

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: June-07-13 1:27 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 #336

Carleton Masters Swimming Newsletter #336

Friday, June 7th, 2013

To: Carleton Masters Coaches / Staff (11 addresses)

Bcc: Those Registered for Fall 2012, Winter 2013, Spring 2013 and Alumni: 7:30am Earlybirds I (50 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (39 addresses), 8:10pm Whitecaps III (25 addresses), Saturday Only (9 addresses), Masters "Alumni" (27 addresses).

Swimming: The only sport in which the coach yells at you for breathing.

Masters Program Notes and Cancellations

- The Spring session runs until **Sat Jun 29th**.
- There are no further cancellations this term, however Saturday swimmers please note that the last swim of the session (Jun 29th) will be 12:15-1:25pm.
- 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 just **2** spots for Summer.
 - The 6pm Whitecaps has **3** spots left for Spring, and **7** for Summer.

Swimmer Notes

Swimmer Updates:

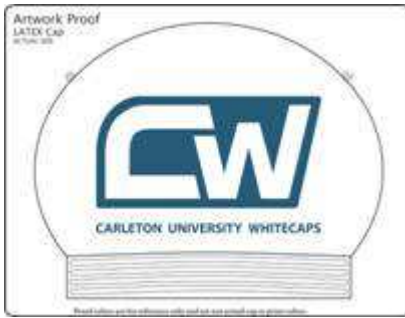
- Good luck to all those doing the Rideau Lakes bike tour this weekend. Please let me know if you participated.

- Congratulations to **Anne Trepanier** (8:30am Earlybirds) on not one but two teaching awards: a FASS (Faculty of Arts and Social Sciences) Teaching Award (<http://www2.carleton.ca/fass/2013/2013-fass-awards>), and Graduate Student Association Excellence in Teaching Award (<http://www5.carleton.ca/fgpa/2013/gsa-excellence-award-in-graduate-teaching-winner>).

- **Debby Whately** (6pm Whitecaps) was interviewed live on CTV Noon News Fri May 24th about her 30+ years of volunteering at the National Capital Race Weekend: <http://ottawa.ctvnews.ca/video?clipId=933465&binId=1.1295694&playlistPageNum=1>. Great job, Debby!

- **Zoe Panchen** (7:30am Earlybirds) is in the far North (Ellesmere Island, not far from Alert, Nunavut) to study how climate change is affecting plant life in the Arctic. If you're interested in hearing how it's going, here is a link to her blog: <http://arcticplantphenology.blogspot.ca/>.

- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps that she ordered in time for Masters Nationals. Note that our official team name for swim meets is Carleton University Masters Whitecaps, and although for registration purposes Carleton calls only the evening groups "Whitecaps", that doesn't mean these caps are intended only for evening swimmers! **Carolyn** got extra caps printed so that everyone on the team can get one (or two!). They are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. A very big thank you to **Carolyn** and her daughter for doing this!! This is what the caps look like:



News and Links:

- Why You Shouldn't Work Out Every Day: <http://www.stack.com/2013/05/18/work-out-every-day/>
- Is Exercise Aging You?: <http://www.smh.com.au/lifestyle/diet-and-fitness/is-exercise-ageing-you-20130527-2n6x7.html>
- The Seal Swim Workout: <http://www.stack.com/2013/05/14/the-seal-swim-workout/>
- Think of Nutrition as Fuel for a Great Workout:
http://www.postbulletin.com/sports/localsports/greenfield-column-think-of-nutrition-as-fuel-for-great-workout/article_a5a40229-1a3a-5ec7-a519-38e8ac9666e4.html
- Unusual Foods that Build Muscle: <http://www.stack.com/2013/05/27/unusual-foods-that-build-muscle/>

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 **Thu May 30th** and **Thu Jun 6th**, and also for coaching for **Mits** on Mon Jun 3rd. I will be coaching for **Alex** on **Sat Jun 16th**, and he'll be coaching for me on **Wed Jun 26th**.

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>.

Thanks to all who participated in the 400 time trial on Thu May 30th / Fri May 31st. Thanks also to **Alex** for timing the evening groups! There were lots of improvements. The largest was by **Manuel Lebron** (7:10pm Whitecaps) with a 45.7

second improvement in 400fs. Second was **Harley Gifford** (7:30am Earlybirds) with 25.7 seconds in his 400fs. **Luz Osorio** (6pm Whitecaps) improved her 400IM by 9.9 seconds. A list of all the improvements follows.

400fs (16)

Manuel Lebron	45.7
Harley Gifford	25.7
Seema Akhtar	19.3
Jim Farmer	16.7
Lucette Laflamme	13.9
Monique Potvin Kent	13.8
Jenna Roundell	11.4
Kim Fever	10.4
Christian Cattan	8.1
Susan Hulley	7.8
Sheila Maclean	7.4
Margaret King	6.1
Jennifer Murdock	1.9
Kevin Graham	1.4
Cindy Steele	0.6
Robin Henderson	tie

400IM (1)

Luz Osorio	9.9
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Thanks to all who participated in the 200 time trial on Thu Jun 6th / Fri Jun 7th. Thanks again to **Alex** for timing the evening groups! There were quite a few improvements, led by **Harley Gifford** (7:30am Earlybirds) with an 11.1 second improvement in 200fs and **Margaret King** (7:30am Earlybirds) with a 9 second improvement in 400IM. A list of all the improvements follows.

200fs (8)

Harley Gifford	11.1
Kevin Graham	7.2
Kim Fever	7.1
Jennifer Murdock	5.4
Sheila Maclean	3.5
Susan Hulley	2.6
Ursula Scott	2.6
Isaac Fierro Marquez	1.4

200IM (4)

Margaret King	9.0
Brad Shapansky	3.6
Sandy Lawson	3.6
Amir Banihashemi	1.4

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 – Jun 7th (17 workouts); range: 21-30; average: 26.4

Perfect Attendance: **Amir B, Bruce B, Jennifer M, Masashi M**

Missed 1 Workout: **Angela D, Kevin G, Mike Mopas, Susan H, Susan N-Y**

Missed 2 Workouts: **Harley G, Robin H, Siobhan M**

Missed 3 Workouts: **Brad S, Jim L, Kim F, Margaret K, Marie-Odile J**

8:30am Earlybirds: Apr 29th – Jun 7th (17 workouts); range: 12-20; average: 15.8

Perfect Attendance: **Margaret DK, Mark B, Ursula S**

Missed 2 Workouts: **Isla P**

Missed 3 Workouts: **Masahiro O**

6:00pm Whitecaps: Apr 29th – Jun 6th (17 workouts); range: 17-26; average: 21.1

Missed 1 Workout: **Dave G**

Missed 3 Workouts: **Debby W, Elaine Y, Heather G, Marg E**

7:10pm Whitecaps: Apr 29th – Jun 6th (17 workouts); range: 8-17; average: 13.4

Missed 1 Workout: **Joanie C**

Missed 2 Workouts: **Lucette L, 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.**

Sat Jun 8th Longueuil LCM <https://registration.swimming.ca/MeetInfo.aspx?meetid=13142>

Sat Jun 22nd Technosport Meech Lake 2k Open Water Swim (open to all) <http://www.technosport.ca/2k-open-water-swim/>

Sat Jul 13th London ON LCM <http://www.mastersswimmingontario.ca/events/2013-sunset-outdoor-long-course-swim-meet/>

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

Sat Jul 27th Technosport Meech Lake 3k Open Water Swim (open to all) <http://www.technosport.ca/3k-open-water-swim/>

Sat Aug 10th Technosport Meech Lake 4k Open Water Swim (open to all) <http://www.technosport.ca/4k-open-water-swim-2/>

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.)

Sat-Sun May 25-26th Cabot Trail Relay

Natalie Aucoin (8:30am Earlybirds) participated. Results for 2013 are not yet available at:

<http://cabottrailrelay.com/race-results/>.

Sun May 26th Ottawa Marathon and Half Marathon

Congratulations to all the runners. Apologies if I missed anyone – let me know! Full results at:

<http://www.sportstats.ca/>. Well done for breaking 2:50 by **Chris Robert** (11min), **Margaret** (10min), and **Lucie** (4min) all did PBs. Great job!

Marathon (4922 competitors)

Chris Macknie (7:30am Earlybirds; 45-49): 68th overall; 55th man and 6th in age group in 2:49:45.8

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 1457th overall; 223rd woman and 9th in age group in 3:41:49.5

Lucie Boudreau (8:30am Earlybirds; 55-59): 2708th overall; 613th woman and 10th in age group in 4:04:18.9

Margaret King (7:30am Earlybirds; 50-54): 2849th overall; 673rd woman and 50th in age group in 4:07:40.2

Robert Fabes (7:30am Earlybirds; 50-54): 3394th overall; 2456th man and 275th in age group in 4:20:04.0

Half-Marathon (9910 competitors)

Lisa Hans (x-Whitecaps; 45-49): 5266th overall; 2078th woman and 237th in age group in 2:02:03.8

Renee Robert (8:30am Earlybirds; 55-59): 7015th overall; 3231st woman and 67 in age group in 2:11:58.9

Andy Robert (Renee's husband; 65-69): 7123rd overall; 3816th man and 24th in age group in 2:12:45.3

Sat Jun 1st 1500m Nage-a-Thon Parc Jean-Drapeau, Montreal

Last year it was too cold. This year it was too hot! I was Carleton's only competitor and finished in 18:42.

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 **May 30th**).

Ask the Coach

Dear Coach: Is it permitted to do a flip turn in breaststroke? Improving My Turns

Dear I.M. Turns: In breaststroke, you must touch the wall with both hands. After that, a flip turn could be done, but would not be any advantage once you are that close to the wall.

Dear Coach: My goggles are always fogging up. Any Suggestions? Foggy Goggles

Dear F. Goggles: I recommend dipping your goggles in the pool and then spitting/licking the inside of each lens. Then put the goggles on and leave them on. Taking them off and on during your swim makes them more likely to fog up. I also put a drop or two of water in each lens before I start. If anyone has other tips, please send them in!

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 August 21, 28

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

Fri 9:40-10:40am 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.slowlitch.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>