

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** October-25-13 1:10 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 #347

## Carleton Masters Swimming Newsletter #347

Friday, October 25<sup>th</sup>, 2013

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those Registered for Fall 2013 and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (30 addresses), 6pm Whitecaps I (43 addresses), 7:10pm Whitecaps II (27 addresses), 8:10pm Whitecaps III (17 addresses), Saturday Only (6 addresses), Masters "Alumni" (38 addresses).

"If you can't win, make the fellow ahead of you break the record"

### Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 21<sup>st</sup>**.
  - There are no further cancellations this term.
  - Yes, there are workouts during Carleton's **Reading Week**.
- 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**: 3 spots left
  - Saturdays Fall: 5 spots left
  - 8:30am Fall: 7 spots left
  - 8:10pm Fall: 8 spots left
  - 7:30am **Winter**: 8 spots left
  - 7:10pm Fall: 12 spots left

### Swimmer Notes

#### Swimmer Updates:

- Congratulations to **Mark Blenkinsop** (8:30am Earlybirds) and his fiancée, **Krista**, on their wedding. We look forward to seeing some photos after their honeymoon!

- Mark your calendar: The **Masters Annual Festive Potluck** is planned for the evening of **Sat Nov 23<sup>rd</sup>** at **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (7:10pm Whitecaps)'s, near the Civic Hospital. All welcome! Full details here: <http://carletonmasters.tripod.com/festive2013.pdf>.

- Here are the details on the **Sat Nov 16<sup>th</sup>** Masters Swimming Canada AGM to be held in Montreal: <http://www.mymisc.ca/Article.jsp?id=217>.

- **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:

- Swimsuits These Days are just Obscene, they show Far too Much [Humour]: <http://imgur.com/PZVJp79>
- Navy Swim Team Recreates Iwo Jima: <http://swimswam.com/navy-mens-swim-team-recreates-famous-iwo-jima-scene-underwater/>
- Twenty Habits of Elite Swimmers: <http://swimswam.com/20-habits-elite-swimmers/>
- Swim Club Joy: <http://www.theguardian.com/lifeandstyle/the-swimming-blog/2013/sep/19/swimming-club-joy>
- Don't Start the Catch too Near the Surface [Ed Note: You still need to **\*stretch\*** and look down!]: <http://www.feelforthewater.com/2013/10/elite-swimmer-visualisation-dont-start.html>
- Three Sightless Swimmers Swim Alcatraz: <http://www.sfgate.com/bayarea/article/3-sightless-swimmers-take-the-Rock-challenge-4854779.php>
- Eighteen Foot Oarfish Found: <http://www.nydailynews.com/news/national/snorkeling-science-teacher-finds-18-foot-oarfish-calif-s-catalina-island-article-1.1486321>

**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.

After I drafted up the workouts, I changed the fin days, but neglected to remove the old one from the October workouts. The first fin day is indeed Oct 29<sup>th</sup>/30<sup>th</sup> and not Oct 15<sup>th</sup>/16<sup>th</sup>. Sorry for the confusion!

### Fin Days:

Tue Oct 29<sup>th</sup> / Wed Oct 30<sup>th</sup>

Thu Nov 28<sup>th</sup> / Fri Nov 29<sup>th</sup>

### Time Trials:

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

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

Mon Nov 4<sup>th</sup>: 200 choice

Tue Nov 19<sup>th</sup> / Wed Nov 20<sup>th</sup>: 800 / 1500fs

Tue Dec 3<sup>rd</sup> / Wed Dec 4<sup>th</sup>: 100 choice

Thu Dec 19<sup>th</sup> / Thu Dec 20<sup>th</sup>: 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 400 time trial on Thu Oct 17<sup>th</sup> / Fri Oct 18<sup>th</sup>. There were lots of improvements, especially among the freestylers. Of course, there were many more freestylers than IMers! The biggest improvement was by **Matthew Tucciarone** (8:30am Earlybirds). He improved his 400 freestyle by over a minute! **Jordan Monnink** (7:10pm Whitecaps) and **Rocio Aranda** (8:10pm Whitecaps) both improved their 400 freestyles by over 30 seconds. The biggest improvement in 400IM was by **Margaret King** (7:30am Earlybirds) with a 1.6 second improvement. A list of all improvements follows:

#### 400fs (14)

**Matthew Tucciarone** (8:30am Earlybirds) 1:06.2

**Jordan Monnink** (7:10pm Whitecaps) 35.7

**Rocio Aranda** (8:10pm Whitecaps) 30.8

**Erin McLean** (8:10pm Whitecaps) 24.3

**Manuel Lebron** (8:10pm Whitecaps) 22.8

**Erin Kelly** (6pm Whitecaps) 16.6

**Lee Storm** (6pm Whitecaps) 12.1

**Seema Akhtar** (6pm Whitecaps) 8.9

**Brad Shapansky** (7:30am Earlybirds) 6.4

**Lara Thorpe** (7:10pm Whitecaps) 6.4

**Sheila MacLean** (6pm Whitecaps) 5.7

**Kevin Graham** (7:30am Earlybirds) 5.2

**Mike Mopas** (7:30am Earlybirds) 2.4

**Lynn Brodsky** (8:10pm Whitecaps) 2.3

#### 400IM (1)

**Margaret King** (7:30am Earlybirds) 1.6

Great job by all who participated in the 50 time trials on Thu Oct 24<sup>th</sup> / Fri Oct 25<sup>th</sup>. There were lots of improvements (and ties) of previous best times. The biggest improvement was by **Vanessa Woods** (6pm Whitecaps): 2.9 seconds in 50fs and 2.0 seconds in 50br. **Matthew Tucciarone** (8:30am Earlybirds) improved by 2.5 seconds in 50fs and 0.3 in 50bk. **George Tzanakis** (8:30am Earlybirds) improved his 50fs by 2.0 seconds. **Deb Low** (6pm Whitecaps), **Seema Akhtar** (6pm Whitecaps), and **Sheila MacLean** (6pm Whitecaps) improved or tied both their best times. The list of all those who improved follows.

#### 50fs (14)

**Vanessa Woods** (6pm Whitecaps) 2.9

**Matthew Tucciarone** (8:30am Earlybirds) 2.5

**George Tzanakis** (8:30am Earlybirds) 2.0

**Deb Low** (6pm Whitecaps) 1.8

**Margaret King** (7:30am Earlybirds) 1.7

**Kevin Nelson** (7:30am Earlybirds) 1.5

**Francois Descouens** (7:30am Earlybirds) 1.4

**Monique Potvin Kent** (8:30am Earlybirds) 1.4

**Sheila MacLean** (6pm Whitecaps) 0.8

**Roy Hanes** (7:10pm Whitecaps) 0.6

**Elaine Cooper** (8:10pm Whitecaps) 0.3

**Mike Machum** (6pm Whitecaps) 0.3

**Dawn Walsh** (8:30am Earlybirds) tied

**Seema Akhtar** (6pm Whitecaps) tied

#### 50bk (5)

**Ursula Scott** (7:30am Earlybirds) 1.9

**Harley Gifford** (7:30am Earlybirds) 1.6

**Seema Akhtar** (6pm Whitecaps) 0.7

**Lynn Brodsky** (8:10pm Whitecaps) 0.5

**Matthew Tucciarone** (8:30am Earlybirds) 0.3

**50br** (2)

**Vanessa Woods** (6pm Whitecaps) 2.0

**Jennifer Murdock** (7:30am Earlybirds) 0.4

**50fl** (4)

**Sheila MacLean** (6pm Whitecaps) 1.6

**Deb Low** (6pm Whitecaps) 0.9

**Anne Trepanier** (8:30am Earlybirds) 0.3

**Lee Storm** (6pm Whitecaps) tied

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-Oct 25<sup>th</sup> (22 workouts); range: 20-35; average: 26.3

Perfect Attendance: **Christian C, Scott W, Susan N-Y, Ursula S**

Missed 1 Workout: **Bruce B, Margaret K**

Missed 2 Workouts: **Brad S, Chris M, Jim L, Mike Mopas, Robin H, Zoe P**

**8:30am Earlybirds:** Sept 4-Oct 25<sup>th</sup> (22 workouts); range: 16-26; average: 20.8

Perfect Attendance: **Amir B, Natalie A**

Missed 1 Workout: **Masa O**

Missed 2 Workouts: **Dawn W**

**6:00pm Whitecaps:** Sept 3-Oct 24<sup>th</sup> (22 workouts); range: 20-31; average: 25.0

Perfect Attendance: **Cam D, Don W**

Missed 2 Workouts: **Deb L, Jian-Lok C, Peter L**

**7:10pm Whitecaps:** Sept 3-Oct 24<sup>th</sup> (22 workouts); range: 10-20; average: 15.7

Missed 1 Workout: **Jordan M**

Missed 2 Workouts: **Joanie C**

**8:10pm Whitecaps:** Sept 3-Oct 24<sup>th</sup> (22 workouts); range: 4-11; average: 7.3

Missed 1 Workout: **Andrew D**

Missed 2 Workouts: **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 2013-2014 is now open. Note that you must register with MSO before the **due date** of the entry for your first competition. 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**).

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.**

Sat Oct 26<sup>th</sup> Brossard Masters Meet, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15183>

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

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

Sun Nov 10<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-1/> and <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>

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

Note that Etobicoke's November meet will not be held due to pool renovations

Sat Nov 23<sup>rd</sup> Swim Ottawa Meet, Brewer Pool <http://www.mastersswimmingontario.ca/events/fall-splash-2013/>

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

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

Sun Dec 1<sup>st</sup> Technoport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technoport-invitational-2/> and <http://www.technoport.ca/swim-camps-and-technoport-invitational-swim-meets/>

Sat Dec 7<sup>th</sup> Montreal Nord Masters Meet

Sat-Sun Dec 7-8<sup>th</sup> Ste-Foy Masters Meet

Sun Dec 8<sup>th</sup> North York Pentathlon

Sun Jan 19<sup>th</sup> Alderwood SCY Masters Meet

Sat Jan 25<sup>th</sup> Pointe Claire Masters Meet

Sat-Sun Feb 8-9<sup>th</sup> Quebec City LC Masters Meet

Sun Feb 9<sup>th</sup> Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2014/>

Sun Feb 9<sup>th</sup> Technoport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technoport-invitational-3/> and <http://www.technoport.ca/swim-camps-and-technoport-invitational-swim-meets/>

Sat Feb 15<sup>th</sup> Nepean LC Masters Meet

Sat-Sun Feb 15-16<sup>th</sup> La Salle Masters Meet, Montreal

Sat Mar 1<sup>st</sup> Cote St-Luc, Montreal

Sun Mar 2<sup>nd</sup> Technoport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technoport-invitational-4/> and <http://www.technoport.ca/swim-camps-and-technoport-invitational-swim-meets/>

Note that Etobicoke's Annual 1500m Heart Swim, usually held in March, is cancelled for 2014 due to pool renovations

Sat Mar 15<sup>th</sup> Dollard-des-Ormeaux, Montreal

Fri-Sun Mar 28-30<sup>th</sup> Ontario Provincials, Windsor

Fri-Sun Apr 11-13<sup>th</sup> Quebec Provincials, Ste-Foy

Sat Apr 26<sup>th</sup> All Out Swim LC, Toronto

Sun May 4<sup>th</sup> Thornhill Masters Meet

Fri-Mon May 16-19<sup>th</sup> Nationals, Windsor <http://cmsc2014.ca/>

Sat Jun 7<sup>th</sup> Longueuil LC, Montreal

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.)

### **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:** Where's a good place to buy new goggles? Leaky Goggles

Dear L. Goggles: Aquasport (near IKEA) is a specialty swim store and they have lots of choice. Other sports stores also carry swim goggles, but don't have as many choices.

**Dear Coach:** Why should I breathe on both sides in freestyle? One Side Breather

Dear O.S. Breather: Breathing on both sides makes your stroke more symmetrical and helps avoid shoulder/elbow injuries. It's also useful if you're swimming in open water as you can breathe away from the waves.

**Dear Coach:** How can I dive without my goggles coming off? Learning to Dive

Dear L.t. Dive: Tighten your goggles a little before diving. Keep the straps fairly high on the back of your head and be sure to tuck your chin so the water doesn't hit the lenses of your goggles.

### **Private and Semi-Private Masters Swim Lessons**



Mon 9:40-10:40am Oct 28; Nov 25; Dec 9, 16  
Fri 9:40-10:40am Nov 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 3<sup>rd</sup> to Sat Dec 21<sup>st</sup>; no workouts Mon Oct 14<sup>th</sup>** (pro-rated prices now available)

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

Happy lengths!  
Lynn

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