

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Saturday, June 30, 2012 2:27 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 #311

Carleton Masters Swimming Newsletter #311

Saturday, June 30th, 2012

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2011 / Winter 2012 / Spring 2012 and Alumni: 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (30 addresses), 8:10pm Whitecaps III (34 addresses), Saturday Only (4 addresses), Masters "Alumni" (34 addresses).

"Life's battles don't always go to the stronger or faster man. But sooner or later the man who wins is the man who thinks he can." – Vince Lombardi

Masters Program Notes and Cancellations

- The Spring session ended this morning: **Sat Jun 30th**.
- **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**. Only 3 groups available: 7:30am, 6pm and Sat 10:15am.
 - Full details (dates, prices, etc.) can be found near the end of the newsletter.
 - The 6pm group is now **full**. A wait list is available.

Swimmer Notes

Swimmer Updates:

- Best wishes to **Nicole Le Saux** (7:30am Earlybirds) for a quick recovery from her recent knee surgery.
- Condolences to **Paul Scully** (8:30am Earlybirds) and all his family on the death of his father-in-law, famous swim coach **Cecil Colwin** at age 85: <http://www.legacy.com/obituaries/ottawacitizen/obituary.aspx?n=cecil-colwin&pid=158219684>.
- As the bubbles are out of order, after the last 8:30am Earlybirds workout until September (Fri Jun 29th), the "tarzan" rope was made available for those swimmers who were brave enough to try it. And kudos to **Margaret Dibben King** (8:30am Earlybirds) for doing a fantastic job at age 80 (nearly 81)!!
- **Mark Blenkinsop** (8:30am Earlybirds) thinks that the 8:30am Earlybirds needs a new name, as it's not ***really*** very early. Together we came up with the **Angry Birds** (http://en.wikipedia.org/wiki/Angry_Birds)! Any other suggestions?
- A big thank you to **Theresa Wallace** (8:30am Earlybirds) for writing an article about me for the July issue of Triathlon Magazine Canada. Thanks also to **Isabelle Fradette** (8:30am Earlybirds), **John Hawes** (ROC Swimming Coach), and **Rudy Hollywood** (x-7:30am Earlybirds), among others, for saying such nice things about me. <http://carletonmasters.tripod.com/lynnmarshalltrimagcanjul12.pdf>.
- Here's a race report from the Lake Ontario Masters Swim Team (LOST) on the 20k Swim Around Key West: <http://www.lostswimming.com>.

Swimming News and Links:

- Thanks to **Brad Shapansky** (7:30am Earlybirds) for sending these links after "catching" this on CBC's Wed Jun 20th "As It Happens": Which is Better: Sculling or Deep Catch: <http://www.youtube.com/watch?v=eRkZTclEsa> (summary with video)
<http://www.cbc.ca/asithappens/episode/2012/06/20/the-wednesday-edition-33/> (a few minutes at the end of part 1)
http://www.science20.com/news_articles/olympic_swimming_which_stroke_works_better_sculling_or_deep_catch-91257 (the details)
Editor's note: I think things are actually a bit more complicated... You can scull with a deep catch, and you can push (almost) straight back with a bent elbow. Also, there's the issue of efficiency / fatigue. Anyway, still interesting...
- Sports Illustrated, June 18th Scorecard by Lynn Scherr: Be Inspired but Know that the Gap between Elite and Rec swimmers is, well, Olympian: <http://sportsillustrated.cnn.com/vault/article/magazine/MAG1200383/index.htm>
- The Thornhill Masters and Triathlon Club was recently featured on CityTV's Breakfast TV show. Here are the links:
<http://video.citytv.com/video/detail/1697175413001.000000/thomhill-multisport-1of3/>
<http://video.citytv.com/video/detail/1697175408001.000000/thomhill-multisport-2of3/>
<http://video.citytv.com/video/detail/1697203934001.000000/thomhill-multisport-3of3/>

Other Sports News and Links:

- High Vitamin D Levels Associated with Increased Mortality: <http://sweatscience.runnersworld.com/2012/06/high-vitamin-d-levels-associated-increased-mortality/>
- Altitude Training: Data Behind Conventional Wisdom: <http://www.sciencedaily.com/releases/2012/06/120601231551.htm>
- How the Genders Differ in Nutritional Requirements: <http://www.iawr-connect.com/nutrition/genderdiffer2012/>
- Dehydration Ain't All that Bad: <http://www.iawr-connect.com/training/dehydration2012/>
- The Science Behind High Molecular Carbohydrates: http://running.competitor.com/2012/04/nutrition/the-science-behind-high-molecular-carbohydrates_50415
- Mental Skills for Runners: <http://www.runquick.com/corcom/mental.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 were 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:

Tue Jun 12th/Wed Jun 13th

Spring Time Trials:

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>

Thanks to all those who participated in the relays. A few improvements. Congratulations to **Kim Fever** (7:30am Earlybirds) who improved her 50fs by 4.1 seconds in just 10 days! At this rate she will have the world record in another few weeks, and finish before she starts in a couple of months ☺! And, great job to improve in both 50s by **Susan Hulley** (7:30am Earlybirds).

50fs

Kim Fever (7:30am Earlybirds) 4.1

Susan Hulley (7:30am Earlybirds) 0.8

50br

Susan Hulley (7:30am Earlybirds) 2.6

Spring Session Summary

A big thank you to coaches **Mits Kachi** (6pm and 7:10pm Whitecaps, and Saturday), **Tim Kilby** (Saturday), and **Blake Christie** (Saturday) for all their coaching this term.

I'm sorry that the bubbles are still not available. Fixing them is not currently in the budget. I hope that the slide and rope were a reasonable alternative for the morning groups' last day. Thank you to the 7:30am and 8:30am Earlybirds and the presenter, **Alan Hunt** (8:30am Earlybirds), for the cards painted by **Penny Estabrooks** (8:30am Earlybirds), and the gift certificate. I am very much looking forward to using the gift certificate for the Foolish Chicken restaurant owned by **Natalie Aucoin** (8:30am Earlybirds)!

Here's the summary of the attendance and time trials for the Spring session. If you notice any errors or omissions, please do let me know. Those of you who earned awards (perfect attendance, top 3 most improved overall, top 3 fastest overall, relay winners overall) will receive certificates early in the Summer term or by e-mail.

Attendance:

Here are the weekday attendance statistics for the Spring term. There were **3** swimmers with perfect attendance. Congratulations to **Amir Banihashemi** (8:30am Earlybirds), **Bruce Brown** (7:30am Earlybirds) and **Jamie Chalmers** (7:10pm Whitecaps).

6pm Whitecaps: May 1-June 28th (25 workouts); range: 16-31; average: 23.0

Missed 2 Workout: **Alison Storm, Dave Gynspan, Deb Low, Elaine Yardley, Mike Lau**

Missed 3 Workouts: **Heather Guthrie**

7:10pm Whitecaps: May 1-June 28th (25 workouts); range: 10-22; average: 16.3

Perfect Attendance: **Jamie Chalmers**

7:30am Earlybirds: May 2-June 29th (25 workouts); range: 11-28; average: 20.6

Perfect Attendance: **Bruce Brown**

Missed 1 Workout: **Christian Cattan, Robin Henderson**

Missed 2 Workouts: **Angela Davis**

8:30am Earlybirds: May 2-June 29th (25 workouts); range: 11-23; average: 17.1

Perfect Attendance: **Amir Banihashemi**

Missed 1 Workout: **Alan Hunt, Ursula Scott**

Missed 2 Workouts: **Mark Blenkinsop**

Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Winter session, and includes the relay splits from the end of term relays. Times done in competitions are **not** included. If your times are not listed here and you're curious, just e-mail me for details. (I have all time trial times since May 2001.)

This term time trials were done by 109 different swimmers: 62 women and 47 men. There were 352 completed time trials: 195 for women and 157 for men. If you notice any errors or omissions, please let me know.

Forty-four swimmers (23 women and 21 men) improved in at least one event. Most improved overall by quite a large margin was **Ahmed Doha** (7:30am Earlybirds) who improved his 200fs by 1:00.5 (30.3sec/100m)! Next was **Francois Mathieu** (7:10pm Whitecaps) who improved his 100fs by 9.2sec. He was closely followed by the most improved woman, **Jen Corner-Gardiner** (7:10pm Whitecaps), who improved her 50fs by 4.4sec (8.8sec/100m). Next and third most improved man was **Kevin Graham** (7:30am Earlybirds) with a 17sec improvement in 200fs (8.5sec/100m). He was followed by second most improved woman **Kim Fever** (7:30am Earlybirds) with a 4.1sec improvement in 50fs (8.2sec/100m). Special mention to the 4th most improved man, **Kevin Nelson** (7:10pm Whitecaps), as he has been struggling to regain his health and fitness due to a very nasty bout of Dengue fever – the second time he's had it! He improved his 100fs by 7.6sec. Rounding out the top 3 for the women was **Cindy Steele** (6pm Whitecaps) with a 1:30 improvement in 1500s (6sec/100m). **Susan Hulley** (7:30am Earlybirds) improved in six different events this term, while **Cindy** improved in four!

The International Point Scores (link to web page below) are used to determine the best swims. Nine swimmers (2 women and 7 men) scored over 400 points in at least one event. The top three men were all over 500 points. Fastest overall was **Jean-Francois Jacques** (8:30am Earlybirds) with 539 points for a 27.9

50fs. Second was **Sean Dawson** (6pm Whitecaps / 8:30am Earlybirds) with 520 points for a 2:48.5 200br. Third was **Gi Wu** (6pm Whitecaps / 7:10pm Whitecaps) with a 28.5 50fs worth 510 points. Top woman was **Jenna Roundell** (7:10pm Whitecaps) with 478 points for a 1:30.2 100br, and **Cynthia Nelson** (7:10pm Whitecaps) was the second woman with exactly 400 points for her 1:18.0 100fs. **Mark Blenkinsop** (8:30am Earlybirds) scored over 400 points in four different events, and **Jamie Wildsmith** (6pm Whitecaps) in three.

All those improving and all those scoring over 400 points, as well as the top 3 improvements and the top 3 times for each event are listed below, as are the results of the relays.

Many thanks to all of you who participated in the time trials!

Key:

EB1 = 7:30am Earlybirds I, EB2 = 8:30am Earlybirds II, WC1 = 6pm Whitecaps I, WC2 = 7:10pm Whitecaps II, WC3 = 8:10pm Whitecaps III, TR = Masters trial workout.

Most Improved Swimmers (best event for each person):

Only those who have swum Carleton Masters time trials in the same event at least twice are eligible. This term there were 23 women and 21 men who improved in at least one event.

	Name	Group	Gender	Event	Imp	Imp/100m
1	Jen Corner-Gardiner	WC2	F	50fs	4.4	8.8
2	Kim Fever	EB1	F	50fs	4.1	8.2
3	Cindy Steele	WC1	F	1500fs	90.0	6.0
4	Alison Storm	WC1	F	200fs	10.8	5.4
5	Susan Hulley	EB1	F	50br	2.6	5.2
7	Andrea Mrozek	WC1	F	200fs	6.8	3.4
8	Margaret King	EB1	F	200fs	5.3	2.7
9	Lauren Dowler	WC2	F	200fs	5.2	2.6
6	Malika Shaath	EB2	F	100fs	2.3	2.3
11	Katherine Venance	WC1	F	200fs	3.3	1.7
10	Ursula Scott	EB2	F	200fs	3.2	1.6
13	Zivi Weinstock	WC1	F	200fs	2.9	1.5
20	Jenna Roundell	WC2	F	100br	1.4	1.4
14	Heather Guthrie	WC1	F	1500fs	19.0	1.3
15	Deb Low	WC1	F	50bk	0.6	1.2
15	Elaine Cooper	WC2	F	50fs	0.6	1.2
17	Robin Henderson	EB1	F	400fs	4.4	1.1
12	Lara Thorpe	WC2	F	50fs	0.5	1.0
18	Liz MacNeill	WC1	F	200fs	1.8	0.9
19	Elaine Yardley	WC1	F	200br	1.6	0.8
20	Bicki Westerheide	WC2	F	50bk	0.2	0.4
20	Siobhan MacManus	EB1	F	400fs	1.6	0.4
23	Mindy Finkelstein	WC2	F	50fs	0.1	0.2
1	Ahmed Doha	EB1	M	200fs	60.5	30.3
2	Francois Mathieu	WC2	M	100fs	9.2	9.2
5	Kevin Graham	EB1	M	200fs	17.0	8.5
3	Kevin Nelson	WC2	M	100fs	7.6	7.6
6	Greg Payne	EB1	M	200fs	12.3	6.2
7	Dave Grynspan	WC1	M	1500fs	90.0	6.0
8	Francois Jacques	EB1	M	200IM	10.9	5.5
9	Fouad Hejazi	EB2	M	50fl	2.5	5.0
4	Francois Lavoie	EB1	M	100IM	4.9	4.9
10	Jamie Wildsmith	WC1	M	50fs	1.6	3.2
11	Dave Caldwell	EB1	M	200fs	6.0	3.0
11	Amir Banihashemi	EB2	M	100IM	1.5	1.5
13	Mike Lau	WC1	M	200fs	2.9	1.5
14	Sean Dawson	WC1EB2	M	200br	2.4	1.2
15	Matthew Brenning	WC2	M	1500fs	14.0	0.9
15	Chris Macknie	EB1	M	400fs	3.4	0.9
19	Jamie Chalmers	WC2	M	800fs	5.0	0.6
19	Isaac Fierro Marquez	WC1	M	200fs	1.2	0.6
17	Mike Mopas	EB1	M	200fs	0.9	0.5
17	Brad Shapansky	EB1	M	100fs	0.4	0.4
21	Bruce Brown	EB1	M	200fs	0.4	0.2

Fastest Swimmers (best event for each person):

All those scoring 400 or more points are shown. This term there were 2 women and 7 men who made the list.

	Name	Group	Gender	Event	Time	Points
1	Jenna Roundell	WC2	F	100br	1:30.2	478
2	Cynthia Nelson	WC2	F	100fs	1:18.0	400
1	Jean-Francois Jacques	EB2	M	50fs	27.9	539
2	Sean Dawson	WC1EB2	M	200br	2:48.5	520
3	Gi Wu	WC1WC2	M	50fs	28.5	510
4	Jamie Wildsmith	WC1	M	200IM	2:37.9	489
5	Mark Blenkinsop	EB2	M	50fl	31.2	482
6	Matthew Brenning	WC2	M	50fs	29.6	462
7	Dave Bourdon	WC2	M	50fs	30.0	446

(For point scores, see: <http://www.swimnews.com>, click on "IPS Points" and enter the information requested; note that SCM = short course meters [25m pool].)

Top 3 Swimmers Improving in Each Event:

Minutes and/or seconds improved and sec/100m improvement are both listed. The numbers in parentheses below the event indicate the number of women and men, respectively, who improved in that event. If the improvements are close, more than three swimmers may be shown.

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Jen Corner-Gardiner	WC2	F	4.4	8.8
2	Kim Fever	EB1	F	4.1	8.2
3	Susan Hulley	EB1	F	0.8	1.6
1	Jamie Wildsmith	WC1	M	1.6	3.2
2	Francois Mathieu	WC2	M	0.7	1.4
(6/2)					
100fs					
1	Cindy Steele	WC1	F	2.7	2.7
2	Malika Shaath	3B2	F	2.3	2.3
3	Ursula Scott	EB2	F	1.1	1.1
1	Francois Mathieu	WC2	M	9.2	9.2
2	Kevin Nelson	WC2	M	7.6	7.6
3	Mike Lau	WC1	M	0.8	0.8
(6/6)					
200fs					
1	Alison Storm	WC1	F	10.8	5.4
2	Cindy Steele	WC1	F	8.6	4.3
3	Andrea Mrozek	WC1	F	6.8	3.4
1	Ahmed Doha	EB1	M	60.5	30.3
2	Kevin Graham	EB1	M	17.0	8.5
3	Greg Payne	EB1	M	12.3	6.2
(11/10)					
400fs					
1	Susan Hulley	EB1	F	11.0	2.8
2	Margaret King	EB1	F	9.6	2.4
3	Robin Henderson	EB1	F	4.4	1.1
1	Francois Mathieu	WC2	M	22.1	5.5
2	Fouad Hejazi	EB2	M	3.5	0.9
3	Chris Macknie	EB1	M	3.4	0.9
(5/4)					
800fs					
1	Jamie Chalmers	WC2	M	5.0	0.6
(0/1)					
1500fs					
1	Cindy Steele	WC1	F	90.0	6.0
2	Susan Hulley	EB1	F	76.0	5.1
3	Heather Guthrie	WC1	F	19.0	1.3
1	Dave Grynspan	WC1	M	90.0	6.0
2	Francois Lavoie	EB1	M	22.0	1.5
3	Fouad Hejazi	EB2	M	21.0	1.4
(4/4)					
50bk					
1	Deb Low	WC1	F	0.6	1.2
2	Bicki Westerheide	WC2	F	0.2	0.4
1	Kevin Nelson	WC2	M	1.3	2.6
(2/1)					
50br					
1	Susan Hulley	EB1	F	2.6	5.2
2	Cindy Steele	WC1	F	1.4	2.8
3	Malika Shaath	EB2	F	0.1	0.2
(3/0)					
200br					
1	Elaine Yardley	WC1	F	1.6	0.8
1	Sean Dawson	WC1EB2	M	2.4	1.2
(1/1)					
50f1					
1	Fouad Hejazi	EB2	M	2.5	5.0
(0/1)					
100IM					
1	Francois Lavoie	EB1	M	4.9	4.9
2	Amir Banihashemi	EB2	M	1.5	1.5
(0/2)					
200IM					
1	Jenna Roundell	WC2	F	0.7	0.4
1	Francois Jacques	EB1	M	10.9	5.5
(1/1)					

Fastest Three Times in Each Event:

The numbers in parentheses below the event indicate the number of female and male, respectively, time trials in that event (some swimmers may have done

more than one time trial of the same event). If times are really close, more than 3 swimmers are included. Note that only those over 18:00 are shown for the 800. Those under 18:00 should swim the 1500 instead!

	Name	Group	Gender	Time
25fs				
1	Margaret Dibben King	EB2	F	50.9
(1/0)				
50fs				
1	Andrea Mrozek	WC1	F	36.1
2	Lara Thorpe	WC2	F	36.7
3	Cynthia Nelson	WC2	F	37.0
3	Jen Corner-Gardiner	WC2	F	37.0
3	Sandy Lawson	EB1	F	37.0
3	Shauna Ironside	EB2	F	37.0
1	Jean-Francois Jacques	EB2	M	27.9
2	Gi Wu	WC1WC2	M	28.5
3	Matthew Brenning	WC2	M	29.6
(38/37)				
100fs				
1	Cynthia Nelson	WC2	F	1:18.0
2	Andrea Mrozek	WC1	F	1:21.3
3	Lara Thorpe	WC2	F	1:24.4
1	Matthew Brenning	WC2	M	1:11.8
2	Bruce Brown	EB1	M	1:13.9
3	Mike Lau	WC1	M	1:16.5
4	Isaac Pierro Marquez	WC1	M	1:16.6
(25/16)				
200fs				
1	Sandy Lawson	EB1	F	2:53.3
2	Natalie Aucoin	EB2	F	2:54.1
3	Lauren Dowler	WC2	F	2:59.1
1	Don Wells	WC1	M	2:35.4
2	Matthew Brenning	WC2	M	2:39.2
3	Francois Audet	EB1	M	2:40.3
(39/24)				
400fs				
1	Natalie Aucoin	EB2	F	6:13.9
2	Margaret King	EB1	F	6:46.3
3	Robin Henderson	EB1	F	7:05.9
1	Mark Blenkinsop	EB2	M	5:07.9
2	Bruce Brown	EB1	M	5:44.0
3	Francois Jacques	EB1	M	6:06.5
(15/15)				
800fs				
1	Kim Fever	EB1	F	18:37
2	Debbie Lee	WC1	F	19:58
3	Sylvia Williams	WC2	F	20:08
1	Jamie Chalmers	WC2	M	18:53
(5/2)				
1500fs				
1	Jen Corner-Gardiner	WC2	F	23:37
2	Elaine Yardley	WC1	F	24:15
3	Joanie Conrad	WC2	F	24:57
4	Kelly Meaney	EB1	F	24:58
1	Sean Dawson	WC1EB2	M	18:47
2	Mark Blenkinsop	EB2	M	21:26
3	Rick Hellard	EB1	M	21:45
(25/22)				
25bk				
1	Margaret Dibben King	EB2	F	52.0
(1/0)				
50bk				
1	Deb Low	WC1	F	45.2
2	Bicki Westerheide	WC2	F	49.9
3	Susan Nevitt-Yelle	EB1	F	53.6
1	Bruce Brown	EB1	M	41.3
2	Chris Kent	EB2	M	46.4
3	Christian Cattan	EB1	M	47.5
4	Kevin Nelson	WC2	M	47.6
(6/6)				
100bk				
1	Angela Davis	EB1	F	1:59.7
1	Jamie Chalmers	WC2	M	1:50.0
2	Alan Hunt	EB2	M	2:32.7
(1/2)				
200bk				

1	Angela Davis	EB1	F	4:16.9
(1/0)				
50br				
1	Margaret King	EB1	F	48.2
2	Carla Sowinski	EB2	F	49.8
3	Malika Shaath	EB2	F	52.7
1	Francois Audet	EB1	M	41.5
2	Mark Blenkinsop	EB2	M	43.3
3	Robert Fabes	EB1	M	43.7
(11/8)				
100br				
1	Jenna Roundell	WC2	F	1:30.2
2	Elaine Yardley	WC1	F	1:44.0
3	Marie Steele	WC1	F	1:46.7
1	Jamie Wildsmith	WC1	M	1:21.6
2	Don Wells	WC1	M	1:27.2
3	Bill Westcott	WC1	M	1:33.3
(4/5)				
200br				
1	Elaine Yardley	WC1	F	3:31.6
2	Marie Steele	WC1	F	3:50.9
1	Sean Dawson	WC1	M	2:48.5
2	Francois Parent	WC1	M	3:28.4
(2/2)				
50fl				
1	Jenna Roundell	WC2	F	39.1
2	Madelayne DeGrace	EB1	F	42.1
3	Shauna Ironside	EB2	F	44.4
1	Mark Blenkinsop	EB2	M	31.2
2	Jean-Francois Jacques	EB2	M	35.6
3	Don Wells	WC1	M	36.0
(8/5)				
100fl				
1	Madelayne DeGrace	EB1	F	3:31.4
1	Mark Blenkinsop	EB2	M	2:50.8
(1/1)				
100IM				
1	Jen Corner-Gardiner	WC2	F	1:29.4
2	Shauna Ironside	EB2	F	1:32.7
3	Deb Low	WC1	F	1:37.4
1	Mark Blenkinsop	EB2	M	1:15.2
2	Francois Lavoie	EB1	M	1:24.2
3	Robert Fabes	EB1	M	1:29.7
(8/7)				
200IM				
1	Jenna Roundell	WC2	F	3:09.4
2	Kelly Meaney	EB1	F	3:16.5
3	Shauna Ironside	EB2	F	3:20.0
1	Jamie Wildsmith	WC1	M	2:37.9
2	Francois Lavoie	EB1	M	3:08.7
3	Francois Jacques	EB1	M	3:14.6
(3/4)				
400IM				
1	Angela Davis	EB1	F	9:28.7
1	Chris Kent	EB2	M	7:33.9
(1/1)				

Fun Relays (Fri Jun 29th)

Free Relay

5 x 50m 7:30am Earlybirds (five swimmers per team as it worked out nicely!)

- 3:14.5: Team 1: Susan Nevitt-Yelle, Francois Jacques, Sandy Lawson, Zoe Panchen, Mike Mopas
- 3:18.5: Team 3: Bruce Brown, Susan Hulley, Dawn Walsh, Chris Macknie, Ray Anderson
- 3:20.3: Team 2: Christian Cattan, Francois Audet, Madelayne DeGrace, Kim Fever, Kevin Graham

4 x 50m 8:30am Earlybirds

- 2:43.9: Team 2: Lucie Boudreau, Carla Sowinski, Mark Blenkinsop, Marie-Odile Junker
- 2:46.6: Team 1: Margaret Dibben King, Amir Banihashemi, Shauna Ironside, Paul Scully
- 2:56.1: Team 3: Robin Henderson, Malika Shaath, Jean-Francois Jacques, Alan Hunt

Medley Relay

5 x 50m 7:30am Earlybirds (2 freestylers on each team)

- 3:40.8: Team 2: Christian Cattan, Francois Audet, Madelayne DeGrace, Kim Fever, Kevin Graham
- 3:43.8: Team 3: Bruce Brown, Susan Hulley, Dawn Walsh, Chris Macknie, Ray Anderson
- 3:50.8: Team 1: Susan Nevitt-Yelle, Francois Jacques, Sandy Lawson, Zoe Panchen, Mike Mopas

4 x 50m 8:30am Earlybirds

- 3:02.5: Team 1: Margaret Dibben King, Amir Banihashemi, Shauna Ironside, Paul Scully
- 3:11.4: Team 2: Lucie Boudreau, Carla Sowinski, Mark Blenkinsop, Marie-Odile Junker
- 3:28.6: Team 3: Robin Henderson, Malika Shaath, Jean-Francois Jacques, Alan Hunt

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.

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/londonsunset07142012.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 9th Ottawa River Olympic Triathlon (1.5/41.4/10k; 120 participants)

Congratulations to **Jordan** on improving his swim time by 7min over last year! Full results at: <http://www.sportstats.ca>.

Jordan Monnik (7:10pm Whitecaps; 25-29): 11th overall; 11th man and 2nd in category in 2:07:26.0

Sat-Sun Jun 23-24th Ottawa Dragon Boat Festival (200 teams participated)

The **Foolish SportChicks** including Carleton Masters Swimmers: **Isabelle Fradette** (8:30am Earlybirds), **Natalie Aucoin** (8:30am Earlybirds), **Colette Kenney** (8:30am Earlybirds), **Dawn Walsh** (8:30am Earlybirds), **Isla Paterson** (8:30am Earlybirds), **Margaret King** (7:30am Earlybirds), and **Susan Nevitt-Yelle** (7:30am Earlybirds) had a fantastic weekend! They **won** the Girls 'n Women and Sport (Women's Community) category on Saturday with a 500m time of 2:20.03. Their best time of 2:19.05 placed 40th overall (including all the mixed teams) and 4th overall for the women's teams for the mixed day (with the top 3 being competitive teams). On Sunday, they finished 4th overall in all three women's "A" finals (again behind the 3 competitive teams, but not far behind!) with times of 27.28 in the 100m, 52.13 in the 200m and 2:20.18. Woo-hoo!

Vanessa Woods (x-6pm Whitecaps) was a member of the **Dragon Catchers** who were the 17th women's team (14th in the community division) and 108th overall on Saturday in 2:35.03. On Sunday they competed in the women's "C" finals placing 1st in the 200 (58.14), 2nd in the 500 (2:33.52), and 3rd in the 100 (31.27). Congratulations!

Full results at: <http://www.dragonboat.net/news-and-events/sunday-race-schedule-%281%29.aspx>.

Sun Jun 24th Ironman 70.3 Mont Tremblant (1.9/90/21.1k; 2068 participants)

Congratulations to you all on great races on a tough course!! For many this was their first ever Half Ironman! Awesome job – especially by those placing in the top 10 in their categories: **Heather Ireland**, **Lucie Boudreau**, and **Chris Macknie**!! **Greg Payne** (7:30am Earlybirds) didn't realize until the end that the reason his foot hurt so much when he put on his shoe was that there was a very unhappy bee inside it – ouch! Full results at: <http://ironmanmt.com/results/>.

Chris Macknie (7:30am Earlybirds; 45-49): 103rd overall; 95th man and 10th in category in 4:45:43 (36:46/2:35:46/1:27:15)

Heather Ireland (7:30am Earlybirds; 50-54): 435th overall; 54th woman and 3rd in category in 5:15:51 (35:08/2:44:30/1:49:45)

Greg Payne (7:30am Earlybirds; 40-44): 485th overall; 425th man and 113th in category in 5:19:22 (36:10/2:37:08/1:58:48)

Kevin Graham (7:30am Earlybirds; 40-44): 544th overall; 475th man and 129th in category in 5:23:12 (34:27/2:46:58/1:52:58)

Robert Fabes (7:30am Earlybirds; 50-54): 986th overall; 801st man and 94th in category in 5:52:57 (31:02/2:52:58/2:16:44)

Lucie Boudreau (8:30am Earlybirds; 55-59): 1265th overall; 277th woman and 6th in category in 6:16:35 (45:46/3:11:09/2:10:06)

Mike Mopas (7:30am Earlybirds; 35-39): 1294th overall; 1008th man and 189th in category in 6:20:37 (39:43/3:15:28/2:10:28)

Tamsin Douglas (x-7:30am Earlybirds; 45-49): 1309th overall; 289th woman and 46th in category in 6:21:28 (35:45/3:18:11/2:13:14)

Christian Cattan (7:30am Earlybirds; 30-34): 1354th overall; 1050th man and 122nd in category in 6:28:33 (37:30/3:19:57/2:15:35)

Sun Jun 24th Stittsville Kids of Steele Triathlon

Following in their father **Brad Shapansky** (7:30am Earlybirds)'s footsteps, his children **Teagan** and **Eli** had great performances at the Kids of Steele Triathlon. **Teagan** was first in the 10-11 year old girls category and **Eli** was the top 8-9 year old boy. Congratulations to you both!!

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: How many ways are there to do the set of 4 x 200 transitioning from IM to choice? Curious Swimmer

Dear C. Swimmer: There are 25 ways. If your "choice" is IM, it would be 4 x 200IM – so only one way to do that. For any other "choice" (fly, back, breast, or free), there are 6 different ways each. For example, if the choice is free, we could drop fly, then back, then breast; fly then breast then back; back then fly then breast; back then breast then fly; breast then fly then back; or breast then back then fly. Thus a grand total of 25 ways to do the 800m set. That would be a total of 20km if you did them all. At a 2:00/100m pace (with no breaks) that would take 6hr 40min! Any takers ☺ !?

Dear Coach: To go faster on breaststroke, should I glide longer or speed up my stroke? Working on My Speed

Dear W.o.M. Speed: To go faster, you generally want to put more power into each stroke, while keeping the strokes about the same length as when swimming at a more moderate speed. As breaststroke is the only stroke where the legs are dominant, you want to focus on accelerating through the kick and making sure that you bring the feet together. You also want to try to catch more water with the arms on each stroke, as well as keeping the head down to make you more streamlined.

Private and Semi-Private Masters Swim Lessons

Spring/Summer Availability:

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

Tue 7:15-8:15pm: 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 Summer Programs:

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

Session Dates: 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

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

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