

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Wednesday, June 20, 2012 2:15 PM
To: 'Fran Craig (fran_craig@carleton.ca)'; 'Steve Baird (steve_baird@carleton.ca)'; 'Blake Christie (blakechristie@hotmail.com)'; 'Claudia Cronin-Schlote (claudia.croninschlote@gmail.com)'; 'Kristi Dean (kdean72@gmail.com)'; 'Lynn Marshall (lynnmar@sce.carleton.ca)'; 'Mits Kachi (mkachi@rogers.com)'; 'Nico Belisle (nicobelisle@hotmail.com)'; 'Tim Kilby (Timothykilby@hotmail.com)'
Subject: Carleton Masters Swimming Newsletter #310

Carleton Masters Swimming Newsletter #310

Wednesday, June 20th, 2012

To: Carleton Masters Coaches / Staff (9 addressees)

Bcc: Those Registered for Fall 2011 / Winter 2012 / Spring 2012 and Alumni: 7:30am Earlybirds I (43 addressees), 8:30am Earlybirds II (42 addressees), 6pm Whitecaps I (46 addressees), 7:10pm Whitecaps II (30 addressees), 8:10pm Whitecaps III (34 addressees), Saturday Only (4 addressees), Masters "Alumni" (33 addressees).

"When you cannot make up your mind which of two evenly balanced courses of action you should take, choose the bolder." – W.J. Slim

Masters Program Notes and Cancellations

- The Spring session ends **Sat Jun 30th**.
 - Please note that the bubbles are out of order until further notice but those who wish may use the slide and 1m diving board on the last weekday "fun day": Thu Jun 28th / Fri Jun 29th.
 - Apologies to those inconvenienced by the closure of the shallow end on the morning of Mon Jun 18th due to required clean-up after a pool fouling on Sunday evening.
- **The Athletics facility is closed on Sun Jul 1st**, and there are no Masters workouts on **Mon Jul 2nd**.
- The Summer session starts **Tue Jul 3rd**.
 - Full details (dates, prices, etc.) can be found near the end of the newsletter.
 - The 6pm group has 7 spots left.

Virtual Ventures Engineering and Technology Camps for Grades 1-10

Virtual Ventures is an Engineering and Technology summer camp at Carleton for grades 1 to 10. There is also an opportunity for High School students to earn volunteer hours. See: <http://w.carleton.ca> for more information.

Swimmer Notes

Swimmer Updates:

- **Sandy Lawson** (7:30am Earlybirds) and **Natalie Aucoin** (8:30am Earlybirds) did very well at Masters Worlds – almost all PBs! Here's a photo **Sandy** sent: <http://carletonmasters.tripod.com/12photo/>. And a report on their swims:
*"Nat and I have just finished 3 days of racing and have had a marvelous experience! The meet has been very well run in a beautiful facility and we have met lots of great fellow swimmers. I swam PBs in the 800 FR and 100 FR and "consolidated" my 200 FR time from the Feb 2012 Nepean Masters meet - which I was pretty happy with....until I realized I swam it 3 s faster in Sweden in 2010!!!! (think I went out too slow)
Nat has had PBs all around and accomplished her goal of no DFLs:-) Her 50 fly today was totally awesome - she won her heat with a time of 0:37.03!!!!
Riccione has been a fun little beach town to hang out in....too bad we cannot stay for the 3k open water in the Adriatic Sea.....but we did swim in it each day!
[Now] we are off to Cinque Terre for some R&R to be followed by our cycling trip in the Tuscany region and our cooking class in Sienna!
Hope things are well with you and my swimming buddies.
A presto! Ciao!"*
- Carleton's next swimmer to attend the World Championships is **Debby Whately** (6pm Whitecaps) who will be attending the World Club Crew Dragon Boat Championships in Hong Kong next month! Good luck, **Debby**!
- In July, **Zvi Weinstock** (6pm Whitecaps) is relocating to North California (Silicon Valley) for a few years due to her husband getting a job there. We'll miss you – keep in touch!
- Kudos to **Madelayne DeGrace** (7:30am Earlybirds), **Colette Kenney** (8:30am Earlybirds), and **Renee Robert** (8:30am Earlybirds) for choosing to transition to fly on the set of 4 x 200 IM to choice on Mon Jun 18th – well done!
- As we have three children confirmed for **Child Safety Supervision** Fall/Winter 2012/2013, I have asked that this program be reintroduced. More details coming soon...
- Interested in seeing how many Canadians there are in your 5-year age category, most of whom are not competing? Here's a link sent by **Jamie Chalmers** (7:10pm Whitecaps): http://www5.statcan.gc.ca/cansim/a26?lang=eng&retr_lang=eng&id=0510001&paSer=&pattern=&stByVal=2&p1=-1&p2=-1&tabMode=dataTable&csid=. Note that you can use the Add/Remove data button to view the numbers of men and women separately. Of course, Masters uses your age on Dec 31st (which treats most people as being older than they really are), but it still gives you an idea.

News and Links:

- Thanks to **Mike Lau** (6pm Whitecaps) for these two articles:
 - Too Much Exercise Can be a Bad Thing: <http://cardionutrition.files.wordpress.com/2012/06/too-much-exercise-can-be-a-bad-thing.pdf>
 - And a Follow-Up Q&A: <http://peakperformance.runnersworld.com/2012/06/q-a-with-the-potential-adverse-effects-of-endurance-exercise-authors/>
- Will Training in the Heat Improve Your Performance in the Cold?: <http://well.blogs.nytimes.com/2010/11/03/phys-ed-will-training-in-the-heat-improve-your-performance/>
- Speed Development for Distance Runners: http://running.competitor.com/2012/06/training/speed-development-for-distance-runners_53749
- Lean at What Cost?: http://ironman.com/training/nutrition/many-triathletes-walking-a-dangerous-line-between-weight-loss-and-eating-disorder?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+ironman%2Ftopstories+%28ironman.com+Top+Stories%29#xxz1xVwwtz47

- Does a Woman's Menstrual Cycle Affect Her Running Performance?:

http://www.runnersweb.com/running/news_2012/rw_news_20120612_HK_RunningWomen.html

- Runners can Improve Health and Performance with Less Training: <http://www.sciencedaily.com/releases/2012/05/120531102205.htm>

- Skip the Lactate Threshold Test: http://running.competitor.com/2012/05/training/sports-science-update-skip-the-lactate-threshold-test_53063

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 are at: <http://carletonmasters.tripod.com/mastplansprsum12.pdf>

The 800/1500 time trial was held on Mon Jun 11th. Great job by all who participated in this rather grueling event! There were quite a few improvements, with three swimmers improving by large margins: **Cindy Steele** and **Dave Grynspan** (both 6pm Whitecaps) each improved by 1:30, while **Susan Hulley** (7:30am Earlybirds) improved by 1:16! A list of all the improvements follows:

800fs

Jamie Chalmers (7:10pm Whitecaps) 5

1500fs

Cindy Steele (6pm Whitecaps) 1:30

Dave Grynspan (6pm Whitecaps) 1:30

Susan Hulley (7:30am Earlybirds) 1:16

Francois Lavoie (7:30am Earlybirds) 22

Fouad Hejazi (7:30am Earlybirds) 21

Heather Guthrie (6pm Whitecaps) 19

Matthew Brenning (7:10pm Whitecaps) 14

Alison Storm (6pm Whitecaps) 3

Thanks to all who participated in the much shorter 100m and 50m time trials on Tue Jun 19th / Wed Jun 20th. Lots of improvements with the largest in the 100m being a whopping 9.2sec by **Francois Mathieu** (7:10pm Whitecaps) in 100fs, 7.6sec by **Kevin Nelson** (7:10pm Whitecaps) in 100fs, and 4.9sec by **Francois Lavoie** (7:30am Earlybirds) in 100IM. Most improved in the 50m were **Jen Corner-Gardiner** (7:10pm Whitecaps) with 4.4sec in 50fs, and **Fouad Hejazi** (8:30am Earlybirds) with 2.5sec in 50fl. The consistency awards go to **Alison Storm** (6pm Whitecaps) and **Chris Kent** (8:30am Earlybirds) for tying their best times in 100fs and 100IM, respectively. There were five swimmers who improved in both their swims, with the biggest total improvement being 9.9sec by **Francois Mathieu** (7:10pm Whitecaps), followed closely by **Kevin Nelson** (7:10pm Whitecaps) with 8.9sec. Here are all the improvements:

100fs

Francois Mathieu (7:10pm Whitecaps) 9.2

Kevin Nelson (7:10pm Whitecaps) 7.6

Cindy Steele (6pm Whitecaps) 2.7

Maliika Shaath (8:30am Earlybirds) 2.3

Ursula Scott (8:30am Earlybirds) 1.1

Lara Thorpe (7:10pm Whitecaps) 0.8

Mike Lau (6pm Whitecaps) 0.8

Brad Shapansky (7:30am Earlybirds) 0.4

Mike Mopas (7:30am Earlybirds) 0.4

Susan Hulley (7:30am Earlybirds) 0.2

Dave Grynspan (6pm Whitecaps) 0.1

Margaret King (7:30am Earlybirds) 0.1

100br

Jenna Roundell (7:10pm Whitecaps) 1.4

100IM

Francois Lavoie (7:30am Earlybirds) 4.9

Amir Banihashemi (8:30am Earlybirds) 1.5

50fs

Jen Corner-Gardiner (7:10pm Whitecaps) 4.4

Jamie Wildsmith (6pm Whitecaps) 1.6

Francois Mathieu (7:10pm Whitecaps) 0.7

Elaine Cooper (7:10pm Whitecaps) 0.6

Lara Thorpe (7:10pm Whitecaps) 0.5

Mindy Finkelstein (7:10pm Whitecaps) 0.1

50bk

Kevin Nelson (7:10pm Whitecaps) 1.3

Deb Low (6pm Whitecaps) 0.6
Bicki Westerheide (7:10pm Whitecaps) 0.2

50br
Cindy Steele (6pm Whitecaps) 1.4
Malika Shaath (8:30am Earlybirds) 0.1

50fl
Fouad Hejazi (8:30am Earlybirds) 2.5

Improved in Both
Francois Mathieu (7:10pm Whitecaps) 9.9
Kevin Nelson (7:10pm Whitecaps) 8.9
Cindy Steele (6pm Whitecaps) 4.1
Malika Shaath (8:30am Earlybirds) 2.4
Lara Thorpe (7:10pm Whitecaps) 1.3

Here are the weekday attendance statistics. There are 7 swimmers with perfect attendance. Let's see who can keep it up for the term.

6pm Whitecaps: May 1-June 19th (21 workouts); range: 16-31; average: 23.8
Perfect Attendance: **Elaine Y, Mike L**
Missed 1 Workout: **Alison L, Dave G, Deb Low**
Missed 2 Workouts: **Heather G**

7:10pm Whitecaps: May 1-June 19th (21 workouts); range: 12-22; average: 16.8
Perfect Attendance: **Jamie C**

7:30am Earlybirds: May 2-June 20th (21 workouts); range: 14-28; average: 21.6
Perfect Attendance: **Bruce B, Christian C**
Missed 1 Workout: **Angela D, Robin H**
Missed 2 Workouts: **Dave C**

8:30am Earlybirds: May 2-June 20th (21 workouts); range: 12-23; average: 17.8
Perfect Attendance: **Amir B, Ursula S**
Missed 1 Workout: **Alan H**
Missed 2 Workouts: **Mark B, Margaret DK**

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 Jun 24th Technosport 2k Meech Lake Swim (MSO registration not required)
<http://www.technosport.ca/series/open2k.htm>
Sat Jul 14th Bring on the Bay 3k Swim (MSO registration not required) <http://www.bringonthebay.com>
Sat Jul 14th London LCM Meet <http://www.mastersswimmingontario.ca/pdf/londonset07142012.pdf>
Sun Jul 22nd Technosport 3k Meech Lake Swim (MSO registration not required)
<http://www.technosport.ca/series/open3k.htm>
Sat Aug 11th Lake Ontario 3.8 and 10k Open Water Swims
http://mastersswimmingontario.ca/pdf/LOST38_10kNatChamps2012.pdf
Sun Aug 12th Technosport 4k Meech Lake Swim (MSO registration not required)
<http://www.technosport.ca/series/open4k.htm>
Sun Aug 19th Welland 1, 3, 5, 10k Open Water Swims: several links at:
<http://mastersswimmingontario.ca/competition/schedule01.htm>
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.)

Sat Jun 2nd Ironman 70.3 Hawaii (1.2/56/13.1mi; 1500 participants)
Congratulations to **Isabelle** on a great race! Full results at <http://www.sportstats.ca>.
Isabelle Fradette (8:30am Earlybirds; 40-44): 675th overall, 28th in category in 6:13:42

Sat-Sun Jun 2-3rd Pickering Dragon Boat Festival

Debby Whately (6pm Whitecaps) was on the Cascades Women's Premier Team that was the top Women's team of the competition! Full results at: <http://www.pdbc.ca/festival/results.html>.

Sat Jun 9th Longueuil Masters Swim Meet, Montreal

Two Carleton swimmers participated. Congratulations to **Jamie** on his PBs. Full results at: <http://www.natationelite.com/admin/Browse/files/PDF/desfidesmaitresResults.pdf>.
Jamie Chalmers (7:10pm Whitecaps; 65-69): **1st** 100fs (1:33.41), 200IM (4:23.40 LC PB); **2nd** 100bk (1:53.09 LC PB), 100fl (2:26.74); **3rd** 200fs (4:03.47)
Lynn Marshall (Coach; 50-54): **1st** 100fs (1:06.05), 200fs (2:19.34), 100bk (1:16.21), 200bk (2:40.12), 100br (1:34.36)

Sat Jun 9th Lachine Dragon Boat Festival, Montreal

The Foolish SportChicks were the top Community Women's Team, winning all 5 races! The Carleton Masters swimmers on the team were: **Isabelle Fradette**, **Susan Nevitt-Yelle**, **Dawn Walsh**, **Colette Kennev**, and **Isia Paterson** (all 8:30am Earlybirds). Two of their Masters swimmer members: **Natalie Aucoin**

(8:30am Earlybirds; in Italy at Masters Worlds), and **Margaret King** (7:30am Earlybirds; doing Rideau Lakes as part of the TriRudy award), had good excuses for missing this festival. Full results at: http://www.22dragons.com/files/knockout/results_2012.pdf.

Sat Jun 9th Olympic Triathlon, Mont Tremblant (1.5/40/10k; 400 participants)

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

Heather Ireland (7:30am Earlybirds; 50-54): 185th overall, 24th woman and a very close 2nd in age group in 2:45:45.4

Sat-Sun Jun 9-10th Rideau Lakes Bike Tour to Kingston and Back

While this isn't a competition, it is certainly an endurance event. Here's a list of those Masters who participated – do let me know if I missed anyone!

Cheri Reddin (6pm Whitecaps)
Chris Macknie (7:30am Earlybirds)
Gaby Speck (7:30am Earlybirds)
Lucie Boudreau (8:30am Earlybirds)
Margaret King (7:30am Earlybirds)
Mike Mopas (7:30am Earlybirds)
Paul Scully (8:30am Earlybirds)
Renee Robert (8:30am Earlybirds)
Robert Fabes (7:30am Earlybirds)
Zoe Panchen (7:30am Earlybirds)

Sun-Tue Jun 10-12th Masters World Aquatic Championships, Riccione, Italy

Congratulations to **Sandy** and **Natalie** on their great swims! Full results at: <http://95.110.194.230/index.htm>. A photo and short race report can be found near the beginning of the newsletter.

Sandy Lawson (7:30am Earlybirds; 45-49): 34th 800fs (12:36.61 PB); 68th 200fs (2:55.04); 93rd 100fs (1:18.70 PB)

Natalie Aucoin (8:30am Earlybirds; 40-44): 59th 50f (37.03 PB by 3sec); 79th 200fs (2:54.39 PB); 106th 100fs (1:18.57 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 Jun 15th).

Ask the Coach

Dear Coach: Should I wait for my lane-mates if they're not making the pace times? Pace Clock User

Dear P.C. User: Everyone in the lane should be following the pace times for the set, including on the 50 or 100 easy between sets. Many lanes take extra rest on the easy, which, if everyone is ok with that, is only a small sin. However, the pace times should be followed closely for the remainder of the set. If everyone in the lane is having problems with the pace times, they can be adjusted. If one person is falling behind, he/she should skip a 50 when lapped and join back in. Let the coach know if things aren't working well in your lane.

Dear Coach: Why do we have a "fin day"? What's the purpose of wearing fins? Never User Fins

Dear N.U. Fins: Wearing fins causes you to use your legs more than usual while swimming, which has several benefits. It increases your heart rate. It also makes you more aware of your legs, and the coordination between the arms and the legs. Some swimmers are much faster with fins, while it makes less difference for other more arm-dominant swimmers. Note that you should not attempt breaststroke kick with fins on! Also, if you have hip/knee/ankle issues, use fins in moderation if at all. The use of fins is always optional, and you can always move down a lane or two if everyone else has fins on.

Dear Coach: Can you tell me in advance when the "fin day" will be? Like to Be Prepared

Dear L.t.B. Prepared: The "fin days" and other special sets (time trials, relays, etc.) are listed in the Session Information section of the newsletter and can also be found on the workout themes calendar available on the web site.

Private and Semi-Private Masters Swim Lessons

Spring/Summer Availability:

Mornings:

Mon 9:45-10:45am: Jun 25

Fri 9:45-10:45am: 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: Jul 18, Jul 25, Aug 1, Aug 8, Aug 15, Aug 22

Wed 7:00-8:00pm: 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 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 my 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 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

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