

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, June 09, 2018 7:25 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 #472

Carleton Masters Swimming Newsletter #472

Saturday, June 9th, 2018

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, Winter 2018, Spring 2018, and Alumni: 7:30am Earlybirds I (59 addresses), 8:30am Earlybirds II (35 addresses), 6pm Whitecaps I (54 addresses), 7:10pm Whitecaps II (40 addresses), Saturday Only (12 addresses), and Masters Alumni (26 addresses).



Congratulations to **Eleanor Fast** (7:30am Earlybirds), the NDP candidate for Ottawa South. While she didn't win the riding, she earned 27.2% of the votes. The highest ever for the NDP in this riding. This photo shows her and **Ursula Scott** (7:30am Earlybirds) putting her sign on Ursula's lawn.

Masters Swimming Program Notes

- The Spring session started on **Mon May 14th** and runs until **Sat Jun 30th**.
 - The 7:30am Earlybirds and 6pm Whitecaps groups are full for Spring: wait lists available.
- Registration is open for Spring and Summer. Details near the end of the newsletter.
 - The summer groups are starting to fill. Sign up soon to avoid disappointment!

HeadStartPro Filming: Mon Jun 11th 7:30-9:30am

HeadStartPro will be visiting Carleton this coming week to present a workshop to Varsity coaches on mental training. Their mission is to enhance performance and prevent injuries through quality, accessible and affordable education: <http://headstartpro.com/>. They need some additional video footage of athletes for their workshop and will be at the pool for the Monday morning Masters workouts (7:30-8:30am and 8:30-9:30am). If you don't want to be filmed just let me or one of their team know. If you are willing to participate, there is a waiver to complete. There will be hard copies at the pool, or you can print and bring it with you:

<http://www3.sympatico.ca/lynnmarshall/HeadStartProConsentAndReleaseForm.pdf>. The benefit for us is the chance to talk to their team of extreme athletes (<http://headstartpro.com/about/>), and I'll also report back after the workshop. If you don't usually swim Monday morning, but would like to participate, please contact me.

Convocation and Parking

Carleton's convocation runs from **Tue Jun 12th to Fri Jun 15th**, with **ceremonies at 9:30am and 2:00pm each day**. Parking at Athletics will be problematic on those dates, and permit holders may need to park elsewhere. Whenever lot 5 is closed or full, permit holders may park in any other legal parking spot on campus free of charge.

Swimmer Notes

Swimmer Updates:

- Thanks to **Jonathan Critch** (7:10pm Whitecaps) for sending this information about an event being organized by his Aunt: The Feel it in Your Bones 5km and 10km runs (plus 2km kids run) is being held on **Sun Jun 17th**. It is in support of Team Broken Earth Ottawa in its upcoming medical mission to Port au Prince, Haiti. Information on participating or making a donation can be found here: <https://feelitinyourbones.ca/>.

- Best wishes to **Christian Berger** (74, Brossard Masters, Montreal, and the Masters Swim Canada Statistician) and **Monique Lethiecq** (63, Brossard Masters) for their wedding on **Sat July 7th**.

- Congratulations to **Melanie Heroux** (8:30am Earlybirds) for participating in and speaking at the Special Olympics Law Enforcement Torch Run in Ottawa on Mon Jun 4th.

- On **June 24th**, **Karen Jensen** (6pm Whitecaps) will participate in the Subaru Ironman 70.3 Mont-Tremblant as a member Team Heart, in support of the University of Ottawa Heart Institute Foundation. The goal is to raise funds to purchase new and critical cardiac equipment for a new facility. Please consider sponsoring her at: http://donate.ottawaheart.ca/site/TR?px=1220353&fr_id=1201&pg=personal.

- 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:

- Not Breathing on the Last 25yd of 100yd Fly!?: <https://www.swimmingscience.net/not-breathing-last-25-makes-sense/>
- Triathlon while Juggling!: <https://www.fromthegrapevine.com/lifestyle/shahar-cohen-juggling-triathlon-speevers>
- Increasing Muscle Strength can Improve Brain Function: <http://www.psympost.org/2016/10/increasing-muscle-strength-can-improve-brain-function-study-45575>
- New Recommendations and Tools for Cancer Prevention [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <http://blog.aicr.org/2018/05/23/new-recommendations-and-tools-for-cancer-prevention-launching-diet-and-cancer-report/>
- Exercise Lowers Risk of Depression at all Ages: <http://www.cbc.ca/news/health/exercise-depression-prevention-1.4634002>

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.

Spring Session Information

Dates: Mon May 14th to Sat Jun 30th; excluding Mon May 21st. Interim workouts: Sat May 12th.

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

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

8:15am Saturdays, **except 10:45am on Sat May 19th**; Shallow End; rotating coach schedule (see workout themes)
Exceptions will be noted here.

Lynn and David coached for **Sean** on **Mon Jun 4th**.

David coached for **Mark** on **Sat Jun 9th**.

Fin Day:

Thu Jun 7th / Fri Jun 8th

Time Trials:

Thu Jun 14th / Fri Jun 15th: timed 200 choice or 400 IM/free

Tue Jun 19th / Wed Jun 20th: timed 50 and 100 choice

Mon Jun 25th: timed 800 / 1500fs

Thu Jun 28th / Fri Jun 29th: “funner” day (e.g. relays)

This information and more can be found with the Spring workout themes at: <http://carletonmasters.tripod.com/mastplansprsum18.pdf>.

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

Apologies to **Derek** for missing him last time. He's been "perfect" since September and is going for a full year!

7:30am Earlybirds: May 14-Jun 8th (11 workouts); range: 19-26; average: 23.2

Perfect Attendance: **Bruce Brown, Justin Kernot, Ursula Scott**

Missed 1 Workout: **Fiona Hill, Imani Theodore, Larry Durr, Steve Dods, Susan Hulley,**

8:30am Earlybirds: May 14-Jun 8th (11 workouts); range: 11-21; average: 15.7

Missed 1 Workout: **Adrian Finn, Isla Paterson, Lisa Meyer**

6pm Whitecaps: May 14-Jun 7th (11 workouts); range: 22-31; average: 25.9

Perfect Attendance: **Derek Woodard, Konstantin Petoukhov**

Missed 1 Workout: **Dave Grynspan, Debby Whately, Don Wells, Nicole Delisle, Peter Lithgow**

7:10pm Whitecaps: May 14-Jun 7th (11 workouts); range: 7-17; average: 11.7

Perfect Attendance: **Stephen Agberien**

Missed 1 Workout: **Stephanie Le Saux-Farmer**

As **Melanie Heroux** (8:30am Earlybirds) will miss some upcoming time trials due to a trip, she requested to do them early, and thus completed three time trials on **Fri Jun 1st**, and had large improvements in two of her three swims! Fantastic job, **Melanie!** Here are the improvements:

50fl

Melanie Heroux	4.3	EB2
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200bk

Melanie Heroux	34.5	EB2
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Ask the Coach

Dear Coach: A lane-mate and I had a collision while doing backstroke. Do you have suggestions to avoid this? Swimmer with Sore Nose

Dear S.w.S. Nose: Part of lane etiquette is staying on your side of the lane, and/or being very careful when passing. Many swimmers find navigation more difficult when doing backstroke. When swimming backstroke, use the ceiling to ensure that you are swimming in a straight line. If you have a hard time seeing the ceiling, then watch the lane rope beside you. Your shoulder should be very near the lane rope, with your arm below the lane rope and your hand in the lane beside you. Brushing your hand on a team-mate in the next lane is not a big deal, and much better than colliding with a lane-mate!

Dear Coach: Why do I get calf cramps on "fin day"s? Cramping Swimmer

Dear C. Swimmer: Wearing fins makes your legs work harder in the water. Those who do a lot of standing, walking, and/or running are especially prone to calf cramps, as they spend a lot of time with their ankles flexed, where the ankles must be extended when swimming, and are extended even more for most swimmers when using fins. Here's an article with lots of suggestions about how to stop the cramps: <http://finbin.net/how-to-stop-swim-fin-cramps/>. However, keep in mind that cramps aren't fully understood!

Dear Coach: How should I push off the wall when doing backstroke? Working on Turns and Push-Offs

Dear W.o.T.a. Push-Offs: Whenever you push off the wall, regardless of whether it's a turn or push-off, and regardless of stroke, you should be in a streamlined position with your hands one on top of the other, with the top thumb wrapped around the other hand. Your arms should be straight and your elbows should be squeezed tight against your head so that

you can't nod your head. Again, regardless of stroke, you should push off below the surface of the water. If you find that you get water up your nose, tuck your chin and hum (or wear a noseclip).

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.**

June 5-10th First International European-Asian Amateur Aquatic Competition, Athens (pool and open water)

<https://regswim.org/> <https://www.facebook.com/icas.sport/>

Sat Jul 14th Bring on the Bay 1.5 and 3km swims (no MSO/SO registration required) <https://bringonthebay.com/>

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

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

Sat Aug 11th Riverkeeper 750m, 1.5km, and 4km swims (no MSO/SO registration required); rain date Sun Aug 12th

<https://www.ottawariverkeeper.ca/riverkeeper-4k/>

Sat Sept 8th Amphibious Challenge (swim, run mixture), Pembroke <http://www.amphibiouschallenge.ca/>

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.)

Sat Jun 2nd Longueuil (Montreal) Long Course Masters Swim Meet

I was Carleton's only swimmer. Full results: <http://www.natationelite.com/wp-content/uploads/2018/05/ResultatsFinauxDefiMaitresLongueuil.pdf>.

Lynn Marshall (Coach; 55-59): 1st 50fs (31.82), 50br (42.40), 100br (1:33.17), 50fl (33.76), 200fl (2:37.61 faster than the current World Record, but sadly the electronic timing failed)

Sun Jun 3rd Perth Triathlon (500m/16k/3k; 68 participants)

Congratulations to **Glen** on his first triathlon, and to **Julia** on her podium finish! Full results:

[https://docs.google.com/spreadsheets/d/e/2PACX-](https://docs.google.com/spreadsheets/d/e/2PACX-1vSbKLI2bVByFzdKNa6kI3T4N9xK_46ufIINkR0IaOA3UXik1vc4KzblXsvChBr1NUbz402RFmCktsHwF/pubhtml#)

[1vSbKLI2bVByFzdKNa6kI3T4N9xK_46ufIINkR0IaOA3UXik1vc4KzblXsvChBr1NUbz402RFmCktsHwF/pubhtml#](https://docs.google.com/spreadsheets/d/e/2PACX-1vSbKLI2bVByFzdKNa6kI3T4N9xK_46ufIINkR0IaOA3UXik1vc4KzblXsvChBr1NUbz402RFmCktsHwF/pubhtml#).

Julia Aimers (8:30am Earlybirds; 50-59): 10th overall; 6th woman, and 3rd in category in 58:26 (10:15 swim)

Glen Paradis (7:30am Earlybirds; 40-49): 20th overall; 11th man, and 6th in category in 1:03:56 (14:17 swim -- some miscounting involved!)

Fri-Sat Jun 8-9th Szeged, Hungary Squash Masters Open

Congratulations to **Luz Osorio** (6pm Whitecaps) on finishing 2nd in the under 35 category! Website:

<http://squashclub.hu/masters/>.

Sat Jun 9th Ottawa River Triathlon

If I missed anyone, let me know, please!

Olympic Distance (1.5k/41.5k/10k; 55 participants)

Congratulations to **Julia** and **Rachel** on their podium finishes!! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93495>.

Julia Aimers (8:30am Earlybirds; 50-54): 32nd overall; 8th woman, and 1st in category in 2:51:30.1 (31:49 swim)

Rachel Bennett (6pm Whitecaps; 35-39): 35th overall; 10th woman, and 2nd in category in 2:57:07.5 (27:08 swim)

Sat Jun 9th Harvest House Redemption Trail Run 11k (16 participants)

Congratulations to **Mark** on his great run and podium finish! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=93515>.

Mark Blenkinsop (Coach; 30-39): 4th overall; 2nd man, and 2nd in his category in 52:33.8 (52:33.2 chip)

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 **June 4th**).

Private and Semi-Private Masters Swim Lessons

Spring Schedule:

Mon/Fri 9:35-10:35am

Mon/Wed 11:45am-12:45pm

Tue/Thu 4:00-5:00pm

Mon/Wed 5:00-6:00pm (late June only)

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

Spring Session Information

Registration for both the **Spring and Summer Masters** sessions are available. A reminder that Masters is open to members only. Students who are not taking summer courses will need to purchase a Summer membership. If you sign up for either 7:30am or 6pm for the Summer session, note that Saturdays are **included**. You may also sign up for Saturdays only.

Spring 2018: Mon May 14th to Sat Jun 30th; no workouts Mon May 21st

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 15318; cost: \$70+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 15319; cost: \$70+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 15323; cost \$78+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 15324; cost: \$70+HST

8:15am Saturday Earlybirds: 8:15-9:25am (**May 19th:** 10:45-11:55am) Sat (shallow): barcode 15321; cost: \$30+HST

Registration for the **Summer Masters** session starts **8am Fri May 4th**. A reminder that Masters is open to members only. If you sign up for either 7:30am or 6pm, Saturdays are **included** for the Summer session. You may also sign up for Saturdays only.

Summer 2018: Tue Jul 3rd to Sat Sept 1st; no workouts Mon Jul 2nd or Mon Aug 6th

7:30am Earlybirds: 7:30-8:30am MWF (deep) and 12:15-1:25pm Sat (shallow): barcode 15320; cost: \$102+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh (deep) and 12:15-1:25pm Sat (shallow): barcode 15325; cost \$112+HST

12:15pm Saturday ONLY: 12:15-1:25pm Sat (shallow): barcode 15322; cost: \$38+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: 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! 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>