

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, March 10, 2019 1:03 PM
To: 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; David Thibodeau
Subject: Carleton Masters Swimming Newsletter #492

Carleton Masters Swimming Newsletter #492

Sunday, March 10th, 2019

To: Carleton Masters Coaches / Staff (7 addresses)

Bcc: Those registered for Fall 2018, Winter 2019, and Alumni: 7:30am Earlybirds I (49 addresses), 8:30am Earlybirds II (32 addresses), 6pm Whitecaps I (53 addresses), 7:10pm Whitecaps II (30 addresses), Saturday Only (5 addresses), Alumni (33 addresses).

"Success is built out of faith, an undying passion, and a relentless drive" – Stephen Curry

Masters Swimming Program Notes

- The Winter Masters session runs from Wed Jan 2nd to Sat Apr 13th, inclusive, except for the unexpected "snow days" on **Tue Feb 12th** / **Wed Feb 13th**, and **Mon Feb 18th** (Family Day).
 - Full details on dates, prices, etc., 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.**
 - There will be a **March Break Lifesaving Camp running 8:30am to 4:30pm Mon-Fri Mar 11-15th**. The 8:30am group will notice more activity on deck, possibly including the campers testing their whistles.
 - On **Tue Mar 5, Mar 19, and Apr 2**, two starting blocks will be put in the lanes nearest the change rooms after the 6pm Masters ends.

Swimmer Notes

Swimmer Updates:

- **Andrea Chandler** (6pm Whitecaps) was interviewed on CTV for Ottawa Race Weekend on **Tue Feb 26th**. She talks about running with a health challenge (arthritis), and even got in a shout out to Carleton Masters swimming! Thanks **Andrea!** Here's the clip: <https://ottawa.ctvnews.ca/video?clipId=1620888>.

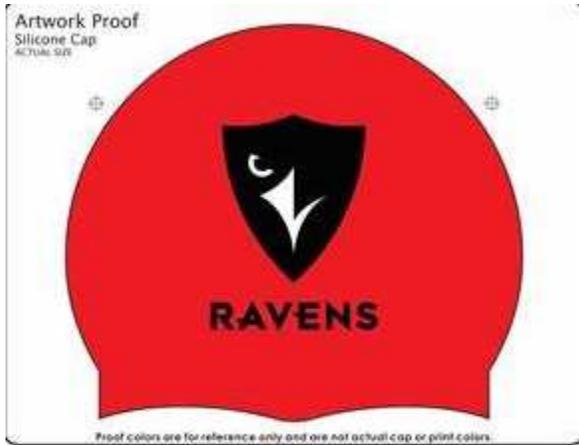
- Coach **David Thibodeau** was recently featured in a New Brunswick Coaching podcast. Check it out his tweet which includes the link: <https://twitter.com/DavidSThibodeau/status/1100780914198675458>.

- **Melanie Heroux** (8:30am Earlybirds) participated in the 5th Annual Special Olympics Polar Plunge on **Sat Mar 2nd**. She raised \$750 for Special Olympics, exceeding her goal of \$700. A newspaper article about the event has a photo of Melanie! <https://www.ledroit.com/actualites/ottawa/defi-de-lours-polaire-se-jeter-a-leau-pour-une-bonne-cause-cc412a9fff709c2839062c8540f256c8>. Congratulations, **Melanie!**

- Special Olympian **Katie Xu** (who trained with 7:30am Earlybirds last summer) and is coached by **Mary Lou Davies** (8:30am Earlybirds) is also a figure skater and is featured in this great video: <https://www.facebook.com/watch/?v=402839523595611>.

- The Rideau Speedeaus, Ottawa's Inclusive Swim Team, are looking for a coach for the summer session (May 1 to Aug 2). Practices are at uOttawa Mon 6-7pm, Wed 6-7pm, and Fri 6:30-7:30pm. Pay is \$25 to \$35 per hour depending on qualifications, skills, and experience. For more details or to apply: info@rideauspeedeaus.com.

- Carleton Varsity “RAVENS” swim caps (\$15) and “RAVENS SWIMMING” T-shirts (\$20) are available as a fundraiser to support the Varsity team:



News and Links:

- Chilling Out: Man Swims Under Frozen Lake in a Speedo: <https://www.theweathernetwork.com/news/articles/man-swims-under-frozen-lake-in-a-speedo-petr-kapoun-instagram-czech-republic/123920/>
- 10 Ways You Know You Swam in the 1990s: <https://swimswam.com/10-ways-know-swam-90s/>
- Chilling Out: Man Swims Under Frozen Lake in a Speedo: <https://www.theweathernetwork.com/news/articles/man-swims-under-frozen-lake-in-a-speedo-petr-kapoun-instagram-czech-republic/123920/>
- Aquamen: Meet the Orthopedic Surgeon who Moonlights as an Underwater Photographer: <https://www.cbc.ca/arts/exhibitionists/aquamen-meet-the-orthopedic-surgeon-who-moonlights-as-an-underwater-photographer-1.4503742>
- Video: **Tara Norton's** Triathlon Story: <https://triathlonmagazine.ca/feature/video-tara-nortons-triathlon-story/>
- When You Say You're a Swimmer: https://www.youtube.com/watch?v=w_OBGNDbi34
- Lift 100 Tons in a Day: Sure, Why Not?: <https://www.wsj.com/amp/articles/lift-100-tons-in-day-sure-why-not-1487505600>
- “Don't Let the Old Man In” [The song was written by **Toby Keith** after spending some time with 88-year-old actor-director-filmmaker, **Clint Eastwood**. Keith asked Eastwood, “what keeps you going?” and he said, “I get up every day and don't let the old man in.” The rest is history. Keith wrote a song for him called 'Don't Let the Old Man In' which is in the Eastwood movie 'The Mule']: <https://www.youtube.com/watch?v=yc5AWImplfE>

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 snow days Tue Feb 12th/Wed Feb 13th, and Mon Feb 18th.

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.

Adrian Finn (Pool Staff; 8:30am Earlybirds) coached for **David** on **Tue Feb 26th**.

Sean coached for **Mark** on **Thu Feb 28th**.

Mark coached for **Sean** on **Mon Mar 4th**.

David is coaching for **Mits** on **Sat Mar 16th**.

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>.

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 - Mar 8th (27 workouts); range: 15-28; average: 21.1
 Perfect Attendance: **Liliane Cardinal, Steve Dods, Susan Hulley, Ursula Scott**

8:30am Earlybirds: Jan 2 - Mar 8th (27 workouts); range: 14-25; average: 19.9
 Perfect Attendance: **Chris Whitehead**
 Missed 1 Workout: **Bill Gregg, Debby Whately**
 Missed 2 Workouts: **Isla Paterson, Natalie Aucoin**

6pm Whitecaps: Jan 2 - Mar 7th (27 workouts); range: 16-34; average: 25.6
 Perfect Attendance: **Cam Dawson, Konstantin Petoukhov**
 Missed 1 Workout: **Peter Lithgow**
 Missed 2 Workouts: **Joanie Conrad, Mars Nienhuis**

7:10pm Whitecaps: Jan 2 - Mar 7th (27 workouts); range: 4-24; average: 13.6
 Missed 1 Workout: **Lynn Brodsky**

Great job by those who participated in the **100 time trial on Thu Feb 28th / Fri Mar 1st**. There were 21 improvements. The biggest improvement was **7.6 seconds** in **100fl** by **Megan Holtzman** (8:30am Earlybirds). Here's the full list:

100fs (6)

Fay Hjartarson	4.6	EB2
Peter Kallai	3.5	WC1
Fiona Hill	2.7	EB1
Marshall Perrin	1.4	WC1
Ursula Scott	0.7	EB1
Zoltan Csepregi	0.4	WC1

100bk (1)

Liliane Cardinal	3.9	EB1
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100br (2)

Megan Holtzman	7.6	EB2
Colette Kenney	1.3	EB2

100IM (2)

Eleanor Fast	2.3	EB1
Christian Cattan	0.9	WC1

Ask the Coach

No responses to this last time, so I'm including it again!

Dear Coach: Do you know any good Sports Medicine doctors? Swimmer with Nerve Pain

Dear S.w.N. Pain: I don't, but I'm sure our readers have some suggestions.

Thanks to **Lina Vincent** (6pm Whitecaps) for her response to the foggy goggles issue:

I bought a small bottle of Speedo "Anti-Fog Solution" at Sport Chek. You put one drop in each lens, rub it and rinse it under cold water, let dry. It really does the job and solved my problem. It does not irritate the eyes even if it has a strong smell: you rinse the goggles. It costs about \$12-13 but a little bit goes a long way.

Dear Coach: Why am I so much slower than my lane-mates on "fin day"? Frustrated Swimmer

Dear F. Swimmer: Everyone has strengths and weaknesses at swimming, as I'm sure you have already noticed. Some swimmers are much faster with fins, while for others it doesn't make much difference. Generally strong kickers improve the most with fins. If you find that you are comparatively slower with fins, think about using your legs a bit more, work on the timing between the arms and legs, keep the kicks small but fast, and ensure that you are still rolling your body (in back and free).

Dear Coach: I usually just have a glass of water in the morning before swimming. Should I try to eat more? Hungry Swimmer

Dear H. Swimmer: I would recommend eating at least a small breakfast before you swim, even if time is short. You may need to experiment with what your stomach will tolerate right before swimming, and start with just a small amount (fruit, cereal, toast, etc.). You may find that your body does better with liquids compared to solids, so you can also try a smoothie or a protein shake.

Dear Coach: You said that my open turns should be more like a "ferris wheel" vs. a "round-about". Is this a good reference: <https://www.swimoutlet.com/guides/how-to-do-an-open-turn-for-swimming>? Working on Open Turns

Dear W.o.O. Turns: Yes, that's a good one, as is this: <https://www.youtube.com/watch?v=9CIH-eWM6zg>. We can also do a clinic during workout to go over a few tips.

Dear Coach: Do you have any tips for flip turns? Working on Flip Turns

Dear W.o.F. Turns: I recommend working on open turns first, and then working on flip turns. I recommend that we do a turn clinic during workout so that we can go over open turns and flip turns.

Masters Swimming Competitions

This season (September 2018 to August 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 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 Mar 31st Technosport 1500 Time Trial (SO registration required) <https://www.swimming.ca/en/meet/32664/>

Sat Apr 6th OlymPink Masters Distance and Sprint Challenge, Brewer Pool (MSO registration required)

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

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, Cote-St-Luc (SO registration required)

<https://www.swimming.ca/en/meet/32636/>

Sat May 4th Barrie Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/24819/>

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

Sat Jun 1st Longueuil LC Meet (TBC: not listed in the calendar)

Sat Jul 6th King Wolf 5k and 11k open water swims, Kingston (part of Global Swim Series -- link below)

Sat Jul 13th Bring on the Bay 3k open water swim, Ottawa <https://bringonthebay.com/>

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!)

Sun Feb 10th Special Olympics Bowling Tournament

Melanie Heroux (8:30am Earlybirds) took part. Her team placed **2nd**. Congratulations, **Melanie!**

Fri Feb 22nd to Sun Feb 24th Lake Memphremagog Winter Swim Festival

Aimee Jones (6pm Whitecaps) took part in every event -- amazing and congratulations!! In this incredible event, they dig through the ice to create two 25m lanes. The water was -1.1C -- yikes! It looks like a good time was had by all. Full results: https://drive.google.com/file/d/1X2mRI8J_UY0RAtqoYyCqik8bRNUp9p-O/view?fbclid=IwAR2P-RgYAXNy8Y4ZyVI7ICTLYJfBZWxWJp3wOMN4P0vNalb_wAhVoWplKk

Aimee Jones (6pm Whitecaps): 7th 4x50 relay (3:01.30), 25br (25.44); 9th 25fl (21.27); 11th 50fs (42.63); 12th 25fs (19.59), 100fs (1:44.92), 200fs (3:50.08)

Sun Mar 3rd Technosport Masters Meet, U of Ottawa

I was the only swimmer from Carleton. Results:

<https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=956>.

Lynn Marshall (Coach; 55-59): 1st 50bk (35.19), 100bk (1:14.18), 50br (41.45), 200br (3:08.97), 50fl (33.31), 100IM (1:15.58)

Special Olympics Volleyball End of Season Report Cards

Congratulations to **Melanie Heroux** (8:30am Earlybirds) for receiving all "stars" in the volley and serve categories, with some "stars" as well as "smiley faces" (needs improvement) in the bump category!

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 **Mar 2nd**).

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 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: **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 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. 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).

Happy lengths!
Lynn

lynnmar@sce.carleton.ca

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