

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: May-10-13 4:28 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 #334

Carleton Masters Swimming Newsletter #334

Friday, May 10th, 2013

To: Carleton Masters Coaches / Staff (11 addresses)

Bcc: Those Registered for Fall 2012, Winter 2013, Spring 2013 and Alumni: 7:30am Earlybirds I (49 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (39 addresses), 8:10pm Whitecaps III (26 addresses), Saturday Only (8 addresses), Masters "Alumni" (27 addresses).

"In the end, it's not going to matter how many breaths you took, but how many moments took your breath away."
– Shing Xiong

Masters Program Notes and Cancellations

- The Spring session starts **Mon Apr 29th**.
- Registration for the Spring **and** Summer sessions is open – details at the end of the newsletter. Some groups are full or close to full:
 - The 7:30am Earlybirds is **full** for Spring (wait list available), and has **8** spots for Summer.
 - The 6pm Whitecaps has **4** spots left for Spring, and **8** for Summer.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Cynthia** and **Kevin Nelson** (7:10pm Whitecaps) on the birth of their first child, **Rose Ellen**. **Kevin** was planning to swim on Mon Apr 29th, but instead **Cynthia** went into labour. **Rose Ellen** was born early on Tue Apr 30th weighing 8lbs 13oz, measuring 21" with large feet and long toes and fingers. She'll be a great swimmer! It was a long labour but everyone is healthy. **Cynthia** is going to take the Spring session off, but **Kevin** will be back soon. Check out the photos at: <https://picasaweb.google.com/100121083087753796722/BabyRose?noredirect=1>.

- There will be quite a few Carleton Masters swimmers attending Masters Nationals at the Nepean Sportsplex on the May long weekend (**May 17-20th**). Good luck to everyone and spectators welcome!

- **Tomorrow Sat May 11th** Carleton's Chemistry Magic Evening: Activities for all at 7:30pm and show at 8:45pm at the Amphitheatre between Southam Hall and Paterson Hall (or in Southam's Theatre B in case of inclement weather). Free with donations to the Ottawa Food Bank welcome.

- I clean up the e-newsletter list annually, early in the Fall session. However, if you are not swimming this Spring/Summer and would like to be removed from the list, just ask.

News and Links:

- Ways to Combat Fatigue: http://www.washingtonpost.com/national/health-science/fatigue-is-a-reason-to-skip-a-workout-but-there-are-ways-to-combat-that-tired-feeling/2013/04/22/bc4af28a-97e6-11e2-814b-063623d80a60_story.html
- Want to Build Muscle? Stick to the Basics: <http://www.stack.com/2013/04/19/build-muscle-basics/>
- A Guide to Sports Supplements: <http://www.pponline.co.uk/encyc/sports-supplements-a-guide-to-sports-drinks-health-products-and-muscle-builders-41398>
- Can Women Come Back Faster After Pregnancy?: http://running.competitor.com/2012/11/training/can-women-come-back-faster-after-pregnancy_61244

- Supercompensating Your Brain's Fuel Stores: <http://www.runnersworld.com/race-training/supercompensating-your-brain%E2%80%99s-fuel-stores>

- McGill Studying Masters Athletes: <http://www.ottawacitizen.com/life/McGill+studying+masters+athletes/7498821/story.html>

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.

Thanks to **Alex** for coaching for me on Sat May 4th. I hope everyone liked the Star Wars theme!

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>.

There were some amazing 50 freestyle “golf” scores from Thu May 2nd / Fri May 3rd. Aside: To calculate your 50 freestyle golf score, add together the number of strokes (count one for each arm), **and** the number of seconds that it takes you to swim the 50. Scores for a 50 should be similar to an 18-hole golf score. You can do the same exercise for a 25 and scores should be similar to 9-hole golf scores. For really good swimmers the scores are a little too low for “real” golf ☺
! **Sean Dawson** (6pm Whitecaps / 8:30am Earlybirds) scored 50, **Jian-Lok Chang** (6pm Whitecaps) scored 54, and **Mark Blenkinsop** (8:30am Earlybirds) scored 55. Very well done!

Here are the weekday attendance statistics to date. Those with the best attendance will receive certificates at the end of the term. Please let me know of any errors!

7:30am Earlybirds: Apr 29th – May 10th (6 workouts); range: 22-30; average: 28.0

Perfect Attendance: **Amir B, Brad S, Bruce B, Ian L, Jennifer M, Jim L, Josh G, Kevin G, Masashi M, Norine N, Ray A, Siobhan M, Susan H, Susan N-Y**

8:30am Earlybirds: Apr 29th – May 10th (6 workouts); range: 14-19; average: 16.2

Perfect Attendance: **Isla P, Margaret DK, Mark B, Masahiro O, Rachel P, Ursula S**

6:00pm Whitecaps: Apr 29th – May 9th (6 workouts); range: 17-24; average: 20.8

Perfect Attendance: **Dave G, Deb L, Elaine Y**

7:10pm Whitecaps: Apr 29th – May 9th (6 workouts); range: 9-17; average: 13.8

Perfect Attendance: **Joanie C, Mike H**

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-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.)

Sun Apr 28th Manotick 18km Road Race (149 participants)

Full results at: <http://www.sportstats.ca>. Congratulations to **Robert** on holding 5:51kms!

Robert Fabes (7:30am Earlybirds; 50-59): 76th overall; 40th man and 5th in age group in 1:45:20.1 (1:45:02.7)

Sun Apr 28th Montreal Half Marathon (2723 participants)

Full results at: <http://www.sportstats.ca>. Congratulations to **Lucie** on her PB, and placing 2nd in her age group!!

Lucie Boudreau (8:30am Earlybirds; 55-59): 1217th overall, 223rd female and 2nd in age category in 1:51:11.0

Sun May 5th Mississauga Marathon (850 participants)

Full results at: <http://www.sportstats.ca/displayResults.xhtml?racecode=104263>. Congratulations to **Mike** on a fast race!

Mike Lau (6pm Whitecaps; 50-59): 34nd overall, 33rd man, and 4th in category in 3:09:25.7 (3:09:19.8)

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 26th**).

Ask the Coach

Dear Coach: I’m having trouble with my breaststroke. Any suggestions? Technique Hints Needed

Dear T.H. Needed: If you’d like some specific feedback on any stroke, just ask your coach. Generally we have more time to offer individual advice during warm up, the drills, and once everyone is going on the main set.

Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am June 24th

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

Wed 6:00-7:00pm June 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 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

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** (full: waitlist available)

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

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>