

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: April-05-13 2:48 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 #331

Carleton Masters Swimming Newsletter #331

Friday, April 5th, 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" (27 addresses).

Failure is not fatal, and success is not final!

Masters Program Notes and Cancellations

- The Winter session ends **Fri Apr 12th**.
 - **Lynn** will be coaching for **Mits** on **Thu Apr 11th**, so all groups will do some relays.
- The pool will be closed for annual maintenance from **Sat Apr 13th** to **Sun Apr 28th**, inclusive.
- The Spring session starts **Mon Apr 29th**.
- Registration for the Spring **and** Summer sessions will start on **Mon Apr 8th**.
- Details on the Spring and Summer sessions can be found in the next paragraph.

Spring and Summer Masters Programs

As usual, Carleton Masters programs are open only to those with Athletics Memberships (staff, students, and those who have purchased memberships). Note that students must be enrolled in courses to get a free membership. For those students who are not taking summer courses, a Carleton student summer membership is available for a reasonable price. The main change from last year is that Saturday workouts are **included** for both the 7:30am Earlybirds and the 6pm Whitecaps for Summer (July/August). For those who want to do Saturdays only, that is also available. Registration starts **Mon Apr 8th**. It is recommended that you sign up at your earliest convenience as some groups will fill quickly. **Mits**, **Alex**, and **I** are working on the evening coaching schedule.

Here are the dates/prices/barcodes for the Spring and Summer sessions:

Spring: Mon Apr 29th to Sat Jun 29th (no workouts Mon May 20th)

7:30am Earlybirds: 7:30-8:30am MWF: \$78+HST; barcode: 6009; Coach: Lynn

8:30am Earlybirds: 8:30-9:30am MWF: \$78+HST; barcode: 6010; Coach: Lynn

6pm Whitecaps: 6:00-7:10pm MTuTh: \$88+HST; barcode: 6014; Coaches: TBD

7:10pm Whitecaps: 7:10-8:10pm MTuTh: \$78+HST; barcode: 6015; Coaches: TBD

Saturday Earlybirds: 8:15-9:25am Sat (except: May 18th: 10:15-11:25am; Jun 29th: 12:15-1:25pm): \$30+HST; barcode: 6012; Rotating Coach Schedule

Summer: Tue Jul 2nd to Sat Aug 31st (no workouts Mon Jul 1st, Mon Aug 5th)

7:30am Earlybirds: 7:30-8:30am MWF **and** 12:15-1:25pm Sat: \$85+HST; barcode: 6011; Weekday Coach: Lynn

6pm Whitecaps: 6:00-7:10pm MTuTh **and** 12:15-1:25pm Sat: \$95+HST; barcode: 6016; Weekday Coaches: TBD

Saturday ONLY: 12:15-1:25pm: \$30+HST; barcode: 6294; Rotating Coach Schedule

Swimmer Notes

Swimmer Updates:

- Congratulations to Coach **Mits Kachi** and his fiancée **Marijan Grobbink**. They are getting married on August 31st!! **Mits** will take that month off coaching to prepare for the big day.

- If you are looking for somewhere to swim when the Carleton pool is closed, the Ottawa U pool (2 x 25m) and Champagne (25yd) are both quite cool. You can find the schedules for all City of Ottawa pools here: <http://ottawa.ca/en/residents/parks-and-recreation/drop-activities/public-swimming-schedules>, and the Ottawa U schedule here: http://www.geegees.ca/sites/default/files/pool_brochure.pdf.

- Clean Up the Carleton Campus: This annual event is **Sat Apr 27th 9:00-11:30am**. High school students can receive volunteer hours for participating. There will also be a \$50 Campus Card gift card and \$50 Home Depot gift card up for grabs! Registration is required: <http://www1.carleton.ca/healthy-workplace/cu-events/clean-up-the-campus>.

- 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.)

- Ottawa's Rideau Speedeaus swim team is holding a (non-sanctioned) 1500m fund-raiser swim tomorrow **Sat Apr 6th** (sorry for the late notice): <http://www.rideauspeedeaus.com/en/swim-eau-thon.html>.

- 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/>.

Swimming News and Links:

- 2150m swim in the Arctic – that water looks cold!: <http://www.youtube.com/watch?v=1lf-5xj8trA>

- **Lance Armstrong** Banned from Masters Swimming Competitions:

<http://www.swimmingworldmagazine.com/lane9/news/Masters/34011.asp?q=U.S.-Masters-Swimming-Bans-Lance-Armstrong-From-Competition>

Other News and Links:

- 80yr old Supreme Justice who can do More Push-Ups than Most: <http://ca.shine.yahoo.com/blogs/healthy-living/ruth-bader-ginsburg-supreme-court-justice-more-push-175000067.html>

- A great Age 90+ 100m sprint (running) race: <http://uk.eurosport.yahoo.com/blogs/world-of-sport/94-old-belgian-bolt-victorious-sprint-classic-114311393.html>

- 70yr old trainer 102 yr old client

<http://xtrasaltandvinegar.com/2013/03/18/70-year-old-personal-trainer-102-year-old-client-whats-your-excuse/>

- The All-Terrain Human: http://www.nytimes.com/2013/03/24/magazine/creating-the-all-terrain-human.html?pagewanted=all&_r=0

- Physical Therapy as Effective as Surgery for Torn Meniscus and Arthritis of the Knee:

<http://www.sciencedaily.com/releases/2013/03/130321133244.htm#.UU4MtEnPyl8.twitter>

- How Many Times Per Week Should you Exercise?: <http://www.runnersworld.com/training-plans/how-many-times-week-should-you-exercise#.UU4Lu9swyRs.twitter>

- Lost Sleep can Lead to Weight Gain: <http://well.blogs.nytimes.com/2013/03/18/lost-sleep-can-lead-to-weight-gain/>

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 / Fri Apr 12th: relays

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

Congratulations to all who completed their 1500/800 time trial on Tue Mar 26th / Wed Mar 27th. There were lots of improvements. With the largest going to **Manuel Lebron** (8:10pm Whitecaps) who improved his 800fs by a whopping 4:11, and **Malika Shaath** (8:30am Earlybirds) who improved her 1500fs by a great 1:30! The twelve who improved (and one tie) are listed below:

1500fs (12 + 1 tie)

Malika Shaath	1:30
Robin Devey	53
Mike Lau	44
Margaret King	31
Dave Gynspan	27
Deb Low	19
Heather Guthrie	19
Lucette Laflamme	13
Ursula Scott	13
Zoe Panchen	8
Nicole Le Saux	3
Kevin Graham	2
Susan Hulley	0

800fs (1)

Manuel Lebron	4:11
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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-Apr 5th (38 workouts); range: 17-33; average: 24.1

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

Missed 3 Workouts: **Chris M, Robin H, Robert F, Ursula S**

8:30am Earlybirds: Jan 2-Apr 5th (38 workouts); range: 8-22; average: 16.7

Perfect Attendance: **Margaret DK**

Missed 1 Workout: **Matthew T**

Missed 3 Workouts: **Mark B**

6pm Whitecaps: Jan 3-Apr 4th (38 workouts); range: 18-32; average: 25.7

Perfect Attendance: **Cam D**

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

Missed 2 Workouts: **Joanne D**
Missed 3 Workouts: **Deb L, Jamie W**

7:10pm Whitecaps: Jan 3-Apr 4th (38 workouts); range: 9-22; average: 14.9
Missed 5 Workouts: **Joanie C**

8:10pm Whitecaps: Jan 3-Apr 4th (27 workouts); range: 5-15; average: 9.4
Perfect Attendance: **Manuel L**
Missed 3 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.**

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)

I got hold of a sneak-preview copy of the results (still not posted), so here are the official times and places for the four Carleton swimmers:

Luz Osorio (6pm Whitecaps; 25-29): 1st: 100fs (1:07.60), 100fl(1:13.94)

Julie Mouris (6pm Whitecaps; 25-29): 1st: 200fs(2:34.85); 2nd: 100fs (1:12.64), 100fl(1:19.17)

Jian-Lok Chang (6pm Whitecaps; 25-29; swimming for EMSC): 1st: 200fs(2:02.00), 400fs(4:26.50), 200br(2:43.78)

Lynn Marshall (Coach; 50-54): 1st: 200fs (2:20.99), 400IM (5:33.24)

Sun Mar 24th Around the Bay 30k Road Race, Hamilton (6849 participants)

Congratulations to the three Carleton swimmers. Great job, all! **Margaret King** (7:30am Earlybirds) had been injured and wasn't sure if she'd be able to complete the race, but she did in a fantastic time. **Chris Macknie** (7:30am Earlybirds) received his 9th gold medal for finishing in under 2:00. He matches the Carleton Ravens Men's Basketball team with 9 golds, except that Chris' were consecutive. "Nine is Divine!" Full results at: <http://www.sportstats.ca/>.

Chris Macknie (7:30am Earlybirds; 45-49): 66th overall; 61st man and 7th in age group in 1:56:29.5 (1:56:29.5)

Margaret King (7:30am Earlybirds; 50-54): 3833rd overall; 1397th woman and 116th in age group in 3:06:04.1 (3:01:40.1)

Robert Fabes (7:30am Earlybirds; 50-54): 5966th overall; 3233rd man and 496th in age group in 3:42:57.0 (3:36:25.0)

Thu Mar 28th-Sat Mar 30th Masters Swimming Ontario Provincial Championships, London

Congratulations to the four Carleton swimmers. Between them they earned 13 medals (2 golds; 6 silvers; 5 bronzes), and set 13 club records. Carleton placed 20th out of 52 teams with 342 points. A list of their placings and times is at the end of this section.

Carolyn Odecki (6pm Whitecaps) had 5 medals (gold, 3 silvers, bronze) and five club records: four held by **Lina Vincent** (6pm Whitecaps) and one by **Ann Kilby** (x-Whitecaps: Tim's mother).

Jamie Chalmers (7:10pm Whitecaps) had 4 medals (gold, silver, 2 bronzes) and five club records: improving 4 of his and an inaugural record in 200bk.

Mark Blenkinsop (8:30am Earlybirds) had three medals (silver, 2 bronzes).

Natalie Stern (8:30am Earlybirds) had 1 medal (silver) and 3 club records: 50bk held by **Lise Lague** from 1985!, 100bk held by **Morgan Paulhus** (x-Carleton Varsity Team), and an inaugural record in 200bk, plus she missed the 100IM club record by 0.04! **Natalie's** mother (**Kim Turner**) was also competing. She is in the 45-49 age category and swims for Middlesex. **Kim** placed 5th in 200fs, 6th in 100fs, 7th in 50br, and 8th in 100IM. Well done to you both!

After his 1400 at Etobicoke earlier in the month, **Jamie Chalmers** had yet another unfortunate mis-counting incident that was missed by the officials. In his 400IM, he wasn't sure if he'd done 50 or 100m of breaststroke and when he asked an official, the official shrugged, so he assumed 100m. He could tell from his final time that he only swam 350m, so once again, he had to ask the officials to disqualify him, as they had not noticed. Carleton finished 20th out of 52 teams with 342 points. Awesome job, all!

Isla Paterson (8:30am Earlybirds) who is still off swimming due to her broken wrist, drove down to London to take her aunt to the swim meet. Her **Aunt Alice Paterson**, swimming for the London Silver Dolphins (LSD) is 83. She placed first in 50 (1:06) and 100fs (2:23), and second in 200fs (5:37). Great job!

Full results at: <http://2013provincialchampionships.com/Portals/46/Results/>.

Updated Club Records at: <http://carletonmasters.tripod.com/130330.Records.pdf>.

Jamie Chalmers (7:10pm Whitecaps; 70-74): 1st: 200IM (4:07.88 Club Record); 50fl split 56.50 Club Record); 2nd: 100bk (1:48.30 Club Record); 3rd: 100fs (1:26.27 Club Record), 200bk (4:05.88 Club Record)

Carolyn Odecki (6pm Whitecaps; 55-59): 1st: 100IM (1:28.98 Club Record); 2nd: 50fs (34.10 Club Record), 200fs (2:54.72 Club Record), 100br (1:41.92 Club Record); 3rd: 100fs (1:18.91 Club Record); 4th: 50bk (43.09)

Mark Blenkinsop (8:30am Earlybirds; 30-34): 2nd: 200fl (2:36.73); 3rd: 50fl (28.67), 100fl (1:06.79); 5th: 400fs (4:48.49); 6th: 200fs (2:16.79), 50br (37.25)

Natalie Stern (8:30am Earlybirds; 18-24): 2nd: 200bk (2:41.11 Club Record); 4th: 100bk (1:15.45 Club Record); 5th: 50bk (35.20 Club Record); 6th: 100IM (1:19.41); 7th: 100fs (1:08.26); 8th: 50fs (31.38)

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 **Apr 2nd**).

Ask the Coach

Dear Coach: I'd like to know how my time trial times compare with others of my gender and age. Any suggestions? Avid Time-Trialer

Dear A. T.-Trialer: I'd recommend the "mymsc" Masters Swimming Canada (MSC) rankings which are both National and Provincial and show all the swim meet times that have been entered into the database (not all swim meets are there, but most are): <http://mymsc.ca/EventResults.jsp>. That will give you an idea of what times swimmers in Canada or Ontario in your age category are doing in swim meets.

Dear Coach: Can I set a club record in a time trial? Fast Swimmer

Dear F. Swimmer: No. Club records must be set in sanctioned Masters swimming competitions by swimmers registered with Masters Swimming Ontario and swimming for Carleton University Masters Whitecaps (CAPS).

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 (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

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