

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: May-16-14 1:18 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 #363: Sat May 17th Swim Time Change Reminder!

Carleton Masters Swimming Newsletter #363

Friday, May 16th, 2014

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2013, Winter 2014, and Alumni: 7:30am Earlybirds I (50 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (32 addresses), 8:10pm Whitecaps III (20 addresses), Saturday Only (12 addresses), Masters "Alumni" (32 addresses).



Masters Program Notes and Cancellations

- The Spring session is underway and runs until **Mon Jun 30th**.
- [A reminder that this Sat May 17th, the workout is 10:45am to 11:55am](#) due to the Early Bird Triathlon.
- There are **no Masters workouts on Mon May 19th (Victoria Day)**
- Coach **Alex** sends a big apology to the 6pm Whitecaps group for his late arrival on Mon May 5th, and promises that it won't happen again!
- Registration is open 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 Spring, with 2 and 5 spots left, respectively. (There are 8 and 12 spots left in the 7:30am and 6pm Summer groups.)

Swimmer Notes

Swimmer Updates:

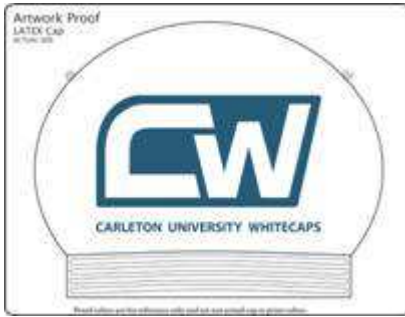
- It's great to be back in the pool. Nice clean water and now a perfect temperature! Thanks for your patience as repairs are being made to the Men's Change Room stairs and the pool roof.

- Planning to attend the World Masters Swim Championships in Montreal this summer? Interested in participating in the Carleton Masters relays? Please contact **Dave Bourdon** (7:30am Earlybirds; d_bourdon@hotmail.com) as he has kindly offered to put together the relay teams. Note that you must register as an individual by June 1st. Relay entries must be confirmed by early July.

- Congratulations to Chancellor Professor **Alan Hunt** (8:30am Earlybirds) on his upcoming retirement after 27 years with Carleton's Departments of Sociology/Anthropology and Law and Legal Studies. I was able to attend part of his retirement celebration on Wednesday and enjoyed some excellent retirement cake. I missed the speeches but apparently one comment was that **Alan** has used Masters swimming workouts as an excuse for avoiding a lot of work over the years! ☺

- 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:

- Why **Nathan Adrian** Didn't Set That American Record [Ed Note: Glad I wasn't working at that meet!]: <http://www.swimmingworldmagazine.com/lane9/news/Masters/39013.asp?q=Why-Nathan-Adrian-Did-Not-Set-the-American-Record-As-Reported-by-The-Media>
- Ten Reasons why Swimming is the Best and Worst Sport: <http://www.mindbodygreen.com/0-10730/10-reasons-why-swimming-is-the-best-and-the-worst-sport.html>
- The Great Bilateral Breathing Controversy: <http://www.feelforthewater.com/2014/04/the-great-bilateral-breathing.html>
- Dolphins Protect Long Distance Swimmer from Shark: <http://abcnews.go.com/blogs/headlines/2014/04/dolphins-protect-long-distance-swimmer-from-shark/>
- **Michael Phelps** Comeback Approach: <http://www.ctvnews.ca/mobile/sports/michael-phelps-taking-different-training-approach-in-swimming-comeback-1.1794373>
- Unlock the Open Water Swim: <http://www.ironman.com/triathlon-news/articles/2013/08/unlock-the-open-water-swim>
- You Don't Have to Give in to Aging: How Strength Training Can Make You Younger: <http://www.theglobeandmail.com/life/health-and-fitness/health-advisor/you-dont-have-to-give-in-to-aging-how-strength-training-can-make-you-younger/article18225042/>
- The Limits of "No Pain, No Gain": <http://well.blogs.nytimes.com/2014/04/23/with-exercise-the-limits-of-no-pain-no-gain/>
- Six Mental Training Suggestions for Swimmers: <http://swimswam.com/6-mental-training-hacks-swimmers/>
- Do not Deny the Carbohydrate: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/trashed-no-more-fighting-runners-fatigue-with-food/article18231134/>
- **Sheila Kealey**'s Weekly Food, Health, and Fitness: <http://www.sheilakealey.com/2014/05/02/week-food-health-fitness-6/>, <http://www.sheilakealey.com/2014/05/09/week-food-health-fitness-7/>
- The Importance of Breakfast: <http://athletics.carleton.ca/2014/importance-breakfast/>

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 17th and 12:15pm Jun 28th): Shallow End; rotating coach schedule (see web site)

Exceptions will be noted here.

Fin Days:

Thu May 29th / Fri May 30th

Time Trials:

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

Thu Jun 12th / Fri Jun 13th: 200 choice

Mon Jun 16th: 800 / 1500fs

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

Mon Jun 30th: relays

This information and more can be found with the Spring/Summer workout themes at:

<http://carletonmasters.tripod.com/mastplansprsum14.pdf>.

The best freestyle distance per stroke for 25m on the morning of Mon May 5th was 2 strokes by **Dave Bourdon** (7:30am Earlybirds).

The best 50m freestyle golf (strokes plus time in seconds) scores from Fri May 7th were: **Jake Barton** (7:30am Earlybirds): 61; **Mark Blenkinsop** (8:30am Earlybirds): 54; and **Sean Dawson** (8:30am Earlybirds): 52!

The best breaststroke distance per stroke for 25m on the morning of Mon May 12th was 4 strokes by **Chris Kent** (8:30am Earlybirds), **Mark Blenkinsop** (8:30am Earlybirds), **Robert Fabes** (7:30am Earlybirds), and **Scott Willard** (7:30am Earlybirds).

Below you will find the weekday attendance for the Spring term. Please let me know of any errors! Those with the best attendance will receive a certificate early next term.

7:30am Earlybirds (May 5-16th: 6 workouts; range 25-30; average: 27.5)

Perfect Attendance: **Brad S, Bruce B, Dave B, Francois J, Harley G, Heloise E, Jennifer M, Kevin G, Larry D, Malika S, Margaret K, Robert R, Susan N-Y, Zoe P**

8:30am Earlybirds (May 5-16th: 6 workouts; range 13-21; average: 16.8)

Perfect Attendance: **Alan H, Amir B, Jerome C, Lisa M, Margaret DK, Mark B, Susan H**

6pm Whitecaps (May 5-15th: 6 workouts; range 21-25; average: 22.7)

Perfect Attendance: **Dave G, Isaac FM, Luz O, Marg E, Nicole D, Peter L, Siobhan M**

7:10pm Whitecaps (May 5-15th: 6 workouts; range 10-15; average: 12.2)

Perfect Attendance: **Mariette K, Mike H**

Ask the Coach

Dear Coach: How should I decide on my events for Worlds? Considering Flipping Coins

Dear C.F. Coins: There are many things to take into consideration, beyond actually qualifying for the events you want to swim. You need to decide how many days you want to be at the competition, and to avoid travelling back and forth to Montreal. A compressed schedule is likely better than one that is more spread out from a meet preparation / taper point of view. Another thing to keep in mind is that the competition will be outdoors. Some find backstroke difficult without a ceiling to follow, so keep that in mind. In addition you may want to select events that you have the best chance of placing well in, or events that you are more comfortable with.

Dear Coach: Do swimming goggles expire? If my favourite style are on sale, should I stock up? Need Goggles

Dear N. Goggles: Goggles do not have an expiry date. You can use them up to a year or two after buying them. However, the rubber / silicon parts will eventually deteriorate, so I wouldn't recommend buying more than a few pairs at a time.

Dear Coach: What should we do if not everyone in the lane is making the pace time? Lane Leader

Dear L. Leader: When training as a group it's good to keep everyone or almost everyone in your lane together. If one swimmer is falling behind and everyone else is on pace, then stick to the pace times. The swimmer who is behind can skip a 50 and join back in when he/she gets lapped. If several or most swimmers are struggling, then the pace time likely needs to be adjusted. Make a judgment call or ask your coach for advice.

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.**

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

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

Sat Jun 28th Technosport 2k Meech Lake <http://www.mastersswimmingontario.ca/events/technosport-2-k-open-water-swim/>

Sat Jul 12th Bring on the Bay 3km Open Water Swim (MSO Registration not required; Wet suit legal) <http://www.bringonthebay.com/>

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

Sat Jul 19th Technosport 3k Meech Lake <http://www.mastersswimmingontario.ca/events/technosport-3-k-open-water-swim/>

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

Jul 27th – Aug 10th 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

Sat Aug 2nd Technosport 4k Meech Lake <http://www.mastersswimmingontario.ca/events/technosport-4-k-open-water-swim/>

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

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

Nov 13-16th Eighth Annual International Invitational Masters Meet pablomota82@gmail.com.

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

Sun Apr 27th Eastern Ontario Cyclocross Almonte Paris-Roubaix Cyclo-Sportif

Congratulations to **Lisa** and **Lucie** on their great races. **Lisa** took a 20km accidental detour (in an 80k race) and still won her category!! Full results at: <http://www.cyclocross.org/page5/files/PR2014results.pdf>.

Lisa Meyer (7:30am Earlybirds; Women's C): 109th overall and 1st in category in 3:55.04

Lucie Boudreau (8:30am Earlybirds; Women's C): 131st overall and 3rd in category in 4:16:29

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 **May 13th**).

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 the exact schedule and 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 5th to Mon Jun 30th; no workouts Mon May 19th

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 (10:45am May 17th; 12:15pm Jun 28th) (shallow): Coaches: rotating schedule (coming soon); barcode 7525; cost: \$28+HST

Summer 2014: Wed Jul 2nd to Sat Aug 30th; no workouts Mon Aug 4th

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 (lynmarshall@sympatico.ca).

Happy lengths!
Lynn

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