

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, October 27, 2018 8:17 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 #482

Carleton Masters Swimming Newsletter #482

Saturday, October 27th, 2018

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2018 and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (27 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (27 addresses), Saturday Only (4 addresses), Alumni (39 addresses).

What you get by achieving your goals is not as important as what you become by achieving your goals. – Goethe

Masters Swimming Program Notes

- **The Fall session runs from Wed Sept 5th to Thu Dec 20th, inclusive.**
 - There are no other planned workout cancellations this term. In particular, workouts run as usual during Carleton's reading week.
 - The 6pm Whitecaps and 7:30am Earlybirds groups are full for Fall: wait lists available. **If you are on a wait list, please let me know, including your position on the list.**
- Details on the Fall and Winter sessions can be found in the "Notes and Reminders" section near the end of the newsletter.
 - Registration is open for Winter and the 6pm Whitecaps group is getting close to full (6 spots left)

Upcoming Convocation: Sat Nov 10th

Due to convocation, it's likely that Parking Lot 5 will be closed to Athletics users on **Sat Nov 10th**. Please give yourself extra time, as you may need to park elsewhere on campus. If Parking Lot 5 is closed, you may park in any other lot or legal parking spot on campus.

Swimmer Notes

Swimmer Updates:

- **Date for your Diary:** The annual Carleton Masters holiday gathering will be held at **Don Wells** and **Joanie Conrad's** (both 6pm Whitecaps) on **Sat Dec 8th**. Thank you to **Don** and **Joanie** for hosting again! Full details here: <http://carletonmasters.tripod.com/festive2018.pdf>.

- Apologies to the 8:30am Earlybirds swimmers affected by the power outage on **Wed Oct 24th** (which lasted until 11am!). Those affected will get a free interim workout (between the Fall the Winter sessions: schedule TBD).

- Thanks to the Varsity and Alumni swimmers who participated in today's time trials and Alumni vs. Varsity swim meet.

- Congratulations to **Andrea Chandler** (6pm Whitecaps) for being featured in Carleton's "Book that Changed my Life" series. Here's her interesting response: <https://www.youtube.com/watch?v=IMigAw-ktbo>.

- As well as swimming with Carleton Masters, **Melanie Heroux** (8:30am Earlybirds) also trains with the Orleans Riptides Special Olympics Swim Club. They are aiming to raise \$500 to purchase fins and pullbuoys for the team. You can donate here: <https://secure.e2rm.com/regisrtrant/FundraisingPage.aspx?registrationID=4204527>.

- More local swim meets have been added to the list near the end of the newsletter. If you are interesting in participating, let me know!

- Thanks to **Adrian Finn** (Pool Staff and 8:30am Earlybirds) who requested the new deep end pace clock that is easier to read (and adjust) than the old one!

- **Christiane Wilke** (7:30am Earlybirds) will play oboe in an upcoming lunch hour (noon) concert in Dominion Chalmers United Church (355 Cooper @ O'Connor). On **Nov 2nd**, the woodwind quintet The FIVE will play a program that includes a fabulously dramatic quintet by Wolfgang Amadeus Mozart along with some shorter pieces. Admission for both concerts is by freewill offering (pay what you can).

- **Steve Dods** (7:30am Earlybirds) is half way through his radiation treatment for a brain tumour and is now an outpatient, so progress is being made. All the best to **Steve**!

- uOttawa's Human and Environmental Physiology Research Unit (HEPRU) needs male and female volunteers aged 50 to 74 years old both with and without Type 2 diabetes and/or hypertension to participate in their research. Compensation is in the form of a fitness assessment and exercise program. For more information: hepru@uottawa.ca 613-562-5800 x4270, <https://hepru.ca/>.

- 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:

- Bay Area Masters Swimmers Feature: <https://www.nbcbayarea.com/on-air/as-seen-on/Age-Aside-North-Bay-Masters-Swimmers-Continue-Setting-Marks-Bay-Area-498598471.html>

- "I Swim for Hope": <https://www.ajc.com/lifestyles/swim-for-hope/w0tl0E68wAsOlM0z7eABCI/>

- Fifty Years Ago, Silver Medals sent Canadian Swimmers on Different Paths:

<https://www.swimming.ca/en/news/2018/10/23/fifty-years-ago-silver-sent-swimmers-on-different-paths/>

- Seventy Year Old Woman Sets Marathon Record [thanks to **Lucie Boudreau** (x-Earlybirds)]:

<https://www.runnersworld.com/runners-stories/a23742988/70-year-old-woman-sets-marathon-record/>

- Australian Olympic Swimming Great, **Shane Gould**, wins Survivor:

<https://www.swimmingworldmagazine.com/news/olympic-great-shane-gould-wins-australian-survivor/>

- Swimming May Slow Down Aging by Decades: <http://www.everythingzoomer.com/health/fitness/2017/08/11/swimming-exercise-aging/>

- Dryland Exercises for Swimmers: <https://myswimpro.com/blog/2018/10/04/dryland-exercises-for-swimmers/>

- Try This Backstroke Start!: <https://www.instagram.com/p/BpJ7UwQhP6R/>

- Top Ten Nutrition Tips: <https://www.coach.ca/the-current-top-10-nutrition-tips-p161811>

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.

Fall Session Information

Dates: Wed Sept 5th to Thu Dec 19th; excluding Mon Oct 8th.

The usual pool allocations and coaches are as follows:

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

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

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

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

8:15am Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Fin Days:

Tue Oct 23rd / Wed Oct 24th (The morning group did fins on Fri Oct 26th instead due to me being absent minded and the power outage!)

Thu Nov 22nd / Fri Nov 23rd

Time Trials:

Thu Oct 11th / Fri Oct 12th: timed 400 free or IM

Thu Oct 18th / Fri Oct 19th: two timed 50s choice

Mon Oct 29th: timed 200 choice

Mon Nov 12th: timed 800 / 1500 free

Tue Nov 27th / Wed Nov 28th: timed 100 choice

Wed Dec 18th / Thu Dec 19th: "funner" day (e.g. relays)

The **7:10pm Whitecaps** swimmers affected by the fire alarm on **Tue Oct 2nd**, and the **8:30am Earlybirds** swimmers affected by the power outage on **Wed Oct 24th** will be a free interim workout between the Fall and Winter sessions. (Dates/times TBA.)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall18.pdf>.

Here are the weekday attendance statistics for the term to date. Please let me know of any errors or omissions. Apologies to **Bruce Brown** (7:30am Earlybirds) who did have perfect attendance last time.

7:30am Earlybirds: Sept 5-Oct 26th (22 workouts); range: 16-26; average: 21.5

Missed 1 Workout: **Harley Gifford, Liliane Cardinal, Mike Wheatley, Robin Henderson**

Missed 2 Workouts: **Bruce Brown**

8:30am Earlybirds: Sept 5-Oct 26th (22 workouts); range: 15-29; average: 21.5

Perfect Attendance: **Debby Whately**

Missed 1 Workout: **Mark Blenkinsop**

Missed 2 Workouts: **Melanie Heroux**

6pm Whitecaps: Sept 6-Oct 25th (21 workouts); range: 20-33; average: 27.0

Perfect Attendance: **Cam Dawson**

Missed 1 Workout: **Joanie Conrad, Mars Nienhuis, Nicole Delisle**

Missed 2 Workouts: **Konstantin Petoukhov, Sylvie Bourgoing**

7:10pm Whitecaps: Sept 6-Oct 25th (21 workouts); range: 8-22; average: 14.4

Missed 1 Workout: **Lynn Brodsky**

Thanks to those who participated in the **50** time trials on **Thu Oct 18th/Fri Oct 19th**. There were 10 improvements. The largest were by **Eleanor Fast** (7:30am Earlybirds) and **Sebastien Robillard-Cardinal** (8:30am Earlybirds) who improved by 3.3 and 3.2 seconds, respectively, in 50 fly. **Alison Slater** (7:10pm Whitecaps) improved her 50 free by 2.6 seconds. Here's the list of improvements:

50fs (3)

Alison Slater	2.6	WC2
Flo Kellner	0.4	EB2
Isaac Fierro Marquez	0.1	WC1

50bk (2)

Sam Hersh	0.5	EB1
Ian Lorimer	0.4	EB1

50br (2)

Doug Brubacher	1.6	EB2
Fiona Hill	0.4	EB1

50fl (3)

Eleanor Fast	3.3	EB1
Sebastien Robillard-Cardinal	3.2	EB2
Mars Nienhuis	1.0	WC1

Ask the Coach

Dear Coach: I noticed you had a question about custom fitted swim goggles. It turns out they do exist and we did an experiment with them when they were launched on Kickstarter last year. My son's been wearing his happily since the start of September. They're quite expensive (\$92) now that the Kickstarter campaign is over, but they really are a custom fit. I think we got Aidan's for \$40 at the start but the Kickstarter is long gone. All the info is here: <https://themagic5.com>. It's really cool how the app works. **David Moore** (6pm Whitecaps)

Dear David: Thanks so much for the info which I'm passing along to everyone. Greatly appreciated.

Dear Coach: This question relates to the passing practice we did the other day. When I get lapped, is it ok for me to just stop and let the person go ahead? Don't Want to Interfere

Dear D.W.t. Interfere: If you wish to do that, you may. However, keep in mind that the passing practice drill was to help your lane on the day we do the timed 800/1500. If you stop a lot, it will affect your overall time. If that's not an issue for you, then no problem.

Dear Coach: What's a good drill to help me with keeping a long stroke in freestyle? Working on Technique

Dear W.o. Technique: A good drill is to do the 6 kicks per stroke drill (where you stretch out on your side with one arm forward and one arm back while doing 6 extra kicks), and during those 6 kicks try to move the fingers of your upper arm further forward, and those of your lower arm further back, getting your hands as far apart as possible, while keeping both arms submerged.

Masters Swimming Competitions

This season (2018-2019), you have several options for registration for competitions:

1. You can register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times will probably be accepted by MSC (e.g. for the Top 20 rankings) but will probably not be recognized by FINA (e.g. for World Records). 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, or in Ontario SO-sanctioned meets, 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, are MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals, 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.** Meets are SCM unless otherwise indicated.

Sat Oct 27th Brossard Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/32167/>

Sun Oct 28th Hamilton Masters Meet (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Nov 4th Etobicoke Masters Meet <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

Sat Nov 10th Maitres ACC Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/32096/>

Sun Nov 11th Guelph Masters Meet (MSO registration required) <https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Nov 17th Willy Lee Swim Ottawa Meet, Brewer (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Dec 2nd Technosport Masters Meet, Ottawa (MSO registration required) <https://www.technosport.ca/swim/ottawa-swim-meets/>

Sat Dec 8th Sainte-Foy Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32066/>

Sat Dec 8th Montreal Nord Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/25893>

Sun Dec 9th Nepean Red vs. Blue Meet (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Dec 15th North York Masters Meet (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Jan 12th Drummondville Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32069/>

Sun Jan 13th Clarington Masters Meet (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Jan 20th Alderwood SCY Masters Meet, Toronto (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Jan 26th Cote-St-Luc Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/24727>

Sat Feb 2nd Mont-Tremblant Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32070/>

Sat-Sun Feb 2-3rd Quebec City LCM Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32074/>

Sun Feb 3rd Technosport Masters Meet, Ottawa (MSO registration required) <https://www.technosport.ca/swim/ottawa-swim-meets/>

Sat Feb 23rd Pointe-Claire Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/32193/>

Sun Feb 24th Thornhill Masters Meet, Toronto (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Mar 3rd Technosport Masters Meet, Ottawa (MSO registration required) <https://www.technosport.ca/swim/ottawa-swim-meets/>

Sat Mar 16th Dollard-des-Ormeaux Masters Meet, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/32075/>

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

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Mar 30th La Salle Masters LCM Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/29970>

Sun Apr 14th Milton Masters Meet (MSO registration required) <https://ms.mastersswimmingontario.ca/web/schedule.php>

Fri-Sun Apr 26-28th SO Provincials, Etobicoke (SO registration required)

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

Fri-Sun Apr 26-28th Quebec Provincial Masters Champs, Trois-Rivieres (SO registration required)

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

Sat Jun 1st Longueuil LC Meet (TBC)

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!)

Oct 19-21st Oktober Squash Fest, Gatineau

Congratulations to **Luz Osorio** (6pm Whitecaps) who finished **2nd** in the Women's C Division.

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 **Oct 21st**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Mon/Wed/Fri 9:35-10:35am

Mon/Wed 4:30-5:30pm or 5:00-6:00pm

Tue/Thu 4:00-5:00pm

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

Fall and Winter Session Information

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. 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: **Full: wait list available**

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: **Full: wait list available**

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

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!

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>