

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, June 14, 2019 3:46 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 #499

Carleton Masters Swimming Newsletter #499

Friday, June 14th, 2019

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2018, Winter 2019, Spring 2019, and Alumni: 7:30am Earlybirds I (54 addresses), 8:30am Earlybirds II (34 addresses), 6pm Whitecaps I (57 addresses), 7:10pm Whitecaps II (33 addresses), Saturday Only (4 addresses), Alumni (31 addresses).

“Mental will is a muscle that needs exercise, just like the muscles of the body.” -- Lynn Jennings

Masters Swimming Program Notes

- The Spring session is underway and runs until **Sat Jun 29th**, inclusive.
 - 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 full or 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 **5** spots left in the 6pm Whitecaps for the **Summer** session.
 - The other groups still have space.

Swimmer Notes

Swimmer Updates:

- Here's the link to the latest club records: <http://carletonmasters.tripod.com/190526.Records.pdf>, as I forgot to include the link last time! The records highlighted in yellow are those set at Nationals in May, plus **Robin Henderson** (7:30am Earlybirds)'s record from a recent Florida swim meet.

- Swimmer in the News: Thanks to **Debby Whately** (8:30am Earlybirds) for volunteering to help the City of Ottawa remove sandbags! As proof, you can see her in the background of this CTV video (black shirt and blue pants): <https://ottawa.ctvnews.ca/progress-made-in-sandbagging-removal-this-weekend-1.4458777>.

- Construction on Stadium Way, one of the new roads on campus, starts next week. They have updated the construction information (related to the Hogs Back bridge and O-Train closures) to include maps, and the new bus road is not at Brewer, as I'd thought, but further south. Check it out: <https://carleton.ca/transportationplan/maps/>.

- Apologies to the women for the change room closure 6am to 4pm yesterday and today. This was to install lockers in the team rooms, as well as fix some light fixtures and do some painting.

- Swim Canada is taking over from MSC (Masters Swimming Canada) for sanctioning events like Nationals. Several of you have asked what this really means. I don't think this will have much effect on Masters Swimming in Canada, but we'll have to wait and see. Here are some links: <https://www.mastersswimmingcanada.ca/WP/en/news/an-open-letter-to-all-masters-swimmers/>, <http://swimontario.com/uploads/Clubs/Masters/2018-2019/MastersUpdateJune6.pdf>.

- The University of Lethbridge is doing a survey of Masters athletes:
https://uleth.qualtrics.com/ife/form/SV_2s2BCHRGuEjRBj?fbclid=IwAR3orMWmhjS6anqQ1fL8zuc8Vx6KzyjuMaXNqVxH_GQk_h-efZiGONHyKDjE

News and Links:

- 101 Year Old **Dona Laura** at a Swim Meet in Brazil:
<https://twitter.com/AnnaCarolFelix/status/1134963436910272512/photo/1>
- On the 75th Anniversary of D-Day, 97 Year Old **Tom Rice** again Parachuted into Normandy:
https://twitter.com/AP_Europe/status/1136305880146857984.
- 90 Year Old Scottish Aqua-fit Instructor, **Margaret Main**: <https://www.bbc.com/news/av/uk-scotland-47755375/aqua-aerobics-teacher-on-how-to-keep-fit-at-90>
- Video of Australian Breaststroker **Sarah Katsoulis**: <https://twitter.com/goswim/status/1134082155531964416>
- A Letter to Every Plus-Size Woman Who's Scared of Being Mocked at the Pool: <https://www.stylist.co.uk/life/plus-size-women-gym-body-shaming-wild-swimming/268634>
- Yoga for Swimmers: <https://swimswam.com/yoga-for-swimmers-7-reasons-yoga-takes-your-training-to-the-next-level/>
- **Brad Barton** sets Masters (50+) Running Mile World Record that Stood since 2001:
<https://www.runnersworld.com/news/a27691728/brad-barton-masters-mile-record-music-city-distance-carnival/>
- Skipping Breakfast: A Possible Weight Loss Strategy: <https://www.nytimes.com/2019/05/22/well/move/a-possible-weight-loss-strategy-skip-breakfast-before-exercise.html>
- There's no Such Thing as Bad Food [thanks to **Sheila Kealey** (8:30am Earlybirds)]:
<https://twitter.com/skeila/status/1136664409219182593>

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.

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-June 13th (16 workouts); range 18-27; average: 22.8

Missed 1 Workout: **Don Wells, Mars Nienhuis, Ogi Gutovic**

7:10pm Whitecaps: May 7-June 13th (16 workouts); range 5-14; average: 9.8

Perfect Attendance: **Elaine Yardley**

Missed 1 Workout: **Gillian Massel, Lisa Tauskela**

7:30am Earlybirds: May 8-June 14th (16 workouts); range 19-27; average: 23.8

Perfect Attendance: **Derek Woodard, Eleanor Fast,**

Missed 1 Workout: **Justin Kernot, Marta Kolbuszewska, Susan Hulley, Ursula Scott**

8:30am Earlybirds: May 8-June 14th (16 workouts); range 14-27; average: 219.6

Perfect Attendance: **Mary-Lou Dunnigan**

Missed 1 Workout: **Debby Whately, Lisa Meyer, Mark Blenkinsop**

Thanks to those who participated in the **200 or 400m time trial on Thu Jun 6th / Fri Jun 7th**. There were **eight** improvements, led by **Lisa Tauskela** (7:10pm Whitecaps) with a 15.7 second improvement in 400 freestyle. Check out all the improvements:

200 free (3)

Christian Cattan	5.0	WC1
Marta Kolbuszewska	5.0	EB1
Terry Headrick	1.1	EB1

400 free (1)

Lisa Tauskela	15.7	WC2
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200 back (2)

Liliane Cardinal	4.3	EB1
Sam Hersh	0.9	EB1

200 breast (1)

Claude Tellier	0.4	EB1
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200 IM (1)

Justin Kernot	1.4	EB1
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Great job in the **50 and 100m time trials on Tue Jun 11th / Wed Jun 12th**! There were **18** improvements and **2** ties. The biggest improvement was by **Rebeka Rubio** (6pm Whitecaps) with 7.8 seconds in 100 free. **Lisa Tauskela** (7:10pm Whitecaps), **Marta Kolbuszewska** (7:30am Earlybirds), and **Megan Holtzman** (8:30am Earlybirds) improved in both their 50 and 100 swims! Here's the full list:

50 free (5 and 1 tie)

Peter Kallai	2.6	WC1
Marta Kolbuszewska	1.9	EB1
Paddy Mallia	1.9	EB2
Lisa Tauskela	1.6	WC2
Radek Sadowski	0.3	WC2
Luciara Nardon	0.0	EB2

100 free (5)

Rebeka Rubio	7.8	WC1
Radek Sadowski	3.7	WC2
Andrea Zarins	1.1	WC1
Lisa Tauskela	0.5	WC2
Kasia Poplawski	0.5	EB1

50 back (1)

Eleanor Fast	0.7	EB1
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100 breast (1)

Christiane Wilke	4.3	EB1
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50 fly (3)

Megan Holtzman	1.0	EB2
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Heather Morrison	0.6	EB1
Lisa Meyer	0.1	EB2

100 IM (3 and 1 tie)

Marta Kolbuszewska	5.8	EB1
Isla Paterson	4.2	EB2
Megan Holtzman	0.7	EB2
Justin Kernot	0.0	EB1

Ask the Coach

Dear Coach: Why wasn't the women's change room closure communicated by email to all members and posted on the Athletics web site, so those of us with permanent lockers knew to remove the things we'd need? Female Masters Swimmer

Dear F.M. Swimmer: I did post this info on the blackboard and announced it at workout, but didn't have time to send out a newsletter -- sorry! I will pass on your feedback to Athletics.

Dear Coach: I do my best to arrive on time, but sometimes life gets in the way and I arrive late. Is that ok? Tardy Swimmer

Dear T. Swimmer: We understand, and it's not an issue if you arrive late or have to leave early. However, to avoid disruption to those already warming up, please join in with the swimmers, rather than starting your warm up from the beginning. Thanks for your cooperation!

Dear Coach: Can you remind me of the rule for a back to breaststroke turn? Working on My IM

Dear W.o.M. IM: Sure. You must touch the wall while on your back when doing a back to breast turn. A flip turn is not permitted like it is in back to back turns. Once you touch the wall, you can do pretty much whatever you like, but you must leave the wall on your front. There are many different back to breast turns (just touch and push off, a back flip, a bucket turn, a suicide turn, a crossover turn). Some are very fast but risky (i.e. there's a possibility of disqualification or even injury if you get them wrong) while some are safer. Ask your coach for suggestions or a demo.

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://bringonthabay.com/>

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

Sat Aug 10th **Francois Jacques** (7:30am Earlybirds, jacla5@yahoo.ca) is organizing a free 5k open water swim at the lake where his family has a cottage. He's looking for volunteers and swimmers!

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

Sun Oct 13th Bermuda 800m, 2k, 4k, 10k Around the Sound open water swims on the Canadian Thanksgiving long weekend. One of the organizers is from U of Waterloo: **Mike Cash** (mike@bows.bm) and he's happy to help with logistics if anyone is interested.

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 25-26th Ottawa Race Weekend

Congratulations to **Margaret**. If I missed anyone else, let me know!

Marathon (3519 participants): <https://www.sportstats.ca/display-results.xhtml?raceid=100807>

Margaret King (7:30am Earlybirds; 55-59): 1494th overall; 324th woman, and 17th in category in 4:15:13.9

Sat Jun 1st 12km OC1 Outrigger Canoe Race, Montreal

Congratulations to **Natalie Aucoin** (8:30am Earlybirds) on winning bronze in this grueling event!

Sun Jun 2nd Perth Triathlon (500m/15k/3.45k)

Congratulations to **Julia** on a great race! Results: <https://docs.google.com/spreadsheets/d/e/2PACX-1vQVgLigzKpQUsBiiU2Df5yh1-ckZB6s826qRbiDZQzi-AF3lOFmo5ZRIDYxKhJBtTblbOvs7SktmJF7/pubhtml#>.

Julia Aimers (8:30am Earlybirds; 50-59): 4th woman and 2nd in category in 1:01:19 (8:55 swim)

June 3-9th Special Olympics Bowling Championships, Oshawa

Congratulations to **Melanie Heroux** (8:30am Earlybirds) on a fantastic week! Melanie's team won **gold** in division 7, and she won **silver** in women's division 11! Well done, **Melanie**!

June 3-9th Mont-Tremblant ITF Tennis Cup, Grade A

Congratulations to **Kasia Poplawski** (7:30am Earlybirds) on her performance at this international event. In the round-robin she had a win and a loss, in both singles and doubles. Results:

<https://www.ifttennis.com/seniors/tournaments/tournament/info.aspx?tournamentid=1100044560>.

Sat Jun 8th Britannia Park Sprint Triathlon (500m/20.7k/5k; 86 participants)

Congratulations to **Julia** on her win! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=100888>.

Julia Aimers (8:30am Earlybirds; 55-59): 21st overall, 6th woman, and 1st in category in 1:14:48.4 (9:56 swim)

Sat Jun 8th Lachine Dragon Boat Festival, Montreal

The Bytown women's Senior A (40+) won the B final, and the Senior C (60+) beat two teams (of much younger paddlers) in the C final. Well done, ladies!

Sat Jun 8th Harvest House 5km Redemption Run, Ottawa (98 participants)
Great job by **Mark**, despite a sore ankle: a podium finish! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=100908>.

Mark Blenkinsop (Coach; 30-39): 9th overall, 7th man, and 2nd in category in 21:51.5

Sun Jun 9th Bumpy Jones Long Course Meet, Sarasota, Florida

Congratulations to **Robin** on a great meet and on her club record. Results:
<http://midnightsports.com/2019/20190608syst/Results.pdf>. Updated club records:
<http://carletonmasters.tripod.com/190609.Records.pdf>.

Robin Henderson (7:30am Earlybirds; 60-64): 2nd 50 breast (56.59); 3rd 800 free (15:05.37 Club Record, breaking her record from February at Nepean)

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 June 7th).

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

Summer Schedule:

Mon-Thu 11:30am-12:30pm

Mon-Thu 4:30-5:30pm

Wed 5:30-6:30pm

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/lynmarshall/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

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