

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, October 11, 2019 3:32 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 #508

Carleton Masters Swimming Newsletter #508

Friday, October 11th, 2019

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2019 and Alumni: 2019-2020 7:30am Earlybirds I (40 addresses), 8:30am Earlybirds II (24 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (25 addresses), Saturday Only (3 addresses), Alumni (38 addresses).

You have to have a contingency plan for adversity because you're gonna face it. Period. Your only choice is how you respond to it. – Jon Gruden

Masters Swimming Program Notes

- The Fall session runs from Wed Sept 4th to Thu Dec 19th, inclusive, excluding **Mon Oct 14th**.
 - **No workouts Mon Oct 14th due to Thanksgiving.** For Saturday swimmers, **workout runs as usual on Sat Oct 12th.**
 - **Workouts also run as usual during Carleton's Reading Week:** Mon Oct 21st to Sat Oct 26th.
 - The 6pm Whitecaps and 7:30am Earlybirds groups are **full** for Fall: wait lists available. **If you are on the wait list, please let me know, including your position on the list.**
 - Full details for the Fall and Winter programs is in the "Reminders" section at the end of the newsletter.

Swimmer Notes

Swimmer Updates:

- **Reminder: Deadline is Tue Oct 15th.** An exciting communication from Carleton seeking letters of support for getting funding to build a **new Athletics facility including a pool!** I will submit a letter on behalf of the Masters swim team and would love to get your suggestions of points to include. In addition, it would be great if each swimmer family would also write a letter supporting this project. As per the below, the deadline for letters of support is **Oct 15th**. I'm happy to collect and submit your letters. Here is the letter:

To: Coach, Carleton University Swim teams

Carleton University is currently seeking letters of support for our application to the Investing in Canada Infrastructure Program (ICIP) Community, Culture and Recreation Stream for an Olympic size swimming pool.

Carleton's current swimming pool is over 45 years old. The University is looking to build new facilities including a pool that better meets the needs of our community.

As a competitive team, we are asking if you would be willing to provide a letter of support as part of our application for funding. With a successful funding application, we would hope to have the new infrastructure built over the next 3 years.

As part of the letter of support, it will be helpful to include the following information on your club:

- The value Carleton's Swimming teams provide to students and the Ottawa community including hosting competition and programs as well as the impact on these clubs if the pool was not available.

- The number of staff and students in the club.

We very much appreciate your support in this application. If you have any questions please do not hesitate to contact **Yolana Junco** at (613) 520-2600 ext. 4482 or myself at (613) 520-2600 ext. 8446.

We would like to have the letter no later than October 15, 2019.

Thank you,

Jennifer Brenning, Assistant Vice President, Carleton Recreation & Athletics

- **Andrea Chandler** (6pm Whitecaps) is quoted in this Macleans article: <https://www.macleans.ca/education/how-trump-presidency-has-changed-political-science/>.

- Here's a Masters Swimming Bulletin from Swim Canada: <https://www.swimming.ca/en/masters/> and <https://www.swimming.ca/fr/maitres/>.

- A reminder that Masters Swimming Canada (MSC) is no longer recognized by Swim Canada. In an attempt to get some funds, MSC is looking for Ambassadors. Basically you pay them a lot of money (\$1000 for gold level, \$500 for silver level, and \$250 for bronze level) to get some free swag and your name on their web site!:

<https://www.mastersswimmingcanada.ca/WP/en/aboutus/msc-ambassador-program-2019-2020-swim-season/>.

- I'm so in awe of **Sarah Thomas'** four-way channel swim that I need to include two more links!

- Open-Water Swimmer **Sarah Thomas** Didn't Let Cancer Stop Her in Record-Breaking Quest:

<https://www.si.com/more-sports/2019/09/30/sarah-thomas-swimmer-english-channel-four-times-breast-cancer-survivor>

- Breast Cancer Survivor's Record-Breaking Swim: Video Interview: <https://www.youtube.com/watch?v=stq1j0qnO5o>

- MSO (Masters Swimming Ontario) is hosting a symposium **8am-noon Sun Oct 20th** at the McMaster pool in Hamilton. This includes a two hour pool session that will cover racing skills and will be followed by a guest speaker, Marisa Morrow, who will speak on nutrition and will include lunch. Cost is \$30 for MSO members and \$36 for non-MSO members. (Details on registering with MSO in the "Masters Swimming Competitions" section and costs \$15.) Register on the MSO site: under the member menu, select "enter a swim meet".)

News and Links:

- 97 Year Old Masters Swimmer, **Maurine Kornfeld**, Refuses to Slow Down: <https://www.cbsnews.com/news/maurine-kornfeld-97-year-old-swimmer-mighty-mo-refuses-to-slow-down-2019-09-12>

- Previously Homeless Double-Amputee Takes On Ironman Hawaii: <https://www.cnn.com/2019/10/05/us/double-amputee-ironman-triathlon-trnd/index.html>

- Old Guys Unconventional Method for Swimming 400IM [Ed. Note: He says that 2 whip kicks per fly is legal, but that is incorrect, you can do as many fly kicks as you want, but just one whip kick]: <https://youtu.be/w5ACJ9ydLW0>

- If Your Shoulder Mobility is the Pits, Meet the Scapular Push-Up [thanks to **Bicki Westerheide** (7:10pm Whitecaps)]: <https://www.wellandgood.com/good-sweat/shoulder-mobility/>

- Seal Slaps Kayaking Man with Octopus [thanks to **Larry Durr** (7:30am Earlybirds)]: <https://www.youtube.com/watch?v=TjRdo2ddqR8>

- Waterpolo is for the Strongest of Humans [thanks to **Bill Meyer** (7:30am Earlybirds)]: <https://www.youtube.com/watch?v=uOSPI4XGAg&feature=youtu.be>

Fall Session Information

Dates: Wed Sept 4th to Thu Dec 18th; excluding Mon Oct 14th.

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

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

8:15am Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Fin Days:

Tue Oct 22nd / Wed Oct 23rd

Thu Nov 21st / Fri Nov 22nd

Time Trials:

Thu Oct 10th / Fri Oct 11th: timed 400 free or IM

Thu Oct 17th / Fri Oct 18th: two timed 50s choice

Mon Oct 28th: timed 200 choice

Mon Nov 11th: timed 800 / 1500 free
Tue Nov 26th / Wed Nov 27th: timed 100 choice
Wed Dec 17th / Thu Dec 18th: "funner" day (e.g. relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall19.pdf>.

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

7:30am Earlybirds: Sept 4-Oct 11th (17 workouts); range 15-28; average: 23.2
Perfect Attendance: **Bruce Brown, Ian Lorimer, Margaret King**
Missed 1 Workout: **Harley Gifford, Liliane Cardinal**

8:30am Earlybirds: Sept 4-Oct 11th (17 workouts); range 15-24; average: 18.8
Perfect Attendance: **Debby Whately, Melanie Heroux**
Missed 1 Workout: **Chris Whitehead, Natalie Aucoin**

6pm Whitecaps: Sept 5-Oct 10th (16 workouts); range 22-33; average: 27.8
Perfect Attendance: **Don Wells, Konstantin Petoukhov, Nicole Delisle, Rachel Bennett**
Missed 1 Workout: **Cam Dawson, Joanne Dawson**

7:10pm Whitecaps: Sept 5-Oct 10th (16 workouts); range 6-15; average: 10.8
Perfect Attendance: **Elaine Yardley, Stephen Agberien**

Thanks to everyone who participated in the **400 time trial on Thu Oct 10th / Fri Oct 11th**. Great job by **Penny Estabrooks** (8:30am Earlybirds) and **David Caughey** (7:30am Earlybirds), the only two brave enough to swim 400IM! **David** improved his time, as did eleven 400 free swimmer. The largest improvement was a whopping 2:08.5 by Peter Kallai (6pm Whitecaps). A full list of improvements follows:

400 free (11)

Peter Kallai	128.5	WC1
Radek Sadowski	35.7	WC2
Emma Cross	24.2	EB1
Kasia Poplawski	19.6	EB1
Christian Cattan	15.7	WC1
Claude Tellier	14.9	EB1
John Halloran	14.7	WC1
Stephen Agberien	12.5	WC2
Ann Bortolotti	2.1	EB1
Elaine Yardley	1.7	WC2
Alison Slater	1.1	WC2

400IM (1)

David Caughey	12.8	EB1
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Ask the Coach

Dear Coach: What sort of weight training should I do to get stronger and faster for marathon swimming? Another Marathon Swimmer

Dear A.M. Swimmer: Doing a general weights program or a weights program designed for swimmers will help. I also found suggested exercises for open water swimming, as well as a forum of marathon swimmers discussing cross training (it seems that each person does something different!). Have a look at these suggestions and let me know if you have more questions.

- Strength Training for Swimmers: What Muscles to Train and Why: <https://www.swimmo.com/blog/tips-tricks/strength-training-for-swimmers/>

- Six Gym Exercises to Transform Your Open Water Swimming: <https://www.redbull.com/ie-en/open-water-swimming-strengths-training-gym-exercises>

- Marathon Swimmers Forum on Cross-Training: <https://forum.marathonswimmers.org/discussion/39/cross-training>

Dear Coach: What advice and suggestions do you have to get faster in the pool? Improving Swimmer

Dear I. Swimmer: The first thing is to recognize that we all have different strengths and weaknesses. In the pool, some are good at freestyle, some at breaststroke (for example); some at longer distances, some at sprints; some at kick, some at pull, etc. Most of us prefer to focus on our strengths, while we would gain more from working on our weaknesses. That said, if you know what events you want to focus on for competition, then spending time on those events is a good idea. Some cross training may help (see above question), but for most of us, focusing on technique in the water will give a larger benefit. Improving starts and turns can make a big difference. Also, spending some time doing all out sprints is important for everyone, even distance swimmers. As your coach for some suggestions!

Dear Coach: Why do we try to keep our head still in backstroke but move it in freestyle? Improving My Technique

Dear I.M. Technique: In backstroke we aim to keep our head still as it helps with body position and streamline. If you find it hard to keep your head perfectly still in backstroke, as small movement from side to side as you roll your body isn't the end of the world. You want to ensure that you are not moving your head in a nodding movement or ear to shoulder movement as those will throw off your body position. In freestyle, I often focus on the head position while breathing, and the head movement required to breathe without affecting the body position, while neglecting to mention that when you are not breathing, your head should stay still, just like in backstroke. Thus if you swim without breathing, or using a snorkel, your head should stay still.

Masters Swimming Competitions

This season (September 2019 to August 2020), you have many 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 be accepted by Christian Berger (for his Top 20 rankings) but will not be recognized by Swim Canada, MSC, or 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 \$6 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 **\$50** 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. Notice the price has been reduced by \$15 this year!

3. You can register with both MSO and SO. This costs **\$60** for Sept 1st to Aug 31st.

4. You can also register with MSC. This costs \$30. It's not yet clear what this gets you beyond a few discounts and the ability to use their Million Meter recording page. It will likely be required to swim at the MSC Nationals.

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 Swim Canada Masters 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 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.

Sat Oct 26th Brossard (SO registration required) <https://www.swimming.ca/en/meet/34221/>

Sun Nov 10th Guelph Marlins Meet (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Nov 16th Willy Lee Charity Meet, Brewer (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Nov 16th Quebec Manche 1, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34516/>

Sun Dec 1st Technosport Meet, uOttawa (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Dec 7th Quebec Manche 2, Sainte-Foy (SO registration required) <https://www.swimming.ca/en/meet/34517/>

Sun Dec 8th Nepean Red vs. Blue Meet (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

December (date TBC) North York Gators Pentathlon (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Jan 11th Quebec Manche 3, Drummondville (SO registration required) <https://www.swimming.ca/en/meet/34518/>

Sun Jan 19th Alderwood Yards Meet (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Jan 25th Cote St Luc Invitational, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34397/>

Sat Feb 1st Quebec Manche 4 LC, Quebec (SO registration required) <https://www.swimming.ca/en/meet/34519/>

Sun Feb 2nd Technosport Meet, uOttawa (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Feb 8th Downtown Swim Club All Out Swim Meet, Toronto (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Note: No Nepean Winterlude LC Meet in 2020 as Nepean is hosting MSO Provincials.

Sat Feb 22nd Quebec Manche 5, Pointe Claire, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/34520/>

Sun Feb 23rd Thornhill Stephen Forsey Invitational Swim Meet (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Mar 1st Technosport Meet, uOttawa (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Mar 14th Quebec Manche 6, Dollard-des-Ormeaux, Montreal (SO registration required)

<https://swimming.ca/en/events-results/live-upcoming-meets/>

Fri-Sun Mar 27-29th MSO Provincial Championships (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Mar 28th La Salle LC Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34281/>

Sat Apr 18th OlymPINK Masters Challenge, Ottawa (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Fri-Sun May 22-24th Swim Canada Masters Nationals, Etobicoke (SO registration required)

<https://swimming.ca/en/events-results/live-upcoming-meets/>

May MSC Nationals (MSC registration required?) TBD

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!)

Fri-Sun Sept 27-29th Women's Masters Squash Team Tournament, Burlington

Congratulations to **Luz Osorio** (6pm Whitecaps) and her Team Booth for their fourth place finish!

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 **September 2nd**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Mon/Wed 4:30-5:30pm

Tue/Thu 4:00-5:00pm

Tue/Thu 5:00-6:00pm

Fri 9:35-10:35am

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

Fall/Winter Programs

Masters is a members-only program with no student discount. Registration can be done in person or by phone: 613-520-4480. The 6pm and 7:30am groups fill quickly, so register early to avoid disappointment! The Masters program information is also available on the web site: <http://carletonmasters.tripod.com/>. Note that the system requires that the cost be the same for both Fall and Winter, so there are two bonus workouts in the Fall (i.e. you pay for 43 workouts and get 45) and one or two extra Winter workouts on unusual days to get 43 workouts in for all groups. Prices are unchanged from last year.

Fall 2019: Wed Sept 4th to Thu Dec 19th; no workouts Tue Sept 3rd; Mon Oct 14th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: Lynn): cost: \$150+HST **Full: Waitlist Available**

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: Lynn): cost: \$150+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon/Thu: Sean; Tue: David): cost \$165+HST **Full: Waitlist Available**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon/Thu: Sean; Tue: David): cost \$150+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

Winter 2020: Thu Jan 2nd to Sat Apr 11th; no workouts Mon Feb 17th; Fri Apr 10th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2nd and Thu Apr 9th**

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2nd and Thu Apr 9th**

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon/Thu: Sean; Tue: David): cost \$165+HST: includes **Fri Jan 3rd**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon/Thu: Sean; Tue: David): cost \$150+HST: includes **Fri Jan 3rd**

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+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>