

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Wednesday, February 08, 2012 5:28 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 #300

Carleton Masters Swimming Newsletter #300

Wednesday, February 8th, 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).

"We must all suffer one of two things: the pain of discipline or the pain of regret or disappointment." – Jim Rohn

Masters Program Notes and Cancellations

- Note that there will be **no workouts on Mon Feb 20th (Family Day)**. This is the only cancellation during Carleton's Reading Week.
- Many thanks to **Mits Kachi** (Coach) and **Alex Joubert** (8:10pm Whitecaps; Pool Staff) for coaching for Lynn when she had the flu last week. Alex enjoyed it so much that we'll keep him in mind next time we need a substitute coach, but hopefully with a bit more notice next time!
- Pro-rated prices are now available for those who wish to join Masters for the remainder of the Winter term. There is space in all groups, except the 6pm Whitecaps.

Swimmer Notes

Swimmer Updates:

- Our condolences to **Charles McFarland** (7:30am Earlybirds) who was laid off from his position as Artistic Director of Ottawa's main theatres on Monday. Watch his CBC interview at: <http://www.cbc.ca/video/#Shows/1221254309/ID=2193817278>.
- My apologies to **Jamie Wildsmith** (6pm Whitecaps) for missing him from the Carleton summary of the 2011 Masters Swimming Canada statistics (<http://www3.sympatico.ca/chberger/index7.html>). Jamie, who swam for Technosport last year, made the 30-34 age group top 20 lists in 7 short course events.
- Nicole Williamson** (8:30am Earlybirds) recently joined Carleton Masters as rehab from a plane crash. Listen to her interview here: <http://www.cbc.ca/thenational/indepthanalysis/story/2011/09/19/national-nicolewilliamson.html>.
- Here is some inspiration for anyone who has weight loss as a New Year's resolution: During the Fall term there were some Carleton Masters swimmers who were able to lose a significant amount of weight. Congratulations to:
 - Lee Storm** (6pm Whitecaps): 35 pounds
 - Dave Caldwell** (7:30am Earlybirds): 25 pounds
 - Fouad Hejazi** (7:30am Earlybirds): 15 pounds
- Congratulations to the Cascades Club in Chelsea, of which **Debby Whately** (6pm Whitecaps) is a member, for receiving a \$90,000 Aviva grant to lease their waterfront access for 52 years, and to build a permanent boat shelter. Here's a recent news release: <http://www.lowdownonline.com/they-did-it-cascades-club-strokes-to-90k-win/>, plus a video they submitted to the contest: <http://www.youtube.com/watch?v=ZLqXGeOLa8>.
- If anyone would like some beautiful cards, **Penny Estabrooks** (8:30am Earlybirds) has both winter cards (http://www.pennye.ca/art/cards_Nov11.htm) and all occasion cards from any of her paintings (<http://www.pennye.ca/art/index.html>) available. They are \$2 or 6 for \$10.
- Isabelle Fradette** (8:30am Earlybirds) and **Susan Nevitt-Yelle** (7:30am Earlybirds) went on the "Cruise to Run Caribbean" at the end of January. Isabelle has done this before, as she does the race timing for Sportstats, while this was Susan's first time. They both report that it was a great trip. Check it out: <http://www.cruisetoarun.com/caribbean/index.html>. Susan's results are in the Race Results section.
- Norine Naquib** (8:30am Earlybirds) is studying in Ghana this term! She reports that the campus has a gorgeous outdoor pool, but no lane ropes or pace clocks. We hope to hear more about this great adventure as the term progresses!
- 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:

- Pool Chlorine Tied to Lung Damage in Elite Swimmers: <http://www.reuters.com/article/2012/01/11/us-chlorine-lungs-idUSTRE80A2BZ20120111>
- Vitamins B, C, D, E, and Omega-3 Strengthen Older Brains: http://www.nytimes.com/2012/01/03/health/research/vitamins-b-c-d-and-e-and-omega-3-strengthen-older-brains.html?_r=1&ref=nutrition
- Why Ice may be Bad for Sore Muscles: <http://well.blogs.nytimes.com/2012/01/04/why-ice-may-be-bad-for-sore-muscles/?ref=health>
- Couch Potato or Elite Athlete? A Happy Medium Keeps Colds at Bay: <http://www.sciencedaily.com/releases/2012/01/120105112158.htm>
- The 27 Rules of Conquering the Gym: http://online.wsj.com/article/SB10001424052970203471004577140900388728374.html?mod=WSJ_NY_Sports_MIDDLE_Top
- Is Your Personality Making You Put on Pounds?: http://online.wsj.com/article/SB10001424052970204124204577150702592157004.html?mod=WSJ_LifeStyle_LeadStoryNA

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.

Thanks again to **Mits** for coaching the 6pm Whitecaps on Thu Feb 2nd, and to **Alex Joubert** for coaching the Earlybirds on Fri Feb 3rd, when Lynn had the flu. Thanks to the **Whitecaps** who had a drink for me at the Lone Star on Thu Feb 2nd. A big thank you to the **Earlybirds** for the birthday card and chocolates, and sorry I wasn't there to get it on the correct day!

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-Feb 7th; 16 workouts; range: 20-31; avg.: 24.9)
Perfect Attendance: **Dave G, Lee S**
Missed 1 Workout: **Deb Low, Don W**

7:10pm Whitecaps (Jan 3-Feb 7th; 16 workouts; range: 11-19; avg.: 14.2)
Missed 1 Workout: **Dave B, Jamie C, Joanie C**

8:10pm Whitecaps (Jan 3-Feb 7th; 11 workouts; range: 8-18; avg.: 13.5)
Missed 1 Workout: **Elaine Y, Veronica T**

7:30am Earlybirds (Jan 4-Feb 8th; 16 workouts; range: 20-28; avg.: 24.6)
Perfect Attendance: **Angela D, Bruce B, Chris M, Robert F, Susan H, Ursula S, Zoe P**
Missed 1 Workout: **Brad S, Margaret K**

8:30am Earlybirds (Jan 4-Feb 8th; 16 workouts; range: 13-21; avg.: 18.3)
Perfect Attendance: **Isla P, Margaret DK, Mark B, Theresa W**
Missed 1 Workout: **Amir B, Penny E, Shauna I**

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-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 Technosport SCM Meet <http://www.mastersswimmingontario.ca/pdf/technosportmarch42012.pdf>

Sun Mar 4th Milton SCM Meet <http://www.mastersswimmingontario.ca/pdf/MMAC2012.pdf>

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

Sun Mar 11th Etobicoke Swim for Heart 1500 LCM <http://www.mastersswimmingontario.ca/pdf/Heartswim2012.pdf>

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

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/DSCAIIOUTApril212012.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)
Sat Jul 14th Bring on the Bay 3k Swim (MSO registration not required) <http://www.bringonthebay.com>
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!!)

Mon Jan 23rd St Thomas 5k Run (Cruise to Run Race) (275 participants)

Full results at <http://www.sportstats.ca>. Well done, Susan!

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 27th overall, 10th woman and 2nd in age group in 24:11.9

Fri Jan 27th Barbados 5k Run (Cruise to Run Race) (343 participants)

Full results at <http://www.sportstats.ca>. Congratulations again, Susan!

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 64th overall, 11th woman and 3rd in age group in 23:37.1

Sat Jan 28th Mad Trapper Evening 5k Snowshoe Race

Congratulations to **Lucie Boudreau** (8:30am Earlybirds) on improving her 5k snowshoe time by 3min! Lucie was the 5th female in 46:18. Full results at: <http://www.synergysark.com/mad-trapper-2012-results.html>.

Sun Jan 29th Technosport Meet, U of Ottawa

Four swimmers from Carleton competed in this swim meet. Congratulations to **Ian** on his first swim meet! Official results are not yet available, but here's how we think we did:

Ian Lorimer (7:30am Earlybirds; 50-54): 50fs 34.2; 100fs 1:14.8; 50fi: 39.9

Lynn Marshall (Coach; 50-54): 100fs 1:05; 100bk 1:14; 100br 1:30; 200fi: 2:36; 100IM: 1:15; 200IM: 2:39

Jamie Chalmers (7:10pm Whitecaps; 65-69): 50fs 38; 100fs 1:30; 100bk 1:43

Alan Jowett (7:30am Earlybirds; 60-64; swimming for OTTY): 50fs 36; 50br 45; 100IM 1:30

Sun Jan 29th Lifesaving Time Trial

Lee Storm (6pm Whitecaps) skipped the Technosport meet to do a lifesaving 100m mannequin time trial. He completed this challenging race: 50m underwater with fins, and then 50m with the mannequin in 1:16. Good job, Lee!

Sat Feb 4th Winterlude Triathlon (8k skate / 5k ski / 5k run; 275 participants)

Congratulations, all! Let me know if I missed anyone. Full results at <http://www.sportstats.ca>.

Chris Macknie (7:30am Earlybirds; 40-49): 45th overall; 41st man and 17th in age group in 1:14:11.6

Lucie Boudreau (8:30am Earlybirds; 50-59): 82nd overall, 18th woman and 4th in age group in 1:22:49.8

Isabelle Fradette (8:30am Earlybirds; 40-49): 92nd overall, 21st woman and 7th in age group in 1:24:51.7

Zoe Panchen (7:30am Earlybirds; 40-49): 218th overall, 78th woman and 20th in age group in 1:57:56.7

2012 Statistics: 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 **Feb 7th**). Until yesterday (with the addition of the Pointe-Claire meet), **Lee Storm** (6pm Whitecaps) was the top 40-44 male in Canada!

Ask the Coach

Dear Coach: Can we please get some more large fins? There are never enough on fin days. Big Foot

Dear B. Foot: I have asked that large fins be ordered next time we get new pool equipment.

Dear Coach: One of my shoulders gets sore after long freestyle sets. Any suggestions? Achy Swimmer

Dear A. Swimmer: It is quite common for freestyle swimmers who breathe only on one side to get pains in the opposite shoulder. This is due to a slight sculling motion when you breathe causing the opposite hand to go wider than the elbow which puts strain on both the shoulder and elbow joints. This is a great incentive to learn to bilateral breathe, and also to be more aware of your technique.

Dear Coach: Where should I push off the wall when we are swimming in workout? Swimmer in a Busy Lane

Dear S.i.a.B. Lane: For all strokes except backstroke, you should cross over to the far side of the lane as soon as it is clear to do so, and thus do your turn on the far side of the lane and push off straight. If you are certain that there is no one just behind you, then this is less critical. In backstroke, where you cannot see ahead of you, the opposite applies. It's safer to turn on the side you are on, and cross over as you leave the wall, unless you are certain that there is no one just ahead of you. When finishing a repeat, finish straight ahead, and then move out of the way of any other swimmers behind you.

Dear Coach: How do I figure out which direction our lane should circle? Confused Circle Swimmer

Dear C.C. Swimmer: Each lane circles in the opposite direction from the ones on either side. The lane next to the diving well in the deep end must go up on the right hand side to avoid head injuries, and all other lanes are calculated from that one, with lanes in the shallow end going the same direction as their other "halves" in the deep end.

Lynn's Private and Semi-Private Masters Swim Lessons

Winter Availability:

Mon 9:45-10:45am: Feb 26; Mar 5, 12, 19, 24; Apr 2

Fri 9:45-10:45am: 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.goodquystri.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

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

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