

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Friday, November 23, 2012 11:03 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 #321

Carleton Masters Swimming Newsletter #321

Friday, November 23rd, 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" (28 addresses).

"If you can imagine it, you can achieve it. If you can dream it, you can become it." – William Arthur Ward

Masters Program Notes and Cancellations

- Masters holiday party is tomorrow (**Sat Nov 24th**) – details below. Hope to see you all there!
- Our apologies to the 7:10pm and 8:10pm Whitecaps swimmers for being "coach-less" on Thu Nov 22nd.
 - I hope that your workout still went well.
- The Fall session ends **Sat Dec 15th**. The Winter session starts **Wed Jan 2nd**.
- There will be some pay-as-you-go interim sessions between the Fall and Winter sessions. So that Carleton doesn't lose money on these workouts, please try to attend some of them! Schedule below.
- There are no further cancellations planned for this term.
- Registration is available for the Winter session.
 - Program details (times, dates, prices, etc.) can be found near the end of the newsletter.
 - The 6pm Whitecaps is full – waitlist available
 - There are just **2** spots left in the 7:30am Earlybirds. (Lots of space, so far, in the other Winter groups.)

Interim Workout Schedule

To help work off those holiday meals, we will have some extra workouts between the Fall and Winter sessions. Each workout costs \$4.85 (the cost of a public swim pass). Note that these workouts are only open to those with a valid Athletics membership (or student/staff card) for the date/time of the workout. Note that if you have a morning-only membership, it is good all day on "reduced hours" days, i.e. all of these dates. Guests (who do not have to be members) are welcome, if they pay the \$4.85 fee and are accompanied by a member. You must pay the public swim \$4.85 fee at the Welcome Centre, **get a receipt, write your name on the back, and give your receipt to the coach on deck before you get in the water.** No receipt, no swim, no exceptions!! Coaches and themes coming soon. Here's the schedule. (Note that it is also posted near the top of the web site: <http://carletonmasters.tripod.com/>.)

Mon Dec 17th 7:30-8:30am
Mon Dec 17th 6:00-7:10pm
Tue Dec 18th 6:00-7:10pm
Wed Dec 19th 7:30-8:30am
Thu Dec 20th 6:00-7:10pm
Fri Dec 21st 7:30-8:30am
Sat Dec 22nd 8:15-9:25am
Thu Dec 27th 6:00-7:10pm
Sat Dec 29th 12:00-1:15pm

Swimmer Notes

Swimmer Updates:

- **TOMORROW!!** The Annual Holiday Party will be held **Sat Nov 24th**. 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!

- **THIS WEEKEND!!** **Jennifer Anderson**, wife of **Ray Anderson** (7:30am Earlybirds), is an artist. She has been busy painting and is having a show of her recent work at their home (2727 Ulster Crescent) from noon-4pm on Sat Nov 24th and Sun Nov 25th. All welcome! The full invite and a sample of her painting can be found here: <http://carletonmasters.tripod.com/ArtShowInvite2012.pdf>.

- **Ursula Scott** (7:30am Earlybirds) is a member of the Orpheus Choral Group. They are performing two Christmas concerts for the public. The first is on Saturday December 1st - a fundraiser for the Friends of Hospice of Ottawa at St. Paul's Anglican Church, 20 Young Road, Kanata. Reception with homemade treats is at 6:30, followed by the concert and sing-a-long at 7:30 p.m. Tickets are \$25 for adults, \$20 for seniors, \$10 for students. Call (613) 591-6002 for tickets or visit <http://www.friendsofhospiceottawa.ca/>. The second is on Saturday December 15th at St. Paul's High School, 2675 Draper Avenue at 7 p.m. Free will offering requested. There will also be a sing-a-long and a special surprise for young children in attendance. Reception with homemade treats follows the concert.

- Congratulations to **Fouad Hejazi** (7:30am Earlybirds / 7:10pm Whitecaps) on receiving his B.Eng. in Carleton's Fall graduation ceremony on Sat Nov 10th.

- Those of you in the Saturday morning group may notice that one of our members is sporting some newly sprouted facial hair. **Danny Bernstein** (Saturday Earlybirds) is growing a moustache during the month of 'Movember (formerly November), to raise funds for men's health initiatives, particularly prostate cancer and mental health awareness. If you spot Danny and his handsome moustache, feel free to offer kind words of encouragement, but more importantly, if you wish to donate to this worthy cause, go to: <http://mobro.co/NROttawa> and follow the donation instructions. Thanks to everyone for your support!

- Carleton is offering kids holiday sports camp and a tennis camp from Jan 2-4th. Full details at: <http://athletics.carleton.ca/camps/holiday/holiday-sports-camp/>.

News and Links:

- Some Old Swimming Footage (except that the 1933 footage isn't from the Olympics): <http://www.youtube.com/watch?v=8e3-9ZtKAAAY>
- Exercise Boots Satisfaction with Life: <http://www.sciencedaily.com/releases/2012/10/121025161751.htm>
- Iron Deficiency and Athletes: http://thesportfactory.com/site/nutritionnews/Iron_Deficiency_and_Athletes.shtml
- Exercise May Protect Against Brain Shrinkage: <http://well.blogs.nytimes.com/2012/10/26/exercise-may-protect-against-brain-shrinkage/>
- Athletes Respond Poorly to Negative Feedback: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/angry-coaches-beware-atletes-respond-poorly-to-negative-feedback-studies-find/article4687276/>
- Why We Should Allow Performance Enhancing Drugs in Sport (Ed Note: Fittingly, IMO, this article starts on page 666!): <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1724991/pdf/v038p00666.pdf>
- Visualization and Training Your Brain to Perform: <http://triathlete-europe.competitor.com/2012/10/22/pro-tips-visualization-and-training-your-brain-to-perform/>

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)

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

Thanks and well done to all who participated in the 800/1500 time trial on Tue Nov 20th / Wed Nov 21st. There were lots of improvements, led by **Chris Yordy** (7:30am Earlybirds) who improved his 1500 by nearly 3 minutes! Here's a list of all those who improved:

800fs (1)

Sylvia Williams (7:10pm Whitecaps) 37

1500fs (14)

- Chris Yordy** (7:30am Earlybirds) 2:46
- Fouad Hejazi** (7:30am Earlybirds) 1:11
- Ursula Scott** (7:30am Earlybirds) 1:10
- Marie Steele** (6pm Whitecaps) 42
- Deb Low** (6pm Whitecaps) 37
- Jenna Roundell** (7:10pm Whitecaps) 34
- Jian-Lok Chang** (6pm Whitecaps) 29
- Christian Cattan** (7:30am Earlybirds) 28
- Mike Halasz** (7:10pm Whitecaps) 24
- Malika Shaath** (7:10pm Whitecaps) 22
- Robin Henderson** (7:30am Earlybirds) 15
- Sean Dawson** (6pm Whitecaps) 4
- Amir Banihashemi** (8:30am Earlybirds) 3
- Tony Revitt** (8:30am Earlybirds) 1

Here are the weekday attendance statistics. There will be certificates at the end of term for all those with perfect weekday attendance. Let me know if you notice any errors or omissions!

6pm Whitecaps: Sept 4-Nov 22nd (34 workouts); range: 18-34; average: 28.0

Perfect Attendance: **Cam D, Don W**

Missed 1 Workout: **Deb L, Jian-Lok C, Joanne D, Marie S**

Missed 2 Workouts: **Marg E**

7:10pm Whitecaps: Sept 4-Nov 22nd (34 workouts); range: 11-26; average: 17.7

Perfect Attendance: **Jamie C**

Missed 2 Workouts: **Mike H, Sylvia W**

8:10pm Whitecaps: Sept 4-Nov 23rd (24 workouts); range: 7-16; average: 11.8

Missed 1 Workout: **Manuel L**

Missed 3 Workouts: **Lynn B**

7:30am Earlybirds: Sept 5-Nov 23rd (34 workouts); range: 20-29; average: 24.2

Missed 1 Workout: **Angela D**

Missed 2 Workouts: **Christian C, Fouad H, Susan H**

Missed 3 Workouts: **Brad S, Ian L**

8:30am Earlybirds: Sept 5-Nov 23rd (34 workouts); range: 12-27; average: 19.1

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 Dec 1st Montreal Nord SCM <https://registration.swimming.ca/MeetInfo.aspx?meetid=13119>

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>

Sat-Sun Dec 1-2nd Sainte-Foy (Quebec City) SCM <https://registration.swimming.ca/MeetInfo.aspx?meetid=13705>

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://thehill.ca/> (no MSO registration required)

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

Sun Jan 20th Alderwood SCY <http://www.mastersswimmingontario.ca/pdf/AlderwoodJan202013.pdf>

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 28-30th 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.)

Sat Jul 21st Technosport 3k Meech Lake Swim (21 competitors)

Wow – it only took 4 months for the results to be posted: http://www.technosport.ca/results/Jul21_2012results.pdf.

Lee Storm (x-6pm Whitecaps): 3rd (39:59)

Sat Aug 11th Technosport 4k Meech Lake Swim (28 competitors)

Official results are finally posted: http://www.technosport.ca/results/Aug11_2012results.pdf.

Here's how the Carleton swimmers did:

Tim Kilby (Coach): 3rd (1:01:46)

Lee Storm (x-6pm Whitecaps): 4th (1:04:48)

Lucie Boudreau (8:30am Earlybirds): 22nd (1:40:07)

Sat Nov 3rd Brossard Masters Swim Meet, Montreal

Jamie Chalmers (7:10pm Whitecaps)'s results were reported last time, but now the official results are posted: <http://mymsc.ca/ShowMeet.jsp?id=506>.

Sat Nov 10th Montreal ACC Meet, Claude-Robillard

Jamie visited Montreal again! The official results are not yet posted, but here's how he did:

Jamie Chalmers (7:10pm Whitecaps; 65-69): 100fs (1:27), 100bk (1:44.49), 800fs (17:48)

Sun Nov 11th Technosport Meet, U of Ottawa

There were six Carleton swimmers in attendance (including **Jian-Lok** who was swimming for Edmonton Masters). It was a super quick meet, as there weren't many entries. There were some great swims, especially Ian's club record (200fs) and the relay. Here's a photo of the relay:

<http://carletonmasters.tripod.com/12photo/>. Official results at: http://www.technosport.ca/results/Nov11_2012results.pdf. Updated club records can be found here: <http://carletonmasters.tripod.com/121111.Records.pdf>. Here's how we did:

Natalie Aucoin (8:30am Earlybirds; 40-44): **1st**: 100fs (1:20.65), 50f (39.18 SC PB), 100IM (1:36.47)

Sandy Lawson (7:30am Earlybirds; 45-49): **1st**: 50f (43.84) **2nd**: 100fs (1:17.97), 200fs (2:53.23); **3rd**: 100IM (1:39.64)

Lynn Marshall (Coach; 50-54): **1st**: 50fs (29.63), 50bk (35.24), 100bk (1:13.17), 50br (41.15), 50f (33.56), 200IM (2:36.17)

Jian-Lok Chang (6pm Whitecaps; 25-29; swimming for Edmonton Masters): **1st**: 100fs (55.06), 50br (34.25), 100br (1:18.81)

Francois Jacques (7:30am Earlybirds; 45-49): **1st**: 50fs (30.59), 200fs (2:49.50); **2nd**: 100fs (1:08.46)

Ian Lorimer (7:30am Earlybirds; 50-54): **1st**: 100fs (1:15.03), 200fs (2:51.41 PB and Club Record)

160+ 4 x 50 free relay (**Ian, Sandy, Natalie, Francois**): **1st**: 2:22.31 (33.74 for Ian's lead off 50fs)

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 remind me of your ear drops recipe? Swimmer with a Sore Ear

Dear S.w.a.S. Ear: Sure. It's 90% rubbing alcohol and 10% hydrogen peroxide or vinegar. Tilt your head to the side and put a few drops in one ear for 5-10 seconds, then drain. Repeat on the other side.

Dear Coach: I'm still having trouble with my butterfly. Can you explain when to kick and when to breathe? Trying to Butterfly

Dear T.t. Butterfly: There are two fly kicks for every arm stroke. The first kick (down) is as your arms enter the water. You then kick up as your arms move back and the second kick (down) is when your arms are under your hips. You then kick up again as your arms move forward over the water. Most find it easier to move their arms forward with the palms facing the water (i.e. thumb back). The breath should start just before your arms exit the water, and finish just before your arms enter the water. Those who are super flexible can breathe every stroke without affecting their rhythm. For the rest of us, it's generally better to breathe every second stroke as it disturbs the rhythm less.

Private and Semi-Private Masters Swim Lessons

Fall Availability:

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

Fri 9:45-10:45am: Dec 7, 14

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

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>