

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Saturday, January 12, 2019 3:36 PM  
**To:** 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; 'David Thibodeau'  
**Subject:** Carleton Masters Swimming Newsletter #488

## Carleton Masters Swimming Newsletter #488

Saturday, January 12<sup>th</sup>, 2019

**To:** Carleton Masters Coaches / Staff (7 addresses)

**Bcc:** Those registered for Fall 2018, Winter 2019, and Alumni: 7:30am Earlybirds I (47 addresses), 8:30am Earlybirds II (30 addresses), 6pm Whitecaps I (53 addresses), 7:10pm Whitecaps II (29 addresses), Saturday Only (5 addresses), Alumni (34 addresses).

**We compete not so much against an opponent, but against ourselves. The real test is this: Did I make my best effort on every play? – Bud Wilkinson**

### Masters Swimming Program Notes

- The Winter Masters session runs from Wed Jan 2<sup>nd</sup> to Sat Apr 13<sup>th</sup>, inclusive, except for Mon Feb 18<sup>th</sup>.
  - Full details can be found in the “Notes and Reminders” section near the end of the newsletter.
  - The 7:30am Earlybirds and 6pm Whitecaps groups are now full (wait lists available). **If you are on a wait list, please let me know, including your position on the list.**

### Team Photos

Thanks very much to coach **Sean Dawson** for organizing the team photos for the morning and evening groups again at the end of the Fall term. Here are the links:

[December 2018 Morning Groups](#)

[December 2018 Evening Groups](#)

[All Team Photos](#)

### Swimmer Notes

#### Swimmer Updates:

- Congratulations to **Paola Osorio** (6pm Whitecaps) and **Alejandro Rojas** (6pm Whitecaps) who got married in Colombia on **Sat Dec 29<sup>th</sup>**.

- Here's an awesome feature on triathlete **Nicole Mikhael** (Whitecaps) from Rogers.tv:  
<https://rogerstv.com/show?lid=12&rid=4&sid=7482&gid=305966>.

- Join the **January Jam!**: MS Plunge for [Dave Parcels](#) MS Fund: Like last year, some Carleton Masters swimmers are participating in this challenge to log your swim miles in January, raise funds for MS research, and to attempt to help the GLOW (Great Lakes Open Water) Adventures team beat the COWS (Connecticut Open Water Swimming) this year. Registration and details here: <http://dynoswim.com/January-Jam>. **Mars Nienhuis** (6pm Whitecaps) and **Christiane Wilke** (7:30am Earlybirds) are already registered!

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



### News and Links:

- Rise and Shine ("Welcome to the Grind": motivational video): <https://www.youtube.com/watch?v=Tzm6TEManmQ&feature=share>
- Zen of Butterfly, Part 4: Kick up for Greatness: Six Kick Surge: <https://www.youtube.com/watch?v=tkG2MPROJzQ>
- A Film Called Blacks Can't Swim: Teasers and Trailer: <https://afilmcalledblackscantswim.bandzoogle.com/home>
- You're Never So Good That You Can't Help with the Lane Ropes: <https://www.yourswimlog.com/help-with-the-lane-ropes/>
- How Exercise Keeps us Young: <https://www.nytimes.com/2018/12/26/well/move/2018-year-in-fitness-how-exercise-keeps-us-young.html>
- Is Aerobic Exercise the Key to Successful Aging?: <https://www.nytimes.com/2018/12/12/well/move/is-aerobic-exercise-the-key-to-successful-aging.html>
- 17 Ways to Drive Your Swim Coach Nuts: <https://swimswam.com/17-ways-drive-swim-coach-nuts/>
- Here's a Dryland Exercise to Try (Though You May End Up Wet): <https://www.facebook.com/mycenturyfitness/videos/vb.1464450420539353/1096220387215918/?type=2&theater>

**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 2<sup>nd</sup> to Sat Apr 13<sup>th</sup>; excluding Mon Feb 18<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: 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** coached on the evening of **Wed Jan 2<sup>nd</sup>**.

**Sean** coached for **Mark** on **Thu Jan 3<sup>rd</sup>**.

### Fin Days:

Mon Jan 28<sup>th</sup>

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

### Time Trials:

Tue Feb 5<sup>th</sup> / Wed Feb 6<sup>th</sup>: timed 400 free or IM  
Tue Feb 19<sup>th</sup> / Wed Feb 20<sup>th</sup>: two timed 50s choice  
Thu Feb 28<sup>th</sup> / Fri Mar 1<sup>st</sup>: timed 100 choice  
Thu Mar 14<sup>th</sup> / Fri Mar 15<sup>th</sup>: timed 200 choice  
Tue Mar 19<sup>th</sup> / Wed Mar 20<sup>th</sup>: timed 800 / 1500 free  
Thu Apr 11<sup>th</sup> / Fri Apr 12<sup>th</sup>: “funner” day (e.g. relays)

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

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

**7:30am Earlybirds:** Jan 2-11<sup>th</sup> (5 workouts); range: 17-28; average: 22.4  
Perfect Attendance: **Ann Bortolotti, Heloise Emdon, Karen Jensen, Kasia Poplawski, Kevin Graham, Liliane Cardinal, Mike Mopas, Mike Wheatley, Philip Kaisary, Randi Karstad, Robin Henderson, Steve Dods, Susan Hulley, Ursula Scott**

**8:30am Earlybirds:** Jan 2-11<sup>th</sup> (5 workouts); range: 14-25; average: 21.2  
Perfect Attendance: **Chris Whitehead, Debby Whately, Flo Kellner, Isla Paterson, Melanie Heroux, Natalie Aucoin, Penny Estabrooks**

**6pm Whitecaps:** Jan 2-10<sup>th</sup> (5 workouts); range: 16-32; average: 23.4  
Perfect Attendance: **Dave Grynspar, Jean-Louis Tiernan, Joanne Dawson, Konstantin Petoukhov, Mars Nienhuis, Ruth Fawcett**

**7:10pm Whitecaps:** Jan 2-10<sup>th</sup> (5 workouts); range: 4-16; average: 11.8  
Perfect Attendance: **Gillian Massel, Stephanie Le Saux Farmer**

## Ask the Coach

**Dear Coach Mark:** Do you have some suggestions for a drill to work on a relaxed arm recovery in freestyle? Tense Swimmer

Dear T. Swimmer: Here's a drill demonstrated by the great Ian Thorpe, called the “Limp Wrist Drill” to help with relaxing the arm during the recovery phase: [https://www.youtube.com/watch?v=Ro\\_QiX30NZ8](https://www.youtube.com/watch?v=Ro_QiX30NZ8).

**Dear Coach Mark:** Can you suggest some drills and videos showing the freestyle catch and pull? Improving Freestyler

Dear I. Freestyler: Sure. Here are two pretty good videos from the Global Triathlon Network: Catch: <https://www.youtube.com/watch?v=RrD8yr2kbml> and Pull: <https://www.youtube.com/watch?v=eGYUrbJ3TmM>. Enjoy!

**Dear Coach:** Do you have any suggestions for avoiding lower back pain while swimming freestyle? Sore Swimmer

Dear S. Swimmer: Many swimmers have lower back pain when doing fly and some while doing breast, usually from arching the back too much on those short-axis strokes. Lower back pain is less common in the longer-axis strokes, like freestyle. The general consensus seems to be that lower back pain in freestyle is from not rolling in one motion (i.e. torqueing the back) and/or lifting the neck too high to breathe. You could try a swimming snorkel to see if that relieves the pressure on the lower back (as you don't need to move the head to breathe with a snorkel).

Here are a few links with suggestions :

<https://www.livestrong.com/article/425668-why-does-my-back-hurt-after-i-swim/>

<http://www.220triathlon.com/training/swim/how-to-reduce-the-chances-of-getting-a-strain-when-swimming/3989.html>

<https://www.youtube.com/watch?v=bjzq4yaLSo0>

(For the third one, the coach in me thinks that the swimmers in this video have their arms too deep when out in front, but the narrator does explain why.)

**Dear Coach:** Are there any home strength training/calisthenics routines you would recommend on days off from swimming, or a link to a routine that makes sense to you personally? I'd like to improve my chest and core strength, preferably through a combination of dumbbells, medicine ball, push-up bars, or a pull-up bar. New Carleton Swimmer

Dear N.C. Swimmer: First, just a caveat that everyone is different, and it often takes some experimenting to find a program that works for you. There is a link to some core exercises in the previous newsletter (#487). You can find the back issues here: <http://carletonmasters.tripod.com/anewsletter.html>. Here are a few other links that I think look good. Some do need gym equipment, others not so much:

<https://www.active.com/triathlon/articles/8-core-exercises-to-improve-your-swim/slide-14>

<https://www.swimming.org/justswim/swim-gym-exercise-chest-and-triceps/>

<https://www.youtube.com/watch?v=Kp61LoaB2Js>

## 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 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, or in Ontario SO-sanctioned meets, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$65** 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 **\$75** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>.

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

Sun Jan 13<sup>th</sup> Clarington Masters Meet (MSO registration required)

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

Sun Jan 20<sup>th</sup> Alderwood SCY Masters Meet, Toronto (MSO registration required)

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

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

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

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

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

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

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

Sun Feb 10<sup>th</sup> Burlington Masters Meet (MSO registration required)

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

Sat Feb 16<sup>th</sup> Nepean Winterlude LCM Meet, Ottawa (MSO registration required)

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

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

Sun Feb 24<sup>th</sup> Thornhill Masters Meet, Toronto (MSO registration required)

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

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

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

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

Fri-Sun Mar 22-24<sup>th</sup> MSO Provincials, Markham (MSO registration required)

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

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

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

Fri-Sun Apr 26-28<sup>th</sup> SO Provincials, Etobicoke (SO registration required)

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

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

Fri-Sun May 24-26<sup>th</sup> MSC Nationals, Montreal Claude Robillard (SO registration required)

Sat Jun 1<sup>st</sup> 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 18<sup>th</sup>).

## Private and Semi-Private Masters Swim Lessons

### Winter Schedule:

Mon 9:35-10:35am

Mon, Tue, 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 2<sup>nd</sup> to Sat Apr 13<sup>th</sup>; no workouts Mon Feb 18<sup>th</sup>**

**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: Note that there is a workout on **Wed Jan 2<sup>nd</sup>: 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 2<sup>nd</sup>**.

**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. 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 ([lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

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