

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Saturday, October 27, 2012 11:52 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 #319

Carleton Masters Swimming Newsletter #319

Saturday, October 27th, 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 (30 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (32 addresses), 8:10pm Whitecaps III (21 addresses), Saturday Only (8 addresses), Masters "Alumni" (27 addresses).

"Concentrate all your thoughts upon the work at hand. The sun's rays do not burn until brought to a focus." – Alexander Graham Bell

Masters Program Notes and Cancellations

- The Fall session ends **Sat Dec 15th**.
 - There are no further cancellations planned for this term.
- Registration is available 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, Saturday Earlybirds and 6pm Whitecaps groups are full – waitlists available.
 - Spaces in other Fall groups:
 - 10 spots left in the Fall 8:30am Earlybirds
 - 7 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)
 - The **Winter** 6pm Whitecaps is full – waitlist available

Swimmer Notes

Swimmer Updates:

- Stroke Survivor's Association of Ottawa are having their annual Benefit Dinner and Auction **7pm Wed Nov 14th**. For tickets speak to **Jim Lee** and **Deb Lee** (6pm Whitecaps) or go the website: www.strokesurvivors.ca.

- 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!

- About 12 people attended the team get together at the Heart and Crown on Thu Oct 25th. As the Holiday party is happening in November, how about a December outing on the date of the last evening workout: **Thu Dec 13th**?

- Here's another article on Julius Caesar playing at Centrepointe until Nov 3rd, directed by **Charles McFarland** (7:30am Earlybirds): <http://metronews.ca/news/ottawa/412120/director-combines-live-theatre-kinect-camera-for-interactive-julius-caesar-play/>.

- Following in their father's footsteps, **Greg Payne** (7:30am Earlybirds)'s sons ran very well at their recent school cross-country event. **Ethan** (14) qualified for OFSAA in the 6km race, while **Aaron** (8) was 15th out of 100 in the 2km. Great job, boys!

- On **Fri Nov 9th** the Bytown Storm Youth Triathlon Club is holding its first Silent Auction and Casino night at Rideau Carleton Raceway. Tickets are \$30 which includes a buffet dinner. To book e-mail **Greg Kealey** (x-Whitecaps) at endurancentre1@yahoo.ca. Note that you don't have to attend the Casino night to bid. You may also bid on-line. You can check out the over 130 auction items at: http://www.32auctions.com/organizations/4545/auctions/5038/show_info.

- Looking for a "cool" event on New Year's Day? Check out the Sears Great Canadian Chill: Polar Bear Dip at Britannia Bay: <http://thechill.ca/> or <http://ottawa.thesearsgreatcanadianchill.ca/>.

News and Links:

- Never Too Old – Albert Roffey 76yr old local triathlete: Video: <http://ottawa.ctvnews.ca/video?clipId=788185&binId=1.819039>
- Recent "Effortless Swimming" post: <http://effortlessswimming.com/freestyle/forget-about-stroke-count/>
- A 2:46 marathon in flip-flops!: <http://www.thepostgame.com/blog/pulse/2012/10/man-runs-246-marathon-flip-flops-runners-world> (thanks to **Greg Payne** (7:30am Earlybirds) for this link)
- The Acid Test: A Lesson in pH: <http://lavamagazine.com/training/the-acid-test-a-lesson-in-ph/#.UHWlqL6f0zI.facebook>
- Protein for Runners: <http://www.iawr-connect.com/nutrition/protein-for-runners-what-do-the-researchers-say/>
- Eat to Build Lean Muscles: <http://www.active.com/nutrition/Articles/Eat-to-Build-Lean-Muscles.htm?cmp=291&memberid=89079251&lyrisid=26617963>
- Power Plate: Renaissance of a Space Age Relic: http://www.nytimes.com/2012/08/19/fashion/the-power-plate-a-space-age-relic-inspires-a-new-form-of-exercise.html?_r=0
- Learn How to Identify Overtraining: http://www.thestretchinghandbook.com/archives/overtraining.php?utm_source=list&utm_medium=email&utm_term=overtraining&utm_campaign=Newsletter_20120904
- The Unkillable Lactate Myth: <http://sweatscience.runnersworld.com/2012/09/the-unkillable-lactate-myth/>

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.

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)

Thanks to all who participated in the 400 time trial on Mon Oct 15th. There were 16 improvements: 14 in 400fs and 2 in 400IM. The largest improvement was by Roy Hanes (7:10pm Whitecaps). He improved his 400fs by 1:10.9 – wow! The most improved 400IM swimmer was Tony Michel (7:30am Earlybirds). He improved by 24.5 seconds. A full list of all the improvements follows:

400fs (14)

Roy Hanes (7:10pm Whitecaps) 1:10.9

Fouad Hejazi (7:30am Earlybirds) 17.1

Cindy Steele (6pm Whitecaps) 16.3

Kevin Graham (7:30am Earlybirds) 16.2

Joanne Dawson (6pm Whitecaps) 12.9

Siobhan MacManus (7:30am Earlybirds) 10.8

Alison Storm (6pm Whitecaps) 10.6

Paul Denys (7:10pm Whitecaps) 8.9

Marie Steele (6pm Whitecaps) 5.2

Christian Cattan (7:30am Earlybirds) 3.2

Brad Shapansky (7:30am Earlybirds) 2.1

Maliika Shaath (7:10pm Whitecaps) 1.4

Sean Dawson (6pm Whitecaps) 0.7

Francois Jacques (7:30am Earlybirds) 0.1

400IM (2)

Tony Michel (7:30am Earlybirds) 24.5

Natalie Aucoin (8:30am Earlybirds) 5.1

The 50 time trials were held Thu Oct 25th (6pm Whitecaps) and Fri Oct 26th. Thanks to all those who participated. There were quite a few improvements, led by **Greg Payne** (7:30am Earlybirds)'s 4.7sec improvement in 50br! Also, special mention to **Andrea Chandler** (6pm Whitecaps) and **Kevin Graham** (7:30am Earlybirds) for improving in both their 50s. Here are all the improvements:

50fs (9)

Andrea Chandler (6pm Whitecaps) 1.2

Kevin Graham (7:30am Earlybirds) 1.1

Susan Hulley (7:30am Earlybirds) 1.1

Andrea Mrozek (6pm Whitecaps) 0.5

Jackie Lyons (6pm Whitecaps) 0.5

Alison Storm (6pm Whitecaps) 0.3

Cindy Steele (6pm Whitecaps) 0.2

Ursula Scott (7:30am Earlybirds) 0.2

Luz Osorio (6pm Whitecaps) 0.1

50bk (4)

Cam Dawson (6pm Whitecaps) 1.8

Colette Kenney (8:30am Earlybirds) 1.1

Deb Low (6pm Whitecaps) 0.7

Christian Cattan (7:30am Earlybirds) 0.1

50br (6)

Greg Payne (7:30am Earlybirds) 4.7

Andrea Chandler (6pm Whitecaps) 1.2

Kevin Graham (7:30am Earlybirds) 0.8

Mike Mopas (7:30am Earlybirds) 0.7

Susan Hulley (7:30am Earlybirds) 0.3

Margaret King (7:30am Earlybirds) 0.2

Amir Banihashemi (8:30am Earlybirds) tied best

50fl (2)

Erin Kelly (6pm Whitecaps) 1.2

Fouad Hejazi (7:30am Earlybirds) 1.1

Luz Osorio (6pm Whitecaps) tied best

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 25th (22 workouts); range: 25-34; average: 28.8
Perfect Attendance: **Cam D, Deb L, Don W, Marie S**
Missed 1 Workout: **Jian-Lok C, Joanne D, Nicole D, Pete L**

7:10pm Whitecaps: Sept 4-Oct 25th (22 workouts); range: 15-26; average: 18.4
Perfect Attendance: **Jamie C, Mike H**
Missed 1 Workout: **Sylvia W**

8:10pm Whitecaps: Sept 4-Oct 25th (14 workouts); range: 8-16; average: 12.3
Perfect Attendance: **Manuel L**
Missed 1 Workout: **Heather G**

7:30am Earlybirds: Sept 5-Oct 26th (22 workouts); range: 22-29; average: 25.1
Perfect Attendance: **Christian C**
Missed 1 Workout: **Angela D, Brad S, Susan H**

8:30am Earlybirds: Sept 5-Oct 26th (22 workouts); range: 12-27; average: 19.0
Perfect Attendance: **Mark B**
Missed 1 Workout: **Margaret DK**

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 \$36. Please pay by cash or cheque payable to "Lynn Marshall". 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 competitions, mostly 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 Nov 3rd Brossard SCM <https://registration.swimming.ca/MeetInfo.aspx?meetid=13393>

Sun Nov 4th Stacey Moore Memorial SCY Masters Meet, Rochester, New York <http://www.usms.org/comp/event.php?MeetID=20121104RT12Y>

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/> and <http://www.mastersswimmingontario.ca/pdf/technonov112012.pdf>

Sat-Sun Nov 10-11th Masters Invitational, Santo Domingo, Dominican Republic; Pablo De La Mota pablomota82@hotmail.com

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/> and <http://www.mastersswimmingontario.ca/pdf/technodec22012.pdf>

Fri-Sun Dec 7-9th New England SCM Championships, Boston University <http://scmchamps.blogspot.ca/>

Sat Dec 8th North York Pentathlon SCM: **CANCELLED**

Mon Jan 1st Sears Great Canadian Chill: Polar Bear Dip, Britannia Bay <http://thechill.ca/> (no MSO registration required)

Sat Jan 12th Clarington SCM <http://www.mastersswimmingontario.ca/pdf/Claringtonjan22013.pdf>

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/> and <http://www.mastersswimmingontario.ca/pdf/technojan272013.pdf>

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 <http://mastersswimmingontario.ca/pdf/BurlingtonFeb102013.pdf>

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/> and <http://www.mastersswimmingontario.ca/pdf/technomarch32013.pdf>

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 <http://www.mastersswimmingontario.ca/pdf/ThornhillMay52013.pdf>

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.)

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'd like to learn how to do flip turns. Any suggestions? Want Faster Freestyle

Dear W.F. Freestyle: Ask your coach for a flip turn clinic and we'll offer some advice (time/space permitting).

Dear Coach: Should I always use a board when I kick? Improving My Kick

Dear I.M. Kick: A kick board should not be used on backstroke kick (unless you hold it over your knees to ensure that you are keeping them underwater). For the other strokes, it's your choice. If you don't use a board, lock your hands together so that you don't use your arms.

Dear Coach: You ask us to get our times and use the pace clock, but I can't see it. Any suggestions? Swimmer with Poor Eyesight

Dear S.w.P. Eyesight: It's best if you can use the pace clock on the wall of the pool. New goggles (with now scratches so they won't be so likely to fog up), prescription goggles (quite inexpensive if you are short sighted and both eyes are about the same), or contact lenses can help. If none of those work for you, wearing a watch is another option. The reason it's important to get your times and use the pace clock is to ensure that you know how fast you are swimming and to ensure that everyone in the lane is following the pace times.

Private and Semi-Private Masters Swim Lessons

Fall Availability:

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

Fri 9:45-10:45am: 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: **full** (waitlist available)

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: **full** (waitlist available)

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>

