

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, July 07, 2019 1:54 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 #501

Carleton Masters Swimming Newsletter #501

Sunday, July 7th, 2019

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2018, Winter 2019, Spring 2019, Summer 2019, and Alumni: 7:30am Earlybirds I (58 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).

“The trick is to enjoy life. Don't wish away your days, waiting for better ones ahead.” – Marjorie Pay Hinckley

Masters Swimming Program Notes

- The Summer session has started and runs until **Sat Aug 31st**, inclusive.
- The cancellations for the Summer term are:
 - **Sat Aug 3rd** and **Mon Aug 5th** (August Civic Holiday Weekend)
- Full details on the dates and prices for the Summer programs can be found in the “Notes and Reminders” at the end of the newsletter.
- A reminder that the only groups running for summer are 7:30am Earlybirds, 6pm Whitecaps, and 12:15pm Saturdays.
 - This summer, Saturdays are **not** included with your weekday registration.
- The Summer 6pm Whitecaps is **full**: wait list available. (Let me know if you're on the wait list!)
- There are 4 spots remaining in the Summer 7:30am Earlybirds.
- Information on the Fall/Winter 2019/2020 Programs will be available in August, and will be included here once it is available.

Swimmer Notes

Swimmer Updates:

- Note that there will be a campus-wide steam shutdown **Fri Jul 12th 8pm to Sat Jul 13th at 6am**. During this time, there will be no hot water on campus.

- Best of luck to **Jamie Chalmers** (Earlybirds). He will be Carleton's only representative at the FINA World Masters Championships in Gwangju, South Korea next month!

- Congratulations to **Randi Karstad** (7:30am Earlybirds) on her graduation with an MPA (Masters of Public Administration)!

- **François Jacques** (7:30am Earlybirds, jacla5@yahoo.ca) is organizing a 5km swim in Lac Grand, Val des Monts, Quebec on Sat Aug 10th. It will start at 9am, followed by brunch. It's open water timed with prizes for <30, 30-55, >55 years, mixed. Open to all, free of charge! If anyone has experience in organizing an event like this, **François** would love to sit down and share ideas over a coffee and doughnut, or at his house with wine!

- **Brad Shapansky** (8:30am Earlybirds) has done some cleaning out of his daughter's swim gear and given me a water bottle, small paddles, size 7-9 fins, and a pale green ironman watch (needs a battery). All free to a good home -- let me know if you are interested. Thanks, **Brad**!

- **Peter J Lawrence** (water polo background) is “leading the charge” for a badly needed, modern aquatics complex in the National Capital Region. He is looking for swimmers and other interested parties to provide a letter of support. If you want to get involved, please contact:

Peter John Lawrence, Life Time Aquatic Sports Award 2018. <http://www.squidoo.com/peter-lawrence>,
<https://www.linkedin.com/in/peter-john-lawrence-40a75a1/>, 613-726-0071, SKYPE: Dunmowdan, hair1936@gmail.com

- Construction has started on Stadium Way, beside Parking Lot 5. Full details:

<https://carleton.ca/transportationplan/maps/>.

News and Links:

- Swimming Goggles Changed the Sport of Swimming: <https://coachrickswimming.com/2014/04/06/more-than-you-want-to-know-about-swim-goggles/>

- Perfect Shot of a Swimmer just Before the Water's Surface Tension is Broken:

https://www.reddit.com/r/pics/comments/c58wgz/perfect_shot_of_a_swimmer_just_before_the_waters/

- Teenager with Down's Syndrome Swimming in the Arctic: <https://www.bbc.com/news/av/world-europe-48585591/the-teenager-with-down-s-syndrome-swimming-in-the-arctic>

- 102 Year Old Man Runs the 100 Yard Dash: <http://digg.com/2019/one-hundred-and-two-year-old-man-runs>

- 66 Year Old Celebrating Birthday on the Trampoline: <http://www.storytrender.com/94146/acrobatic-pensioner-rolls-back-the-years-by-celebrating-66th-birthday-doing-somersaults-at-trampoline-park/>

- Centenarians Marry at Ages 100 and 102: <https://www.everythingzoomer.com/sex-relating/marriage/2019/07/05/centenarians-marry-at-100-and-102/>

- Hand Grip Strength Associated with Heart Health: <https://www.sciencedaily.com/releases/2018/03/180314145029.htm>

Summer Session Information

Dates: Tue Jul 2nd to Sat Aug 31st; excluding Mon Jul 1st, Sat Aug 3rd, and Sat Aug 5th.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End plus 2 Lanes Shallow: **Lynn**

6pm Whitecaps: Shallow End: Mon: **Sean**; Tue: **David**; Thu: **Sean**

12:15pm Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here.

Sean is coaching for **Lynn** on **Fri Jul 12th** and **Mon Jul 15th**.

Tim is coaching for **Lynn** on **Wed Jul 17th** and for **Sean** on **Thu Jul 18th**.

Adrian is coaching for **Sean** on **Mon Jul 22nd** and **Mon Jul 29th**.

Mits is coaching for **Sean** on **Thu Jul 25th** and **Thu Aug 1st**.

Mark is coaching for **Lynn** on **Wed Aug 7th**.

David is coaching for **Sean** on **Thu Aug 8th**.

Tim is coaching for **Lynn** on **Fri Aug 9th**.

Fin Day:

Thu Jul 27th / Fri Jul 28th

Thu Aug 1st / Fri Aug 2nd

Time Trials:

Mon Jul 8th: 400 free or IM

Mon Jul 15th: 100 and 50 choice

Tue Aug 6th / Wed Aug 7th: 800 / 1500 free

Tue Aug 13th / Wed Aug 14th: 200 choice

Thu Aug 29th / Fri Aug 30th: “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's the weekday attendance, so far. Let me know of any errors or omissions.

6pm Whitecaps: July 2-4th (2 workouts); range 24-32; average: 28.0

Perfect Attendance: **Adrian Finn, Christian Cattan, Dave Grynspan, Don Wells, Elaine Yardley, Gi Wu, Gillian Massel, Isaac Fierro Marquez, Lisa Tauskela, Mariette Kenney, Marshall Perrin, Miguel Chavez, Nicole Delisle, Ogi Gutovic, Peter Kallai, Peter Lithgow, Stephane Raynuad, Stephanie Le Saux-Farmer, Steve Kennedy, Sydney Steele**

7:30am Earlybirds: July 3-5th (2 workouts); range 27-33; average: 30.0

Perfect Attendance: **Bruce Brown, David Caughey, Derek Woodard, Emma Cross, Harley Gifford, Ian Lorimer, Janine Debanne, Jocelyn Pender, Justin Kernet, Liliane Cardinal, Lillian Wheatley, Luciara Nardon, Marta Kolbuszewska, Mike Wheatley, Natalie Aucoin, Randi Karstad, Robin Henderson, Stephen Agberien, Steve Dods, Susan Hulley, Ursula Scott, Zak Jacques**

Ask the Coach

Dear Coach: When can I register for the Fall session? Eager Swimmer

Dear E. Swimmer: The information on the Fall and Winter sessions will be in the newsletter as soon as it is available, likely early August. The registration start date will be published then.

Dear Coach: Can you review the breaststroke turn, please? Breaststroking Swimmer

Dear B. Swimmer: The rule for the breaststroke turn is that you must touch the wall while on your stomach (i.e. rolled less than 90 degrees to the side) with both hands simultaneously and not one on top of the other. You must also leave the wall on your stomach. You are permitted (but not required) to do a breaststroke pull out underwater that consists of a fly underwater pull and one dolphin kick (done before, during, or after the fly pull), and then on breaststroke kick as you bring the arms forward underwater. You then start your first breaststroke, and your head must break the surface by the time your arms get to their widest point. Unlike other strokes, there is no limit to how long you may stay underwater (it is 15m for all other strokes). However, it's difficult to go further than 15m while following the rules! Ask your coach for a demo or feedback.

Dear Coach: I know it's good to bilateral breathe, but I have a hard time breathing on my non-favourite side. Suggestions? Unilateral Breather

Dear U. Breather: Try breathing only on your "bad" side during warm up, especially when doing pull. As you become more comfortable, add in some breathing on your less favoured side during the main set.

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.

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

Aug 2-4th Travessee du Lac Tremblant: 1k, 3k and 12k swims <https://www.traverseelactremblant.ca/en/>

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 in Lac Grand, Val des Monts, Quebec.

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 Jun 29th ITU Montreal Sprint Triathlon (750m/20k/5k; 132 participants)

Congratulations to **Julia** who qualified for the World Triathlon Championships in Edmonton in 2020 with her podium finish! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=101340>.

Julia Aimers (8:30am Earlybirds; 55-59): 79th overall, 18th woman and 2nd in category in 1:27:38.7 (14:49 swim)

Sat Jul 6th Meech Lake Mike Collingwood Triathlon (1.2k/21.7k/6.4k; 218 participants)

Congratulations to **Sheila** and **Lisa** for their fantastic performances. They were not only 1st and 2nd in their age group, but 1st and 4th women overall!!! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=101142>.

Sheila Kealey (7:30am Earlybirds; 55-59): 21st overall, 1st woman, and 1st in category in 1:39:35.4 (20:16 swim)

Lisa Meyer (8:30am Earlybirds; 55-59): 35th overall, 4th woman, and 2nd in category in 1:44:27.5 (23:24 swim)

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 26th**).

Private and Semi-Private Masters Swim Lessons

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

Summer Masters Programs

Details on the Summer Masters programs can be found below and on the web site:

<http://carletonmasters.tripod.com/>. 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).

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 (shallow; 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.slowlitch.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>