

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: July-09-13 9:36 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 #339

Carleton Masters Swimming Newsletter #339

Tuesday, July 9th, 2013

To: Carleton Masters Coaches / Staff (11 addresses)

Bcc: Those Registered for Fall 2012, Winter 2013, Spring 2013, Summer 2013 and Alumni: 7:30am Earlybirds I (54 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).

"Pain is inevitable. Suffering is optional." – Haruki Murakami

Masters Program Notes and Cancellations

- The Summer session is underway. It runs until **Sat Aug 31st**.
- There are **no workouts on Mon Aug 5th**.
- Saturday workouts are from 12:15-1:25pm and are **included** with your registration for 7:30am Earlybirds / 6pm Whitecaps.
- Due to both the 7:30am Earlybirds and 6pm Whitecaps filling up, we have opened up 10 additional spots in the 7:30am Earlybirds and will use 2 lanes in the shallow end when numbers warrant.
 - Wait lists are available for both the 7:30am Earlybirds and 6pm Whitecaps.
 - There are two spots left for Saturdays ONLY.

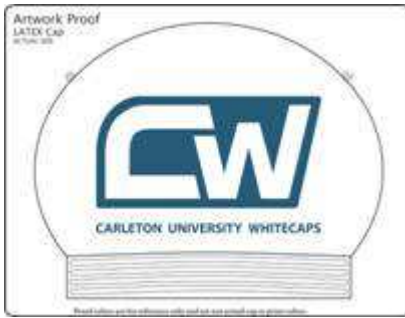
Swimmer Notes

Swimmer Updates:

- **David Chernushenko**, Ottawa City Councillor and husband of **Marie-Odile Junker** (7:30am Earlybirds), has recently directed a documentary "Bike City, Great City". This documentary is being screened today and tomorrow: **Tue Jul 9th** and **Wed Jul 10th** at **7pm** at the **Mayfair Theatre** (1074 Bank St). Details on the documentary can be found here: <http://bikecitythemovie.ca/>. And details on the screenings here: <http://bikecitythemovie.ca/upcoming-screenings/>. **Marie-Odile** and two of their children (**Anna** and **Eric**) are among those featured in the film: <http://bikecitythemovie.ca/about-the-film/>.

- My apologies to **Carolyn Odecki** (6pm Whitecaps) for omitting her 1500fs from the list of improvements in the Spring end of term newsletter. She improved her 1500 by 52 seconds, making her the most improved female in the 1500 and tied for 8th most improved female overall. The corrections have been made to the on-line version of the newsletter: <http://carletonmasters.tripod.com/newsletter338.html>.

- **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:



Other News and Links:

- Exercise Adds Four Years to Life Span: http://news.runnersworld.com/2012/07/23/exercise-adds-almost-4-years-to-life-span/?cm_mmc=Twitter-RunnersWorld-Content-News-Exercise4Years
- The Unproven Claims of Fitness Products: <http://well.blogs.nytimes.com/2012/07/23/the-unproven-claims-of-fitness-products/>
- Sports Nutrition News You can Use: <http://www.iawr-connect.com/nutrition/sportsnutrition-2/>
- Why Some Olympic Athletes Need to Gorge: <http://www.nytimes.com/2012/07/29/sports/olympics/why-some-olympic-athletes-need-to-gorge.html>
- Steroids are More Dangerous than you Think: <http://www.thedailybeast.com/newsweek/2012/06/24/steroids-are-more-dangerous-than-you-think.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. Contact me if you are interested.

Summer Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

6pm Whitecaps: Shallow End; July Mondays: **Mits**; August Mondays: **Alex**; Tuesdays/Thursdays: **Lynn**

12:15pm Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Fin Days:

Thu Aug 8th / Fri Aug 9th

Time Trials:

Mon Jul 15th: 400fs or IM

Mon Jul 29th: 50 and 100 choice

Tue Aug 13th / Wed Aug 14th: 800 / 1500fs

Tue Aug 20th / Wed Aug 21st: 200 choice

Thu Aug 30th / Fri Aug 31st: relays

This information and more can be found with the Spring/Summer workout themes at:

<http://carletonmasters.tripod.com/mastplansprsum13.pdf>.

Here are the weekday attendance statistics for the term so far. With a lot of vacations this time of year, I'm not expecting many swimmers to maintain perfect attendance!

7:30am Earlybirds: Jul 3 – 8th (3 workouts); range: 27-33; average: 29.0

Perfect Attendance: **Amir B, Bill W, Cheri R, Chris M, Christian C, Colette K, Dave C, Francois J, Harley G, Ian L, Isla P, Jennifer M, Kim F, Susan H, Wendy G**

6:00pm Whitecaps: Jul 2 – 8th (3 workouts); range: 16-25; average: 19.7

Perfect Attendance: **Andrea C, Dave G, Deb L, Gi W, Kevin N, Kip T, Mariette K, Mike L, Nicole D, Peter L**

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2014 will start in the Fall. Details coming soon. 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 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 (71 teams)

Congratulations to **Natalie Aucoin** (7:30am Earlybirds) a member of The Acadiens team. They finished 57th overall with a time of 26:18:04. Full results at: <http://cabottrailrelay.com/2013/07/01/2013-race-results/>.

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 20th**).

Ask the Coach

Dear Coach: Can you give me some suggestions for how and how often to sight when swimming in open water? New Open Water Swimmer

Dear N.O.W. Swimmer: The key to good open water sighting is to make your sighting quick and efficient and not too frequent. Every time you lift your head, you will affect your body position in a bad way as your hips and legs will tend to sink. Thus the aim is to keep the sighting to a minimum and keep your head up for only a short time each time you sight. You want to practice incorporating the sighting with your breathing. Either right before or right after you breathe, you want to lift your head up so that you can look forward (eyes above the water). Of course, you shouldn’t need to sight every time you breathe. The frequency will depend on how straight you tend to swim without sighting, the complexity of the course, etc. When sighting, you ideally want to find something large on the horizon to look for, rather than a small marker on the course (red markers, red swim caps, and red canoes all look remarkably alike from the water level). If you can check out the course ahead of time, do so. Look for large houses, trees, etc. that you can line up with the markers, as they will be easier to see and will reduce the amount of time you have to look up.

Dear Coach: Should I always use a kick board when doing kick? Improving My Kick

Dear I.M. Kick: If you are kicking on your back, you don't need a kick board. If you are doing, for example, a 100IM kick and you plan to use the board on the other strokes, then you will want to take the kick board with you on the backstroke kick. Hold the board in your hand either by your side or above your head with your arms straight. Don't hold it with both hands above your head or put it under your head. Ask for a demo if that's not clear! For the other strokes, you may use a kick board (although you don't have to). If you use a kick board, hold it at the top (rounded part) and keep your head up. If you prefer to go without a kick board that's fine, but don't use your arms.

Private and Semi-Private Masters Swim Lessons

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

Wed 6:00-7:00pm July 31

Thu 7:15-8:15pm July 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

Summer Masters Program Details

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: Full** (waitlist available)

6pm Whitecaps: 6:00-7:10pm MTuTh and 12:15-1:25pm Sat: \$95+HST; barcode: 6016; Weekday Coaches: Mon: **Mits** (July) and **Alex** (August); Tue/Thu: **Lynn: Full** (waitlist available)

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

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>