

**From:** Lynn Marshall [lynnmarshall@sympatico.ca]  
**Sent:** Friday, January 25, 2013 1:19 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 #326

## Carleton Masters Swimming Newsletter #326

Friday, January 25<sup>th</sup>, 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 (37 addresses), 8:10pm Whitecaps III (24 addresses), Saturday Only (7 addresses), Masters "Alumni" (26 addresses).

"You change for two reasons: Either you learn enough that you want to, or you've been hurt enough that you have to." – Author Unknown

### Masters Program Notes and Cancellations

- The Winter session is underway.
- Note that there will be **no workouts on Mon Feb 18<sup>th</sup>** (Family Day).
  - There are no other cancellations due to Reading Week.
- Details on the Winter session (times, dates, prices) 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 **3** spots left in the Saturday group, and **6** in the 8:10pm Whitecaps

### Swimmer Notes

#### Swimmer Updates:

- Our thoughts are with Coach **Mits Kachi**, who is having a difficult time. His father's pneumonia is being exacerbated by his epiglottis not closing properly. A move to palliative care is scheduled for next week. On top of that, **Mits** caught a nasty flu and got so dehydrated that he was hospitalized for a couple of days last week due to renal failure. He won't be back at the pool this coming week, but perhaps the week after.
- **Karen Jensen** (7:30am Earlybirds) will be hosting an information night at her place about an **amazing summer wilderness camp** for young people aged 10 – 17 years **on January 31, at 7 pm**. Her son, Tom, has been going to the camp for 5 years now and it has had a huge impact on his life. For more information, or if you want to attend call **Karen** at 613-780-8673.
- It's great to see **Lois Frankel** (7:30am Earlybirds) back in the pool after surgery on both knees!
- Congratulations to **Christiane Wilke** (7:30am Earlybirds), who recently had an article published: Remembering Complexity? Memorials for Nazi Victims in Berlin: <http://ijtj.oxfordjournals.org/content/early/2013/01/16/ijtj.ij035.abstract?sid=4d05e60f-6507-4f73-b981-5f02f9b80353>
- **Fouad Hejazi** (x-7:30am Earlybirds and 7:10pm Whitecaps) reports that things are going well at McMaster University. He is enjoying his two courses, and getting along well with his advisor and other grad students. He tried swimming with a Masters team there, but found it rather crowded and disorganized, so he is swimming with the Hamilton Aquatic Club (an age group team, i.e. lots of fast kids!) and enjoying it despite going to a 5:30am workout!
- 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 25<sup>th</sup> 6-8pm; Wed Jan 30<sup>th</sup> 5:30-7:30pm.

#### Swimming News and Links:

- Thanks to **Madelayne DeGrace** (7:30am Earlybirds) for this real snow swimming video (check out the flip-turns): [https://www.youtube.com/watch?v=TJMVkdTZV-U&feature=youtu.be\\_gdata\\_player](https://www.youtube.com/watch?v=TJMVkdTZV-U&feature=youtu.be_gdata_player)
- In the Swim of Things: 96 year old stays fit in the pool: <http://www.cbc.ca/news/canada/nova-scotia/story/2013/01/17/ns-senior-swimmer.html>
- Commuter Swim Lane in London?: [http://www.architizer.com/en\\_us/blog/dyn/55044/yn-studio-proposes-first-commuter-swim-lane-in-london/](http://www.architizer.com/en_us/blog/dyn/55044/yn-studio-proposes-first-commuter-swim-lane-in-london/)

#### Other News and Links:

- Triathlete **Tony O'Keeffe's** Amazing Comeback from a Bike Accident: <http://www.rcaf-arc.forces.gc.ca/v2/nr-sp/index-eng.asp?id=13467>
- Why Athletes Tighten Up, and What to do about it: <http://www.stack.com/2013/01/03/athletes-tighten-up/>
- 15 Bizarre Facts about the Human Body: <http://www.businessinsider.com/15-bizarre-facts-about-the-human-body-2013-1>
- What Successful People do in the Morning: <http://smallbusiness.yahoo.com/advisor/want-success-fix-mornings-124459953.html>
- Energy Drinks Promise Edge, but Experts Say Proof is Scant: [http://www.nytimes.com/2013/01/02/health/scant-proof-is-found-to-back-up-claims-by-energy-drinks.html?ref=health&\\_r=2&](http://www.nytimes.com/2013/01/02/health/scant-proof-is-found-to-back-up-claims-by-energy-drinks.html?ref=health&_r=2&)
- The Lunacy of the Long-Distance Runner: <http://www.economist.com/news/christmas/21568593-vomit-bleeding-nipples-and-hallucinations-why-would-anyone-their-right-mind-run>

**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. Just a few silicone caps left at \$2. Ask if you're interested in looking at these. If anyone has any caps that they'd like to donate, they would be most welcome.

**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 **Nico Belisle** (Masters Sub Coach / ROCS Coach) and **Zoe Todd** (Pool Staff / ROCS Coach) for coaching the 7:10pm and 8:10pm Whitecaps the last two weeks due to **Mits** being both in hospital and at the hospital with his father.

### Fin Days:

Mon Feb 4<sup>th</sup>  
Mon Mar 11<sup>th</sup>

### Time Trials:

Tue Feb 12<sup>th</sup> 6pm / Wed Feb 13<sup>th</sup>: 400fs or IM  
Tue Feb 26<sup>th</sup> 6pm / Wed Feb 27<sup>th</sup>: 2 x 50 choice  
Thu Mar 7<sup>th</sup> 6pm / Fri Mar 8<sup>th</sup>: 100 choice  
Thu Mar 21<sup>st</sup> 6pm / Fri Mar 22<sup>nd</sup>: 200 choice  
Tue Mar 26<sup>th</sup> / Wed Mar 27<sup>th</sup>: 800 / 1500fs  
Thu Apr 11<sup>th</sup> 6pm / Fri Apr 12<sup>th</sup>: 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 2-25<sup>th</sup> (11 workouts); range: 21-33; average: 26.5  
Perfect Attendance: **Chris M, Christian C, Dave B, Ian L, Jennifer M, Robert F, Sandy L, Zoe P**

**8:30am Earlybirds:** Jan 2-25<sup>th</sup> (11 workouts); range: 8-21; average: 15.5  
Perfect Attendance: **Margaret DK**

**6pm Whitecaps:** Jan 3-24<sup>th</sup> (10 workouts); range: 22-32; average: 27.7  
Perfect Attendance: **Cam D, Don W, Elaine Y, Heather G, Jamie W, Jian-Lok C, Lina V, Mike L, Nicole D, Peter L**

**7:10pm Whitecaps:** Jan 3-24<sup>th</sup> (10 workouts); range: 12-20; average: 16.1  
Perfect Attendance: **Joanie C**

**8:10pm Whitecaps:** Jan 3-24<sup>th</sup> (7 workouts); range: 7-15; average: 10.7  
Perfect Attendance: **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 31<sup>st</sup>, 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 20<sup>th</sup> Brockville SCM <http://www.mastersswimmingontario.ca/pdf/BrockvilleJan202012.pdf>. **CANCELLED**  
Sat Jan 26<sup>th</sup> Pointe-Claire SCM <https://registration.swimming.ca/MeetInfo.aspx?meetid=13974>  
Sun Jan 27<sup>th</sup> 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 2-3<sup>rd</sup> Coupe de la Capitale LCM Quebec City <https://registration.swimming.ca/MeetInfo.aspx?meetid=13440>  
Sun Feb 10<sup>th</sup> Burlington SCM <http://mastersswimmingontario.ca/pdf/BurlingtonFeb102013.pdf>  
Sat-Sun Feb 16-17<sup>th</sup> LaSalle SCM (TBC)  
Sat Mar 2<sup>nd</sup> Cote St-Luc SCM Montreal (details TBA)  
Sun Mar 3<sup>rd</sup> Milton SCM (details TBA)  
Sun Mar 3<sup>rd</sup> 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 10<sup>th</sup> Etobicoke LCM 1500 <http://www.mastersswimmingontario.ca/pdf/Heartswim2013.pdf>  
Sat Mar 16<sup>th</sup> Dollard-des-Ormeaux SCM (details TBA)  
Thu-Sat Mar 28-30<sup>th</sup> Ontario Provincials SCM London <http://www.mastersswimmingontario.ca/pdf/ProvincialsLondon2013.pdf>  
Fri-Sun Apr 19-21<sup>st</sup> Quebec Provincials SCM Montreal Olympic Pool (details TBA)  
Sat Apr 20<sup>th</sup> Downtown Toronto All Out LCM <http://www.mastersswimmingontario.ca/pdf/AllOUTSwim2013.pdf>  
Sun May 5<sup>th</sup> Thornhill SCM <http://www.mastersswimmingontario.ca/pdf/ThornhillMay52013.pdf>  
Fri-Mon May 17-20<sup>th</sup> Nationals SCM Nepean <http://www.cmssc2013.ca/>

Sat Jun 8<sup>th</sup> Longueuil LCM (details TBA)

Sat Jul 13<sup>th</sup> London ON LCM (TBC)

Jul 27<sup>th</sup> – Aug 10<sup>th</sup> 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 12<sup>th</sup> Clarington Masters Swim Meet

This was **Jamie Chalmers** (7:10pm Whitecaps) first meet in the 70-74 age group. He did very well, setting three club records! He broke **George Tombler** (x-Whitecaps)'s record in the 50 back, and was the first to swim 800fs and 400IM in that category. Congratulations, **Jamie!** The club records will be updated once the official results are available. Here are his approximate times:

**Jamie Chalmers** (7:10pm Whitecaps; 70-74): 200fs (4:00); 800fs (19:00+; Inaugural Club Record); 50bk (50.07; Club Record); 50br (1:04); 400IM (10:00.54; Inaugural Club Record)

### Fri-Sun Jan 18-20<sup>th</sup> Bermuda Triangle Challenge / Half Challenge

**Susan Nevitt-Yelle** (7:30am Earlybirds), her husband **Jean-Denis Yelle**, and her brother, **Dave Nevitt**, from Dartmouth went to Bermuda for a not very relaxing weekend (understatement!). Over three days they completed three running races: a 1 mile on Friday, a 10km on Saturday, and a Marathon or Half Marathon on Sunday. Full details and results at: <http://www.bemudaraceweekend.com/site/> and <http://www.bemudatiming.bm/>. Well done all!

**1 Mile** (531 participants):

**Dave Nevitt** (50-59): 27<sup>th</sup> overall in 5:45.5

**Susan Nevitt-Yelle** (7:30am Earlybirds; 50-59): 161<sup>st</sup> overall in 6:58.8

**Jean-Denis Yelle** (50-59): 363<sup>rd</sup> overall in 8:26.9

**10km** (888 participants):

**Dave Nevitt** (50-59): 36<sup>th</sup> overall and 2<sup>nd</sup> in age group in 39:44 (39:41)

**Susan Nevitt-Yelle** (7:30am Earlybirds; 50-59): 183<sup>rd</sup> overall and 3<sup>rd</sup> in age group in 50:11 (49:55)

**Jean-Denis Yelle** (50-59): 543<sup>rd</sup> overall and 51<sup>st</sup> in age group in 1:02:15 (1:01:51)

**Half-Marathon** (655 participants):

**Jean-Denis Yelle** (50-59): 655<sup>th</sup> overall and 33<sup>rd</sup> in age group in 2:19:22 (2:19:09)

**Marathon** (142 participants):

**Dave Nevitt** (50-59): 6<sup>th</sup> overall and 4<sup>th</sup> in "top finishers" in 3:08:07

**Susan Nevitt-Yelle** (7:30am Earlybirds; 50-59): 59<sup>th</sup> overall and 2<sup>nd</sup> in age group in 4:00:30

**Bermuda Triangle Half Challenge** (267 women; 145 men; 412 total participants)

**Jean-Denis Yelle** (50-59): 248<sup>th</sup> overall and 12<sup>th</sup> man in 3:30:05

**Bermuda Triangle Challenge** (45 women, 48 men; 93 total participants):

**Dave Nevitt** (50-59): 1<sup>st</sup> overall and 1<sup>st</sup> man in 3:53:38

**Susan Nevitt-Yelle** (7:30am Earlybirds; 50-59): 31<sup>st</sup> overall and 9<sup>th</sup> woman in 4:57:40

### 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 24<sup>th</sup>**). Here are the Carleton swimmers who placed in the Canada Top 20 for 2012 (please let me know if I missed anyone, link: <http://www3.sympatico.ca/chberger/index4.html>):

**Julie Mouris** (6pm Whitecaps; 25-29; swimming for TECH): 3 short course events

**Natalie Aucoin** (8:30am Earlybirds; 40-44): 4 long course events

**Sandy Lawson** (7:30am Earlybirds; 45-49): 5 long course events

**Lynn Marshall** (Coach; 50-54): 18 short course (9 1<sup>st</sup>) and 17 long course events (11 1<sup>st</sup>): 1<sup>st</sup> in age group (SC and LC)

**Lina Vincent** (6pm Whitecaps; 60-64): 7 short course events

**Isla Paterson** (8:30am Earlybirds; 60-64): 3 short course events

**Jian-Lok Chang** (6pm Whitecaps; 25-29; swimming for EMSC): 17 short course events (4 1<sup>st</sup>): 1<sup>st</sup> in age group (SC)

**Sean Dawson** (6pm Whitecaps; 25-29): 3 short course events

**Mark Blenkinsop** (8:30am Earlybirds; 30-34): 3 short course events

**Lee Storm** (x-6pm Whitecaps; 40-44): 4 short course events

**Jamie Chalmers** (7:10pm Whitecaps; 65-69): 10 short course and 17 long course events: 16<sup>th</sup> (SC) and 3<sup>rd</sup> (LC) in age group

### Ask the Coach

**Dear Coach:** What position should my hands be in when I swim? Want to Generate More Propulsion

Dear W.t.G.M.P: First, your hands should be kept straight, i.e. neither cupped, nor with the fingers bending backwards. Next you want to open your hands very slightly, so that there are small gaps between the fingers. Finally, try to keep the hands fairly relaxed so that you don't waste energy clenching your hands.

**Dear Coach:** I notice that I get very red in the face when I swim. Sometimes this lasts for quite a while after swimming. Am I working too hard? Should I be worried about the redness? Red-Faced Swimmer

Dear R-F. Swimmer: Many swimmers do get quite red in the face when they exert themselves. Some even get red in the chest and back areas, too. As long as you get regular medical check-ups to ensure that your heart is fit, this is nothing to worry about.

### 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 2<sup>nd</sup> to Fri Apr 12<sup>th</sup>** (no workouts: Tue Jan 1<sup>st</sup>; Mon Feb 18<sup>th</sup>; Fri Mar 29<sup>th</sup>; Mon Apr 1<sup>st</sup>)

**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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!

Lynn

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