

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Wednesday, August 15, 2012 11:53 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 #314

Carleton Masters Swimming Newsletter #314

Wednesday, August 15th, 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 (49 addresses), 7:10pm Whitecaps II (30 addresses), 8:10pm Whitecaps III (33 addresses), Saturday Only (4 addresses), Masters "Alumni" (36 addresses).

"There are times when life isn't all you want, but it's all you have. So what I say is: Have it! Stick a geranium in your hat and be happy!" – Author Unknown

Masters Program Notes and Cancellations

- The Summer session ends on **Thu Aug 30th / Fri Aug 31st / Sat Sept 1st** depending on your group(s).
- Thanks to **Lindsay Paquette** (Pool Staff/ROCS Coach) for coaching for me on Fri Aug 3rd, Thu Aug 9th, and Fri Aug 10th. Our apologies to the swimmers on Thu Aug 2nd, but **Lindsay** was not able to be at the pool as she suffered a severe asthma attack and was at the hospital.
- Registration for the Fall and Winter sessions is underway.
 - Program details can be found near the end of the newsletter.
 - **Note that there are just 8 spots left in the Fall 6pm Whitecaps group.**
 - The Fall session starts **Tue Sept 4th / Wed Sept 5th / Sat Sept 8th** depending on your group(s).

Swimmer Notes

Swimmer Updates:

- Congratulations to **Jill Patrick** (Whitecaps) and **Jose Vivanco** (Earlybirds/Whitecaps) on the birth of their second child, son **Oscar Joaquin Vivanco** on Thu Aug 2nd weighing 8lb 12oz. **Oscar** is settling in well at home and **Simon** is very excited about being a big brother.

- Congratulations also to **Tricia Gerrow** (6pm Whitecaps) and her husband, **Nick**, on the birth of their first child, daughter **Mikayla Katherine Albright**. **Mikayla** was born at 12:30pm on Fri Aug 3rd, which was supposed to be **Trish's** last day of work! **Mikayla** was born with a full head of hair and weighed in at 7lb 12oz.

- Best wishes to **Bruce Brown** (7:30am Earlybirds) for a quick recovery from tearing his Achilles tendon while playing tennis. **Bruce** will be in a cast for 6 weeks but hopes to be back in the pool in October, with a pull buoy.

- **Mits Kachi** (Coach) reports that his father is now able to put weight on his sprained ankle. He has lost some range of motion, but with daily physiotherapy he will regain this. As his physiotherapy also includes exercises to strengthen his core and improve general flexibility, he will be better than before! **Mits** will able to return to coaching the 7:10pm and 8:10pm Whitecaps on Tue/Thu in September – thanks, **Mits!**

- As per the last newsletter, **Jamie Chalmers** (6pm Whitecaps) attempted a 200m fly (long course = 50m pool) at the London, ON Masters meet on July 14th. He made it to 150m but was too tired to continue. He was determined to find another meet where he could swim it, as he wanted to make the Canada Top 20 rankings in all 17 long course events this year. Thus, **Jamie** travelled to a meet in Dover, New Hampshire on July 29th and was successful in his second attempt! The swim was a club record and completed **Jamie's** 17 events LCM for 2012. Congratulations, **Jamie!**

News and Links:

- Fifteen Hydration Facts for Athletes: <http://www.active.com/nutrition/Articles/15-Hydration-Facts-for-Athletes.htm?cmp=291&memberid=89079251&lyrisid=24575081&email=kparker@runnersweb.com>
- Lifestyle Choices in your 20s can Impact Heart Health in your 40s: <http://www.sciencedaily.com/releases/2012/03/120302132426.htm>
- How Alcohol Affects your Body: <http://www.womenshealthmag.com/health/drinking-and-exercise#ixzz1oCA7qCfP>
- Strength Training Benefits for Endurance Athletes: <http://www.trifuel.com/training/triathlon-training/strength-training-benefits-for-endurance-athletes>
- An Aging Runner Glimpses the Future: <http://www.runningtimes.com/Article.aspx?ArticleID=25203>
- Exercise Triggers Stem Cells in Muscles: <http://www.sciencedaily.com/releases/2012/02/120206143944.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.

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
Tue Aug 14th/Wed Aug 15th: 800/1500 TT
Thu Aug 30th/Fri Aug 31st: relays and fun day

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

Thanks to all who participated in the 100 and 50m time trials on Thu Jul 26th / Fri Jul 27th. Even though the evening swimmers were in the shallow end (no diving!), there were still lots of improvements in both groups. There were even seven swimmers who met or improved their best time in both swims! The biggest improvement in the 50 was by **Mike Halasz** (6pm Whitecaps). Even though he'd just returned from two weeks holiday, he improved his 50fs by 3.0 seconds! Most improved in the 100m was **Kevin Nelson** (6pm Whitecaps) who improved by 4.8 seconds in his 100fs, despite still suffering the ill effects of Dengue Fever! **Kevin** was also the most improved over both swims with a total improvement of 7.0 seconds! A full list of all improvements follows:

50fs

Mike Halasz (6pm Whitecaps) 3.0
Cynthia Nelson (6pm Whitecaps) 1.7
Kim Fever (7:30am Earlybirds) 0.5
Susan Hulley (7:30am Earlybirds) 0.5
Lara Thorpe (6pm Whitecaps) 0.2

100fs

Kevin Nelson (6pm Whitecaps) 4.8
Kim Fever (6pm Whitecaps) 3.5
Lara Thorpe (6pm Whitecaps) 3.2
Cynthia Nelson (6pm Whitecaps) 2.9
Amir Banihashemi (7:30am Earlybirds) 2.5
Andrea Mrozek (6pm Whitecaps) 2.1
Susan Hulley (7:30am Earlybirds) 1.8
Mike Halasz (6pm Whitecaps) 1.4
Dave Caldwell (7:30am Earlybirds) 1.3

50bk

Kevin Nelson (6pm Whitecaps) 2.2
Jamie Chalmers (6pm Whitecaps) 0.1
Deb Low (6pm Whitecaps) 0.0 [tied previous best]

100IM

Deb Low (6pm Whitecaps) 2.4

Both 100 and 50m (total improvement)

Kevin Nelson (6pm Whitecaps) 7.0
Cynthia Nelson (6pm Whitecaps) 4.6
Mike Halasz (6pm Whitecaps) 4.4
Kim Fever (7:30am Earlybirds) 4.0
Lara Thorpe (6pm Whitecaps) 3.4
Deb Low (6pm Whitecaps) 2.4
Susan Hulley (7:30am Earlybirds) 2.3

Thanks to all who participated in the 200 time trial (despite the date changing a couple of times, due to my schedule)! It was held Tue Aug 7th / Wed Aug 8th. All those who improved did 200fs. **Mike Halasz** (6pm Whitecaps) again led the way with a 17.5 second improvement. **Marie Steele** (6pm Whitecaps) was the most improved female with an 8.9 second improvement. A full list of the improvements follows:

200fs

Mike Halasz (6pm Whitecaps) 17.5
Marie Steele (6pm Whitecaps) 8.9
Brad Shapansky (7:30am Earlybirds) 6.7
Amir Banihashemi (7:30am Earlybirds) 5.7
Andrea Mrozek (6pm Whitecaps) 5.6
Kevin Nelson (6pm Whitecaps) 5.6
Andrea Chandler (6pm Whitecaps) 5.3
Mike Mopas (7:30am Earlybirds) 4.5
Erin Kelly (6pm Whitecaps) 4.3
Susan Hulley (7:30am Earlybirds) 3.2
Isaac Fierro Marquez (6pm Whitecaps) 2.3
Josh Gladstone (7:30am Earlybirds) 2.1
Dave Grynspar (6pm Whitecaps) 1.2

Everyone's favourite time trial, the 800/1500, was on Tue Aug 14th / Wed Aug 15th. There were lots of improvements – well done! The most improved in the 800 was **Jamie Chalmers** (6pm Whitecaps) who improved by 1:26. The most improved in the 1500 was **Susan Hulley** (7:30am Earlybirds) with a 1:57 improvement. Here's the full list:

800fs

Jamie Chalmers (6pm Whitecaps) 1:26
Sylvia Williams (6pm Whitecaps) :28

1500fs

Susan Hulley (7:30am Earlybirds) 1:57
Dave Grynspar (6pm Whitecaps) 1:28
Andrea Mrozek (6pm Whitecaps) 1:19
Mike Mopas (7:30am Earlybirds) 1:17

Marie Steele (6pm Whitecaps) :1:00
Deb Low (6pm Whitecaps) :54
Alison Storm (6pm Whitecaps) :46
Kevin Nelson (6pm Whitecaps) :44
Amir Banihashemi (7:30am Earlybirds) :12
Robin Henderson (7:30am Earlybirds) :02
Jenna Roundell (6pm Whitecaps) :01

Here are the weekday attendance statistics for the Summer term. There are no longer any swimmers with perfect attendance, but four morning swimmers have missed just one workout.

6pm Whitecaps: July 3-Aug 14th (18 workouts); range: 15-32; average: 23.1
Missed 2: **Kevin N, Marie S**
Missed 3: **Dave G, Jamie C, Mike L**

7:30am Earlybirds: July 4-Aug 15th (18 workouts); range: 14-28; average: 21.9
Missed 1: **Chris Y, Christian C, Mike M, Susan H**
Missed 3: **Amir B, Margaret DK, Sandy L**

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2013 will be open soon. Details will be provided when they are available. Cost will likely be similar to last year (\$36). Please pay by cash or cheque payable to "Lynn Marshall". Your MSO membership will be good until Dec 31st, 2013. 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 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 21st Technoport Meech Lake 3k Swim

I believe that **Lee Storm** (x-6pm Whitecaps) did this race, but the results are not yet posted. Once they are available, they should be at:
<http://www.technoport.ca/technoport-meet-results/>.

Sun Jul 29th Jenny Thompson LCM Meet, Dover, NH

Jamie Chalmers (6pm Whitecaps) was Carleton's only representative at this meet. As he was able to complete his 200 fly, he has now completed all the events LCM in 2012, and also set the inaugural club record in that event. Not surprisingly, the other events, swum after the 200fly, were not best times. Congratulations again, **Jamie!**

Full results at: <http://www.usms.org/comp/meets/meetsearch.php?c=447071&MeetID=20120729jenlcm>, and updated club records at:
<http://carletonmasters.tripod.com/120729.Records.pdf>. And here's how **Jamie** did:

Jamie Chalmers (6pm Whitecaps; 65-69): **1st**: 200 fly (6:28.68 club record); **2nd**: 100bk (1:56.11), 50br (1:03.37)

Sat-Sun Aug 4-5th Dixie Zone LCM Championships, Greenville, SC

I attended this meet in the hopes of swimming a decent 1500 this year, but it was not to be. I felt awful in the water, even in warm up. However, it was still a fun trip. I won a cooler bag for being the high point earner for my age group. More amusing was that they had small trophies for the top 3 teams in state and out of state. In the US when teams travel to another state they usually swim for a "super-team" composed of all the teams from their state. The out of state team results looked something like this:

1. Georgia 1500 points
2. North Carolina 1000 points
3. Lynn 86 points

(There were other small teams with 1 to 3 swimmers who finished behind me, so I wasn't last!)

Full results at: <http://www.tgswim.com/lscscctg/UserFiles/File/2012%20dixie%20zone%20championships.pdf>.

Lynn Marshall (Coach; 50-54): **1st**: 200fs (2:21.80), 1500fs (18:44.96), 50bk (36.35), 100bk (1:18.30), 50fl (33.71), 100fl (1:12.81), 200fl (2:38.38), 200IM (2:41.72); **2nd**: 50br (43.28), 100br (1:33.44)

Sun Aug 5th Jason Nessel Memorial LCM Meet, Rahway, NJ

Jamie Chalmers (6pm Whitecaps) was again Carleton's only swimmer. While he was not satisfied with his results, he still had some good times. Full results at: <http://www.usms.org/comp/meets/meetsearch.php?c=447649&MeetID=20120805Nessel>, and here's how he did:

Jamie Chalmers (6pm Whitecaps; 65-69): **2nd**: 50bk (49.98), 100bk (1:56.53); **4th**: 200fs (4:02.87); **5th**: 100fs (1:33.72)

Sat Aug 11th Technoport Meech Lake 4km Swim

Lucie Boudreau (7:30am Earlybirds) did this race. It was a very foggy morning, so for safety the course was changed to go around the island several times rather than from beach to beach (Blanchet to O'Brien). I hear that it was actually closer to 4.5k. Lucie wore a wetsuit and finished in a very respectable 1:40 despite the fog and choppy water. Great preparation for her Ironman this weekend! The results should be posted soon at:

<http://www.technoport.ca/technoport-meet-results/>.

Sat Aug 11th LOST (Lake Ontario Swim Team) Inaugural Masters Swimming Canada 10km Championships

Despite having only 3 days at home after returning from South Carolina, I wanted to support this effort to start a 10km MSC National Championships. I was worried about the water being cold but it was a balmy 72F. However, it was a very windy, wavy, wet and cool day. I found it very difficult to sight – the markers were nearly 4km apart, and the landmarks I was told to look for were not visible to me. Now I know why they call their team LOST! At one point they sent a

boat after me as I was so far off course. I also found the waves to be very punishing, and, of course, two of the three legs of the race were into the waves. I am still sore and tired. My time was very slow (just barely under 1:30 per 100m), and I was second. However, I have since found out that the 19 year old guy who beat me, **Samer Yagmour**, is on the Varsity team at U of Toronto and is nearly two minutes faster than me in a 1500 in the pool. Thus being beaten by 5min over 10km isn't so bad after all ☺! Full results at: <http://racesplitter.com/races/27F48CAB4>.

Lynn Marshall (Coach): **2nd** overall and **1st** woman in 2:29:22.6

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 Jul 16th).

Ask the Coach

Dear Coach: I noticed that most of the Olympic swimmers breathe every stroke on fly. Should I try that, instead of every 2nd as you recommended? Improving My Fly

Dear I.M. Fly: Unless you are very flexible (like the Olympic swimmers!) it tends to throw off your stroke when you breathe. That's why I recommend breathing every second stroke on fly. However, you may find that for longer distances, the oxygen is more important than the smoothness of your stroke!

Dear Coach: How can I get more power in my stroke and thus swim faster? Want to Improve

Dear W.t. Improve: Ideally when you speed up or race, you want to keep your stroke length the same as it is when you swim at a more moderate pace. Thus to go faster, you need to apply more power while focusing on the length of your stroke. You are able to apply more power by working on the mechanics of your stroke: catching more water and pushing it back more efficiently. Of course, this is easier said than done. We will be doing more drills in September, so that should help.

Private and Semi-Private Masters Swim Lessons

Spring/Summer Availability:

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

Thu 7:15-8:15pm: 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 (full: waitlist available)

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 4533; \$72+HST; Coach: Lynn (full: waitlist available)

Saturday Earlybirds (10:15-11:25am Sat): Barcode 4530; \$26+HST; Coaches: rotating schedule

Fall/Winter Masters Programs:

Registration for Fall and Winter Masters Programs has started. 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; Coach: Lynn

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

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

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh: barcode 4826; cost \$128+HST; Coaches: Lynn (Mon) and Mits (Tue/Thu)

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

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

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; Coach: Lynn

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

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

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh: barcode 4827; cost \$122+HST; Coaches: Lynn (Mon) and Mits (Tue/Thu)

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

8:15am Saturday Earlybirds: 8:15-9:25am Sat: barcode 4823; cost \$42+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 (lynmarshallsympatico.ca).

Happy lengths!
Lynn

lynmarshallsympatico.ca (or for quicker response: lynmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>