

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, November 29, 2019 2:16 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 #512

Carleton Masters Swimming Newsletter #512

Friday, November 29th, 2019

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2019 and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (26 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (25 addresses), Saturday Only (3 addresses), Alumni (39 addresses).

“Don't try to be better than the other guy. Just try to be better than you were the day before. That's all you have to do.” – Sam Wyche

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.**
- The Winter session starts on **Thu Jan 2nd**. Information on interim workouts that will be held between the Fall and Winter sessions is coming soon!
- Note that the **6pm Whitecaps** is nearing capacity for the **Winter** term. There are just **3 spots** remaining. (The other groups still have lots of space.)
- Full details for the Fall and Winter programs is in the “Reminders” section at the end of the newsletter.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Susan Hulley** (7:30am Earlybirds) and **Steve Dods** (7:30am Earlybirds) on their recent engagement! A wedding date has not yet been set, but will likely be in the second half of 2020.

- A very big thank you to **Joanie Conrad** and **Don Wells** (both 6pm Whitecaps) for once again hosting the Carleton Masters Annual Festive Gathering **Sat Nov 23rd**. It was a wonderful feast, as usual, and great to see everyone in regular clothes!

- It was great to see such a large turnout for **Phil Boland's** celebration of life last weekend (<https://www.hpmcgarry.ca/memorials/philip-boland/4034049/obituary.php>). The speeches, including those by his father **Rick** and sister **Brigitte** were very moving and well done. The team sends their condolences to **Natalie Aucoin** (8:30am Earlybirds) and all the family at this difficult time. See details below on the Carleton University scholarship being created in Phil's honour.

- As many of you asked, here are details about making donations to Carleton and the upcoming Giving Tuesday:

- All donations made to Carleton University are tax deductible. For on-line donations, tax receipts are emailed immediately. For phone and mail donations, tax receipts are sent by mail.

- Today is Black Friday. This coming Monday is Cyber Monday, and then Tuesday (December 3rd) is **Giving Tuesday** – a chance to give back (<https://givingtuesday.ca>).

- Many charitable organizations, including Carleton University, encourage donations on Giving Tuesday by matching donations, so for every \$1 you donate, the fund you donate to gets \$2.

- In the next paragraph are the details on donating on-line (using a credit card or Interac online). If you prefer to donate by phone, call 613-520-3636 (or 1-800-461-8972), or fax: 613-520-3587. The mailing address is: Department of University Advancement, Carleton University, 1125 Colonel By Drive, Ottawa ON K1S 5B6.

- Carleton University will again be participating in "Giving Tuesday", this year on **December 3rd**. On that date, every donation of up to \$10,000 will be 100% matched by Carleton up to a total of \$500,000. Donating early in the day (between 12:01am and 9am) is recommended. You can explore all the funds and projects available at <https://futurefunder.carleton.ca/>. Here are some that may be of interest:

- **Phil Boland Memorial Fund:** As long as the total raised is at least \$12,500, all funds donated will be matched by the University's new endowment matching funds. This is in **addition** to any Giving Tuesday matching, so funds donated on Tuesday have the potential to be double-matched.: <https://futurefunder.carleton.ca/giving-fund/phil-boland-memorial-fund/>.

- **Tom Anzai Memorial Swimming Bursary** (recently renamed in **Tom's** honour): The first \$6000 donated on Giving Tuesday will be **double**-matched by Carleton: <https://futurefunder.carleton.ca/giving-fund/tom-anzai-swimming-bursary-giving/>.

- **Carleton Ravens Swim Team** (to subsidize our out of town competitions and Florida training camp): <https://futurefunder.carleton.ca/campaigns/ravens-swim-team-2/>.

- Good luck to the Carleton Men's Water Polo Team coached by **Zoltan Csepregi** (6pm Whitecaps) and **Bill Meyer** (7:30am Earlybirds). The team is participating in the OUA Championships at Western University (London, ON) this weekend.

- Carleton students who swim with Carleton Masters may now get this added to their co-curricular record. Just add "Carleton Masters Swim – Member". Information on how to do this is provided here: <https://carleton.ca/seo/ccr/>. Thanks to **Ivy Cao** (Saturday Earlybirds) for getting this set up!

News and Links:

- An Explanation of the ISL (International Swimming League) [thanks to **Ruth Fawcett** (6pm Whitecaps)]: <https://www.theguardian.com/artanddesign/2019/nov/25/backstroke-and-beats-the-international-swimming-league-hits-town-a-photo-essay>; plus news that FINA did come around and no longer plans to ban those who participate and will even accept records swum: <https://olympics.nbcsports.com/2019/11/18/swimming-short-course-records-in-peril-as-fina-recognizes-isl-times/>

- Fly Drills of the Month: <https://swimswam.com/swimmersbest-drill-of-the-month-butterfly-breath-progression/>

- Why Women Excel at Marathon Swimming: <https://explorersweb.com/2019/07/05/why-women-excel-at-marathon-swimming/>

- Marathon Swimmer **Catherine Breed** goes Beyond the Black Line:

<https://www.swimmingworldmagazine.com/news/marathon-swimmer-catherine-breed-goes-beyond-the-black-line/>

- How Teen Swimmers Rescued Drowning Swimmers in Rip Current:

<https://www.washingtonpost.com/lifestyle/2019/11/16/we-got-you-how-teen-surfers-rescued-drowning-swimmers-rip-current/>

- A Way to Amplify (or Weaken) the Effect of Self-Talk on Performance: <https://bulletproofmusician.com/a-way-to-amplify-or-weaken-the-effect-of-self-talk-on-performance/>

- US Olympic Swim Medalist, **George Breen**, Dies After Battling Cancer: <https://swimswam.com/4-time-olympic-medalist-george-breen-dies-after-battling-cancer/>

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.

Sean coached for **David** on **Tue Nov 26th**.

Mark is coaching for **Sean** on **Thu Dec 5th**.

Fin Days:Tue Oct 22nd / Wed Oct 23rdThu Nov 21st / Fri Nov 22nd**Time Trials:**Thu Oct 10th / Fri Oct 11th: timed 400 free or IMThu Oct 17th / Fri Oct 18th: two timed 50s choiceMon Oct 28th: timed 200 choiceMon Nov 11th: timed 800 / 1500 freeTue Nov 26th / Wed Nov 27th: timed 100 choiceWed 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-Nov 29th (37 workouts); range 13-28; average: 20.8Missed 1 Workout: **Bruce Brown**Missed 2 Workouts: **Margaret King**Missed 3 Workouts: **Liliane Cardinal****8:30am Earlybirds:** Sept 4-Nov 29th (37 workouts); range 14-24; average: 18.7Missed 1 Workout: **Debby Whately**Missed 3 Workouts: **Chris Whitehead****6pm Whitecaps:** Sept 5-Nov 28th (36 workouts); range 18-35; average: 26.2Perfect Attendance: **Don Wells, Konstantin Petoukhov**Missed 1 Workout: **Cam Dawson**Missed 2 Workouts: **Joanne Dawson**Missed 3 Workouts: **Joanie Conrad, Nicole Delisle****7:10pm Whitecaps:** Sept 5-Nov 28th (36 workouts); range 6-15; average: 10.3Perfect Attendance: **Stephen Agberien**

Thanks to those who participated in the **100m time trial on Tue Nov 26th / Wed Nov 27th**. There were 10 improvements and a tie. The largest improvement was a whopping 20.7 seconds by **Joanne Heidgerken** (6pm Whitecaps) in 100 free. The full list of improvements follows:

100 free (9 + 1 tie)

Joanne Heidgerken	20.7	WC1
John Halloran	4.8	WC1
Bekah Dyck	3.5	EB2
Christian Cattan	2.3	WC1
Zoltan Csepregi	2.2	WC1
Stephen Agberien	1.5	WC2
Ann Bortolotti	0.9	EB1
Isaac Fierro Marquez	0.5	WC1
Jian-Lok Chang	0.3	WC1
Konstantin Petoukhov	0.0	WC1

100 breast (1)

Adrian Finn	0.5	EB2
--------------------	-----	-----

Ask the Coach

Dear Coach: I'm going to be moving soon, and will be looking for a new Masters team. Any suggestions on how to get this information? Carleton Masters Alumna Swimmer

Dear C.M.A. Swimmer: There's a crowd-sourced web site that's very helpful in cases when you are either travelling and looking for a place to swim, or moving to a new city: <https://www.swimmersguide.com/>. If you enter the city of interest, you will get information on the pools, their public swim times, plus the names and web sites of the youth swim, Masters swim, water polo, and synchro teams that train at that facility. You can also try using a search engine to fine "XXXX Masters Swim" where XXXX is the country or city of interest.

Dear Coach: What is "firm"? You used this term the other day and I'm not familiar with it. Confused Swimmer

Dear C. Swimmer: Firm is in between moderate and fast. Thus, if you are doing three repeats where you are descending 1 to 3, the first would be moderate, the second firm, and the third one fast.

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.

Sun Dec 1st Technoport 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 (SO or 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 ACES 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, Etobicoke (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/>

Sat-Sun Jun 27-28th Swim Portion of USA Masters Games (SCY = yards), Grand Rapids, Michigan

<https://www.usamastersgames.com/swimming>

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!)

Sat Nov 23rd - Sun Nov 24th DeBray Division Swim Championships, Guelph

Congratulations to the Varsity Swim Team on their fifth place finish! Results and full details:

<http://www.3.sympatico.ca/lynnmarshall/divvsummary.pdf>. Two of the four Varsity swimmers who train with Masters attended. Unfortunately **Jawad Alotaibi** (7:10pm Whitecaps) and **Ivy Cao** (Saturday Earlybirds) were ill and could not attend. Congratulations to both **Jamie** and **Stephen** on their swims – lots of personal bests!

Jamie Robertson (7:10pm Whitecaps): 9th women's 4 x 100 B free relay (split: 1:09.13); 12th women's 4 x 50 B medley relay (back split: 33.61 PB); 16th 50 back (33.89); 17th 100 back (1:13.86 PB); 27th 100 free (1:08.36); 31st 50 free (30.54)
Stephen Agerien (7:10pm Whitecaps): 11th men's 4 x 50 B free relay (split: 29.76 PB); 12th men's 4 x 50 B medley relay (back split: 40.80); 25th 50 fly (33.94 PB); 27th 200 free (2:36.69 PB); 29th 50 free (30.36); 37th 100 free (1:07.26)

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 **November 21st**).

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>