

**From:** Lynn Marshall [lynnmarshall@sympatico.ca]  
**Sent:** Friday, March 08, 2013 4:55 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 #329

## Carleton Masters Swimming Newsletter #329

Friday, March 8<sup>th</sup>, 2013

**To:** Carleton Masters Coaches / Staff (11 addresses)

**Bcc:** Those Registered for Fall 2012, Winter 2013 and Alumni: 7:30am Earlybirds I (48 addresses), 8:30am Earlybirds II (38 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (38 addresses), 8:10pm Whitecaps III (27 addresses), Saturday Only (8 addresses), Masters "Alumni" (27 addresses).

"Our greatest glory is not in never falling, but in rising every time we fall." – Confucius

### Masters Program Notes and Cancellations

- Note that there will be **no workouts on Fri Mar 29<sup>th</sup> or Mon Apr 1<sup>st</sup>** (Easter).
  - For those registered for Saturdays, there **is** workout Sat Mar 30<sup>th</sup>.
- The Winter session ends **Fri Apr 13<sup>th</sup>**.
- 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 is just **1** spot left in the Saturday group, and **5** spots in the 8:10pm Whitecaps

### Swimmer Notes

#### Swimmer Updates:

- Congratulations to **Fran Craig** (Carleton Athletics Welcome Centre Administrator) on receiving a Carleton Service Excellence Award. You can see **Fran** receiving her award in the second picture: <http://www5.carleton.ca/service-excellence/2012-service-excellence-awards-photo-gallery/>.

- Our condolences to **Cheri Reddin** (6pm Whitecaps) and her family on the fire at their newly renovated house. Luckily it occurred the night before they were to move in, so no one was hurt, and they can stay in their rental for now.

- **Isla Paterson** (8:30am Earlybirds) broke her wrist while working in Uganda at the end of January. She had surgery when she returned to Canada on Jan 27<sup>th</sup> and has three pins holding her wrist together, requiring regular pain killers. She gets the cast off March 8<sup>th</sup> and then will start physio. We hope she'll be able to start swimming again soon.

- **Marie Steele** (6pm Whitecaps) needs to take a break from swimming to let her shoulder injury heal. In the meantime she is already bored of water running and kicking in public swim! We hope to see her back at Masters soon.

- Kudos to **Madelayne DeGrace**, **Robert Fabes**, and **Francois Jacques** (all 7:30am Earlybirds) for asking if they could do the long distance free set IM on Mon Feb 25<sup>th</sup>. They completed 1000, 500, and 200IM!

- The Gatineau Sports Centre is hosting the Canada Cup FINA Grand Prix May 2-5<sup>th</sup>, with about 100 of the world's best divers in attendance. Tickets on sale starting March 1<sup>st</sup> at <http://www.diving.ca/>. This event was last held in the capital region in 1991 at the Nepean Sportsplex (I was there!). Thanks to **Lucie Boudreau** (8:30am Earlybirds) for bringing this to my attention.

### Swimming News and Links:

- Preventing Shoulder Injuries in Aquatic Sports: <http://proswimworkouts.com/prevention-of-shoulder-injuries-in-aquatics-sports>

### Other News and Links:

- The World's Oldest Marathon Runner Retires at 101: [http://sportsillustrated.cnn.com/more/news/2013/02/23/oldest-marathon-runner.ap/?sct=mr\\_t2\\_a5](http://sportsillustrated.cnn.com/more/news/2013/02/23/oldest-marathon-runner.ap/?sct=mr_t2_a5)

- Basics of Shoulder Injury Prevention and Rehab:

<http://www.stack.com/2013/02/18/shoulder-rehab-exercises/>

- Six Common Triathlete Swim Myths: <http://triathlete-europe.competitor.com/2013/02/22/six-common-swim-myths-and-how-to-avoid-them>

- Why do you Feel like Puking During Races?: [http://running.competitor.com/2013/02/nutrition/why-do-you-feel-like-puking-during-races\\_33594](http://running.competitor.com/2013/02/nutrition/why-do-you-feel-like-puking-during-races_33594)

- Triathlon Tips: Olympic Champion Alistair Brownlee's Top 10 Tips for Triathlon Success: <http://www.mirror.co.uk/sport/other-sports/athletics/triathlon-tips-olympic-champion-alistair-1747211#.UTe2wi120I.twitter>

- An Elite State of Mind: Learning Humility from the Fastest Runners in the World: <http://www.runnersworld.com/race-training/elite-state-mind>

**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.

#### Fin Days:

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

#### Time Trials:

Tue Feb 12<sup>th</sup> / 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>.

Thanks to all who participated in the 50m time trials on Tue Feb 26<sup>th</sup> / Wed Feb 27<sup>th</sup>. The biggest improvement was by **Ursula Scott** (7:30am Earlybirds). She improved her 50bk by 3.1 seconds. Next was **Jennifer Murdock** (7:30am Earlybirds). She improved her 50fs by 2.5. Three people improved by 2.0 seconds: **Sean Dawson** (6pm Whitecaps / 8:30am Earlybirds) and **Mark Blenkinsop** (8:30am Earlybirds) in 50br, and **Natalie Aucoin** (8:30am Earlybirds) in 50fl. There were 8 swimmers who improved in both their 50s: **Francois Jacques** (7:30am Earlybirds), **Mark Blenkinsop** (8:30am Earlybirds), **Mike Lau** (6pm Whitecaps), **Natalie Aucoin** (8:30am Earlybirds), **Nathan Fudge** (6pm Whitecaps), **Sean Dawson** (6pm Whitecaps / 8:30am Earlybirds), **Susan Hulley** (7:30am Earlybirds), and **Ursula Scott** (7:30am Earlybirds). Well done, all! In the interest of full disclosure, note that several of the 8:30am swimmers used starting blocks, so they did have a slight advantage! The full list of improvements (and ties) is below.

#### 50fs (11)

Jennifer Murdock	2.5
Ursula Scott	1.8
Seema Akhtar	1.2
Andrea Chandler	1.2
Mike Lau	1.0
Susan Hulley	0.6
Robin Henderson	0.6
Francois Jacques	0.4
Gi Wu	0.3
Amir Banihashemi	0.3
Luz Osorio	0.2

#### 50bk (5 + 3 ties)

Ursula Scott	3.1
Joanne Dawson	1.8
Mike Lau	1.7
Jamie Wildsmith	0.2
Robert Fabes	0.2
Jian-Lok Chang	0.0
Nathan Fudge	0.0
Alison Storm	0.0

#### 50br (8)

Sean Dawson	2.0
Mark Blenkinsop	2.0
Christian Cattan	1.7
Chris Macknie	1.4
Francois Jacques	0.9
Natalie Aucoin	0.5
Nathan Fudge	0.3
Susan Hulley	0.2

#### 50fl (6)

Natalie Aucoin	2.0
Julie Mouris	0.9
Dave Gynspan	0.5
Deb Low	0.5
Mark Blenkinsop	0.4
Sean Dawson	0.1

The 100 time trial was held on Thu Mar 7<sup>th</sup> / Fri Mar 8<sup>th</sup>. Thanks to all those who took part, and to the 8:30am swimmers who helped set up the starting blocks. (Yes, again, many in that group had a bit of an advantage!) The biggest improvement was by **Mark Blenkinsop** (8:30am Earlybirds): 6.3 seconds in 100br. He also did the most work setting up and taking down the starting blocks! Three others improved by 3 or more seconds: **Tony Michel** (7:30am Earlybirds) 3.6sec in 100bk; **Deb Low** (6pm Whitecaps) 3.2sec in 100IM, and **Jennifer Murdock** (7:30am Earlybirds) 3.0sec in 100fs. Well done, all! The full list of improvements (and ties) follows:

#### 100fs (6 + 2 ties)

Jennifer Murdock	3.0
Gi Wu	1.4
Margaret King	1.3

Amir Banihashemi	0.5
Paul Scully	0.2
Marie-Odile Junker	0.2
Robin Henderson	0.0
Sean Dawson	0.0

#### 100bk (2)

Tony Michel	3.6
Yagmur Babaoglu	2.7

#### 100br (1)

Mark Blenkinsop	6.3
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#### 100fl (2)

Luz Osorio	0.9
Mark Blenkinsop	0.1

#### 100IM (1)

Deb Low	3.2
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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-Mar 8<sup>th</sup> (28 workouts); range: 18-33; average: 24.5

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

Missed 1 Workout: **Chris M, Robin H**

Missed 2 Workouts: **Robert F**

**8:30am Earlybirds:** Jan 2-Mar 8<sup>th</sup> (28 workouts); range: 8-21; average: 16.1

Perfect Attendance: **Margaret DK**

Missed 1 Workout: **Matthew T**

Missed 2 Workouts: **Penny E**

**6pm Whitecaps:** Jan 3-Mar 7<sup>th</sup> (27 workouts); range: 21-32; average: 26.7

Perfect Attendance: **Cam D, Mike L**

Missed 1 Workout: **Deb L, Don W**

Missed 2 Workouts: **Jamie W, Joanne D, Lina V**

**7:10pm Whitecaps:** Jan 3-Mar 7<sup>th</sup> (27 workouts); range: 12-22; average: 15.6

Missed 5 Workouts: **Joanie C**

**8:10pm Whitecaps:** Jan 3-Mar 7<sup>th</sup> (19 workouts); range: 5-15; average: 9.7

Perfect Attendance: **Manuel L**

Missed 1 Workout: **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 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/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 Mar 10<sup>th</sup> Etobicoke LCM 1500 <http://www.mastersswimmingontario.ca/events/eomac-heart-swim/>

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

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

Fri-Sun Apr 19-21<sup>st</sup> Quebec Provincials SCM Montreal Claude Robillard Pool <https://registration.swimming.ca/MeetInfo.aspx?meetid=13014>

Sat Apr 20<sup>th</sup> Downtown Toronto All Out LCM <http://www.dsctoronto.ca/alloutswim>

Sun May 5<sup>th</sup> Thomhill SCM <http://www.mastersswimmingontario.ca/wp-content/uploads/2012/09/ThomhillMay520132.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)

Nov 14-17<sup>th</sup> Dominican Republic Masters Meet [pablomota82@hotmail.com](mailto:pablomota82@hotmail.com)

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-Sun Feb 16-17<sup>th</sup> LaSalle Masters Meet

The official results are now out, and **Jamie Chalmers** set not four, but five Club records, and won all 8 events! Congratulations, **Jamie**!! Official results at: <http://mymssc.ca/ShowMeet.jsp?id=547>. Updated club records at: <http://carletonmasters.tripod.com/130302.Records.pdf>.

**Jamie Chalmers** (7:10pm Whitecaps; 70-74): 1<sup>st</sup> 50fs (38.31), 100fs (1:29.37 Club Record), 200fs (4:05.97), 400fs (8:16.71 Club Record), 50br (1:02.98), 50fl (57.22 Club Record), 100fl (2:22.12 Club Record), 200IM (4:12.56 Club Record)

### Sat Feb 23<sup>rd</sup> Swim Ottawa "Fun" Meet (Brewer Pool)

**Angela Davis** (8:30am Earlybirds) and **Carolyn Odecki** (6pm Whitecaps) participated. It was very low key and (as promised) fun. The mostly novice swimmers took turns timing each other and writing down your (unofficial) times was optional! Events were 200fs, 100IM, 75 br, 50bk, and 25fl.

### Sat Feb 23<sup>rd</sup> Mad Trapper 5km Snow Shoe Race

**Lucie Boudreau** (8:30am Earlybirds) participated, finishing 8<sup>th</sup> out of 15 women in 54:05. Well done, **Lucie**! Full results at: <http://www.madtrapperracing.com/201213-snowshoe-results/>.

### Sat Mar 2<sup>nd</sup> Cote Saint-Luc (Montreal) Masters Meet

What a nice facility for racing! Ten lane 25m pool that's 2.65m deep throughout. Cool water and electronic timing! **Andrew Housefather**, the mayor of Cote Saint-Luc and responsible for getting it built, is a swimmer, and was competing at the meet. I was the only Carleton participant – in fact, the only non-Quebec affiliated swimmer. I'd given up on getting the 1500m SC record after missing it by 2 seconds (Nepean) in 2011 and 3 seconds last year (Gatineau), so it shows the difference a "fast" pool makes! Official results at: <http://mymsc.ca/ShowMeet.jsp?id=548>. Thanks to the **8:30am Earlybirds**, led by **Margaret Dibben King**, **Penny Estabrooks**, and **Colette Kenney** for the lovely card and gift. You can see the card at: <http://carletonmasters.tripod.com/13photo/>.  
**Lynn Marshall** (Coach; 50-54): 1<sup>st</sup> 1500fs (17:49.23 World Record [subject to ratification]), 200bk (2:34.11), 200br (3:13.50)

### Sat Mar 2<sup>nd</sup> Pentathlon des Neiges, Quebec City (short distance; 117 participants)

**Lucie Boudreau** (8:30am Earlybirds) completed this challenging event which involves cycling, running, skiing, skating, and snow shoeing! She was the oldest female competitor and won the 50-59 category. She did so well that she would have placed 3<sup>rd</sup> in the 40-49 category. You rock, **Lucie**! The short distance race involved 9km cycling, 3.7k running, a 6k ski, 5k skate and 3k snow shoe. **Lucie** was 76<sup>th</sup> overall in 1:56.35.8. Full details at: <http://www.pentathlondesneiges.com/>, and results at: [http://results.sportstats.ca/res2013/pentathlon\\_day4\\_CS\\_laps.htm](http://results.sportstats.ca/res2013/pentathlon_day4_CS_laps.htm).

### Sun Mar 3<sup>rd</sup> Technosport Masters Meet (U of Ottawa)

There were four Carleton swimmers at this well-attended (by other teams) meet. We actually finished a little **after** 8:30am! No official results yet, but here's how we did:

**Julie Mouris** (6pm Whitecaps; 25-29): 100fs (1:12), 200fs (2:34), 100fl (1:19)

**Luz Osorio** (6pm Whitecaps; 25-29): 100fs (1:07), 100fl (1:13)

**Jian-Lok Chang** (6pm Whitecaps; 25-29; swimming for EMSC): 200fs (2:02), 400fs (4:26), 200br (2:43)

**Lynn Marshall** (Coach; 50-54): 200fs (2:21), 400IM (5:33)

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

Check out the MSC statistics including the National Records and 2013 rankings, 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 28<sup>th</sup>**).

### Ask the Coach

**Dear Coach:** What Carleton Masters groups are running in Spring/Summer and when can I sign up? Want A Spot

Dear W.A. Spot: As soon as this information is available it will be communicated via the newsletter and web site. Registration usually starts in early April.

**Dear Coach:** How long can I stay underwater after I push off the wall? Working on My Turns

Dear W.o.M. Turns: In freestyle, backstroke, and butterfly the you must be at the surface by 15m. For breaststroke there is currently no limit, but as there is a limit to what you may do underwater (one underwater pull, one dolphin kick, and one breaststroke kick), it's very difficult to get to 15m!

**Dear Coach:** After the 100m breaststroke Olympic Champion admitted to cheating (i.e. doing multiple dolphin kicks off the start), do you think video replay will be introduced to catch this in future? A Breaststroker

Dear A. Breaststroker: The latest FINA Technical Swimming Committee meeting has produced a proposal that allows multiple dolphin kicks off the start (but not the turns). This rule would also introduce a maximum of 15m underwater at the start (but not the turns) for breaststroke. (I'm not sure when/how the technical committee recommendations are voted on!)

### 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>