

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: August-16-13 2:01 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 #342

Carleton Masters Swimming Newsletter #342

Friday, August 16th, 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).

"If you think you can do a thing or think you can't do a thing, you're right." – Henry Ford

Masters Program Notes and Cancellations

- The Summer session runs until **Sat Aug 31st**, inclusive.
- Summer 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.
- Registration for Fall and Winter Masters programs is underway. Here are the groups getting close to full:
 - 6pm Fall: **5** spots left
 - 7:30am Fall: **10** spots left
 - 6pm **Winter**: 15 spots left
 - Saturdays Fall: 17 spots left
 - 7:30am **Winter**: 18 spots left

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration has started 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 **evening coaching schedule is now finalized** for Fall (see below). The information below is also on the web site: <http://carletonmasters.tripod.com>.

Fall 2013: Tue Sept 3rd to Sat Dec 21st; no workouts Mon Oct 14th

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): Coach: Lynn; barcode 6666; cost \$155+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6668; cost: \$138+HST

8:10pm Whitecaps 3: 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; 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 2nd to Fri Apr 11th; no workouts Mon Feb 17th

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): Coach: Lynn; barcode 6667; cost \$142+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: MTh: Alex (TBC); Tu: Mits; barcode 6669; cost: \$126+HST

8:10pm Whitecaps 3: 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex (TBC); Tu: Mits; 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:

- 800m fly?!: **Robert Fabes** (7:30am Earlybirds) missed the 1500fs time trial on Wednesday as he was swimming in Meech Lake. As he was feeling guilty, he swam a 800m fly in his wet suit! Good luck in Mont Tremblant, **Robert!**

- Best of luck to the **SportChicks** for the National Dragon Boat Championships in Victoria next weekend! Also, get well soon to **Natalie Aucoin** (7:30am Earlybirds) who suffered a cut chin and road rash in a bike accident earlier this week.

- **Dawn Walsh** (7:30am Earlybirds) couldn't find her swim mask (large goggles, clear with blue trim) after swimming on Fri Aug 9th. If anyone picked it up, please let me know.

- **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 7th 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:

- 82 Yr Old Competitive Swimmer: <http://www.npr.org/2013/07/26/205125550/age-hasnt-stopped-this-man-from-swimming-and-winning>

- Tips for Swim Meets: <http://theswimmingexpert.com/top-five-competition-tips-for-swimmers/>

- The Open Water Swim Camp from H*Ill!: <http://www.outsideonline.com/outdoor-adventure/water-activities/swimming/Give-Us-Your-Tired-Your-Sore-Your-Shriveled-Masses.html?page=1>

- Four Popular Triathlon Swim Myths: <http://zwemza.wordpress.com/2013/08/03/busted-four-popular-triathlon-swim-myths/>

- So You Want to be a Triathlete?: <http://www.trifuel.com/training/general/so-you-wanna-be-a-triathlete#.UguoaKzOCuI>

- Some Exercise Machines to Avoid: http://pressrepublican.com/0205_columns/x1750257112/Some-exercise-machines-should-be-avoided

- Jill Leon swims Northumberland Strait (in a Wet Suit):

<http://www.cbc.ca/news/canada/prince-edward-island/story/2013/07/31/pei-jill-leon-strait-swim-ferry-584.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! If there's a particular suit you are looking for, I may be able to track it down.

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.

Thanks to **Nico** for coaching for me on Tue Aug 6th.

I coached for **Alex** on Mon Aug 12th. In exchange, he is coaching for me on **Sat Aug 17th**.

Fin Days:

Thu Aug 8th / Fri Aug 9th

Time Trials:

Mon Jul 15th am: 400fs or IM

Mon Jul 22nd pm: two 50s choice

Mon Jul 29th: 50 and 100 choice (am); 100 choice (pm)

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 is the list of improvements for the two timed 50s done by the evening group with Mits on Mon Jul 22nd. The biggest improvement was by **Jenna Roundell** – a whopping 2.6 seconds in her 50 fly. **Lara Thorpe** improved both her 50fs and 50br. The full list follows:

50fs

Mike Halasz 0.7

Lara Thorpe 0.5

Deb Low 0.4

Veronica Eden 0.3

50bk

Seema Akhtar 0.8

Deb Low 0.3

50br

Lara Thorpe 0.8

50fl

Jenna Roundell 2.6

Isaac Fierro Marquez 0.4

Thanks to all who participated in the 800/1500 time trials on Tue Aug 13th / Wed Aug 14th – always a challenge! There were some big improvements! **Manuel Lebron** (6pm Whitecaps) improved his 800 by nearly 2.5 minutes! **Andrea Chandler** (6pm Whitecaps) wasn't far behind with an improvement of nearly 1.5 minutes. In the 1500, **Chris Yordy** (7:30am Earlybirds) improved his 1500 by over 1.5 minutes. Here's the list of everyone who improved:

800fs

Manuel Lebron 2:24

Andrea Chandler 1:25

Heloise Ebdon :42
Melodie Guilbeault :02

1500fs

Chris Yordy 1:38
Josh Gladstone 1:10
Veronica Eden 1:03
Harley Gifford :45
Mike Machum :15
Robin Henderson :09
Lara Thorpe :07

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 – Aug 16th (19 workouts); range: 18-37; average: 29.7

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

Missed 1 Workout: **Christian C**

Missed 2 Workouts: **Francois J**

6:00pm Whitecaps: Jul 2 – Aug 15th (19 workouts); range: 14-27; average: 20.8

Perfect Attendance: **Dave G**

Missed 1 Workout: **Jamie C, Mariette K, Mike L**

Missed 2 Workouts: **Deb 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.**

Nov 14-17th Dominican Republic Masters Meet pablomota82@hotmail.com

Jul 27th – Aug 10th 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 28th Nova Scotia Marathon, Barrington

Congratulations to **Susan Nevitt-Yelle** (7:30am Earlybirds) on winning the Women's Senior Masters division with a time of 3:52!

Sat Aug 3rd National Capital Triathlon (500m/20k/5k; 191 competitors)

Congratulations to **Vanessa** on her first triathlon! She enjoyed it so much that she's doing another one later this month. Full results at: <http://www.sportstats.ca>.

Vanessa Harman (7:30am Earlybirds; 20-24): 87th overall, 21st woman and 5th in category in 1:24:31.3 (swim time 11:40)

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: What hair products do you recommend for swimmers? Coloured Hair

Dear C. Hair: I recommend using an anti-chlorine shampoo and/or conditioner after swimming (e.g. UltraSwim), as well as a leave in conditioner, such as "It's a 10" (<http://www.amazon.ca/Its-10-Miracle-Product-4-Ounces/dp/B000TKH6G2>). Some like to wet their hair and put conditioner in before swimming. I'll also ask readers to send in their recommendations.

Dear Coach: I sometimes get a little numbness in my arm and hand during a long swim. Why is this happening and what can I do to avoid it? Numb Arm

Dear N. Arm: First numbness in the left arm can be a heart attack symptom, so it shouldn't always be ignored. If you are sure that this is something that happens only during a long swim, it's likely due to a nerve being pinched in your shoulder due to the repetitive arm movement at a slightly incorrect angle. First, be sure to breathe on both sides. If you breathe on only one side, the opposite shoulder is prone to injury. Next, ask your coach to look at your technique to suggest changes to avoid the pinching.

Private and Semi-Private Masters Swim Lessons

Tue 7:15-8:15pm August 20 (last evening slot until December!)

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 (pro-rated prices available)

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**

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 (lynmarshall@sympatico.ca).

Happy lengths!
Lynn

lynmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

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