

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, May 18, 2018 6:54 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 #470

Carleton Masters Swimming Newsletter #470

Friday, May 18th, 2018

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, Winter 2018, and Alumni: 7:30am Earlybirds I (59 addresses), 8:30am Earlybirds II (35 addresses), 6pm Whitecaps I (53 addresses), 7:10pm Whitecaps II (40 addresses), Saturday Only (10 addresses), and Masters Alumni (26 addresses).

"I say luck is when an opportunity comes along and you're prepared for it." — Denzel Washington

**** Saturday Swimmers: The Sat May 19th workout (tomorrow!) is at 10:45am. ****

Masters Swimming Program Notes

- The Spring session started on **Mon May 14th** and runs until **Sat Jun 30th**.
 - Full details near the end of the newsletter.
 - The 6pm Whitecaps group is full for Spring: wait list available.
 - There are **3** spots left at 7:30am for Spring.
 - 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). The pool is open 1:30-4:30pm, and the fitness centre hours are 8am to 7:30pm.
- Registration is also open for Summer. Details near the end of the newsletter.
- Thanks to those who attended the free interim workouts on **Sat May 12th**.

Swimmer Notes

Swimmer Updates:

- Good luck to **Liliane Cardinal** (7:30am Earlybirds). She's the only Carleton swimmer participating in the Masters Swimming Canada Nationals in Calgary this weekend!

- On **June 24th**, **Karen Jensen** (6pm Whitecaps) will participate in the Subaru Ironman 70.3 Mont-Tremblant as a member Team Heart, in support of the University of Ottawa Heart Institute Foundation. The goal is to raise funds to purchase new and critical cardiac equipment for a new facility. Please consider sponsoring her at: http://donate.ottawaheart.ca/site/TR?px=1220353&fr_id=1201&pg=personal.

- The Department of University Safety and Parking Services will begin issuing tickets to drivers and cyclists for traffic infractions starting the week of **May 22nd**. Infractions include failing to stop at stop signs, speeding on campus and distracted driving, among others. Traffic enforcement is a key component of making our campus safe for vehicles and pedestrians. For more information about traffic infractions, how to pay tickets and other details, please go to: <http://carleton.ca/parking/enforcement/offences-and-set-fines/>.

- **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/>.

- 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).

- 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:

- Ottawa Teen **Maya Farrell** Aims to be First to Swim the Widest Part of Lake Ontario: 88km! [thanks to **Lucie Boudreau** (x-Earlybirds)]: <http://ottawacitizen.com/news/local-news/ottawa-teen-aims-to-be-first-to-swim-across-widest-part-of-lake-ontario>
- Raccoon Shuts Down Ryerson Swimming Pool in Toronto: https://www.blogto.com/sports_play/2018/05/toronto-raccoon-shuts-down-ryerson-swimming-pool/
- Book "Play On" Explores How Elite Athletes Improve with Age: <https://mobile.nytimes.com/2018/05/17/well/move/play-on-jeff-bercovici-sports-aging-fitness-athletes.html>
- The Ultimate (Evidence-Based) Guide to Recovery: <https://www.outsideonline.com/2304106/ultimate-evidence-based-guide-recovery>
- Want to Enhance Your Golden Years? Lift Weights: <http://edmontonjournal.com/health/diet-fitness/want-to-enhance-your-golden-years-then-lift-weights>
- Recommendations to Maintain Immune Health in Athletes [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://www.tandfonline.com/doi/full/10.1080/17461391.2018.1449895>
- Are Clif Bars a Healthy Snack [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://bitemywords.com/2018/05/14/are-clif-bars-a-healthy-snack/>

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 coached 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>.

Here are the weekday attendance statistics for the term so far. Please let me know of any errors or omissions.

7:30am Earlybirds: May 14-18th (3 workouts); range: 19-24; average: 22.0

Perfect Attendance: **Bruce Brown, Dawn Walsh, Christiane Wilke, Harley Gifford, Ian Lorimer, Imani Theodore, Justin Kernot, Larry Durr, Sam Hersh, Steve Dods, Susan Hulley, Ursula Scott**

8:30am Earlybirds: May 14-18th (3 workouts); range: 11-15; average: 12.3

Perfect Attendance: **Bob Tipple, Claire Owen, Isla Paterson, Marta Kolbuszewska, Robynn Allan**

6pm Whitecaps: May 14-17th (3 workouts); range: 23-31; average: 26.0

Perfect Attendance: **Dave Grynspan, Derek Woodard, Don Wells, Elaine Yardley, Jean-Louis Tiernan, Joanie Conrad, Konstantin Petoukhov, Mars Nienhuis, Peter Lithgow, Rachel Bennett, Sydney Steele**

7:10pm Whitecaps: May 14-17th (3 workouts); range: 7-9; average: 8.0

Perfect Attendance: **Kayla Bose, Stephen Agberien**

Ask the Coach

Dear Coach: Should I be doing an s-curve with my hand during the underwater pull for freestyle? Freestyle Swimmer

Dear F. Swimmer: You will do an s-curve naturally. If you focus on an s-curve, you will usually end up sweeping too wide at the top of the stroke (which puts pressure on the shoulder and doesn't generate additional propulsion), and too narrow at the end of the stroke (so you will lose power).

Dear Coach: How wide should my pull be on freestyle? Another Freestyle Swimmer

Dear A.F. Swimmer: If you had your own lane and could swim up and down on the black line on the bottom of the pool, then your left hand should always be to the left of the line, and your right hand to the right of the line.

Dear Coach: How deep should my hand be when it enters the water on freestyle. Yet Another Freestyle Swimmer

Dear Y.A.F. Swimmer: As we want the stroke to be long, with a pause at the top of the stroke, the hand should enter the water and remain just below the surface as you extend your arm for the pause at the top of the stroke. After the pause, you initiate the stroke. If you enter the water and immediately move your hand downwards, you will be forced to start the stroke almost immediately as the water will push your arm down.

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/>

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/>

Sat Jul 14th Bring on the Bay 3km swim (no MSO/SO registration required) <https://bringonthabay.com/>

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

<http://www.2018panamasters.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.)

Sat-Sun Apr 28-29th Special Olympics Swim Meet, Claude-Robillard Pool, Montreal

At this two day competition, **Melanie Heroux** (8:30am Earlybirds) received six medals, including four golds! She won 200bk, 50fl, 100fl, and 100IM. She was on the 4x50 medley relay team swimming fly and the team placed second. Finally, she received a bronze medal in 50bk. Fantastic job, **Melanie!**

Mon Apr 30th Special Olympics Bowling, Ottawa

At the final bowling night of the session, **Melanie Heroux** (8:30am Earlybirds) was shocked to receive a trophy for the highest average during the season! Congratulations, **Melanie!** And thanks also for bringing your medals and trophy to the pool so that the Earlybirds could see them!

May 1-5th Canadian Squash Championships, Calgary

Congratulations to **Luz Osorio** (6pm Whitecaps) on her silver medal in the 30+ category at the Canadian Squash Championships! Awesome!! Check out the article and podium photo: <http://www.squashontario.com/news-editor/2018/5/7/ontario-brings-home-14-medals-at-the-2018-canadian-squash-championships-in-calgary>.

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 **May 17th**).

Private and Semi-Private Masters Swim Lessons

Spring Schedule:

Mon/Fri 9:35-10:35am

Mon/Wed 11:45am-12:45pm

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 both the **Spring and Summer Masters** sessions are available. A reminder that Masters is open to members only. Students who are not taking summer courses will need to purchase a Summer membership. If you sign up for either 7:30am or 6pm for the Summer session, note that Saturdays are **included**. You may also sign up for Saturdays only.

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

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

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.slowtwitch.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>