

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, May 03, 2019 5:38 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 #496

Carleton Masters Swimming Newsletter #496

Friday, May 3rd, 2019

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2018, Winter 2019, and Alumni: 7:30am Earlybirds I (49 addresses), 8:30am Earlybirds II (33 addresses), 6pm Whitecaps I (53 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (4 addresses), Alumni (33 addresses).

“Focusing on everything that you’re doing keeps you in the moment, helps you get through practice, and most importantly, helps you achieve your goals.” -- Natalie Coughlin

Masters Swimming Program Notes

- The Spring session starts on **Mon May 6th**. I’m looking forward to being back in the Carleton pool!
 - For Saturday swimmers, note that the **Sat May 18th workout is from 10:45-11:55am** due to a triathlon booking.
 - There are **no workouts Mon May 20th** (Victoria Day).
- Full details on the dates and prices for the Spring and Summer programs can be found in the “Notes and Reminders” at the end of the newsletter.
- Some Spring and Summer groups are getting close to full:
 - There are **3** spots left in the 6pm Whitecaps for the Spring session.
 - There are **5** spots left in the 7:30am Earlybirds for the Spring session.
 - There are **14** spots left in the 6pm Whitecaps for the Summer session.
 - The other groups still have plenty of space.

Lane Etiquette

Here are a few tips to ensure that you and your lane-mates all have a good swim.

- Ensure that you know what direction your lane-mates are swimming in (clockwise or counter-clockwise) before you start.
- Swim in a circle during warm-up, even if your lane isn’t busy at the start of workout (due to late arrivals).
- If you arrive late, join in with the others in your lane, rather than starting at the beginning of the warm up.
- Keep a **minimum 5 second gap** between swimmers, except when passing.
- If you are catching up to the person in front of you, pass or ask to go ahead on the next repeat.
- **Pass only when it is safe to do so.** Your lane-mates should be aware of where you are, but if you suspect a lane-mate doesn’t know that you want to pass, just tap lightly on his/her feet.
- Do your turns in the middle of the lane, to avoid collisions with those behind you.
- If you stop at the wall during warm up, ensure that you move to a corner of the lane, so that those swimming can turn in the middle.
- During the main set, the lane must follow the set provided (correct distances and pace times, e.g. 4 x 50 is not a straight 200).
- During the main set, ensure that everyone in your lane has space to finish at the wall at the end of each repeat, which may mean moving away from the wall if you’re in a busy lane.
- If you get lapped in the main set, skip a 50 and join back in with your lane-mates.
- If you are not happy with the speed of your lane (too fast or too slow), please let your coach know, but keep in mind that we only have 6 lanes!

- Put all your equipment away neatly in the appropriate location after your swim. (Ask if you're not sure where something goes.)
- Keep an eye on the time, and exit the water promptly at the end of your workout.
- If there are any issues with lane etiquette in your lane, please let your coach know.

Swimmer Notes

Swimmer Updates:

- **Dawn Walsh** (8:30am Earlybirds), **Liliane Cardinal** (7:30am Earlybirds), **Mark Blenkinsop** (Coach and 8:30am Earlybirds), **Megan Holtzman** (8:30am Earlybirds), and **Natalie Aucoin** (8:30am Earlybirds) will be representing Carleton at the Masters Nationals Swimming Championships in Montreal near the end of the month!

- Check out the Masters Swimming Canada (MSC) Spring Newsletter: English:

<https://www.mastersswimmingcanada.ca/WP/wp-content/uploads/2019/04/MSC-Newsletter-Spring-2019-EN.pdf>; French: <https://www.mastersswimmingcanada.ca/WP/wp-content/uploads/2019/04/MSC-Newsletter-Spring-2019-FR.pdf>.

- Congratulations to **Anne Trepanier** (x-8:30am Earlybirds) for her Teaching Award:

<https://www.stlhe.ca/blog/2019/04/29/2019-d2i-innovation-award-in-teaching-and-learning-recipients/>.

- **Miguel Mejicano Quintana** (7:10pm Whitecaps; MiguelMejicanoQuinta@cmail.carleton.ca) is selling two new brand new Triathlon books: \$45 for both, as he ended up with two copies. Details here:

- https://www.amazon.ca/Fast-Track-Triathlete-Balancing-Performance-Long-Course/dp/1937715744/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=

- <https://www.amazon.ca/Well-Built-Triathlete-Turning-Potential-Performance/dp/1937715116>

See also: <https://www.youtube.com/watch?v=RkFqQU2WMEw>

- Carleton Varsity "RAVENS" swim caps (\$15) and "RAVENS SWIMMING" T-shirts (\$20) are available as a fundraiser to support the Varsity team:



News and Links:

- Etobicoke Swimmer, **Kalis Rasmussen** (95), Sets Multiple World Records <https://www.bttoronto.ca/videos/95-year-old-swimmer-breaks-world-record/>

- Carleton Varsity Swimmers Celebrate the Last Workout of the Season (should we try this?!):

<https://www.instagram.com/p/BwS5pebhydu/>

- Swimmers Relish Second Chance Together: <https://thewest.com.au/news/albany-advertiser/swimmers-relish-second-chance-together-ng-b881163594z>

- The Case Against Breathing Every Two Strokes in Freestyle [thanks to **Brad Shapansky** (8:30am Earlybirds)]:

<http://www.feelforthewater.com/2019/05/the-case-against-breathing-every-two.html>

- **Flo Filion Meiler**: 84-year-old Pole Vaulter Just Getting Started: <http://www.espn.com/espnw/life-style/article/26557052/flo-filion-meiler-84-year-old-record-breaking-pole-vaulter-just-getting-started>

- Sports Nutrition Resource recommended by **Sheila Kealey** (8:30am Earlybirds and nutrition expert): <https://twitter.com/skeila/status/1118542115435425792>
- Should you Eat Carbs? [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://www.outsideonline.com/2394029/should-you-eat-carbs>
- Lifting Weights Has Many Benefits: <https://www.nytimes.com/2019/03/20/well/move/lifting-weights-exercise-older-aging-muscles-psychology.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.

Spring Session Information

Dates: Snow Day Make-Up Workouts Mon May 6th; Spring Session Tue May 7th to Sat Jun 29th; excluding Mon May 20th

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: **Sean**; Tue: **David**; Thu: **Sean**; Sub-Coach: **Adrian**

7:10pm Whitecaps: Shallow End: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-Coach: **Adrian**

8:15am Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here.

Lynn (6:00-7:30pm) and **David** (7:30-8:10pm) are coaching for **Sean** on **Mon May 6th** and **Mon May 13th**.

Lynn is coaching for **Sean** on **Thu May 9th**.

Fin Day:

Thu May 30th / Fri Jun 1st

Time Trials:

Thu Jun 6th / Fri Jun 7th: timed 200 choice or 400 IM/free

Tue Jun 11th / Fri Jun 12th: timed 50 and 100 choice

Mon Jun 17th: timed 800 / 1500fs

Thu Jun 27th / Fri Jun 28th: “funner” day (e.g. relays)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum19.pdf>.

Ask the Coach

Dear Coach: Why should I roll my body in freestyle and backstroke? New Swimmer

Dear N. Swimmer: Rolling the body makes you more streamlined in the water (less cross-sectional area). The roll also generates some propulsion. In addition, the rolling motion allows you to use your lats (latissimus dorsi) and pecs (pectoralis major) muscles more effectively, thus generating more power.

Dear Coach: You said that I should have my hand near the midline of my body during the finish phase of freestyle. Does that mean that I should bring my hand under my body (i.e. between my body and the bottom of the pool)? Freestyle Swimmer

Dear F. Swimmer: Due to the rolling of your body (see question above), your hand will not be under your body. Think about bringing your body towards your hand. The fingertips will be pointing towards the bottom of the pool and will be to the side of your body (but still near the midline).

Dear Coach: I'm very slow when I do flutter kick with a board. Any suggestions? Slow Board Kicker

Dear S. B. Kicker: Different swimmers find different orientations of kicking more effective. Some are faster on their front, some on their side, some on their back. Some with a board, and some without. If you have limited mobility in your shoulders or neck, that can make holding the board a challenge. In that case, you may be better off kicking without a board, and turning to breathe (or using a swim snorkel). To kick effectively with a board, hold the board with your arms straight and extended, holding the board near the top (the rounded end that is farthest from you). You can push down slightly on the board to help raise the legs, if your legs are sinking, but ensure that your hands and the board are at or very near the surface. Think about kicking **up and down** from the hips, while keeping the knees relaxed, and the toes pointed and turned in.

Masters Swimming Competitions

This season (September 2018 to August 2019), you have several 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 probably be accepted by MSC (e.g. for the Top 20 rankings) but will probably not be recognized by 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 \$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, or in Ontario SO-sanctioned meets, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$65** 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 **\$75** for Sept 1st to Aug 31st.

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 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.

Cancelled: Sat May 4th Barrie Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/24819/>

Fri-Sun May 24-26th MSC Nationals, Montreal Claude Robillard (SO registration required)

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

Cancelled: Sat Jun 1st Longueuil LC Meet (TBC: not listed in the calendar): update: some Quebec swimmers tell me that they are trying to convince Longueuil to reconsider the cancellation

Sun Jun 23rd Etobicoke Pre-Worlds LC Meet (all events offered, more details soon)

Sat Jul 6th King Wolf 5k and 11k open water swims, Kingston (part of Global Swim Series -- link below)

Sat Jul 13th Bring on the Bay 3k open water swim, Ottawa <https://bringonthebay.com/>

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 Mar 23rd Special Olympics Bowling Tournament, Kingston

Melanie Heroux (8:30am Earlybirds) participated. My apologies that in the last newsletter I said this competition was in Ottawa. **Melanie's** team was 13th overall -- great job!

Sat Apr 6th OlymPINK Swim Meet, Brewer Pool, Ottawa

Including this again, as there was a typo in **Steve's** 100IM time -- sorry **Steve!**

Four Carleton swimmers took part. Three swimming for Carleton and one swimming unattached. There were lots of great swims, including five club records set by **Steve!** He broke one of his own (50 breast split from this year's Nepean LC 36.04), three of **Tony Revitt's** (8:30am Earlybirds) records from Nationals at Nepean in 2013 (50 free 27.97, 100 free 1:00.44, and 100IM 1:08.34), and one of the late **Tom Anzai's** from a meet at U of Ottawa in May 2002 (50 fly 30.24). Full results: <https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=988>. Corrected club records: <http://carletonmasters.tripod.com/190406.Records.pdf>.

Derek Woodard (6pm Whitecaps; 25-29): **1st** 100 free (59.71); **2nd** 50 free (27.58), 50 back (31.47), 50 fly (28.57), 100IM (1:09.36): all times are Masters PBs!

Sam Gamble (6pm Whitecaps; 40-44): **3rd** 50 breast (37.92); 4th 50 back (37.11), 50 fly (33.24 PB); 5th 100IM (1:17.63)

Steve Kennedy (6pm Whitecaps; 40-44): **1st** 50 free (26.67 Club Record), 100 free (56.87 Club Record), 50 back (33.30), 50 breast (34.97 Club Record), 50 fly (28.87 Club Record), 100IM (1:06.27 Club Record): top swimmer in his age group!

Christiane Wilke (swimming unattached; 7:30am Earlybirds; 40-44): **2nd** 50 back (58.92); **3rd** 100 free (1:30.73), 50 breast (59.05); 4th 50 free (39.55), 100IM (1:53.30); 5th 800 free (14:39.22)

Sun Apr 14th Provincial Swim Team Qualifier for Special Olympics at Nepean Sportsplex

Congratulations to **Melanie!** She had a great meet with two first places and two second places. Here are the details:

Melanie Heroux (8:30am Earlybirds; 30-39): **1st** 100 back (3:11.40), 200IM (7:15.77); **2nd** 200fs (6:35.27), 50fl (1:39.28)

Fri-Sun Apr 26-28th Swim Ontario Masters Provincials, Etobicoke

I was Carleton's only swimmer. Results: <http://liveresults.eswim.ca/results/masters/index.htm>. Updated club records: <http://carletonmasters.tripod.com/190428.Records.pdf>.

Lynn Marshall (Coach; 55-59): **1st** 400 free (4:41.45), 200 back (2:32.33), 200 fly (2:36.14), 400IM (5:24.71); **2nd** 50 free (30.04), 200 breast (3:01.34 PB and Club Record)

Sun Apr 28th "Spring Fling Running Thing" Half Marathon, Smiths Falls

Congratulations to **Margaret** on a fantastic run! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=100615&status=results>.

Margaret King (7:30am Earlybirds; 55-59): 18th overall; 4th woman and **1st** in category in 1:50:39.3

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 **May 3rd**).

Private and Semi-Private Masters Swim Lessons

Spring Schedule:

Mon/Wed 9:35-10:35am

Tue/Thu 4:00-5:00pm and 5:00-6:00pm

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

Spring / Summer Masters Programs

Details on the Spring and Summer Masters programs, starting **Mon May 6th** can be found below and on the web site: <http://carletonmasters.tripod.com/>. Registration for both Spring and/or Summer Masters is available. Note that the 7:30am and 6pm groups fill quickly, so register earlier rather than later if you like to swim at one of those two times!

Note that **Mon May 6th** is a free make-up workout for all groups due to the "snow days" cancellations on **Tue Feb 12th** and **Wed Feb 13th**, so the Spring session officially starts on **Tue May 7th / Wed May 8th**, but to avoid confusion, I've listed the start date as **Mon May 6th**.

The main change for this year is that there is a **separate registration for Saturdays in the Summer** program (i.e. it is no longer included with the weekday registration). If the registration is low, this program will likely not be offered starting next year.

Spring 2019: Mon May 6th to Sat Jun 29th; no workouts Mon May 20th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$76+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$76+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-coach: **Adrian**): cost \$84+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-coach: **Adrian**): cost \$76+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat, except May 18th is 10:45-11:55am (shallow; Coaches: rotating schedule): cost: \$34+HST

Summer 2019: Tue Jul 2nd to Sat Aug 31st; no workouts Mon Jul 1st, Sat Aug 3rd, or Mon Aug 5th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep + 2 lanes shallow, if needed; Coach: **Lynn**): cost: \$76+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-coach: **Adrian**): cost \$84+HST

12:15pm Saturday Earlybirds: 12:15-1:25pm Sat (shallow; Coaches: rotating schedule): cost: \$34+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 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

lynmar@sce.carleton.ca

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