

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** July-31-13 1:12 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 #341

## Carleton Masters Swimming Newsletter #341

Wednesday, July 31<sup>st</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" (30 addresses).

"It takes a wise man to learn from his mistakes, but an even wiser man to learn from others." – Zen Proverb

### 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 now available – see next paragraph.
  - Registration for Fall **and** Winter starts **Tue Aug 6<sup>th</sup>**.
  - The 7:30am and 6pm groups tend to fill up quickly!

### Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration starts **Tue Aug 6<sup>th</sup>** for both Fall and Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. The main changes for this year are that the 8:10pm group is now three times per week (rather than two), and the Fall term is one week longer. Note that, as usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The coaching schedule still being finalized for the evening groups. The information below is also on the web site: <http://carletonmasters.tripod.com>.

#### Fall 2013: Tue Sept 3<sup>rd</sup> to Sat Dec 21<sup>st</sup>; no workouts Mon Oct 14<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: Lynn; barcode 6660; cost: \$138+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: Lynn; barcode 6661; cost: \$138+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: TBD; barcode 6666; cost \$155+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: TBD; barcode 6668; cost: \$138+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm MTuTh (shallow): Coaches: TBD; barcode 6670; cost: \$138+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 6662; cost: \$54+HST

#### Winter 2014: Tue Jan 2<sup>nd</sup> to Fri Apr 11<sup>th</sup>; no workouts Mon Feb 17<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: Lynn; barcode 6663; cost: \$126+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: Lynn; barcode 6664; cost: \$126+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: TBD; barcode 6667; cost \$142+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: TBD; barcode 6669; cost: \$126+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm MTuTh (shallow): Coaches: TBD; barcode 6671; cost: \$126+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 6665; cost: \$46+HST

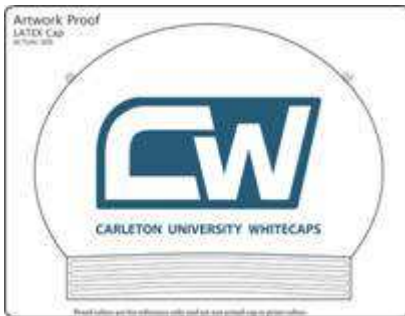
### Swimmer Notes

## Swimmer Updates:

- Congratulations to **Lucie Boudreau** (7:30am Earlybirds) for her 5<sup>th</sup> place finish in the Olympic Distance Triathlon at the Toronto Triathlon Festival. It was a very competitive field – it's not often you have 16 competitors in the women's 55-59 category! **Lucie** qualified for a spot at the Worlds next year, although she likely won't attend. Well done, **Lucie**!

- **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:



## News and Links:

- Here's a pie chart showing what swimmers are thinking about during the main set. It's in French because the English one I found wasn't as funny!: <http://carletonmasters.tripod.com/swimmingpiechart.jpg>

- A Swimming Feat that I Don't Recommend: <http://gawker.com/canadian-man-sorry-for-chugging-eight-beers-and-swimmin-888283225>

- The Iron Needs of Athletes: Who Needs More, and How to Get It Through Your Diet by **Sheila Kealey** (former Carleton Masters swimmer, now with ROCS): <http://www.xcottawa.ca/articles.php?id=2624>

- Eight Fitness Myths Debunked: <http://shine.yahoo.com/healthy-living/8-fitness-myths-debunked-160400758.html>

- Snacks for Endurance Athletes: [http://runnow.eu/2013/07/nutrition/snacking-for-endurance-athletes\\_1116](http://runnow.eu/2013/07/nutrition/snacking-for-endurance-athletes_1116)

- The Most Underutilized Piece of Equipment for Healthy Shoulders: <http://www.stack.com/2013/07/18/kettlebell-shoulders/>

- Five Reasons You're Not Getting Bigger, Stronger, Faster: <http://www.stack.com/2013/07/11/why-youre-not-getting-bigger/>

**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> am: 400fs or IM

Mon Jul 22<sup>nd</sup> pm: two 50s choice

Mon Jul 29<sup>th</sup>: 50 and 100 choice (am); 100 choice (pm)

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>.

The improvements in the two timed 50s and attendance for the evening of Mon Jul 22<sup>nd</sup> will be included next time.

Thanks to those who participated in the time trials on Mon Jul 29<sup>th</sup>. The biggest 50m improvement was by Masahiro Oishi (7:30am Earlybirds). He improved his 50br by 3.6 seconds! The most improved in the 100m was **Francois Jacques** (7:30am Earlybirds). He improved his 100br by 4.8 seconds! Here's the list of all improvements:

**50fs**

**Josh Gladstone** 1.2

**Masashi Kobayashi** 0.6

**Heloise Ebden** 0.3

**50br**

**Masahiro Oishi** 3.6

**100fs**

**Josh Gladstone** 4.0

**Harley Gifford** 3.1

**100br**

**Francois Jacques** 4.8

**Margaret King** 0.9

**100fl**

**Natalie Aucoin** 1.2

**100IM**

**Jenna Roundell** 1.9

**Dave Grynspan** 0.2

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 – 31<sup>st</sup> (13 workouts); range: 27-37; average: 31.0

Perfect Attendance: **Amir B, Harley G**

**6:00pm Whitecaps:** Jul 2 – 30<sup>th</sup>, excluding Jul 22<sup>nd</sup> (12 workouts); range: 14-27; average: 20.5

Perfect Attendance: **Dave G, 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 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 Jul 21<sup>st</sup> Toronto Triathlon Festival Olympic Triathlon** (1.5k/40k/10k; 726 finishers)

Congratulations to **Lucie** and **Christian** on their races. By finishing in the top 10 in her category, **Lucie** qualified for next year's World Championships, though she probably won't attend. Awesome job!! Full results at:

<http://edge.raceresults360.com/rr360/race/nofaJ6/#/results::1375289648281>.

**Christian Cattan** (7:30am Earlybirds; 30-34): 399<sup>th</sup> overall, 312<sup>th</sup> man and 60<sup>th</sup> in age group in 2:40:03 (swim 30:24)

**Lucie Boudreau** (7:30am Earlybirds; 55-59): 519<sup>th</sup> overall; 126<sup>th</sup> woman and 5<sup>th</sup> in age group in 2:52:05 (swim 35:53)

**Sun Jul 28<sup>th</sup> Bala Falls Triathlon** (750m/30k/7.5k; 309 participants)

Great job by **Andrea**! Full results at: <http://www.sportstats.ca>.

**Andrea Mrozek** (6pm Whitecaps; 35-39): 255<sup>th</sup> overall; 84<sup>th</sup> woman and 18<sup>th</sup> in age group in 2:14:51.5 (swim 14:00)

**Sun Jul 28<sup>th</sup> Ironman Lake Placid** (3.8k/180k/42.2k; 2536 competitors)

Congratulations to **Mike Mopas** (7:30am Earlybirds) on completing his first Ironman! Full results at:

<http://www.ironman.com/triathlon/events/americas/ironman/lake-placid/results.aspx#axzz2aRlvh5mG>.

**Mike Mopas** (7:30am Earlybirds; 35-39): 1754<sup>th</sup> overall; 1371<sup>st</sup> man; and 248<sup>th</sup> in age group in 14:25:07 (swim 1:18:51; 171<sup>st</sup> in age group)

**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:** How can I improve my turns? Want to Improve

Dear W.t. Improve: One thing that makes a big difference is a good streamline every time you push off the wall. Stand in front of a mirror and put your arms into a streamline. See if your elbows stick out at all. If so, squeeze your arms to your ears. Ask your coach for a demo!

**Dear Coach:** A while back you said that the breaststroke start rule might change to allow multiple dolphin kicks. Any news? A Breaststroker

Dear A. Breaststroker: Good question as this is hot off the press. No changes are being made to breaststroke:

[http://www.fina.org/H2O/index.php?option=com\\_content&view=article&id=3948:fina-technical-swimming-congress-&catid=336:bcn2013-general&Itemid=1515](http://www.fina.org/H2O/index.php?option=com_content&view=article&id=3948:fina-technical-swimming-congress-&catid=336:bcn2013-general&Itemid=1515)

## Private and Semi-Private Masters Swim Lessons

Tue 7:15-8:15pm August 13, 27

Thu 7:15-8:15pm August 1, 15, 30

### 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.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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!

Lynn

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