

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: December-29-13 5:39 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 #353

Carleton Masters Swimming Newsletter #353

Sunday, December 29th, 2013

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2013, Winter 2014, and Alumni: 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (31 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (29 addresses), 8:10pm Whitecaps III (17 addresses), Saturday Only (7 addresses), Masters "Alumni" (37 addresses).

"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours." – Henry David Thoreau

Masters Program Notes and Cancellations

- There is one more interim workout: tomorrow **Mon Dec 30th**. Your support in attending is appreciated! (Attendance was poor on Friday and Saturday.) Details in the next paragraph.
- The Winter session starts **Thu Jan 2nd**, **Fri Jan 3rd** and/or **Sat Jan 4th**, depending on your group(s). Full details near the end of the newsletter.
 - Both the **7:30am and 6pm groups are now full for Winter**. Waitlists are available.
 - Please **let me know if you are on the waitlist!**
 - Here are the Winter groups with fewer than 15 spots left:
 - **Saturday** (13 spots)
- The holiday pool and fitness centre schedules can be found near the end of the newsletter.
- **6pm Whitecaps Winter coaching change:**
 - **Alex** will coach on Mondays; **Lynn** will coach on Tuesdays; **Alex and Lynn** will take turns on Thursdays
 - There is no change to the **7:10pm and 8:10pm Whitecaps Winter coaching**.

Fall/Winter Last Interim Workout

The workout costs \$4.85 (the cost of a public swim pass). Note that this workout is only open to those with a valid Athletics membership (or student/staff card). Note that if you have a morning-only membership, it is good all day on these "reduced hours" day. Guests (who do not have to be members) are welcome, if they pay the \$4.85 fee and are accompanied by a member. **You must pay the public swim \$4.85 fee at the Welcome Centre, get a receipt (*not* a hand stamp!), write your name on the back, and give your receipt to the coach on deck before you get in the water.** No receipt, no swim, no exceptions!!

Schedule:

Mon Dec 30th 6:00-7:15pm; Coach: **Alex**; Theme mid ch

Swimmer Notes

Swimmer Updates:

- **Karen Jensen** (7:30am Earlybirds) and her husband, **Dave**, are having a **New Year's Eve party** and you and your family are invited. The party will start at **8pm Tue Dec 31st**. Kids are welcome. They live at **19 Ardell Grove** in Craig Henry. They'd love it if you could come! Please RSVP if you plan to attend: Karen.Jensen@nortonrosefulbright.com.

- A big thank you to **Jose Vivanco** (8:10pm Whitecaps) for organizing a gathering to celebrate the life of **George Tombler** (6pm Whitecaps) at the Colonnade restaurant on what would have been **George's** 89th birthday: Sun Dec 22nd. About 30 current and former swimmers attended to lift a glass and eat some pizza in **George's** memory.

- **Margaret Dibben King** (8:30am Earlybirds) and **Lucie Boudreau** (8:30am Earlybirds) are pleased to report that the excess Earlybird donations resulted in **\$67.75** being donated to the Salvation Army. I was also asked to post a photo of me wearing the beautiful scarf given to me by the Earlybirds: <http://carletonmasters.tripod.com/13photo/>.

- **Meredith Curren** (Saturdays) reports that both Sports Experts locations at **Bayshore** are having relocation sales with some good deals. Women's TYR suits are available for \$40 and Speedo suits are 40% off.

- On June 7-8th 2014, **Alex Joubert** (Coach) will be participating in the Enbridge Ride to Conquer Cancer. He is doing this in support of his father who was diagnosed with melanoma over the summer, and is now doing well. He is hoping to raise \$2500 and would like your support! [Here is the link to his fundraising page.](#)

- **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:

- Aquatic Santa: <http://sportsillustrated.cnn.com/extra-mustard/photos/1312/did-you-see-that-121213/2/>
- Sports Illustrated Photos of the Year of Swimmers:
<http://sportsillustrated.cnn.com/main/photos/1312/pictures-of-the-year-2013/17/>
<http://sportsillustrated.cnn.com/main/photos/1312/pictures-of-the-year-2013/79/>
<http://sportsillustrated.cnn.com/main/photos/1312/pictures-of-the-year-2013/94/>
- Fitness Depends on Recovery: http://thesportfactory.com/site/trainingnews/Fitness_Depends_on_Recovery_257.shtml
- Can Arginine Boost Endurance?: <http://www.runnersworld.com/nutrition-runners/can-arginine-boost-endurance>
- Why Your Brain Tires When Exercising: <http://www.sciencedaily.com/releases/2013/03/130304151805.htm>
- Squats for Aging Knees: <http://well.blogs.nytimes.com/2013/01/25/ask-well-squats-for-aging-knees/>

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.

Winter 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; Monday: **Alex**; Tuesday: **Lynn**; Thursday: **Alex/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 web site)

Exceptions will be noted here.

Fin Days:

Mon Feb 3rd

Mon Mar 10th

Time Trials:

Tue Feb 11th / Wed Feb 12th: 400fs or IM

Tue Feb 25th / Wed Mar 26th: two 50s choice

Thu Mar 6th / Fri Mar 7th: 100 choice

Thu Mar 20th / Fri Mar 21st: 200 choice

Tue Mar 25th / Wed Mar 26th: 800 / 1500fs

Thu Apr 10th / Fri Apr 11th: relays

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

<http://carletonmasters.tripod.com/mastplanwint14.pdf>.

The Winter weekday attendance statistics will be included here as the term progresses.

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. 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.**

Wed Jan 1st Sears Great Canadian Chill, Britannia Beach, Kids Cancer Fundraiser (open to all)

<http://ottawa.thesearsgreatcanadianchill.ca/>

Sun Jan 19th Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bears-39th-annual-scy-meet/>

Sat Jan 25th Pointe Claire LC Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=15673>

Sun Jan 26th 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-Sun Feb 8-9th Quebec City LC Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=15578>

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

Fri-Sun Feb 14-16th La Salle LC Masters Meet, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15601>

Sat Feb 15th Nepean LC Masters Meet (not yet sanctioned) <http://www.mastersswimmingontario.ca/events/nepean-masters-long-course-swim-meet/>

Sat Mar 1st Cote St-Luc, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15142>

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 <https://registration.swimming.ca/MeetInfo.aspx?meetid=15251>

Fri-Sun Mar 28-30th Ontario Provincials, Windsor <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championships-2014/> and <http://2014provincialchampionships.com/>
Sat Apr 5th All Out Swim LC, Toronto <http://www.mastersswimmingontario.ca/events/all-out-swim-2014/>
Fri-Sun Apr 11-13th Quebec Provincials, Ste- Foy <https://registration.swimming.ca/MeetInfo.aspx?meetid=14653>
Sun May 4th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-3rd-annual-swim-meet/>
Fri-Mon May 16-19th Nationals, Windsor <http://cmsc2014.ca/>
Sat Jun 7th Longueuil LC, Montreal (TBC)
Jul 27th – Aug 10th 2014 FINA World Aquatic Championships, LC Parc Jean-Drapeau (outdoors) and other pools, Montreal <http://finamasters2014.org/home/> (under construction); Time Standards: http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082

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 **Dec 2nd**).

Ask the Coach

Dear Coach: When we're doing time-trials, you always stop us if we try to get out after we're done. Could we sit on the edge of the pool in our lane, or do you need us to stay in the water until you have everyone's times? I'm Getting Cold

Dear I.G. Cold: One of the reasons that I ask the swimmers to stay in the water is that in a swim meet you are expected to do so. However, the main reason is that as I am timing everyone, if someone gets out of the water or even just sits on the edge, it blocks my view of the other swimmers finishing. Also, until I get all the times recorded next to the correct names, it's easy for me to get confused if people move around. However, if you are a long way ahead of the other swimmers, you may swim easy in your lane (or half lane), just be sure that it's obvious that you are finished (in case anyone is following you), and be sure to keep out of the way of anyone still swimming.

Dear Coach: I find that if I do any weight training, my swim the next day is awful as I feel very tight and heavy in the water. Is that normal? Sore Swimmer

Dear S. Swimmer: It is normal to be a bit tired and sore from doing weights. Also, as we get older, it takes us longer to recover. That said, your body will adjust to the load that you place on it, so if you persevere it will get a little better. It's also a good idea to do a some stretching after weights, and that should help with the tight feeling the following day.

Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am Jan 20; Feb 3, 10; Mar 3, 17, 31
Fri 9:40-10:40am Jan 10, 31; Mar 7, 21; Apr 11

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

Winter Masters Swimming Programs, Barcodes and Prices

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 change for this year are that the 8:10pm group is now three times per week (rather than two). 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>.

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 (full: waitlist available)
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: M: Alex; Tu: Lynn; Th: Lynn/Alex; barcode 6667; cost \$142+HST (full: waitlist available)
7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6669; cost: \$126+HST
8:10pm Whitecaps 3: 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex; 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

Carleton Pool Public Swim Schedule: Up to Jan 5th

Those planning to swim during public swims before Mon Jan 6th should check the following closely!

Mon Dec 30: 12:30-3:30 pm - Holiday Swim (whole pool)
Tues-Weds, Dec 31 & Jan 1, 2014: POOL CLOSED
Thurs-Fri Jan 2 & 3: 12:30-3:30 pm - Holiday Swim (whole pool)
Sat Jan 4: 1:30-4:30 pm - Holiday Swim (whole pool)
Sun Jan 5: 11:45am-1:15 pm - Women's Only Swim (whole pool)
Sun Jan 5: 1:30-4:30 pm - Holiday Swim (whole pool)

Mon Jan 6th: Regular schedule resumes

Carleton Fitness Centre Holiday Schedule

Mon Dec 30: 8am-7:30pm
Closed Dec 31, Jan 1
Regular schedule resumes Thu Jan 2nd

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

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>