

To: Lynn Marshall at Carleton
Subject: Carleton Masters Swimming Newsletter #323

From: Lynn Marshall [mailto:lynnmarshall@sympatico.ca]

Sent: Saturday, December 15, 2012 3:14 PM

To: 'Fran Craig'; 'Steve Baird'; Alex Joubert; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; Nico Belisle; 'Tim Kilby'

Subject: Carleton Masters Swimming Newsletter #323

Carleton Masters Swimming Newsletter #323

Saturday, December 15th, 2012

To: Carleton Masters Coaches / Staff (10 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).

"You are the only problem you will ever have and you are the only solution. Change is inevitable, personal growth is always a personal decision." – Bob Proctor

Masters Program Notes and Cancellations

- The Fall session has ended.
- The Winter session starts **Wed Jan 2nd**.
 - Note that **Alex Joubert** (Pool Staff / Sub-Coach) will be coaching the Monday evening 6pm and 7:10pm Whitecaps during the Winter session. Thanks, **Alex!**
- Earn and burn off that turkey by attending our pay-as-you-go interim sessions! Schedule below.
 - **Note that those who attended the 8:10pm Whitecaps on Thu Dec 13th may attend any one of the interim workouts free of charge to make up for losing half their swim due to the fire alarm.**
- The Carleton pool and building hours will be a different from usual over the holidays. Check out the details at: <http://athletics.carleton.ca/hours/>. Note that the facility is closed Dec 24-26th, 31st, and Jan 1st.
- 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 and 7:30am Earlybirds are full – waitlists available.
 - If you are on the waitlist and haven't heard from me, please get in touch!
 - The other groups (especially Saturday) are starting to fill up. Register soon to avoid disappointment!

Interim Workout Schedule

Each workout costs \$4.85 (the cost of a public swim pass). Note that these workouts are open to those with a valid Athletics membership (or student/staff card) for the date/time of the workout. 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!! Here's the schedule, including the coaches and themes. (Note that it is also posted near the top of the web site: <http://carletonmasters.tripod.com/>.)

- Mon Dec 17th 7:30-8:30am: Coach: Lynn; Theme: short IM
- Mon Dec 17th 6:00-7:10pm: Coach: Lynn; Theme: short IM
- Tue Dec 18th 6:00-7:10pm: Coach: Lynn; Theme: long fs
- Wed Dec 19th 7:30-8:30am: Coach: Lynn; Theme: long fs
- Thu Dec 20th 6:00-7:10pm: Coach: Lynn; Theme: mid ch
- Fri Dec 21st 7:30-8:30am: Coach: Lynn; Theme: mid ch
- Sat Dec 22nd 8:15-9:25am: Coach: Lynn; Theme: short IM/fs
- Thu Dec 27th 6:00-7:10pm: Coach: Lynn; Theme: mid IM
- Sat Dec 29th 12:00-1:15pm: Coach: Claudia; Theme: short fs/ch

Swimmer Notes

Swimmer Updates:

- Our best wishes to **George Tombler** (x-Whitecaps) who is recovering in the General hospital after breaking his hip in a fall. He's rather bored and would love visitors! He will likely be moving to a rehab centre next week, so check before you go to visit. Thanks to **Jose Vivanco** (8:10pm Whitecaps) visited **George** on Thursday and took this photo: <http://carletonmasters.tripod.com/12photo/>. (**George** will be 88 on Dec 22nd.)

- Condolences to **Dawn Walsh** (8:30am Earlybirds) on the passing of her mother, an avid Aquafit participant: <http://www.yourlifemoments.ca/sitepages/obituary.asp?old=663110>.

- Best wishes to **Robin Henderson** (7:30am Earlybirds) and **Lois Frankel** (7:30am Earlybirds) for quick recoveries from their surgeries: ankle and knees, respectively. Speaking of leg injuries, it's great to see **Bruce Brown** (7:30am Earlybirds) back in the pool after tearing his Achilles tendon in the summer.

- Congratulations to **Fouad Hejazi** (7:30am Earlybirds / 7:10pm Whitecaps) who has been accepted into the Engineering Physics Masters program at McMaster University in Hamilton, starting in January. We wish him all the best and hope that he is able to continue his swimming there!

- **Mark Blenkinsop** (8:30am Earlybirds) has received Carleton's Faculty of Science Award for top Contract Instructor of 2012. This honour brings both fame and a little (\$500) fortune! Congratulations, **Mark!**

- Some TriSwim products were left in the men's showers on the morning of Wed Dec 12th. If these are yours, let me know.

- **Jamie Wildsmith** (6pm Whitecaps)'s girlfriend, **Audrey Prayal-Brown**, was recently featured in the Halifax Chronicle Herald:

<http://thechronicleherald.ca/sports/245424-giving-it-her-all>. Swimming is not the only sport she excels at!

- **Nichola Shaw**, a student at (appropriately!) Bath University, is doing a research project on swimmers and their exercise goals and patterns of exercise. She has put together a 10 minute survey for men and women 18 and over, who train at least twice per week and compete at least twice per year. If you qualify, she would appreciate your input: <https://www.surveymonkey.com/s/BB5RSYB>.

- An adult recreational water polo program is running at Brewer Pool Thu 8:30-10pm Jan 10 to May 30th. Cost is \$250+HST. Register at: registrar@ottawawaterpolo.com. For more details contact: Angie Meier meiera66@hotmail.com.

- 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:

- Why Swimmers are Smarter: <http://news.menshealth.com/why-swimmers-are-smarter/2012/11/27/>
- Fastest Swimmers Make Webbed Hands out of Water: <http://www.livescience.com/21309-fastest-swimmers-physics-hands.html>
- Sports Psychology Used to Treat Depression: <http://www.bbc.co.uk/news/uk-scotland-20549154>
- Exercise Could Fortify Immune System Against Future Cancers: <http://www.sciencedaily.com/releases/2012/10/121010161843.htm>
- Exercise May Protect Against Future Emotional Stress: <http://www.sciencedaily.com/releases/2012/09/120913123629.htm>
- Human Muscle Regenerated with Animal Help: <http://www.nytimes.com/2012/09/17/health/research/human-muscle-regenerated-with-animal-help.html?pagewanted=all>
- Scientists Make Old Muscles New Again: <http://www.sciencedaily.com/releases/2012/09/120926133107.htm>
- Beta Alanine Supplementation: <http://www.iun.ca/blog/index.php/beta-alanine-supplementation/>
- Into the Pink: Why You Should be Hitting the Beet Juice: <http://triathlete-europe.competitor.com/2012/09/27/into-the-pink-why-you-should-be-hitting-the-juice/>

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 to all who participated in the relays. There were quite a few improvements, led by **Kim Fever** (7:30am Earlybirds) who improved her 50bk by 1.3 seconds. **Kim** and **Christian Cattan** (7:30am Earlybirds) improved in both their 50s. Here’s a list of all the improvements:

50fs (4)

Kevin Nelson (7:10pm Whitecaps) 0.8 – this is one I missed from the summer relays – sorry, **Kevin!**

Christian Cattan (7:30am Earlybirds) 0.6

Kim Fever (7:30am Earlybirds) 0.6

Greg Payne (7:30am Earlybirds) 0.1

Shawna McCusker (6pm Whitecaps) 0.1

50bk (3)

Kim Fever (7:30am Earlybirds) 1.3

Jenna Odorico (8:30am Earlybirds) 0.7

Christian Cattan (7:30am Earlybirds) 0.2 for a total of 0.3 this term

50br (3 and a tie)

Chris Macknie (7:30am Earlybirds) 0.9

Margaret King (7:30am Earlybirds) 0.5 for a total of 0.7 this term

Jamie Wildsmith (6pm Whitecaps) 0.1

Jackie Lyons (6pm Whitecaps) tied best

50fl (1)

Julie Mouris (6pm Whitecaps) 0.1

Fall Session Summary

A big thank you to coaches **Blake Christie**, **Mits Kachi**, and **Tim Kilby** for their coaching this term.

Thanks very much to the 7:30am and 8:30am Earlybirds for the lovely gifts and card. Thanks also to **Margaret Dibben King** (8:30am Earlybirds) for wearing antlers in the pool and bringing balloons for everyone on the last day! And thanks to **Tony Revitt** (8:30am Earlybirds) for entertaining us all with his impressive flip off the Tarzan rope. However, **Francois Jacques** (7:30am Earlybirds) had the best Tarzan yell ☺ !

Here's the summary of the attendance and time trials for the Fall session. If you notice any errors or omissions, please do let me know. Those of you who earned awards (best attendance, top 3 most improved overall, top 3 fastest overall, relay winners overall) will receive certificates early in the Winter term or by e-mail.

Attendance:

Here are the weekday attendance statistics for the Fall term. Congratulations to the four swimmers with perfect attendance: **Cam Dawson** (6pm Whitecaps), **Don Wells** (6pm Whitecaps), **Jamie Chalmers** (7:10pm Whitecaps), and **Mark Blenkinsop** (8:30am Earlybirds).

6pm Whitecaps: Sept 4-Dec 13th (43 workouts); range: 18-34; average: 27.4

Perfect Attendance: **Cam Dawson, Don Wells**

Missed 1 Workout: **Joanne Dawson**

Missed 2 Workouts: **Jian-Lok Chang, Marg Eades, Marie Steele**

Missed 3 Workouts: **Deb Low**

7:10pm Whitecaps: Sept 4-Dec 13th (43 workouts); range: 10-26; average: 17.3

Perfect Attendance: **Jamie Chalmers**

Missed 2 Workouts: **Mike Halasz**

Missed 3 Workouts: **Sylvia Williams**

8:10pm Whitecaps: Sept 4-Dec 13th (30 workouts); range: 7-16; average: 11.3

Missed 1 Workout: **Manuel Lebron**

7:30am Earlybirds: Sept 5-Dec 14th (43 workouts); range: 18-29; average: 23.6

Missed 1 Workout: **Angela Davis**

Missed 3 Workouts: **Christian Cattan, Susan Hulley**

8:30am Earlybirds: Sept 5-Dec 14th (43 workouts); range: 12-27; average: 19.3

Perfect Attendance: **Mark Blenkinsop**

Missed 1 Workout: **Margaret Dibben King**

Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Winter session, and includes the relay splits from the end of term relays. Times done in competitions are **not** included. If your times are not listed here and you're curious, just e-mail me for details. (I have all time trial times since May 2001.)

This term time trials were done by 133 different swimmers: 83 women and 50 men. There were 557 completed time trials: 326 for women and 231 for men. If you notice any errors or omissions, please let me know.

Fifty-two swimmers (28 women and 24 men) improved in at least one event. Most improved overall was **Roy Hanes** (7:10pm Whitecaps) who improved his 400fs by 1:10.7 (17.7sec/100m). Next was **Chris Yordy** (7:30am Earlybirds) who improved his 100fs by 16.1sec. He was followed by **Greg Payne** (7:30am Earlybirds) who improved by 4.7sec (9.4sec/100m) in 50br. Next, and most improved woman, was **Sylvia Williams** (7:10pm Whitecaps) with a 17.7sec (8.9sec/100m) improvement in 200fs. She was followed by **Deb Low** (6pm Whitecaps) who improved her 200fs by 15.7sec (7.9sec/100m). Third most improved woman was **Margaret King** (7:30am Earlybirds) with a 7.4sec improvement in her 100IM. **Christian Cattan** (7:30am Earlybirds) improved in six different events. **Fouad Hejazi** (7:30am Earlybirds) improved in five events, while **Deb Low** (6pm Whitecaps) and **Ursula Scott** (7:30am Earlybirds) improved in four.

The International Point Scores (link to web page below) are used to determine the best swims. Twenty-three swimmers (12 women and 11 men) scored over 400 points in at least one event. **Jian-Lok Chang** (6pm Whitecaps) and **Sean Dawson** (6pm Whitecaps) tied for top score with 652 points for 25.8 in 50fs. The second highest score, and top woman's score was by **Luz Osorio** (6pm Whitecaps) with 571 points for a 31.1 50fs. She was followed by **Tony Revitt** (8:30am Earlybirds) with 559 points for 27.5 in 50fs. Next was **Hilary March** (6pm Whitecaps) with 552 points for 21:06 in her 1500. Rounding out the top three for the women was **Natalie Stern** (8:30am Earlybirds) with 544 for 31.7 in 50fs. **Sean** scored over 400 points in nine different events. **Jian, Tony R, and Natalie S** all broke 400 in six events.

All those improving and all those scoring over 400 points, as well as the top 3 improvements and the top 3 times for each event are listed below, as are the results of the relays.

Many thanks to all of you who participated in the time trials!

Key:

EB1 = 7:30am Earlybirds I, EB2 = 8:30am Earlybirds II, WC1 = 6pm Whitecaps I, WC2 = 7:10pm Whitecaps II, WC3 = 8:10pm Whitecaps III, TR = Masters trial workout.

Most Improved Swimmers (best event for each person):

Only those who have swum Carleton Masters time trials in the same event at least twice are eligible. This term there were 28 women and 24 men who improved in at least one event.

	Name	Group	Gender	Event	Imp	Imp/100m
1	Sylvia Williams	WC2	F	200fs	17.7	8.9
2	Deb Low	WC1	F	200fs	15.7	7.9
3	Margaret King	EB1	F	100IM	7.4	7.4
4	Lara Thorpe	WC2	F	200fs	14.2	7.1
5	Andrea Mrozek	WC1	F	1500fs	96.0	6.4
6	Susan Hulley	EB1	F	100fs	5.1	5.1

7	Ursula Scott	EB1	F	1500fs	70.0	4.7
8	Mariette Kenney	WC2	F	800fs	37.0	4.6
9	Andrea Chandler	WC1	F	100fs	4.5	4.5
10	Cindy Steele	WC1	F	400fs	16.3	4.1
11	Marie Steele	WC1	F	100fs	3.5	3.5
12	Joanne Dawson	WC1	F	400fs	12.9	3.2
13	Jenna Roundell	WC2	F	200fs	6.2	3.1
14	Siobhan MacManus	EB1	F	400fs	10.8	2.7
15	Alison Storm	WC1	F	400fs	10.6	2.7
16	Kim Fever	EB1	F	50bk	1.3	2.6
17	Erin Kelly	WC1	F	200bk	5.1	2.6
18	Colette Kenney	EB2	F	50bk	1.1	2.2
19	Mindy Finkelstein	WC2	F	200fs	3.6	1.8
20	Malika Shaath	WC2	F	1500fs	22.0	1.5
21	Jenna Odorico	EB2	F	50bk	0.7	1.4
22	Natalie Aucoin	EB2	F	400IM	5.1	1.3
23	Jackie Lyons	WC1	F	50fs	0.5	1.0
24	Robin Henderson	EB1	F	1500fs	15.0	1.0
25	Marie-Odile Junker	EB2	F	100fs	0.9	0.9
26	Julie Mouris	WC1	F	50fl	0.1	0.2
26	Luz Osorio	WC1	F	50fs	0.1	0.2
26	Shawna McCusker	WC1	F	50fs	0.1	0.2
1	Roy Hanes	WC2	M	400fs	70.9	17.7
2	Chris Yordy	EB1	M	100fs	16.1	16.1
3	Greg Payne	EB1	M	50br	4.7	9.4
4	Francois Jacques	EB1	M	100IM	8.0	8.0
5	Tony Michel	EB1	M	400IM	24.5	6.1
6	Mike Halasz	WC2	M	200fs	11.8	5.9
7	Fouad Hejazi	EB1/WC2	M	1500fs	71.0	4.7
8	Kevin Graham	EB1	M	400fs	16.2	4.1
9	Brad Shapansky	EB1	M	200IM	7.8	3.9
10	Cam Dawson	WC1	M	50bk	1.8	3.6
11	Christian Cattan	EB1	M	100fs	2.3	2.3
12	Paul Denys	WC2	M	400fs	8.9	2.2
13	Jian-Lok Chang	WC1	M	1500fs	29.0	1.9
14	Chris Macknie	EB1	M	50br	0.9	1.8
15	Kevin Nelson	WC2	M	50fs	0.8	1.6
16	Mike Mopas	EB1	M	50br	0.7	1.4
17	Paul Scully	EB2	M	100fs	1.3	1.3
18	Tony Revitt	EB2	M	100br	0.8	0.8
19	Mike Lau	WC1	M	100fs	0.7	0.7
19	Amir Banhashemi	EB2	M	100IM	0.5	0.5
21	Nathan Fudge	WC1	M	100IM	0.5	0.5
22	Mark Blenkinsop	EB2	M	100fl	0.3	0.3
23	Sean Dawson	WC1	M	1500fs	4.0	0.3
24	Jamie Wildsmith	WC1	M	50br	0.1	0.2

Fastest Swimmers (best event for each person):

All those scoring 400 or more points are shown. This term there were 12 women and 11 men who made the list.

	Name	Group	Gender	Event	Time	Points
1	Luz Osorio	WC1	F	50fs	31.1	571
2	Hilary March	WC1	F	1500fs	21:06	552
3	Natalie Stern	EB2	F	50fs	31.7	544
4	Julie Mouris	WC1	F	50fs	31.9	535
5	Amelia Zimmermann	WC1	F	200fs	2:38.5	487
6	Claudie Lavoie	EB2	F	50br	41.7	474
7	Erin Kelly	WC1	F	200bk	2:55.5	454
8	Jenna Roundell	WC2	F	1500fs	23:18	426
9	Jessica Roberts	WC3	F	1500fs	23:20	424
10	Sandy Lawson	EB1	F	1500fs	23:23	422
11	Claire Robinson	EB1	F	50fs	35.4	406
12	Andrea Mrozek	WC1	F	50fs	35.6	400
1	Jian-Lok Chang	WC1	M	50fs	25.8	652
1	Sean Dawson	WC1	M	50fs	25.8	652
3	Tony Revitt	EB2	M	50fs	27.5	559
4	Mark Blenkinsop	EB2	M	50fl	30.5	511
5	Andrew Vo	EB2	M	100IM	1:11.2	500
6	Don Wells	WC1	M	1500fs	20:04	499
7	Nathan Fudge	WC1	M	100IM	1:11.7	491
8	Jamie Wildsmith	WC1	M	200IM	2:39.0	476
9	Peter Lithgow	WC1	M	1500fs	20:32	470
10	Gi Wu	WC1	M	50fs	29.8	454
11	Francois Jacques	EB1	M	50fs	30.9	411

(For point scores, see: <http://www.swimnews.com>, click on "IPS Points" and enter the information requested; note that SCM = short course meters [25m

pool].)

Top 3 Swimmers Improving in Each Event:

Minutes and/or seconds improved and sec/100m improvement are both listed. The numbers in parentheses below the event indicate the number of women and men, respectively, who improved in that event. If the improvements are close, more than three swimmers may be shown.

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Andrea Chandler	WC1	F	1.2	2.4
2	Susan Hulley	EB1	F	1.1	2.2
3	Kim Fever	EB1	F	0.6	1.2
1	Kevin Graham	EB1	M	1.1	2.2
2	Kevin Nelson	WC2	M	0.8	1.6
3	Christian Cattan	EB1	M	0.6	1.2
(10/4)					
100fs					
1	Susan Hulley	EB1	F	5.1	5.1
2	Ursula Scott	EB1	F	4.6	4.6
3	Andrea Chandler	WC1	F	4.5	4.5
1	Chris Yordy	EB1	M	16.1	16.1
2	Christian Cattan	EB1	M	2.3	2.3
3	Paul Scully	EB2	M	1.3	1.3
(5/5)					
200fs					
1	Sylvia Williams	WC2	F	17.7	8.9
2	Deb Low	WC1	F	15.7	7.9
3	Lara Thorpe	WC2	F	14.2	7.1
1	Mike Halasz	WC2	M	11.8	5.9
2	Fouad Hejazi	EB1/WC2	M	8.0	4.0
3	Christian Cattan	EB1	M	2.1	1.1
(7/5)					
400fs					
1	Cindy Steele	WC1	F	16.3	4.1
2	Joanne Dawson	WC1	F	12.9	3.2
3	Siobhan MacManus	EB1	F	10.8	2.7
4	Alison Storm	WC1	F	10.6	2.7
1	Roy Hanes	WC2	M	70.9	17.7
2	Fouad Hejazi	EB1/WC2	M	17.1	4.3
3	Kevin Graham	EB1	M	16.2	4.1
(6/8)					
800fs					
1	Mariette Kenney	WC2	F	37.0	4.6
(1/0)					
1500fs					
1	Andrea Mrozek	WC1	F	96.0	6.4
2	Ursula Scott	EB1	F	70.0	4.7
3	Marie Steele	WC1	F	42.0	2.8
1	Chris Yordy	EB1	M	166.0	11.1
2	Fouad Hejazi	EB1/WC2	M	71.0	4.7
3	Jian-Lok Chang	WC1	M	29.0	1.9
4	Christian Cattan	EB1	M	28.0	1.9
(7/8)					
50bk					
1	Kim Fever	EB1	F	1.3	2.6
2	Colette Kenney	EB2	F	1.1	2.2
3	Deb Low	WC1	F	0.7	1.4
3	Jenna Odorico	WC1	F	0.7	1.4
1	Cam Dawson	WC1	M	1.8	3.6
2	Christian Cattan	EB1	M	0.3	0.6
(4/2)					
200bk					
1	Erin Kelly	WC1	F	5.1	2.6
(1/0)					
50br					
1	Andrea Chandler	WC1	F	1.2	2.4
2	Margaret King	EB1	F	0.7	1.4
3	Susan Hulley	EB1	F	0.3	0.6
1	Greg Payne	EB1	M	4.7	9.4
2	Chris Macknie	EB1	M	0.9	1.8
3	Kevin Graham	EB1	M	0.8	1.6

4	Mike Mopas	EB1	M	0.7	1.4
(3/5)					
100br					
1	Tony Revitt	EB2	M	0.8	0.8
(0/1)					
50fl					
1	Erin Kelly	WC1	F	1.2	2.4
2	Julie Mouris	WC1	F	0.1	0.2
1	Fouad Hejazi	EB1/WC2	M	1.2	2.4
(2/1)					
100fl					
1	Natalie Aucoin	EB2	F	1.2	1.2
1	Mark Blenkinsop	EB2	M	0.3	0.3
(1/1)					
100IM					
1	Margaret King	EB1	F	7.4	7.4
2	Deb Low	WC1	F	0.2	0.2
1	Francois Jacques	EB1	M	8.0	8.0
2	Nathan Fudge	WC1	M	0.5	0.5
2	Amir Banihashemi	EB2	M	0.5	0.5
(2/3)					
200IM					
1	Brad Shapansky	EB1	M	7.8	3.9
2	Francois Jacques	EB1	M	6.6	3.3
(0/2)					
400IM					
1	Natalie Aucoin	EB2	F	5.1	1.3
1	Tony Michel	EB1	M	24.5	6.1
(1/1)					

Fastest Three Times in Each Event:

The numbers in parentheses below the event indicate the number of female and male, respectively, time trials in that event (some swimmers may have done more than one time trial of the same event). If times are really close, more than 3 swimmers are included. Note that only those over 18:00 are shown for the 800. Those under 18:00 should swim the 1500 instead!

	Name	Group	Gender	Time
25fs				
1	Debby Whately	WC1	F	18.7
2	Cheri Reddin	WC1	F	18.9
(2/0)				
50fs				
1	Luz Osorio	WC1	F	31.1
2	Natalie Stern	EB2	F	31.7
3	Julie Mouris	WC1	F	31.9
1	Jian-Lok Chang	WC1	M	25.8
1	Sean Dawson	WC1	M	25.8
3	Tony Revitt	EB2	M	27.5
(75/59)				
100fs				
1	Jenna Odorico	EB2	F	1:20.9
2	Shawna McCusker	WC1	F	1:22.3
3	Jennifer Murdock	EB1	F	1:23.5
1	Sean Dawson	WC1	M	58.1
2	Peter Lithgow	WC1	M	1:09.7
3	Mike Lau	WC1	M	1:15.8
(17/14)				
200fs				
1	Luz Osorio	WC1	F	2:32.0
2	Julie Mouris	WC1	F	2:38.4
3	Amelia Zimmermann	WC1	F	2:38.5
1	Sean Dawson	WC1	M	2:09.9
2	Jian-Lok Chang	WC1	M	2:10.1
3	Don Wells	WC1	M	2:29.4
(38/25)				
400fs				
1	Hilary March	WC1	F	5:26.5
2	Julie Mouris	WC1	F	5:43.9
3	Natalie Stern	EB2	F	5:44.9
1	Sean Dawson	WC1	M	4:36.5
2	Jian-Lok Chang	WC1	M	4:39.4
3	Mark Blenkinsop	EB2	M	5:00.4
(47/28)				
800fs				
1	Suzanne Lalonde	WC1	F	18:02

2	Mariette Kenney	WC2	F	18:41
3	Sylvia Williams	WC2	F	19:03
1	Manuel Lebron	WC3	M	24:53
(9/2)				
1500fs				
1	Hilary March	WC1	F	21:06
2	Natalie Stern	EB2	F	22:12
3	Jenna Roundell	WC2	F	23:18
4	Jessica Roberts	WC3	F	23:20
5	Sandy Lawson	EB1	F	23:23
1	Jian-Lok Chang	WC1	M	18:19
2	Sean Dawson	WC1	M	18:40
3	Tony Revitt	EB2	M	19:29
(36/31)				
25bk				
1	Debby Whately	WC1	F	23.2
2	Cheri Reddin	WC1	F	23.8
3	Margaret Dibben King	EB2	F	48.9
(4/0)				
50bk				
1	Natalie Stern	EB2	F	37.2
2	Amelia Zimmermann	WC1	F	39.5
2	Erin Kelly	WC1	F	39.5
1	Jian-Lok Chang	WC1	M	29.5
2	Sean Dawson	WC1	M	33.7
3	Jamie Wildsmith	WC1	M	34.8
(30/12)				
100bk				
1	Natalie Stern	EB2	F	1:17.1
2	Yagmur Babaoglu	EB2	F	1:35.0
3	Margaret Dibben King	EB2	F	4:01.8
1	Jian-Lok Chang	WC1	M	1:04.9
2	Tony Michel	EB1	M	1:41.3
(3/2)				
200bk				
1	Natalie Stern	EB2	F	2:47.3
2	Erin Kelly	WC1	F	2:55.5
3	Margaret Dibben King	EB2	F	8:58.8
1	Robert Fabes	EB1	M	3:24.2
2	Alan Hunt	WC2	M	5:39.3
(3/2)				
50br				
1	Claudie Lavoie	EB2	F	41.7
2	Margaret King	EB1	F	47.4
3	Nicole Delisle	WC1	F	50.3
1	Sean Dawson	WC1	M	36.7
1	Tony Revitt	WC1	M	36.7
3	Jamie Wildsmith	EB2	M	37.8
(19/21)				
100br				
1	Jackie Lyons	WC1	F	1:55.0
2	Margaret Dibben King	EB2	F	5:03.2
1	Tony Revitt	EB2	M	1:19.2
(2/1)				
200br				
1	Nathan Fudge	WC1	M	3:01.4
2	Ray Anderson	EB1	M	3:38.8
(0/2)				
50fl				
1	Luz Osorio	WC1	F	33.7
2	Julie Mouris	WC1	F	35.9
3	Erin Kelly	WC1	F	36.2
1	Sean Dawson	WC1	M	29.5
2	Mark Blenkinsop	EB2	M	30.5
3	Tony Revitt	EB2	M	31.0
(20/13)				
100fl				
1	Natalie Aucoin	EB2	F	1:27.1
2	Angela Davis	EB1	F	2:19.5
1	Mark Blenkinsop	EB2	M	1:09.5
2	Dave Gynspan	WC1	M	1:32.2
(2/2)				
200fl				
1	Madelayne DeGrace	EB1	F	3:29.1
1	Mark Blenkinsop	EB2	M	2:52.4

(1/1)				
100IM				
1	Madelayne DeGrace	EB1	F	1:32.5
2	Deb Low	WC1	F	1:34.8
3	Cheri Reddin	WC1	F	1:38.9
3	Margaret King	EB1	F	1:38.9
1	Andrew Vo	EB2	M	1:11.2
2	Nathan Fudge	WC1	M	1:11.7
3	Don Wells	WC1	M	1:16.4
(6/7)				
200IM				
1	Hilary March	WC1	F	2:52.2
2	Natalie Aucoin	EB2	F	3:23.3
3	Joanie Conrad	WC2	F	3:33.1
1	Tony Revitt	EB2	M	2:34.6
2	Jamie Wildsmith	WC1	M	2:39.0
3	Gi Wu	WC1/2	M	2:58.8
(6/5)				
400IM				
1	Luz Osorio	WC1	F	6:03.7
2	Natalie Aucoin	EB2	F	7:16.0
3	Madelayne DeGrace	EB1	F	7:21.4
1	Jamie Wildsmith	WC1	M	5:40.8
2	Francois Lavoie	EB1	M	6:56.1
3	Tony Michel	EB1	M	8:36.2
(6/3)				

Fun Relays (Thu/Fri Dec 13/14th)

Free Relay

6pm Whitecaps

- 2:18.0: Team 6: Cheri Reddin, Debby Whately, Nathan Fudge, Dave Grynspan, Isaac Fierro Marquez
- 2:21.4: Team 2: Sean Dawson, Francois Parent, Gi Wu, Marg Eades
- 2:21.4: Team 3: Erin Kelly, Jamie Wildsmith, Andrea Mrozek, Shawna McCusker
- 2:28.1: Team 4: Deb Low, Cam Dawson, Julie Mouris, Don Wells
- 2:29.4: Team 1: Jian-Lok Chang, Andrea Chandler, Bill Westcott, Mike Lau
- 2:33.5: Team 5: Tricia Albright, Jackie Lyons, Joanne Dawson, Peter Lithgow

7:30am Earlybirds

- 2:36.4: Team 3: Christian Cattan, Chris Macknie, Ian Lorimer, Jennifer Murdock
- 2:39.1: Team 1: Kim Fever, Margaret King, Francois Jacques, Bruce Brown
- 2:39.5: Team 4: Angela Davis, Greg Payne, Madelayne DeGrace, Mike Mopas
- 2:45.4: Team 2: Susan Nevitt-Yelle, Robert Fabes, Fouad Hejazi, Zoe Panchen

8:30am Earlybirds

- 2:30.8: Team 1: Shauna Ironside, Sean Dawson, Natalie Aucoin, Charles McFarland
- 2:33.1: Team 4: Jenna Odorico, Isla Paterson, Natalie Stern, Jenna Odorico
- 2:35.1: Team 5: Margaret Dibben King, Amir Banihashemi, Mark Blenkinsop, Dawn Walsh
- 2:42.1: Team 2: Colette Kenney, Tony Revitt, Marie-Odile Junker, Renee Robert
- 2:47.3: Team 3: Will Manning-Dewar, Andrew Vo, Penny Estabrooks, Paul Scully

Overall

- 2:18.0: WC1 Team 6: Cheri Reddin, Debby Whately, Nathan Fudge, Dave Grynspan, Isaac Fierro Marquez
- 2:21.4: WC1 Team 2: Sean Dawson, Francois Parent, Gi Wu, Marg Eades
- 2:21.4: WC1 Team 3: Erin Kelly, Jamie Wildsmith, Andrea Mrozek, Shawna McCusker
- 2:28.1: WC1 Team 4: Deb Low, Cam Dawson, Julie Mouris, Don Wells
- 2:29.4: WC1 Team 1: Jian-Lok Chang, Andrea Chandler, Bill Westcott, Mike Lau
- 2:30.8: EB2 Team 1: Shauna Ironside, Sean Dawson, Natalie Aucoin, Charles McFarland
- 2:33.1: EB2 Team 4: Jenna Odorico, Isla Paterson, Natalie Stern, Jenna Odorico
- 2:33.5: WC1 Team 5: Tricia Albright, Jackie Lyons, Joanne Dawson, Peter Lithgow
- 2:35.1: EB2 Team 5: Margaret Dibben King, Amir Banihashemi, Mark Blenkinsop, Dawn Walsh
- 2:36.4: EB1 Team 3: Christian Cattan, Chris Macknie, Ian Lorimer, Jennifer Murdock
- 2:39.1: EB1 Team 1: Kim Fever, Margaret King, Francois Jacques, Bruce Brown
- 2:39.5: EB1 Team 4: Angela Davis, Greg Payne, Madelayne DeGrace, Mike Mopas
- 2:42.1: EB2 Team 2: Colette Kenney, Tony Revitt, Marie-Odile Junker, Renee Robert
- 2:45.4: EB1 Team 2: Susan Nevitt-Yelle, Robert Fabes, Fouad Hejazi, Zoe Panchen
- 2:47.3: EB2 Team 3: Will Manning-Dewar, Andrew Vo, Penny Estabrooks, Paul Scully

Medley Relay

6pm Whitecaps

- 2:38.6: Team 3: Erin Kelly, Jamie Wildsmith, Andrea Mrozek, Shawna McCusker
- 2:39.2: Team 6: Cheri Reddin, Debby Whately, Nathan Fudge, Dave Grynspan, Isaac Fierro Marquez
- 2:45.2: Team 4: Deb Low, Cam Dawson, Julie Mouris, Don Wells
- 2:46.9: Team 1: Jian-Lok Chang, Andrea Chandler, Bill Westcott, Mike Lau
- 2:47.8: Team 2: Sean Dawson, Francois Parent, Gi Wu, Marg Eades
- 3:04.3: Team 5: Tricia Albright, Jackie Lyons, Joanne Dawson, Peter Lithgow

7:30am Earlybirds

- 3:00.3: Team 3: Christian Cattan, Chris Macknie, Ian Lorimer, Jennifer Murdock
- 3:04.4: Team 2: Susan Nevitt-Yelle, Robert Fabes, Fouad Hejazi, Zoe Panchen

3. 3:09.4: Team 4: Angela Davis, Greg Payne, Madelayne DeGrace, Mike Mopas
4. 3:18.0: Team 1: Kim Fever, Margaret King, Francois Jacques, Bruce Brown

8:30am Earlybirds

1. 2:44.8: Team 5: Margaret Dibben King, Amir Banihashemi, Mark Blenkinsop, Dawn Walsh
2. 2:48.3: Team 1: Shauna Ironside, Sean Dawson, Natalie Aucoin, Charles McFarland
3. 3:00.6: Team 4: Jenna Odorico, Isla Paterson, Natalie Stern, Natalie Stern
4. 3:04.7: Team 3: Will Manning-Dewar, Andrew Vo, Penny Estabrooks, Paul Scully
5. 3:08.3: Team 2: Colette Kenney, Tony Revitt, Marie-Odile Junker, Renee Robert

Overall

1. 2:38.6: WC1 Team 3: Erin Kelly, Jamie Wildsmith, Andrea Mrozek, Shawna McCusker
2. 2:39.2: WC1 Team 6: Cheri Reddin, Debby Whately, Nathan Fudge, Dave Gynspan, Isaac Fierro Marquez
3. 2:44.8: EB2 Team 5: Margaret Dibben King, Amir Banihashemi, Mark Blenkinsop, Dawn Walsh
4. 2:45.2: WC1 Team 4: Deb Low, Cam Dawson, Julie Mouris, Don Wells
5. 2:46.9: WC1 Team 1: Jian-Lok Chang, Andrea Chandler, Bill Westcott, Mike Lau
6. 2:47.8: WC1 Team 2: Sean Dawson, Francois Parent, Gi Wu, Marg Eades
7. 2:48.3: EB2 Team 1: Shauna Ironside, Sean Dawson, Natalie Aucoin, Charles McFarland
8. 3:00.3: EB1 Team 3: Christian Cattan, Chris Macknie, Ian Lorimer, Jennifer Murdock
9. 3:00.6: EB2 Team 4: Jenna Odorico, Isla Paterson, Natalie Stern, Natalie Stern
10. 3:04.3: WC1 Team 5: Tricia Albright, Jackie Lyons, Joanne Dawson, Peter Lithgow
11. 3:04.4: EB1 Team 2: Susan Nevitt-Yelle, Robert Fabes, Fouad Hejazi, Zoe Panchen
12. 3:04.7: EB2 Team 3: Will Manning-Dewar, Andrew Vo, Penny Estabrooks, Paul Scully
13. 3:08.3: EB2 Team 2: Colette Kenney, Tony Revitt, Marie-Odile Junker, Renee Robert
14. 3:09.4: EB1 Team 4: Angela Davis, Greg Payne, Madelayne DeGrace, Mike Mopas
15. 3:18.0: EB1 Team 1: Kim Fever, Margaret King, Francois Jacques, Bruce Brown

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.**

- 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 <http://www.mastersswimmingontario.ca/pdf/AlderwoodJan202013.pdf>
- Sun Jan 20th Brockville SCM <http://www.mastersswimmingontario.ca/pdf/BrockvilleJan202012.pdf>
- 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 Milton SCM (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 <http://www.mastersswimmingontario.ca/pdf/ProvincialsLondon2013.pdf>
- 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)
- Jul 27th – Aug 10th 2014 FINA World Aquatic Championships, Parc Jean-Drapeau (outdoors), Montreal <http://www.finamasters2014.org/>; Time Standards: <http://www.finamasters2014.org/files/pdf/Time%20standards%20Montreal%202014.pdf>

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

Sat Dec 1st Montreal Nord Meet

Official results are now available: <http://mymisc.ca/ShowMeet.jsp?id=522>, and the club records have been updated: <http://carletonmasters.tripod.com/121201.Records.pdf>. Congratulations again, **Jamie!**

Jamie Chalmers (7:10pm Whitecaps; 65-69): **1st**: 800fs (18:09.24); **2nd**: 50fs (37.64), 100fs (1:28.59), 200f (5:29.39 Club Record); 5th: 25fs (50 and over age group; 15.72 [16.11 in heats])

Sun Dec 2nd Technosport Meet, U of Ottawa

Official results are now available: http://www.technosport.ca/results/Dec2_2012results.pdf

Ian Lorimer (7:30am Earlybirds; 50-54): **1st**: 100fs (1:15.28); **2nd**: 50fs (33.82), 50fl (39.94)

Jian-Lok Chang (6pm Whitecaps; 25-29; swimming for EMSC): **1st**: 200bk (2:14.08), 100fl (59.57), 200IM (2:18.28)

Lynn Marshall (Coach; 50-54): **1st**: 100fs (1:03.57), 50bk (34.95), 50br (41.11), 200br (3:05.06), 50fl (32.92), 200fl (2:33.50)

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 **Dec 8th**).

Ask the Coach

Dear Coach: How much rest should we get between repeats? I just want to make sure that the right pace time is right for our lane. Lane Leader

Dear L. Leader: The amount of rest depends on the purpose of the set and the distance. For an aerobic type effort, you should generally be getting about 5 to 10 seconds rest per 100m. If you are getting considerably more or less than this, talk to your coach. However, some sets are deliberately designed for you to have more or less rest.

Dear Coach: What's the fastest way to do my turns? Should I do flip turns or non-flip turns? What's the best technique for a fast turn? Improving My Turns

Dear I.M. Turns: Flip turns are faster than non-flip (called "open") turns. However, flip turns are only permitted for freestyle-to-freestyle and backstroke-to-backstroke turns, and not for any other strokes, including backstroke-to-breaststroke turns. For the best flip turn technique, it's best to ask your coach for a clinic. For open turns, the key is to turn like a Ferris wheel, and not like a merry-go-round. After touching the wall (with one hand [back and free] or two [breast and fly]), you always push off with one hand under the water and one hand over the water. The hand going over the water should go behind the head. As for a clinic to get more tips!

Private and Semi-Private Masters Swim Lessons

Fall Availability:

Mon Dec 17th 8:40-9:40am

Sat Dec 22nd 10:30-11:30am

Prices:

Private: \$52.50 per hour, plus HST.

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

Reminders

Winter Masters Programs:

Registration for 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:

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: **full** (waitlist available)

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; Coaches Alex (Mon) and Lynn (Tue/Thu): **full** (waitlist available)

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh: barcode 4827; cost \$122+HST; Coaches: Alex (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

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

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