

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Wednesday, January 11, 2012 5:19 PM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; Nico Belisle; 'Tim Kilby'
Subject: Carleton Masters Swimming Newsletter #298

Carleton Masters Swimming Newsletter #298

Wednesday, January 11th, 2012

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2011 / Winter 2012 and Alumni: 7:30am Earlybirds I (38 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (43 addresses), 7:10pm Whitecaps II (26 addresses), 8:10pm Whitecaps III (28 addresses), Saturday Only (3 addresses), Masters "Alumni" (34 addresses).

"Chocolate makes your shoulders seize up." – Overheard at the Pool [Ed. Note: So, **that's** my problem!]

Masters Program Notes and Cancellations

- The Winter session is underway!
- Note that there will be **no workouts on Mon Feb 20th (Family Day)**. This is the only cancellation during Carleton's Reading Week.
- If you are still planning to register for the Winter session, note that the 6pm group is full (wait list available) and there are just **4** spots left in the 7:30am group.
- The Winter workout themes, time trials, and fin days have been posted on the bulletin board and at: <http://carletonmasters.tripod.com/mastplanwint12.pdf>.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Kevin Graham** (7:30am Earlybirds) on his engagement on Christmas morning. Despite his recent knee surgery, he did go down on one knee (but getting back up was a problem). Kevin and Melanie will tie the knot in June 2013.
- Best wishes to **Natalie Aucoin** (8:30am Earlybirds) for a quick recovery from surgery to remove a ganglion from below her kneecap. The surgery was on Jan 5th and she hopes to be back in the water next week.
- Just a note to remind everyone to please put away your equipment after workout. The yellow kickboards and torpedo-shaped pull-buoys go in the blue Masters cage. The red and blue kickboards and the white pull-buoys go on the racks on the pool wall. Many thanks!
- I still have a pair of **green tartan Sorel slippers** left at the Christmas party. Going once, going twice, going three times? Please let me know if they are yours.
- As many of you know, **Debby Whately** (6pm Whitecaps) is an avid paddler. Her Dragon boat team is having a fundraiser selling Organic Free Trade Coffee. They are selling one pound bags for \$15. They have a medium dark roast in regular or decaf and you can get beans, regular grind or espresso grind. If you are interested, please talk to Debby at workout or contact her via e-mail at: whately@cheo.on.ca.
- Here's a new web site that might be of interest to triathletes: <http://www.goodguystri.ca/>, "living life intentionally". There's a monthly newsletter that you can subscribe to, and some worthwhile fundraising activities.

News Articles / Videos and Links:

- Mental Effort Increases Physical Fatigue and Reduces Heart Rate Variability: <http://sweatscience.com/mental-effort-increases-physical-fatigue-reduces-hr-variability/>
- How the Genders Differ in Nutritional Requirements: <http://www.iawr-connect.com/nutrition/nutritionalrequirements/>
- Scientists Identify an Innate Function of Vitamin E: <http://www.sciencedaily.com/releases/2011/12/111220133705.htm>
- Are We Not Man Enough: http://www.nytimes.com/2011/12/18/opinion/sunday/are-we-not-man-enough.html?_r=1
- Lactate at Threshold doesn't Predict Performance: <http://sweatscience.com/lactate-at-threshold-doesnt-predict-performance/>
- The Ten Biggest Fitness Myths: <http://www.outsideonline.com/fitness/Health-Fitness-Report-2012.html>

Swim Suits for Sale: The suits range in brand, style, and colour. Prices are \$40 and less. The swim suits are available for browsing whenever Lynn is coaching – just ask!

Caps and Goggles to Borrow: Lynn always has 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. Latex caps are 50c (plus a few brand new latex caps for \$1) and silicone caps \$2. Just ask Lynn if you're interested in looking at these.

Nose Clips for Sale: Cost \$5. Mostly size medium, plus a few small and large. Contact Lynn if you are interested.

Winter Session Information

The usual pool allocations and coaches are as follows:

- 7:30-8:30am MWF Earlybirds: Deep End; Lynn
- 8:30-9:30am MWF Earlybirds: Deep End; Lynn
- 6:00-7:10pm MTuTh Whitecaps: Shallow Monday, Deep Tuesday/Thursday; Lynn
- 7:10-8:10pm MTuTh Whitecaps: Shallow End; Monday: Lynn; Tuesday/Thursday: Mits
- 8:10-9:10pm TuTh Whitecaps: Shallow End; Mits
- 8:15-9:25am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be mentioned here, if I have enough notice.

Fin Days for the Winter session are:

- 6pm Tue Feb 7th / 7:30am/8:30am Wed Feb 8th
- 6pm Tue Mar 13th / 7:30am/8:30am Wed Mar 14th

Winter Time Trials are as follows:

All Mon Feb 13th: 400 fs or IM

6pm Tue Feb 28th / 7:30am/8:30am Wed Feb 29th: 2 x 50 ch

6pm Thu Mar 8th / 7:30am/8:30am Fri Mar 9th: 100 ch

All Mon Mar 19th: 200 ch

Tue Mar 27th / 7:30am/8:30am Wed Mar 28th: 1500 fs (800 fs for those over 2:15/100m)

6pm Thu Apr 12th / 7:30am/8:30am Fri Apr 13th: relays

Full schedule of workouts is available at: <http://carletonmasters.tripod.com/mastplanwint12.pdf>.

Here are the weekday attendance statistics for the Winter term. Lots and lots of swimmers with perfect attendance to date. Keep it up!

6:00pm Whitecaps (Jan 3-10th; 4 workouts; range: 23-26; avg.: 24.0)

Perfect Attendance: **Alison S, Cindy S, Dave G, Deb Low, Debby W, Don W, Lee S, Lina V, Marie S, Nathan F, Nicole D, Pete L**

7:10pm Whitecaps (Jan 3-10th; 4 workouts; range: 11-19; avg.: 15.0)

Perfect Attendance: **Andrea M, Dave B, Dmitry L, Jamie C, Jenna, Joanie C, Matthew B**

8:10pm Whitecaps (Jan 3-10th; 3 workouts; range: 8-16; avg.: 11.3)

Perfect Attendance: **Elaine C, Jean K**

7:30am Earlybirds (Jan 4-11th; 4 workouts; range: 25-28; avg.: 26.5)

Perfect Attendance: **Alan J, Angela D, Brad S, Bruce B, Chris M, Christian C, Dave C, Francois L, Ian L, Katie C, Lois F, Margaret K, Robert F, Sandy L, Susan H, Susan N-Y, Ursula S, Zoe P**

8:30am Earlybirds (Jan 4-11th; 4 workouts; range: 13-21; avg.: 17.3)

Perfect Attendance: **Alan H, Amir B, Colette K, Isla P, Liz C, Margaret DK, Mark B, Penny E, Shauna I, Theresa W**

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2012 is now open. Cost is \$36. Please pay by cash or cheque payable to "Lynn Marshall". Your MSO membership will be good until Dec 31st, 2012. Contact Lynn for more details. Note that you must register with MSO at least **3 weeks** before the **due date** of the entry for your first competition.

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/competition/schedule01.htm>.

For Quebec competitions see: <https://www.swimming.ca/MeetInfo.aspx>, select FNQ <show>, upcoming meets, then the appropriate month, then select the appropriate Masters meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming nearby competitions (mostly) in Ontario and Quebec. More meets and more details will be added as the information become available. Note that meet entries and confirming meet information and entry dates are your responsibility.

Sun Jan 22nd Alderwood Yards Masters Meet <http://www.mastersswimmingontario.ca/pdf/ATBJan222012.pdf>

Sun Jan 22nd Brockville Masters Meet <http://www.mastersswimmingontario.ca/pdf/BrockvilleASMJan222012.pdf>

Sun Jan 29th Technoport Meet SCM <http://www.mastersswimmingontario.ca/pdf/technoportjan292012.pdf>

Sun Feb 12th Burlington Masters SCM Meet

<http://www.mastersswimmingontario.ca/pdf/BurlWinSplashFeb122012.pdf>

Sun Feb 19th Cornwall Masters SCM Meet: **CANCELLED**

Sat Feb 25th Nepean Masters LCM Winterlude Meet

<http://www.mastersswimmingontario.ca/pdf/2012NepeanMastersWinterlude.pdf>

Sun Mar 4th Technoport SCM Meet <http://www.mastersswimmingontario.ca/pdf/technoportmarch42012.pdf>

Mar 8-18th PP Travel and Training Swim Cruise psimard34@sympatico.ca

Sun Mar 11th Etobicoke Swim for Heart 1500 SCM (details TBA)

Sat Mar 17th DDO St Patrick Masters Meet (details TBA)

Mar 30th – Apr 1st Ontario Masters SCM Championships, Toronto area (details TBA)

Apr 13-15th Quebec Masters SCM Championships, Gatineau

<https://registration.swimming.ca/MeetInfo.aspx?meetid=11438>

Sat Apr 21st Downtown Swim Club LCM Meet, U of Toronto

<http://www.mastersswimmingontario.ca/pdf/DSCAllOUTApril212012.pdf>

Sun May 6th Thornhill Masters SCM Meet <http://www.mastersswimmingontario.ca/pdf/ThornhillMay62012.pdf>

May 18-21st Canadian Masters Nationals, Kelowna, BC <http://cmsc2012.ca/>

Jun 3-17th FINA World Aquatic Championships, Riccione, Italy <http://www.finamasters2012.org/>;

qualifying times: http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082

Sat Jun 9th Longueuil LCM Masters Meet (details TBA)

Summer 2014 FINA World Aquatic Championships, Montreal (details TBA)

Race Results: (Please send in your results, and/or let me know if I missed your name!!)

Sun Dec 4th Technoport Meet

We're still waiting for the official results – the last results needed by MSC Statistician, Christian Berger, to finish of the 2011 rankings!

Sat Jan 7th Mad Trapper 5k Snowshoe Race

Congratulations to Lucie Boudreau (8:30am Earlybirds) for being brave enough to try her first snowshoe race! Despite losing her snowshoes four times and several face plants, she finished 4th out of 13 women in 49:19. Well done, Lucie! Full results at: <http://www.synergysark.com/mad-trapper-2012-results.html>.

Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 (by gender and age group both SCM and LCM) at:

<http://www3.sympatico.ca/chberger/#canada> (last update Jan 6th).

Ask the Coach

Dear Coach: Can you tell me my times from the end of term relays in December? Curious Swimmer

Dear C. Swimmer: Sure – I have all the splits from the relays, as well as all workout time trial times since 2001. Just send an e-mail to get your data.

Dear Coach: How can I stop my goggles from fogging up? I Can't See Clearly Now

Dear I.C.S.C. Now: As goggles get older and dirtier, it is harder to keep them from fogging up. It's always a good idea to rinse your goggles after workout and try not to rub the inside of the lenses with anything hard enough to scratch them. It's best to get the inside of your goggles wet before you put them on, and spit works as a good anti-fog agent. Keeping a drop or two of water in your goggles will also help stop them from fogging up. You can buy anti-fog drops or use a drop or two of dish washing soap, but I find those sting the eyes. If anyone has any other suggestions, send them in!

Dear Coach: How can I avoid getting marks around my eyes from my goggles. They make me look old! Young Swimmer

Dear Y. Swimmer: Some people are more prone to raccoon goggle-eyes after swimming than others, but there are certainly things that you can do to help! First make sure that the goggles are a comfortable fit. Secondly, make sure that they are a good fit. A well-fitting pair of goggles should stay on your face without the strap (when you're not in the pool!). That way the strap doesn't have to be as tight, so you will get less marking on your face. Again, if anyone has any other suggestions, let us know.

Lynn's Private and Semi-Private Masters Swim Lessons

Winter Availability:

Mon 9:45-10:45am: Jan 16, 23; Feb 6, 13, 26; Mar 5, 12, 19, 24; Apr 2

Fri 9:45-10:45am: Feb 3; Mar 9, 23, 29

Some evening and weekend times will be added during Carleton's Reading week (Feb 18-26th) and during April exams (Apr 1-13th). I also usually have lots of evenings available during the May-August timeframe. E-mail Lynn for more details.

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Reminders

Masters Winter Programs:

You must be a Carleton Athletics member, and Masters program registration must be done by phone or in person (not on-line). The only change from last year is that Child Safety Supervision will not be offered.

Winter Session: Tue Jan 3rd to Fri Apr 13th (no workouts Mon Feb 20th, Fri Apr 6th, Mon Apr 9th)

Earlybirds 1 (7:30-8:30am MWF): Barcode 3541; \$126+HST; Coach: Lynn

Earlybirds 2 (8:30-9:30am MWF): Barcode 3542; \$126+HST; Coach: Lynn

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 3550; \$138+HST; Coach: Lynn (Full for Winter: wait list available)

Whitecaps 2 (7:10-8:10pm MTuTh): Barcode 3554; \$126+HST; Coaches: Mon: Lynn; Tue/Thu: Mits

Whitecaps 3 (8:10-9:10pm TuTh): Barcode 3558; \$92+HST; Coach: Mits

Saturday Earlybirds (8:15-9:25am Sat): Barcode 3544; \$42+HST; Coaches: rotating schedule, see web site

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 the Workouts?: Are you interested in getting copies of Lynn's workouts ahead of time? Let me know. I usually e-mail out two week's worth of workouts at a time. (Note that these are only the workouts that Lynn coaches. If Lynn is not your coach, the workouts sent by e-mail will be different from the workouts your coach gives you!)

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! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

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 (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

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