiological Effects and the Effects on Performance, Injuries and the Long-Term Adaptive Response [thanks to **Sheila Kealey** (8:30am Earlybirds)]:

<https://link.springer.com/article/10.1007/s40279-018-0916-2>

- Debunking the Myth of Exercise-Induced Immune Suppression: Redefining the Impact of Exercise on Immunological Health Across the Lifespan [thanks to **Sheila Kealey** (8:30am

Earlybirds)]: <https://www.frontiersin.org/articles/10.3389/fimmu.2018.00648/full>

- Eleven Healthy-Eating Tips that Just Aren't True: <https://www.foodnetwork.com/healthy/packages/healthy-every-week/healthy-tips/11-healthy-eating-myths-that-just-arent-true>

- Why Men Quit and Women Don't: <https://www.nytimes.com/2018/04/20/opinion/boston-marathon-women-nurse.html>

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.

Spring Session Information

Dates: Mon May 14th to Sat Jun 30th; excluding Mon May 21st. Interim workouts: Sat May 12th.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End: **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Mon: Shallow End; Tue/Thu: Deep End: Mon: **Sean**; Tue/Thu: **David**

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

8:15am Saturdays, **except 10:45am on Sat May 19th**; Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Lynn is coaching for **Sean** on **Mon May 14th**.

Fin Day:

Thu Jun 7th / Fri Jun 8th

Time Trials:

Thu Jun 14th / Fri Jun 15th: timed 200 choice or 400 IM/free

Tue Jun 19th / Fri Jun 20th: timed 50 and 100 choice

Mon Jun 25th: timed 800 / 1500fs

Thu Jun 28th / Fri Jun 29th: “funner” day (e.g. relays)

This information and more can be found with the Spring workout themes at: <http://carletonmasters.tripod.com/mastplansprsum18.pdf>.

Ask the Coach

Dear Coach: Due to the extra-long shutdown this year, will any membership fees be refunded? Masters Swimmer

Dear M. Swimmer: To compensate for the longer shutdown (a little under a week longer than usual), all those with **swim-only memberships** will have an extra week added to their membership term for free. Programming the cards with their new expiry date is in progress. All Masters swimmers are also invited to the free interim workouts on Sat May 12th.

Dear Coach: What should I bring to a swim meet? New Competitive Swimmer

Dear N.C. Swimmer: Beyond the obvious: swim suit, cap, goggles, towel, and shower needs (shampoo, etc.), I recommend that you have deck shoes (and socks), plus lots of warm clothes to wear between events, plus an extra towel or two, or a shammy. Keeping warm and dry between events saves energy. Bring a water bottle, and optionally some sports drink powder to mix in, and keep well hydrated. Some easily digested snacks are also recommended. Spares of necessary equipment (e.g. cap, goggles, swim suit) are also a good idea.

Masters Swimming Competitions

This year, you have several options for registration for competitions:

1. You can still register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times are not accepted by MSC (e.g. for the Top 20 rankings) and are not recognized by FINA. This costs **\$25** 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, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$75** 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 **\$90** for Sept 1st to Aug 31st.

Note that the Carleton Masters club code is CARMA (no longer CAPS as that is being used by a team in Calgary).

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, will likely be MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals in Calgary, 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.**

Global Swim Series: <https://globalswimseries.com/races/>

Fri-Sun May 4-6th SO Ontario Provincials, Barrie (SO Sanctioned)

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

Sat-Mon May 19-21st Canadian Nationals, Calgary <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>, <https://www.mastersswimmingcanada.ca/WP/en/2018-msc-nationals/>

Sat Jun 2nd Longueuil Masters Meet (Long Course) <https://swimming.ca/en/meet/21406/>

June 5-10th First International European-Asian Amateur Aquatic Competition, Athens (pool and open water)

<https://regswim.org/> <https://www.facebook.com/icas.sport/>

July 28 to Aug 4th Pan Am Masters Swim Championships Orlando, Florida (Long Course)

<http://www.2018panammasters.com/swimming.html>

Sat Sept 8th Amphibious Challenge (swim, run mixture), Pembroke <http://www.amphibiouschallenge.ca/>

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.)

Sun Apr 22nd Spring Fling Running Thing Half Marathon, Smiths Falls (47 participants)

Congratulations to **Margaret** on the podium finish! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93193>.

Margaret King (7:30am Earlybirds; 55-59): 12th overall; 3rd woman and 1st in category in 1:46:40.5 (chip 1:46:35.7)

Thu-Sun Apr 26-29th La Classique Sportheque Squash Tournament, Gatineau

Congratulations to **Luz Osorio** (6pm Whitecaps) on winning the women's C consolation final! Details here: <https://www.sportyhq.com/tournament/view/La-Classique-Sportheque-2018-1>.

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://www3.sympatico.ca/chberger/#canada> (last update **Apr 30th**).

Private and Semi-Private Masters Swim Lessons

Spring Schedule:

Mon/Fri 9:35-10:35am

Mon/Wed noon-1pm

Tue/Thu 4:00-5:00pm

Mon/Wed 5:00-6:00pm (late June only)

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

Spring Session Information

Registration for the **Spring Masters** session is available. The strike is affecting Athletics, so the Summer program information and registration start date is not yet available. A reminder that Masters is open to members only. Students who are not taking summer courses will need to purchase a Summer membership (special prices available until Apr 30th).

Spring 2018: Mon May 14th to Sat Jun 30th; no workouts Mon May 21st

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 15318; cost: \$70+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 15319; cost: \$70+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 15323; cost \$78+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 15324; cost: \$70+HST

8:15am Saturday Earlybirds: 8:15-9:25am (**May 19th:** 10:45-11:55am) Sat (shallow): barcode 15321; cost: \$30+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. (The Montreal Road location has closed.) 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:

Team Photos:

A big thank you to Coach **Sean Dawson** for organizing team photos, and to all those who were able to take part:

Fall 2017 Morning groups: <http://carletonmasters.tripod.com/earlybirdsteam2017.pdf>.

Fall 2017 Evening groups: <http://carletonmasters.tripod.com/whitecapsteam2017.pdf>.

Fall 2016 group photos (Saturday, Morning, Evening): <http://carletonmasters.tripod.com/fall16photos.pdf>.

Fall 2015 Evening groups: <http://carletonmasters.tripod.com/2015dec17whitecaps.pdf>.

Fall 2015 Morning groups: <http://carletonmasters.tripod.com/2015dec18earlybirds.pdf>.

There are some old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

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! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

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 (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>