

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: November-01-13 12:15 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 #348

Carleton Masters Swimming Newsletter #348

Friday, November 1st, 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).

"Life is like riding a bicycle. To keep your balance you must keep moving." – Albert Einstein [Ed Note: In honour of "Bike City, Great City" screening – see below]

Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 21st**.
 - There are no further cancellations this term. **Yes**, there are workouts on **Mon Nov 11th**.
- 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**: 1 spot left
 - Saturdays Fall: 5 spots left
 - 7:30am **Winter**: 6 spots left
 - 8:10pm Fall: 7 spots left
 - 8:30am Fall: 11 spots left
 - 7:10pm Fall: 12 spots left

Swimmer Notes

Swimmer Updates:

- "Bike City, Great City" a documentary by **David Chernushenko**, husband of **Marie-Odile Junker** (7:30am Earlybirds), is being shown at the Mayfair Theatre (1074 Bank at Sunnyside). The screening will be followed by a panel discussion on tips to boost your urban cycling confidence and competence, and on keeping you, your infant, and your gear warm and dry in all weather. The event runs from **3-5pm Sun Nov 3rd**. Cost is \$6 for Mayfair members and \$10 for non-members. More details here: <http://bikecitythemovie.ca/see-the-film/upcoming-screenings/>.

- Thanks to **Heather Guthrie** (6pm Whitecaps) for sending two great [photos](#) from her wedding to **Kevin** on Sept 14th. Her next step is to get **Kevin** to start swimming ☺ !

- Thanks to **Ursula Scott** (7:30am Earlybirds) and **Margaret Dibben King** (8:30am Earlybirds) for bringing Halloween treats for the morning groups. The evening group didn't get treats, but at least the 6pm group and those early for 7:10pm got to play in the "bubbles" as the ROCS kids weren't in the diving well!

- Mark your calendar: The **Masters Annual Festive Potluck** is planned for the evening of **Sat Nov 23rd** 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>.

- **Penny Estabrooks** (8:30am Earlybirds) is not swimming this term due to a busy travel schedule, but she is still participating in a [Craft Show](#) on Sat Nov 30th 1-4pm at 94 Cameron. Check out the [cards](#) that she will be selling.

- Here are the details on the **Sat Nov 16th** 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:

- Heroes of Swimming: Captain Matthew Webb (first person to swim the English Channel):

http://www.zwemza.com/?p=8373&fb_source=pubv1

- Elite Swimmers can Improve Performance by Training Breathing Muscles: <http://truthdive.com/2013/10/08/Elite-swimmers-can-improve-performance-by-training-breathing-muscles-Research.html>

- Open Water Swimming: How do you Handle the Fear?: http://www.zwemza.com/?p=8359&fb_source=pubv1

- The Changing Perception of Distance Swimming: http://www.zwemza.com/?p=8551&fb_source=pubv1

- Triathletes Feel Less Pain: <http://www.telegraph.co.uk/sport/10363906/Triathletes-push-themselves-because-they-feel-less-pain.html>

- Functional Training: Making the Most of Daily Movements:

<http://www.livemint.com/Leisure/3oXSCe0UewcvvZaaMUG3MO/Functional-training--Making-the-most-of-daily-movements.html>

- Women and the Bulk Up Myth:

http://www.boston.com/lifestyle/health/fitness/getmovingblog/2013/10/to_lift_or_not_to_lift_women_and_the_bulk-up_myth.html

- Five Filling Healthy Snacks: <http://www.stack.com/2013/10/08/filling-healthy-snacks/>

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>.

Apologies to **Masahiro Oishi** (8:30am Earlybirds). I missed noting that he improved his 400fs by **20.2** seconds on Fri Oct 18th.

I also missed a few 50 time trial improvements. Apologies to **Mike Mopas** (7:30am Earlybirds) who improved in both his 50s, and to **Ashley Kotarba** (7:10pm Whitecaps) who improved her 50fs. Here is the corrected information.

Great job by all who participated in the 50 time trials on Thu Oct 24th / Fri Oct 25th. 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), **Mike Mopas** (7:30am Earlybirds), **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 (16)

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
Ashley Kotarba (7:10pm Whitecaps) 1.2
Sheila MacLean (6pm Whitecaps) 0.8
Roy Hanes (7:10pm Whitecaps) 0.6
Mike Mopas (7:30am Earlybirds) 0.4
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 (3)

Vanessa Woods (6pm Whitecaps) 2.0
Mike Mopas (7:30am Earlybirds) 1.6
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-Nov 1st (25 workouts); range: 19-35; average: 25.8

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

Missed 1 Workout: **Bruce B**

Missed 2 Workouts: **Brad S, Margaret K**

Missed 3 Workouts: **Chris M, Harley G, Jim L, Kevin G, Robin H, Zoe P**

8:30am Earlybirds: Sept 4-Nov 1st (25 workouts); range: 13-26; average: 20.3

Perfect Attendance: **Natalie A**

Missed 1 Workout: **Amir B**

Missed 2 Workouts: **Masa O**

Missed 3 Workouts: **Margaret DK**

6:00pm Whitecaps: Sept 3-Oct 31st (25 workouts); range: 16-31; average: 25.0

Perfect Attendance: **Don W**

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

Missed 3 Workouts: **Cam D, Deb L, Nicole D, Siobhan M**

7:10pm Whitecaps: Sept 3-Oct 31st (25 workouts); range: 7-20; average: 15.0

Missed 2 Workouts: **Joanie C**

Missed 3 Workouts: **Jordan M**

8:10pm Whitecaps: Sept 3-Oct 31st (25 workouts); range: 4-11; average: 7.3

Missed 3 Workouts: **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 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 Nov 9th Cote St-Luc Masters Meet, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15011>

Sun Nov 10th 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 14-17th Dominican Republic Masters Meet pablomota82@hotmail.com

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

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

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 <http://www.mastersswimmingontario.ca/events/technosport-invitational-2/>
and <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>
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 <http://www.mastersswimmingontario.ca/events/winter-splash-2014/>
Sun Feb 9th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-3/>
and <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>
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 <http://www.mastersswimmingontario.ca/events/technosport-invitational-4/>
and <http://www.technosport.ca/swim-camps-and-technosport-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 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.)

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: I believe we all have a slightly different idea in our lane about how to approach and come out of the wall. Can you please review the correct way of turning? Sore Arm from Collision

Dear S.A.f. Collision: Sure. First, it's important that everyone keep the **5 second gaps** between swimmers to make turning easier (and collisions less likely). If swimmers are getting too close together, you should reconsider the order in the lane! Next, I'm going to assume that you are doing strokes other than backstroke, and thus can see ahead of you. In this case, when you are approaching the wall, you should **cross over to the other side of the lane as soon as it is safe to do so** (i.e. the person in front of you has gone by). You should aim to do your turn on the far side of the horizontal part of the black "cross" on the wall. Thus if your lane is circling clockwise, you should turn on the right-most "leg" of the cross. If your lane is circling counter-clockwise, then it's the left-most "leg". In this way, you can push straight off the wall, and not at an angle which makes the turn faster (and safer). In backstroke, it's a little different, as you cannot see ahead of you. In backstroke, I suggest that you cross over a little less and later, to avoid a collision with the person ahead. Let me know if that helps!

Dear Coach: What are the rules for the breaststroke turn? Improving My Turns

Dear I.M. Turns: You must touch the wall with both hands simultaneously. You may not have one hand on top of the other. You must be at least partly on your stomach when you leave the wall. Underwater you are permitted one arm movement where the hands move down to the hips (like in fly). During that arm movement, you are permitted one dolphin kick. Note that it must be during (not before or after) the arm movement. You are then permitted one breaststroke kick as you bring your arms forward, and rise to the surface. Your head must break the surface before the arms get to the widest point of the first breaststroke.

Dear Coach: Am I permitted to do a flip turn on fly or breaststroke? I Like Flip Turns

Dear I.L.F. Turns: It's not forbidden, but as you have to first touch the wall with both hands, and cannot push off on your back in either fly or breast, you would be at a disadvantage if you did a flip turn.

Dear Coach: How do I do a backstroke to backstroke turn? Working On Turns

Dear W.O. Turns: You may do a flip turn between backstroke and backstroke (but not backstroke to breaststroke). If you choose to do a flip turn, you are permitted one arm stroke on your stomach as you initiate the turn. If you do not do a flip turn (i.e. you do an open turn), then you must touch the wall on your back and leave the wall on your back. The easiest/fastest way to do an open turn in backstroke is to spin on your back after you touch the wall. Ask your coach for help.

Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am Nov 25; Dec 9

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 3rd to Sat Dec 21st; no workouts Mon Oct 14th (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 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 (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

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