

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, May 31, 2019 7:04 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 #498

Carleton Masters Swimming Newsletter #498

Friday, May 31st, 2019

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2018, Winter 2019, Spring 2019, and Alumni: 7:30am Earlybirds I (53 addresses), 8:30am Earlybirds II (34 addresses), 6pm Whitecaps I (58 addresses), 7:10pm Whitecaps II (33 addresses), Saturday Only (4 addresses), Alumni (31 addresses).

“A lot of people will stop just because they’re dead tired. You gotta do that extra one. That’s when you improve.” -- Usain Bolt

Masters Swimming Program Notes

- The Spring session is underway and runs until **Sat Jun 29th**.
 - There are no further cancellations planned for this term.
- 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:
 - The 7:30am Earlybirds and 6pm Whitecaps are full with wait lists for the Spring session. Let me know if you are on the wait list!
 - There are **9** spots left in the 6pm Whitecaps for the **Summer** session.
 - The other groups still have plenty of space.

Swimmer Notes

Swimmer Updates:

- **Peter Lapner** (6pm Whitecaps) has his wedding ring back! Thanks to everyone for their concern.

- Carleton’s convocation will run from **Mon Jun 10th to Fri Jun 14th**. Parking in Lot 5 will be affected during those dates. Those with parking passes for Lot 5 may park free of charge in any other legal spot on campus when Lot 5 is closed for special events.

- **Colette Kenney** (8:30am Earlybirds) was recently awarded her fourth level black belt in Taekwondo. What an incredible accomplishment!

- **Andrea Chandler** (6pm Whitecaps) was interviewed on Global News: <https://globalnews.ca/video/5294365/female-world-leaders-still-greatly-outnumbered-by-men>.

- Congratulations to **Philip Kaisary** (7:30am Earlybirds) on his promotion to Associate Professor in Carleton’s department of Law and Legal Studies.

- The Carleton swimmers did an amazing job at Nationals. Lots of hardware, records, best times, and hard work over a very busy three days. Full details under “Race Results”. **Liliane Cardinal** (7:30am Earlybirds) was there with her two daughters, each swimming for a different team: **Tracey Matthews** swam for Technosport, and **Kristina McIlwaine Maroudis** was swimming for Montreal’s Westmount YMCA. Great that they made it a family event!

- Best of luck to **Melanie Heroux** (8:30am Earlybirds) for the Special Olympics Provincial Championships in Oshawa next week!

- Good luck to **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). They will be representing Carleton at the Masters Nationals Swimming Championships in Montreal near the end of the month! In addition, **Larry Durr** (7:30am Earlybirds) will be swimming for Technosport at Nationals and he will be on relays in the 320-359 category (that's an average age 80+)!

- **Ursula Scott** (7:30am Earlybirds) is a member of Tone Cluster, which is performing the Canadian Premiere of Tyler's Suite with Harmonia Choir of Ottawa and the Nepean High School Choir on **Sat. June 1, 2019 at 7:30 p.m.** at the Carleton Dominion-Chalmers Centre, 355 Cooper St. Admission is free. It is a suite in nine movements, dedicated to the memory of Tyler Clementi, a talented young musician who died by suicide after being bullied by his roommate during his first weeks of college. Created under the leadership of Stephen Schwartz and Dr. Timothy Seelig (Conductor/Artistic Director of the San Francisco Gay Men's Chorus), Tyler's Suite explores the voices and experiences of Tyler and his family through the music of nine composers. "The story of Tyler Clementi, the story of the loss of one young man who clearly had so much to offer the world and its impact on those who loved him, reminds us that every life lost because of bullying and bigotry is a specific individual tragedy." Stephen Schwartz

- **Randi Karstad** (7:30am Earlybirds)'s daughter **Hedda** is a member of the Stellae Boreales youth ensemble performing at the National Gallery on **Sun Jun 9th**. Details: <https://www.gallery.ca/whats-on/calendar/stellae-boreales-in-concert>.

News and Links:

- Swim Canada Getting Rid of Masters Swimming Canada!: <http://swimontario.com/uploads/Clubs/Masters/2018-2019/SwimmingCanadaMastersUpdateMay292019.pdf>

- Swim England Apology to Masters Swimmers "Belly Flops" [Ed. Note: not just in Canada, eh?]: <http://www.stateofswimming.com/masters-see-shift-in-culture-at-swim-england/>

- Toronto Man Becomes First to Swim Across World's Highest Navigable Lake: <https://www.cbc.ca/news/canada/toronto/toronto-man-becomes-1st-canadian-to-swim-across-world-s-highest-navigable-lake-1.5139494>

- **Maurine (Mo) Kornfeld**: Late to the pool, 97-year-old swimming champion has since lapped everyone: <https://www.latimes.com/columnone/la-me-col1-senior-swimmer-athletics-20190523-htmlstory.html>

- How to Fix Three Common Backstroke Mistakes: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-to-fix-three-common-backstroke-mistakes>

- Ottawa Octogenarian Set to Run his Fourth Race Weekend 5k [Ed. Note: He was second in his age group]: <https://ottawacitizen.com/news/local-news/octogenarian-set-to-run-his-fourth-5k-at-tamarack-ottawa-race-weekend>

- There Might Finally be a Cure for Overtraining: <https://www.outsideonline.com/2396013/ketones-overtraining-research>

- Strength Training Twice per Week Reduces Chronic Disease [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://twitter.com/skeila/status/1130447716163686401>

- Exercises that Burn the Most Calories [Ed. Note: Swimming is pretty high on the list!]: <https://www.iflscience.com/health-and-medicine/the-36-exercised-that-burn-the-most-calories-in-an-hour-ranked/all/>

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.

Sean coached for **Lynn** on **Sat May 18th**.

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>.

Here are the weekday attendance statistics to date. The “snow day” make-up workout on Mon May 6th is ***not*** included to be fair to those who didn’t swim last term. Please let me know of any errors or omissions!

6pm Whitecaps: May 7-30th (10 workouts); range 18-27; average: 22.6
Perfect Attendance: **Matthew Sinclair, Sydney Steele**

7:10pm Whitecaps: May 7-30th (10 workouts); range 5-13; average: 9.8
Perfect Attendance: **Elaine Yardley, Lisa Tauskela**

7:30am Earlybirds: May 8-31st (10 workouts); range 19-27; average: 23.1
Perfect Attendance: **Derek Woodard, Eleanor Fast, Susan Hulley, Susan Nevitt-Yelle**

8:30am Earlybirds: May 8-31st (10 workouts); range 17-27; average: 20.8
Perfect Attendance: **Emma Cross, Mark Blenkinsop, Mary-Lou Dunnigan**

Ask the Coach

Dear Coach: How much faster is it to swim with paddles? New Paddle Swimmer

Dear N.P. Swimmer: As with any “toy” the benefit varies from person to person, but, in general, swimmers are faster with paddles. Some by a significant amount. It depends on the size of the paddles, and the strength of the person. As with any tool, you want to be sure that you use paddles carefully. Here are a couple of articles with pros and cons of paddles: <https://www.yourswimlog.com/ultimate-guide-swim-paddles/>, <https://www.enjoy-swimming.com/swim-paddles.html>. If you have any shoulder instability or previous shoulder injuries, I recommend staying away from paddles.

Dear Coach: I find that I’m not much faster with fins, where my lane-mates are super-fast with fins on. What’s going on? Fin Day Swimmer

Dear F.D. Swimmer: As per the above, your mileage may vary! Almost everyone is at least a bit faster with fins. They are good for helping those with poor ankle extension, something that is key for swimming. Even if you don’t find that you’re really fast with fins, they still help get your heart rate up and encourage you to use your legs more. Here are a few articles on advantages and disadvantages of wearing fins: <https://www.yourswimlog.com/training-swim-fins/>, <https://myswimpro.com/blog/2018/03/01/8-benefits-of-swimming-with-fins/>, <https://www.mytriathlonswim.com/pros-cons-fin-training/>. As fins put some strain on the hips, knees, and ankles, compared to swimming without fins, exercise caution when using fins if you have issues with any of those joints.

Dear Coach: I get foot and calf cramps when we use fins. Any suggestions? Cramping Swimmer

Dear C. Swimmer: That’s a tough one. Some people are more prone to foot and leg cramps when using fins. Generally those with less ankle mobility and those who run and cycle a lot have the most issues. Here’s an article with a few suggestions: <https://www.kiefer.com/blog/swimming-cramps-cause-cure-prevention>.

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.

Sun Jun 23rd Etobicoke Pre-Worlds LC Meet <https://www.swimming.ca/en/meet/34001/>

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/>

Aug 5-18th FINA World Masters Championships, Gwangju, Korea http://www.fina-gwangju2019.com/masters_eng/

Sat Aug 10th Ottawa Riverkeeper 4k swim <https://raceroster.com/events/2019/23089/2019-ottawa-riverkeeper-4k-swim>

Fri-Sun Mar 27-29th, 2020 MSO Provincials, Nepean

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-Sun May 4-5th Montreal Special Olympics Swim Meet

Congratulations to **Melanie** on her great swims. We now have the full results for her incredible 4 gold medals and 2 bronze medals!

Melanie Heroux (8:30am Earlybirds; 30-39): 1st 400 free (13:50.12), 50 fly (1:44.26), 100 fly (3:54.79), 100IM (3:20.77); 3rd 200 back (6:27.22), 4 x 50 relay; 8th 50 free (1:24.04)

Sat May 18th Earlybird Triathlon, Ottawa

Congratulations to **Julia** and **Candace** on their podium finishes! If I missed anyone, let me know!

Sprint Triathlon (500m/22k/5k; 215 participants)

Julia Aimers (8:30am Earlybirds; 55-59): 61st overall, 15th female, and 2nd in category in 1:25:59.2 (10:02 swim)

Super Sprint Triathlon (100m/11k/5k; 81 participants)

Candace Newman (7:30am Earlybirds; 40-44): 25th overall, 14th female, and 2nd in category in 1:06:13.2 (2:56 swim)

Fri-Sun May 24-26th Canadian Masters Nationals Swimming Championships, Montreal

Six Carleton swimmers participated. There were lots of fantastic swims and many club records set, and some medals!

Congratulations to **Liliane** on setting no fewer than 11 club records and **Mark** for setting one!

Mark broke the 1500 record for 40-44 set by **Lee Storm** in Brockville in January 2012. While he was 5th in his age group, he was actually 10th overall -- just unlucky that half of those were in his very competitive age group!

Liliane improved six of her own records from Pointe Claire in February, and broke one of **Margaret Dibben King's** in 100IM set at a Technosport meet in April 2002. The other four were inaugural records -- no Carleton swimmer in the 70-74 age group had swum 100 fly, 200 back, 200 fly, or 400IM before!

Larry was swimming for Technosport and, in addition to his individual medals, he set some total age 320+ relay National records!

Carleton placed 47th out of 101 teams with 63 points. Results: <https://live.swimrankings.net/24789/> and <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-results/>.

Here's how everyone did:

Liliane Cardinal (7:30am Earlybirds; 70-74): 2nd 1500 free (36:34.79 Club Record); 800 split 19:17.42 Club Record; 400 split 9:29.90 Club Record; 200 split 4:38.29 Club Record; 100 split 2:15.07 Club Record), 100 fly (2:56.30 Club Record; 50 split 1:23.20 Club Record), 200 fly (6:31.22 Club Record), 400IM (11:13.86 Club Record); 6th 200 back (5:28.50 Club Record), 100IM (2:26.78 Club Record)

Dawn Walsh (7:30am Earlybirds; 55-59): 7th 50 back (44.99); 9th 200 free (3:26.86); 10th 50 free (37.58); 11th 100 free (1:28.46), 400IM (8:04.61); 13th 100IM (1:43.57); 14th 50 fly (46.10); 26th (age 50+) 25 free (16.88)

Natalie Aucoin (8:30am Earlybirds; 45-49): 3rd 100 fly (1:20.91); 7th 200 free (2:44.28), 200IM (3:14.52); 8th 400IM (7:00.59 PB); 10th 50 free (33.85)

Megan Holtzman (8:30am Earlybirds; 40-44): 3rd 200 fly (4:23.20); 5th 400IM (7:42.95 PB); 8th 100 breast (1:54.03)

Mark Blenkinsop (Coach; 40-44): 5th 1500fs (20:13.57 Club Record)

Larry Durr (7:30am Earlybirds; 80-84; swimming for TECH): 1st 50 breast (56.73), 100 breast (2:06.77), 200 breast (4:39.23); 2nd 50 back (52.22), 100 back (1:55.34); relays: 1st 4 x 50 free 320+ (2:50.14 Canadian Record), 4 x 100 free (6:49.35 Canadian Record), 4 x 100 medley 320+ (7:37.31); 5th 4 x 50 mixed free 280+ (3:15.43), 4 x 50 mixed medley 280+ (4:03.97)

Sat May 25th H2O Dragon Boat Festival, Montreal

The Bytown women participated. Sounds like a good time was had by all! Megan and Natalie participated in both Masters Nationals and the dragon boat festival!

Sat-Sun May 25-26th Ottawa Race Weekend

I'm sure I'm missing lots of swimmers -- please send in your results! Great job, all! Awesome job getting on the podium, **Sheila!**

5k (6759 participants): <https://www.sportstats.ca/display-results.xhtml?raceid=100803>

Christian Cattan (6pm Whitecaps; 40-44): 128th overall; 111th man, and 12th in category in 20:02.2

Sheila Kealey (8:30am Earlybirds; 50-54): 167th overall; 25th woman, and 2nd in category in 20:37.1

10k (6990 participants): <https://www.sportstats.ca/display-results.xhtml?raceid=100804>

Andrea Chandler (6pm Whitecaps; 55-59): 5679th overall; 2899th woman, and 168th in category in 1:12:40.2

Half Marathon (8753 participants): <https://www.sportstats.ca/display-results.xhtml?raceid=100806>

Stephane Raynaud (6pm Whitecaps; 45-49): 4077th overall; 2491st man, and 363rd in category in 2:11:31.1

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 9th**).

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 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!

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 (**Full:** Wait list available)

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 (**Full:** Wait list available)

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 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.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

lynnmar@sce.carleton.ca

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