

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: April-26-13 11:03 AM
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 #333

Carleton Masters Swimming Newsletter #333

Friday, April 26th, 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).

"Don't wait for your ship to come in – swim out to it." – Author Unknown

Masters Program Notes and Cancellations

- The Spring session starts **Mon Apr 29th**.
- Registration for the Spring **and** Summer sessions is open – details in the next paragraph. Some groups are filling up:
 - The 7:30am Earlybirds has 1 spot left for Spring, and 11 for Summer.
 - The 6pm Whitecaps has 7 spots left for Spring, and 9 for Summer.

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. 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: Mon: **Mits**; Tue: **Alex**; Thu: **Lynn**

7:10pm Whitecaps: 7:10-8:10pm MTuTh: \$78+HST; barcode: 6015; Coaches: Mon: **Mits**; Tue: **Alex**; Thu: **Lynn**

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: Mon: **Mits** (July) and **Lynn** (August); Tue/Thu: **Alex**

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

Swimmer Notes

Swimmer Updates:

- 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 (**May 17-20th**). Individual registration closes **Sun Apr 28th**. There will likely be a few relays (deadline a week later) – all welcome! (Talk to me ASAP as you first need to register with Masters Swimming Ontario.)

- In conjunction with Masters Nationals, Masters Swimming Canada is holding an AGM **Fri May 17th 6-7pm** at the Sportsplex. Full details at: <http://www.mymisc.ca/Article.jsp?id=179>. If you are interested in attending as the Carleton Masters representative, please let me know. Following the AGM there will be a Town Hall meeting – all welcome.

- I was featured in a recent article on the Masters Swimming Canada site: <http://www.mymisc.ca/Article.jsp?id=181>.

Swimming News and Links:

- Senior Swimmers make Splash in their 90s: <http://www.tucsonnewsnow.com/story/21899096/senior-swimmers-make-splash-in-their-90s>

Other News and Links:

- Double the Workout, Double the Benefits?: <http://well.blogs.nytimes.com/2013/04/23/ask-well-double-the-workout-double-the-benefits/>

- Is Food Depressing You?: <http://greatist.com/happiness/food-depressing-you>

- Do Athletes Need Zinc Supplements?: <http://www.stack.com/2013/03/25/zinc-supplements/>

- Improve Your VO2 Max: <http://thesportfactory.com/site/trainingnews/improvevo2max.shtml>

- Weird Stuff that Works (Mostly Running Gizmos): <http://www.runnersworld.com/photos/weird-stuff-works>

- Can Extra Oxygen Boost Post-Exercise Recovery?: <http://www.runnersworld.com/race-training/can-extra-oxygen-boost-post-exercise-recovery>

- Protein Supplements Boost Benefits of Strength Training: <http://www.runnersworld.com/nutrition-runners/protein-supplements-boost-benefits-strength-training>

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.

Spring 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: Mits; Deep End Tuesday: Alex; Deep End Thursday: Lynn

7:10pm Whitecaps: Shallow End Monday: Mits; Deep End Tuesday: Alex; Deep End Thursday: Lynn

8:15am Saturdays (10:15am May 18th; 12:15pm Jun 29th): Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Fin Days:

Tue Jun 11th / Wed Jun 12th

Time Trials:

Thu May 30th / Fri May 31st: 400fs or IM

Thu Jun 6th / Fri Jun 7th: 200 choice

Mon Jun 10th: 800 / 1500fs

Thu Jun 20th / Fri Jun 21st: 50 and 100 choice

Thu Jun 27th / Fri Jun 28th: relays

This information and more can be found with the Spring/Summer workout themes at:
<http://carletonmasters.tripod.com/mastplansprsum13.pdf>.

Weekday attendance statistics will be included here after the term starts.

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 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 <https://registration.swimming.ca/MeetInfo.aspx?meetid=13142>

Sat Jul 13th London ON LCM (TBC)

Sat Jul 13th Bring on the Bay 3km Swim (open to all; wetsuits permitted) <http://www.bringonthebay.com>

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.)

Fri Apr 19-Sun Apr 21st Quebec Masters Swim Championships, Montreal (Claude Robillard)

There were four Carleton swimmers in attendance. Congratulations to you all on your great swims. Everyone got at least one medal! Full results at: http://cnppo.net/comps/57/comp_results.html?locale=fr and

<http://mymsc.ca/ShowMeet.jsp?id=572>. Here's how they did:

Luz Osorio (6pm Whitecaps; 25-29): 1st 100fl (1:12.11); 2nd 100fs (1:06.75); 3rd 200fs (2:27.92); 4th 200IM (2:43.95)

Paola Osorio (7:30am Earlybirds; 25-29): 2nd 50fl (33.53); 4th 100fs (1:07.16), 200fs (2:28.78)

Michael Machum (7:30am Earlybirds; 25-29): 3rd 400fs (5:25.49); 5th 100fs (1:06.56)

Jian-Lok Chang (6pm Whitecaps; 25-29; swimming for EMSC): 1st 50bk (27.43), 100br (1:12.16), 200fl (2:20.46); 2nd 200bk (2:13.28), 200IM (2:16.81)

Sat Apr 20th Downtown Toronto LC Masters Swim Meet (U of Toronto)

There were two Carleton swimmers in attendance. Congratulations to **Jamie Chalmers** on breaking two of his club records! Full results at: <http://www.dsctoronto.ca/alloutswim> and <http://mymsc.ca/ShowMeet.jsp?id=571>. Updated club records at: <http://carletonmasters.tripod.com/130420.Records.pdf>. Here are the places and times:

Jamie Chalmers (7:10pm Whitecaps; 70-74): 2nd 800fs (19:07.32 Club Record), 200bk (4:22.05), 100br (2:33.04), 50fl (56.11 Club Record)

Lynn Marshall (Coach; 50-54): 1st 200fs (2:19.06), 200bk (2:42.85), 200IM (2:43.61), 400IM (5:40.27)

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 17th**).

Ask the Coach

Dear Coach: How fast do you have to be to enter Masters swim meets? Just Wondering

Dear J. Wondering: Masters swim meets are open to all swimmers age 18 and above. With the exception of some international competitions, there are usually no time standards and everyone is welcome.

Dear Coach: I have a friend who is interested in Masters swimming. Is it possible for him to try a workout before making a commitment? Recruiting for Carleton Masters

Dear R.f.C. Masters: Thank you very much for the potential referral. New swimmers are welcome to attend one workout free of charge, provided that the group they wish to attend isn't already full. Contact me for more information.

Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am April 29th; June 24th

Mon 7:15-8:15pm August 12, 19, 26

Wed 6:00-7:00pm June 12, 19, 26; July 17, 24, 31; August 14, 21, 28

Wed 7:00-8:00pm July 17, 24; August 14, 21, 28

Fri 9:40-10:40am May 3, 10, 17, 24; June 14, 21, 28

Please e-mail me for more details.

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Reminders

Spring/Summer Masters Program Details

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

Happy lengths!
Lynn

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

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