

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, May 17, 2019 4:31 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #497

Carleton Masters Swimming Newsletter #497

Friday, May 17th, 2019

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2018, Winter 2019, Spring 2019, and Alumni: 7:30am Earlybirds I (53 addresses), 8:30am Earlybirds II (34 addresses), 6pm Whitecaps I (57 addresses), 7:10pm Whitecaps II (33 addresses), Saturday Only (3 addresses), Alumni (32 addresses).



Bill Meyer (7:30am Earlybirds), a water polo Olympian, joined senators, MPs, and fellow Olympians and Para-lympians on Parliament Hill to celebrate National Swim Day on Wed May 8th. This event celebrates the sport of swimming and brings awareness to lives lost to drownings. He's the tall one in the blue shirt second from the left in the middle.

Masters Swimming Program Notes

- The Spring session is underway and runs until **Sat Jun 29th**.
 - For Saturday swimmers, a reminder that the **Sat May 18th workout is from 10:45-11:55am** due to a triathlon booking. Good luck to those doing the triathlon!
 - There are **no workouts Mon May 20th** (Victoria Day).

- Full details on the dates and prices for the Spring and Summer programs can be found in the “Notes and Reminders” at the end of the newsletter.
- Some Spring and Summer groups are getting close to full:
 - There 6pm Whitecaps is full with a wait list for the Spring session. Let me know if you are on the wait list!
 - There are **2** spots left in the 7:30am Earlybirds for the Spring session.
 - There are **9** spots left in the 6pm Whitecaps for the **Summer** session.
 - The other groups still have plenty of space.

Swimmer Notes

Swimmer Updates:

- I'm sad to report that **Peggy Cumming**, an Ottawa swimmer and dragon boater, has passed away after a long battle with cancer: <https://www.dignitymemorial.com/en-ca/obituaries/ottawa-on/peggy-cumming-8275143>.

- Good luck to **Dawn Walsh** (8:30am Earlybirds), **Liliane Cardinal** (7:30am Earlybirds), **Mark Blenkinsop** (Coach and 8:30am Earlybirds), **Megan Holtzman** (8:30am Earlybirds), and **Natalie Aucoin** (8:30am Earlybirds). They will be representing Carleton at the Masters Nationals Swimming Championships in Montreal near the end of the month! In addition, **Larry Durr** (7:30am Earlybirds) will be swimming for Technosport at Nationals and he will be on relays in the 320-359 category (that's an average age 80+)!

- Congratulations to **Luz Osorio** (6pm Whitecaps) on winning gold at the Canadian Squash Championships! Details in “Meet Results”, below.

- Awesome job by **Lillian Wheatley** (7:30am Earlybirds) to win gold at the Eastern Canadian Water Polo Championships! Details in “Meet Results”.

- Congratulations to **Megan Holtzman** (8:30am Earlybirds) and **Natalie Aucoin** (8:30am Earlybirds) on being selected for the Canadian National Dragon Boat Team for Senior A (age 40+) Women!

- **Ursula Scott** (7:30am Earlybirds) is a member of Tone Cluster, which is performing the Canadian Premiere of Tyler's Suite with Harmonia Choir of Ottawa and the Nepean High School Choir on **Sat. June 1, 2019 at 7:30 p.m.** at the Carleton Dominion-Chalmers Centre, 355 Cooper St. Admission is free. It is a suite in nine movements, dedicated to the memory of Tyler Clementi, a talented young musician who died by suicide after being bullied by his roommate during his first weeks of college. Created under the leadership of Stephen Schwartz and Dr. Timothy Seelig (Conductor/Artistic Director of the San Francisco Gay Men's Chorus), Tyler's Suite explores the voices and experiences of Tyler and his family through the music of nine composers. “The story of Tyler Clementi, the story of the loss of one young man who clearly had so much to offer the world and its impact on those who loved him, reminds us that every life lost because of bullying and bigotry is a specific individual tragedy.” Stephen Schwartz

- **Derek Baas** (x-Whitecaps) and husband of **Andrea Chandler** (6pm Whitecaps) has had two articles published in the Somerville Foundation's GUCH (Grown Up Congenital Heart Patient's Association) News, Summer 2019 edition. Check out pages 11-12, and 13: <https://thesf.org.uk/wp-content/uploads/2019/05/GUCH-News-Issue-93-Summer-2019.pdf>.

- **Randi Karstad** (7:30am Earlybirds)'s daughter **Hedda** is a member of the Stellae Boreales youth ensemble performing at the National Gallery on **Sun Jun 9th**. Details: <https://www.gallery.ca/whats-on/calendar/stellae-boreales-in-concert>.

- Thanks to the 7:30am Earlybirds for their patience with the photo shoot on Fri May 10th. The photos are for Carleton's Future Funder (fundraising) campaign and will feature (among other projects) the Varsity swim team as we have been one of the top fundraising teams.

- Thanks to **Ralph Siemsen** (8:30am Earlybirds) for his help with detecting the broken links on the team web site!

- **Miguel Mejicano Quintana** (7:10pm Whitecaps; MiguelMejicanoQuinta@cmail.carleton.ca) is selling two new brand new Triathlon books: \$45 for both, as he ended up with two copies. Details here:

- https://www.amazon.ca/Fast-Track-Triathlete-Balancing-Performance-Long-Course/dp/1937715744/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=

- <https://www.amazon.ca/Well-Built-Triathlete-Turning-Potential-Performance/dp/1937715116>

See also: <https://www.youtube.com/watch?v=RkFqgU2WMEw>

- Carleton's convocation will run from **Mon Jun 10th to Fri Jun 14th**. Parking in Lot 5 will be affected during those dates.

- 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:

- **Laura Val**, Masters Swimmer Extraordinaire: <https://www.wispsports.com/the-bolder-woman/s1e12/laura-val-masters-swimmer-extraordinaire>
- Winnipeg Dads form a Synchronized Swim Team: <https://www.ctvnews.ca/sports/winnipeg-dads-form-a-synchronized-swimming-team-gain-international-attention-1.4408063>
- Swimming May Slow Down Aging by Decades: <http://www.everythingzoomer.com/health/fitness/2019/03/25/swimming-exercise-aging/>
- Advanced Partner Pull: <https://www.facebook.com/1908251392817029/videos/680329459069660/>
- Gray Headers Above the Rest (60+ Soccer League): https://enewspaper.latimes.com/infinity/article_share.aspx?guid=17f61cd5-0a50-4c40-83cb-0ea1c4e47255
- Run Sprinter Impaled by Javelin [Ed. Note: Swimming is safer!]: <https://www.theguardian.com/sport/2019/may/08/university-of-georgia-sprinter-javelin-impaled-elija-godwin>
- **Freya Hoffmeister** is Kayaking around North America: <https://www.outsideonline.com/2395174/freya-hoffmeister-kayaking>
- The Pool Belongs to Those Who Show Up: <https://swimswam.com/pool-belongs-show/>

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.

Spring Session Information

Dates: Snow Day Make-Up Workouts Mon May 6th; Spring Session Tue May 7th to Sat Jun 29th; excluding Mon May 20th

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: **Sean**; Sub-Coach: **Adrian**

7:10pm Whitecaps: Shallow End: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-Coach: **Adrian**

8:15am Saturdays: Shallow End; rotating coach schedule
Exceptions will be noted here.

Lynn (6:00-7:30pm) and **David** (7:30-8:10pm) coached for **Sean** on **Mon May 6th**.

Lynn coached for **Sean** on **Thu May 9th**.

Sean returned in time to coach on **Mon May 13th**.

Sean is coaching for **Lynn** on **Sat May 18th**. Thanks, **Sean**!

Fin Day:

Thu May 30th / Fri Jun 1st

Time Trials:

Thu Jun 6th / Fri Jun 7th: timed 200 choice or 400 IM/free

Tue Jun 11th / Fri Jun 12th: timed 50 and 100 choice

Mon Jun 17th: timed 800 / 1500fs

Thu Jun 27th / Fri Jun 28th: "funner" day (e.g. relays)

This information and more can be found with the Spring/Summer workout themes
at: <http://carletonmasters.tripod.com/mastplansprsum19.pdf>.

Here are the weekday attendance statistics to date. The "snow day" make-up workout on Mon May 6th is ***not*** included to be fair to those who didn't swim last term. Please let me know of any errors or omissions!

6pm Whitecaps: May 7-16th (5 workouts); range 18-24; average: 21.8

Perfect Attendance: **Don Wells, Mars Nienhuis, Matthew Sinclair, Nicole Delisle, Sydney Steele**

7:10pm Whitecaps: May 7-16th (5 workouts); range 7-12; average: 9.6

Perfect Attendance: **Elaine Yardley, Gillian Massel, Lisa Tauskela**

7:30am Earlybirds: May 8-17th (5 workouts); range 21-27; average: 23.6

Perfect Attendance: **Ann Bortolotti, Derek Woodard, Eleanor Fast, Heather Morrison, Justin Kernot, Liliane Cardinal, Marie-Odile Junker, Marta Kolbuszewska, Steve Dods, Susan Hulley, Susan Nevitt-Yelle, Ursula Scott**

8:30am Earlybirds: May 8-17th (5 workouts); range 19-27; average: 21.6

Perfect Attendance: **Brad Shapansky, Debby Whately, Emma Cross, Flo Kellner, Isla Paterson, Mary-Lou Dunnigan, Sheila Kealey**

Ask the Coach

Dear Coach: I've never done butterfly before and the drills for that stroke are coming up soon. What do you recommend? New to Butterfly

Dear N.t. Butterfly: We don't assume any previous knowledge of fly for the drills. However, if you find that you need more help, then once we've finished the drills you can ask for extra help and we can hold clinics in the dive tank.

Dear Coach: What's the rule for a backstroke to breaststroke turn? Is a flip turn allowed? Improving My IM

Dear I.M. IM: For the backstroke to breaststroke turn, you must touch the wall with some part of your body (hand is recommended vs. head) while still on your back (i.e. before you have rolled 90 degrees). You must leave the wall on your stomach (i.e. rolled less than 90 degrees to the side). There are many different backstroke to breaststroke turns some of which are easy to do (and generally not-so-fast) and some that are fast (but difficult to master without getting disqualified)! Ask your coach for some suggestions or a demo.

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 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

Sun Jun 23rd Etobicoke Pre-Worlds LC Meet <https://www.swimming.ca/en/meet/34001/>

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/>

Aug 5-18th FINA World Masters Championships, Gwangju, Korea http://www.fina-gwangju2019.com/masters_eng/
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 Apr 14th Provincial Swim Team Qualifier for Special Olympics at Nepean Sportsplex

Congratulations to **Melanie**, and apologies for missing one of her three first places last time! She had a great meet with three first places and two second places. Note that Melanie won't hear whether she has made the provincial team for some months, but these results give her a good shot at making the team! Here are the details:

Melanie Heroux (8:30am Earlybirds; 30-39): **1st** 100 back (3:11.40), 100 fly (3:56.02), 200IM (7:15.77); **2nd** 200fs (6:35.27), 50fl (1:39.28)

Apr 30th to May 4th 2019 Canadian Squash Championships

Congratulations to **Luz Osorio** (6pm Whitecaps) for winning the Women's C Singles at the Squash National Champs!!
Results: <https://clublocker.com/tournaments/10444/draws?divisionId=306&offset=0>.

Sat-Sun May 4-5th Montreal Special Olympics Swim Meet

Congratulations to **Melanie** on her great swims. We are still waiting for some of her official times, but she won 4 gold medals and 2 bronze medals. Here are the times available:

Melanie Heroux (8:30am Earlybirds; 30-39): 1st 50 fly (1:44.26), 100 fly (3:54.79), 100IM (3:20.77)

Fri-Sun May 10-12th Eastern Canadian U14 Water Polo Championships

Congratulations to **Lillian Wheatley** (7:30am Earlybirds) on a gold medal performance! **Lillian** is a member of the Kitchener-Waterloo Kraken U14 team (as the local clubs didn't have a serious competitive team this year) and they won the Eastern Canadian Championships, winning all five games: over the Mavericks 11-6, St Lambert 8-4, Tiburon 11-4; semi-finals over the Mavericks 7-1, and the final over St Lambert 10-6. Here are some highlights from the final:

<https://519sportsonline.ca/video.php?videoID=1426>.

Sun May 12th Sporting Life 10km Run, Ottawa (845 participants)

Congratulations to **Lisa** and **Susan** on their fast runs. **Lisa** won their age group! Results:

<https://www.sportstats.ca/display-results.xhtml?raceid=100702>.

Lisa Meyer (8:30am Earlybirds; 55-59): 88th overall, 27th woman, and 1st in category in 45:53.0

Susan Nevitt-Yelle (7:30am Earlybirds; 55-59): 101st overall, 35th woman, and 4th in category in 46:39.9

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 **May 9th**).

Private and Semi-Private Masters Swim Lessons

Spring Schedule:

Mon/Wed 9:35-10:35am

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

Spring / Summer Masters Programs

Details on the Spring and Summer Masters programs can be found below and on the web site:

<http://carletonmasters.tripod.com/>. Registration for both Spring and/or Summer Masters is available. Note that the 7:30am and 6pm groups fill quickly, so register earlier rather than later if you like to swim at one of those two times!

The main change for this year is that there is a **separate registration for Saturdays in the Summer** program (i.e. it is no longer included with the weekday registration). If the registration is low, this program will likely not be offered starting next year.

Spring 2019: Mon May 6th to Sat Jun 29th; no workouts Mon May 20th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$76+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$76+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-coach: **Adrian**): cost \$84+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-coach: **Adrian**): cost \$76+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat, except May 18th is 10:45-11:55am (shallow; Coaches: rotating schedule): cost: \$34+HST

Summer 2019: Tue Jul 2nd to Sat Aug 31st; no workouts Mon Jul 1st, Sat Aug 3rd, or Mon Aug 5th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep + 2 lanes shallow, if needed; Coach: **Lynn**): cost: \$76+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-coach: **Adrian**): cost \$84+HST

12:15pm Saturday Earlybirds: 12:15-1:25pm Sat (shallow; Coaches: rotating schedule): cost: \$34+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

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