

**From:** Lynn Marshall [lynnmarshall@sympatico.ca]  
**Sent:** Wednesday, May 09, 2012 4:47 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 #307

## Carleton Masters Swimming Newsletter #307

Wednesday, May 9<sup>th</sup>, 2012

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those Registered for Fall 2011 / Winter / Spring 2012 and Alumni: 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (30 addresses), 8:10pm Whitecaps III (34 addresses), Saturday Only (3 addresses), Masters "Alumni" (33 addresses).

"Defeat should never be a source of disappointment, but rather a fresh stimulus."

### Masters Program Notes and Cancellations

- There are no Masters workouts on **Mon May 21<sup>st</sup>** (Victoria Day).
  - For those registered for Saturdays, there is a workout **Sat May 19<sup>th</sup> from 10:15-11:25am**. Note the later time.
- Registration for both Spring and Summer is open. There are 3 spots left at each of 7:30am and 6pm for Spring. Details on the Spring/Summer programs can be found near the end of the newsletter.

### Carleton Outdoor Chemistry Show Sat Mar 12<sup>th</sup> 7:30pm

For the young (and young at heart), Carleton has moved its Chemistry show outside: "It's so epic that we can't do it indoors!". Details at: [http://http-server.carleton.ca/~jmanthor/Chemistry\\_Magic\\_Show.html](http://http-server.carleton.ca/~jmanthor/Chemistry_Magic_Show.html).

### Carleton Lifesaving Courses and Camps

Any potential lifeguards/coaches may be interested in Carleton's lifesaving courses and camps this Spring/Summer. The NLS course starts this evening (May 9<sup>th</sup>) and the other courses start Sun May 13<sup>th</sup>. Lifesaving camps run Jul 15-19<sup>th</sup> and Aug 26-31<sup>st</sup>. Details at: <http://www.carleton.ca/athletics>.

### Swimmer Notes

#### Swimmer Updates:

- **Ray Anderson** (7:30am Earlybirds)'s wife, Jennifer, has some of her paintings on display for the month of May in the South Keys Chapters.
- **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. **The pennies will be rolled on May 14<sup>th</sup>, so just a few days left to make a donation!**
- **Ian Lorimer** (7:30am Earlybirds) is the mentor of high school student **Romina Hassanzadeh**, the Eastern Ontario regional winner of the Sanofi BioGENEius Challenge Canada: <http://sanofibiogeneiuschallenge.ca/2012/04/30/eastern-ontario-student-puzzles-out-new-insight-into-the-workings-of-a-cancer-fighting-drug/>. In more recent news, Romina placed 5<sup>th</sup> nationally. Congratulations to Romina and Ian!
- Here's an article by **Rick Hellard** (7:30am Earlybirds) on why you shouldn't race under someone else's name: Rick article: <http://www.irun.ca/issues/article.php?id=372&intIssueID=27>.
- **Penny Estabrooks** (8:30am Earlybirds) is participating in a craft show **Sat May 12<sup>th</sup> 1-4pm**, 94 Cameron Ave, Old Ottawa South. She will be selling her cards and paintings (<http://www.pennye.ca/art/index.html>). There will also be a variety of other crafts on sale from other participants, and donations to the food bank are welcome.
- **Ursula Scott** (8:30am Earlybirds) is a member of the Orpheus Choral Group which is doing its annual spring concert - "Of Chorus We'll Sing!" on **Sat Jun 2<sup>nd</sup> 7:30pm** at St. Paul's High School, 2675 Draper Avenue. It is also a fundraiser for the Catholic Education Foundation of Ottawa. Expect an interesting mix of songs, from Bridge Over Troubled Water, tunes from the musical "Wicked", to the William Tell Overture! Refreshments served after the concert. Tickets are \$15 in advance. You can get them from Ursula (email her: [uscott@ncf.ca](mailto:uscott@ncf.ca)) or \$20 at the door. Children 12 and under are free.

### News and Links:

- Norway's **Alex Dale Oen**, 2011 Shanghai World Champion in 100m breaststroke and one of Norway's top medal hopes for London, dies suddenly while at training camp in Arizona: <http://sports.yahoo.com/news/swimming-world-champ-dale-oen-132447368-spt.html>
- **Michael Phelps** was interviewed on CBS' 60 Minutes: <http://www.cbsnews.com/video/watch/?id=7407688n>
- London predictions for **Phelps** and **Ryan Lochte**: <http://swimswam.com/2012/03/gmm-phelps-vs-lochte-london-showdown/>
- Canadian **Angela Naeth** was the top woman, setting a course record in the St Croix Ironman 70.3 on May 6<sup>th</sup>, despite cycling 10km with a flat tire. **Lance Armstrong** was the 3<sup>rd</sup> man: <http://triathlonmagazine.ca/2012/05/sections/news/naeth-sets-the-course-record-at-ironman-703-st-croix/>
- French Quadruple Amputee Plans to Swim Between 5 Continents: [http://english.ndtv.com/ndtv\\_en/news\\_europe/2012-04-25/French-Swimmer-Plans-to-Swim-Between-5-Continents-.html](http://english.ndtv.com/ndtv_en/news_europe/2012-04-25/French-Swimmer-Plans-to-Swim-Between-5-Continents-.html)
- The Science Behind High Molecular Carbohydrates: [http://running.competitor.com/2012/04/nutrition/the-science-behind-high-molecular-carbohydrates\\_50415](http://running.competitor.com/2012/04/nutrition/the-science-behind-high-molecular-carbohydrates_50415)
- Chocolate and your Sports Diet: <http://www.iawr-connect.com/nutrition/chocolate/>
- Male Hormone Replacement Therapy is no Panacea for Aging: <http://life.nationalpost.com/2012/04/17/forever-young-male-hormone-therapy-is-no-peter-pan-panacea-for-aging/>
- Overtraining in Endurance Athletes: [http://thesportfactory.com/site/trainingnews/Overtraining\\_in\\_Endurance\\_Athletes.shtml](http://thesportfactory.com/site/trainingnews/Overtraining_in_Endurance_Athletes.shtml)
- Can Bicycling Affect a Woman's Sexual Health?: <http://well.blogs.nytimes.com/2012/04/02/can-bicycling-affect-a-womans-sexual-health/?ref=nutrition>

**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 19<sup>th</sup> and Jun 30<sup>th</sup>) Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Fin Day for the Spring session is:

Tue Jun 12<sup>th</sup>/Wed Jun 13<sup>th</sup>

Spring Time Trials are as follows:

Fri Jun 1<sup>st</sup>: 400 TT

Tue Jun 5<sup>th</sup>/Wed Jun 6<sup>th</sup>: 200 TT

Mon Jun 11<sup>th</sup>: 800/1500 TT

Tue Jun 19<sup>th</sup>/Wed Jun 20<sup>th</sup>: 50 & 100 TT

Thu Jun 28<sup>th</sup>/Fri Jun 29<sup>th</sup>: fun day

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

Some interesting statistics from the recent drills. **Sean Dawson** (6pm Whitecaps) had the lowest "freestyle golf" score: 52 (32 seconds + 20 strokes)! That's well under par @ ! Unlike Sean, **Lina Vincent** (6pm Whitecaps) tied her "real" golf score. And **Gi Wu** (6pm / 7:10pm Whitecaps) had the lowest count on breaststrokes for 25m with 2.

Here are the weekday attendance statistics. So far, there are many swimmers with perfect attendance. Let's see who can keep it up for the term.

**6pm Whitecaps:** May 1<sup>st</sup>-8<sup>th</sup> (4 workouts); range: 22-31; average: 25.3

Perfect Attendance: **Alison S, Andrea M, Cam D, Cindy S, Deb Low, Dmitry L, Elaine Y, Jackie L, Joanne D, Marg E, Marie S, Mike L, Nicole D, Sean D**

**7:10pm Whitecaps:** May 1<sup>st</sup>-8<sup>th</sup> (4 workouts); range: 16-18; average: 16.8

Perfect Attendance: **Dave B, Jamie C, Mariette K, Mike H**

**7:30am Earlybirds:** May 2-9<sup>th</sup> (4 workouts); range: 22-27; average: 23.8

Perfect Attendance: **Angela D, Bruce B, Christian C, Dave C, Ian L, Kevin G, Margaret K, Mike M, Nicole LS, Robin H, Sandy L, Siobhan M, Susan N-Y**

**8:30am Earlybirds:** May 2-9<sup>th</sup> (4 workouts); range: 14-22; average: 18.5

Perfect Attendance: **Alan H, Amir B, Carla S, Carol A, Colette K, Lucie B, Mark B, Theresa W, Ursula S**

### 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 31<sup>st</sup>, 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.

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

Jun 3-17<sup>th</sup> 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](http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082)

Sat Jun 9<sup>th</sup> Longueuil LCM Masters Meet (details TBA)

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

Sat Jul 14<sup>th</sup> 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 anyone.)

### Sun Mar 4<sup>th</sup> Technosport Swim Meet (Ottawa U)

At last, I have received a sneak peek at the official results for this meet. Just two Carleton swimmers, and results should soon be posted at: [http://technosport.ca/results/mar4\\_12.htm](http://technosport.ca/results/mar4_12.htm).

**Gi Wu** (6pm and 7:10pm Whitecaps; 25-29): 2<sup>nd</sup>: 50fs (28.54)

**Lynn Marshall** (Coach; 50-54): 1<sup>st</sup>: 100fs (1:05.44), 400fs (4:40.68), 100bk (1:12.63), 200bk (2:30.19), 100br (1:27.84), 200IM (2:28.91)

### Sun Apr 15<sup>th</sup> Minto Run for Reach 10k (Ottawa; 162 participants)

Congratulations to **Chris** on a personal best! Full results at: <http://www.sportstats.ca>.

**Chris Macknie** (7:30am Earlybirds; 40-49): 3<sup>rd</sup> overall, 3<sup>rd</sup> man and 1<sup>st</sup> in age group in 35:01.9 (35:00.0)

## Sun Apr 29<sup>th</sup> Limestone Half-Marathon (Kingston; 230 participants)

Great job, **Rick**! Full results at: <http://www.sportstats.ca>.

**Rick Hellard** (7:30am Earlybirds; 40-49): 3<sup>rd</sup> overall, 3<sup>rd</sup> man and 1<sup>st</sup> in age group in 1:19:59.6

## 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 **May 7<sup>th</sup>**).

## Ask the Coach

**Dear Coach:** I saw a couple of people at the last swim meet I was at who breathed to one side on their butterfly.

I was wondering if this was worth experimenting with, as it feels like the forward breathing slows me down and takes a lot of effort in that stroke. Improving My Fly

Dear I.M. Fly: There are certainly some who find this easier. One of Canada's top female Masters flyers (**Jennifer Campbell**) actually bilateral breathes on her fly, which is quite unique. Keep in mind that you still need to keep your shoulders level, so it does take a bit of flexibility. Most people lift their heads too high in fly, so you can also try breathing forward but without lifting the head so much. And, of course, breathing fewer times might help, too!

**Dear Coach:** Can you explain the rules for turning while swimming? New Swimmer

Dear N. Swimmer: On fly and breast, you must touch the wall with both hand simultaneously, so flip turns are not permitted. On backstroke, you may only turn onto your stomach before the turn if you do a flip turn. Otherwise you must touch the wall while on your back. In freestyle, anything goes, as long as you touch the wall. For the IM turns, for fly/back, you must touch the wall with both hands and then push off on your back. For back/breast a flip turn is not permitted. And for breast/free you must again touch with both hands.

## Private and Semi-Private Masters Swim Lessons

### Spring/Summer Availability:

#### Mornings:

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

**Fri 9:45-10:45am:** May 11, May 18, May 25, Jun 15, 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, 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, Jun 13, Jun 20, Jul 18, Jul 25, Aug 1, Aug 8, Aug 15, Aug 22

**Thu 7:15-8:15pm:** 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 1<sup>st</sup> to Sat Jun 30<sup>th</sup> (no workouts Mon Apr 30<sup>th</sup>, Mon May 21<sup>st</sup>)

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 19<sup>th</sup> and Jun 30<sup>th</sup>): Barcode 4529; \$26+HST; Coaches: rotating schedule

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

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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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

