

**From:** Lynn Marshall [lynnmarshall@sympatico.ca]  
**Sent:** Wednesday, July 11, 2012 10:53 AM  
**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 #312

## Carleton Masters Swimming Newsletter #312

Wednesday, July 11<sup>th</sup>, 2012

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

**Bcc:** Those Registered for Fall 2011 / Winter 2012 / Spring 2012 / Summer 2012 and Alumni: 7:30am Earlybirds I (47 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (48 addresses), 7:10pm Whitecaps II (30 addresses), 8:10pm Whitecaps III (34 addresses), Saturday Only (4 addresses), Masters "Alumni" (35 addresses).

"Victory belongs to the most persevering." – Napoleon

### Masters Program Notes and Cancellations

- There will be **no Masters workouts on Mon Aug 6<sup>th</sup>** due to the Civic Holiday.
- Only 3 groups are available for Summer: 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.
  - There is just **one** spot left in the 7:30am group.

### Swimmer Notes

#### Swimmer Updates:

- Congratulations to **Debby Whately** (6pm Whitecaps) and the Cascades Senior Women's Dragon Boat team for their great results in Hong Kong at the World Club Crew Championships. They finished with a gold and 2 bronzes in their three events. Details under Race Results below.

- **Nicole Le Saux** (7:30am Earlybirds) reports that she cannot weight bear for six weeks after her recent knee surgery. For someone who normally never keeps still, this is quite a lifestyle change. Try not to get too frustrated, Nicole, and enjoy the forced "down" time.

- My apologies to **Madelayne DeGrace** (7:30am Earlybirds) and **Mark Blenkinsop** (8:30am Earlybirds) for the typo in the previous newsletter. Their times of 3:31.4 and 2:50.8, respectively were for **200m** fly, not 100m fly!

- An inspiring story: While I was listening to the Wimbledon tennis radio station, one of the commentators mentioned (off air) to one of the cameramen that he was brave to be wearing shorts on such a cool day. He remarked that it's not a problem as he swam the English Channel last year. So, during a rain delay, she tracked him down and interviewed him. His name is **Angus Macfadyen** (not the actor). In 2007, to raise money for a land mine charity, although he has two good legs, he trained for 10 months and then completed the London marathon on crutches, using just one leg. This was a world record first in 7:13:59. Two months later, he took a swimming lesson, after which he was able to swim 15m of freestyle (front crawl) – less than one length. In his post-marathon "depression", looking for a new challenge, this spurred him on to decide on a channel attempt. To make a long story short, after 4 years of training, he succeeded and took 18:42 for his crossing, which was slowed considerably by a changing tide. The front page of his web site: <http://www.channelangus.co.uk/index.html> shows his actual swim path. One can only imagine how difficult those last hours were with the tide pushing him further from shore. The swim raised over 25,000 pounds for a charity that builds wells in Africa. Wow!

#### News and Links:

- Lego Swimmer: [http://the17thman.typepad.com/my\\_weblog/2011/08/lego-swimmer.html](http://the17thman.typepad.com/my_weblog/2011/08/lego-swimmer.html)
- Chlorine cartoons: <http://www.cartoonstock.com/directory/c/chlorine.asp>
- Fitness: Five Habits that Hold you Back: <http://www.montrealgazette.com/health/Fitness+Five+habits+that+hold+back/6703218/story.html#xzz1wOOXSvE>
- Refuel Right: [http://ironman.com/training/nutrition/refuel-right?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+ironman%2Ftopstories+%28ironman.com+Top+Stories%29#axzz1xzyfeKru](http://ironman.com/training/nutrition/refuel-right?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+ironman%2Ftopstories+%28ironman.com+Top+Stories%29#axzz1xzyfeKru)
- Five Top Whole Foods for Post Workout Recovery: [http://ironman.com/training/nutrition/five-top-whole-foods-for-post-workout-recovery?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+ironman%2Ftopstories+%28ironman.com+Top+Stories%29#axzz1xzyfeKru](http://ironman.com/training/nutrition/five-top-whole-foods-for-post-workout-recovery?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+ironman%2Ftopstories+%28ironman.com+Top+Stories%29#axzz1xzyfeKru)
- Why Exercise May Not Lead to Weight Loss: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/why-exercise-may-not-lead-to-weight-loss/article4106517/>
- Reach Your Optimal Health with InsideTracker: <http://www.active.com/fitness/Articles/Reach-Your-Optimal-Health-With-InsideTracker.htm?cmp=17-4-2557>

**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.

### Summer Session Information

The usual pool allocations and coaches were as follows:

7:30-8:30am MWF Earlybirds: Deep End; Lynn

6:00-7:10pm MTuTh Whitecaps: Shallow End; Lynn (July) and Mits (August)

10:15-11:25am Saturdays: usually Shallow End; rotating coach schedule (see bulletin board / web site)

Fin Day for the Earlybirds:

Mon Aug 20<sup>th</sup>

#### Time Trials:

Tue Jul 17<sup>th</sup>/Wed Jul 18<sup>th</sup>: 400 TT  
Thu Jul 26<sup>th</sup>/Fri Jul 27<sup>th</sup>: 50 and 100 TT  
Fri Aug 10<sup>th</sup>: 200 TT  
Tue Aug 14<sup>th</sup>/Wed Aug 15<sup>th</sup>: 800/1500 TT  
Thu Aug 30<sup>th</sup>: fun day  
Fri Aug 31<sup>st</sup>: relays and fun day

The Summer workout themes are at: <http://carletonmasters.tripod.com/mastplansprsum12.pdf>.

Here are the weekday attendance statistics for the Summer term. There are lots of swimmers with perfect weekday attendance so far. Let's see who can keep it up during this busy holiday season!

**6pm Whitecaps:** July 3-10<sup>th</sup> (4 workouts); range: 17-26; average: 22.8  
Perfect Attendance: **Dave G, Isla P, Jamie C, Kevin N, Marie S, Pete L, Romy S**

**7:30am Earlybirds:** July 4-11<sup>th</sup> (4 workouts); range: 21-28; average: 24.8  
Perfect Attendance: **Bill W, Bruce B, Christian C, Christiane W, Dave C, Elaine Y, Kim F, Lois F, Madelayne DG, Margaret DK, Mike M, Sandy L, Susan H, Tony M**

### 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.

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 <http://www.mastersswimmingontario.ca/pdf/londonsunset07142012.pdf>  
Sun Jul 22<sup>nd</sup> Technosport 3k Meech Lake Swim (MSO registration not required)  
<http://www.technosport.ca/series/open3k.htm>  
Sat Aug 11<sup>th</sup> Lake Ontario 3.8 and 10k Open Water Swims  
[http://mastersswimmingontario.ca/pdf/LOST38\\_10kNatChamps2012.pdf](http://mastersswimmingontario.ca/pdf/LOST38_10kNatChamps2012.pdf)  
Sun Aug 12<sup>th</sup> Technosport 4k Meech Lake Swim (MSO registration not required)  
<http://www.technosport.ca/series/open4k.htm>  
Sun Aug 19<sup>th</sup> 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.)

#### Thu-Fri May 31-Jun 1<sup>st</sup> OFSAA East Regional Track Championships, Brockville

Congratulations to **Yves Sikubwabo** of Glebe Collegiate, who lives with **Nicole Le Saux** (7:30am Earlybirds) and **Jim Farmer** (7:30am Earlybirds/7:10pm Whitecaps), on his performance. **Yves won** the 1500m in 3:55.23 and was **2<sup>nd</sup>** in the 3k in 8:21.61 despite spraining his ankle just a few weeks before the championships. He will be competing at Nationals at the end of July. Good luck, **Yves!** You can check out videos of his races at: [http://www.runnerspace.com/eprofile.php?do=videos&event\\_id=4962&video\\_id=69540](http://www.runnerspace.com/eprofile.php?do=videos&event_id=4962&video_id=69540) and [http://www.runnerspace.com/eprofile.php?event\\_id=4962&do=videos&video\\_id=69830](http://www.runnerspace.com/eprofile.php?event_id=4962&do=videos&video_id=69830).

#### Sun Jul 1<sup>st</sup> Bushtukah 10k Road Race (417 participants)

Congratulations to **Lucie** on a podium finish! Full results at: <http://www.sportstats.ca>.  
**Lucie Boudreau** (7:30am Earlybirds; 50-59): 159<sup>th</sup> overall; 37<sup>th</sup> woman and **3<sup>rd</sup>** in category in 50:34.2 (50:28.7)

#### Wed-Sun Jul 4-8<sup>th</sup> World Club Crew Dragon Boat Championships, Hong Kong

Congratulations to **Debby Whately** (6pm Whitecaps) on her great performance with the Cascades Women's Senior (50+) team, as well as with the Premier Women's team, on which she is a spare. The senior women finished with **1 gold** (2k: 8:54.087), and **2 bronzes** (200m: 54.568, 54.711 and 58.670 and 500m: 2:10.881, 2:13.768). In the 200m, the overall places are determined by adding together the times from three 200m races, and in one race another boat ran into them. If that hadn't happened, they would have easily had silver and challenged for gold. In the 500m there should have been three races, as in the 200m, but the third, where Cascades had a better lane, was cancelled. The premier women, a mostly less experienced team, finished **3<sup>rd</sup>** in the 2k, 8<sup>th</sup> in the 500m and 9<sup>th</sup> in the 200m. **Debby** is now travelling in Vietnam and Laos! Full results at: [https://dragonboat.pl/ems.idbf/2012\\_hk.php](https://dragonboat.pl/ems.idbf/2012_hk.php).

#### Sat Jul 7<sup>th</sup> Mike Collingwood Meech Lake Triathlon (1.2/23.5/6.4k; 197 individuals and 41 teams)

Congratulations, all! Full results at: <http://www.sportstats.ca>.  
Individual:

**Jordan Monnink** (7:10pm Whitecaps; 24 and under): 5<sup>th</sup> overall, 5<sup>th</sup> man and **3<sup>rd</sup>** in category in 1:25:04.3

**Paul Scully** (8:30am Earlybirds; 40-44): 86<sup>th</sup> overall; 65<sup>th</sup> man and 14<sup>th</sup> in category in 1:45:35.7

**Natalie Aucoin** (8:30am Earlybirds; 40-44): 94<sup>th</sup> overall; 25<sup>th</sup> woman and 4<sup>th</sup> in category in 1:47:19.7

**Isabelle Fradette** (7:30am Earlybirds; 40-44): 101<sup>st</sup> overall; 29<sup>th</sup> woman and 6<sup>th</sup> in category in 1:48:59.0

**Tamsin Douglas** (x-7:30am Earlybirds; 45-49): 127<sup>th</sup> overall; 42<sup>nd</sup> woman and 4<sup>th</sup> in category in 1:52:51.2

**Chris Yordy** (7:30am Earlybirds; 30-34): 141<sup>st</sup> overall; 94<sup>th</sup> man and 13<sup>th</sup> in category in 1:57:38.1

Team:  
The OTC Ya's with **Mark Blenkinsop** (8:30am Earlybirds) as the swimmer: 32<sup>nd</sup> overall and 16<sup>th</sup> mixed team in 1:55:20.0 (**Mark** was 4<sup>th</sup> place of all the team swimmers)

#### Tue Jul 10<sup>th</sup> Ottawa Bike Club Women's 15k Time Trial (34 participants)

Congratulations to Margaret King (7:30am Earlybirds) for improving by a full minute over her previous time trial just last month! Full results at: <http://www.timetrial.ca/WTT/>

[Margaret King](#) (7:30am Earlybirds: 50-59): 8<sup>th</sup> overall and 2<sup>nd</sup> in category in 24:51

## 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 Jul 10<sup>th</sup>).

## Ask the Coach

**Dear Coach:** Are there any spots left in the Saturday morning group? Want to Swim More

Dear W.t.S. More: Yes, there are quite a few spots left in the Saturday group. Don't forget that it runs 10:15-11:25am for the Summer Session.

**Dear Coach:** Why is the Saturday group two hours later than usual in the Summer? Earlybird

Dear Earlybird: Generally on Saturdays during the summer, there are no other groups in during the morning. Thus, by moving our swim later it is more convenient for the pool staff as they also work the afternoon public swim.

**Dear Coach:** In backstroke, is it most important to keep my hips up, or to roll my body? Working on Backstroke

Dear W.o. Backstroke: A streamlined body position is the most important thing, so keeping your hips high is the top priority. Rolling your body also makes you more streamlined as there is less cross-sectional area, but it's not quite as critical as a horizontal position in the water.

## Private and Semi-Private Masters Swim Lessons

### Spring/Summer Availability:

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

**Tue 7:15-8:15pm:** Jul 24, Jul 31

**Wed 6:00-7:00pm:** Jul 18, Jul 25, Aug 8, Aug 15, Aug 22

**Wed 7:00-8:00pm:** Jul 18, Jul 25, Aug 8, Aug 15, Aug 22

**Thu 7:15-8:15pm:** Jul 19

### 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 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; Mts: 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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!

Lynn

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