

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Friday, February 08, 2013 3:07 PM
To: 'Fran Craig'; 'Steve Baird'; Alex Joubert; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; Nico Belisle; 'Tim Kilby'; Zoe Todd
Subject: Carleton Masters Swimming Newsletter #327

Carleton Masters Swimming Newsletter #327

Friday, February 8th, 2013

To: Carleton Masters Coaches / Staff (11 addresses)

Bcc: Those Registered for Fall 2012, Winter 2013 and Alumni: 7:30am Earlybirds I (49 addresses), 8:30am Earlybirds II (37 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).

"It is easy to be pleasant when life flows by like a song, but the man worthwhile is the one who will smile when everything goes dead wrong. For the test of the heart is trouble, and it always comes with years, and the smile that is worth the praises of earth is the smile that shines through the tears." – Irish Sayings

Masters Program Notes and Cancellations

- The Winter session is underway.
- Apologies to everyone for accidentally swapping the **Mon Feb 4th** workout and the **Tue Feb 5th/Wed Feb 6th** workout. And to those who enjoyed doing IM with fins – you're welcome ☺ !
- Note that there will be **no workouts on Mon Feb 18th** (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 and prayers are with Coach **Mits Kachi** whose father passed away on Tue Jan 29th. A private family service will be held Sat Feb 9th. In lieu of flowers, the club will make a donation to the Ottawa Hospital Foundation in **Hiroshi Kachi**'s name. If you would like to contribute or sign the card, and have not yet had a chance to do so, please let me know. **Mits** will be back at the pool on Tue Feb 19th. **Hiroshi Kachi**'s memorial page can be found here: <http://beechwood.permavita.com/siteContent/memorial.html?personId=232849&source=curmem>.

- Congratulations to **Shauna Ironside** (8:30am Earlybirds) and **Andrew Geddes** on the arrival of their first child, **Bennett Geddes**, weighing 8lb 5oz on Jan 23rd, 2013. All are doing well, and here's a great video by Andrew: http://www.youtube.com/watch?feature=player_embedded&v=JDDf2plt60.

- Congratulations also to **Dave Caldwell** (7:30am Earlybirds) and his wife, **Tanyse**, on their recent wedding and honeymoon in St. Maarten.

- Get well soon wishes to **Colette Kenney** (8:30am Earlybirds) on another Tae Kwon Do foot injury, and to **Titia Kaandorp** (7:10pm Whitecaps) who is bruised from a fall down a flight of stairs.

- For those looking for a "splashy" theatre experience, the NAC English Theatre is putting on *Metamorphoses*: Based on the Myths of Ovid which takes place in and around a giant swimming pool on stage. It runs until Feb 16th. Thanks to **Lucie Boudreau** (8:30am Earlybirds) for bringing this to my attention.

- **Rudy Hollywood** (x-Whitecaps)'s father, Kenneth, passed away on Jan 30th, 2013. He was a WWII veteran in his 96th year. Details at: <http://www.legacy.com/obituaries/ottawacitizen/obituary.aspx?n=kenneth-hollywood&pid=162774259#fbLoggedOut>.

- Carleton Athletics is hosting a March Break Sports Camp: \$264.50 for 5 days, or \$60 per day. Bar codes are 5303 for the whole week, and 5834 through 5838 for each day (Mon-Fri).

- Carleton's CKCU is hosting Radio Camps during March Break and in the summer. Details at: <http://www.ckcufm.com/radio-camp>.

Swimming News and Links:

- Why does Swimming Make You Sleepy? [Ed Note: Not true for me!]: <http://triathlete-europe.competitor.com/2013/01/01/why-does-swimming-make-you-sleepy>

Other News and Links:

- An inspiring Ottawa couple: Would you give up a kidney if you were training for the World Championships?!

<http://www.ottawacitizen.com/health/Cleary+Paralympic+athlete+Jason+Dunkerley+donate+kidney+wife/7884401/story.html>

- What and When do Elite Athletes Eat?:

<http://www.runnersworld.com/nutrition-runners/what-and-when-do-elite-athletes-eat#.UQvXz83n8Uk.facebook>

- Study: Aerobic Exercise Outpaces Resistance Training in Weight, Fat Loss

<http://www.aafp.org/online/en/home/publications/news/news-now/health-of-the-public/20130114aerobic-resistance.html>

- Pregnant? It's a Good Time to Start Exercising: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/pregnant-its-a-good-time-to-start-exercising/article6095358/>

- Metabolic Effect of Alcohol Consumption on Athletes: http://thesportfactory.com/site/nutritionnews/Metabolic_Effect_of_Alcohol_on_Athletes.shtml

- Get A Boost from Caffeine: <http://www.bicycling.com/training-nutrition/nutrition-weight-loss/caffeine-alert>

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 again to **Nico Belisle** (Masters Sub Coach / ROCS Coach) and **Zoe Todd** (Pool Staff / ROCS Coach) for continuing to coach the 7:10pm and 8:10pm Whitecaps the last two weeks.

Fin Days:

Mon Feb 4th

Mon Mar 11th

Time Trials:

Tue Feb 12th / 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-Feb 8th (17 workouts); range: 18-33; average: 25.1

Perfect Attendance: **Chris M, Christian C, Zoe P**

Missed 1 Workout: **Ian L, Margaret K, Robert F, Robin H**

8:30am Earlybirds: Jan 2-Feb 8th (17 workouts); range: 8-21; average: 15.7

Perfect Attendance: **Margaret DK**

Missed 1 Workout: **Matthew T, Penny E**

6pm Whitecaps: Jan 3-Feb 7th (16 workouts); range: 21-32; average: 27.4

Perfect Attendance: **Cam D, Don W, Jamie W, Lina V, Mike L, Nicole D**

Missed 1 Workout: **Deb L, Marie S, Nathan F**

7:10pm Whitecaps: Jan 3-Feb 7th (16 workouts); range: 12-20; average: 16.3

Missed 1 Workout: **Joanie C**

8:10pm Whitecaps: Jan 3-Feb 7th (11 workouts); range: 7-15; average: 10.2

Perfect Attendance: **Manuel L**

Missed 1 Workout: **Elaine C, Lynn B**

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/events/>.

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 Feb 10th Burlington SCM <http://www.mastersswimmingontario.ca/wp-content/uploads/2012/10/BurlingtonFeb102013.pdf>

Sat-Sun Feb 16-17th LaSalle SCM <https://registration.swimming.ca/MeetInfo.aspx?meetid=14026>

Sat Mar 2nd Cote St-Luc SCM Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=13331>

Sun Mar 3rd Milton SCM <http://www.mastersswimmingontario.ca/wp-content/uploads/2012/11/MiltonMar32013.pdf>

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/wp-content/uploads/2013/01/Heartswim20131.pdf>

Sat Mar 16th Dollard-des-Ormeaux SCM <https://registration.swimming.ca/MeetInfo.aspx?meetid=13338>

Thu-Sat Mar 28-30th Ontario Provincials SCM London <http://www.2013provincialchampionships.com>

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/wp-content/uploads/2012/09/AllOUTSwim20131.pdf>

Sun May 5th Thornhill SCM <http://www.mastersswimmingontario.ca/wp-content/uploads/2012/09/ThornhillMay520132.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 12th Clarington Masters Swim Meet

Here are Jamie's official times (I still don't have the official results):

Jamie Chalmers (7:10pm Whitecaps; 70-74): 200fs (4:00.97); 800fs (19:44.84; Inaugural Club Record); 50bk (50.07; Club Record); 50br (1:04.50); 400IM (10:00.54; Inaugural Club Record)

Sat Jan 26th Pointe-Claire Masters Meet

Jamie Chalmers was again Carleton's only swimmer at this meet. At Clarington he set 3 out of 5 club records. Here he did one better, setting four out of five! Congratulations, **Jamie!** He beat two of **George Tomblor's** records and set two new ones. Official results at: <http://mymssc.ca/ShowMeet.jsp?id=535>. The updated club records with **Jamie's** records from both Clarington and Pointe-Claire can be found here:

<http://carletonmasters.tripod.com/130126.Records.pdf>

Jamie Chalmers (7:10pm Whitecaps; 70-74): **1st** 200br (5:18.83), 100IM (1:57.34 Inaugural Club Record); **2nd** 100fs (1:33.40 Club Record), 200fs (3:36.63 Club Record), 200IM (4:37.79 Inaugural Club Record)

Sun Jan 27th Technosport Masters Meet (U of Ottawa)

Three Carleton swimmers participated: **Jamie Chalmers**, **Jian-Lok Chang**, and **me**. Results are not yet available but here's a rough idea of how we did. **Jamie's** club records (2 this time) will be updated when we have the official results.

Jian-Lok Chang (6pm Whitecaps; 25-29 swimming for EMSC): 50fs (25.6); 100bk (59.8)

Jamie Chalmers (7:10pm Whitecaps; 70-74): 50fs (40.44 Club Record), 100fs (1:35.00), 50bk (50+), 100bk (<2:00 Club Record), 100IM (1:57.84)

Lynn Marshall (Coach; 50-54): 100fs (1:06.05); 100bk (1:14), 100br (1:30), 200f (2:40), 100IM (1:17), 200IM (2:41)

Sun Jan 27th 9am Hypothermic Half Marathon Ottawa (214 participants)

Lucie Boudreau took part. She said it was very icy and she fell once, and nearly fell many other times. Despite that she did very well and placed 3rd in her age group. Well done, **Lucie!** Full results at: <http://www.events.runningroom.com/site/?racelid=8553&eventid=26299&vindex=4>.

Lucie Boudreau (8:30am Earlybirds, 50-59): 40th overall, 11th woman and 3rd in age group in 2:06:41

Sat Feb 2nd Winterlude Triathlon (skate, run, ski; 277 participants)

Congratulations to the four Carleton swimmers I found in the results at: <http://sportstats.ca/>. **Lucie** improved on her placing from the previous weekend by finishing 2nd in her age group – fantastic!

Chris Macknie (7:30am Earlybirds; 40-49): 58th overall; 51st man and 20th in category in 1:18:47.6

Lucie Boudreau (8:30am Earlybirds; 50-59): 92nd overall; 18th woman and 2nd in category in 1:26:46.0

Margaret King (7:30am Earlybirds; 50-59): 175th overall; 48th woman and 6th in category in 1:46:45.6

Zoe Panchen (7:30am Earlybirds; 40-49): 234th overall; 79th woman and 15th in category in 2:08:51.3

Sat-Sun Feb 2-3rd Coupe de la Capitale, Quebec City Masters Meet (LCM)

Jamie Chalmers (7:10pm Whitecaps) attended this meet, too. He set yet more club records, including a LC PB in 200 fly. Official results not yet available. Club records to be updated once they are out. Here are the unofficial times:

Jamie Chalmers (7:10pm Whitecaps 70-74): 50fs (36.33 Club Record), 50bk (49.92 Club Record), 100bk (2:01.25), 200f (6:21.98 Inaugural Club Record and LC PB),

2012 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and 2013, as well as previous years, top 20 (by gender and age group both SCM and LCM) at:

<http://www3.sympatico.ca/chberger/#canada> (last update **Feb 6th**). My apologies to **Robin Henderson** (7:30am Earlybirds; 50-54; swimming for OTTY) as I missed her from the list of those who placed in the top 20 in the last newsletter. She placed in the top 20 in 3 events LCM in 2012.

Ask the Coach

Dear Coach: I notice that the only time trial scheduled for the 7:10pm group this term is the 800/1500fs. We usually have a couple of other time trials. Why the change? Keen Time Trialer

Dear K.T. Trialer: The other two time trials (usually 200 and 400) were scheduled on Mondays when I was coaching the 7:10pm group. As **Alex** is coaching Monday evenings this term, I didn't want to overload him during his learning curve by having any time trials those evenings. However, on Tue Feb 12th, **Nico** has kindly agreed to time both the 7:10pm and 8:10pm groups in a 400 (free or IM). Thanks, **Nico!** Also, space permitting, you may always ask your coach to time you in an event of your choice.

Dear Coach: I am getting chaffing from my swimsuit on my shoulder. Any recommendations for avoiding that? Swimmer with Sore Arm

Dear S.w.S. Arm: Before workout, try putting a bit of Vaseline on the skin that is being rubbed. That will usually solve the problem.

Dear Coach: In my last competition, I tried doing my 50 free without breathing, but it didn't work. I ended up breathing quite a lot. I know that some swimmers can do 50m without breathing. How can I achieve this? Want to Breathe Less

Dear W.t.B. Less: Swimming 50m freestyle without breathing is a challenge. Racing 50m freestyle without breathing is an even greater challenge! Thus, to succeed at the latter, you should first work on the former. As with anything, you should build up to it gradually. And take care not to hyperventilate before your attempt, as that is very dangerous. Very few Masters swimmers race 50m free without breathing. There are likely other (less difficult!) changes that you could

make to improve your 50m free time.

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>