

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, March 24, 2019 1:42 PM
To: 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; David Thibodeau
Subject: Carleton Masters Swimming Newsletter #493

Carleton Masters Swimming Newsletter #493

Sunday, March 24th, 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 (33 addresses), 6pm Whitecaps I (53 addresses), 7:10pm Whitecaps II (30 addresses), Saturday Only (5 addresses), Alumni (33 addresses).

There are no big things, only a logical accumulation of little things done at a very high standard of performance.
– John Wooden

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.**
 - On **Tue Apr 2**, two starting blocks will be put in the lanes nearest the change rooms after the 6pm Masters ends.
 - The pool closes on **Sun Apr 14th** for three weeks annual maintenance.
- Registration for Spring / Summer coming soon -- see next paragraph.

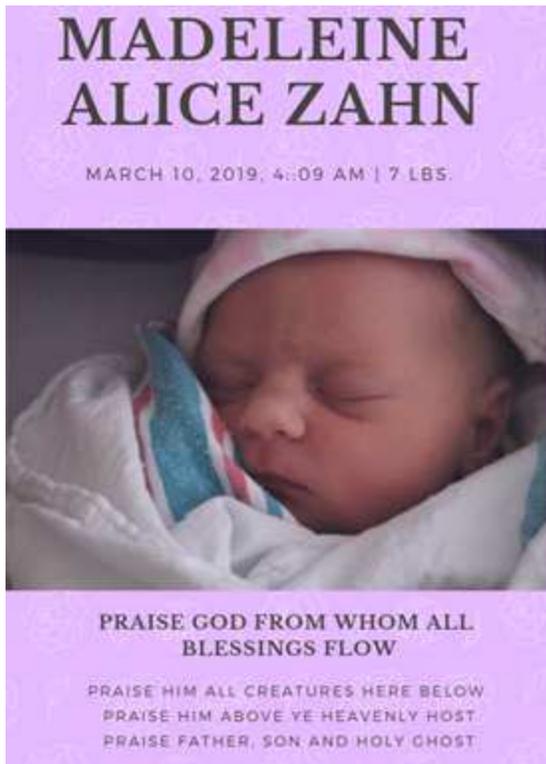
Spring / Summer Masters Programs: Registration Start Date: Wed Apr 3rd

Details on the Spring and Summer Masters programs, starting **Mon May 6th**, will be available soon. The information will be in the next newsletter (planned for next weekend) and will be and posted on the web site (<http://carletonmasters.tripod.com/>). Registration will start on **Wed Apr 3rd**.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Andrea Mrozek** (6pm Whitecaps and Earlybirds) and her husband **Nick Zahn** on the arrival of baby **Madeleine Alice Zahn** (pronounced “Mad-e-lynn”) on Sunday, March 10th at 4:09am, weighing 7lbs. Here’s the announcement:

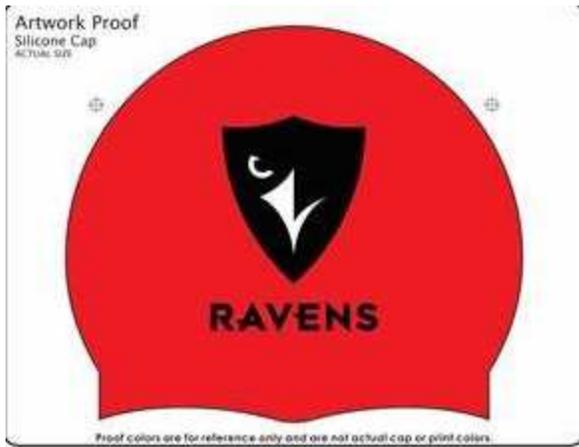


- Congratulations to **Coach David Thibodeau** for his work with Coach New Brunswick to create: A Coach's Guide to LGBTQI2S Sport Inclusion: <https://twitter.com/DavidSThibodeau/status/1104828028117569537>.

- **Christian Berger**, who has been the National Recorder for Masters Swimming Canada (MSC) for many years, sent the update below earlier this week. The "fight" between Masters Swimming Ontario (MSO) and Swimming Ontario (SO) / MSC has claimed another victim -- very sad!
"By the way, I learned 2 days ago that I have been dropped as Natl Recorder and also as Cdn Recorder to FINA, by MSC. The reason is my taking sides - or rather not taking sides - in the Ontario dispute, where we now have an MSO and a SO organization vying for all Ontario swimmers. I keep reporting on all Ontario swimmers, whether SO or MSO. My replacement is Wade James of MSC."

- Aquasport (2730 Iris St) is having an in-store sale from Mar 23rd to 31st: Get an additional 20% off all red ticket items. FASHION, SPORT, KIDS, MEN'S, AND ACCESSORIES. Not combinable with other offers. All items final sale.

- 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:

- This Couple Uses Calls to Locate Each Other While Swimming in San Francisco Bay: <https://www.kqed.org/news/11723406/this-couples-wild-calls-display-passion-for-swimming-safety-and-each-other>
- Total Immersion Guest Blog: From The Mainland to A Marathoner– My Journey from Non-Swimmer to Open Water Long Distance: <http://www.totalimmersion.net/blog/mainland-marathoner-t-journey/>
- Three Water Exercises for Core Strengthening: <https://www.usms.org/en/fitness-and-training/articles-and-videos/articles/three-in-water-exercises-for-core-strengthening>
- 21 Things You Can Learn from the Best Swimmers on the Planet: <https://swimswam.com/21-pieces-of-advice-you-can-steal-from-the-most-successful-swimmers-on/>
- Five Factors Influencing Masters Swimming Performance: <https://www.swimmingscience.net/2014-02-determinants-of-masters-swimming-performance/>
- Relationships, not Training Overload, Main Reason Children Quit Competitive Swimming [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://twitter.com/skeila/status/1103440709955272707>
- 82-Year-Old Is the Oldest to Hike the Appalachian Trail (and in 2015 was the Oldest to Paddle the Mississippi River): <https://www.outsideonline.com/2255056/82-year-old-broke-appalachian-trail-age-record>
- This is Your Brain on Exercise: <https://www.outsideonline.com/2186146/your-brain-exercise>

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 **Sean** on **Mon Mar 11th**.

David coached 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 22nd (33 workouts); range: 12-28; average: 19.9

Perfect Attendance: **Liliane Cardinal, Ursula Scott**

Missed 3 Workouts: **Bruce Brown, Eleanor Fast, Steve Dods, Susan Hulley**

8:30am Earlybirds: Jan 2 - Mar 22nd (33 workouts); range: 14-25; average: 19.4

Missed 1 Workout: **Debby Whately**

Missed 2 Workouts: **Bill Gregg**

Missed 3 Workouts: **Isla Paterson, Mark Blenkinsop, Natalie Aucoin**

6pm Whitecaps: Jan 2 - Mar 21st (33 workouts); range: 16-34; average: 25.5

Perfect Attendance: **Cam Dawson, Konstantin Petoukhov**

Missed 2 Workouts: **Joanie Conrad, Mars Nienhuis, Peter Lithgow**

7:10pm Whitecaps: Jan 2 - Mar 21st (33 workouts); range: 4-24; average: 13.0

Missed 1 Workout: **Lynn Brodsky**

Missed 3 Workouts: **Gillian Massel**

Thanks to those who participated in the **200 time trial on Thu Mar 14th / Fri Mar 15th**. There were 10 improvements, led by **Lynn Hjartarson** (8:30am Earlybirds) with a 80.3 second (1:20.3) improvement in 200fs! Here's the full list:

200fs (8)

Lynn Hjartarson	80.3	EB2
Sebastien Robillard-Cardinal	5.8	WC2
Alison Slater	4.0	WC2
Liz Chretien	3.8	WC2
Aimee Jones	3.6	WC1
Susan Hulley	0.5	EB1
Radek Sadowski	0.3	WC2
Ursula Scott	0.3	EB1

200IM (1)

Konstantin Petoukhov	2.9	WC1
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400fs (1)

Mark Blenkinsop	6.1	EB2
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Great job by those who participated in the **800 / 1500 time trial on Tue Mar 19th / Wed Mar 20th**. There were five improvements led by Aimee Jones (6pm Whitecaps) and Andrea Chandler (6pm Whitecaps), who improved by 92 seconds (1:32) and 76 seconds (1:16), respectively! All improvements follow:

1500fs (5)

Aimee Jones	92.0	WC1
Andrea Chandler	76.0	WC1
Sam Hersh	38.0	EB2
Mark Blenkinsop	14.0	EB2
Lisa Meyer	7.0	EB2

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 **Tony Revitt** (8:30am Earlybirds) who works at Carleton's Athletic Therapy for this response:

The Carleton Sports Med doctors are great. Dr. Taylor is great but very difficult to get to see as she is so popular. But also Dr. Bradley, Dr. Curran, Dr. Braidwood and Dr. Sheridan would be good suggestions as well.

Also of interest to Carleton Masters swimmers: The Carleton Sports Medicine clinic has a **walk-in clinic on Monday nights for new acute injuries. Time is from 5-8pm**, first come first serve. Some days it fills up quickly other nights it is not busy at all.

Dear Coach: I really struggle with my body position while swimming due to weakness in my legs. Any suggestions? Swimmer with Sinky Legs

Dear S.w.S. Legs: One thing you could try is a swim suit made out of wet-suit material. These are popular with many male triathletes for helping with body position. Here's a link to the swim shorts made by ROKA:

<https://global.roka.com/collections/sim-buoyancy-shorts/products/mens-sim-elite-ii-neoprene-buoyancy-shorts?variant=16775759361>.

Dear Coach: You told me that it's good to keep my opposite arm high when breathing in freestyle to keep good length in my stroke and to make it easier to breathe. What should I concentrate on to help with this? Working on My Freestyle

Dear W.o.M. Freestyle: If you have a stretching routine, I'd recommend adding a shoulder stretch, here called "Down Dog at the Wall": <https://breakingmuscle.com/fitness/3-yoga-poses-to-increase-overhead-shoulder-mobility>. Increased shoulder mobility will make it easier to keep the arm at the surface while breathing. Another trick is to slightly bend your wrist backwards so that the water pressure will help you to keep your arm up. Ensure that it's just a slight bend, as you don't want to add resistance!

Dear Coach: I struggle with making forward motion when doing flutter kick with a board. Any tips? Flutter Kick Challenged Swimmer

Dear F.K.C. Swimmer: Here are a few suggestions. Ankle flexibility (extension) is key for a good flutter kick. Part 2 of the exercises here is a good one to help with ankle extension: <https://breakingmuscle.com/fitness/3-yoga-poses-to-increase-overhead-shoulder-mobility>. If your knees don't like that position, you can do the same stretch sitting in a chair and pushing the tops of your toes against the floor. Also, maintaining a good body position helps (the more your legs lower, the more drag a lack of ankle extension will cause. You can do this by pushing down slightly on the board, or by kicking without a board and pushing the face down into the water. If you are in shallow water, you can also push off the bottom of the pool every time your legs sink to increase your momentum and get back to a good body position.

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.

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/>

Cancelled: 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)

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

Cancelled: 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 Mar 17th Special Olympics Swim Meet, Kanata

Melanie Heroux (8:30am Earlybirds) participated in four events and had an awesome competition! She was **first** in 100 fly and 100 back, and **second** in 400 free and 100IM. Great job, **Melanie!**

Sat Mar 23rd Special Olympics Bowling Tournament, Ottawa

Melanie Heroux (8:30am Earlybirds) participated. Results soon!

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 23rd).

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 and 5:00-6:00pm

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.slowlitch.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 (lynmar@sce.carleton.ca).

Happy lengths!

Lynn

lynmar@sce.carleton.ca

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