

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, November 8, 2019 5:51 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 #510

## Carleton Masters Swimming Newsletter #510

Friday, November 8<sup>th</sup>, 2019

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those registered for Fall 2019 and Alumni: 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).

**Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow.'** – Mary Anne Radmacher

### Masters Swimming Program Notes

- The Fall session runs from Wed Sept 4<sup>th</sup> to Thu Dec 19<sup>th</sup>, inclusive, excluding **Mon Oct 14<sup>th</sup>**.
  - **Workouts run as usual on Mon Nov 11<sup>th</sup> (Remembrance Day).**
  - 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.
- Note that the **6pm Whitecaps** is nearing capacity for the **Winter** term. There are just **7 spots** remaining.

### Swimmer Notes

#### Swimmer Updates:

- Carleton's Fall Convocation is tomorrow, **Sat Nov 9<sup>th</sup>**. Parking Lot 5 (or part of it) may be unavailable to Athletics users on that date.

- Bushtukah Fall VIP Savings Event: Sun Nov 10<sup>th</sup> 10am to 6pm at Bushtukah Westboro (203 Richmond Rd) and Bushtukah Stittsville (5607 Hazeldean Rd): 25% off clothing and footwear; 20% off gear and accessories; 10% off smart trainers, bikes, and electronics; 10% off sale items.

- Date for your Diary: The Carleton Masters Annual Festive Gathering will again be hosted by **Don Wells** and **Joanie Conrad** (6pm Whitecaps) on **Sat Nov 23<sup>rd</sup>**. Full details: <http://carletonmasters.tripod.com/festive2019.pdf>.

- Carleton is hosting the Raptors “SuperFan” **Nav Bhatia** on National Philanthropy Day, 3:00-4:00pm on **Fri Nov 15<sup>th</sup>**. This event (<https://events.carleton.ca/national-philanthropy-day-with-nav-superfan-bhatia/>) is open to the public and free, but registration is requested: <https://alumni.carleton.ca/rsvp-navthesuperfan/>. Those who attend may enter a draw to have \$250 donated by Carleton to the fundraising project of their choice (e.g. the Ravens Varsity Swim Team).

- Carleton will again be participating in “Giving Tuesday”, this year on **December 3<sup>rd</sup>**. On that date, all donations of up to \$10,000 will be 100% matched by Carleton up to a total of \$500,000. More details next time for those interested in supporting the Varsity Swim Team or other Carleton projects.

- Swim Canada November Masters Swimming Bulletin: <https://www.swimming.ca/en/masters/>.

#### News and Links:

- Be Like **George Coronos**: Faster at 100 than at 95: First Centenarian to Break 1:00 for 50 free: <https://twitter.com/GreenlightPT/status/1189830378405728256>
- **Shanda Hill**: First Female Canadian to Complete Double-Deca (20x) Ironman (in 26 days!) in Leon, Mexico (28 day time limit): <https://globalnews.ca/news/6119275/blisters-chlorine-burns-and-not-much-sleep-b-c-woman-completes-month-long-ultra-triathlon/>; <https://www.facebook.com/ShandaHillUltraAthlete/>
- 11 Year-Old Pokes Crocodile in Eyes to Save Friend [thanks to **Larry Durr** (7:30am Earlybirds)]: <https://www.telegraph.co.uk/news/2019/10/28/zimbabwean-girl-11-says-poked-crocodiles-eyes-save-friends-life/>
- Do You Know What's Lurking in Your Pool [thanks to **Margaret King** (7:30am Earlybirds)]: <https://www.trainingpeaks.com/blog/do-you-know-whats-lurking-in-your-pool/>
- Swim England Under Fire As Ex-Boss **Bostock** Fails To Apologise After Third Misconduct Finding [Ed. Note: Swim Canada / MSC / Swim Ontario / MSO aren't the only swim organizations with difficulties!]: <https://www.swimmingworldmagazine.com/news/swim-england-under-fire-as-ex-boss-bostock-fails-to-apologise-after-third-misconduct-finding/>
- **Becca Mann** is Writing Her Own Story in More Ways than One: <https://www.usaswimming.org/news-landing-page%2f2019%2f10%2f15%2fbecca-mann-is-writing-her-own-story-in-more-ways-than-one>
- **Becca Mann** Describes Her Maui Nui Triangle Swim: <https://openwaterswimming.com/2019/08/becca-mann-describes-her-maui-nui-triangle-swim/>

## Fall Session Information

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

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 22<sup>nd</sup> / Wed Oct 23<sup>rd</sup>

Thu Nov 21<sup>st</sup> / Fri Nov 22<sup>nd</sup>

### Time Trials:

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

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

Mon Oct 28<sup>th</sup>: timed 200 choice

Mon Nov 11<sup>th</sup>: timed 800 / 1500 free

Tue Nov 26<sup>th</sup> / Wed Nov 27<sup>th</sup>: timed 100 choice

Wed Dec 17<sup>th</sup> / Thu Dec 18<sup>th</sup>: "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-Nov 8<sup>th</sup> (28 workouts); range 15-28; average: 21.9

Perfect Attendance: **Bruce Brown, Margaret King**

Missed 1 Workout: **Liliane Cardinal**

Missed 2 Workouts: **Ian Lorimer**

**8:30am Earlybirds**: Sept 4-Nov 8<sup>th</sup> (28 workouts); range 15-24; average: 18.9

Perfect Attendance: **Debby Whately**

Missed 2 Workouts: **Chris Whitehead**

**6pm Whitecaps**: Sept 5-Nov 7<sup>th</sup> (27 workouts); range 19-35; average: 27.1

Perfect Attendance: **Don Wells, Konstantin Petoukhov**

Missed 1 Workout: **Cam Dawson**

Missed 2 Workouts: **Ingrid Hagberg, Joanne Dawson**

**7:10pm Whitecaps:** Sept 5-Nov 7<sup>th</sup> (27 workouts); range 6-15; average: 10.6

Perfect Attendance: **Stephen Agberien**

Thanks to those who participated in the 200 time trial on Mon Oct 28<sup>th</sup>. There were 12 improvements led by **Flo Kellner** (8:30am Earlybirds) with a 24.5 second improvement in 200 free. The full list of improvements is below.

**200 free (9)**

<b>Flo Kellner</b>	24.5	EB2
<b>Radek Sadowski</b>	9.5	WC2
<b>Matthew Sinclair</b>	8.4	WC1
<b>John Halloran</b>	4.1	WC1
<b>Christian Cattan</b>	3.8	WC1
<b>Kasia Poplawski</b>	2.4	EB1
<b>Doug Brubacher</b>	2.1	EB2
<b>Stephen Agberien</b>	2.0	WC2
<b>Alison Slater</b>	1.4	WC2

**200 breast (1)**

<b>Claude Tellier</b>	5.0	EB1
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**200 fly (1)**

<b>Lisa Meyer</b>	4.4	EB2
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**200IM (1)**

<b>Janine Debanne</b>	5.4	EB2
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## Ask the Coach

**Dear Coach:** How often should I breathe in freestyle for best efficiency and speed? A Freestyler

Dear A. Freestyler: That depends! It mainly depends on the distance, as well as on the person. The 50m sprinters at the Olympics generally don't breathe at all during their race. As the race gets longer, the oxygen becomes more important and thus the space between breaths decreases. Most swimmers breathe every two or three strokes in longer events. I've also heard that as you get older you will be better off breathing more often for the same distances compared when you were younger.

**Dear Coach:** Is it permitted to do breaststroke kick in butterfly? A Breastroker

Dear A. Breastroker: In Masters swimming competitions, one breaststroke kick (plus as many fly kicks as you like) is allowed per stroke. This is not permitted in age group or Olympic competition. The reason that it is permitted for Masters is that butterfly came about as the breaststroke rules didn't say that the arms had to stay submerged, and in the 1930s the innovation of bringing the arms forward over the water was started. This was called the "Butterfly Breaststroke" and it later became a separate stroke (1953) and the fly (dolphin) kick was developed. However, the breaststroke kick was not banned in fly until 2001 (for age groupers). As many older Masters swimmers had swum fly with a breaststroke kick for many years, a new Masters rule was added allowing Masters swimmers to continue to use the breaststroke kick.

## 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 1<sup>st</sup> to Aug 31<sup>st</sup>. 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 1<sup>st</sup> to Aug 31<sup>st</sup>. 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 1<sup>st</sup> to Aug 31<sup>st</sup>.

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 Nov 10<sup>th</sup> Guelph Marlins Meet (MSO registration required)

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

Sat Nov 16<sup>th</sup> Willy Lee Charity Meet, Brewer (MSO registration required)

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

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

Sun Nov 17<sup>th</sup> Etobicoke Semi-Serious Meet, Toronto (SO registration required) <https://www.swimming.ca/en/meet/34698/>

Sun Dec 1<sup>st</sup> Technosport Meet, uOttawa (MSO registration required)

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

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

Sun Dec 8<sup>th</sup> Nepean Red vs. Blue Meet (MSO registration required)

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

Sun Dec 15<sup>th</sup> IM Fast, Toronto Pan-Am Sports Centre (SO registration required)

<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>

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

Sun Jan 19<sup>th</sup> Alderwood Yards Meet (MSO registration required)

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

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

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

Sun Feb 2<sup>nd</sup> Technosport Meet, uOttawa (MSO registration required)

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

Sat Feb 8<sup>th</sup> Downtown Swim Club All Out Swim Meet, Toronto (SO or 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 22<sup>nd</sup> Quebec Manche 5, Pointe Claire, Montreal (SO registration required)

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

Sun Feb 23<sup>rd</sup> Thornhill Stephen Forsey Invitational Swim Meet (MSO registration required)  
<https://ms.mastersswimmingontario.ca/web/schedule.php>  
Sun Mar 1<sup>st</sup> Technoport Meet, uOttawa (MSO registration required)  
<https://ms.mastersswimmingontario.ca/web/schedule.php>  
Sun Mar 1<sup>st</sup> Wilmot ACES Meet (SO registration required)  
<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>  
Sat Mar 14<sup>th</sup> Quebec Manche 6, Dollard-des-Ormeaux, Montreal (SO registration required)  
<https://swimming.ca/en/events-results/live-upcoming-meets/>  
Fri-Sun Mar 27-29<sup>th</sup> MSO Provincial Championships, Nepean (MSO registration required)  
<https://ms.mastersswimmingontario.ca/web/schedule.php>  
Sat Mar 28<sup>th</sup> La Salle LC Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34281/>  
Sat Apr 18<sup>th</sup> OlymPINK Masters Challenge, Ottawa (MSO registration required)  
<https://ms.mastersswimmingontario.ca/web/schedule.php>  
Sat-Sun Apr 25-26<sup>th</sup> Swim Ontario Masters Provincials, Etobicoke (SO registration required)  
<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>  
Fri-Sun May 22-24<sup>th</sup> Swim Canada Masters Nationals, Etobicoke (SO registration required)  
<https://swimming.ca/en/events-results/live-upcoming-meets/>  
Sat-Sun Jun 27-28<sup>th</sup> Swim Portion of USA Masters Games (SCY = yards), Grand Rapids, Michigan  
<https://www.usamastersgames.com/swimming>  
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!)

### Sun Nov 2<sup>nd</sup> Great Big Cookie 5km Run, Ottawa (1150 participants)

Congratulations to **Susan** and **Margaret** on their races. A podium finish for **Susan** and top five for **Margaret**! Full results:  
<https://www.sportstats.ca/display-results.xhtml?raceid=101922>.

**Susan Nevitt-Yelle** (7:30am Earlybirds; 50-59): 133<sup>rd</sup> overall, 39<sup>th</sup> woman, and 3<sup>rd</sup> in category in 23:34.5 (23:29.2 chip)  
**Margaret King** (7:30am Earlybirds; 50-59); 186<sup>th</sup> overall, 68<sup>th</sup> woman, and 5<sup>th</sup> in category in 25:16.0 (25:07.2 chip)

### 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 **October 24<sup>th</sup>**).

### 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 4<sup>th</sup> to Thu Dec 19<sup>th</sup>; no workouts Tue Sept 3<sup>rd</sup>; Mon Oct 14<sup>th</sup>**

**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 2<sup>nd</sup> to Sat Apr 11<sup>th</sup>; no workouts Mon Feb 17<sup>th</sup>; Fri Apr 10<sup>th</sup>**

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

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

**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 3<sup>rd</sup>**

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

**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](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

[lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)

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