

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Wednesday, January 25, 2012 4:51 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 #299

Carleton Masters Swimming Newsletter #299

Wednesday, January 25th, 2012

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2011 / Winter 2012 and Alumni: 7:30am Earlybirds I (39 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (43 addresses), 7:10pm Whitecaps II (26 addresses), 8:10pm Whitecaps III (29 addresses), Saturday Only (3 addresses), Masters "Alumni" (35 addresses).

"The big secret in life is that there is no big secret. Whatever your goal, you can get there, if you're willing to work." – Oprah Winfrey

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.

Swimmer Notes

Swimmer Updates:

- Best wishes for a speedy recovery to **Derek Baas** (x-6pm Whitecaps), husband of **Andrea Chandler** (8:30am Earlybirds) and father of **Freddy** and **Stuart** (x-Safety Supervision, now with ROCS). Derek had his second brain tumour surgery on Wed Jan 18th, and went home from the hospital on Fri Jan 20th. All went well, although he will need to have a few more scans to verify that everything is now fine. The surgery has left him (temporarily, but possibly for up to a year) with little sensation in the lower left quadrant of his head, so he has to be careful not to chew on his left cheek when he eats!

- In the Fall term, several Masters swimmers lost a significant amount of weight. I'd like to collect this information to motivate others with similar goals. If you are willing to tell me how much weight you lost in the Fall, I will include it in the next newsletter. (If you don't want your name mentioned, it can be anonymous!)

- The end of year Masters Swimming Canada statistics are out. Full details at: <http://www3.sympatico.ca/chberger/index7.html>. Here's a summary of Carleton swimmers who made the 2011 Top 20 for their age group, plus the number of events:

Graham Warren (7:10pm Whitecaps; 18-24): 2 events short course
Madelayne DeGrace (7:30am Earlybirds; 25-29): 1 event short course
Ian McLean (7:10pm Whitecaps; 25-29): 8 events short course
Freek Sluis (6pm Whitecaps; 25-29): 1 event short course
Gi Wu (6pm Whitecaps; 25-29): 1 event short course
Hilary March (6pm Whitecaps; 30-34): 5 events short course
Maureen Mahoney (6pm Whitecaps; 30-34): 6 events short course
Lee Storm (6pm Whitecaps; 40-44; swimming for TECH): 1 event short course
Robin Henderson (8:30am Earlybirds; 50-54; swimming for OTTY): 1 event short course
Lynn Marshall (Coach; 50-54): 18 events short course and 17 events long course
Lina Vincent (6pm Whitecaps; 55-59): 4 events short course
Alan Jowett (7:30am Earlybirds; 60-64; swimming for OTTY): 2 events short course
Jamie Chalmers (7:10pm Whitecaps; 65-69): 6 events short course and 11 events long course
Larry Durr (7:30am Earlybirds; 70-74; swimming for TECH): 11 events short course

Please let me know if I missed anyone!

Congratulations to **Jamie Chalmers** (7:10pm Whitecaps) for being the top long course swimming in Canada for his age group, in his first year of competing, no less!

Lynn won her age group short course and long course, and she also got her top spot back from **Bonnie Pronk** (BC) in the total number of national records currently held: <http://www3.sympatico.ca/chberger/rec/mmc11sta.htm>.

- **Mike Lau** (6pm Whitecaps)'s results from the Nov 20th Philadelphia marathon were given in a previous newsletter. As a reminder, he placed 4th out of 486 in his age group in a fantastic time of 2:58. He is pleased to report that he just received a very nice plaque complete with race photos. Congratulations again, Mike!

- A big thank you to the **Dawsons: Cam** (6pm Whitecaps), **Joanne** (6pm Whitecaps), and **Sean** (6pm Whitecaps / 8:30am Earlybirds) for the 18 new cups used for the recent backstroke drills. The swimmers report that the heavier cups stay balanced on their foreheads much better than the Styrofoam ones!

- **Tony Pidkalenko** (x-8:10pm Whitecaps, then called Nightcaps) moved to St. Marys, Ontario (near Stratford) some years ago. He is pleased to announce that they finally have a new Masters team managed by Middlesex swimming based in London. He even got his photo in the paper, in the announcement of the new team! Check it out at: <http://carletonmasters.tripod.com/12photo/>.

- Sports 4 Bank Street is undergoing renovations at the end of the month, so both stores (Bank Street and Kanata) are having a Renovation Sale until Sun Jan 29th – 20% off everything!

- 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.

News Articles / Videos and Links:

- The Year in Fitness: <http://well.blogs.nytimes.com/2011/12/28/the-year-in-fitness/>

- Study Examines Changes in Resting Heart Rate over Time: <http://www.forbes.com/sites/larryhusten/2011/12/21/study-examines-changes-in-resting-heart-rate-over-time/>

- What's to Love and Loathe about Chocolate Milk?: <http://www.npr.org/blogs/thesalt/2011/11/21/142517141/whats-to-love-and-loathe-about-chocolate-milk>
- How to Prevent Post-Race Colds and Illness: <http://www.iawr-connect.com/training/posracecolds/>
- How to Move Forward when Injuries Set You Back: <http://www.teampackedapps.ca/training-posts/dealing-with-injuries>
- For All Day Metabolism Boost: Interval Training: http://www.acsm.org/AM/Template.cfm?Section=About_ACSM&TEMPLATE=/CM/HTMLDisplay.cfm&CONTENTID=15822

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. There are now **21** swimmers with perfect attendance to date. Keep it up!

6:00pm Whitecaps (Jan 3-24th; 10 workouts; range: 21-30; avg.: 24.8)
Perfect Attendance: **Dave G, Don W, Lee S, Pete L**

7:10pm Whitecaps (Jan 3-24th; 10 workouts; range: 11-19; avg.: 15.1)
Perfect Attendance: **Jamie C, Jenna R, Joanie C**

8:10pm Whitecaps (Jan 3-24th; 7 workouts; range: 8-16; avg.: 12.7)
Missed 1 Workout: **Elaine Y, Jean K, Paul D, Veronica T**

7:30am Earlybirds (Jan 4-25^h; 10 workouts; range: 20-28; avg.: 25.0)
Perfect Attendance: **Angela D, Brad S, Bruce B, Chris M, Dave C, Margaret K, Robert F, Susan H, Ursula S, Zoe P**

8:30am Earlybirds (Jan 4-25th; 10 workouts; range: 13-21; avg.: 18.4)
Perfect Attendance: **Isla P, Margaret DK, Mark B, 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.

- Sat Jan 28th Pointe Claire SCM Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=12237>
- Sun Jan 29th Technosport SCM Meet <http://www.mastersswimmingontario.ca/pdf/technosportjan292012.pdf>
- Sat-Sun Feb 11-12th Quebec City LCM Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=12244>
- Sun Feb 12th Burlington Masters SCM Meet
<http://www.mastersswimmingontario.ca/pdf/BurlWinSplashFeb122012.pdf>
- Sat-Sun Feb 18-19th LaSalle SCM Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=12257>
- 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 <https://registration.swimming.ca/MeetInfo.aspx?meetid=12148>
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://cmssc2012.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)
Sat Jul 14th London LCM 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

At last, the results are out, and Christian Berger could finish off the Canadian 2011 swim meet stats! Full results and point scores for the first meet of the series at: http://www.technoport.ca/results/dec10_11.htm and http://www.technoport.ca/results/dec10_11scores.pdf. **Natalie** gets the consistency award for doing exactly the same time (to the 100th of a second) for her 200 free as in her previous meet at Brewer in October!

Natalie Aucoin (8:30am Earlybirds; 35-39): 1st 50fs (35.48), 100fs (1:19.88), 200fs (2:56.48), 50fl (39.88 PB)

Lee Storm (6pm Whitecaps; 40-44): 2nd 100bk (1:25.55), 100br (1:33.08), 100IM (1:22.86); 3rd 200fs (2:35.09)

Sandy Lawson (7:30am Earlybirds; 45-49): 1st 50fs (36.87), 100fs (1:18.94), 200fs (2:50.96 PB)

Lynn Marshall (Coach; 50-54): 1st 50fs (29.66), 100fs (1:04.69), 200fs (2:16.01 after giving the others a head start), 100fl (1:10.61), 100IM (1:13.47 Ontario Record)

Larry Durr (7:30am Earlybirds; 70-74; TECH): 1st 50bk (52.15), 100bk (1:37.25), 50br (46.98)

Jan 12-15th Haywood Ski Nationals, Whistler

Congratulations to **Sheila Kealey** (6pm Whitecaps) on her great results. Amazing that she's competing against the youngsters and doing so well!! And what fun to ski on the Olympic courses! Full results at: <https://zone4.ca/>.

Thu Jan 12th 15k Classic (27 women): 13th overall (9th in open category) in 49:12.5

Sat Jan 14th 1.2k Free Sprint Qualifier (66 women): 26th overall (8th in open category) in 4:06.21

Sat Jan 14th 1.2k Free Sprint Quarter Final: 4th in heat of 6 (4:12.91)

Sun Jan 15th 10k Classic (69 women): 27th overall (9th in open category) in 36:26.0

Sun Jan 22nd Brockville Almost Serious Meet

Four Carleton swimmers participated in this meet – fairly lightly attended as we made up 1/6th of the “crowd”. **Lina Vincent** (6pm Whitecaps) led the way with 3 club records in her new age group. The records were previously held by **Rita Markland**, **Pat Holt**, and **Ann Kilby**. **Lee Storm** (6pm Whitecaps) set two club records (just missing a third). Those were previously held by **Dan Beavon** and **Jim Wright**. **Jamie Chalmers** (7:10pm Whitecaps) improved one of his own club records. Well done, all! Yours truly let down the team by setting no records ☹ ! Official results not yet published but copied off the wall at the meet... Updated club records at: <http://carletonmasters.tripod.com/120122.Records.pdf>. Here's how we did:

Lee Storm (6pm Whitecaps; 40-44): 1st 200fs (2:32.88); 1500fs (20:40.10 Club Record and PB); 400 split 5:24.59 Club Record); 100bk (1:26.22)

Lynn Marshall (Coach; 50-54): 1st 50fs (30.52), 1500fs (18:10.44), 50bk (35.52), 200bk (2:33.98), 50br (42.16), 50fl (34.06), 100fl (1:11.22)

Lina Vincent (6pm Whitecaps; 60-64): 1st 50fs (37.28 Club Record), 50br (49.59 Club Record), 25fl (19.00), 100IM (1:37.32 Club Record); 2nd 25fs (17.60)

Jamie Chalmers (7:10pm Whitecaps; 65-69): 1st 200fs (3:28.91 Club Record and PB), 50bk (48.45), 100bk (1:45.31), 50br (1:02.16)

2011 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the 2011 year-end 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 25th).

Ask the Coach

Dear Coach: Why do I always find the drills easier with one arm than the other? Just Curious

Dear J. Curious: Our bodies are rarely exactly symmetrical, plus we tend to have a dominant side. This makes doing exactly the same thing with both arms a challenge. You may even find one part of the stroke easier with one arm, and another part easier with the other.

Dear Coach: Would I swim faster in our time trials with a full body suit? Want To Improve

Dear W.T. Improve: A full body suit might make you a little faster. However, full body suits are now banned from competition. Men are only allowed a suit from the navel to knees, and women from the shoulders to knees, but with no fastenings (zips, hooks, etc.). Racings suits which cost \$100 and up will make you a bit faster, but are recommended only for those who have already put in the work in the pool ☺ !

Dear Coach: Why should I look downwards in breaststroke? Just Learning

Dear J. Learning: If you look downwards (keeping your neck in a neutral position) while you glide, you will be more streamlined in the water. If you also look down (towards the water) when you are breathing, again keeping your neck in a near-neutral position, you will limit your neck movement and thus use less energy.

Lynn's Private and Semi-Private Masters Swim Lessons

Winter Availability:

Mon 9:45-10:45am: 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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