

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, December 29, 2018 4:23 PM
To: 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; David Thibodeau
Subject: Carleton Masters Swimming Newsletter #487

Carleton Masters Swimming Newsletter #487

Saturday, December 29th, 2018

To: Carleton Masters Coaches / Staff (7 addresses)

Bcc: Those registered for Fall 2018 and Alumni: 7:30am Earlybirds I (46 addresses), 8:30am Earlybirds II (27 addresses), 6pm Whitecaps I (52 addresses), 7:10pm Whitecaps II (28 addresses), Saturday Only (4 addresses), Alumni (37 addresses).

“Winning isn’t everything, but the will to win is everything.” – Vince Lombardi

Masters Swimming Program Notes

- The Winter Masters session runs from Wed Jan 2nd to Sat Apr 13th, inclusive, except for Mon Feb 18th.
 - Full details can be found in the “Notes and Reminders” section near the end of the newsletter.
 - The Winter session starts on **Wed Jan 2nd for both morning and evening groups** (yes, a workout on Wednesday evening).
 - The 6pm Whitecaps group is now full (wait list available). **If you are on a wait list, please let me know, including your position on the list.**
 - The 7:30am Earlybirds group is getting close to full: **5 spots left.**
- Here are the holiday hours for the Carleton pool and fitness centre: <https://athletics.carleton.ca/2018/holiday-hours/>.
- Thanks to those who attended the interim workouts.

Team Photos

Thanks very much to coach **Sean Dawson** for organizing the team photos for the morning and evening groups again this year. I’ll include the photos in the next newsletter.

Swimmer Notes

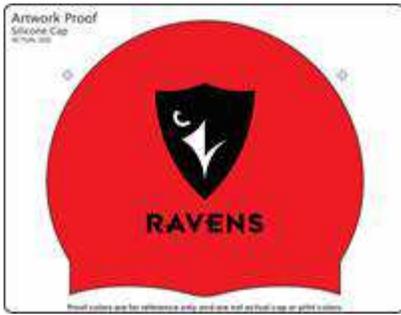
Swimmer Updates:

- **Andrea Mrozek** (Whitecaps/Earlybirds) and her husband are expecting a baby girl in March. Congratulations! **Andrea** has already bought a bathing suit for her daughter!

- Congratulations to **Mark Blenkinsop** (Coach; 8:30am Earlybirds), **Roy Hanes** (7:10pm Whitecaps), and **Anne Trepanier** (x-8:30am Earlybirds) for being chosen as favourite instructors by students in residence: <https://housing.carleton.ca/2017-2018-favourite-faculty-resident-nominations-2/>.

- All the best to **Harley Gifford** (7:30am Earlybirds) and his wife for their adventure over the next 15 months. They are starting with 3 months in Mexico, followed by 3 months in Australia!

- Carleton Varsity swim caps are available as a fundraiser for the Varsity team for \$15 each:



News and Links:

- **Margot Pettijohn** Started Swimming at Age 46 and Died at 72 With More Records than **Phelps** [Ed. Note: I met **Margot** a few years ago, and most recently saw her at a meet in Baltimore in July -- very sad]:

https://www.washingtonpost.com/sports/she-started-swimming-at-age-46-she-died-with-more-records-than-michael-phelps/2018/12/19/0bc635f6-0396-11e9-b5df-5d3874f1ac36_story.html?utm_term=.7189eccdb52f

- **Missy Franklin** Explains Why it's Time for Her to Retire: <http://www.espn.com/espnw/voices/article/25568406/missy-franklin-explains-why-now-time-retire-competitive-swimming>

- The Great Duel of Open Water Swimming in 1977: **Kevin Murphy** vs. **Des Renford**:

<https://www.facebook.com/big.ricks.swim.team/videos/10155099373133308/UzpfSTc0ODQyNTY1Mzo1NzUzNTM1OTI4ODk4NDA/>

- Zen of Butterfly, Part 3: Stretch Elbows Up, Fast Breath: <https://www.youtube.com/watch?v=Z8eJkY0uzsI>

- Seven Reasons You Should Know Who **Vladimir Salnikov** Is [Ed. Note: One of my heros!]: <https://swimswam.com/7-reasons-know-vladimir-salnikov/>

- Swimmer **Colin O'Brady** Completes Solo Trek Across Antarctica, 10 years after Nearly Dying from 2nd and 3rd Degree Burns: <https://swimswam.com/former-yale-swimmer-colin-obrady-completes-impossible-first/>

- **Sarah Fellner** coached for ROCS a few years ago. Here she is featured with her husband on House Hunters International:

https://www.youtube.com/watch?v=4_RYqn1nmMA&fbclid=IwAR1Raka_RPv5lCXb0KrdY6p8h6Qh2vTfwUwdxXEuKZP1ON1RICQB18svP8E

- Swifter, Higher, Stronger: What's on the menu? [Thanks to **Sheila Kealey** (8:30am Earlybird)]:

<http://science.sciencemag.org/content/362/6416/781>

- Are Marathoners Getting Faster or Is It the Shoes?: <https://www.outsideonline.com/2375581/elite-marathon-data-nike-vaporflys-eluid-kipchoge>

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.

Winter Session Information

Dates: Wed Jan 2nd to Sat Apr 13th; excluding Mon Feb 18th.

Note that both the morning and evening groups start on Wed Jan 2nd, so there are workouts at 6pm and 7:10pm on Wed Jan 2nd!

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 (coming soon)
Exceptions will be noted here.

Lynn is coaching on the evening of **Wed Jan 2nd**.

Fin Days:

Mon Jan 28th

Thu Mar 7th / Fri Mar 8th

Time Trials:

Tue Feb 5th / Wed Feb 6th: timed 400 free or IM

Tue Feb 19th / Wed Feb 20th: two timed 50s choice

Thu Feb 28th / Fri Mar 1st: timed 100 choice

Thu Mar 14th / Fri Mar 15th: timed 200 choice

Tue Mar 19th / Wed Mar 20th: timed 800 / 1500 free

Thu Apr 11th / Fri Apr 12th: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint19.pdf>.

Ask the Coach

Dear Coach: I struggle with my kicking compared to my lane-mates. Any suggestions? Poor Kicker

Dear P. Kicker: Ankle flexibility is key to kicking well. Here's an article by **Gary Hall, Sr.** that talks about that: <https://swimswam.com/freestyle-kicking-power-requires-plantar-flexibility/>. The link to the "Secret Tip Dynamic, Static, and Proprioceptive Stretching" (broken in the article) can be found here: <https://www.youtube.com/watch?v=lrTCJh9OEKU>. The ankle flexibility exercises start at 4:30. Stick with the first one -- the freestyle quad pushups look very difficult!

Dear Coach: I've heard that core strength is important for swimming. Can you recommend some exercises to help? Want Abs of Steel

Dear W.A.o. Steel: Here's another video by **Gary Hall, Sr.** with some suggestions for core exercises for swimmers: https://www.youtube.com/watch?v=yrz67cH_P8o.

Dear Coach: Everyone talks about body rotation in freestyle. Is it possible to rotate too much? Working on Freestyle

Dear W.o. Freestyle: It's unusual to rotate too much, as many swimmers don't rotate enough. However, here's a video on over-rotation and how to correct it: <https://www.youtube.com/watch?v=yMpHulcTiQQ>.

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 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>

Sun Jan 27th Susan Douglas Memorial Swim Meet, Wilmot (Baden, New Hamburg) (SO registration required)

<https://www.swimming.ca/en/meet/32113/>

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/>

Sun Feb 10th Burlington Masters Meet (MSO registration required)

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

Sat Feb 16th Nepean Winterlude LCM Meet, Ottawa (MSO registration required)

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

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!)

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://www.statsman.ca/#canada> (last update Dec 18th).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

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

Mon-Thu 11:45am-12:45pm or noon to 1pm

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

Winter Session Information

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 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/>.

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**. **Full: wait list available**

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 (lynmarsh@sympatico.ca).

Happy lengths!
Lynn

lynmar@sce.carleton.ca

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