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Sent: Wednesday, July 25, 2012 6:08 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 #313

Carleton Masters Swimming Newsletter #313

Wednesday, July 25th, 2012

To: Carleton Masters Coaches / Staff (9 addressees)

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 (49 addresses), 7:10pm Whitecaps II (30 addresses), 8:10pm Whitecaps III (34 addresses), Saturday Only (4 addresses), Masters "Alumni" (35 addresses).

"Each moment we have it all, even when we think we don't." – Melody Beattie

Masters Program Notes and Cancellations

- There will be **no Masters workouts on Mon Aug 6th** due to the Civic Holiday.
- The Summer session ends on **Thu Aug 30th / Fri Aug 31st / Sat Sept 1st** depending on your group(s).
- 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 **full**. A wait list is available.
 - There is just **one** spot left in the 7:30am group.
- As **Mits** will not be available (see Swimmer Updates below), I will be coaching Whitecaps for most of August.
- As I have a couple of short trips planned, **Lindsay Paquette** (Pool Staff, ROCS Coach) has kindly agreed to coach on: Thu Aug 2nd, Fri Aug 3rd, Thu Aug 9th and Fri Aug 10th – thanks, **Lindsay!**
- Some August time trial dates have been changed (see Summer Session Information below)
- The next newsletter will be in about three weeks, rather than the usual two.
- Apologies to the Earlybirds for any inconvenience caused by the late opening of the pool this morning.

Fall/Winter Masters Programs and Registration

Registration for Fall and Winter Masters Programs starts on Mon Jul 30th. Registration for other Aquatic programs (e.g. kids swim lessons, etc.) starts on Wed Aug 1st. Registration for non-Aquatic programs (e.g. fitness classes, etc.) starts on Tue Aug 7th. By spreading out the registration start dates, it should be quicker to get your registration done. As staff need to check your membership, you must register in person or by phone (613-520-4480) for Masters. The 6:00pm and 7:30am groups usually fill up quickly.

Here are the program details:

Fall: Tue Sept 4th to Sat Dec 15th (no workouts: Mon Sept 3rd; Mon Oct 8th)

7:30am Earlybirds 1: 7:30-8:30am MWF: barcode 4818; cost \$128+HST

8:30am Earlybirds 2: 8:30-9:30am MWF: barcode 4819; cost \$128+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh: barcode 4824; cost \$140+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh: barcode 4826; cost \$128+HST

8:10pm Whitecaps 3: 8:10-9:10pm TuTh: barcode 4828; cost \$94+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat: barcode 4820; cost \$45+HST

Winter: Wed Jan 2nd to Fri Apr 12th (no workouts: Tue Jan 1st; Mon Feb 18th; Fri Mar 29th; Mon Apr 1st)

7:30am Earlybirds 1: 7:30-8:30am MWF: barcode 4821; cost \$122+HST

8:30am Earlybirds 2: 8:30-9:30am MWF: barcode 4822; cost \$122+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh: barcode 4825; cost \$134+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh: barcode 4827; cost \$122+HST

8:10pm Whitecaps 3: 8:10-9:10pm TuTh: barcode 4829; cost \$91+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat: barcode 4823; cost \$42+HST

This information is not yet posted on the Carleton Athletics web site, and will be added to the Carleton Masters web site shortly.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Shauna Ironside** (8:30am Earlybirds) and her husband, **Andrew**. They are expecting their first child in January!
- Best wishes to Coach **Mits Kachi**'s father on a quick recovery from his recent fall and badly sprained ankle. As **Mits** and his two brothers are awesome sons, they are going to help out their parents by each staying with them for 8hr/day so that they will have help 24/7 until the end of August.
- Congratulations to **Louise Hayes** (x-Coach), her husband **Christian Diotte**, and 2½ yr old **Annabelle** on the arrival of their second daughter and little sister **Gabrielle Teresa Diotte** on Tue Jul 17th at 8:21pm weighing just over 9lbs. **Louise** reports that the second delivery was much easier than the first!
- **Lee Storm** (6pm Whitecaps) has started doing in Stand-Up Paddleboarding. Sounds like a fun sport. Here's a video of a Toronto race he participated in earlier this month: <http://vimeo.com/45786764>. He placed 26th out of 37: http://www.supintoronto.com/uploads/2012_Canadian_National_Championships_results_Qualifiers_Points.pdf. Great job, **Lee!**
- On the topic of unusual sports, **Steve Morton** (x-6pm Whitecaps) sent in this link about the 200m obstacle swim event held at the 1900 Olympics where competitors had to climb over and swim under obstacles of poles and boats: http://en.wikipedia.org/wiki/Swimming_at_the_1900_Summer_Olympics_%E2%80%93_Men%27s_200_metre_obstacle_event. Perhaps this can be a new Carleton Masters time trial event?!

- The Triathlon Canada Magazine article about me has been posted on the Masters Swimming Canada web site: http://mymsc.ca/blogs/RobynSwimNews/entry/feature_lynn_marshall. (And today is the 19th anniversary of the day I broke my neck! I think I'll have a party next year for the 20th anniversary.)

News and Links:

- Can Runners have too many Miles on the Tires?: <http://well.blogs.nytimes.com/2012/05/14/can-runners-have-too-many-miles-on-the-tires/?ref=nutrition>
- Performance Enhancing Genes: <http://www.guardian.co.uk/sport/2012/may/06/drugs-sport-genes-athletics-women>
- Mixing Weight Training and Aerobics: <http://well.blogs.nytimes.com/2012/05/02/mixing-weight-training-and-aerobics/?ref=health>
- Leafy Greens Help Prevent Damage Caused by a Workout: <http://www.sciencedaily.com/releases/2012/04/120425115338.htm>
- Don't Just Sit There: <http://www.nytimes.com/2012/04/29/sunday-review/stand-up-for-fitness.html>
- Miraculous Magnesium: http://thesportfactory.com/site/nutritionnews/Miraculous_Magnesium.shtml

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

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

Fin Day:

Mon Aug 20th

Time Trials:

Tue Jul 17th/Wed Jul 18th: 400 TT

Thu Jul 26th/Fri Jul 27th: 50 and 100 TT

Tue Aug 7th/Wed Aug 8th: 200 TT (changed again!)

Tue Aug 14th/Wed Aug 15th: 800/1500 TT

Thu Aug 30th/Fri Aug 31st: relays and fun day

Thanks to all who participated in the timed 400 on Tue Jul 17th / Wed Jul 18th. Four swimmers improved by more than 30 seconds! **Deb Low** (6pm Whitecaps) improved her 400fs by 40.2 seconds. **Kevin Nelson** (6pm Whitecaps) improved his 400fs by 38.2 seconds. **Marie Steele** (6pm Whitecaps) improved her 400fs by 37.2 seconds, and **Jamie Chalmers** (6pm Whitecaps) improved his 400IM by 34.1 seconds! Four brave souls did the 400IM: **Jamie Chalmers**, **Madelayne DeGrace** (7:30am Earlybirds), **Robert Fabes** (7:30am Earlybirds), and **Tony Michel** (7:30am Earlybirds) – well done!

400fs

Deb Low (6pm Whitecaps) 40.2

Kevin Nelson (6pm Whitecaps) 38.3

Marie Steele (6pm Whitecaps) 37.2

Lauren Dowler (6pm Whitecaps) 16.6

Andrea Mrozek (6pm Whitecaps) 13.8

Mike Mopas (7:30am Earlybirds) 13.6

Dave Caldwell (7:30am Earlybirds) 8.6

Dave Grynspan (6pm Whitecaps) 8.5

Francois Mathieu (6pm Whitecaps) 8.3

Kevin Graham (7:30am Earlybirds) 7.2

Lara Thorpe (6pm Whitecaps) 6.8

Greg Payne (7:30am Earlybirds) 2.7

Amir Banihashemi (7:30am Earlybirds) 2.1

Brad Shapansky (7:30am Earlybirds) 0.9

400IM

Jamie Chalmers (6pm Whitecaps) 34.1

The updated 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 3-24th (10 workouts); range: 15-27; average: 22.0

Perfect Attendance: **Jamie C**

7:30am Earlybirds: July 4-25th (10 workouts); range: 14-28; average: 23.1

Perfect Attendance: **Christian C, Margaret DK, Mike 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 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 Aug 11th Lake Ontario 3.8 and 10k Open Water Swims
http://mastersswimmingontario.ca/pdf/LOST38_10kNatChamps2012.pdf

Sat Aug 11th 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 Jul 14th Bring on the Bay 3k Open Water Swim for Easter Seals, Ottawa

Lots of Carleton swimmers – well done, all!! Full results at: <http://www.sportstats.ca>.

Tim Kilby (Coach; 40-49 no wetsuit): 14th overall; 10th man and 1st in category in 40:00.9

Nico Belisle (Coach; 20-29 no wetsuit): 18th overall; 12th man and 1st in category in 40:57.3

Lee Storm (6pm Whitecaps; 40-49 no wetsuit): 19th overall; 13th man and 2nd in category in 41:01.0

Robert Fabes (7:30am Earlybirds; 50-59 wetsuit): 52nd overall; 37th man and 4th in category in 44:32.4

Cynthia Nelson (6pm Whitecaps; 30-39 no wetsuit): 104th overall; 43rd woman and 7th in category in 48:23.2

Margaret King (7:30am Earlybirds; 50-59 no wetsuit): 122nd overall; 50th woman and 2nd in category in 49:21.0

Dave Grynsan (6pm Whitecaps; 30-39 no wetsuit): 134th overall; 76th man and 17th in category in 50:05.9

Kevin Graham (7:30am Earlybirds; 40-49 no wetsuit): 140th overall; 81st man and 9th in category in 50:33.1

Jenna Roundell (6pm Whitecaps; 20-29 no wetsuit): 149th overall; 62nd woman and 7th in category in 50:56.9

Greg Payne (7:30am Earlybirds; 40-49 no wetsuit): 186th overall; 106th man and 12th in category in 53:04.3

Tamsin Douglas (7:30am Earlybirds; 40-49 no wetsuit): 203rd overall; 92nd woman and 16th in category in 53:57.5

Christian Cattan (7:30am Earlybirds; 30-39 wetsuit): 235th overall; 129th man and 11th in category in 56:19.5

Mark Hinds (6pm Whitecaps; 50-59 no wetsuit): about 236th overall (similar to his brother, Mark, who is listed on the results!); 130th man and 12th in category in 56:24.6

Lucette Laflamme (7:10pm Whitecaps; 50-59 wetsuit): 252nd overall; 116th woman and 9th in category in 57:16.6

Kevin Nelson (6pm Whitecaps; 40-49 no wetsuit): 290th overall; 150th man and 29th in category in 59:40.6

Lucie Boudreau (7:30am Earlybirds; 50-59 wetsuit): 340th overall; 162nd woman and 13th in category in 1:03:08.7

Susan Nevitt-Yelle (7:30am Earlybirds; 40-49 no wetsuit): 350th overall; 170th woman and 30th in category in 1:03:43.2

Olivia Jensen-Large (under 19 no wetsuit) with Mom, **Karen Jensen** (7:30am Earlybirds; 50-59 wetsuit) to keep her company: 260th overall; 178th woman and 30th in category in 1:04:23.8

Sat Jul 14th London LCM Outdoor Sunset Meet

Jamie Chalmers tried his first ever 200m fly at this meet. He made it to 150m before deciding that discretion was the better part of valour, and saving the last 50m for another day. Next time! Full results at: <http://mymsc.ca/ShowMeet.jsp?id=497>. Here's how he did in his other events:

Jamie Chalmers (6pm Whitecaps; 65-69): 1st: 100fs (1:46.67), 50bk (50.20), 100bk (2:00.24); 2nd: 50br (1:01.85)

Sat Jul 14th Ithaca, NY LCM Masters Meet

Full results at: <http://www.usms.org/comp/meets/meet.php?MeetID=20120714thLCML>. I was the only Canadian.

Lynn Marshall (Coach; 50-54): 1st: 50fs (30.38), 100fs (1:06.05), 800fs (10:05.67: going for 400 split: 4:47.67), 200bk (2:38.31), 400IM (5:36.62)

Sat Jul 21st GranFondo Ottawa

Susan Nevitt-Yelle (7:30am Earlybirds) and **Colette Kenney** (7:30am Earlybirds) participated in the 220km SuprFondo cycling expedition. Sounds like it was quite an adventure – well done!! Who else participated?

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 16th).

Ask the Coach

Dear Coach: Would it be possible to do a flip turn clinic sometime? Working on my Turns

Dear W.o.m. Turns: Sure. Please remind me on an evening when it's not very busy, so that we can "steal" a lane to do the clinic! For the morning group, as we have access to the diving well, we can do clinics anytime.

Dear Coach: Why do some swimmers wear nose clips? Do I Need a Pair

Dear D.I.N.a. Pair: Many adult swimmers have sensitivities to the pool chemicals (chlorine, etc.) often due to exposure for many years. A nose clip will help avoid post-workout sniffles. A nose clip is also handy when working on your breathing or turns for beginners as that way you don't have to remember to exhale through your nose, so it's one less thing to worry about. Nose clips are also worn by some elite backstrokers so that they can stay underwater longer after each turn. Unless you are having issues with post-workout congestion or are working on staying underwater for 15m after each turn, there's no need to start using a nose clip.

Dear Coach: What's in your home-made ear drops? Recovering from Another Ear Infection

Dear R.f.A.E. Infection: I mix about 90% rubbing alcohol with 10% hydrogen peroxide and put a few drops in each ear after my post-swim shower. Vinegar will work instead of hydrogen peroxide. The idea is that the rubbing alcohol helps any leftover water evaporate and the hydrogen peroxide / vinegar changes the pH in your ear so that bacteria can't grow.

Private and Semi-Private Masters Swim Lessons

Spring/Summer Availability:

Mon 7:15-8:15pm: Aug 13, Aug 20

Tue 7:15-8:15pm: Aug 14, Aug 21

Thu 7:15-8:15pm: Aug 16, Aug 23

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; Coach: Lynn

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>