

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Saturday, January 12, 2013 12:53 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 #325

Carleton Masters Swimming Newsletter #325

Saturday, January 12th, 2013

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those Registered for Fall 2012, Winter 2013 and Alumni: 7:30am Earlybirds I (49 addresses), 8:30am Earlybirds II (36 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (36 addresses), 8:10pm Whitecaps III (24 addresses), Saturday Only (8 addresses), Masters "Alumni" (26 addresses).

Socrates said Know thyself – "Poor performance results from lack of focus, and lack of focus stems from limited self-knowledge. But self-knowledge takes time, introspection, and effort. So, it's easy to avoid." – William S. Frank

Masters Program Notes and Cancellations

- The Winter session is underway.
- Note that there will be **no workouts on Mon Feb 18th** (Family Day).
 - There are no other cancellations due to Reading Week.
- Please register for the Winter session if you are planning to swim and have not already done so.
 - 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 are filling up.
 - There are just **5 spots** left in the Saturday group.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Anne Trepanier** (8:30am Earlybirds) on getting tenure at Carleton! Anne teaches in Canadian Studies, as well as in French and History: <http://www5.carleton.ca/canadianstudies/people/trepanier-anne>.
- Our thoughts are with **Mits Kachi** (Coach) and his family as his 90 year old father has been hospitalized with pneumonia.
- 88 year old **George Tombler** (x-Whitecaps), who fell and broke his hip in December, has been moved to the Civic for rehab. We hope he'll be back to full strength soon.
- Best wishes to **Dawn Walsh** (8:30am Earlybirds) who also has pneumonia. We hope to see her back at the pool fairly soon.
- **Theresa Wallace** (7:10pm Whitecaps) has written another great article for Triathlon Magazine Canada. This one features **Joan Hollywood, Rudy Hollywood** (x-Carleton Masters), and **Margaret King** (7:30am Earlybirds). Enjoy!: <http://carletonmasters.tripod.com/hollywoodsprofileTMCjan2013.pdf>.
- **Lois Frankel** (7:30am Earlybirds) is recovering well from surgery on both knees and hopes to be back in the pool soon.
- Brewer Pool is having some public swims aimed at Triathletes. Pay the usual City of Ottawa fee (\$4.30) for each of the following: Fri Jan 18th 6-8pm; Wed Jan 23rd 5:50-7:30pm; Fri Jan 25th 6-8pm; Wed Jan 30th 5:30-7:30pm.

Swimming Links:

- Here's a great gif of Winter fly training: <http://i.imgur.com/AMTfr.gif>. Don't try this at home!
- Data on Stroke Rate and Efficiency: <http://www.feelforthewater.com/2012/12/the-data-on-stroke-rate-and-efficiency.html> (Ed. Note: 1:40/100m is very slow for college swimmers!)
- Olympic Breaststroke Techniques: <http://www.stack.com/2012/09/27/olympic-breaststroke-techniques/>

News and Links:

- 2nd Place Boat in December Sydney to Hobart Race Skipped by 85 year old Syd Fischer: <http://www.heraldsun.com.au/sport/more-sport/sydney-hobart-yacht-living-doll-limps-into-port-after-taking-in-sydney-harbour/story-e6frglf-1226544935407>; And then he wins the January Pittwater to Coffs Harbour Race: <http://www.dailytelegraph.com.au/sport/more-sport/syd-fischer-collects-handicap-honours-aboard-his-small-ragamuffin-in-pittwater-to-coffs-harbour-race/story-fnducqor-1226547853438>
- 25 Fittest Men of All Time (they forgot to include Syd – see above!): <http://fitbie.msn.com/slideshow/25-fittest-men-all-time?ocid=nlxgf>
- Why Ice May Be Bad for Sore Muscles: <http://well.blogs.nytimes.com/2012/01/04/why-ice-may-be-bad-for-sore-muscles/?ref=health>
- Lactic Acid: The Lies You Were Taught: <http://triathlete-europe.competitor.com/2011/08/02/lactic-acid-the-lies-you-were-taught/>
- Train Less, Race Faster: <http://www.iawr-connect.com/training/train-less-race-faster/>
- Iron Level Upkeep for Runners: http://running.competitor.com/2012/12/nutrition/iron-level-upkeep-for-runners_63445
- Dehydration doesn't Cause Muscle Cramps?: <http://www.runnersworld.com/injury-prevention-recovery/dehydration-doesnt-cause-muscle-cramps>

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.

Winter 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 End Monday: Alex; Deep End Tuesday/Thursday: Lynn

7:10pm Whitecaps: Shallow End; Monday: Alex; 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.

Thanks to **Zoe** (Pool Staff / ROCS Coach) for coaching the 7:10pm and 8:10pm Whitecaps on Thu Jan 10th due to **Mits** being at the hospital with his father.

Fin Days:

Mon Feb 4th

Mon Mar 11th

Time Trials:

Tue Feb 12th 6pm / Wed Feb 13th: 400fs or IM

Tue Feb 26th 6pm / Wed Feb 27th: 2 x 50 choice

Thu Mar 7th 6pm / Fri Mar 8th: 100 choice

Thu Mar 21st 6pm / Fri Mar 22nd: 200 choice

Tue Mar 26th / Wed Mar 27th: 800 / 1500fs

Thu Apr 11th 6pm / Fri Apr 12th: relays

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint13.pdf>.

Here are the weekday attendance statistics. Those with perfect attendance for the term will be recognized in the newsletter and will receive a certificate at the end of the term. Please let me know if you notice any errors.

7:30am Earlybirds: Jan 2-11th (5 workouts); range: 21-28; average: 25.0

Perfect Attendance: **Bruce B, Chris M, Christian C, Dave B, Francois L, Ian L, Jennifer M, Jim L, Kevin G, Kim F, Nicole LS, Robert F, Sandy L, Susan H, Ursula S, Zoe P**

8:30am Earlybirds: Jan 2-11th (5 workouts); range: 8-21; average: 14.0

Perfect Attendance: **Alan H, Malika S, Margaret K, Matthew T**

6pm Whitecaps: Jan 3-10th (4 workouts); range: 22-32; average: 27.5

Perfect Attendance: **Bill W, Cam D, Carolyn O, Cindy S, Dave G, Debby W, Don W, Elaine Y, Heather G, Jamie W, Jian-Lok C, Lina V Mike L, Nicole D, Peter L**

7:10pm Whitecaps: Jan 3-10th (4 workouts); range: 12-19; average: 14.3

Perfect Attendance: **Jenna R, Joanie C**

8:10pm Whitecaps: Jan 3-10th (3 workouts); range: 7-10; average: 8.3

Perfect Attendance: **Elaine C, Lynn B, Manuel L**

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/MeetList.aspx>, select FNQ and Masters <show>, and the upcoming meets tabs, then the appropriate month or "season", then select the appropriate 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.**

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 <https://registration.swimming.ca/MeetInfo.aspx?meetid=13974>

Sun Jan 27th Technosport SCM Ottawa U <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/> and <http://www.mastersswimmingontario.ca/pdf/technoanjan272013.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 <http://www.mastersswimmingontario.ca/pdf/Heartswim2013.pdf>

Sat Mar 16th Dollard-des-Ormeaux SCM (details TBA)

Thu-Sat 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 LCM <http://www.mastersswimmingontario.ca/pdf/AllOUTSwim2013.pdf>

Sun May 5th Thornhill SCM <http://www.mastersswimmingontario.ca/pdf/ThornhillMay52013.pdf>

Fri-Mon May 17-20th Nationals SCM Nepean <http://www.cmssc2013.ca/>

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 Jan 5th Mad Trapper Snowshoe 5k Race

Congratulations to **Lucie Boudreau** (8:30am Earlybirds) on her 5th place finish in 1:02:57. Full results at: <http://www.arkraces.com/201213-mad-trapper-results/>. And you can check out a video showing some of the race at: <http://www.arkraces.com/mad-trapper-videos/>. **Lucie** features briefly at about the 2:05 mark – looking good!!

Testimonial on Achieving the TriRudy Award by Eight(!) Time Winner **Chris Macknie** (7:30am Earlybirds)

I'm new at this :-) and had to figure out how to best answer your questions!

1) Of the five events, which one was your favorite? Why?

Ironman Mont-Tremblant was my favourite event this year. I did both the half- and full Ironman races at Tremblant, and both were immaculately organized. I stayed in a friend's condo, a two-minute walk from transition, which was great. It was so cool to see so many friendly Ottawa faces during the race. And after underperforming on the run in 10 of my 11 previous Ironman races, I finally put together the run I was capable of, running sub-3:20 on the way to an Ironman PB.

2) Who did you do most of your training with this year, or did you do it alone? Was there a favorite workout? After all is said and done, do you feel stronger in swimming, biking, running, skiing, or skating or stronger in all of the above?

Years ago on Tri-Rudy someone posted some great words of advice for Ironman training: Never do all of your training alone; never do all of your training in a group. I did a lot of training on my own, but some of my best training this year came in group settings: Epicman Lake Placid (including a ride up Whiteface, the full day of Epicman, and the Challenge route of the Rideau Lakes Cycle Tour in a 48-hour period) and Epicman Mont-Tremblant, three days of more-than-Ironman-distance training in sweltering heat. Thanks very much to Dev Paul for organizing both events. I find as I get older, I actually enjoy the training events more than the races.

3) Has your outlook changed toward fitness? Do you feel you are a better person, mentally/physically for doing the award?

Nope, I'm the same old bag of sh*t I've always been.

4) Did TriRudy play a part in this years' effort? Is there anyone you would like to thank?

I'd like to thank Jim Borrens and the Top Speed guys for allowing me to be part of their team and for being great running partners. I'd like to thank my swim coaches - current and past - but I'd be doing a disservice by mentioning their names when I haven't actually improved my swimming in 10 years.

5) Would you do it all over again or are you looking for another focus for 2013?

Need you ask? With Zoe's five Rudy Awards to go with my eight, we have 13 smiling photos of Rudy on the wall above our desk. I hope Joan isn't getting jealous. I will keep going with Rudy Awards as long as there is space on my wall (it's a long wall).

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 **Jan 2nd** includes some statistics on Canadian Records:
<http://www3.sympatico.ca/chberger/rec/rmc12sta.htm>.)

Ask the Coach

Dear Coach: Here's a suggestion for all the Carleton Masters swimmers for 2013: pick something new or special to try at the pool this year. I'm Going To Learn Proper Flip Turns

Dear I.G.T.L.P.F. Turns: What a good idea! When making our New Year's Resolutions, picking something to learn or improve in the pool will help make us better swimmers.

Dear Coach: Can you remind me of the rules for the breaststroke turn? Improving My Turns

Dear I.M. Turns: Sure. You must touch the wall with both hand simultaneously while on your stomach. After you push off, again on your stomach, you are allowed one fly arm pull (down to your hips) with a single fly (dolphin) kick. You then bring your hands back up above your head with a single breaststroke kick. You then start your breaststroke, and your head must break the surface before your arms get to their widest point. Here are the official rules, along with some interpretations from Swimming Canada: <https://www.swimming.ca/docs/Officiating/FINA%20Breaststroke%20Interpretation%20Mar%207.%202012.pdf>.

Private and Semi-Private Masters Swim Lessons

Availability:

E-mail me for details.

Prices:

Private: \$52.50 per hour, plus HST.

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

Reminders

Winter Masters Programs:

As staff need to check your membership, you must register in person or by phone (613-520-4480) for Masters. 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.slowlitch.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>