

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Wednesday, March 21, 2012 4:38 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 #303

Carleton Masters Swimming Newsletter #303

Wednesday, March 21st, 2012

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2011 / Winter 2012 and Alumni: 7:30am Earlybirds I (40 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (43 addresses), 7:10pm Whitecaps II (28 addresses), 8:10pm Whitecaps III (34 addresses), Saturday Only (4 addresses), Masters "Alumni" (33 addresses).

"Focus 90% of your time on solutions and only 10% of your time on problems." – Anthony J. D'Angelo

Masters Program Notes and Cancellations

- Note that there will be **no workouts on Fri Apr 6th (Good Friday) or Mon Apr 9th (Easter Monday)**. There is a workout **Sat Apr 7th** for those registered for the Saturday group.
 - As the Earlybirds miss one more workout that the Whitecaps due to Easter, those registered in the 7:30am and 8:30am Earlybirds are welcome to attend either the evening of **Thu Apr 5th** (6:00-7:10pm, 7:10-8:10pm, or 8:10-9:10pm) or the morning of **Sat Apr 7th** (8:15-9:25am) free of charge.
- The Winter session ends **Sat Apr 7th, Thu Apr 12th or Fri Apr 13th** depending on your group(s).
 - Note that there will be no "bubbles" on the last day of the session as the bubbler needs repairs that will happen during the pool shutdown ☹ !
- Pro-rated prices are now available for those who wish to join Masters (or add an additional group) for the remainder of the Winter term. There is space in all groups, except the 6pm Whitecaps.

Spring / Summer Masters Programs

The details on the Masters Programs for Spring and Summer will be available shortly. Registration for both Spring and Summer is scheduled to start on **Wed Apr 4th**.

Sat Mar 31st Canadian Olympic Trials Trip

The Canadian Olympic Trials are being held at the Olympic pool in Montreal Tue Mar 27th to Sun Apr 1st. ROC Swimming has rented a bus for a day trip to watch the trials on Sat Mar 31st. There are about 5 spots left. Cost is \$50 for the bus and day pass to the meet. The bus leaves from Carleton at 7:30am and returns at 10:30pm. E-mail: rocswimming@gmail.com if you are interested.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Alan Hunt** (8:30am Earlybirds) on the occasion of his 70th birthday on Fri Mar 9th!
- Isla Paterson** (8:30am Earlybirds) recently wrote Five Unpleasant Facts about Parking for the Lansdowne Site: <http://www.letsgetitright.ca/issues/transportation/462-five-unpleasant-facts-about-parking-for-the-lansdowne-site>.
- Romy Shaffenburg** (6pm Whitecaps) is a member of the Coro Viva Ottawa choir. Their next concert is "Old Music of the New World" at 8:30pm Sat May 5th, St. Joseph Church, 174 Wilbrod St. For more details check out: <http://www.corovivoottawa.ca/?q=old-music-new-world>.
- Laura Seanor** (x-6pm Whitecaps and 7:30am Earlybirds) has started a new career as a Real Estate agent. You can check out her website at: <http://www.OttawaLaura.com>. If you're thinking about moving, keep Laura in mind!
- 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.
- 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: whitely@cheo.on.ca.

News Articles:

- Why do you Tri?: <http://www.trifuel.com/training/triathlon-training/why-do-you-tri>
- You Can't Maximize Weight Loss and Fitness Simultaneously: <http://tinyurl.com/45emy3f>
- Exercise Cuts Prostate Cancer Death Risk: <http://www.webmd.com/prostate-cancer/news/20110105/exercise-cuts-prostate-cancer-death-risk>
- Sports Science in 2011: Things We Hope to Learn More About: <http://www.theglobeandmail.com/life/health/alex-hutchinson/from-beet-juice-to-bone-density-sports-science-in-2011/article1861685/>
- Why DOMS (Delayed-Onset Muscle Soreness) is a Good Thing (Proper Warm-Up Helps): <http://www.runningtimes.com/Article.aspx?ArticleID=21701>
- Exercise is a Virtual Fountain of Youth: <http://www.ottawacitizen.com/health/fountain+youth+within/4101186/story.html#xzz1AwLsnC58>

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 I am coaching – just ask!

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

Nose Clips for Sale: Cost \$5. Mostly size medium, plus a few small and large. Contact me 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.

Alex Joubert (Pool Staff and 8:10pm Whitecaps) will coach for **Mits** on Thu Mar 22nd.

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>.

Thanks to all who took part in the timed 100m swim on Thu/Fri Mar 8-9th. There were 12 swimmers who improved, plus one best time tie. The biggest improvement was a whopping 17 seconds in 100fs by **Malika Shaath** (8:30am Earlybirds) – well done!! A list of all the improvements and the tie follows:

100fs (10):

Malika Shaath (8:30am Earlybirds) 17.0
Dave Caldwell (7:30am Earlybirds) 5.6
Greg Payne (7:30am Earlybirds) 5.3
Christian Cattan (7:30am Earlybirds) 3.3
Susan Hulley (7:30am Earlybirds) 3.1
Deb Low (6pm Whitecaps) 2.9
Alison Storm (6pm Whitecaps) 1.2
Margaret King (7:30am Earlybirds) 0.8
Dave Grynspan (6pm Whitecaps) 0.7
Rick Hellard (7:30am Earlybirds) 0.3

100IM (2 + tie):

Shauna Ironside (8:30am Earlybirds) 0.8
Amir Banihashemi (8:30am Earlybirds) 0.4
Nathan Fudge (6pm Whitecaps) 0.0 (tied previous best)

Thanks to all who participated in the 200 time trial on Mon Mar 19th. There were 16 swimmers who improved. The biggest improvement was by **Marie Steele** (6pm Whitecaps) who took 24.5 off her 200 free. Here's a list of all who improved:

200fs (14):

Marie Steele (6pm Whitecaps) 24.5
Matt Brenning (7:10pm Whitecaps) 13.0
Dave Grynspan (6pm Whitecaps) 12.7
Deb Low (6pm Whitecaps) 11.8
Jordan Monnink (7:10pm Whitecaps) 6.6
Mindy Finkelstein (7:10pm Whitecaps) 4.1
Chris Macknie (7:30am Earlybirds) 4.0
Fouad Hejazi (7:30am Earlybirds) 2.9
Mike Mopas (7:30am Earlybirds) 2.1
Paul Scully (8:30am Earlybirds) 1.9
Zoe Panchen (7:30am Earlybirds) 1.3
Cindy Steele (6pm Whitecaps) 1.0
Malika Shaath (8:30am Earlybirds) 1.0
Joanne Dawson (6pm Whitecaps) 0.5

200bk (1):

Jamie Wildsmith (6pm Whitecaps) 3.4

200IM (1):

Shauna Ironside (8:30am Earlybirds) 0.7

Here are the weekday attendance statistics for the Winter term. **Robert Fabes** (7:30am Earlybirds) is now the only one left with perfect weekday attendance. Keep it up!

6:00pm Whitecaps (Jan 3-Mar 20th; 33 workouts; range: 17-31; avg.: 23.3)

Missed 1 Workout: **Dave G, Deb Low, Don W**

Missed 3 Workouts: **Lee S**

7:10pm Whitecaps (Jan 3-Mar 20th; 33 workouts; range: 8-19; avg.: 13.5)

Missed 1 Workout: **Jamie C**

Missed 3 Workouts: **Joanie C**

8:10pm Whitecaps (Jan 3-Mar 20th; 23 workouts; range: 8-18; avg.: 12.9)

Missed 2 Workouts: **Elaine C, Lynn B**

Missed 3 Workouts: **Jean K, Veronica T**

7:30am Earlybirds (Jan 4-Mar 21st; 33 workouts; range: 17-29; avg.: 24.4)

Perfect Attendance: **Robert F**

Missed 1 Workout: **Angela D, Chris M, Margaret K, Susan H, Ursula S, Zoe P**

Missed 3 Workouts: **Christian C**

8:30am Earlybirds (Jan 4-Mar 21st; 33 workouts; range: 12-21; avg.: 17.1)

Missed 1 Workout: **Penny E**

Missed 2 Workouts: **Mark B, Theresa W**

Missed 3 Workouts: **Isla P**

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 me 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.

Mar 30th – Apr 1st Ontario Masters SCM Championships, Etobicoke

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

Sat Mar 31st Rideau Speedeaus 1500m freestyle SwimEauThon AIDS Fundraiser (MSO registration not required)

<http://www.rideauspeedeaus.com/en/swim-eau-thon.html>

Apr 13-15th Quebec Masters SCM Championships, Gatineau ** **Club entry has been submitted ****

<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 Thomhill Masters SCM Meet <http://www.mastersswimmingontario.ca/pdf/ThomhillMay62012.pdf>

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

Jun 3-17th FINA World Aquatic Championships, Riccione, Italy <http://www.finamaster2012.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!!)

Tue Mar 6th OFSAA Championships, Etobicoke

Congratulations to **Amelia** (6pm Whitecaps) who made the "B" final in both the 200fs and 50fs at the Provincial High School Swimming Championships. Full results at: <http://www.ofsaa.on.ca/swimming/schedules-results/results>.

Amelia Zimmermann (6pm Whitecaps): 4th in "B" final (12th overall) in 200fs in 2:30.49 (2:30.73 in heats) and 7th in "B" final (15th overall) in 50fs in 31.22 (30.64 in heats)

Sat Mar 11th Etobicoke Swim for Heart 1500m LC

Congratulations to **Jamie C** (7:10pm Whitecaps) on his club record in his first attempt at this event. The updated club records are at:

<http://carletonmasters.tripod.com/120311.Records.pdf>. Full meet results at: <http://mymsc.ca/ShowMeet.jsp?id=453>.

Jamie Chalmers (7:10pm Whitecaps; 65-69): 2nd 1500fs (36:31.52 club record; splits 9:21.12 400 and 19:09.09 800)

Sat Mar 17th St. Patrick's 10km Run (Ottawa) (558 competitors)

Congratulations to **Mike L** (6pm Whitecaps) on a great race, despite the heavy fog! Full results at: <http://www.chiptimeresults.com/>.

Mike Lau (6pm Whitecaps; 50-59): 22nd overall, 22nd man, and 3rd in age group in 39:07 (39:03)

Eric Biklo (x-6pm Whitecaps; 50-59) finished just behind Mike in 4th place.

Sat Mar 17th Dollard-des-Ormeaux St Patrick's Masters Meet (Montreal)

Congratulations to Lina and Jamie on their Club Records! Full results not yet available but here are the unofficial results (club records will be updated once I have the official times):

Lina Vincent (6pm Whitecaps; 60-64): 1st 50fs (37.16 Club Record), 50fl (42.52 Club Record), 100IM (1:35.09); 4th 50br (49.32)

Jamie Chalmers (7:10pm Whitecaps; 65-69): 50fs (35.9), 400fs (8:19 PB and Club Record), 50fl (54), 100IM (1:50), 200IM (4:11 PB)

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 **Mar 21st**).

Ask the Coach

Dear Coach: In a swim meet, is it permitted to have someone count lengths for me? Also, for what distances do the timers ring a bell and when? Counting is a Challenge

Dear C.i.a. Challenge: For events of 800m and 1500m, the timers will ring a bell from when you have 2 lengths to go (actually from 5m before that until 5m after

that). For those events you are also permitted to have a counter. Note that this rule is the same for 25m and 50m pools. Thus, even though a 400m short course is the same number of lengths as an 800m long course, it's the length of the swim, not the length of the pool that matters.

Dear Coach: When am I allowed to do my dolphin kick on my breaststroke turns? Working on My Turns

Dear W.o.M. Turns: It must be done during the underwater pull out. For the interpretation of a couple of breaststroke rules, including this one, check out: <https://www.swimming.ca/docs/Officiating/FINA%20Breaststroke%20Interpretation%20Mar%207,%20202012.pdf>.

Private and Semi-Private Masters Swim Lessons

Winter Availability:

Mon Mar 26th 9:45-10:45am

Fri Mar 30th 9:45-10:45am

Mon Apr 2nd 9:45-10:45am

Thu Apr 5th 8:15-9:15pm

I usually have lots of evenings available during the May-August timeframe. E-mail me 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 myworkouts 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 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! 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 (lynmarshall@sympatico.ca).

Happy lengths!
Lynn

lynmarshall@sympatico.ca (or for quicker response: lynmar@sce.carleton.ca)

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