

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, August 18, 2018 7:31 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 #477

Carleton Masters Swimming Newsletter #477

Saturday, August 18th, 2018

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, Winter 2018, Spring 2018, Summer 2018, and Alumni: 7:30am Earlybirds I (70 addresses), 8:30am Earlybirds II (36 addresses), 6pm Whitecaps I (59 addresses), 7:10pm Whitecaps II (40 addresses), Saturday Only (13 addresses), and Masters Alumni (27 addresses).

"There's always something to suggest that you'll never be who you wanted to be. Your choice is to take it or keep on moving." – Phylicia Rashad

Masters Swimming Program Notes

- The Summer session runs from Tue Jul 3rd to Sat Sept 1st, inclusive.
 - All summer Saturday workouts are at 12:15pm.
- The Fall session runs from Wed Sept 5th to Thu Dec 20th, inclusive.
 - There are **no Masters workouts on Mon Sept 3rd (Labour Day) or on Tue Sept 4th.**
 - The only public swim on Mon Sept 3rd is 1:30-4:30pm. Public swims run as usual on Tue Sept 4th.
 - There is still space in all groups for Fall, but 6pm Whitecaps and 7:30am Earlybirds are getting close to full.

Fall/Winter Registration

Registration for Fall **and** Winter Masters is underway. Masters is a members-only program with no student discount. Registration can be done in person or by phone: 613-520-4480. Note that membership information will be in the old (CLASS) system, while the program registration will be done in the new (FUSION) system. There are likely to be some growing pains, and while the staff has been trained, please be patient! If there are any major issues with your registration, please contact **Fran Craig** (fran.craig@carleton.ca; 613-520-2600 x8441). Originally, the Winter registration was going to be in October, but that has been moved forward **only** for Masters swimming, which will save time for those who want to register for both. Eventually the new system will allow on-line registration for Masters, which will make life easier for everyone. Note that the new system does ***not*** have barcodes. When you register, please identify the program(s) by the name and time of the swims. As per usual, for Fall and Winter, if you want to swim on Saturdays, that is a separate registration. The Masters program information is also available on the web site: <http://carletonmasters.tripod.com/>.

Fall 2018: Wed Sept 5th to Thu Dec 20th; no workouts Mon Oct 8th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$165+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$150+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

Winter 2019: Wed Jan 2nd to Sat Apr 13th; no workouts Mon Feb 18th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$165+HST: Note that there is a workout on **Wed Jan 2nd**.

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$150+HST: Note that there is a workout on **Wed Jan 2nd**.

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

Swimmer Notes

Swimmer Updates:

- Congratulations to **Francois Jacques** (7:30am Earlybirds) for being in the news for his medical research: <http://www.cbc.ca/news/canada/ottawa/ottawa-paul-dewar-cancer-clinical-trial-1.4787041>.

- Awesome job by **Mars Nienhuis** (6pm Whitecaps) at the Welland 10k Swim. Details in the "Race Results" section.

- **Katie Xu** (7:30am Earlybirds) did very well with all personal best times at the Special Olympics Summer Games in Antigonish! Details in the "Race Results" section.

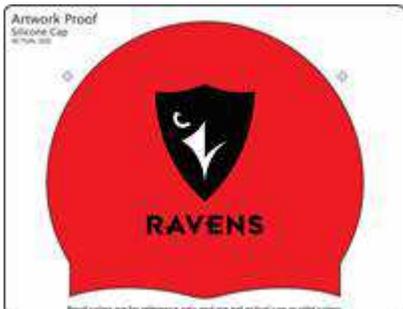
- **Aly Van Wyck-Smart**, 15, is **Isla Paterson** (7:30am Earlybirds) 's cousin's daughter and a Para Swimmer in the S2 category. **Aly** recently participated in the Cerebral Palsy (CP) World Games in Barcelona and did very well. Details in the "Race Results" section. Here she is (front) with her team-mates before the trip: <https://www.facebook.com/VVACFlamesTeam/photos/a.477582672604851/662732730756510/?type=3&theater>.

- **Christiane Wilke** (7:30am Earlybirds, christianewilke@gmail.com) writes: Some amazing open water swimmers from the Toronto area have decided to make the Toronto Island Lake Swim on **Sun Aug 26th** (<https://www.torontoislandlakeswim.com/>) a huge party. They're offering to help us with accommodation. The most likely scenario is that we'll camp on the Toronto Islands the night before the swim. If you haven't been there: it's beautiful. The water is clean and clear, and the islands are the best place to see the sun setting behind the Toronto skyline. If you want to do one of the available distances (3.8k, 1.5k or 750m) and are looking for company, please send me an email, ideally before August 1st, and I'll relay the information.

- 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:

- **Susan Simmons** of Vancouver Island Attempts Historic Swim Across Juan de Fuca Strait: <https://www.peacearchnews.com/news/vancouver-island-woman-to-attempt-historic-swim-across-juan-de-fuca-strait-today/>
- **Robin Lajoie**, 63, Completes the Welland Canal 10km (actually 12km) Swimming Fly!: <https://www.facebook.com/canaquasports/posts/2185387708406847>
- Colorado Man Completes Catalina Channel Swimming Fly (32km)!: <https://swimswam.com/colorado-man-completes-all-butterfly-catalina-channel-swim-on-3rd-try/>
- A Melbourne Grandmother is Preparing to Swim the English Channel: <https://www.facebook.com/7NewsMelbourne/videos/1090227431136187/>
- Here's a Reminder to Streamline Like a Champion Today: <https://www.yourswimlog.com/streamline-like-a-champion-today/>
- Anatomy of a Swimmer: How Does Gold Medallist **Abbey Weitzeil** Generate Speed: <https://www.olympicchannel.com/en/playback/anatomy-of/season-2/anatomy-of-a-swimmer-how-does-gold-medallist-abbey-weitzeil-generate-speed/>
- The Benefits of Strength Training at Any Age, Ability Level: <http://www.elitefitnessreno.com/benefits-strength-training-age-level-ability/>
- Bathroom Scales that Measure More than Your Weight: <https://www.runnersworld.com/nutrition-weight-loss/a22573111/best-bathroom-weight-scales/>
- **Clark Kent** (10) Breaks **Michael Phelps** Record That Stood for 23 Years: <https://www.cnn.com/2018/07/31/us/clark-kent-beats-michael-phelps-trnd/index.html>
- 92 Year Old Gymnast, **Johana Quaes**: <https://www.facebook.com/trucsastucesmag/videos/963145160534768/>
- Baby Jaguar's First Swimming Lesson: <https://twitter.com/BBCEarth/status/1030407191696691201>

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.

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 coached for **David** on **Tue Aug 7th**.

Sean coached for **Lynn** on **Wed Aug 8th**.

Sean coached for **David** on **Thu Aug 9th**.

Sean coached for **Lynn** on **Fri Aug 10th**.

Sean coached for **Lynn** on **Mon Aug 13th**.

Thank you, **Sean**, for all that sub-coaching!

Lynn is coaching for **Tim** on **Sat Aug 25th**.

Note that the **6pm group** will be in the **shallow end** for all three swims the last week of the term (**Mon Aug 27th**, **Tue Aug 28th**, and **Thu Aug 30th**).

Lynn is coaching for **Sean** on **Mon Aug 27th**.

Tim is coaching for **Lynn** on **Sat Sept 1st**.

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>.

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

6pm Whitecaps: Jul 3rd-Aug 16th (19 workouts); range: 17-28; average: 23.1

Perfect Attendance: **Derek Woodard**

Missed 2 Workouts: **Erin McRae**

Missed 3 Workouts: **Christian Cattan**

7:30am Earlybirds: Jul 4-Aug 17th (19 workouts); range: 20-39; average: 32.1

Perfect Attendance: **Bruce Brown, Stephen Agberien**

Missed 1 Workout: **Liliane Cardinal**

Missed 2 Workouts: **Graham Archibald**

Missed 3 Workouts: **Marta Kolbuszewska, Rod Haney, Susan Hulley**

Thanks to those who participated in the **800 / 1500 time trial** on **Tue Aug 7th / Wed Aug 8th**. There were six improvements from summer and one that I missed from the spring (sorry, **Lisa!**). Improving by over a minute were **Steve Dods** (7:30am Earlybirds) in the 800, and **Jean-Louis Tiernan** (6pm Whitecaps) and **Lisa Sharp** (7:10pm Whitecaps) in the 1500. Here's the list of all improvements:

800fs (3)

Steve Dods	65.0	EB1
Liliane Cardinal	23.0	EB1
Susan Hulley	7.0	EB1

1500fs (4)

Jean-Louis Tiernan	81.0	WC1
Lisa Sharp	64.0	WC2
Luciara Nardon	23.0	EB1
Jennifer Murdock	6.0	EB1

Great job by those doing the **200 time trial** on **Tue Aug 14th / Wed Aug 15th**. There were nine improvements, led by **Derek Woodard** (6pm Whitecaps) with a whopping 18 second improvement in 200IM! The full list follows:

200fs (6)

Jean-Louis Tiernan	6.9	WC1
Stephen Agberien	6.8	EB1
Bryn Livingstone	6.8	EB1
Ethan Young	5.8	WC1

Marta Kolbuszewska	3.4	EB1
Isaac Fierro Marquez	2.2	WC1

200IM (3)

Derek Woodard	18.0	WC1
Sandy Lawson	4.9	EB1
Justin Kernot	1.0	EB1

Ask the Coach

Dear Coach: I phoned to register for Masters and was told that I had to register in person. Is that correct? Confused Swimmer

Dear C. Swimmer: As long as you already have a membership, you can register by phone. The staff has been reminded of this, so I hope that there is no further confusion!

Dear Coach: I'm having trouble widening my entry in freestyle. What do you recommend? Working on Freestyle Technique

Dear W.o.F. Technique: You can glance forward occasionally, just to check where your hands are entering. As long as you are moving your head for a good reason, that is ok. Also, ensure that you are entering with a flat hand, without the thumbs lower than the rest of the hand. If you tend to enter thumbs first, try entering little finger first to compensate. A video to see how your stroke looks, might also help.

Masters Swimming Competitions

Updated: This season (2018-2019), 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 **\$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 \$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 **\$65** 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 **\$75** for Sept 1st to Aug 31st.

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, 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.**

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/>

Fri-Sun Mar 22-24th 2019 MSO Provincials, Markham (MSO registration required)

Fri-Sun Apr 19-21st 2019 SO Provincials, Markham (TBC) (SO registration required)

Fri-Sun May 24-26th 2019 MSC Nationals, Montreal (SO registration required)

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!)

Jul 17-22nd Dragon Boat Club Crew World Championships, Hungary

Congratulations to the Carleton swimmers who participated in this event. Apologies to **Claude Tellier** (7:30am Earlybirds) as I neglected to mention her last time. She was on the Senior B Women's team that won a gold (2000m) and a silver (500m). Full results here: https://idbfchamps.org/2018sze#medal_tables.

Jul 31st - Aug 6th Special Olympics Summer Games, Antigonish

Katie Xu participated and set PBs in all her events!! It seems that they move swimmers from one division to another (tougher division) if they do well in the heats!. Full results: <http://www.specialolympics.ca/2018-national-games-results>.

Katie Xu (7:30am Earlybirds): 2nd 400fs (7:21.45 F2 category); 3rd 100bk (1:47.65 F4 category, 1:52.20 in heats F1 category), 50br (49.66 F6 category, 51.26 in heats F3 category); 6th 200fs (3:30.52 F2 category), 50bk (49.52 F01 category, 48.63 in heats F3 category)

Aug 9-10th Cerebral Palsy World Games, Barcelona

Aly Van Wyck-Smart (**Isla Paterson**'s cousin's daughter) participated and won four gold medals in four events, setting two Canadian records. She holds the Canadian records in all four of the events she swam. She swims in the S2 category (where S1 is the most physically disabled, and S10 the least). **Isla** is understandably very proud! Here are her results:

Aly Van Wyck-Smart: 1st 200fs (6:06.80 PB and Canadian Record); 50bk (1:27.89 PB and Canadian Record), 100bk (3:11.02), 50br (1:44.72)

Sat Aug 12th Welland Canal Swims

Mars Nienhuis (6pm Whitecaps) was the top female in what ended up being a 12km long "10km" swim. She finished in an excellent 3:13.03! Fantastic job, **Mars**!! **Derek Woodard** (6pm Whitecaps) was there as part of **Mars**' cheering squad and entered the 1km swim. Official results next time.

Sun Aug 13th Riverkeeper 4k Swim, Ottawa (137 finishers)

Congratulations to the Carleton swimmers -- great job! If I missed anyone, let me know! Full results:

<https://runninggoattiming.com/wp-content/uploads/2018/08/2018-Riverkeeper-4K-Final.pdf>.

Tim Kilby (Coach, no wetsuit): 11th overall in 1:05:16.48

Aimee Jones (6pm Whitecaps, no wetsuit): 90th overall in 1:28:13.30

Christiane Wilke (7:30am Earlybirds, no wetsuit): 103rd overall in 1:31:49.31

Cori Dinovitzer (7:30am Earlybirds, no wetsuit): 109th overall in 1:34:54.09

Luciara Nardon (7:30am Earlybirds, no wetsuit): 119th overall in 1:39:29.80

Candace Newman (7:30am Earlybirds; wetsuit): 122nd overall in 1:41:56.00

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

Summer Schedule:

Mon-Fri 11:30am-12:30pm

Mon-Thu 4:30-5:30pm

Mon-Thu 5:30-6:30pm

Other times may be available upon request.

Fall 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

Summer Session Information

Registration for the **Summer Masters** session is still 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, 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>