

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: June-21-13 3:23 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 #337

Carleton Masters Swimming Newsletter #337

Friday, June 21st, 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).

"Being happy doesn't mean everything's perfect. It means you've decided to see beyond the imperfections." – Author Unknown

Masters Program Notes and Cancellations

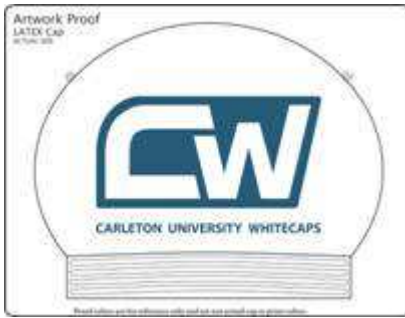
- The Spring session runs until **Sat Jun 29th**.
 - **Alex** will be coaching for me on Wed Jun 26th
 - There are no further cancellations this term, however Saturday swimmers please note that the last swim of the session (**Jun 29th**) will be **12:15-1:25pm**.
- There are **no workouts on Mon Jul 1st** (and the Athletics building is closed).
- The Summer session starts **Tue Jul 2nd / Wed Jul 3rd / Sat Jul 6th** (depending on your group).
 - Saturday workouts in the Summer are **all** 12:15-1:25pm and are **included** with your registration for 7:30am Earlybirds / 6pm Whitecaps.
- Registration for the Summer session is open – full details (dates/times, etc.) at the end of the newsletter.
 - The 7:30am Earlybirds is **full** (waitlist available).
 - The 6pm Whitecaps has **4** spots left.
 - The Saturday only group has **1** spot left. (Remember that if you are registered for 7:30am Earlybirds or 6pm Whitecaps, Saturday is **already** included!)

Swimmer Notes

Swimmer Updates:

- The club records have been updated with **Angela Davis'** (7:30am Earlybirds) 1500m splits that were missing from the original results: <http://carletonmasters.tripod.com/130520.Records.pdf>. The full Nationals results can be found at: <http://mymsc.ca/ShowMeet.jsp?id=579>.

- **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:

- Core Strength – More than a Six-Pack: http://www.tsn.ca/blogs/greg_wells/?id=425105
- Managing Your Energy: 10 Must-do Strategies: <http://www.running4women.com/managing-your-energy>
- Athletes Live the Longest, or do They?: http://blog.nj.com/fitness/2013/01/athletes_live_the_longest_or_do_they.html
- Six Fitness Topics up for Revision in 2013: <http://tinyurl.com/apd8q4l>
- 18 Scientifically Proven Ways to Speed Recovery: <http://greatist.com/fitness/18-scientifically-proven-ways-speed-recovery>
- The Love Hormone as Sports Enhancer: <http://well.blogs.nytimes.com/2012/11/21/the-love-hormone-as-sports-enhancer/>

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. 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.

My apologies for posting the wrong workout on Wed Jun 12th. You'll get to do the one that was supposed to be on Jun 12th sometime in July – I looked at the wrong page in my binder ☺ !

Alex and I will be switching our 6pm Whitecaps coaching for the Summer due to **Alex** having a class on Tue and Thu evenings, so I'll be doing Tue and Thu evenings (July and August), and **Alex** will do Mondays in August.

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>.

Well done by all who participated in the 800/1500 time trial on Mon Jun 10th. There were lots of improvements, led by **Harley** (1:45 improvement in his 1500!) and **Isaac** (1:06 in his!). **Angela** was the most improved in the 800 (11 seconds). Here's the list of improvements:

800fs (1)

Angela Davis	11.0
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1500fs (10)

Harley Gifford	1:45.0
Isaac Fierro Marquez	1:06.0
Malika Shaath	41.0
Tricia Albright	39.0
Erin Kelly	36.0
Bill Westcott	30.0
Jamie Wildsmith	25.0
Ursula Scott	17.0
Jennifer Murdock	15.0
Veronica Eden	12.0

Thanks to all who participated in the 100 and 50 time trials on Thu Jun 20th / Fri Jun 21st. There were lots of improvements, led by **Ursula's** 9.4 seconds in 100IM. There were 7 swimmers who improved in both their 100 and their 50: **Ursula, Jenna, Kevin N, Isaac, Lara, Margaret K, and Malika!** Here's the full list:

50fs (4)

Jenna Roundell	1.2
Ursula Scott	1.1
Roy Hanes	0.8
Isaac Fierro Marquez	0.7

50bk (2)

Kim Fever	1.6
Kevin Nelson	0.8

50br (4)

Lara Thorpe	0.9
Malika Shaath	0.8
Margaret King	0.5
Mike Machum	0.5

50fl (1)

Natalie Aucoin	0.5
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100fs (6)

Jenna Roundell	6.8
Sylvia Williams	4.3
Isaac Fierro Marquez	1.1
Kevin Nelson	0.5
Lara Thorpe	0.3
Susan Hulley	0.2

100br (1)

Margaret King	1.2
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100IM (3)

Ursula Scott	9.4
Anne Trepanier	3.2
Malika Shaath	0.3

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 21st (23 workouts); range: 19-30; average: 25.5

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

Missed 1 Workout: **Amir B, Angela D, Masashi M**

Missed 2 Workouts: **Harley G, Robin H, Mike Mopas, Susan H**

Missed 3 Workouts: **Kevin G, Margaret K, Susan N-Y**

Missed 4 Workouts: **Jim L, Kim F, Marie-Odile J**

8:30am Earlybirds: Apr 29th – Jun 21st (23 workouts); range: 12-20; average: 15.3

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

Missed 4 Workouts: **Rachel P, Renee R**

6:00pm Whitecaps: Apr 29th – Jun 20th (23 workouts); range: 14-26; average: 20.9

Missed 2 Workouts: **Dave G**

Missed 4 Workouts: **Debby W, Elaine Y, Marg E**

7:10pm Whitecaps: Apr 29th – Jun 20th (23 workouts); range: 8-17; average: 13.3

Missed 2 Workouts: **Joanie C**

Missed 4 Workouts: **Jamie 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.**

Sat Jun 22nd Technoport Meech Lake 2k Open Water Swim (open to all) <http://www.technoport.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 Technoport Meech Lake 3k Open Water Swim (open to all) <http://www.technoport.ca/3k-open-water-swim/>

Sat Aug 10th Technoport Meech Lake 4k Open Water Swim (open to all) <http://www.technoport.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.)

Sun May 26th Ottawa Marathon and Half Marathon

Congratulations to **Dave G** on his marathon finish, and sorry for missing him last time:

Dave Grynspan (6pm Whitecaps; 35-39): 3362nd overall, 2436th man and 454th in age group in 4:19:18.1

Sat Jun 8th Lachine Dragon Boat Festival

Congratulations to the **SportChicks** for improving their time by 5 seconds from last year (59 down to 54)! This was a super-competitive field and the team placed 8th out of 10 teams. Well done to the whole team, especially the Carleton swimmers: **Isabelle Fradette, Natalie Aucoin, Claire Robinson, Colette Kenney, Dawn Walsh, Debby Whately, Margaret King, Susan Nevitt-Yelle, Ursula Scott**, and steersperson **Carolyn Odecki**. And good luck for this weekend's Ottawa Festival!

Sat Jun 8th Longueuil LC Meet, Montreal

Jamie Chalmers (7:10pm Whitecaps) and I were Carleton's two representatives. Neither of us was particularly happy with our results. Full results at: <https://swimming.ca/meetreport.aspx?mid=13142>. Here's how we did:

Jamie Chalmers (7:10pm Whitecaps; 70-74): 1st 100fl (2:27.71); 2nd 200fs (3:59.38), 50br (1:05.99), 200br (5:44.70)

Lynn Marshall (Coach; 50-54): 1st 100fs (1:08.04), 100bk (1:18.38), 200br (3:20.36), 50fl (33.84), 200fl (2:40.80)

Sat-Sun Jun 8-9th Rideau Lakes Bike Tour

While not a race, those who participate get mentioned for bragging rights! If I missed anyone, please let me know. Congratulations to **Christian Cattan** (7:30am Earlybirds), **Mike Mopas** (7:30am Earlybirds), **Lucie Boudreau** (8:30am Earlybirds) and **Chris Macknie** (7:30am Earlybirds).

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 Jun 16th).

Ask the Coach

Thanks to **Jackie Lyons** (6pm Whitecaps) for her suggestion on avoiding foggy goggles: Rub a tiny amount of baby shampoo (or other mild shampoo) on the inside of the lenses of your goggles before getting them wet.

Dear Coach: I get very congested after swimming (stuffed up nose, sneezing, etc.). Any suggestions? Sneazy Swimmer

Dear S. Swimmer: This is very common amongst adults, especially those who have swum for many years. A nose clip will usually solve the problem. Make sure that it fits tightly (slide it on carefully so that you don't bend it). It does take a while to get used to the changed breathing, but it should help!

Dear Coach: Are the Masters workouts enough to be prepared for an Ironman-length swim (3.8k)? Tackling an Ironman this Summer

Dear T.a.l.t. Summer: The Masters workouts will provide you with enough fitness to get through that distance. You may wish to try a straight 3k swim during a public swim to build your confidence. If you are not used to swimming in open water, some open water training to ensure your wetsuit (if applicable) fits comfortably, and to practice sighting will also be helpful. (Be sure to swim with a buddy!)

Private and Semi-Private Masters Swim Lessons

Tue 7:15-8:15pm July 9, 16, 23, 30; August 13, 20, 27

Wed 6:00-7:00pm August 21, 28

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

Thu 7:15-8:15pm July 4, 11, 18, 25; August 8, 15, 22

Prices:

Private: \$52.50 per hour, plus HST.

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

Please e-mail me for more details.

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>