

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, December 8, 2019 1:26 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 #513

Carleton Masters Swimming Newsletter #513

Sunday, December 8th, 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).

“A failure is not always a mistake. It may simply be the best one can do under the circumstances. The real mistake is to stop trying.” – B.F. Skinner

Masters Swimming Program Notes

- The Fall session runs from **Wed Sept 4th to Fri Dec 20th**, 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 the interim workouts that will be held between the Fall and Winter sessions is below.
- Note that the **6pm Whitecaps** is nearing capacity for the **Winter** term. There are just **3 spots** remaining. (The other groups still have quite a bit of space.)
- Full details for the Fall and Winter programs is in the “Reminders” section at the end of the newsletter.

Masters Annual Team Photos

Coach **Sean** has kindly agreed to take team photos again this year. We hope that most of you are able to attend! Here is the schedule:

Sat Dec 14th 8:15am (Saturday Swimmers; before workout)

Wed Dec 18th 8:30am (7:30am and 8:30am Earlybirds; between the two workouts)

Thu Dec 19th 7:10pm (6:00pm and 7:10pm Whitecaps; between the two workouts)

Masters Workout Schedule: End of Fall Term; Interim Workouts; and Beginning of Winter Term

- Please note that the last day of the session for the morning groups is now **Fri Dec 20th** (not Wed Dec 18th). These workouts replace the workouts planned for **Thu Apr 9th** and are free of charge to those registered for 7:30am or 8:30am Earlybirds for Fall and/or Winter.
 - Note that we will still do the relays and team photo on **Wed Dec 18th**.
- We will have four interim “pay as you go” \$5 workouts between the Fall and Winter sessions. Those in the 7:10pm group affected by the fire alarm on **Tue Sept 10th** may attend one of these workouts for free (just give your name to the coach). Otherwise, please purchase a public swim pass (\$5) at the Welcome Centre, get a **paper receipt**, write your name on it (if not printed), and give it to the coach. These workouts are open to all Masters swimmers registered for Fall and/or Winter, and you may also bring a guest, provided they pay the fee.
 - Schedule:
 - **Sat Dec 21st 8:15-9:25am**
 - **Mon Dec 23rd 4:45-6:00pm**
 - **Sat Dec 28th noon-1:15pm**
 - **Mon Dec 30th 4:45-6:00pm**

- To make up for the Winter term being slightly shorter than the Fall term, note that **the morning and evening groups will have workouts on both Thu Jan 2nd and Fri Jan 3rd, at the usual times.**

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 been chosen: August 23rd, 2020!
- Thank you so much to those who donated to Carleton on Giving Tuesday. The final numbers aren't in yet but I'll report back once I have the numbers.
- Swim Canada December Masters Bulletin: <https://www.swimming.ca/en/masters/>.
- Congratulations to the Carleton Men's Water Polo Team coached by **Zoltan Csepregi** (6pm Whitecaps) and **Bill Meyer** (7:30am Earlybirds) on their silver medal at the OUA Championships at Western University (London, ON) last weekend.
- Congratulations also to **Eleanor Fast** (7:30am Earlybirds)'s son **Andy** on winning gold on rings at the Men's Artistic Gymnastics Ontario Cup in Toronto 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:

- Watch **Abbey Weitzel** Swim 29.90 for 50 Yard Free (Fastest Ever): <https://www.youtube.com/watch?v=b7xu1dxYy8Y>
- **Bhakti Sharma**: What Open Water Swimming Has Taught Me About Resilience: https://www.ted.com/talks/bhakti_sharma_what_open_water_swimming_taught_me_about_resilience
- Australian **Sam Penny** to Attempt to Become First Person to Swim the Channel in Winter [thanks to **Mary-Lou Dunnigan** (8:30am Earlybirds)]: <https://outdoorswimmer.com/news/australian-to-attempt-to-become-first-person-to-swim-the-channel-in-winter>
- Swimming Alone: <https://www.facebook.com/EricJohnsonKOMO/videos/464392637511244/UzpfSTU1ODg0MDA1MDoxMDE2MjcyODg1ODAxMDA1MQ/>
- Why Men and Women Shouldn't Follow the Same Strength Plan [thanks to **Julia Aimers** (Earlybirds)]: https://www.triathlete.com/2019/11/training/why-men-and-women-shouldnt-follow-the-same-strength-plan_385346
- 12 Workouts Habits you Think are Good for You but Aren't: <https://www.businessinsider.com/bad-workout-habits-fixed-2017-12>
- Fun Story/Video from American Masters Swimmer **Dave Noble**: "About 8 years ago I wanted to see just how fast Phelps is and try to beat his 1:43.86 200 freestyle (LC) from 2007. I first swam a 200 yd's at age 67 with a pair of fins. My time was 2:12. That was not nearly fast enough. Next I took an AquaScooter which is a 2 hp Jet pump and learned to do flip turns with the scooter. I was able to do 1:53 in a short meter pool. That also was not fast enough. Last I put on a pair of fins and also used the Aqua Scooter in a 50 Meter pool. I was able to break Phelps 200 Free record by 4 sec. I had a friend video the event and then I put together a split screen on my computer with Phelps at the Olympics on the Left and Me on the Right with the AquaScooter.": <https://www.youtube.com/watch?v=TI7vPw8wt5s>

Fall Session Information

Dates: Wed Sept 4th to **Fri Dec 20th**; 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.

Mark coached for **Sean** on **Thu Dec 5th**.

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 18th / Thu Dec 19th: "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-Dec 6th (40 workouts); range 13-28; average: 20.5

Missed 1 Workout: **Bruce Brown**

Missed 2 Workouts: **Margaret King**

Missed 3 Workouts: **Liliane Cardinal**

8:30am Earlybirds: Sept 4-Dec 6th (40 workouts); range 14-24; average: 18.7

Missed 1 Workout: **Debby Whately**

Missed 3 Workouts: **Chris Whitehead**

6pm Whitecaps: Sept 5-Dec 5th (39 workouts); range 18-35; average: 26.4

Perfect 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-Dec 5th (39 workouts); range 6-15; average: 10.2

Perfect Attendance: **Stephen Agberien**

Ask the Coach

Dear Coach: Is registration open yet for the Winter term for Masters Swimming? Want a Spot

Dear W.a.Spot: Registration opened for both Fall and Winter in August, so you may register any time for Winter. The 6pm group is very close to full but there is lots of space in the other groups. We expect that the 7:30am and 6pm groups will fill up, so register sooner rather than later if either of those is your first choice.

Dear Coach: The front of my shoulder hurts after I do a lot of freestyle. Any suggestions? A Freestyler

Dear A. Freestyler: This usually means that you are sweeping too wide on the catch, and this is often exacerbated when you breathe to the opposite side. As soon as the wrist goes wider than the elbow it puts a lot of pressure on both the shoulder and elbow. Ensuring that the elbow is always the widest point should help. Ask your coach to look at your stroke and offer suggestions.

Dear Coach: I'm going to be moving to Montreal in January. Do you have any suggestions of Masters teams to train with there? Relocating Swimmer

Dear R. Swimmer: We'll miss you! The most important thing is to find a team that fits into your schedule (location and swim times). There are quite a few Masters clubs in Montreal. The FNQ (Federation de Natation de Quebec) has a web site with all the clubs: <https://www.fnq.qc.ca/localisateur/clubs/>. However, you have to click on each one to see if they have a Masters club (Maitres nageurs) as part of the club. I'm not sure if their map is easier or harder than using the Swimmers Guide: <https://www.swimmersguide.com/home/index?q=montreal%2C+qc> as the swimmers guide has a list

below which says “Masters Club” for the appropriate pools, so that may be faster. Once you figure out a club that’s convenient for you (there are quite a few), I can help (in some cases) with contact people as I know swimmers from some of the Montreal clubs from competitions I’ve been to.

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 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 Technoport 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!)

Fri Dec 6th to Sun Dec 8th Gatineau Grand Prix Swim Meet

Congratulations to **Hannah** on her races! Full results: <http://natationgatineau.ca/resultats/2019-12-06/>. Note that **Hannah** competes in the para-swimmer S5 category, but this competition was open to all and did not have separate para-swimmer categories.

Hannah MacLellan (8:30am Earlybirds; age 16+): 9th 50 breast (1:20.07); 14th 100 breast (3:03.12); 18th 100 back (3:46.61); 19th 50 back (1:52.81); 30th 100 free (3:29.15)

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 Fri Dec 20th; 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 but *not* Thu Apr 9th (replaced by Fri Dec 20th)**
8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST: includes **Thu Jan 2nd but *not* Thu Apr 9th (replaced by Fri Dec 20th)**
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.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>