

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Wednesday, May 30, 2018 12:32 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 #471

## Carleton Masters Swimming Newsletter #471

Wednesday, May 30<sup>th</sup>, 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).

"Life is like riding a bicycle. To keep your balance, you must keep moving." — Albert Einstein

### Masters Swimming Program Notes

- The Spring session started on **Mon May 14<sup>th</sup>** and runs until **Sat Jun 30<sup>th</sup>**.
  - The 7:30am Earlybirds and 6pm Whitecaps groups are full for Spring: wait lists available.
- Registration is open for Spring and Summer. Details near the end of the newsletter.

### Swimmer Notes

#### Swimmer Updates:

- Congratulations to **Jean-Francois Jacques** (x-Earlybirds/Whitecaps) on his engagement. The wedding will be held in 2019. **Jean-Francois** is the son of **Francois Jacques** (7:30am Earlybirds).

- Congratulations to **Ahmed Doha** (Earlybirds/Whitecaps) on his recent promotion to Associate Professor in Carleton's Sprott School of Business.

- Please let me know if you participated in the Ottawa Race Weekend -- I'm sure my results below are missing a lot of you!

- Carleton's **convocation will be held Tue Jun 12<sup>th</sup> to Fri Jun 15<sup>th</sup>**. Parking at Athletics will be problematic during the day on those dates, and permit holders may need to park elsewhere. Whenever lot 5 is closed, permit holders may park in any other legal parking spots on campus free of charge.

- On **June 24<sup>th</sup>**, **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](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 22<sup>nd</sup>**. 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:

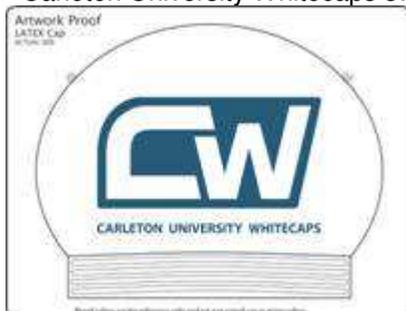
<http://carleton.ca/parking/enforcement/offences-and-set-fines/>.

- **Sat Jun 2<sup>nd</sup>** 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](mailto:samahsaci93@gmail.com)) or **Dr. Glen Kenny** ([gkenny@uottawa.ca](mailto: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:

- Swim Ottawa Club Scholarship a Tribute to founder **Tom Anzai**: <http://ottawacitizen.com/news/local-news/scholarship-a-tribute-to-swim-ottawa-founder-tom-anzai>
- Summer's Great Escape, The Joy of Diving into Water [thanks to **Ruth Fawcett** (6pm Whitecaps)]: <https://www.nytimes.com/2018/05/24/opinion/swimming-summer-memorial-day.html>
- Ankle Swimming Flexibility: <https://www.swimmingscience.net/ankle-swimming-flexibility/>
- Why the Dive is a Race's Most Important Part: <https://www.usaswimming.org/news-landing-page/2018/04/18/why-the-dive-is-a-race%27s-most-important-part>
- Ice Swim Racing is not for the Faint of Heart - Literally: <https://www.cnn.com/2018/04/20/health/winter-ice-swimming-sweden-sport-fit-nation/index.html>
- How to Develop Next Level Resilience in the Pool: <https://swimswam.com/develop-next-level-resilience-pool/>
- Learn to Love Yourself (Swimming Exposes Flaws): <https://swimswam.com/learning-to-love-yourself/>

**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 14<sup>th</sup> to Sat Jun 30<sup>th</sup>; excluding Mon May 21<sup>st</sup>. Interim workouts: Sat May 12<sup>th</sup>.

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 19<sup>th</sup>**; Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

**Sean** coached for **David** on **Tue May 29<sup>th</sup>**.

### Fin Day:

Thu Jun 7<sup>th</sup> / Fri Jun 8<sup>th</sup>

### Time Trials:

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

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

Mon Jun 25<sup>th</sup>: timed 800 / 1500fs

Thu Jun 28<sup>th</sup> / Fri Jun 29<sup>th</sup>: "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 14-30<sup>th</sup> (7 workouts); range: 19-26; average: 23.4

Perfect Attendance: **Bruce Brown, Harley Gifford, Justin Kernot, Larry Durr, Sam Hersh, Steve Dods, Susan Hulley, Ursula Scott**

**8:30am Earlybirds:** May 14-30<sup>th</sup> (7 workouts); range: 11-21; average: 15.6

Missed 1 Workout: **Adrian Finn, Bill Gregg, Bob Tipple, Isla Paterson, Janine Debanne, Lisa Meyer, Marta Kolbuszewska, Robynn Allan, Rod Haney, Sheila Kealey**

**6pm Whitecaps:** May 14-29<sup>th</sup> (7 workouts); range: 23-31; average: 25.9

Perfect Attendance: **Don Wells, Jean-Louis Tiernan, Joanie Conrad, Konstantin Petoukhov**

**7:10pm Whitecaps:** May 14-29<sup>th</sup> (7 workouts); range: 7-14; average: 11.0

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

## Ask the Coach

**Dear Coach:** Do your arms or your legs generate more propulsion when swimming? Improving Swimmer

Dear I. Swimmer: It depends on the stroke and the distance being swum. Breaststroke is the stroke that uses the most leg propulsion. Fly is second. Backstroke and freestyle rely more on the arms for propulsion, especially over longer distances. While elite level swimmers kick hard in all their races, and also kick underwater for long distances after each turn, this is not realistic for most Masters swimmers and Triathletes.

**Dear Coach:** What stretching exercises do you recommend for swimmers? Stretching Swimmer

Dear S. Swimmer: Key areas to stretch include the ankles and shoulders. Lack of flexibility in those joints can reduce your ability to streamline in the water, and thus increase drag. Here are some exercises for the ankles:

<http://www.stack.com/a/6-ankle-strength-and-flexibility-tips-for-swimmers>, and for the shoulders: <https://swimswam.com/4-exercises-to-strengthen-the-shoulders/> and <https://www.usms.org/fitness-and-training/articles-and-videos/articles/shoulder-exercises-for-swimmers>.

## 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 1<sup>st</sup> to Aug 31<sup>st</sup>. 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 1<sup>st</sup> to Aug 31<sup>st</sup>. 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 1<sup>st</sup> to Aug 31<sup>st</sup>.

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

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

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

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

Sat Jul 14<sup>th</sup> Bring on the Bay 1.5 and 3km swims (no MSO/SO registration required) <https://bringonthebay.com/>

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

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

Sat Aug 11<sup>th</sup> Riverkeeper 750m, 1.5km, and 4km swims (no MSO/SO registration required); rain date Sun Aug 12<sup>th</sup>

<https://www.ottawariverkeeper.ca/riverkeeper-4k/>

Sat Sept 8<sup>th</sup> 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-Mon May 19-21<sup>st</sup> Canadian Masters Swim Championships, Calgary

Congratulations to **Liliane** on her great results. She swam a lot of long events, a very tough ask given Calgary's altitude! Winning four medals when in her last year in her age group is awesome!! Full results:

<https://www.mastersswimmingcanada.ca/ms/web/stats/meets/narrowMeet.php?MeetID=928>.

**Liliane Cardinal** (7:30am Earlybirds; 65-69): **1<sup>st</sup>** 200fl (6:33.59); **2<sup>nd</sup>** 400IM (11:33.09); **3<sup>rd</sup>** 100fl (2:54.99), 200IM (5:19.25); 4<sup>th</sup> 200bk (5:24.81), 200br (5:43.24), 100IM (2:30.28)

### **Sat May 19<sup>th</sup> Earlybird Triathlon**

If I missed anyone, please let me know. My brain wasn't functioning too well after starting so many swimmers. Congratulations to **Erin** and **Julia** on their podium finishes!

#### **Sprint Triathlon** (500m/22k/5k; 175 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93327>

**Erin McRae** (6pm Whitecaps; 20-24): 23<sup>rd</sup> overall, 6<sup>th</sup> female, and **2<sup>nd</sup>** in category in 1:16:42.3 (8:30 swim)

#### **Long Triathlon** (500m/33k/5k; 96 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93325>

**Julia Aimers** (8:30am Earlybirds; 50-54): 40<sup>th</sup> overall, 10<sup>th</sup> female, and **2<sup>nd</sup>** in category in 1:45:44.0 (10:23 swim)

### **Sat-Sun May 26-27<sup>th</sup> Tamarack Ottawa Race Weekend**

Please let me know if you participated! I'm sure I missed lots of Carleton swimmers. Congrats to **Sheila** and **Nancy** on the podium finishes, and to **Margaret** for qualifying for the Boston Marathon!

#### **5km** (6895 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93395>

**Christian Cattan** (6pm Whitecaps; 35-39): 125<sup>th</sup> overall; 112<sup>th</sup> man, and 14<sup>th</sup> in category in 20:10.9

**Sheila Kealey** (8:30am Earlybirds; 50-54): 152<sup>nd</sup> overall; 20<sup>th</sup> woman, and **2<sup>nd</sup>** in category in 20:35.3

#### **10km** (7401 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93396>

**Nancy Manning** (8:30am Earlybirds; 60-64): 1018<sup>th</sup> overall; 239<sup>th</sup> woman, and **2<sup>nd</sup>** in category in 50:28.3

**Julia Aimers** (8:30am Earlybirds; 50-54): 2757<sup>th</sup> overall; 1007<sup>th</sup> woman, and 51<sup>st</sup> in category in 59:14.5

#### **Kids Marathon** (1.2km; 1291 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93397>

**Georgia Stewart** (daughter of **Jennifer Stewart**; 6pm Whitecaps; 9-10): 338<sup>th</sup> overall, 116<sup>th</sup> girl, and 57<sup>th</sup> in category in 4:13.3

#### **Half-Marathon** (21.1km; 7615 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93398>

**Konstantin Petoukhov** (6pm Whitecaps; 35-39): 301<sup>st</sup> overall; 255<sup>th</sup> man, and 42<sup>nd</sup> in category in 1:34:11.6

**Dave Gynspan** (6pm Whitecaps; 40-44): 1375<sup>th</sup> overall; 1051<sup>st</sup> man, and 145<sup>th</sup> in category in 1:47:32.7

**Gi Wu** (6pm Whitecaps; 30-34): 1885<sup>th</sup> overall; 1373<sup>rd</sup> man, and 194<sup>th</sup> in category in 1:51:39.8

**Stephane Raynaud** (6pm Whitecaps; 45-49): 5318<sup>th</sup> overall; 2986<sup>th</sup> man, and 440<sup>th</sup> in category in 2:16:44.1

#### **Marathon** (42.2km; 2853 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93399>

**Nicole "3:50 Pace Bunny" Mikhael** (6pm Whitecaps; 35-39): 1066<sup>th</sup> overall; 199<sup>th</sup> woman, and 33<sup>rd</sup> in category in 3:49:51.4 (great job, pace bunny!)

**Margaret King** (7:30am Earlybirds; 55-59): 1312<sup>th</sup> overall; 270<sup>th</sup> woman, and 11<sup>th</sup> in category in 3:58:39.7

**Glen Paradis** (7:30am Earlybirds; 45-49): 1769<sup>th</sup> overall, 1337<sup>th</sup> man, and 222<sup>nd</sup> in category in 4:20:21.4 (PB!)

**Wendy Gifford** (wife of **Harley Gifford**; 7:30am Earlybirds; 55-59): 1836<sup>th</sup> overall, 463<sup>rd</sup> woman, and 25<sup>th</sup> in category in 4:23:34.3

### **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 26<sup>th</sup>**).

### **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 14<sup>th</sup> to Sat Jun 30<sup>th</sup>; no workouts Mon May 21<sup>st</sup>**

**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 19<sup>th</sup>:** 10:45-11:55am) Sat (shallow): barcode 15321; cost: \$30+HST

**Registration** for the **Summer Masters** session starts **8am Fri May 4<sup>th</sup>**. 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 3<sup>rd</sup> to Sat Sept 1<sup>st</sup>; no workouts Mon Jul 2<sup>nd</sup> or Mon Aug 6<sup>th</sup>**

**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:** 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! 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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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