

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Saturday, October 13, 2012 10:05 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 #318

Carleton Masters Swimming Newsletter #318

Saturday, October 13th, 2012

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2012 and Alumni: 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (28 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (32 addresses), 8:10pm Whitecaps III (19 addresses), Saturday Only (8 addresses), Masters "Alumni" (27 addresses).

"Adversity causes some men to break; others to break records." – William Arthur Ward

Masters Program Notes and Cancellations

- The Fall session ends **Sat Dec 15th**.
 - There are no further cancellations planned for this term.
- 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
 - 3 spots left in the Fall Saturday 8:15am Earlybirds
 - 7 spots left in the Fall 7:10pm Whitecaps
 - 4 spots left in the Fall 8:10pm Whitecaps (this program will usually be run in 4 lanes)
 - 3 spots left in the **Winter** 6pm Whitecaps

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.

Swimmer Notes

Swimmer Updates:

- The Annual Holiday Party will be held **Sat Nov 24th** (note change from tentative date announced last time). As usual **Don Wells** (6pm Whitecaps), **Joanie Conrad** (7:10pm Whitecaps), **Sam** and **Ben** (x-Safety Supervision) will be hosting at 376 Hamilton Avenue South. It's potluck and BYOB, starting at 6:30pm. Full details at: <http://carletonmasters.tripod.com/festive2012.pdf>. Hope to see you all there!

- There has been some interest in resurrecting the monthly team pub night for swimmers in the club. So we will end the month of October with an informal pub night at the Heart and Crown on Thu Oct 25th at approximately 8pm. A group of us will head out there right after the 6:00-7:10pm Whitecaps practice and grab a few tables. This will be a great opportunity for swimmers from all the different time slots to get together and socialize.

When: Thursday October 25

Time: 8 pm

Where: Heart and Crown, on the corner of Preston St and Aberdeen

- Thanks to **Chris Macknie** (7:30am Earlybirds) for a great article in the Sat Oct 6th Ottawa Citizen (C5) on **Margaret King** (7:30am Earlybirds) and **Lucie Boudreau** (8:30am Earlybirds) earning their first TriRudy award. **Chris** neglects to mention that he has just completed his 8th TriRudy award! You can read the article here: <http://carletonmasters.tripod.com/margaretlucieoct6.pdf> or here: [Ottawa Citizen](http://ottawacitizen.com).

- Swimmer in the News: **Roy Hanes** (7:10pm Whitecaps) recently presented a paper at the United Nations: <http://charlatan.ca/2012/10/carleton-prof-presents-paper-at-united-nations/> and <http://newsroom.carleton.ca/2012/10/05/social-work-professor-roy-hanes-presents-paper-to-united-nations/>.

- **Ursula Scott** (7:30am Earlybirds) and her husband, **Sean Kelly** (x-Earlybirds) successfully hiked the Grand Canyon "rim to rim" at the end of September. That meant hiking down the north side to the bottom and then back up the south side – a total of 40 kms. over 4 days with a backpack: Ursula's weighed 30 lbs.; Sean's was 40 since he carried the tent. Though challenging it certainly was the most spectacular way to experience the Canyon and is highly recommended – just try to do plenty of squats, lunges and calf raises regularly beforehand :). Here's a photo of the group half way up the south side at Plateau Pointe that has breathtaking 360 degree views of the whole canyon and the Colorado river: <http://carletonmasters.tripod.com/12photo/>. Great job – swimming for 1 hour at a time with no back pack will no longer be a challenge ☺ !

- **Andrew Papadatos** (8:10pm Whitecaps) is the captain of the junior soccer team at Lycée Claudel. They have started the season 4-0, with **Andrew** scoring several goals, including the first goal in a 3-2 win over l'Ecole Gameau which was shown on Rogers Cable 23 on Oct 6th. Keep up the good work!

- **Charles McFarland** (x-Earlybirds) is interviewed about the upcoming Interactive Julius Caesar production at Centrepointe: <http://www.youtube.com/watch?v=IW0NpwTWZ3k>. More information on the performance can be found here: <http://www.ottawashakespeare.ca/why-should-you-be-sitting-in-the-dark/>.

- **Bruce Brown** (7:30am Earlybirds) reports that he is slowly recovering from his torn Achilles tendon. He has another doctor's appointment next week, and hopes that he'll soon be able to return to the pool.

- A few weeks after a severe stroke, **Nick Thierry** (Toronto Coach and Swimnews founder) passed away on Oct 1st: <http://www.swimnews.com/News/view/9777>.

- The Carleton coaches / swimmers in the photo (<http://carletonmasters.tripod.com/12photo>) are **Claudia Cronin-Schlote** (Saturday Coach), **Lynn Marshall**

(Coach), and **Carolyn Odecki** (8:10pm Masters). Follow the link for who is who. **Don Wells** (6pm Whitecaps) is the winner, as he was the first to identify me.

- This weekend is Carleton's Ravenspalooza weekend. Check out the Varsity games and activities at: <http://goravens.carleton.ca/ravenspalooza/>.

- Carleton University Employees may be interested in the upcoming **Healthy Workplace Wellness Fair** Tue Oct 16th 11:30am-2:30pm in Porter Hall, University Centre. More details at: <http://www1.carleton.ca/healthy-workplace/carleton-university-employee-health-and-wellness-fair/>.

Inspiring & Swimming News:

- Frenchman **Robert Marchand** Sets 100km Cycling Record at Age 100: <http://sportsillustrated.cnn.com/2012/more/09/28/france-cyclist-100-years.ap/>
- American **Craig Dietz** Born with No Arms or Legs Sets Personal Best in 5km Swim: http://www.contracostatimes.com/california/ci_21615113/swimmer-no-arms-and-legs-sets-personal-best
- Swim to Work in London?: http://www.architizer.com/en_us/blog/dyn/55044/yn-studio-proposes-first-commuter-swim-lane-in-london/

Other News and Links:

- Should You Drink Alcohol if You're Training for a Race?: <http://www.cnn.com/2012/08/17/health/drink-training/index.html>
- A Hot Drink Cools You Faster than a Cold One?: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/a-hot-drink-cools-you-faster-than-a-cold-one-myth-or-reality/article4474567/>
- Running Marathons Safe for Older Adults: <http://www.sciencedaily.com/releases/2012/08/120821212511.htm>
- Sudden Death Less Likely in Exercise Related Cardiac Arrests: <http://www.sciencedaily.com/releases/2012/08/120826143346.htm>
- Midlife Fitness Staves of Chronic Disease: <http://www.sciencedaily.com/releases/2012/08/120827162009.htm>
- Marathon Running Could Trigger Pulmonary Edema: <http://www.sciencedaily.com/releases/2012/09/120903143137.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. 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 noted here.

Lynn coached for **Mits** on Thu Oct 4th, as he was sick.

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>.

Here are the weekday attendance statistics. There will be certificates at the end of term for all those with perfect weekday attendance.

6pm Whitecaps: Sept 4-Oct 11th (16 workouts); range: 25-34; average: 29.3
Perfect Attendance: **Alison S, Cam D, Deb L, Don W, Marie S**

7:10pm Whitecaps: Sept 4-Oct 11th (16 workouts); range: 15-26; average: 18.9
Perfect Attendance: **Jamie C, Mike H, Sylvia W**

8:10pm Whitecaps: Sept 4-Oct 11th (12 workouts); range: 8-14; average: 11.9
Perfect Attendance: **Heather G, Manuel L**

7:30am Earlybirds: Sept 5-Oct 12th (16 workouts); range: 22-29; average: 25.1
Perfect Attendance: **Christian C, Ian L**

8:30am Earlybirds: Sept 5-Oct 12th (16 workouts); range: 15-27; average: 19.6
Perfect Attendance: **Mark B, Penny E**

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**. (After Sat Oct 20th, cost is \$36.) 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.**

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 <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>
Sat Dec 8th North York Pentathlon SCM: **CANCELLED**
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 <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>
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 3rd Technosport SCM Ottawa U <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>
Sun Mar 10th Etobicoke LCM 1500 (TBC)
Sat Mar 16th Dollard-des-Ormeaux SCM (details TBA)
Fri-Sun Mar 29-31st Ontario Provincials SCM London (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 Sept 30th Ironman 70.3 Poconos, Pennsylvania (1.9k/90k/21.1k; 1099 participants)

Well done, **Greg** and **Mike**! Almost a tie in the swim, with **Mike** ahead by 2sec! Full results at: <http://www.sportstats.ca>.

Greg Payne (7:30am Earlybirds; 40-44): 278th overall, 237th man, and 42nd in category in 5:23:32 (46th in category in swim in 33:32)

Mike Mopas (7:30am Earlybirds; 35-39): 741st overall, 602nd man, and 115th in category in 6:23:24 (51st in category in swim in 33:30)

Sun Oct 7th Valley Harvest 5k Run, Wolfville, NS (431 participants)

Congratulations to **Susan** on a podium finish! In the marathon distance, **Susan's** brother, **Dave Nevitt**, completed his 100th marathon (with bib number 100!), finishing 4th overall and 1st in men's 50-59 in 2:57:17. Wow! Full results at: <http://www.atlanticchip.ca/events/results-show.php?result=1730>.

Susan Nevitt-Yelle (7:30am Earlybirds; 40-49): 35th overall and 3rd in category in 23:05 (23:00)

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: We have an idea for the next time we do the typewriter set. Each lane should be provided with a bottle of virtual Liquid Paper (or Wite-Out) so that they have the option of changing the set associated with one of the lanes. **Sandy Lawson** (7:30am Earlybirds) and **Dawn Walsh** (8:30am Earlybirds)

Dear Sandy and Dawn: That's a great idea! For the youngsters in the crowd who don't remember much about typewriters, here is more information on liquid paper and wite out: http://en.wikipedia.org/wiki/Liquid_Paper and <http://en.wikipedia.org/wiki/Wite-Out>.

Dear Coach: As there is a "fin day" coming up soon, can you tell me how to choose fins that fit and won't give me blisters? Sore Feet Last Fin Day

Dear S.F.L.F. Day: Carleton's fins come in sizes 3-5, 5-7, 7-9, 9-11, 11-13 and 13-15. Men should generally go up by one size, as the sizing is closer to women's shoe sizes than men's. Those with really wide feet, may need to go up an additional size. (We have a limited selection of fins in larger sizes (11-13 and 13-15). I have asked that more be ordered, but money is tight.) If you can find any of the older black fins in your size, they are softer rubber and more comfortable than the newer coloured ones. To avoid blisters, I recommend bringing a pair of socks to wear.

Dear Coach: I like to finish my swims by touching the wall, but sometimes my lane-mates are in the way. What do you recommend? Want to do 100s not 99s.

Dear W.t.d.1.n.99s: There was a reminder on lane etiquette in the previous newsletter, which your lane-mates should now have seen. To make things easier

for your lane-mates, be sure to touch the wall very near the edge of the lane so that they don't have to move very far to give you space. If someone gets in the way, politely remind them to move over. If you are still encountering difficulties, ask your coach to speak to your lane-mates.

Dear Coach: I sometimes do a long swim in the morning (2 hours). What do you recommend that I eat before and during the workout? Increasing my Mileage

Dear I.m. Mileage: Make sure that you have breakfast before workout – ideally finishing 45min or so ahead of time. You may need to experiment with what your stomach can deal with before a long workout. For a workout of that length, you will need sustenance during the workout, such as a dilute sports drink. After workout chocolate milk, or something similar, is recommended.

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