

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: September-27-13 2:33 PM
To: 'Fran Craig'; 'Steve Baird'; Alex Joubert; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; 'Tim Kilby'
Subject: Carleton Masters Swimming Newsletter #345

Carleton Masters Swimming Newsletter #345

Friday, September 27th, 2013

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2013, plus Fall 2012, Winter 2013, Spring 2013, Summer 2013 and Alumni:

2013-2014: 7:30am Earlybirds I (40 addresses), 8:30am Earlybirds II (29 addresses), 6pm Whitecaps I (43 addresses), 7:10pm Whitecaps II (27 addresses), 8:10pm Whitecaps III (12 addresses), Saturday Only (5 addresses), Masters "Alumni" (14 addresses).

2012-2013: 7:30am Earlybirds I (18 addresses), 8:30am Earlybirds II (17 addresses), 6pm Whitecaps I (10 addresses), 7:10pm Whitecaps II (15 addresses), 8:10pm Whitecaps III (15 addresses), Saturday Only (7 addresses), Masters "Alumni" (22 addresses).

Guess the swimmer from the quote:

"Forget Ironman, today was my greatest sporting accomplishment: 100m of backstroke with a cup on my forehead!"

Masters Program Notes and Cancellations

- The Fall session is underway and runs until **Sat Dec 21st**. The only cancellation is **Mon Oct 14th** (Thanksgiving).
 - Yes, there is a workout **Sat Oct 12th** (for Saturday swimmers).
 - Yes, there are workouts during **Reading Week** (Carleton's and uOttawa's) ☺ !
- Registration for both Fall and Winter Masters programs is underway (details at the end of the newsletter). Here are the groups with fewer than 15 spots left:
 - 6pm Fall: **full**: wait list available
 - 7:30am Fall: **full**: wait list available
 - 6pm **Winter**: 7 spots left
 - Saturdays Fall: 8 spots left
 - 7:30am **Winter**: 10 spots left
 - 7:10pm Fall: 11 spots left
 - 8:10pm Fall: 11 spots left
 - 8:30am Fall: 12 spots left

Carleton Athletics Parking Lot 5 Closures

Parking Lot 5 will be closed again **all day** on the following home football game dates:

Fri Oct 11th

Sat Oct 19th

Those with passes for P5 may park in any other parking lot. The best bet is Lot 4, first right after the left turn into Lot 5. From there it's a short walk to the south doors to Alumni Hall, and Athletics. You can also park in Lots 10 or 11 near the Ice House (left turn at the stop sign, just past the entrance to Lot 4).

Now Open: Masters Swimming Ontario (MSO) Registration for Carleton Masters Swimmers

MSO registration is now available for the 2013-2014 season. Your 2013-2014 membership is good from now until **Dec 31st, 2014**. You must register with MSO (as a Carleton Masters swimmer) if you want to enter any competitions (e.g. the Masters World Championships in Montreal next summer). The cost has gone up slightly: **\$38**. If you have not registered with MSO and Carleton Masters (or have not competed since 2008), I need the following: name, date of birth, address,

phone number. If you have registered with us in the past five years, I just need to know if any of your information has changed. You may pay by cash or cheque payable to me (**Lynn Marshall**).

Masters E-List Clean-Up

It's time for my annual Masters newsletter and workouts e-lists clean up. If you are **not** planning to register with Carleton Masters for Fall 2013, and you wish to continue receiving the newsletter and/or workouts, please e-mail me to let me know.

Swimmer Notes

Swimmer Updates:

- Best wishes to **Mark Blenkinsop** (8:30am Earlybirds) and his fiancée, **Krista**, who are getting married on Thanksgiving weekend.
- **Heather Guthrie** (6pm Whitecaps) reports that her wedding on **Sat Sept 14th** went very well. We are awaiting photos!
- **Mits Kachi** (Coach) and **Marijan Grobbink** will also be providing photos from their **Sat Aug 31st** wedding soon.
- Get well soon to **Duane Leon** (7:30am Earlybirds) who broke both his wrists while cycling in Vancouver.
- **Jamie Chalmers** (7:10pm Whitecaps) reports that the cataract surgery on his left eye on **Mon Sept 16th** went well. However, he has to stay out of the pool for at least two weeks.
- I know that some of you have experienced problems when swiping your Athletics card to get to the pool. Please cooperate with the staff while they work to get all the cards working properly. If you do have difficulties, the staff should just take your name and not delay you from getting to your workout on time. Thank you!
- **Brad Young**, an associate professor in sport psychology and coaching science at the University of Ottawa, is doing research relating to Masters athletes and lifelong sport. For the current research project he is looking for masters swimmers age 45-65 who have a coach with whom they interact frequently. If you are interested, there will be some compensation for the time involved and there are two short documents to complete before being selected for an interview. You can find the documents here: <http://sce.carleton.ca/courses/ecor-2606/f13/4masters/>. If you are interested, please send the completed forms to Brad at: byoung@uottawa.ca.
- All are invited to "Clean up the Campus" on **Sat Sept 28th 9:30-11:30am**. Participants receive a Tim Horton's gift card for breakfast, and students receive volunteer hours. Details and registration at: <http://www1.carleton.ca/healthy-workplace/cu-events/clean-up-the-campus>.
- I have stocked up on more swim suits over the summer. They are available in girl's/women's size 26 to 44 (chest size in inches), and boy's/men's size 28 (Speedo FSI racing suit) and 32 to 40 (waist size in inches). Most suits are \$40 or less.

- **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:

- [Masters Swimming Canada \(MSC\) September Newsletter](#)
- Iranian Swimmer Denied Record due to “Immodest” Suit: <http://www.dailymail.co.uk/news/article-2409993/Elham-Asghari-Iranian-swimmer-denied-record-outfit-showed-feminine-features.html>
- Eight Swimming Etiquette Don'ts: <http://swimswam.com/dont-swimmer-8-swimming-etiquette-donts/>
- Twenty-Seven Struggles Only a Swimmer Can Understand [Ed Note: I believe this has been in the newsletter before, but it's good enough for a repeat]: <http://www.buzzfeed.com/kdries/27-struggles-only-a-swimmer-can-understand>
- Diet, Exercise and Stress Management may Reverse Aging on a Cellular Level: <http://www.ctvnews.ca/mobile/health/diet-exercise-and-stress-management-may-reverse-aging-on-cellular-level-study-1.1457447>
- Rivalry Can Boost Performance: <http://www.runnersworld.com/sports-psychology/study-rivalry-can-boost-performance>
- How Many Times Per Week Should You Exercise?: <http://www.runnersworld.com/training-plans/how-many-times-week-should-you-exercise>
- The Disadvantages of Perfect Pacing: <http://www.runnersworld.com/race-training/disadvantages-perfect-pacing>
- Five Most Overrated Exercises: <http://dailyhealthpost.com/5-most-overrated-exercises-you-can-stop-doing/#ixzz2Njztyqp9>

Swim Suits for Sale: The suits range in brand, style, and colour. Most 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.

Fall 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: Monday: Shallow End; Tuesday/Thursday: Deep End: **Lynn**

7:10pm Whitecaps: Shallow End: Monday/Thursday: **Alex**; Tuesday: **Mits**

8:10pm Whitecaps: Shallow End: Monday/Thursday: **Alex**; Tuesday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Fin Days:

Tue Oct 29th / Wed Oct 30th

Thu Nov 28th / Fri Nov 29th

Time Trials:

Thu Oct 17th / Fri Oct 18th: 400fs or IM

Thu Oct 24th / Fri Oct 25th: two 50s choice

Mon Nov 4th: 200 choice

Tue Nov 19th / Wed Nov 20th: 800 / 1500fs

Tue Dec 3rd / Wed Dec 4th: 100 choice

Thu Dec 19th / Thu Dec 20th: relays

This information and more can be found with the Fall workout themes at:

<http://carletonmasters.tripod.com/mastplanfall13.pdf>.

Thanks to all who participated in the backstroke dps drills. The lowest number of strokes was one by **Mark Blenkinsop** (8:30am Earlybirds) and **Matthew Tucciarone** (8:30am Earlybirds). **Tony Revitt** (8:30am Earlybirds) took one and a half strokes. **Amir Banihashemi** (8:30am Earlybirds) and **Peter Lithgow** (6pm Whitecaps) each took two strokes, and **Brad Shapansky** (7:30am Earlybirds) and **Harley Gifford** (7:30am Earlybirds) took three.

Here are the weekday attendance statistics. Please let me know of any errors. The statistics will be updated throughout the term, with certificates awarded to those who maintain perfect weekday attendance:

7:30am Earlybirds: Sept 4-27th (11 workouts); range: 25-35; average: 28.3
Perfect Attendance: **Christian C, Kevin N, Larry D, Margaret K, Mike M, Scott W, Susan N-Y, Ursula S**

8:30am Earlybirds: Sept 4-27th (11 workouts); range: 17-26; average: 21.5
Perfect Attendance: **Amir B, Margaret DK, Mark B, Natalie A**

6:00pm Whitecaps: Sept 3-26th (11 workouts); range: 22-29; average: 25.2
Perfect Attendance: **Cam D, Don W, Joanne D, Siobhan M**

7:10pm Whitecaps: Sept 3-26th (11 workouts); range: 15-20; average: 17.7
Perfect Attendance: **Andrew G, Jordan M, Masashi K**

8:10pm Whitecaps: Sept 3-26th (11 workouts); range: 6-9; average: 6.9
Perfect Attendance: **Andrew D, Lynn B**

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2014 is now open. Details at the top of the newsletter. 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 2013-2014. Links will be added to further information when available. 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.**

Sun Oct 13th Bermuda Around the Sound Open Water Swims <http://www.mastersswimmingontario.ca/events/23rd-annual-bermuda-round-the-sound-swims/>

Sat Oct 26th Brossard Masters Meet, Montreal

Sun Oct 27th Barbados Open Water Festival <http://www.mastersswimmingontario.ca/swim-barbados-vacations/>

Sat Nov 9th Cote St-Luc Masters Meet, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15011>

Sun Nov 10th Technosport Meet, U of Ottawa

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

Sat Nov 23rd Swim Ottawa Meet, Brewer Pool

Sat-Sun Nov 23-24th Coupe de Quebec LC, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15071>

Sat Nov 30th Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/clarington-no-excuses-masters-meet/>

Sun Dec 1st Technosport Meet, U of Ottawa

Sat Dec 7th Montreal Nord Masters Meet

Sat-Sun Dec 7-8th Ste-Foy Masters Meet

Sun Dec 8th North York Pentathlon

Sun Jan 19th Alderwood SCY Masters Meet

Sat Jan 25th Pointe Claire Masters Meet

Sat-Sun Feb 8-9th Quebec City LC Masters Meet

Sun Feb 9th Burlington Masters Meet

Sun Feb 9th Technosport Meet, U of Ottawa

Sat Feb 15th Nepean LC Masters Meet

Sat-Sun Feb 15-16th La Salle Masters Meet, Montreal

Sat Mar 1st Cote St-Luc, Montreal

Sun Mar 2nd Technosport Meet, U of Ottawa

Sat Mar 15th Dollard-des-Ormeaux, Montreal

Fri-Sun Mar 28-30th Ontario Provincials, Windsor

Fri-Sun Apr 11-13th Quebec Provincials, Ste- Foy

Sat Apr 26th All Out Swim LC, Toronto
Sun May 4th Thornhill Masters Meet
Fri-Mon May 16-19th Nationals, Windsor <http://cmsc2014.ca/>
Sat Jun 7th Longueuil LC, Montreal
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.)

Sat-Sun Sept 14-15th Quebec Cup Dragon Boat Competition, Montreal

Congratulations to the **SportChicks** for finishing their race season in style with a **3rd** place finish overall from their three races combined (200m, 500m, and 2k) in the Femme Sport (competitive women's) division. Their best race was the 2k in which they were **2nd**. They also placed **4th** in the 200m and **5th** in the 500m. They finished with 248 points, just one point ahead of the **4th** place team, and 2 ahead of **5th**. Full results at:
http://22dragons.com/files/qc_cup/coupe_quebec_2013_resultats.pdf.

Sun Sept 22nd Army Run

Amanda and her parents all did the 5k run! Congratulations to Susan and Chris for placing in the top 10 in their age groups. And good run by **Gi**, even though his run partner bailed on him! I'm sure I missed some other swimmers who ran – let me know! Full results at: www.sportstats.ca.

5k (10453 participants)

Amanda Hebert (8:30am Earlybirds; 13-19): 2453rd overall; 989th female, and 144th in category in 32:06.4 (29:29.0)

Half Marathon (8530 participants)

Chris Macknie (7:30am Earlybirds; 45-49): 63rd overall, 61st man, and **9th** in category in 1:24:33.4 (1:24:28.6)

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 1039th overall, 163rd woman, and **8th** in category in 1:43:35.5 (1:43:05.3)

Gi Wu (6pm Whitecaps; 30-34): 2223rd overall, 1688th man, and 241st in category in 1:53:49.8 (1:52:16.0)

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

Hey Coach! What is the lane ordering (fastest->slowest) on Saturday morning? It's confusing when I want to move up a lane or down a lane. A Circle-Seeded Noob

Dear A.C-S. Noob: The lane order on Saturdays (if you're facing the pool), 6, 5, 4, 1, 2, 3, where 1 is the fastest and 3 is the slowest. This was done so that those in lane 1, who swim by the wall on weekdays, would be in the middle (and nearer the blackboard). However, it does make it confusing for new swimmers. As a couple of people have asked, **Mits** is going to swap "1" and "3" tomorrow (**Sat Sept 28th**), so it will be 6->1 (opposite from weekdays, but hopefully less confusing!). Saturday swimmers, please me know what you think!

Dear Coach: Thank you for giving us well a organized training menu each time. I have no doubt that the [country omitted to preserve anonymity] Olympic swimming team will contact me someday if I keep participating in your Masters swimming class. However, there are many techniques I don't know yet. I wonder if you could spare some time on teaching us turns. I would like to know how to do a good flip turn on freestyle (and backstroke to backstroke, and backstroke to breaststroke, if time permits), and then I/we can keep practicing flip turn as we do other training menus. New Masters Swimmer

Dear N.M. Swimmer: As soon as we finish the stroke drills we will do one last drill set on legal turns. After that, for the morning groups (as we have space in the diving well), we will do clinics for the last 15min of workout, upon request. As you are the first to make a request, we will take three days to do a progression through: correct push-offs and finishes, open (non-flip) turns, and flip turns. So please be patient just a bit longer. The brain can only absorb so much, and I feel it's better to learn the strokes (which require most concentration) first, and then push-offs, turns, finishes, and, if desired, starts (dives).

Dear Coach: How can I push off the wall in backstroke without getting water up my nose? Also, what is legal with regards to backstroke for push-offs, stroke, turns, and finishes? Improving My Backstroke

Dear I.M. Backstroke: When you push off the wall in backstroke, tilt your chin towards your chest and blow air out your nose slowly (e.g. hum) to keep the water out of your nose. If you find that still doesn't work, a nose clip will definitely help. As far as legalities go, you must start and finish a backstroke race on your back. You must remain on your back while swimming but may do any arm stroke and/or leg kick that you like. If you choose to do an open turn (non-flip turn), you must touch the wall on your back, and leave the wall on your back (in between you may do anything you like). Flip turns are permitted from backstroke to backstroke. If you do a flip turn, you are permitted one stroke on your front as part of a continuous flip turn motion. From backstroke to breaststroke a flip turn is not permitted as you must finish the backstroke portion of an IM (like any backstroke race) on your back. (You may want to join in on the clinics mentioned above.)

Dear Coach: Can I get in the pool before Masters starts if I arrive early? Keen Swimmer

Dear K. Swimmer: It depends on the group that you swim in and the day. Those who swim in the 7:30am group may get in early in the shallow end, as there is a public swim from 6:00-7:30am on Monday, Wednesday, and Friday. Those who swim in the 6pm group may get in early as there is a public swim from 4:00 (Tue/Thu) or 4:30pm (Mon) to 6pm. Those who swim at 8:30am may sometimes get in early in the diving well, but please ask the coach first. Those who swim at 7:10pm or 8:10pm cannot get in early as the whole pool is in use before their swims.

Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am Oct 7, 28; Nov 11, 25; Dec 9, 16
Fri 9:40-10:40am Oct 11, 18, 25; Nov 1, 15; Dec 6, 13
(Some evenings likely available during December exams.)

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

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is available 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 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

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: lynmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>