

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** January-17-14 3:56 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 #354

## Carleton Masters Swimming Newsletter #354

Friday, January 17<sup>th</sup>, 2014

**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 (38 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (32 addresses), 8:10pm Whitecaps III (19 addresses), Saturday Only (10 addresses), Masters "Alumni" (34 addresses).

"One resolution I have made, and try always to keep, is this: To rise above the little things." – John Burroughs

### Masters Program Notes and Cancellations

- The Winter session is underway and runs until **Fri Apr 11<sup>th</sup>**.
  - The only cancellations this term are the workouts on **Mon Feb 17<sup>th</sup>** (Family Day).
  - Apart from the Family Day cancellations, workouts run as usual during Reading Week.
- Here's the latest on the groups that are full or close:
  - The **7:30am group is full** – waitlist available.
  - Due to withdrawals there are now **2 spots in the 6pm group**.
  - The number of spots left in the other Winter groups is as follows:
    - Saturdays: 5 spots
    - 8:10pm Whitecaps: 9 spots
    - 7:10pm Whitecaps : 11 spots
    - 8:30am Earlybirds: 16 spots

### Swimmer Notes

#### Swimmer Updates:

- Just a reminder to all swimmers to please **put away your equipment after your swim!** Your lane-mates, coaches, and those who swim after you thank you for doing this!

- As of **Thu Jan 9<sup>th</sup>**, the women's sauna is operational again! If you see anyone with water anywhere near the heating element, please stop them from damaging it again!

- Here's some information on the plan to fix the pool lighting: <http://www.charlatan.ca/2014/01/pool-undergoing-renovations/>.

- **Jaring Timmerman** of Winnipeg turns 105 this year. He plans to compete in the Catherine Kerr Pentathlon meet at the Pan-Am Pool in Winnipeg on **Fri Jan 24<sup>th</sup>**. If he does so, he will be the first ever competitor in the **105-109 age group** – amazing!!

- I only just heard that **Dorothy Ghetler** (x-8:30am Earlybirds), who moved to Vancouver quite a few years ago, passed away from cancer in 2012:  
<http://www.legacy.com/obituaries/ottawacitizen/obituary.aspx?n=dorothy-ghetler&pid=156323976>.

- On June 7-8<sup>th</sup> 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:

- Fifteen Things Canadians Can do to be Healthier (one from **Simon Whitfield**): <http://www.theglobeandmail.com/life/health-and-fitness/health/15-things-canadians-can-do-to-be-healthier-this-year/article16185295/>
- Seven Ways to Swim Faster: <http://effortlesswimming.com/news/7-ways-to-swim-faster-this-year/>
- Benefits of Swimming: <http://well.blogs.nytimes.com/2013/12/16/ask-well-benefits-of-swimming/>
- What Not to Do in the Gym: <http://mashable.com/2014/01/07/people-who-dont-know-how-to-gym>
- Increasing Your Fitness Gains: <http://athletics.carleton.ca/2014/increasing-your-fitness-gains/>
- Preparing for your Fitness Resolutions, Part 1: <http://athletics.carleton.ca/2014/preparing-for-your-fitness-resolutions/>
- Preparing for your Fitness Resolutions, Part 2: <http://athletics.carleton.ca/2014/preparing-for-your-resolutions-part-2/>

**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 3<sup>rd</sup>

Mon Mar 10<sup>th</sup>

### Time Trials:

Tue Feb 11<sup>th</sup> / Wed Feb 12<sup>th</sup>: 400fs or IM  
Tue Feb 25<sup>th</sup> / Wed Mar 26<sup>th</sup>: two 50s choice  
Thu Mar 6<sup>th</sup> / Fri Mar 7<sup>th</sup>: 100 choice  
Thu Mar 20<sup>th</sup> / Fri Mar 21<sup>st</sup>: 200 choice  
Tue Mar 25<sup>th</sup> / Wed Mar 26<sup>th</sup>: 800 / 1500fs  
Thu Apr 10<sup>th</sup> / Fri Apr 11<sup>th</sup>: relays

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

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

Here are the Winter weekday attendance statistics to date. If you notice any errors or omissions, please let me know!

**6pm Whitecaps** (Jan 2-16<sup>th</sup>; 7 workouts): range: 17-33; average: 26.1  
Perfect Attendance: **Cam D, Don W, Joanne D, Mike L, Peter L, Siobhan M**

**7:10pm Whitecaps** (Jan 2-16<sup>th</sup>; 7 workouts): range: 17-33; average: 26.1  
Perfect Attendance: **Jordan M**

**8:10pm Whitecaps** (Jan 2-16<sup>th</sup>; 7 workouts): range: 17-33; average: 26.1  
Perfect Attendance: **Erin M**

**7:30am Earlybirds** (Jan 3-17<sup>th</sup>; 7 workouts): range: 19-29; average: 24.6  
Perfect Attendance: **Bruce B, Chris M, Jeremy C, Kim F, Margaret K, Susan N-Y, Zoe P**

**8:30am Earlybirds** (Jan 3-17<sup>th</sup>; 7 workouts): range: 8-20; average: 15.6  
Perfect Attendance: **Amir B, Claire O, Masa O, Penny E**

### Ask the Coach

**Dear Coach:** What are the rules for the swim suits you may wear for competition? Interesting in Competing

Dear I.i. Competing: For pool competitions, men's swim suits may extend from the waist to above the knee, and women's from the shoulder to above the knee. The only permitted fastening is a drawstring. Zippers, clips, etc., are not permitted. Women's suits may not cover the shoulders. The suit must be made from textiles, i.e. no plastic or neoprene-like material that provides buoyancy. If you are planning to set any records, it is worth getting a FINA approved racing suit. For FINA open water swims the rules are slightly different as suits may extend from the shoulders to ankles, for both men and women. For other recognized long distance swims such as the Channel and Great Lakes, there are yet different rules, usually than men must wear briefs and women regular swim suits (no material below the hips).

**Dear Coach:** How does the pace clock work? New Swimmer

Dear N. Swimmer: Most swimmers will use the red hand on the pace clock to keep track of their time. Normally, you just ignore the black minute hand and focus on the seconds. As you get more familiar with your usual speed, you will know the number of minutes and use the red hand to track your seconds. Let's say that you are supposed to do 4 x 100 descending 1 to 4 @ 2:40. If you started on the red top and finished at the red 30 on the 1<sup>st</sup> 100, then your time would be 2:30, and you would start the second 100 on the red 40. As the second 100 is supposed to be a bit faster, you would aim to finish by about the red 5 (2:25) and start the 3<sup>rd</sup> 100 on the red 20, etc.

### 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.**

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

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

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

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

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

Sat Feb 15<sup>th</sup> Nepean LC Masters Meet <http://www.mastersswimmingontario.ca/events/nepean-masters-long-course-swim-meet/>

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

Sun Mar 2<sup>nd</sup> 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.

Sun Mar 9<sup>th</sup> Milton Masters Meet (not yet sanctioned) <http://www.mastersswimmingontario.ca/events/milton-masters-a-c-spring-splash/>

Sat Mar 15<sup>th</sup> Dollard-des-Ormeaux, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15251>

Fri-Sun Mar 28-30<sup>th</sup> Ontario Provincials, Windsor <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championships-2014/> and <http://2014provincialchampionships.com/>

Sat Apr 5<sup>th</sup> All Out Swim LC, Toronto <http://www.mastersswimmingontario.ca/events/all-out-swim-2014/>

Fri-Sun Apr 11-13<sup>th</sup> Quebec Provincials, Ste- Foy <https://registration.swimming.ca/MeetInfo.aspx?meetid=14653>

Sun May 4<sup>th</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-3rd-annual-swim-meet/>

Fri-Mon May 16-19<sup>th</sup> Nationals, Windsor <http://cmssc2014.ca/>

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

Jul 27<sup>th</sup> – Aug 10<sup>th</sup> 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](http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082)

Oct 29<sup>th</sup> – Nov 2<sup>nd</sup> Barbados Masters Meet and Open Water Festival <http://www.mastersswimmingontario.ca/barbados-open-water-festival-2014/>

**Race Results:** (Please send in your results, and/or let me know if I missed anyone.)

### Sun Jan 12<sup>th</sup> Richmond Road Races, 10k

Congratulations to **Lucie** on a great race! Full results at:

<http://www.runottawaclub.ca/wp-content/uploads/2010/03/richmond10k.pdf>

**Lucie Boudreau** (8:30am Earlybirds; 50-59): 66<sup>th</sup> overall, 10<sup>th</sup> woman, and 4<sup>th</sup> in category in 49:42

### 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 **Jan 14<sup>th</sup>**). Note that the year-end statistics for 2013 will be summarized in the newsletter once the final version of the 2013 statistics is published.

### Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am Jan 20; Feb 10; Mar 17, 31

Fri 9:40-10:40am Feb 7

**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 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 (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

**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

**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>