

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, June 23, 2018 4:46 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 #473

Carleton Masters Swimming Newsletter #473

Saturday, June 23rd, 2018

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, Winter 2018, Spring 2018, and Alumni: 7:30am Earlybirds I (59 addresses), 8:30am Earlybirds II (35 addresses), 6pm Whitecaps I (54 addresses), 7:10pm Whitecaps II (40 addresses), Saturday Only (12 addresses), and Masters Alumni (26 addresses).



Congratulations to **Christiane Guibord** (8:30am Earlybirds) and **Sebastien Robillard-Cardinal** (7:10pm Whitecaps) on the arrival of **Marie-Hélène** on Apr 30th. Here's big sister, **Evelyne**, holding **Marie-Hélène**.

Masters Swimming Program Notes

- **Spring Session:**
 - The Spring session runs until **Sat Jun 30th**. (The **Sat Jun 30th** workout is at **8:15am**.)
 - My apologies to the Whitecaps for my absence on **Tue Jun 12th**, when I had agreed to coach for **David**. A very big thank you to **Sean** for arriving to swim and saving the day! Ironically, I was at a coaching course where we discussed avoiding missing appointments.
- **Canada Day Long Weekend:**
 - Note that the Carleton **pool and fitness centre are closed on Sun Jul 1st**. The only **public swim on Mon Jul 2nd (statutory holiday)** is from **1:30-4:30pm**.
- **Summer Session:**
 - The Summer session starts on **Tue Jul 3rd (evenings)**, **Wed Jul 4th (mornings)** and/or **Sat Jul 7th (Saturday only)**.
 - There are **no Masters workouts on Mon Jul 2nd**.
 - The only groups running for the Summer session are the 6pm Whitecaps, 7:30am Earlybirds, and 12:15pm Saturdays.
 - If you have signed up for 6pm or 7:30am for summer, then Saturdays are **included**. You may also sign up for Saturdays only.
 - All summer Saturday workouts are at **12:15pm**.
 - Registration is open for Summer. Details near the end of the newsletter.
 - The summer groups are starting to fill. Sign up soon to avoid disappointment!

TritonWear Sessions for Carleton Masters Swimmers: Tue Jun 26th and Wed Jun 27th

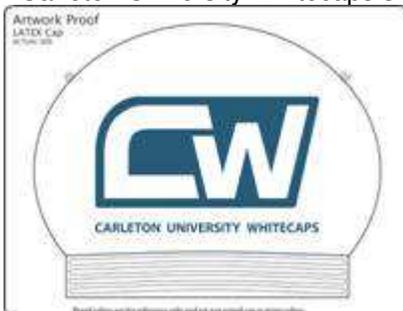
Megan Holtzman (8:30am Earlybirds) works for TritonWear, who have developed a device that monitors metrics for swimmers, see: <https://www.tritonwear.com/>, and <https://www.tritonwear.com/en/how-it-works/>. Some of her colleagues will be in Ottawa next week and are doing free demos of their swim tracker. They will be at the Carleton Masters workouts on the evening of **Tue Jun 26th** and the morning of **Wed Jun 27th**. Those who are interested will be videotaped while wearing the device for a 200m (or 100m) IM (or freestyle) to get some valuable feedback on their swimming. Participation is optional and only those who opt in will be videotaped. So that we can gauge interest and ensure that all those who wish to participate get a chance, please indicate your interest by adding your name under the workout that you will attend in this Google Sheet: <https://docs.google.com/spreadsheets/d/1BuOPfb79BfYZZ2dCP3sxxwqJV99c84SfuXCD4HOT4USM/edit?usp=sharing>.

Swimmer Notes

Swimmer Updates:

- Our condolences to coach **David Thibodeau** on the passing of his father. **David** has gone home to New Brunswick for about 10 days. **Sean** has kindly agreed to coach for **David** until he gets back.
- Best wishes for a speedy recovery to coach **Sean Dawson**. He fractured his hand in a fall off his bicycle, so will be out of the pool for a while.
- Congratulations to **Gi Wu** (6pm Whitecaps) and his wife, **Yu Geng**. They are expecting baby #2 in August.
- **Julia Aimers** (8:30am Earlybirds, julia@pbest.ca) is looking for volunteers for the Mike Collingwood Meech Lake Triathlon: <http://www.meechlaketri.ca/>. Please e-mail Julia if you are interested.
- Thanks to those who participated in the HeadStartPro filming on **Mon Jul 11th**. They will send a link to a drop box of their video clips once it is ready, and I will pass that along. I attended their coaching course on mental training and avoiding injury on **Tue Jun 12th** and wrote a short summary for those who are interested: <http://www3.sympatico.ca/lynnmarshall/HeadStartProCourseSummary.pdf>.
- On **Sun Jun 24th**, **Karen Jensen** (6pm Whitecaps) will participate in the Olympic Distance race at 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.

- 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:

- Swimmer **Katie Ledecky** on the Cover of National Geographic: Building a Better Athlete:

<https://www.nationalgeographic.com/magazine/2018/07/building-a-better-athlete/>

- Interval Training: The Best Exercise for Aging Muscles: <https://www.nytimes.com/2017/03/23/well/move/the-best-exercise-for-aging-muscles.html>

Why Perfectionists Get More Shin Splints (i.e. More Injuries) [Thanks to **Sheila Kealey** (8:30am Earlybirds)]:

<https://www.outsideonline.com/2317016/why-perfectionists-get-more-shin-splints>

- How to get Stronger After 50: <https://www.outsideonline.com/2317251/heres-how-get-stronger-after-50>

- Exercise vs. Standing: You Need to do Both: <https://www.nytimes.com/2018/06/13/well/exercise-vs-standing-you-probably-need-to-do-both.html>

- Indigenous Raramuri Runner (in Dress and Sandals) Places 3rd in Ultramarathon:

<https://mexiconewsdaily.com/news/raramuri-runner-places-third-in-ultramarathon/>

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.

Sean coached for **Lynn** who was supposed to coach for **David** on **Tue Jun 12th**.

Sean is coaching for **David** on **Tue Jun 26th** and **Thu Jun 28th**.

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 / Wed 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-Jun 22nd (17 workouts); range: 16-26; average: 22.2

Perfect Attendance: **Bruce Brown, Justin Kernot, Ursula Scott**

Missed 1 Workout: **Harley Gifford**

Missed 2 Workouts: **Bill Meyer, Imani Theodore, Liliane Cardinal, Steve Dods, Susan Hulley,**

8:30am Earlybirds: May 14-Jun 22nd (17 workouts); range: 11-21; average: 16.5

Missed 1 Workout: **Adrian Finn, Isla Paterson, Lisa Meyer**

6pm Whitecaps: May 14-Jun 21st (17 workouts); range: 19-31; average: 25.3

Perfect Attendance: **Derek Woodard, Konstantin Petoukhov**

Missed 1 Workout: **Dave Grynspan, Debby Whately, Peter Lithgow**

Missed 2 Workouts: **Don Wells, Mars Nienhuis, Nicole Delisle**

7:10pm Whitecaps: May 14-Jun 21st (17 workouts); range: 7-17; average: 11.4

Perfect Attendance: **Stephen Agberien**

Missed 2 Workouts: **Stephanie Le Saux-Farmer**

Thanks to all those who participated in the **200 or 400 time trial on Thu Jun 14th / Fri Jun 15th**. There were 13 improvements and 1 tie. The biggest improvement (per 100m) was by **Janine Debanne** (8:30am Earlybirds) with a 17.4 second improvement in 200 free. **Konstantin Petoukhov** (6pm Whitecaps) also improved by 17.4 seconds, but in 400 free. A full list of improvements follows:

200fs (7 and 1 tie)

Janine Debanne	17.4	EB2
Stephen Agberien	7.5	WC2
Bogdan Djerkovic	6.0	WC1
Lisa Sharp	5.3	WC2
Derek Woodard	3.3	WC1
Bill Meyer	2.9	EB1
Liliane Cardinal	1.6	EB1
Susan Hulley	0.0	EB1

400fs (5)

Konstantin Petoukhov	17.4	WC1
Andrea Chandler	5.2	WC1
Erin McRae	2.2	WC1
Mars Nienhuis	1.6	WC1
Julia Aimers	0.2	EB2

400IM (1)

Megan Holtzman	2.4	EB2
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Great job by those doing the timed **50 and 100 on Tue Jun 19th / Wed Jun 20th**. There were 18 improvements. The largest was by **David Moore** (6pm Whitecaps) with a 9.5 second improvement in 100 back. **Justin Kernot** (7:30am Earlybirds) and **Stephen Agberien** (7:10pm Whitecaps) improved by 3 and 2.6 seconds, respectively, in 50 breast and free. **David, Megan Holtzman** (8:30am Earlybirds), and **Bogdan Djerkovic** (6pm Whitecaps) each improved in both their time trials! Here's the full list:

50fs (5)

Stephen Agberien	2.6	WC2
Bryn Livingstone	2.4	EB2
Megan Holtzman	1.0	EB2
Bogdan Djerkovic	0.9	WC1
Sydney Steele	0.6	WC1

100fs (7)

Sam Gamble	3.1	WC2
Claire Owen	1.1	EB2
Bill Meyer	1.0	EB2
Bogdan Djerkovic	0.6	WC1
Peter Lapner	0.5	WC1
Mars Nienhuis	0.3	WC1
Konstantin Petoukhov	0.2	WC1

100bk (1)

David Moore	9.5	WC1
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50br (1)

Justin Kernot	3.0	EB1
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50fl (2)

Derek Woodard	1.1	WC1
David Moore	0.1	WC1

100IM (2)

Susan Hulley	4.4	EB1
Megan Holtzman	1.7	EB2

Summer Session Information

Dates: Tue Jul 3rd to Sat Sept 1st; excluding Mon Jul 2nd and Mon Aug 6th.

The usual pool allocations and coaches are as follows:

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

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

12:15pm Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Sean is coaching for **David** on **Tue Jul 3rd**.

There will be a **sub-coach** for **Lynn** on the morning of **Mon Jul 23rd**, so the **Earlybirds** 100 and 50 time trials have been moved to **Wed Jul 25th**. (The 100 and 50 time trials will still be on Mon Jul 23rd for the Whitecaps.)

Fin Day:

Thu Aug 2nd / Fri Aug 3rd

Time Trials:

Mon Jul 16th: timed 400 free or IM

Mon Jul 23rd p.m. / **Wed Jul 25th**: timed 100 and 50 choice

Tue Aug 7th / Wed Aug 8th: timed 800 / 1500fs

Tue Aug 14th / Wed Aug 15th: timed 200 choice

Thu Aug 30th / Fri Aug 31st: "funner" day (e.g. relays)

This information and more can be found with the Summer workout themes

at: <http://carletonmasters.tripod.com/mastplansprsum18.pdf>.

Ask the Coach

Dear Coach: I'd like to borrow or buy a men's wet-suit for the Bring on the Bay swim. Any recommendations? New Open Water Swimmer

Dear N.O.W. Swimmer: I suggest that you post on TriRudy.com about this, but perhaps readers have some suggestions?

Dear Coach: I'm doing my first triathlon and would like to buy a women's tri-suit. Where in Ottawa would you recommend that I look? New Triathlete

Dear N. Triathlete: Again, I suggest that you post on TriRudy.com about this, but perhaps readers have some suggestions?

Dear Coach: I have trouble with my backstroke. Any tips? A Breaststroker

Dear A. Breaststroker: The most important things in backstroke are body position and body roll. To improve your body position, work on keeping your ears underwater and bringing your chest towards your chin. And think about having one shoulder out of the water -- the one connected to the arm that is in the air.

Dear Coach: Can you please explain the back to breaststroke turn in IM? Confused Swimmer

Dear C. Swimmer: As the end of the backstroke leg in an IM is considered a backstroke "finish" you must touch the wall while still on your back. Thus you are not permitted a flip turn, as you are from backstroke to backstroke. Thus, touch the wall on your back and push off on your stomach to start the breaststroke. Ask your coach for a clinic if you needs tips to make this turn faster.

Dear Coach: When breathing in freestyle, should I focus on turning my head or on turning my body and shoulders? Improving My Freestyle

Dear I.M. Freestyle: I recommend concentrating on turning your head with your shoulder. In fact, the head turns further than the shoulder, but you want them to turn at the same time. Note that your shoulders should move (rotate) the same amount whether you are breathing or not.

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.**

Sat Jun 23rd Technosport 2k Meech Lake Swim (no MSO/SO registration required) <https://www.technosport.ca/swim/open-water-swim-ottawa/>
Sat Jul 7th Mike Collingwood Meech Lake Triathlon <http://www.meechlaketri.ca/>
Sat Jul 7th King Wolf 5k and 10k Swims <https://www.kingwolfswim.com/shop>
Sat Jul 14th Bring on the Bay 1.5 and 3km Swims (no MSO/SO registration required) <https://bringonthebay.com/>
Sat Jul 14th London (ON) Sunset Outdoor LC Meet <https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Jul 21st Technosport 3k Meech Lake Swim (no MSO/SO registration required) <https://www.technosport.ca/swim/open-water-swim-ottawa/>
July 28 to Aug 4th Pan Am Masters Swim Championships Orlando, Florida (Long Course) <http://www.2018panammasters.com/swimming.html>
Sat Aug 11th Technosport 4k Meech Lake Swim (no MSO/SO registration required) <https://www.technosport.ca/swim/open-water-swim-ottawa/>
Sat Aug 11th Riverkeeper 750m, 1.5km, and 4km swims (no MSO/SO registration required); rain date Sun Aug 12th <https://www.ottawariverkeeper.ca/riverkeeper-4k/>
Sun Aug 26th Toronto Island Lake Swim: 750m, 1.5k, or 3.8k (no MSO/SO registration required) <https://www.torontoislandlakeswim.com>
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 Jun 9th Lachine Dragon Boat Festival

Congratulations to the ByTown Dragon Boat teams on their results at the Lachine Festival. Full results: <https://www.missiondragonboat.com/wp-content/uploads/2018/06/lachine2018-results.pdf>.

Sun Jun 17th Ironman 70.3 Syracuse (1.9k/90k/21.1k)

Congratulations to **Margaret** on the age group win (by over 10min!) -- awesome job!! Full results: <http://www.ironman.com/triathlon/events/americas/ironman-70.3/syracuse/results.aspx#axzz5JHHscwrn>.

Margaret King (7:30am Earlybirds; 55-59): 264th overall; 40th woman, and 1st in category in 5:58:21 (33:57 swim)

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 **June 11th**).

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.

Summer Schedule: coming soon!

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 and Summer 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: 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).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

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