

**From:** Lynn Marshall [lynnmarshall@sympatico.ca]  
**Sent:** Saturday, September 15, 2012 4:20 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 #316

## Carleton Masters Swimming Newsletter #316

Saturday, September 15<sup>th</sup>, 2012

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

**Bcc:** Those Registered for Fall 2012 and Alumni, plus Fall/Winter/Spring/Summer/Alumni 2011/2012: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (26 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (28 addresses), 8:10pm Whitecaps III (18 addresses), Saturday Only (7 addresses), Masters "Alumni" (3 addresses), 2011/2012 Swimmers (76 addresses), 2011/2012 Alumni (31 addresses).

"Dead last is greater than did not finish which trumps did not start."

### Masters Program Notes and Cancellations

- The Fall session is underway! More details below under "Fall Session Information".
- Registration is available now for both the Fall and Winter sessions.
  - Program details (times, dates, prices, etc.) can be found near the end of the newsletter.
  - **The Fall 7:30am Earlybirds and 6pm Whitecaps groups are full – waitlists available.**
  - **Other groups are getting close to full:**
    - 5 spots left in the Fall 8:10pm Whitecaps (this program will usually be run in 4 lanes)
    - 5 spots left in the Winter 6pm Whitecaps
    - 8 spots left in the Fall Saturday 8:15am Earlybirds
- **Sat Sept 29<sup>th</sup>** is the Third Annual Sports Day in Canada. I plan to do something "special" during the Saturday workout. Suggestions welcome! Details on Sports Day can be found here: <http://blog.participaction.com/participaction/en/?p=2996>.

### Newsletter E-mail List Clean-Up

If you have not yet registered for the Fall session, but you wish to continue receiving the newsletter and/or workouts, please e-mail me to let me know. Over the next few weeks I will be cleaning up the receiver lists. The next newsletter will be the last one you receive, unless you contact me.

Also, if you are a Carleton student and currently receive your newsletter via your "connect" e-mail account, please let me know if/when you switch over to "cmail", so that I can keep your e-mail address current.

## Swimmer Notes

### Swimmer Updates:

- **Nick Thierry**, long time Canadian swimming statistician and Editor of Swimnews magazine, suffered a stroke in early September: <http://swimnews.com/News/view/9737>. I wish him all the best for a speedy recovery. **Nick** has an amazing memory. He coached me for a couple of months when I was working at U of T on a co-op work term in 1980. I next saw him at Nationals in 1992 in Winnipeg, and he remembered that my family was from Winnipeg. It's **Nick's** swimming points tables that I use to determine the fastest swimmer awards at the end of each Masters term.
- A US Masters Swimmer, **Peony Munger**, recently passed away at age 77. Last year she completed her goal of swimming one (continuous) mile of butterfly five times per week for four years, for a total of 1000 miles! Details and an interview can be found here: <http://www.swimmingworldmagazine.com/lane9/news/USA/31867.asp?q=Passages:-Peony-Munger.-77>.
- A new (to Carleton) Masters swimmer recently showed me a photo taken a "year or two" ago. It's posted at: <http://carletonmasters.tripod.com/12photo>. If you can identify any of the people in this photo, let me know by e-mail. There will be a small prize (swim cap) for the person (not in the photo!) who is able to name the largest number of those pictured.
- A video from **Nancy Black**, Masters Swimming Canada to encourage people to get involved in Masters swimming and to attend the World Masters Aquatic Championships to be held outdoors at Parc Jean Drapeau, Montreal in 2014. <http://youtu.be/Q48s-lwLXhI>. **Sandy Lawson** (7:30am Earlybirds) and **Natalie Aucoin** (8:30am Earlybirds) were the two Carleton swimmers who attended Worlds this year in Riccione, Italy. They are held every two years.
- If you are interested in getting the Ravens Word newsletter with information on news, events, and promotions about Carleton Athletics (Varsity and Recreation), you can sign up here: <http://bit.ly/birdsword>.
- Carleton Parking Ticket?: You can appeal on-line at: [http://carleton.parkadmin.ca/carleton/v08\\_2/users/appeal/](http://carleton.parkadmin.ca/carleton/v08_2/users/appeal/).
- As reported in the last newsletter, Dutch Olympian (1964: 100fs and 4x100fs relay) and long-time Edmonton Masters swimmer **Vinus Van Baalen** passed away at age 70 on Tue Aug 21<sup>st</sup> after a short battle with bladder and bone cancer. Here are a couple of videos. The first is an interview from late 2011: <http://www.youtube.com/watch?v=4RA9bAXTcBo>. And here's his 50fs at Nationals in May (count the number of breaths he takes!): <http://www.youtube.com/watch?v=hY2fKonlodk>.
- Edmonton Masters have unfortunately lost another swimmer, **Tim Salpeter**, age 47, to brain cancer on Sept 12<sup>th</sup>. **Tim** was first diagnosed in August 2009. After his first surgery, he was able to get back into the pool in early 2010 and even competed in 2011, placing 3<sup>rd</sup> in 50m breaststroke (33.01) in the 45-49 age group at Nationals. Shortly after that, his condition deteriorated again and he had more surgery, chemo and radiation. He was in a hospice at the time of his death, and is survived by his wife and three children. **Tim** still holds National records in 40-44 SCM 100m breast (1:06.20) and 200m breast (2:27.70), set earlier in the year of his initial diagnosis.

### Swim News and Links:

- Shallow Water Blackout (Don't Hyperventilate while Swimming!): [http://www.aquaticsintl.com/2011/nov/1111\\_breathe.html](http://www.aquaticsintl.com/2011/nov/1111_breathe.html) (thanks to **Brad Shapansky**, 7:30am Earlybirds)
- A Little Science Behind Propulsion, Sept 14<sup>th</sup> Feel for the Water Blog: <http://www.feelforthewater.com/> (thanks to **Brad Shapansky**, 7:30am Earlybirds)

### General Sports News and Links:

- Cooling Glove "Better than Steroids": <http://news.stanford.edu/news/2012/august/cooling-glove-research-082912.html> (thanks to **Steve Morton**, x-Whitecaps)
- Or Perhaps Not?:

[http://www.slate.com/articles/technology/future\\_tense/2012/09/avacore\\_technologies\\_magic\\_cooling\\_glove\\_from\\_stanford\\_won\\_t\\_transform\\_your\\_workout\\_single.html](http://www.slate.com/articles/technology/future_tense/2012/09/avacore_technologies_magic_cooling_glove_from_stanford_won_t_transform_your_workout_single.html)

(thanks to **Steve Morton**, x-Whitecaps)

- Recovering with Chocolate Milk Gives Runners a Performance Edge: [http://endurancesportswire.com/new-study-finds-recovering-with-chocolate-milk-gave-runners-a-performance-edge/?utm\\_source=Press+Releases+from+Endurance+Sportswire&utm\\_campaign=9753750f2d-Reporter+ESW+Wed,+8%2F8%2F12&utm\\_medium=email](http://endurancesportswire.com/new-study-finds-recovering-with-chocolate-milk-gave-runners-a-performance-edge/?utm_source=Press+Releases+from+Endurance+Sportswire&utm_campaign=9753750f2d-Reporter+ESW+Wed,+8%2F8%2F12&utm_medium=email)

- Does Pre-Race Sex Improve Performance?: [http://running.competitor.com/2012/08/news/do-pre-race-relations-improve-performance\\_56296](http://running.competitor.com/2012/08/news/do-pre-race-relations-improve-performance_56296)

- Nike FuelBand Tracks Physical Activity Inconsistently: <http://www.nytimes.com/2012/07/29/technology/nike-fuelband-tracks-physical-activity-inconsistently.html>

- Why Asthma Doesn't Stop Elite Athletes: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/why-asthma-doesnt-stop-elite-athletes/article4445211/>

**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. Contact me if you are interested.

## Fall Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; Lynn

8:30am Earlybirds: Deep End; Lynn

6pm Whitecaps: Shallow Monday, Deep Tuesday/Thursday; Lynn

7:10pm Whitecaps: Shallow End; Monday: Lynn; Tuesday/Thursday: Mits

8:10pm Whitecaps: Shallow End; Mits (usually just 4 lanes available)

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be mentioned here, if I have enough notice.

### Fin Days:

Tue/Wed Oct 16/17<sup>th</sup> (6pm/7:30am/8:30am)

Thu/Fri Nov 29/30<sup>th</sup> (6pm/7:30am/8:30am)

### Time Trials:

Mon Oct 15<sup>th</sup> 400 free or IM (all)

Thu/Fri Oct 25/26<sup>th</sup> 2 x 50 (6pm/7:30am/8:30am)

Mon Nov 5<sup>th</sup> 200 (all)

Tue/Wed Nov 20/21<sup>st</sup> 1500/800 (all)

Tue/Wed Dec 4/5<sup>th</sup> 100 (6pm/7:30am/8:30am)

Thu/Fri Dec 13/14<sup>th</sup> relays (6pm/7:30am/8:30am)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall12.pdf>.

I must admit that I don't remember who “won” the freestyle distance-per-stroke (dps) challenge. However, the breaststroke dps winners were **Don Wells** (6pm Whitecaps) and **Tony Revitt** (8:30am Earlybirds) who each did a length in just two strokes!

Here's the weekday attendance for the first (almost) two weeks of the term. There will be certificates at the end of term for all those with perfect weekday attendance.

**6pm Whitecaps:** Sept 4-13<sup>th</sup> (5 workouts); range: 28-34; average: 30.4

Perfect Attendance: **Alison S, Amelia Z, Cam D, Dave G, Deb L, Don W, Elaine Y, Isaac FM, Joanne D, Marg E, Marie S, Mike L, Nicole D, Sean D**

**7:10pm Whitecaps:** Sept 4-13<sup>th</sup> (5 workouts); range: 15-22; average: 18.8

Perfect Attendance: **Jamie C, Mariette K, Mike H, Sylvia W**

**8:10pm Whitecaps:** Sept 4-13<sup>th</sup> (4 workouts); range: 11-14; average: 12.5

Perfect Attendance: **Heather G, Lynn B, Manuel L, Veronica T**

**7:30am Earlybirds:** Sept 5-14<sup>th</sup> (5 workouts); range: 22-26; average: 24.0

Perfect Attendance: **Angela D, Chris R, Christian C, Dave C, Ian L, James VT, Madelayne DG, Margaret K, Mike M, Susan H, Susan N-Y, Trina W, Ursula S**

**8:30am Earlybirds:** Sept 5-14<sup>th</sup> (5 workouts); range: 17-27; average: 20.8

Perfect Attendance: **Alan H, Amir B, Dawn W, Isabelle F, Margaret DK, Mark B, Natalie A, Penny E, Renee R, Will M-D**

## 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 (\$35). Please pay by cash or cheque payable to “Lynn Marshall”. Your MSO membership will be good until Dec 31<sup>st</sup>, 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 in Ontario and Quebec for 2012-2013. For the ones listed “details TBA”, the dates should be correct but the meets are not yet sanctioned. For the ones listed “TBC” I guessed at these using the dates from last year's schedule, so they could be completely wrong and/or not happening this season. 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 Oct 13<sup>th</sup> Brantford SCM (TBC)

Sat Oct 27<sup>th</sup> Swim Ottawa SCM Brewer? (details TBA; Brewer currently closed for repairs)  
Sat Nov 3<sup>rd</sup> Brossard SCM (TBC)  
Sat Nov 10<sup>th</sup> Coupe de Montreal SCM Claude Robillard (details TBA)  
Sun Nov 11<sup>th</sup> Etobicoke SCM <http://www.mastersswimmingontario.ca/pdf/EOMACSEMI-Serious8.pdf>  
Sun Nov 11<sup>th</sup> Technoport SCM Ottawa U (details TBA)  
Sat Dec 1<sup>st</sup> Montreal Nord SCM (details TBA)  
Sun Dec 2<sup>nd</sup> Technoport SCM Ottawa U (details TBA)  
Sat Dec 8<sup>th</sup> North York Pentathlon SCM (details TBA)  
Sat Jan 12<sup>th</sup> Clarington SCM (details TBA)  
Sun Jan 20<sup>th</sup> Alderwood SCY (details TBA)  
Sun Jan 20<sup>th</sup> Brockville SCM (TBC)  
Sat Jan 26<sup>th</sup> Pointe-Claire SCM (TBC)  
Sun Jan 27<sup>th</sup> Technoport SCM Ottawa U (details TBA)  
Sun Feb 10<sup>th</sup> Burlington SCM (details TBA)  
Sat-Sun Feb 16-17<sup>th</sup> LaSalle SCM (TBC)  
Sun Mar 10<sup>th</sup> Etobicoke LCM 1500 (TBC)  
Sat Mar 16<sup>th</sup> Dollard-des-Ormeaux SCM (TBC)  
Fri-Sun Apr 19-21<sup>st</sup> Quebec Provincials SCM Montreal Olympic Pool (details TBA)  
Sat Apr 20<sup>th</sup> Downtown Toronto All Out SCM (details TBA)  
Sun May 5<sup>th</sup> Thornhill SCM (details TBA)  
Fri-Mon May 17-20<sup>th</sup> Nationals SCM Nepean (TBC)  
Sat Jun 8<sup>th</sup> Longueuil LCM (TBC)  
Sat Jul 13<sup>th</sup> London ON LCM (TBC)  
Summer 2014 FINA World Aquatic Championships, Parc Jean-Drapeau (outdoors), Montreal (details TBA)

**Race Results:** (Please send in your results, and/or let me know if I missed anyone.)

### Sat Sept 1<sup>st</sup> Canadian Olympic Distance Triathlon (1.5k/45k/10k; 147 participants)

Great swim by **Danny!** **Christian** reports that he realized just as the race started that he had forgotten his chip, so he gave the field a 4min head start while he collected it! Full results at: <http://www.sportstats.ca/>.

**Danny Bernstein** (Saturday Earlybirds; 30-34): 61<sup>st</sup> overall; 53<sup>rd</sup> male and 6<sup>th</sup> in category in 3:01:30.9 (39:38 swim)

**Christian Cattan** (7:30am Earlybirds; 30-34): 64<sup>th</sup> overall; 55<sup>th</sup> male and 7<sup>th</sup> in category in 3:03:46.4 (37:49 swim)

### Sat Sept 8<sup>th</sup> Carleton Place Dragon Boat Festival

Despite the poor weather (paddling in a thunder storm!), the Foolish Sport Chicks, led by **Isabelle Fradette** (8:30am Earlybirds) and **Natalie Aucoin** (8:30am Earlybirds) finished 2<sup>nd</sup> in the women's division. The winning team, the Galley Girls, wasn't very far ahead this time – they're getting closer! Congratulations, ladies! Full results at: <http://fall400.com/race-results/>.

### Sat Sept 8<sup>th</sup> Esprit Triathlon, Montreal (3.8k/180k/42.2k; 82 participants)

Only **Rick** can have a "bad" day and still finish fourth overall, while winning his age group! Full results at: <http://www.sportstats.ca/>.

**Rick Hellard** (x-7:30am Earlybirds; 45-49): 4<sup>th</sup> overall; 4<sup>th</sup> man and 1<sup>st</sup> in category in 9:45:00.00 (56:51 swim)

### Sun Sept 9<sup>th</sup> Ironman Muskoka 70.3 (2k/94k/21.1k; 826 participants)

**Jordan** had a great swim averaging 1:27/100m – good job! Full results at: <http://www.sportstats.ca/>.

**Jordan Monnink** (x-7:10pm Whitecaps; 25-29): 30<sup>th</sup> overall; 25<sup>th</sup> man and 5<sup>th</sup> in category in 4:56:53 (29:10 swim)

### 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 16<sup>th</sup>).

### Ask the Coach

**Dear Coach:** What should I eat before and after swim workout? New Morning Swimmer

Dear N.M. Swimmer: It is important to eat something before you swim in the morning. Ideally you want to eat about an hour before you swim. You may need to experiment with what your stomach likes to have in it during a swim. Keeping hydrated is also a good idea, and remember that caffeine (coffee, tea, etc.) are diuretics, so can make you more thirsty. Bringing a water bottle to the pool is a good idea. After workout, it's best to get something into your stomach within 20min. Thus, bringing a snack to the pool is recommended.

**Dear Coach:** I fell and scraped myself quite badly. How long should I wait before I come back to swimming? Wounded Swimmer

Dear W. Swimmer: Cuts and scrapes that you get wet will tend to heal more slowly and thus scar more. Bad cuts and scrapes may also be painful in the pool. I'd recommend waiting until the scrapes are dry (no oozing) and mostly healed before getting back in the pool. If you are a fanatic about your swimming, you can try to cover the scrape so that it stays dry, or dry it with a hand-held hair dryer after your swim.

**Dear Coach:** Will I swim faster if I shave my body? If so, how much and how often should I shave? A Hirsute Swimmer

Dear A.H. Swimmer: Yes, you will swim faster if you "shave down", even if you're not very hairy. Elite swimmers usually shave down for "big" competitions. This is done perhaps two or three times a year. Generally, any hair that is not covered (by swim suit, cap or goggles) is shaved off. Even those with little hair benefit, as the act of shaving takes off the top layer of skin which improves your "feel" for the water. Thus shaving is considered better than other methods that only remove the hair (waxing, etc.). However, care is needed. I've heard horror stories of nicked nipples and other big shaving cuts which can be excruciating, especially if racing in a salt water pool! Also, lots of moisturizer is recommended after each pool session to avoid razor burn. Some feel that shaving down also has a psychological benefit. There is, of course, research on this, for example: <http://www.ncbi.nlm.nih.gov/pubmed/2691818>.

### Private and Semi-Private Masters Swim Lessons

**Fall Availability:**

Mon 9:45-10:45am: Sept 17, 24; Oct 1, 15, 22, 29; Nov 5, 12, 19, 26; Dec 3, 10

Fri 9:45-10:45am: Sept 21, 28; Oct 5, 12, 19; Nov 2, 16, 23; Dec 7, 14

Some evenings/weekends will also be available during December exams. A schedule will be circulated when it is available.

#### Prices:

**Private:** \$52.50 per hour, plus HST.

**Semi-Private** (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

## Reminders

### 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 4<sup>th</sup> to Sat Dec 15<sup>th</sup>** (no workouts: Mon Sept 3<sup>rd</sup>; Mon Oct 8<sup>th</sup>)

**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: **full** (waitlist available)

**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: nearly full!

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

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

**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: nearly full!

**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 my 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.slowlitch.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 ([lynmarshall@sympatico.ca](mailto:lynmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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