

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** July-23-13 11:04 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 #340

## Carleton Masters Swimming Newsletter #340

Tuesday, July 23<sup>rd</sup>, 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 (57 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (39 addresses), 8:10pm Whitecaps III (25 addresses), Saturday Only (9 addresses), Masters "Alumni" (27 addresses).

"I'm a big fan of dreams. Unfortunately, dreams are our first casualty in life – people seem to give them up, quicker than anything, for a 'reality'." – Kevin Costner

### Masters Program Notes and Cancellations

- The Summer session runs until **Sat Aug 31<sup>st</sup>**, inclusive.
- There are **no workouts on Mon Aug 5<sup>th</sup>**.
- Saturday workouts are from 12:15-1:25pm and are **included** with your registration for 7:30am Earlybirds / 6pm Whitecaps.
- There is one spot available in the 6pm Whitecaps and two in Saturdays ONLY. We have opened up additional spots in the 7:30am Earlybirds and are using the shallow end when required. Thus, if you would like to join that group, contact the Athletics Welcome Centre to get your name on the wait list and let me know.
- Information on the Fall/Winter Masters programs is coming soon.
  - Registration for Fall and Winter will start **Tue Aug 6<sup>th</sup>**.

## Swimmer Notes

### Swimmer Updates:

- Congratulations to **Melanie** and **Kevin Graham** (7:30am Earlybirds) on their June wedding.

- **Jenna Lambert** a SWAD (Swimmer with a Disability), Carleton student and Varsity swim team member last year is involved with Easter Seals. She thanks everyone who participated in the Bring on the Bay and asked me to pass on information on an 4-on-4 ball hockey tournament being organized for Sat Sept 7<sup>th</sup> to raise money for Easter Seals: <http://www.easterseals.org/power-play/ottawa-power-play>.

- **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:



## Swimming News and Links:

Five Women Start First Ever 305km Length of Lake Ontario Relay Swim:

<http://www.cbc.ca/news/canada/toronto/story/2013/07/23/toronto-lake-ontario-relay-swim.html>

- Swim to Raise Money for MS: <http://www.timescolonist.com/life/swimming-for-a-cause-1.391844>

- She made it: <http://www.cbc.ca/news/canada/british-columbia/story/2013/07/21/bc-cowichan-swimmers-women.html>

- Rise and Swim (Motivational video with Phelps and Lochte): <http://www.youtube.com/watch?v=Tzm6TEManmQ>

- Goggle Mounted Swimming Monitor: <http://smallbusiness.yahoo.com/advisor/goggle-mounted-swimming-monitor-gives-real-time-feedback-003046900.html>

- Man Swims Five Hours to Save Family after Boat Capsizes: <http://www.grindtv.com/outdoor/excursions/post/man-swims-five-hours-to-save-family-after-boat-capsizes/>

- Open Water Skills in the Pool: <http://triathlete-europe.competitor.com/2013/07/04/open-water-skills-in-the-pool>

- Shark Repellent Wetsuits?: <http://swimswam.com/worlds-1st-shark-repelling-wetsuit-warning-dramatic-footage/>

## Other News and Links:

- Cramping: What we Know: <http://www.irunfar.com/2013/07/cramping-my-style.html>

- Weight Training Season: <http://triathlete-europe.competitor.com/2013/07/11/weight-room-rules>

- Lose Fat Faster Before Breakfast: <http://www.sciencedaily.com/releases/2013/01/130124091425.htm>

- Breakfast: An Athlete's Most Important Meal:

[http://thesportfactory.com/site/nutritionnews/Breakfast\\_An\\_Athletes\\_Most\\_Important\\_Meal\\_152.shtml](http://thesportfactory.com/site/nutritionnews/Breakfast_An_Athletes_Most_Important_Meal_152.shtml)

**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.

**Nico** is coaching for me on Tue Aug 6<sup>th</sup>.

## Fin Days:

Thu Aug 8<sup>th</sup> / Fri Aug 9<sup>th</sup>

## Time Trials:

Mon Jul 15<sup>th</sup>: 400fs or IM

Mon Jul 29<sup>th</sup>: 50 and 100 choice

Tue Aug 13<sup>th</sup> / Wed Aug 14<sup>th</sup>: 800 / 1500fs

Tue Aug 20<sup>th</sup> / Wed Aug 21<sup>st</sup>: 200 choice  
Thu Aug 30<sup>th</sup> / Fri Aug 31<sup>st</sup>: relays

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

Thanks to the Earlybirds who participated in the 400 time trial on Mon Jul 15<sup>th</sup>. The biggest improvement was by **Masashi Kobayashi** (7:30am Earlybirds). He improved his 400fs by 13.9 seconds from last term. Here's the list of all improvements:

**400fs** (4)  
**Masashi Kobayashi** 13.9  
**Harley Gifford** 1.9  
**Mike Mopas** 1.9  
**Chris Macknie** 0.8

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, but we'll see!

**7:30am Earlybirds:** Jul 3 – 22<sup>nd</sup> (9 workouts); range: 27-37; average: 31.6  
Perfect Attendance: **Amir B, Bill W, Chris Y, Harley G, Isla P, Susan H**

**6:00pm Whitecaps:** Jul 2 – 18<sup>th</sup> (8 workouts); range: 16-27; average: 21.0  
Perfect Attendance: **Dave G, Deb L, Mariette K, Mike 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 27<sup>th</sup> Technosport Meech Lake 3k Open Water Swim (open to all) <http://www.technosport.ca/3k-open-water-swim/>  
Sat Aug 10<sup>th</sup> Technosport Meech Lake 4k Open Water Swim (open to all) <http://www.technosport.ca/4k-open-water-swim-2/>

Nov 14-17<sup>th</sup> Dominican Republic Masters Meet [pablomota82@hotmail.com](mailto:pablomota82@hotmail.com)

Jul 27<sup>th</sup> – Aug 10<sup>th</sup> 2014 FINA World Aquatic Championships, Parc Jean-Drapeau (outdoors) and other pools, 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 Jun 23<sup>rd</sup> Welland Half Iron Triathlon** (1.9k/90k/21.1k; 379 competitors)

Congratulations to **Chris** on winning his age group! Full results at: <http://www.sportstats.ca>.

**Chris Macknie** (7:30am Earlybirds; 45-49): 18<sup>th</sup> overall; 16<sup>th</sup> man and 1<sup>st</sup> in category in 4:47:07.5 (38:54 swim)

**Sat Jul 6<sup>th</sup> Mike Collingwood Meech Lake Triathlon** (1.2k/23.5k/6.4k; 246 competitors)

Well done all, on a very hot day! Congratulations to **Margaret** and **Lucie** for their podium finishes! Thanks to **Penny Estabrooks** (8:30am Earlybirds) for her help with the results. Full results at: <http://www.sportstats.ca>.

**Margaret King** (7:30am Earlybirds; 50-54): 58<sup>th</sup> overall; 12<sup>th</sup> woman and 2<sup>nd</sup> in category in 1:42:16.9 (19:06 swim)

**Paul Scully** (8:30am Earlybirds; 45-49): 87<sup>th</sup> overall; 66<sup>th</sup> man and 10<sup>th</sup> in category in 1:47:37.1 (24:36 swim)  
**Chris Yordy** (7:30am Earlybirds; 30-34): 109<sup>th</sup> overall; 79<sup>th</sup> man and 10<sup>th</sup> in category in 1:50:29.3 (26:50 swim)  
**Lucie Boudreau** (7:30am Earlybirds; 55-59): 138<sup>th</sup> overall; 40<sup>th</sup> woman and 3<sup>rd</sup> in category in 1:55:26.0 (27:46 swim)  
**Paul Denys** (7:10pm Whitecaps; 50-54): 155<sup>th</sup> overall; 106<sup>th</sup> man and 14<sup>th</sup> in category in 1:57:56.2 (22:06 swim)  
**Renee Robert** (7:30am Earlybirds; 55-59): 190<sup>th</sup> overall; 61<sup>st</sup> woman and 7<sup>th</sup> in category in 2:05:42.5 (24:05 swim)

### Sat Jul 13<sup>th</sup> London Sunset Meet (LCM)

Congratulations to Jamie on a clean sweep of first places! Full results at: <http://mymsc.ca/ShowMeet.jsp?id=588>.  
**Jamie Chalmers** (6pm Whitecaps; 70-74): 1<sup>st</sup>: 50fs (:38.76), 100fs (1:41.21); 200fs (3:47.54); 400IM (10:45.42)

### Sat Jul 13<sup>th</sup> Bring on the Bay 3k Swim (470 competitors)

Congratulations to all who participated – hope I didn't miss anyone! Full results at: <http://www.sportstats.ca>.

**Robert Fabes** (7:30am Earlybirds; 50-59 wetsuit): 74<sup>th</sup> overall; 48<sup>th</sup> man and 11<sup>th</sup> in category in 51:00.4  
**Harley Gifford** (7:30am Earlybirds; 50-59): 108<sup>th</sup> overall; 68<sup>th</sup> man and 4<sup>th</sup> in category in 54:07.9  
**Mike Machum** (6pm Whitecaps; 20-29): 132<sup>nd</sup> overall; 79<sup>th</sup> man and 4<sup>th</sup> in category in 55:31.3  
**Cheri Reddin** (7:30am Earlybirds; 40-49): 173<sup>rd</sup> overall; 71<sup>st</sup> woman and 13<sup>th</sup> in category in 57:39.9  
**Christian Cattan** (7:30am Earlybirds; 30-39 wetsuit): 185<sup>th</sup> overall; 108<sup>th</sup> man and 15<sup>th</sup> in category in 58:50.0  
**Joanie Conrad** (Saturdays; 40-49): 216<sup>th</sup> overall; 100<sup>th</sup> woman and 21<sup>st</sup> in category in 1:01:17.2  
**Kevin Nelson** (6pm Whitecaps; 40-49): 271<sup>st</sup> overall; 136<sup>th</sup> man and 23<sup>rd</sup> in category in 1:04:39.0  
**Chris Yordy** (7:30am Earlybirds; 30-39): 360<sup>th</sup> overall; 178<sup>th</sup> man and 18<sup>th</sup> in category in 1:13:11.2  
**Mary Donaghy** (7:30am Earlybirds; 40-49): 409<sup>th</sup> overall; 216<sup>th</sup> woman and 42<sup>nd</sup> in category in 1:18:03.2  
**Wendy Gifford** (7:30am Earlybirds; 50-59 wetsuit): 456<sup>th</sup> overall; 250<sup>th</sup> woman and 18<sup>th</sup> in category in 1:32:14.5

### Sat-Sun Jul 13-14<sup>th</sup> Montreal Challenge Dragon Boat Competition

The **SportChicks** participated and did very well. They took time off from last year in all their races and came in tenth in the 500m, and fourth (out of 11) in the 2000m. **Carolyn Odecki** (6pm Whitecaps) did an awesome job as steersperson, especially in the 2k which involves 180 degree turns every 500m! Congratulations, ladies! Full results at: <http://montrealchallenge.22dragons.com/>.

### 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 20<sup>th</sup>**).

### Ask the Coach

**Dear Coach:** What are the rules for starting and finishing each length in backstroke? Confused Swimmer

Dear C. Swimmer: Contrary to what some of your lane mates may do during workout, when pushing off the wall to start a backstroke swim, you must be on your back. It is illegal to push off on your stomach. When finishing a backstroke swim, you must also be on your back. When you are turning from one length of backstroke to another, you may do a flip turn (one stroke on your stomach). Otherwise you must both touch the wall and push off on your back. If you are changing from backstroke to breaststroke, it is considered a backstroke finish, and thus you must finish on your back and may not do a flip turn.

**Dear Coach:** It takes me a long time to get going during workout. What can I do to help me warm up? Slow Starter

Dear S. Starter: Before you get in the pool, I recommend some dynamic stretching. Dynamic stretching is different from static stretching. It's better to do static stretching (where you hold the stretched positions) after the swim. Dynamic stretching involves motion. Dynamic stretching includes arm swings, arm circles, leg swings, shoulder shrugs, trunk rotations, etc. Try five minutes of dynamic stretching before you get in the water and see if it helps.

### Private and Semi-Private Masters Swim Lessons

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

Wed 6:00-7:00pm July 31

Thu 7:15-8:15pm August 1, 15

**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 2<sup>nd</sup> to Sat Aug 31<sup>st</sup>** (no workouts Mon Jul 1<sup>st</sup>, Mon Aug 5<sup>th</sup>)

**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**

**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.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 ([lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!

Lynn

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