

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, January 10, 2020 4:45 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 #515

Carleton Masters Swimming Newsletter #515

Friday, January 10th, 2020

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2019, Winter 2020, and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (29 addresses), 6pm Whitecaps I (48 addresses), 7:10pm Whitecaps II (23 addresses), Saturday Only (3 addresses), Alumni (40 addresses).

“I was taught the way of progress is neither swift nor easy.” – Marie Curie

Masters Swimming Program Notes

- Happy New Year: The Winter sessions runs from **Thu Jan 2nd** to **Sat Apr 11th**, excluding **Mon Feb 17th** and **Fri Apr 10th**.
- Note that the **6pm Whitecaps** is now **full**. Please let me know if you are on the wait list!
- There are **8 spots** left in the 7:30am Earlybirds group.
- Full details on the Winter programs is in the “Reminders” section at the end of the newsletter.

Masters Annual Team Photos: 2019

A big thank you to Coach **Sean** for taking the team photos, and thanks to all who were able to participate. Everyone looks great! Check them out: <http://carletonmasters.tripod.com/CarletonMastersPhotos2019.pdf>

Swimmer Notes

Swimmer Updates:

- **Natalie Aucoin** (8:30am Earlybirds) and her family are very thankful and touched by the generosity of the community, especially the swimming community, for the donations made to Carleton's **Phil Boland Memorial Fund**. The latest update is that \$19,000 has been raised, before any matching funds. That's great.

- Congratulations to **Isla Paterson** (8:30am Earlybirds)'s cousin, **Aly Van Wyck**, who has received Canada's Breakout Para-Swimmer of the Year Award: <https://www.swimming.ca/en/news/2019/12/06/van-wyck-smart-merits-inaugural-breakout-para-swimmer-of-the-year-award/>

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

News and Links:

- **Nancy Brown** (83), Beloved Swimming Coach and Mentor, Dies at Her Home in Pasadena:

<https://www.capitalgazette.com/news/ac-cn-nancy-brown-20200107-20200107-suugf4kr4vcwhldirdjifsxzum-story.html>

- Two Swimmers in One Lane?!: <https://www.instagram.com/p/BwU3KsxB4Kv/>

- 'Women Have Less Ego. Men Think: How Hard Can This Be?': The Female Ultra-Athletes Leading the Field [thanks to **Ruth Fawcett** (7:30am Earlybirds)]: <https://www.theguardian.com/lifeandstyle/2020/jan/03/female-ultra-athletes-leading-field-women-less-ego>

- Pacemakers Help Keep the Beat Going for Masters Swimmers: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/pacemakers-help-keep-the-beat-going-for-masters-swimmers>

- Diving Practice Bloopers!: <https://www.instagram.com/p/B3-zLKEBb7U/>

- Swimming's Governing Body is in Hot Water: <https://www.outsideonline.com/2407217/olympic-swimming-court-ruling>
- Channel Swimming Statistics: <https://coldwaterswimming.wordpress.com/2019/07/22/more-lies-damn-lies-and-statistics/>
- How to Swim: Dream the Impossible: <http://howtoswimpodcast.libsyn.com/dream-the-impossible>
- **Cecil Healy**, Australia's Forgotten Hero: <https://mobile.abc.net.au/news/2017-10-03/cecil-healy-australias-forgotten-hero/9010088>

Winter Session Information

Dates: Thu Jan 2nd to Sat Apr 11th; excluding Mon Feb 17th and Fri Apr 10th.

Note: There are also **morning** workouts on **Thu Jan 2nd**, and **evening** workouts on **Fri Jan 3rd**.

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

Exceptions will be noted here.

Mark coached the morning of **Thu Jan 2nd**.

Mark coached for **Sean** on the evening of **Thu Jan 2nd**.

Mark and lifeguard **Owen** coached for **Mits**, who was going to coach for **Lynn** on the morning of **Fri Jan 3rd**.

David coached the evening of **Fri Jan 3rd**.

Adrian is coaching for **Sean** on **Mon Jan 20th**.

Mark is coaching for **Sean** on **Thu Jan 23rd**.

Fin Days:

Mon Jan 27th

Thu Mar 5th / Fri Mar 6th

Time Trials:

Tue Feb 4th / Wed Feb 5th: timed 400 free or IM

Tue Feb 18th / Wed Feb 19th: two timed 50s choice

Thu Feb 27th / Fri Feb 28th: timed 100 choice

Thu Mar 12th / Fri Mar 13th: timed 200 choice

Tue Mar 17th / Wed Mar 18th: timed 800 / 1500 free

Wed Apr 8th / Thu Apr 9th: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes

at: <http://carletonmasters.tripod.com/mastplanwint20.pdf>.

Here are the weekday attendance statistics, starting **Mon Jan 6th**:

6pm Whitecaps: Jan 6-9th (3 workouts); range 24-32; average: 27.7

Perfect Attendance: **Cam Dawson, Christian Cattan, Don Wells, Gi Wu, Jian-Lok Chang, Joanie Conrad, Joanne Dawson, Konstantin Petoukhov, Mars Nienhuis, Nicole Delisle, Peter Kallai, Peter Lithgow, Stephane Raynaud, Zoltan Csepregi**

7:10pm Whitecaps: Jan 6-9th (3 workouts); range 6-9; average: 7.3

Perfect Attendance: **Alison Slater, Stephanie Le Saux-Farmer, Stephen Agberien**

7:30am Earlybirds: Jan 6-10th (3 workouts); range 19-22; average: 20.3

Perfect Attendance: **Ann Bortolotti, Bruce Brown, Eleanor Fast, Francois Jacques, Ian Lorimer, Jocelyn Pender, Larry Durr, Liliane Cardinal, Ruth Fawcett, Sam Hersh, Sandy Lawson, Sean Dawson, Steve Dods, Susan Hulley, Susan Nevitt-Yelle, Ursula Scott**

8:30am Earlybirds: Jan 6-10th (3 workouts); range 14-20; average: 17.7

Perfect Attendance: **Anne Mullins, Brad Shapansky, Debby Whately, Kevin Graham, Luciara Nardon, Melanie Heroux, Penny Estabrooks, Rod Haney**

Ask the Coach

Dear Coach: Given the very unusual holiday period this year (Xmas and New Year falling mid-week) which may have prompted a number of people to take a full couple of weeks off - and the very unusual return to full Masters schedules (both morning and evening workouts on Thursday the 2nd and Friday the 3rd) without regular coaches, it may be appropriate to only start counting attendance as of the following Monday. 6pm Swimmer

Dear 6pm Swimmer: The attendance was very low on the morning of Thu Jan 2nd and the evening of Fri Jan 3rd, so, for purposes of attendance tracking, the above starts from Mon Jan 6th. Thanks for the suggestion!

Dear Coach: Is it legal to do breaststroke kick in a butterfly race? If so, may I mix breaststroke and butterfly kicks? How many kicks per stroke is permitted? Is it legal to do one-arm fly in competition? Searching for an Energy Efficient Butterfly

Dear S.f.a.E.E. Butterfly: For Masters competitions, breaststroke kick is permitted in butterfly (but not in open / kids competitions). You are permitted to do at most one breaststroke kick per stroke. You may mix that with as few or as many fly kicks per stroke as you like. It is actually legal to do the entire race just fly kick (with no over arm motion). However, any arm motions must be symmetrical, so no one-arm butterfly is permitted.

Dear Coach: I try my best, but sometimes life gets in the way and I'm late for workout. Is that a problem? Busy Swimmer

Dear B. Swimmer: The coaches understand that stuff happens. We ask that, if you arrive late, please join in with your lane-mates rather than starting at the beginning of the warm-up, but do make sure you are well warmed up before doing any fast swimming or butterfly.

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.

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 (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 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>

Sun Mar 1st Wilmot ACES Meet (SO registration required)

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

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, Nepean (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>

Sat-Sun Apr 25-26th Swim Ontario Masters Provincials, Etobicoke (SO registration required)

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

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

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

Sat-Sun Jun 27-28th 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!)

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 Jan 10th).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Wed 4:30-5:30pm

Tue 4:00-5:00pm

Tue 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

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/>.

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 but *not* Thu Apr 9th (replaced by Fri Dec 20th)**

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2nd but *not* Thu Apr 9th (replaced by Fri Dec 20th)**

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 Full: Waitlist Available**

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

Students May Add Carleton Masters to their Co-Curricular Record

Carleton students who swim with Carleton Masters may now get this added to their co-curricular record. Just add "Carleton Masters Swim – Member". Information on how to do this is provided here: <https://carleton.ca/seo/ccr/>.

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

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