

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** May-02-14 8:55 AM  
**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 #362

## Carleton Masters Swimming Newsletter #362

Friday, May 2<sup>nd</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 (37 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (33 addresses), 8:10pm Whitecaps III (20 addresses), Saturday Only (12 addresses), Masters "Alumni" (34 addresses).

**"Success is walking from failure to failure with no loss of enthusiasm." – Winston Churchill**

### Masters Program Notes and Cancellations

- The pool will soon reopen! The Spring Masters session starts **Mon May 5<sup>th</sup>**.
- Registration is underway for both Spring and Summer. Details near the end of the newsletter.
  - There is still space in all groups. However, the 7:30am and 6pm groups are getting close to full for both Spring, with 4 and 9 spots left, respectively.
- If you are a Carleton student and will **\*not\*** be taking any courses this Spring/Summer, you can purchase a Spring/Summer membership at a reduced price before **May 1<sup>st</sup>**. Details here: <http://athletics.carleton.ca/memberships/>.

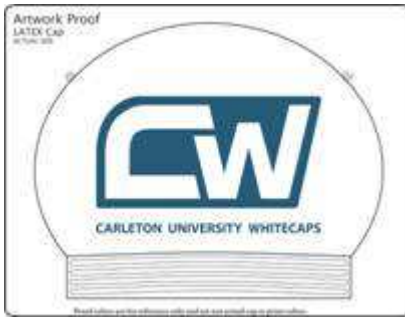
### Swimmer Notes

#### Swimmer Updates:

- Congratulations to **Madelayne DeGrace** (7:30am Earlybirds) and her husband **Kyle**. They are expecting their first child on Oct 22<sup>nd</sup>!

- 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:

- Video of a pool during Mexico's recent 7.2 Earthquake: <http://dailypicksandflicks.com/2014/04/20/mexico%E2%80%99s-7-2-earthquake-at-a-swimming-pool-video/>
- Hamilton swimmer has covered the distance from Hamilton to the East Coast — one mile at a time: <http://www.thespec.com/living-story/4447490-from-pan-am-to-newfoundland/>
- Australian Olympic Swimmer, Ian Thorpe, Fights Serious Infection: <http://sports.nationalpost.com/2014/04/09/olympian-ian-thorpe-swimming-career-in-jeopardy-as-he-fights-serious-infection-in-hospital/>
- UBA Lets You Swim Underwater like a Fish: [http://azstarnet.com/business/local/tucson-engineers-uba-snorkel-lets-a-person-swim-like-a/article\\_60d12a77-03b7-5865-ad2a-52270969af79.html](http://azstarnet.com/business/local/tucson-engineers-uba-snorkel-lets-a-person-swim-like-a/article_60d12a77-03b7-5865-ad2a-52270969af79.html)
- Three Good Books on Diet and Nutrition: <http://www.runnersworld.com/nutrition-for-runners/three-good-books-on-diet-and-nutrition>
- **Sheila Kealey's** This Week in Food, Health, and Fitness articles: <http://www.sheilakealey.com/2014/04/18/week-food-health-fitness-4/>, <http://www.sheilakealey.com/2014/04/21/banana-bread-chocolate-swirl/>, <http://www.sheilakealey.com/2014/04/25/week-food-health-fitness-5/>
- Do Foam Rollers Aid Workouts?: <http://well.blogs.nytimes.com/2014/04/25/ask-well-do-foam-rollers-aid-workouts/>

**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. We now have a few triathlon latex caps (50c), as well as some silicone caps (\$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.

## Spring 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/Tuesday: **Alex**; Thursday: **Mits**

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

8:15am Saturdays (except: 10:45am May 17<sup>th</sup> and 12:15pm Jun 28<sup>th</sup>): Shallow End; rotating coach schedule (see web site)

Exceptions will be noted here.

### Fin Days:

Thu May 29<sup>th</sup> / Fri May 30<sup>th</sup>

### Time Trials:

Thu Jun 5<sup>th</sup> / Fri Jun 6<sup>th</sup>: 400fs or IM

Thu Jun 12<sup>th</sup> / Fri Jun 13<sup>th</sup>: 200 choice

Mon Jun 16<sup>th</sup>: 800 / 1500fs

Thu Jun 26<sup>th</sup> / Fri Jun 27<sup>th</sup>: 50 and 100 choice

Mon Jun 30<sup>th</sup>: relays

This information and more can be found with the Spring/Summer workout themes at:  
<http://carletonmasters.tripod.com/mastplansprsum14.pdf>.

## Ask the Coach

**Dear Coach:** I'm new to swim meets, what should I do at a meet to swim well? Newbie Racer

Dear N. Racer: First be sure to have a list of everything you need at the meet, including warm clothes, sandals/shoes, spare cap, goggles, suit, lots of towels, water bottle, snacks, etc. Arrive at the meet in time to get in a good warm up. You should warm up for about 20min. Be sure to swim all the strokes that you will be racing, and practice your turns and starts, especially if you are not familiar with the pool. Dry off and keep warm before and in between your races. If possible, do a short warm down / warm up between your events. An easy 5min swim will help you prepare for your next event. Warming down at the end of the meet will help with your recovery after the meet.

**Dear Coach:** How should I pace myself during a race? Learning Strategy

Dear L. Strategy: Ideally you want to swim your races (IM excluded) at near even splits. To do that, you will need to increase the effort as you go through the swim. If you have a target time and like numbers, it's good to sit down with pencil and paper and come up with reasonable splits for the race(s) you are swimming. A good strategy for longer events (200m+) is to try to speed up every time you have halved the remaining distance. It often takes some trial and error to get the pacing right!

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

Sun May 4<sup>th</sup> Perth Masters Meet <http://www.mastersswimmingontario.ca/events/perth-stingrays-masters-meet/>

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

Fri-Sat May 30-31<sup>st</sup> Longueuil LC, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15741>

Sat Jul 12<sup>th</sup> Bring on the Bay 3km Open Water Swim (MSO Registration not required; Wet suit legal)

<http://www.bringonthebay.com/>

Sat Jul 12<sup>th</sup> London LC Meet <http://www.mastersswimmingontario.ca/events/2014-sunset-outdoor-long-course-swim-meet/>

Sat Jul 19<sup>th</sup> Open Water Challenge, Tillsonburg <http://www.mastersswimmingontario.ca/events/three-to-be-open-water-challenge/>

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/>; 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)

Sun Oct 12<sup>th</sup> Bermuda Open Water Swims <http://www.mastersswimmingontario.ca/24th-annual-bermuda-round-the-sound-swims/>

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.)

### **Fri-Sun Apr 11-13<sup>th</sup> Quebec Provincials, Quebec City**

As reported last time, **Paola Osorio** and **Luz Osorio** (6pm Whitecaps) were Carleton's two representatives at the Quebec Provincials with lots of podium finishes. A better link to the results can be found here: <http://mymsc.ca/ShowMeet.jsp?id=669>.

### **Sun Apr 13<sup>th</sup> Technosport Masters Meet, U of Ottawa**

**Harley Gifford** (7:30am Earlybirds) was Carleton's only swimmer. **Larry Durr** (7:30am Earlybirds) was also swimming, representing Technosport. Official results are now available: <http://mymsc.ca/ShowMeet.jsp?id=670>. Congratulations to Harley on this two club records: <http://carletonmasters.tripod.com/140413.Records.pdf>.

Here are their results:

**Harley Gifford** (7:30am Earlybirds; 55-59): 1<sup>st</sup> 200fs (2:50.52 Club Record), 200bk (3:09.12 Club Record)

**Larry Durr** (7:30am Earlybirds; 75-79): 1<sup>st</sup> 50bk (46.50), 100bk (1:40.84), 100br (1:48.54)

### **Mon Apr 21<sup>st</sup> Boston Marathon** (31805 finishers)

Congratulations to **Mike** on a good run in a super-competitive field! (He reports that his legs decided to revolt in the last two miles.) Full searchable results at: <http://www.baa.org/races/boston-marathon/results-commentary/2014-results-search.aspx>

**Mike Lau** (6pm Whitecaps; 50-54): 3717<sup>th</sup> overall, 3434<sup>th</sup> male (out of 17523), and 196<sup>th</sup> in his age group (out of 2469) in: 3:11:34 (3:07:51).

### **2014 Statistics: Masters Swimming Canada Top 20, Records, etc.**

Check out the MSC statistics including the National Records and 2014 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 **Apr 22<sup>nd</sup>**).

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

The private lesson schedule for the Spring/Summer is:

Tue 7:15-8:15pm: July – August

Wed 6-7pm: May – August

Wed 7-8pm: May – August

Fri 9:40-10:40am: May – June

#### **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**

#### **Spring/Summer Masters Swimming Programs, Barcodes and Prices**

Please register soon for Spring and Summer, especially if you plan to swim at the most popular times of 7:30am or 6pm. 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. Note that for the Summer session **only**, Saturday is included with your weekday registration for 7:30am Earlybirds or 6pm Whitecaps. The information below is also on the web site: <http://carletonmasters.tripod.com>.

**Spring 2014: Mon May 5<sup>th</sup> to Mon Jun 30<sup>th</sup>; no workouts Mon May 19<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 7522; cost: \$74+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 7523; cost: \$74+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Alex**; Thu: **Mits**; barcode 7527; cost \$84+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Alex**; Thu: **Mits**; barcode 7528; cost: \$74+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule (coming soon); barcode 7525; cost: \$28+HST

**Summer 2014: Wed Jul 2<sup>nd</sup> to Sat Aug 30<sup>th</sup>; no workouts Mon Aug 4<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep) **and** Sat 12:15-1:25pm (shallow): Weekday Coach: **Lynn**; barcode 7524; cost: \$88+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (shallow) **and** Sat 12:15-1:25pm (shallow): Weekday Coaches: Mon: **Alex**; Tue: **Lynn**; Thu: **Mits**; barcode 7529; cost \$95+HST

**12:15pm Saturday ONLY Earlybirds:** 12:15-1:25pm Sat (shallow): Coaches: rotating schedule (coming soon); barcode 7526; cost: \$32+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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