

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Wednesday, February 28, 2018 1:48 PM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; David Thibodeau
Subject: Carleton Masters Swimming Newsletter #464

Carleton Masters Swimming Newsletter #464

Wednesday, February 28th, 2018

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, Winter 2018, and Alumni: 7:30am Earlybirds I (51 addresses), 8:30am Earlybirds II (30 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (41 addresses), Saturday Only 108 addresses), and Masters Alumni (31 addresses).

“The pain of discipline is far less than the pain of regret.” – Sarah Bombell

Masters Program Notes

- The Winter session started **Wed Jan 3rd** and ends **Sat Apr 14th**.
- The remaining planned cancellations for this term are:
 - **Fri Mar 30th (Good Friday) and Mon Apr 2nd (Easter Monday)**. There is workout as usual for Saturday swimmers on **Sat Mar 31st**.
- Registration for Winter is ongoing. Program details can be found near the end of the newsletter.
 - The 6pm and 7:30am groups are **full**. Wait lists are available. Let me know if you are on a wait list.

Swimmer Notes

Swimmer Updates:

- **Melanie Heroux** (8:30am Earlybirds) is participating in the Ottawa **March 3rd Polar Plunge** to raise funds for Special Olympics. You can help her reach her \$300 fundraising goal here:
<https://secure.e2rm.com/registant/FundraisingPage.aspx?registrationID=4023819&langPref=en-CA>.

- **Aimee Jones** (7:10pm Whitecaps) participated in the Winter Swim Festival this past weekend. Sounds like it was a blast, if you are crazy enough to want to try this!! Be sure to check out the photos:
<https://photos.app.goo.gl/gjBir0f0qpEheHcr1>. Here's her race report (thanks, **Aimee!**), and you can find the results in the "Race Results" section.

"This past weekend, the 4th annual Memphremagog Winter Swim Festival took place in Newport, Vermont. The pool was cut out of Lake Memphremagog. A cold wind kept the water surface temperature just below 0 degrees Celsius. Although it sounds completely insane to be swimming in this temperature, it was probably the most fun I have had at a swim meet and I can't wait until next year!

There were safety rules: no dives, streamlining underwater or flip turns so that the swimmers could be seen at all times.

Our fellow Canadians set new records in the winter pool and also won the Hat Competition!

Please see the [report of the meet](#) from Phil White, the organizer of Kingdom Games. There are also links in the report to the swim times, records and some fun pics!

Kingdom Games also hosts summer events as well. Check out <http://kingdomgames.co/nekowsa-swimming-the-kingdom/>."

- **Robin Henderson** (7:30am Earlybirds; rdhenderson59@gmail.com) is moving and downsizing. She has these swim and triathlon related items for purchase. Please contact her directly with any inquiries.

Speedo biofuse fins, 2 pairs size Medium, \$15 each

Finis positive drive fins, size XL, \$15
 Finis zoomers fins, size male 7.5/8.5//female 8.5/9.5, \$15
 Finis finger (sculling) paddles, \$10
 Speedo, never used, Teamster Swimmers Backpack, \$30
 Assorted NEW Speedo, Vorgee & Aquasphere goggles (7 pairs), \$10 each
 Selling a 19" 7.4 FX. It's in like new condition. Upgraded Gatorskin tires. Upgraded stem that increases cockpit length. (Original stem included). This bike is light weight and fast. Gently rode by retired woman about a dozen times. Not looking for any trades. Original cost was \$1000.. No low ball offers. Thanks
http://archive.trek bikes.com/ca/en/2014/Trek/7_4_fx#/ca/en/2014/Trek/7_4_fx/details.

- The Ontario Masters Swimming Advocates (OMSA) are a group of concerned Masters club leaders, coaches and swimmers who believe the current state of Masters Swimming in Ontario can be improved. Please see this [Facebook site](#) for more details.

- Carleton University Whitecaps swim caps, great for training and competition, are available for \$5 each:



- For those who prefer silicone caps, Carleton Varsity swim caps are available as a fundraiser for the Varsity team for \$15 each:



News and Links:

- **Caleb Dressel** 1:38 200IM yards [Ed. Note: This isn't a bad time for 100 meters, and he does it for 200 yards!]: <https://swimswam.com/youve-never-seen-anything-like-this-before-dressel-138-video/>
- **Caleb Dressel**: Fastest Yards Times Ever in Free, Breast, Fly and IM: <https://www.swimmingworldmagazine.com/news/free-fly-im-breast-100-back-record-next-for-caeleb-dressel/>
- Hammer Head Swim Cap for Swimmer Safety [Ed. Note: Like a helmet for swimmers!]: <https://www.swimmingworldmagazine.com/news/hammer-head-swim-cap-released-for-swimmer-safety/>
- Shark Sighting Cuts Short Rottneest Channel Swim for Some: <https://swimswam.com/shark-sighting-cuts-rottneest-channel-swim-short-for-some/>
- Eight Health Benefits of Swimming, According to Science and Five Tips to Help You Swim Better: <https://www.jenreviews.com/swimming/>
- Tips and Remedies for Cramps While Swimming: https://www.arenawaterinstinct.com/en_us/community/fitness-wellness/help-cramp-tips-remedies-deal
- Things that Only Swimmers Understand: <https://www.theodysseyonline.com/things-swimmer-understand>
- Eight Rules to Do Everything Better [Thanks to **Christiane Wilke** (7:30am Earlybirds)]: <https://www.outsideonline.com/2272621/8-principles-do-it-better>
- Swimming in Cold Water: An Alternative to Strong Painkillers?: <http://www.dailymail.co.uk/health/article-5383503/Swimming-cold-water-relieve-pain.html>
- Drink and be Chubby to Live Past 90!: <http://www.chicagotribune.com/lifestyles/health/ct-drinking-alcohol-living-past-90-20180220-story.html>

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 3rd to Sat Apr 14th; excluding Mon Feb 19th, Fri Mar 30th, and Mon Apr 2nd.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End: **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Mon: Shallow End; Tue/Thu: Deep End: Mon/Tue: **David**; Thu: **Sean**

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

8:15am Saturdays: Shallow End; rotating coach schedule (will be in workout themes soon)

Exceptions will be noted here.

I coached for **Sean** on **Thu Feb 22nd**.

David is coaching for **Sean** on **Thu Mar 1st**.

The 7:30am and 8:30am **Earlybirds** will be in the **shallow** end on **Mon Mar 19th** due to a Water Polo Canada Training Camp.

Fin Days:

Mon Jan 29th

Thu Mar 8th / Fri Mar 9th

Time Trials:

Tue Feb 6th / Wed Feb 7th: timed 400fs or IM

Tue Feb 20th / Wed Feb 21st: 2 timed 50s

Thu Mar 1st / Fr Mar 2nd: 100 choice

Thu Mar 15th / Fri Mar 16th: 200 choice

Tue Mar 20th / Wed Mar 21st: 800 / 1500fs

Thu Apr 12th / Fri Apr 13th: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint18.pdf>.

Thanks to those who participated in the **50 time trials on Tue Feb 20th / Wed Feb 21st**. There were **9** improvements led by **Sydney Steele** (6pm Whitecaps) with a 2.8 second improvement in 50 back. **Liz Chretien** (7:10pm Whitecaps) and **Derek Woodard** (6pm Whitecaps) both improved by over a second in 50 free. **Sydney** improved in both her fifties. A full list of improvements follows:

50fs (6)

Liz Chretien	1.3	WC2
Derek Woodard	1.1	WC1
Sydney Steele	0.9	WC1
Adrian Finn	0.8	EB2
Eleanor Fast	0.6	EB1

Christiane Wilke	0.3	EB1
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50bk (1)

Sydney Steele	2.8	WC1
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50fl (2)

David Moore	0.4	WC1
Miguel Chavez	0.3	EB1

Here are the weekday attendance statistics for the term so far. Please let me know of any errors!

6pm Whitecaps: Jan 4-Feb 27th (23 workouts); range: 17-31; average: 24.6

Perfect Attendance: **Cam Dawson, Derek Woodard**

Missed 1 Workout: **Jian-Lok Chang, Konstantin Petoukhov, Mars Neinhuis**

Missed 2 Workouts: **Joanie Conrad, Peter Lithgow, Sydney Steele**

Missed 3 Workouts: **Don Wells, Nicole Delisle, Riley Steele**

Missed 4 Workouts: **Dave Grynspan, Debby Whately, Rachel Bennett**

7:10pm Whitecaps: Jan 4-Feb 27th (23 workouts); range: 9-22; average: 16.2

Perfect Attendance: **Alper Yorukcu**

Missed 4 Workouts: **Gillian Massel, Marta Kolbuszewska**

7:30am Earlybirds: Jan 3-Feb 28th (24 workouts); range: 14-31; average: 21.5

Missed 1 Workout: **Harley Gifford, Ursula Scott**

Missed 2 Workouts: **Eleanor Fast, Liliane Cardinal**

Missed 4 Workouts: **Andrea Mrozek, Bruce Brown, Christiane Wilke**

8:30am Earlybirds: Jan 3-Feb 28th (24 workouts); range: 9-21; average: 15.8

Missed 2 Workouts: **Adrian Finn, Bill Gregg, Rod Haney**

Missed 3 Workouts: **Alison Creba**

Missed 4 Workouts: **Natalie Aucoin**

Ask the Coach

Dear Coach: I'd like to sign up for the Spring session and can't find the information. Is there still space? Keen Swimmer

Dear K. Swimmer: The Spring and Summer session information isn't yet available. As soon as the dates and prices are finalized, they will be in the newsletter. Stay tuned!

Dear Coach: I'd like some help with my technique. Can you help? Improving Swimmer

Dear I. Swimmer: Certainly! All coaches are available for help with technique during workout. Just ask for tips, as not all swimmers are interested in technique improvements, so letting your coach know that you are is helpful! In addition, during the morning workouts we have access to the dive tank and can do clinics on different strokes or turns on request. If you want a lot of individual attention, private lessons are also an option (details below or send me an e-mail).

Dear Coach: What can I do to improve my time trial times? Plateauing Swimmer

Dear P. Swimmer: To get better at swimming fast, you need to practice swimming fast. Doing some longer rest swims during Masters will help with this. Just ask your coach for suggestions on how to incorporate some faster swimming in your workouts.

Masters Swimming Competitions

This year, you have several options for registration for competitions:

1. You can still register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times are not accepted by MSC (e.g. for the Top 20 rankings) and are not recognized by FINA. This costs **\$25** 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, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$75** 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 **\$90** for Sept 1st to Aug 31st.

Note that the Carleton Masters club code is CARMA (no longer CAPS as that is being used by a team in Calgary).

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, will likely be MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals in Calgary, 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.**

May 1st, 2017 to April 30th, 2018 Global Swim Series: <https://globalswimseries.com/races/>

Sun Mar 4th Technosport Time Trial, U of Ottawa (MSO Sanctioned)

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

Sun Mar 11th Etobicoke Masters Meet (SO Sanctioned) <https://swimming.ca/en/meet/22636/>

Sat Mar 17th DDO Masters Meet <https://swimming.ca/en/meet/21541/>

Fri-Sun Mar 23-25th MSO Provincials, Nepean (MSO Sanctioned)

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

Sat Mar 31st LaSalle Masters Meet (Long Course) <https://swimming.ca/en/meet/22660/>

Sat Apr 7th OlymPINK Masters Swim Meet by B-Train at Brewer <https://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Apr 15th Milton Masters Swim Meet <https://ms.mastersswimmingontario.ca/web/schedule.php>

Fri-Sun Apr 20-22nd Quebec Provincials, Universite de Laval <https://swimming.ca/en/meet/21443/>

Sat-Mon May 19-21st Canadian Nationals, Calgary <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

Sat Jun 2nd Longueuil Masters Meet (Long Course) <https://swimming.ca/en/meet/21406/>

July 28 to Aug 4th Pan Am Masters Swim Championships Orlando, Florida (Long Course)

<http://www.2018panammasters.com/swimming.html>

Race Results: (Please send in your results, and/or let me know if I missed anyone.)

Sat Feb 3rd Winterlude Triathlon (12km skate, 5km run; 173 participants)

Update: **Lucie** asked me to make the correction that she was actually second, not first in her age group! A great job nevertheless. And it was **Nancy Manning** (x-8:30am Earlybirds) who won the age group.

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93005>.

Nancy Manning (x-8:30am Earlybirds; 60-64): 50th overall, 9th woman, and 1st in category in 57:58.0

Lucie Boudreau (x-8:30am Earlybirds; 60-64): 53rd overall, 10th woman, and 2nd in category in 58:42.0

Margaret King (7:30am Earlybirds; 55-59): 76th overall, 19th woman, and 3rd in category in 1:02.02.0

Sat-Sun Feb 17-18th Keskinada Ski Events

If anyone else participated, please let me know.

27k Classic (275 participants):

Penny Estabrooks participated and beat her goal time of 4 hours! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93034&status=results>.

Penny Estabrooks (8:30am Earlybirds; 70+): 260th overall, 83rd woman, and 4th in category in 3:52.38.6

51k Classic (416 participants):

Margaret King also placed in the top 5 in her category! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93033&status=results>.

Margaret King (7:30am Earlybirds; 55-59): 206th overall, 24th woman, and 4th in category in 4:00:27.8

Sat Feb 17th Pointe-Claire Masters Meet, Montreal

I was Carleton's only swimmer. Full results here: <https://swimming.ca/en/meet/23060/>.

Lynn Marshall (Coach; 55-59): 1st 100fs (1:05.43), 400fs (4:44.15), 50bk (36.44), 50fl (33.51), 200fl (2:35.10)

Fri-Sun Feb 23-25th Memphremagog Ice Swim Meet, Quebec

Aimee Jones participated. Her race report is near the top of the newsletter. Full results:

<https://drive.google.com/file/d/1A6ZeXVRKaMOuHZLLoQm0BXMj1eEPs4ws/view>. More pictures and articles:

<https://www.facebook.com/MemphremagogWinterSwimmingSociety/>.

Aimee Jones (7:10pm Whitecaps; female category): 10th 25fl (20.83); 12th 50fs (19.72); 20th 50fs (49.74)

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://www3.sympatico.ca/chberger/#canada> (last update **Feb 27th**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Mon/Fri 9:35-10:35am

Tue 4:00-5:00pm

(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 Masters Swimming Programs, Barcodes and Prices

Registration is open for Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. As usual, Saturdays are **not** included in your weekday registration for Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

Winter 2018: Wed Jan 3rd to Sat Apr 14th; no workouts Mon Feb 19th, Fri Mar 30th, Mon Apr 2nd

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 14265; cost: \$140+HST: **Full: wait list available.**

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 14266; cost: \$140+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 14269; cost \$155+HST: **Full: wait list available.**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 14271; cost: \$140+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 14267; cost: \$62+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. (The Montreal Road location has closed.) 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:

Team Photos:

A big thank you to Coach **Sean Dawson** for organizing team photos, and to all those who were able to take part:

Fall 2017 Morning groups: <http://carletonmasters.tripod.com/earlybirdsteam2017.pdf>.

Fall 2017 Evening groups: <http://carletonmasters.tripod.com/whitecapsteam2017.pdf>.

Fall 2016 group photos (Saturday, Morning, Evening): <http://carletonmasters.tripod.com/fall16photos.pdf>.

Fall 2015 Evening groups: <http://carletonmasters.tripod.com/2015dec17whitecaps.pdf>.

Fall 2015 Morning groups: <http://carletonmasters.tripod.com/2015dec18earlybirds.pdf>.

There are some old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

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! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

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 (lynnmarshall@sympatico.ca).

Happy lengths!

Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

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