

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Thursday, April 26, 2012 3:00 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 #306

Carleton Masters Swimming Newsletter #306

Thursday, April 26th, 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).

"Failure is only postponed success as long as courage coaches ambition. The habit of persistence is the habit of victory." – Herbert Kaufman

Masters Program Notes and Cancellations

- The Spring session starts **Tue May 1st / Wed May 2nd / Sat May 5th**, depending on your workout group(s).
 - The Carleton pool reopens **Mon Apr 30th**. There are no Masters workouts on that date, but the usual public swims will run: <http://www5.carleton.ca/athletics/facilities/swimming-pool/>.
 - There are no Masters workouts on **Mon May 21st** (Victoria Day).
- The Spring and Summer workout themes have been posted: <http://carletonmasters.tripod.com/mastplansprsum12.pdf>.
- Registration for both Spring and Summer is open. Some groups (7:30am and 6pm) are getting close to full. Details on the Spring/Summer programs can be found near the end of the newsletter.

Clean Up the Campus: Sat Apr 28th 9:00-11:30am Residence Commons

The Carleton community is once again taking part in the spring "Clean Up the Campus" initiative. Healthy Workplace, in partnership with the Sustainability Office, invites you to bring your friends and family and join members of the university as we work together to beautify the campus. All volunteers receive a Tim Hortons gift card for breakfast and a complimentary lunch in the Fresh Food Company, courtesy of University Services. High school students can receive volunteer hours for participating. Registrants will also be eligible to win a \$50 Campus Card gift card or a \$50 Home Depot gift card! To register, please visit: <http://www1.carleton.ca/healthy-workplace/activitiesprograms/clean-the-campus/>.

Swimmer Notes

Swimmer Updates:

- **Natalie Aucoin** (natalie@foolishchicken.ca) and **Isabelle Fradette** (isabelle@sportstats.ca), both 8:30am Earlybirds, are looking for a few more intermediate/competitive women paddlers to join their FoolishSportChicks Dragon Boat team.

- **Louise Rachlis** (x-7:30am Earlybirds) asked 65 women to join her in compiling an inspirational log for travelling through life. The resulting book, called "Feeling Good: Life lessons from my friends" was designed by **Chris Macknie** (7:30am Earlybirds) and is for sale at Mother Tongue Books, amazon.com, and coming soon to runningroom.com's online bookstore. Everyone is invited to the book launch Sat Apr 28th 9-11am Sonny's Bar & Grill, 1119 Baxter Road at Iris. Book proceeds are being donated to the Parkinson Society Ottawa in honour of Louise's daughter, Diana Rachlis.

- Here are the details of the 12 swimmers (including me) honoured as World Masters Swimmers of 2011:

<http://www.swimmingworldmagazine.com/lane9/news/Magazine/30321.asp?q=World-Masters-Swimmers-of-the-Year-Featured>

- **Carol Alexander** (8:30am Earlybirds) is a member of "One World Grannies" an advocacy group (<http://www.grannyvoices.com/>). Now that pennies are on their way out, they are collecting them to donate to African Grannies in support of AIDS orphans. All donations welcome!

- **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>.

News Articles and Links:

- The four oldest men (320+ relay!) at the Alberta Provincial Championships:

<http://www.edmontonjournal.com/news/Seniors+find+their+fountain+youth/6461216/story.html>

- **Rob Kent** (LOST = Lake Ontario Swim Team) wrote a report on his recent participation in the Earth Day Tampa Bay 38km(!) swim: <http://lostswimming.com/>.

- Staying Active Beats Middle-Age Spread (Especially for Women): <http://www.reuters.com/article/idUSTRE6BD5XO20101214>

- Granola Bars: Healthy Snack or Junk Food?: <http://www.theglobeandmail.com/life/health/granola-bars-a-healthy-snack-or-dressed-up-junk-food/article1833722/>

- The Benefits of Exercising before Breakfast: <http://well.blogs.nytimes.com/2010/12/15/phys-ed-the-benefits-of-exercising-before-breakfast/>

- Caffeine: Can it Increase your Performance?: <http://www.trifuel.com/training/health-nutrition/caffeine-can-it-increase-your-performance>

- Beetroot Juice could Help Lead a more Active Life: <http://www.sciencedaily.com/releases/2010/12/101217091157.htm>

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.

Spring 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 (Mon/Tue) and Mits (Thu)
7:10-8:10pm MTuTh Whitecaps: Shallow Monday, Deep Tuesday/Thursday; Lynn (Mon/Tue) and Mits (Thu)
8:15-9:25am (10:15-11:25am on May 19th and Jun 30th) Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Fin Day for the Spring session is:
Tue Jun 12th/Wed Jun 13th

Spring Time Trials are as follows:
Fri Jun 1st: 400 TT
Tue Jun 5th/Wed Jun 6th: 200 TT
Mon Jun 11th: 800/1500 TT
Tue Jun 19th/Wed Jun 20th: 50 & 100 TT
Thu Jun 28th/Fri Jun 29th: fun day

The Spring and Summer workout themes have been posted at: <http://carletonmasters.tripod.com/mastplansprsum12.pdf>.

Weekday attendance statistics will be included here after the term starts.

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.

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.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!!)

Sun Apr 15th Minto Run for Reach Half Marathon (Ottawa; 178 participants)

Congratulations to **Susan** – a great run! Full results at: <http://www.sportstats.ca>.
Susan Nevitt-Yelle (7:30am Earlybirds; 40-49): 59th overall, 6th woman and 2nd in age group in 1:41:40.4 (1:41:31.9)

Mon Apr 16th Boston Marathon (21606 participants)

Mike L did a great job in very difficult conditions – well done! The men's winning time was the second-slowest since 1985 as temperature soared to 87F. It's the fourth hottest Boston marathon in history.
http://www.boston.com/sports/marathon/articles/2012/04/17/boston_marathon_runners_suffer_heat_related_ailments_in_record_breaking_temperatures/.
Full searchable results at: <http://www.baa.org/races/boston-marathon/results-commentary/results-search.aspx>.

Mike Lau (6pm Whitecaps; 50-54): 1694th overall, 1556th male (out of 12615), and 70th in his age group (out of 1879) in: 3:20:14 (3:18:54).

Sat Apr 21st Toronto Downtown Swim Club Long Course Meet

Jamie C was Carleton's only representative. The preliminary results are posted at: <http://dsctoronto.ca/alloutschwim>. Points were assigned for each finishing position and overall results given. Jamie was 3rd in his age group (out of 5). He was also tied for 19th overall (out of 168), and the Carleton "team" was tied for 23rd out of 33 clubs. Congratulations, Jamie! Here are his results:

Jamie Chalmers (7:10pm Whitecaps; 65-69): 1st: 50fs (36.70), 200br (5:15.59 PB); 2nd: 100fs (1:27.94 PB), 50fl (57.83), 400IM (10:07.42)

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 **Apr 18th**).

Ask the Coach

Dear Coach: My back gets sore during Saturday morning swims, especially when doing flip turns. However, this doesn't happen during the week when I swim in the evenings. Any suggestions? My Back Hurts

Dear M.B. Hurts: This is likely due to you being tight in the mornings. As you go through the day, the body tends to loosen up a bit. Thus I would recommend doing some dynamic stretching on Saturday mornings, before you swim. Dynamic stretching involves movement. Static stretching (holding a position) is best done after you exercise. In dynamic stretching, you are moving body parts around to get the joints / muscles warm. For example, arm circles, leg swings, and, most importantly for you, trunk circles, and moving your back. You may also want to check your mattress if the back pain is getting worse – could be time for a replacement.

Dear Coach: Can you please remind me of when I should and should not use a board for backstroke kick? Also, if I am using a board, how should I hold it?
Back Kicking Swimmer

Dear B.K. Swimmer: Normally backstroke kick is done without a board. You can hold your arms above your head in a streamline position, or if that is uncomfortable or causes your back to arch, put your arms at your sides. There is one back kick drill that we do with a board – in that case, you hold the board over your legs and try to avoid hitting the board with your knees. Otherwise, you would do back kick with a board only if you were doing just 25m of back kick mixed in with other kicks (e.g. 100IM kick). In that case, you want to keep the board out of the water. If you have your hands over your head, hold the corner of the board and the rest should stick up out of the water. If you have your hands at your side, again hold the corner of the board so that the rest sticks up. Ask for a demo!

Private and Semi-Private Masters Swim Lessons

Spring/Summer Availability:

Mornings:

Mon 9:45-10:45am: May 7, May 14, May 28, Jun 4, Jun 11, Jun 18, Jun 25

Wed 9:45-10:45am: May 2

Fri 9:45-10:45am: May 4, May 11, May 18, May 25, Jun 1, Jun 22, Jun 29

Evenings:

Mon 7:15-8:15pm: Jul 16, Jul 23, Jul 30

Tue 7:15-8:15pm: Jul 3, Jul 10, Jul 17, Jul 24, Jul 31

Wed 6:00-7:00pm: May 16, May 23, May 30, Jun 13, Jun 20, Jul 18, Jul 25, Aug 1, Aug 8, Aug 15, Aug 22

Wed 7:00-8:00pm: May 16, May 23, May 30, Jun 6, Jun 13, Jun 20, Jul 18, Jul 25, Aug 1, Aug 8, Aug 15, Aug 22

Thu 7:15-8:15pm: Jul 5, Jul 19, Jul 26

Prices:

Private: \$52.50 per hour, plus HST.

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

Reminders

Masters Spring/Summer Programs:

You must be a Carleton Athletics member, and Masters program registration must be done by phone or in person (not on-line).

Spring Session: Tue May 1st to Sat Jun 30th (no workouts Mon Apr 30th, Mon May 21st)

Earlybirds 1 (7:30-8:30am MWF): Barcode 4526; \$64+HST; Coach: Lynn

Earlybirds 2 (8:30-9:30am MWF): Barcode 4527; \$64+HST; Coach: Lynn

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 4531; \$72+HST; Coaches: Mon/Tue: Lynn; Thu: Mits

Whitecaps 2 (7:10-8:10pm MTuTh): Barcode 4532; \$64+HST; Coaches: Mon/Tue: Lynn; Thu: Mits

Saturday Earlybirds (8:15-9:25am Sat, **except** 10:15-11:25am May 19th and Jun 30th): Barcode 4529; \$26+HST; Coaches: rotating schedule

Summer Session: Tue Jul 3rd to Sat Sept 1st (no workouts Mon Jul 2nd, Mon Aug 6th)

Earlybirds 1 (7:30-8:30am MWF): Barcode 4528; \$64+HST; Coach: Lynn

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 4533; \$72+HST; Coaches: July: Lynn; Mits: August

Saturday Earlybirds (10:15-11:25am Sat): Barcode 4530; \$26+HST; Coaches: rotating schedule

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 (lynnmarshall@sympatico.ca).

Happy lengths!

Lynn

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

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