

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, October 25, 2019 4:25 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 #509

Carleton Masters Swimming Newsletter #509

Friday, October 25th, 2019

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2019 and Alumni: 2019-2020 7:30am Earlybirds I (40 addresses), 8:30am Earlybirds II (24 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (25 addresses), Saturday Only (3 addresses), Alumni (38 addresses).

"If you fall behind, run [Ed. Note: or swim!] faster. Never give up, never surrender, and rise up against the odds."
– Jesse Jackson

Masters Swimming Program Notes

- The Fall session runs from Wed Sept 4th to Thu Dec 19th, inclusive, excluding **Mon Oct 14th**.
 - The 6pm Whitecaps and 7:30am Earlybirds groups are **full** for Fall: wait lists available. **If you are on the wait list, please let me know, including your position on the list.**
 - Full details for the Fall and Winter programs is in the "Reminders" section at the end of the newsletter.

Swimmer Notes

Swimmer Updates:

- Those Masters swimmers who are Carleton Alumni are invited to attend the Varsity vs. Alumni Fun Swim Meet tomorrow, **Sat Oct 26th**, from 11:30am to 1:30pm at the Carleton pool, followed by a social event.

- Date for your Diary: The Carleton Masters Annual Festive Gathering will again be hosted by **Don Wells** and **Joanie Conrad** (6pm Whitecaps) on **Sat Nov 23rd**. Full details: <http://carletonmasters.tripod.com/festive2019.pdf>.

- **Megan Holtzman** (8:30am Earlybirds) is one of the software developers for Tritonwear. Check out this announcement: Swimming Canada Announces Tritonwear as Official Training Technology: <https://swimswam.com/swimming-canada-announces-tritonwear-as-official-training-technology/>

- Thanks to those who wrote letters in support of a new pool at Carleton. A preliminary consultation meeting with the architects was held yesterday with Carleton Masters represented by coach **Sean Dawson** and **Heloise Emdon** (7:30am Earlybirds). The recommendations for the pool include: 8-10 lanes, adjustable floor, meets FINA regulations for large swim meets, meets needs of water polo, more deck space and storage space, plus multi-purpose rooms off the deck (strength, video, officials, hospitality), more seating space for spectators, underwater sound system for synchro, possibly two bulkheads to set up the pool in three segments. The most contentious issue was a proposal for the change rooms to be set up as two or three non-gender specific rooms.

- Carleton's Fall Convocation is **Sat Nov 9th**. Parking Lot 5 may be unavailable to Athletics users on that date.

- Here's a Masters Swimming Bulletin from Swim Canada: <https://www.swimming.ca/en/masters/> and <https://www.swimming.ca/fr/maitres/>.

- A reminder that Masters Swimming Canada (MSC) is no longer recognized by Swim Canada. In an attempt to get some funds, MSC is looking for Ambassadors. Basically you pay them a lot of money (\$1000 for gold level, \$500 for silver level,

and \$250 for bronze level) to get some free swag and your name on their web site!
<https://www.mastersswimmingcanada.ca/WP/en/aboutus/msc-ambassador-program-2019-2020-swim-season/>.

News and Links:

- Cornwall's **David Merpaw** Completes Bucket List Item: Swimming the Amazon: <https://www.standard-freeholder.com/sports/local-sports/cornwalls-david-merpaw-completes-bucket-list-item-swimming-the-amazon>
- What it Feels Like to Swim in Sub-Zero Waters [thanks to **Sandy Lawson** (7:30am Earlybirds)]: <https://www.1843magazine.com/travel/taste-the-fear/what-it-feels-like-to-swim-in-subzero-waters>
- Swimming in -5 degrees C Weather in Abisko, Sweden [thanks to **Mary-Lou Dunnigan** (8:30am Earlybirds)]: <https://twitter.com/vagabondbaker/status/1184796190510059520>
- Exercise Advice for Surviving Cancer, and Maybe Avoiding It [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://www.nytimes.com/2019/10/16/well/move/exercise-advice-for-surviving-cancer-and-maybe-avoiding-it.html>
- Kenya's **Eliud Kipchoge** Smashes Two-Hour Marathon Barrier: <https://edition.cnn.com/2019/10/12/sport/eliud-kipchoge-marathon-vienna-intl/>
- Gymnast **Oksana Chusovitina** Qualifies for Her Eighth Olympics: <https://olympics.nbcsports.com/2019/10/06/oksana-chusovitina-qualifies-olympic-gymnastics-tokyo/>

Fall Session Information

Dates: Wed Sept 4th to Thu Dec 18th; excluding Mon Oct 14th.

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/Thu: **Sean**; Tue: **David**

7:10pm Whitecaps: Shallow End: Mon/Thu: **Sean**; Tue: **David**

8:15am Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Lynn coached for **Mits** on **Sat Oct 19th**.

Fin Days:

Tue Oct 22nd / Wed Oct 23rd

Thu Nov 21st / Fri Nov 22nd

Time Trials:

Thu Oct 10th / Fri Oct 11th: timed 400 free or IM

Thu Oct 17th / Fri Oct 18th: two timed 50s choice

Mon Oct 28th: timed 200 choice

Mon Nov 11th: timed 800 / 1500 free

Tue Nov 26th / Wed Nov 27th: timed 100 choice

Wed Dec 17th / Thu Dec 18th: "funner" day (e.g. relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall19.pdf>.

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

7:30am Earlybirds: Sept 4-Oct 25th (22 workouts); range 15-28; average: 22.4

Perfect Attendance: **Bruce Brown, Margaret King**

Missed 1 Workout: **Harley Gifford, Liliane Cardinal**

Missed 2 Workouts: **Eleanor Fast, Ian Lorimer**

8:30am Earlybirds: Sept 4-Oct 25th (22 workouts); range 15-24; average: 18.9

Perfect Attendance: **Debby Whately, Melanie Heroux**

Missed 2 Workouts: **Chris Whitehead, Isla Paterson, Natalie Aucoin**

6pm Whitecaps: Sept 5-Oct 24th (21 workouts); range 21-33; average: 27.2

Perfect Attendance: **Don Wells, Konstantin Petoukhov, Nicole Delisle**

Missed 1 Workout: **Cam Dawson**

Missed 2 Workouts: **Ingrid Hagberg, Joanie Conrad, Joanne Dawson, Mars Nienhuis, Rachel Bennett**

7:10pm Whitecaps: Sept 5-Oct 24th (21 workouts); range 6-15; average: 10.4
Perfect Attendance: **Elaine Yardley, Stephen Agberien**

Congratulations to all who participated in the **50 time trials on Thu Oct 17th / Fri Oct 18th**. There were 16 improvements, plus one tie, and three swimmers improved in both of their 50s: **Flo Kellner** (8:30am Earlybirds), **Mike Wheatley** (7:30am Earlybirds), and **Peter Kallai** (6pm Whitecaps). The biggest improvements were by **Janine Debanne** (8:30am Earlybirds) with a 7.3 second improvement in 50 breast and **Flo** with a 4.5 second improvement in 50 back. Well done! Here's the full list of improvements:

50 free (6)

Peter Kallai	1.9	WC1
Heather Morrison	1.8	EB1
Megan Holtzman	0.6	EB2
John Halloran	0.4	WC1
Ralph Siemsen	0.4	EB2
Flo Kellner	0.2	EB2

50 back (2)

Flo Kellner	4.5	EB2
Eleanor Fast	0.9	EB1

50 breast (6 + 1 tie)

Janine Debanne	7.3	EB2
David Caughey	2.6	EB1
Mike Wheatley	2.4	EB1
Peter Kallai	2.1	WC1
Steve Kennedy	1.2	WC1
Sam Gamble	0.1	WC1
Chris Whitehead	0.0	EB2

50 fly (2)

Mike Wheatley	2.4	EB1
Melanie Heroux	1.7	EB2

Ask the Coach

Dear Coach: The focus for this week is "efficient kick". What should I be focusing on to make my kicking more efficient? Improving Swimmer

Dear I. Swimmer: First you want to be sure that your kick is streamlined. Thus, for strokes other than breaststroke, you want to keep your toes pointed and turned in, and for breaststroke keep the kick as narrow as you can while still turning your feet out and think of bringing your feet to your butt, rather than bringing your knees forward during the recovery part of the kick. Second, you want the kick to be aligned with the arms. For freestyle and backstroke you kick down with the opposite leg as each arm enters the water (with two kicks in between if you are doing a 6-beat kick). For breaststroke, you want to be sure that your legs go out after your arms have started to go in. And for fly, you want one kick at the top of the stroke, and one at the bottom.

Dear Coach: Should it be faster doing freestyle pull, compared to regular freestyle? Swimmer Passed by Puller

Dear S.P.b. Puller: It depends! An elite-level swimmer will be faster without a pull buoy, as he/she will have a very efficient and powerful kick. For the rest of us, it depends on kick efficiency as well as body position. A pull buoy helps keep the hips up, so many swimmers will find this a great advantage. And as you are not kicking (or shouldn't be!) when using a pull buoy, it takes less energy than swimming, so those with a poor kick may find it faster.

Dear Coach: If I'm swimming breaststroke and am going to arrive at the wall on a half stroke, should I glide in to avoid that half stroke, or make it a quick stroke? Working on Turns

Dear W.o. Turns: In an ideal world, you realize 5-10m from the wall and adjust your stroke to finish on a full stroke. However, if you do find yourself in this position, if you are coming to a turn, take the extra stroke. If you are at the finish, then glide.

Masters Swimming Competitions

This season (September 2019 to August 2020), you have many 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 be accepted by Christian Berger (for his Top 20 rankings) but will not be recognized by Swim Canada, MSC, or 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 \$6 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 **\$50** 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. Notice the price has been reduced by \$15 this year!
3. You can register with both MSO and SO. This costs **\$60** for Sept 1st to Aug 31st.
4. You can also register with MSC. This costs \$30. It's not yet clear what this gets you beyond a few discounts and the ability to use their Million Meter recording page. It will likely be required to swim at the MSC Nationals.

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 Swim Canada Masters 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 Oct 26th Brossard (SO registration required) <https://www.swimming.ca/en/meet/34221/>

Sun Nov 10th Guelph Marlins Meet (MSO registration required)

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

Sat Nov 16th Willy Lee Charity Meet, Brewer (MSO registration required)

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

Sat Nov 16th Quebec Manche 1, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34516/>

Sun Nov 17th Etobicoke Semi-Serious Meet, Toronto (SO registration required) <https://www.swimming.ca/en/meet/34698/>

Sun Dec 1st Technosport Meet, uOttawa (MSO registration required)

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

Sat Dec 7th Quebec Manche 2, Sainte-Foy (SO registration required) <https://www.swimming.ca/en/meet/34517/>

Sun Dec 8th Nepean Red vs. Blue Meet (MSO registration required)

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

Sun Dec 15th IM Fast, Toronto Pan-Am Sports Centre (SO registration required)

<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>

Sat Jan 11th Quebec Manche 3, Drummondville (SO registration required) <https://www.swimming.ca/en/meet/34518/>

Sun Jan 19th Alderwood Yards Meet (MSO registration required)

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

Sat Jan 25th Cote St Luc Invitational, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34397/>

Sat Feb 1st Quebec Manche 4 LC, Quebec (SO registration required) <https://www.swimming.ca/en/meet/34519/>

Sun Feb 2nd Technosport Meet, uOttawa (MSO registration required)

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

Sat Feb 8th Downtown Swim Club All Out Swim Meet, Toronto (MSO registration required)

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

Note: No Nepean Winterlude LC Meet in 2020 as Nepean is hosting MSO Provincials.

Sat Feb 22nd Quebec Manche 5, Pointe Claire, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/34520/>

Sun Feb 23rd Thornhill Stephen Forsey Invitational Swim Meet (MSO registration required)

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

Sun Mar 1st Technosport Meet, uOttawa (MSO registration required)

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

Sun Mar 1st Wilmot Meet (SO registration required)

<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>

Sat Mar 14th Quebec Manche 6, Dollard-des-Ormeaux, Montreal (SO registration required)

<https://swimming.ca/en/events-results/live-upcoming-meets/>

Fri-Sun Mar 27-29th MSO Provincial Championships, Nepean (MSO registration required)

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

Sat Mar 28th La Salle LC Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34281/>

Sat Apr 18th OlymPINK Masters Challenge, Ottawa (MSO registration required)

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

Sat-Sun Apr 25-26th Swim Ontario Masters Provincials, location TBA (SO registration required)

<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>

Fri-Sun May 22-24th Swim Canada Masters Nationals, Etobicoke (SO registration required)

<https://swimming.ca/en/events-results/live-upcoming-meets/>

May MSC Nationals (MSC registration required?) TBD

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 **October 24th**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Mon/Wed 4:30-5:30pm

Tue/Thu 4:00-5:00pm

Tue/Thu 5:00-6:00pm

Fri 9:35-10:35am

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

Fall/Winter Programs

Masters is a members-only program with no student discount. Registration can be done in person or by phone: 613-520-4480. The 6pm and 7:30am groups fill quickly, so register early to avoid disappointment! The Masters program information is also available on the web site: <http://carletonmasters.tripod.com/>. Note that the system requires that the cost be the same for both Fall and Winter, so there are two bonus workouts in the Fall (i.e. you pay for 43 workouts and get 45) and one or two extra Winter workouts on unusual days to get 43 workouts in for all groups. Prices are unchanged from last year.

Fall 2019: Wed Sept 4th to Thu Dec 19th; no workouts Tue Sept 3rd; Mon Oct 14th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: Lynn): cost: \$150+HST **Full: Waitlist 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/Thu: Sean; Tue: David): cost \$165+HST **Full: Waitlist Available**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon/Thu: Sean; Tue: David): cost \$150+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

Winter 2020: Thu Jan 2nd to Sat Apr 11th; no workouts Mon Feb 17th; Fri Apr 10th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2nd and Thu Apr 9th**

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2nd and Thu Apr 9th**

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon/Thu: Sean; Tue: David): cost \$165+HST: includes **Fri Jan 3rd**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon/Thu: Sean; Tue: David): cost \$150+HST: includes **Fri Jan 3rd**

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 Ravens Gear: Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity team:



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.

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>