

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: March-22-13 5:45 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 #330

Carleton Masters Swimming Newsletter #330

Friday, March 22nd, 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 (39 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (38 addresses), 8:10pm Whitecaps III (27 addresses), Saturday Only (7 addresses), Masters "Alumni" (28 addresses).

"You are never too old to set another goal or to dream a new dream." — C.S. Lewis

Masters Program Notes and Cancellations

- Note that there will be **no workouts on Fri Mar 29th or Mon Apr 1st** (Easter).
 - For those registered for Saturdays, there **is** workout **Sat Mar 30th**.
- The Winter session ends **Fri Apr 12^h**.
- The pool will be closed for annual maintenance from **Sat Apr 13th to Sun Apr 28th**, inclusive.
- The Spring and Summer session details are coming soon! (Spring session starts **Mon Apr 29th**.)
- Registration for the Spring and Summer sessions will start on **Mon Apr 8th**.

Swimmer Notes

Swimmer Updates:

- **Heather Guthrie** (6pm Whitecaps) recently reached the 250,000m milestone in the Masters Swimming Canada Million Meter Challenge. For the 250k milestone she receives a certificate, swim cap, and lapel pin. Any Masters swimmer may participate in this challenge and it's free. Check it out at: <http://mymsc.ca/Million.jsp>.

- Congratulations to **Alex Joubert** (Coach) on completing his NCCP Swim 101 Coaching Course last weekend! (**Alex** was a "guinea pig" as this was a pilot of the Swim 101 course intended for Masters coaches.)

- **Christiane Wilke** (7:30am Earlybirds) has had some of her photographs recognized in the go4foto 2012 photos of the year. She won first for the series and second for individual photos. Check them out at: <http://go4foto.de/berlin/fotogalerie/>. Well done, **Christiane!**

- Congratulations to **Anne Trepanier** (8:30am Earlybirds) for being recognized by the Carleton University Newsroom for her recent presentation on the 1663 Charlevoix Earthquake: <http://newsroom.carleton.ca/in-the-news/anne-trepanier-interprets-the-1663-charlevoix-earthquake/>.

- **Marie Steele** (6pm Whitecaps) reports that her shoulder injury is an Avulsion fracture – a fragment of bone has pulled away due to a muscle imbalance. She will need to rest her shoulder until it heals.

- There will be quite a few Carleton Masters swimmers attending Masters Nationals at the Nepean Sportsplex on the May long weekend. It's not too late to sign up. There will likely be a few relays – all welcome! (Talk to me ASAP as you first need to register with Masters Swimming Ontario.)

- **Nicole Williamson** (8:30am Earlybirds) reports that she's busy writing up her thesis at her home office, which is why she hasn't been swimming this term. Best of luck to **Nicole** for her thesis defense planned for the end of April.

- **Rod Haney** (x-Earlybirds/Whitecaps) was at the pool recently checking out the 50s Plus Heart Health Fitness group. He had a setback after his first heart surgery in that a bacterial infection affected his new valve. A second surgery was required to clean things out and replace the valve. Thus it has been a longer road back than originally expected, but Rod is very grateful to Ottawa's Heart Institute. He hopes to return to Masters once his fitness level improves.

- **Barbara Levine** (x-8:30am Earlybirds) was featured in March's Carleton Now e-Magazine:
<http://carletonnow.carleton.ca/march-2013/finding-safe-and-affordable-housing-for-low-income-citizens/>.

- If anyone is planning to attend the Quebec Masters Swimming Provincial Championships (April 19-21st), **Jian-Lok Chang** (6pm Whitecaps; jianlok@gmail.com) is looking for someone to share a hotel room.

- Bushtukah is hosting its annual SWEET event (Sporty Women's Empowering Evening of Tips) on **Sun Apr 7th 6:30-9:30pm**. More details at: <http://bushtukah.com/news/sweet-sporty-womens-empowering-evening-of-tips-and-advice/>.

- Interested in getting involved with Masters Swimming Canada (MSC)? Nominations are open for the board of directors: <http://www.mymsc.ca/Article.jsp?id=177>.

- In addition to the summers sports camps and radio camps already mentioned, Carleton also offers Virtual Ventures technology camps: <http://vv.carleton.ca/new/Reg/index/>.

Swimming News and Links:

- **Jian-Lok Chang** (6pm Whitecaps) was a member of some age 13-14 boys Alberta record setting relays back in 2000: <https://www.swimnews.com/News/view/1330>

- Ten Amazing Pools to Swim in Before You Die: <http://www.celebrations.com/content/10-amazing-pools-to-swim-in-before-you-die?g=0>

Other News and Links:

- 53 Year Old Mitch Seavey wins Iditarod:

http://sportsillustrated.cnn.com/more/news/20130313/mitch-seavey-wins-itarod.ap/?sct=mr_t2_a7

- Sleep Your Way to Better Race Times: http://triathlete-europe.competitor.com/2013/02/22/sleep-your-way-to-better-race-times?utm_medium=whats-hot

- Dealing with a Big Disappointment in Competition: http://www.drrobbell.com/the-big-loss/?goback=%2Egde_799977_member_220914664

- Drug Makers Join Fight Against Doping: http://www.nytimes.com/2013/02/19/business/drug-makers-increasingly-join-fight-against-doping.html?_r=2&

- World Champion Triathlete Diagnosed with Non-Life Threatening Skin Cancer:

<http://www.walesonline.co.uk/sports/athletics-news/2013/02/21/91466-32852820/#.USYXlrv4aVY.twitter>

- The Extraordinary Science of Addictive Junk Food: http://www.nytimes.com/2013/02/24/magazine/the-extraordinary-science-of-junk-food.html?emc=eta1&_r=0

- Why Four Workouts a Week may be Better than Six (if you're over 60 and sedentary!):

<http://well.blogs.nytimes.com/2013/02/13/why-four-workouts-a-week-may-be-better-than-six/>

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 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>.

The 200 time trial was held on Thu Mar 21st / Fri Mar 22nd. Thanks to all who participated. Lots of great swims and many improvements. The biggest improvement was by **Ursula Scott** (7:30am Earlybirds). She hadn't swum 200IM in about five years and took a whopping 22.2 seconds off her time! The full list of improvements follow:

200fs (8)

Malika Shaath	9.0
Zoe Panchen	4.4
Kim Fever	4.0
Susan Hulley	2.9
Andrea Mrozek	2.3
Joanne Dawson	1.8
Vanessa Woods	1.8
Sean Dawson	0.6

200bk (1)

Jamie Wildsmith	5.1
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200fi (2)

Madelayne DeGrace	1.0
Angela Davis	0.2

200IM (3)

Ursula Scott	22.2
Anne Trepanier	7.3
Natalie Aucoin	0.7

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 22nd (34 workouts); range: 17-33; average: 24.1

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

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

Missed 2 Workouts: **Robert F**

8:30am Earlybirds: Jan 2-Mar 22nd (34 workouts); range: 8-22; average: 16.6

Perfect Attendance: **Margaret DK**

Missed 1 Workout: **Matthew T**

6pm Whitecaps: Jan 3-Mar 21st (33 workouts); range: 18-32; average: 26.2

Perfect Attendance: **Cam D**

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

Missed 2 Workouts: **Deb L, Joanne D**

7:10pm Whitecaps: Jan 3-Mar 21st (33 workouts); range: 9-22; average: 15.2

Missed 5 Workouts: **Joanie C**

8:10pm Whitecaps: Jan 3-Mar 21st (23 workouts); range: 5-15; average: 9.6

Perfect Attendance: **Manuel L**

Missed 2 Workouts: **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.**

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

Fri-Sun Apr 19-21st Quebec Provincials SCM Montreal Claude Robillard Pool

<https://registration.swimming.ca/MeetInfo.aspx?meetid=13014>

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

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)

Nov 14-17th Dominican Republic Masters Meet pablomota82@hotmail.com

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.)

Sun Mar 3rd Technosport Masters Meet (U of Ottawa)

We're still waiting for the official results...

Sun Mar 10th Etobicoke 1500m LCM Swim for Heart and Stroke

Jamie Chalmers' "Heart" swim was a "heart-breaker" as the officials and timers miscounted and he thus only swam 1400m and thus does not get an official 1500m time, which would have been the inaugural club record. He did, however, get times for the 400 and 800, and the 800 was a club record, beating his short course time from earlier in the year. The (still to be corrected) results are at: <http://mymssc.ca/ShowMeet.jsp?id=557>. The link to the updated club records is with the DDO results below.

Jamie Chalmers (7:10pm Whitecaps, 70-74): **3rd** 400fs (9:24.10), 800fs (19:24.16 club record), 1400fs (34:14.71)

Sat Mar 16th Dollard-des-Ormeaux (DDO) Masters Meet (Montreal)

Congratulations to **Jamie Chalmers** on yet another club record! Full results at: <http://mymsc.ca/ShowMeet.jsp?id=558>. The updated club records are at: <http://carletonmasters.tripod.com/130316.Records.pdf> (this includes **Jamie's** records from Mar 10th and 16th). **Jamie Chalmers** (7:10pm Whitecaps; 70-74): **1st** 50fs (37.07), 100IM (1:53.73 Club Record); **2nd** 400fs (8:21.24), 50br (58.40), 100br (2:21.41)

2013 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 **Mar 20th**).

Ask the Coach

Dear Coach: My shoulder hurts a bit after swimming. Any suggestions? Sore Shoulder

Dear S. Shoulder: First, tell your coach and ask him/her to look at your strokes to check for technical deficiencies that could be causing this. Secondly, avoid the strokes that cause discomfort. If the pain is in the front/top of the shoulder, it's usually freestyle and fly that cause pain. Avoiding full stroke fly is a good idea, and be careful with the freestyle entry. If the pain is in the back of the shoulder, backstroke will likely bother you unless you roll a lot. If the discomfort persists, see a doctor for diagnosis and referral for therapy, if needed.

Dear Coach: What should I do with my hands after touching the wall in butterfly or breaststroke? Fast Turner

Dear F. Turner: In butterfly and breaststroke you must touch the wall with both hands simultaneously. After that pull your legs in quickly and turn either to your right or left. If you turn left, the left hand stays underwater, and the right one goes above the water. Extend both arms into a tight streamline and push off.

Dear Coach: Where can I find the club records? Aspiring Record Setting

Dear A.R. Setter: Go to the club web site (<http://carletonmasters.tripod.com>). There are lots of links on the left side of the main page. Look under "Other Links" for links to Club, Ontario, Canadian, and World records.

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 (pro-rated prices available):

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: **full** (waitlist available)

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 (lynmarshall@sympatico.ca).

Happy lengths!
Lynn

lynmarshall@sympatico.ca (or for quicker response: lynmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>