

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Saturday, September 29, 2012 10:28 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 #317

Carleton Masters Swimming Newsletter #317

Saturday, September 29th, 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 (42 addresses), 8:30am Earlybirds II (28 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (30 addresses), 8:10pm Whitecaps III (19 addresses), Saturday Only (6 addresses), Masters "Alumni" (8 addresses), 2011/2012 Swimmers (70 addresses), 2011/2012 Alumni (28 addresses).

"You can never cross the ocean unless you have the courage to lose sight of the shore." – Christopher Columbus

Masters Program Notes and Cancellations

- Apologies to all the morning swimmers for the water main issues on Fri Sept 28th which meant no showers ☹ !
 - And we're still wondering who brought the Bud Light to the pool that morning!
- I hope that today's Saturday swimmers enjoyed celebrating "Sports Day in Canada" with a special "typewriter" main set.
- Note that there are **no workouts on Mon Oct 8th** (Thanksgiving)
 - For Saturday swimmers, there is a workout Sat Oct 6th at the usual time (8:15am)
- 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.
 - Spaces in other groups:
 - 10 spots left in the Fall 8:30am Earlybirds
 - 5 spots left in the Fall Saturday 8:15am Earlybirds
 - 8 spots left in the Fall 7:10pm Whitecaps
 - 3 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

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.

Also, if you are a Carleton student or staff 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.

Masters Swimming Ontario Registration

Interested in participating in any Masters swimming competitions this year or next? If so, you need to register with Masters Swimming Ontario (MSO). Cost is \$35 if you pay on or before Sat Oct 20th. After that there will be an additional \$1 handling fee for dealing with your registration separately. I need your address, phone number, and date of birth, as well as cash or a cheque payable to me (Lynn Marshall). Your MSO registration will be good from November 2012 until December 2013, inclusive.

Lane Etiquette

Here are a few tips to ensure that you and your lane-mates all have a good swim.

- Ensure that you know what direction your lane-mates are swimming in (clockwise or counter-clockwise) before you start.
- Swim in a circle during warm-up, even if your lane isn't busy at the start of workout (due to late arrivals).
- If you arrive late, join in with the others in your lane, rather than starting at the beginning of the warm up.
- Keep a minimum 5 second gap between swimmers, except when passing.
- Pass only when it is safe to do so.
- Ensure that you do your turns in the middle of the lane, to avoid collisions with those behind you.
- If you stop at the wall during warm up, ensure that you move to a corner of the lane, so that those swimming can turn in the middle.
- During the main set, ensure that everyone in your lane has space to finish at the wall, which may mean moving away from the wall if you're in a busy lane.
- If you get lapped in the main set, skip a 50 and join back in with your lane-mates.
- If you are not happy with the speed of your lane (too fast or too slow), let your coach know, but keep in mind that we only have 6 lanes (4 lanes for 8:10pm Whitecaps).
- Please put all your equipment away neatly in the appropriate location after your swim. (Ask if you're not sure where something goes.)

Swimmer Notes

Swimmer Updates:

- Great to see that the Carleton lifeguards did a great job!

Teen Rescued from Bottom of Carleton Pool Sat Sept 15th: <http://www.cbc.ca/news/canada/ottawa/story/2012/09/15/ottawa-near-drowning-victim-revived.html>

- We have a tentative date for the not-to-be-missed incredible feast Carleton Masters Annual Holiday Party: **Sat Dec 8th**. More details coming soon...

- **Carol Alexander** (Earlybirds) was featured in an article in the Healthwise Ottawa Fall 2012 magazine on the pennies collected for Africa: "A Solidarity of Grandmothers: Conduits for Change": Canadian grandmothers help fight AIDS and HIV. Thanks to **Lucie Boudreau** (8:30am Earlybirds) for letting me know about this article. A scanned copy is at: <http://carletonmasters.tripod.com/12photo>.

- Let's try this one more time. So far, I've only had one reply and that person identified only one person. Can you do better?:

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.

Masters Swimming Canada (MSC) News and Links:

- MSC September news: <http://youtu.be/3H4IzUQKag>
- MSC swimmer interviews at Nationals: <http://youtu.be/eBVrhBygtYQ>
- Swimmer Profile, **Connie Stamhuis**, OMSC:
http://mymsc.ca/blogs/RobynSwimNews/entry/swimmer_profile_conny_stamhuis_omsc
- MSC Photos wanted: \$100 to one lucky contributor if submitted by Wed Oct 10th: for more details or to submit a photo, contact: robynouimet@mastersswimming.ca
- MSC is on facebook and twitter: <https://www.facebook.com/MastersSwimmingCanada> and <https://twitter.com/MastersSwimCan>
- Sports nutrition information: <http://www.coach.ca/snac-sport-nutrition-p145045>

Other News and Links:

- Thanks to **Tamsin Douglas** (x-7:30am Earlybirds) for this link on hand position while swimming: <http://ht.ly/dXFXD>.
- 81 yr old **Ed Whitlock** Sets another Running World Record (1:38.59 Half Marathon): <http://blogs.montrealgazette.com/2012/09/17/ed-whitlock-earns-another-world-record/>
- Facts and Myths about Fueling up Before your Workout: <http://health.usnews.com/health-news/blogs/eat-run/2012/09/10/facts-and-myths-about-fueling-up-before-your-workout>
- Astronaut Completes Triathlon in Space, Just because She Could: <http://dvice.com/archives/2012/09/astronaut-compl.php>
- Can You be Fat and Fit – or Thin and Unhealthy?: <http://healthland.time.com/2012/09/05/can-you-be-fat-and-fit-or-thin-and-unhealthy/#ixzz26I4TD0Ws>
- Is **Kip Litton** a Marathon Fraud?: http://www.newyorker.com/reporting/2012/08/06/120806fa_fact_singer?currentPage=all

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.

Lynn coached for **Mits** on Thu Sept 27th.

Fin Days:

- Tue/Wed Oct 16/17th (6pm/7:30am/8:30am)
- Thu/Fri Nov 29/30th (6pm/7:30am/8:30am)

Time Trials:

- Mon Oct 15th 400 free or IM (all)
- Thu/Fri Oct 25/26th 2 x 50 (6pm/7:30am/8:30am)
- Mon Nov 5th 200 (all)
- Tue/Wed Nov 20/21st 1500/800 (all)
- Tue/Wed Dec 4/5th 100 (6pm/7:30am/8:30am)
- Thu/Fri Dec 13/14th 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>.

Claire Robinson (7:30am Earlybirds) won the distance per stroke (dps) backstroke "competition" with just 3 strokes in 25m.

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 4-27th (11 workouts); range: 25-34; average: 29.6
Perfect Attendance: **Alison S, Cam D, Dave G, Deb L, Don W, Marg E, Marie S, Nicole D**

7:10pm Whitecaps: Sept 4-27th (11 workouts); range: 15-22; average: 18.5
Perfect Attendance: **Jamie C, Mike H, Sylvia W**

8:10pm Whitecaps: Sept 4-27th (8 workouts); range: 8-14; average: 11.9
Perfect Attendance: **Heather G, Manuel L, Veronica T**

7:30am Earlybirds: Sept 5-28th (11 workouts); range: 22-28; average: 24.7
Perfect Attendance: **Christian C, Ian L, Mike M**

8:30am Earlybirds: Sept 5-28th (11 workouts); range: 16-27; average: 20.2

Perfect Attendance: **Margaret DK, Mark B, Penny E, 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 is now open. Cost is \$35. Please pay by cash or cheque payable to "Lynn Marshall" by Sat Oct 20th. I also need your address, phone number, and date of birth. Your MSO membership will be good until Dec 31st, 2013. Contact me for more details. Note that you must register with MSO 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 13th Brantford SCM (TBC?) – probably not happening
Sat Oct 27th Swim Ottawa SCM Brewer: **CANCELLED** (Brewer Pool closed until January)
Sat Nov 3rd Brossard SCM <https://registration.swimming.ca/MeetInfo.aspx?meetid=13393>
Sat Nov 10th Coupe de Montreal SCM Claude Robillard <https://registration.swimming.ca/MeetInfo.aspx?meetid=13288>
Sun Nov 11th Etobicoke SCM <http://www.mastersswimmingontario.ca/pdf/EOMACSemi-Serious8.pdf>
Sun Nov 11th Technosport SCM Ottawa U <http://www.technosport.ca/short-course-invitational-swim-meet-november-11-2012/>
Sat Dec 1st Montreal Nord SCM (details TBA)
Sun Dec 2nd Technosport SCM Ottawa U (details TBA)
Sat Dec 8th North York Pentathlon SCM (details TBA)
Sat Jan 12th Clarington SCM (details TBA)
Sun Jan 20th Alderwood SCY (details TBA)
Sun Jan 20th Brockville SCM (TBC)
Sat Jan 26th Pointe-Claire SCM (TBC)
Sun Jan 27th Technosport SCM Ottawa U (details TBA)
Sat-Sun Feb 2-3rd Coupe de la Capitale LCM Quebec City <https://registration.swimming.ca/MeetInfo.aspx?meetid=13440>
Sun Feb 10th Burlington SCM (details TBA)
Sat-Sun Feb 16-17th LaSalle SCM (TBC)
Sat Mar 2nd Cote St-Luc SCM Montreal (details TBA)
Sun Mar 10th Etobicoke LCM 1500 (TBC)
Sat Mar 16th Dollard-des-Ormeaux SCM (details TBA)
Fri-Sun Apr 19-21st Quebec Provincials SCM Montreal Olympic Pool (details TBA)
Sat Apr 20th Downtown Toronto All Out SCM (details TBA)
Sun May 5th Thornhill SCM (details TBA)
Fri-Mon May 17-20th Nationals SCM Nepean (details TBA)
Sat Jun 8th Longueuil LCM (details TBA)
Sat Jul 13th 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-Sun Sept 15-16th Quebec Cup Dragon Boat Festival, Montreal

Debby Whately (6pm Whitecaps) competed for the Cascades women's and mixed team's at this event. **Isabelle Fradette** (8:30am Earlybirds), **Natalie Aucoin** (8:30am Earlybirds), **Margaret King** (7:30am Earlybirds), **Susan Nevitt-Yelle** (7:30am Earlybirds), **Colette Kenney** (8:30am Earlybirds), **Isla Paterson** (8:30am Earlybirds), and **Claire Robinson** (7:30am Earlybirds) competed for the Foolish SportChicks women's team. One of the highlights was that the Foolish SportChicks won a case of beer for winning their "B" final! Full results at: http://22dragons.com/files/qc_cup/results_2012.pdf. Here's how they did:

Female Competitive (9 teams):

Cascades Women: 5th overall (5th in 200m, 4th in 500m, 4th in 2k)

Foolish SportChicks: 7th overall (8th in 200m, 7th in 500m, 7th in 2k)

Community Mixed (20 teams):

Cascades Mixed: 12th overall (14th in 200m, 13th in 500m, 6th in 2k)

Sun Sept 23rd Army Run, Half Marathon (7116 participants)

Great runs, all! Full results at: <http://www.sportsstats.ca/>. Did I miss anyone?

Mike Lau (6pm Whitecaps; 50-59): 103rd overall, 93rd man and 5th in category in 1:27:22.8 (1:26:58.1)

Dave Grynspan (6pm Whitecaps; 30-39): 909th overall, 782nd man and 288th in category in 1:43:37.1 (1:41:54.2)

Gi Wu (6pm/7:10pm Whitecaps; 20-29): 1573rd overall, 1263rd man and 279th in category in 1:50:14.9 (1:48:50.1)

Jamie Wildsmith (6pm Whitecaps; 30-39; 1:50 Pace Bunny): 1756th overall, 1377th man and 462nd in category in 1:51:22.9 (1:50:06.8)

Elaine Yardley (6pm Whitecaps; 30-39): 2820th overall, 798th woman and 304th in category in 1:59:54.5 (1:56:51.4)

Paul Denys (7:10pm Whitecaps; 40-49): 3433rd overall, 2351st man and 709th in category in 2:04:57.6 (2:03:06.1)

Stephane Raynaud (x-Whitecaps; 40-49): 3877th overall, 2552nd man and 772nd in category in 2:08:36.1 (2:06:10.1)

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: Can you recommend a basic swim weights program? I want to get stronger, especially in butterfly. Adding Weight Training

Dear A.W. Training: As usual, if making a big change to your fitness routine, you should consult a doctor. Here's a link to a basic weight training program for swimmers: http://swimming.about.com/cs/drylandexercise/a/swim_weight.htm. If there is a particular muscle you want to work, or an exercise that you're not sure about, most weight training facilities, including Carleton's have staff who can advise.

Dear Coach: When you say to put your hands in the water at 11:00 and 1:00 in backstroke, where exactly is the middle of the clock? Improving My Backstroke

Dear I.M. Backstroke: The middle of the clock is near your chest/belly. 12:00 is straight above your head, and 6:00 is at your toes, so 3:00 and 9:00 are straight out to the sides. In other words your arms should enter the water about 1/3 of the way between straight up, and straight out to the sides.

Dear Coach: Should my fingers and thumb be tight together when swimming, or wider apart? Working on My Arm Pull

Dear W.o.M.A. Pull: Your fingers shouldn't be either super tightly squeezed, not widely spread. A relaxed hand position with small gaps between the fingers is best. As for the thumb, no one can agree exactly where is best, so that's your choice. There is an article in the "Swimmer Notes" section above (thanks, Tamsin) with more details.

Dear Coach: Can you please include a reminder on lane etiquette? Long-time Swimmer

Dear L. Swimmer: Done – see near the top of the newsletter.

Private and Semi-Private Masters Swim Lessons

Fall Availability:

Mon 9:45-10:45am: Oct 22; Nov 12, 19, 26; Dec 3, 10

Fri 9:45-10:45am: Oct 5, 12, 19, 26; 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 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: **full** (waitlist available)

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 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: 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.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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