

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, March 10, 2018 6:15 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 #465

Carleton Masters Swimming Newsletter #465

Saturday, March 10th, 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 swimmer who learns to love challenges will never fear failure. Monstrous improvement comes on the heels of willing to repeatedly challenge limits."

Masters Swimming Program Notes

- The Winter session started **Wed Jan 3rd** and ends **Sat Apr 14th**.
 - Please note that 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.
- 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.

Carleton CUPE 2424 Strike

As you are likely aware, the strike by CUPE 2424 (Administrative, Technical, and Library Staff) continues. The current picket hours are 6am to 10pm Monday to Friday. Expect delays entering or leaving campus during these times, although wait times were better towards the end of this past week. As I understand it, the main issue relates to pension language in the collective bargaining agreement. Here is more information from both sides (updated regularly): CUPE 2424: <https://cupe2424.ca/>; Carleton: <https://newsroom.carleton.ca/latest-news/>.

Carleton Pool Annual Maintenance Shutdown

Please note that the Carleton pool will be **closed for annual maintenance from 4:30pm Sat Apr 14th until 6:00am Mon May 14th**. The Spring session will start on **Mon May 14th**. Dates, cost, and registration start date will be included here when they are available.

Swimmer Notes

Swimmer Updates:

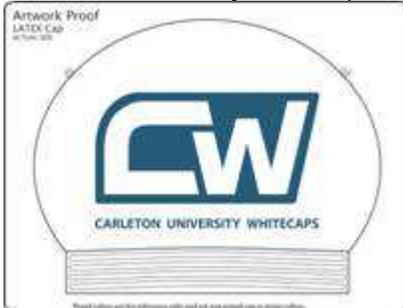
- Our heartfelt condolences to **Isla Paterson** (8:30am Earlybirds) on the passing of her partner, **Lynn Ostergaard**. His obituary and details of the visitation (**3pm Tue Mar 13th**) can be found here: <http://www.tubmanfuneralhomes.com/families-in-our-care/lynn-ostergaard/2526/>.
- Congratulations to **Eleanor Fast** (7:30am Earlybirds) on her nomination as the NDP Candidate in Ottawa South for the upcoming provincial election.

- Congratulations also to **Myriam Saboui** (7:30am Earlybirds). **Myriam** is expecting a baby in July!

- And congratulations to the Carleton Lifeguards who received the President's Award of Excellence for saving a life in January: <https://twitter.com/CarletonSafety/status/970103156544757760>.

- 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:

- **George Coronos** Breaks Two 100-104 World Records (by 30 seconds and nearly a minute for 50 and 100m, respectively!): <https://www.theguardian.com/sport/2018/mar/08/in-the-water-youre-weightless-the-99-year-old-swimmer-breaking-records>
- Five Proven Reasons Tracking Your Workouts Will Make You a Faster Swimmer: <http://www.yourswimlog.com/track-your-workouts/>
- Seven Things Swimming Teaches You: <http://www.yourswimlog.com/7-things-swimming-will-teach-you-about-life/>
- Firebelly: Bone Conduction Audio Swim Performance Monitor: <https://swimswam.com/firebelly-revolution-swim-performance-technology/>
- Octogenarian Athletes Prove that Age is Just a Number: <https://www.care2.com/greenliving/these-octogenarian-athletes-are-proving-that-age-is-just-a-number.html>
- Our Beliefs Help Shape Our Waistlines: <https://www.nytimes.com/2018/02/22/well/move/how-our-beliefs-can-shape-our-waistlines.html>
- Exercise Helps Your Immune System: <http://www.newsweek.com/exercise-will-make-you-healthy-20-year-old-says-study-837111>
- Five Strength Training Myths: <https://blog.haloneuro.com/five-strength-training-myths-and-the-science-that-proves-them-wrong-a972f41a0375>

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.

David coached 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.

I am coaching for **Mits** on **Sat Mar 24th**.

Mits is coaching for **me** on **Sat Mar 31st**.

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 / Fri 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>.

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

6pm Whitecaps: Jan 4-Mar 6th (26 workouts; Thu Mar 8th will be included next time); range: 17-31; average: 24.6

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

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

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

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

Missed 4 Workouts: **Dave Grynspan, Nicole Delisle,**

7:10pm Whitecaps: Jan 4-Feb 27th (23 workouts); range: 9-24; average: 16.6

Perfect Attendance: **Alper Yorukcu**

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

7:30am Earlybirds: Jan 3-Feb 28th (28 workouts); range: 13-31; average: 20.7

Missed 2 Workouts: **Eleanor Fast**

Missed 3 Workouts: **Harley Gifford, Liliane Cardinal**

Missed 4 Workouts: **Christiane Wilke, Ursula Scott**

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 4 Workouts: **Alison Creba, Natalie Aucoin**

Ask the Coach

Dear Coach: With the new registration systems (i.e. MSO and/or SO), who do I have to register with to set club records? Potential Record-Setting Swimmer

Dear P.R.S. Swimmer: As long as you are registered with CARMA (Carleton Masters) through either MSO or SO (or both), you are eligible to set club records.

Dear Coach: What are those white walls in the middle of the pool that the Varsity swimmers were using the other day? And what is the purpose? Earlybird Swimmer

Dear E. Swimmer: They are called Turnmaster Pro and sold by FINIS. They are portable bulkheads that can be used to maximize lane space by having one group on either side, and for turn practice. You have more frequent turns, and as they are higher than our walls, you can practice non-grab turns. For those who haven't seen them, here's a promo video: <https://www.youtube.com/watch?v=f9aQfsBX9xQ>.

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 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 Ontario 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/>

Fri-Sun May 4-6th SO Ontario Provincials, Barrie (SO Sanctioned)

<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

Sat-Mon May 19-21st Canadian Nationals, Calgary <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>, <https://www.mastersswimmingcanada.ca/WP/en/2018-msc-nationals/>

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.)

Sun Feb 25th Quebec City ITU Winter Triathlon, Age Group Race (5k snowshoe / 11k skate / 9.5k ski; 60 participants)

Congratulations to **Lucie Boudreau** on winning her age group! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=94682>. **Lucie's** report on her winter racing follows. Thanks, **Lucie!**

Lucie Boudreau (x-8:30am Earlybirds; 60-69): 49th overall; 15th woman; and 1st in category in 2:19:06.2

I started the year with my favorite race, the Winterlude Triathlon. Although we didn't have the ski portion because of lack of snow, the event was a great success. We were able to take full advantage of our long canal and race our hearts out. The skate was followed by a 5 km run. It's thanks to super coach Rick and all the amazing volunteers that we are able to participate every year in this truly unique event.

I decided to join my friend Patricia and register for the Mad Trapper snowshoe series. These 5 and 10 km races are always so much fun. I enjoy it because you're running in the woods, you're following flags so you won't get lost and you always stay warm. I also like the après-snowshoe run, a social gathering where people chat and indulge in Monique's fabulous home-made food. Mike, the organizer and entertainer runs a super event and he even gives out door prizes donated by a local store.

I haven't skied much this winter so I decided to enter the Gatineau Loppet 10km snowshoe event. While going out on some runs prior to the event, I discovered a few new trails in the Park. It was cool to come across snow bikers and watch them climb some pretty steep hills. I really think we have it all here in Ottawa/Gatineau. The snowshoe race was very well organized. The course was clearly marked, there was supportive volunteers at each intersection and some awesome spectators. The most challenging part of the course for me, was the long flat soft terrain. Running downhill will always remain my favorite.

A few years ago, I did the Pentathlon des Neiges in Québec which consist of a bike, run, ski, skate and snowshoe. This past weekend, Patricia and I did the winter triathlon on Les Plaines d'Abraham. Our race was scheduled to start at 1:30. They were calling for some snow and warm to cool temperature. The fun started right on time and it wasn't long before everyone had warmed up. As we were running (5km) it started snowing and it didn't take long that visibility became difficult. As I entered the transition zone, I was still feeling pretty good. I put on my skates and noticed the once perfect anneau de glace was now covered with snow. I had to stay low on my skates because the Wind was really strong. The biggest challenge besides the Wind was counting 30 laps (11km). As I finished the skate, I headed back to transition a little wobbly and excited to start my ski. My glasses were covered in ice but I felt that because of the Wind, I had to keep them on. The thick snow made the skiing very difficult. Skiing along the Fleuve Saint-Laurent, into the Wind and on a gradual uphill was quite a challenge even for a mere 9.5km.

The best part was the finish. The good news, is that we were 3 women in the 60-69 age group, finishing a few minutes of each other. We all agreed that the amazing cheerful volunteers helped us finish the race.

Also for the first time this year, Pentathlon organized Défi Patin at Lac-Beauport. This is a marathon skating event. Distances range from 25, 50 and 100km.

Enjoy the rest of the winter!

Sun Mar 4th Technosport Masters Meet, U of Ottawa

I was Carleton's only swimmer. Full results:

<https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=908>.

Lynn Marshall (Coach; 55-59): 1st 1500fs (18:49.97), 400IM (5:28.61)

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 **Mar 8th**).

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.slowtwitch.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>