

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** June-25-14 12:25 PM  
**To:** Fran Craig; Steve Baird; Alex Joubert; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby  
**Subject:** Carleton Masters Swimming Newsletter #366

## Carleton Masters Swimming Newsletter #366

Wednesday, June 25<sup>th</sup>, 2014

**To:** Carleton Masters Coaches / Staff (10 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 (49 addresses), 7:10pm Whitecaps II (32 addresses), 8:10pm Whitecaps III (20 addresses), Saturday Only (12 addresses), Masters "Alumni" (32 addresses).

"The first step towards getting somewhere is to decide that you are not going to stay where you are." – J. P. Morgan

### Masters Program Notes and Cancellations

- The Spring session is underway and runs until **Mon Jun 30<sup>th</sup>**.
  - The only remaining schedule change for the Spring session is that **the Sat Jun 28<sup>th</sup> workout is 12:15-1:25pm**.
- The Carleton Pool is **closed for Canada Day: Tue Jul 1<sup>st</sup>**.
- The Summer session starts on **Wed Jul 2<sup>nd</sup>** (7:30am Earlybirds) / **Thu Jul 3<sup>rd</sup>** (6pm Whitecaps) / Sat Jul 5<sup>th</sup> (Saturday only)
  - A reminder that **Sat 12:15-1:25pm** is **included** with your Summer registration for 7:30am or 6pm.
- Registration is open for Summer. Details/prices near the end of the newsletter.
  - There is currently just 1 spot remaining in the 7:30am group. Let me know if it fills and you are on the wait list.
  - There are 6 spots left in the 6pm group, and 5 left for those who want to swim Saturdays **\*only\*** (Saturdays is included for 7:30am and 6pm swimmers).

### New Coach: Sean Dawson

Please welcome **Sean Dawson** to the coaching staff. **Sean** has been involved with Carleton Masters for most of his life! He was a founding member of Child Safety Supervision back when the 6pm group had a water play / baby-sitting service, and more recently has trained with and raced for Carleton Masters. Previously to swimming with Carleton Masters he swam competitively for many years both in Canada and the US, in age group and Varsity competitions. He has recently returned to Ottawa after spending some time in Toronto. Sean's first workout as a coach is this **Sat Jun 28<sup>th</sup> 12:15-1:25pm**. He will also coach regularly in the evening starting in the Fall.

### Masters Worlds Relay Information

A big thank you to **Dave Bourdon** (7:30am Earlybirds) for organizing nine Carleton swimmers into eight Carleton Masters relay teams for the World Championships in Montreal in August. Those competing in relays are: **Natalie Aucoin** (8:30am Earlybirds), **Dave Bourdon** (7:30am Earlybirds), **Jamie Chalmers** (7:30am Earlybirds), **Robin Henderson** (7:30am Earlybirds), **Francois Jacques** (7:30am Earlybirds), **Margaret King** (7:30am Earlybirds), **Sandy Lawson** (7:30am Earlybirds), **Ian Lorimer** (7:30am Earlybirds), and **Carolyn Odecki** (6pm Whitecaps). (There are a few other Carleton swimmers who are participating only in individual events.) Those participating in the relays please pay **Dave** (or me, and I'll pass it along), if you haven't already done so.

### Swimmer Notes

## Swimmer Updates:

- Congratulations to **Lina Vincent** (6pm Whitecaps) on being recognized by Masters Swimming Ontario as one of the few Ontario swimmers and the only Carleton Whitecaps swimmer to have been a registered Masters swimmer in each and every year since MSO was created 25 years ago! **Lina** received a shammy commemorating MSO's 25<sup>th</sup> anniversary.

- Congratulations to the 11 Carleton Masters swimmers named to the Sportchicks Dragon Boat 40+ Team competing at the World Championships in Italy this summer: **Natalie Aucoin** (8:30am Earlybirds), **Isabelle Fradette** (x-8:30am Earlybirds), **Colette Kenney** (8:30am Earlybirds), **Margaret King** (7:30am Earlybirds), **Susan Nevitt-Yelle** (7:30am Earlybirds), **Carolyn Odecki** (6pm Whitecaps), **Isla Paterson** (8:30am Earlybirds), **Ellen Pazdzior** (6pm Whitecaps), **Claire Robinson** (x-8:30am Earlybirds), **Dawn Walsh** (7:30am Earlybirds), and **Debby Whately** (6pm Whitecaps).

- Congratulations to the five Carleton swimmers who completed Half Ironman Triathlons on Sun Jun 22<sup>nd</sup> in either Mont Tremblant or Syracuse: **Christian Cattan**, **Lucie Boudreau**, **Mike Mopas**, **Paul Scully**, and **Robert Fabes**. All five were within 30 minutes of each other, with four of the five within 5 minutes! **Christian** and **Mike** were within 10 seconds of each other on the swim, and they weren't even in the same wave! Details in the Race Results section.

- Here are some photos of **Jaring Timmerman** receiving his World Record certificates for his 105-109 year old category records set in January:

<https://www.facebook.com/photo.php?fbid=708269915912385&set=a.708269875912389.1073741835.446328258773220&type=1&theater>

- Here's information on a newly published book that may be of interest. "Solo, Yet Never Alone: Swimming the Great Lakes" by **Laura Young** includes interviews of over 40 Canadian swimmers. Details here: <http://www.scrivenerpress.com/default.asp?id=2430>. Thanks to **Tracey McGrath** (7:10pm Whitecaps) for bringing this to my attention.

- **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:

- **Sheila Kealey's** Latest Updates: <http://www.sheilakealey.com/2014/06/13/week-food-health-fitness-12/>, <http://www.sheilakealey.com/2014/06/20/week-food-health-fitness-13/>

- Science of Performance: How to Treat Calf Cramps:

<http://www.swimmingworldmagazine.com/lane9/news/ASCAEducation/39561.asp>

**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>.

**Lynn** coached for **Alex** on the evenings of **Mon Jun 23<sup>rd</sup>** and **Tue Jun 24<sup>th</sup>**.

Apologies to the **Whitecaps** groups for the late change to the shallow end on **Tue Jun 17<sup>th</sup>** and **Thu Jun 19<sup>th</sup>**. This was to allow the ROC Swimming groups to use the bubbles without disturbing our workouts!

Unfortunately, as well as being in the shallow end last night (**Tue Jun 24<sup>th</sup>**), the **7:10pm** group will also be in the shallow end on **Thu Jun 26<sup>th</sup>**. This is due to some last minute water polo bookings.

Thanks to all who participated in the long distance 1500/800m time trial on Mon Jun 16<sup>th</sup>. There were quite a few improvements, led by **Rocio Aranda** (7:10pm Whitecaps) huge improvement of 1:49 in the 1500. The biggest improvement in the 800 was 36 seconds by Heloise Emdon (7:30am Earlybirds). A list of improvements follows:

### 800fs

**Heloise Emdon** (7:30am Earlybirds) 36

**Mindy Finkelstein** (7:10pm Whitecaps) 21

### 1500fs

**Rocio Aranda** (7:10pm Whitecaps) 1:49

**Anne Trepanier** (8:30am Earlybirds) 48

**Jerome Cyr** (8:30am Earlybirds) 37

**Harley Gifford** (7:30am Earlybirds) 36

**Christian Cattan** (7:30am Earlybirds) 17

**Erin McLean** (7:10pm Whitecaps) 7

**Kim Fever** (7:30am Earlybirds) 1

Below you will find the weekday attendance for the Spring term. Please let me know of any errors! (Thanks to Mariette for letting me know that she only missed one workout!) Those with the best attendance will receive a certificate early next term.

**7:30am Earlybirds** (May 5-Jun 25<sup>th</sup>: 22 workouts; range 15-31; average: 24.4)

Missed 1 Workout: **Bruce B, Dave B, Robin H**

Missed 2 Workouts: **Ian L, Margaret K, Susan N-Y**  
Missed 3 Workouts: **Brad S, Christian C, Lisa M**

**8:30am Earlybirds** (May 5-Jun 25<sup>th</sup>: 22 workouts; range 13-21; average: 16.0)  
Missed 1 Workout: **Alan H**  
Missed 2 Workouts: **Amir B, Isla P, Margaret DK, Mark B, Natalie A**  
Missed 3 Workouts: **Renee R**

**6pm Whitecaps** (May 5-Jun 24<sup>th</sup>: 22 workouts; range 14-25; average: 21.4)  
Missed 1 Workout: **Dave G**  
Missed 3 Workouts: **Luz O, Peter L, Siobhan M**

**7:10pm Whitecaps** (May 5-Jun 24<sup>th</sup>: 22 workouts; range 8-15; average: 11.1)  
Missed 1 Workout: **Mariette K**

## Ask the Coach

**Dear Coach:** What brands of prescription goggles are there other than Speedo, which don't fit well for me? Short-sighted Swimmer

Dear S-s. Swimmer: You may want to try TYR brand. There are other companies, too. Perhaps a phone call or visit to Aquasport (near Ikea) is a good idea to see what brands they carry.

**Dear Coach:** If it's not busy, may I swim in a different lane from usual, or if there are just two of us, swim side by side? I Like My Space

Dear I.L.M. Space: Please wait until after warm up to switch lanes or swim side by side. Also, please check with the coach before doing so in case there are other busy lanes that require the space.

**Dear Coach:** Any tips for leg cramps during triathlon racing? I don't have problems during training, just racing. Limping Swimmer

Dear L. Swimmer: Cramps are not well understood! There is an article above with some tips. Other suggestions are keeping well hydrated, getting lots of potassium and magnesium, and dynamic stretching pre-exercise, plus stretching to keep your body balanced after exercise.

## 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.**

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

July-August Postal Swim 400, 800, 1500 (each a different stroke)

<http://www.mastersswimming.org.au/Portals/26/Events/Postal%20Swim%20Calendar/2014-07%20Tuggeranong%20Trifecta%20Postal%20Swim%202014%20Flyer%20%20Entry%20Form.pdf>

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

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)

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

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/>

Nov 13-16<sup>th</sup> Eighth Annual International Invitational Masters Meet [pablomota82@gmail.com](mailto:pablomota82@gmail.com).

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

**Sat Jun 14<sup>th</sup> Ottawa River Olympic Triathlon** (1.5k/40k/10k; 85 participants)

Congratulations to **Renee** on her win!! Renee reports that the swim was a real “experience” due to super wavy

conditions. Kudos on making it through! Full results at: <http://www.sportstats.ca/displayResults.xhtml?racecode=106971>.

**Renee Robert** (8:30am Earlybirds; 55-59): 75<sup>th</sup> overall, 14<sup>th</sup> woman, and 1<sup>st</sup> in category in 3:10:38.0

**Sun Jun 15<sup>th</sup> Preston Street 35km Criterium** (Bike Race: 22 women: Elite, Junior, and Masters)

Congratulations to **Lisa Meyer** (7:30am Earlybirds) on being the 14<sup>th</sup> woman and 1<sup>st</sup> in the Masters “B” category, finishing 2 laps behind the top Elite woman.

**Sun Jun 22<sup>nd</sup> Mont Tremblant 70.3 Half Ironman** (1.9k/90k/21.1k; 2368 competitors)

Great job, especially to Lucie with a top 15 finish! Full results: <http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=monttremblant70.3&y=2014#axzz35JKQgE4Q>.

**Lucie Boudreau** (8:30am Earlybirds; 55-59): 1479<sup>th</sup> overall, 365<sup>th</sup> woman, and 15<sup>th</sup> in category in 6:08:36 (swim 43:18)

**Christian Cattan** (7:30am Earlybirds; 35-39): 1452<sup>nd</sup> overall, 1105<sup>th</sup> man, and 196<sup>th</sup> in category in 6:07:38 (swim 38:47)

**Mike Mopas** (7:30am Earlybirds; 35-39): 1536<sup>th</sup> overall, 1146<sup>th</sup> man, and 200<sup>th</sup> in category in 6:12:24 (swim 38:39)

**Sun Jun 22<sup>nd</sup> Syracuse 70.3 Half Ironman** (1.9k/90k/21.1k ; 2359 competitors)

Good work, guys! Full results: <http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=syracuse70.3&y=2014#axzz35JKQgE4Q>.

**Robert Fabes** (7:30am Earlybirds; 50-54): 1367<sup>th</sup> overall, 1027<sup>th</sup> man, and 87<sup>th</sup> in category in 6:35:45 (swim 32:15)

**Paul Scully** (8:30am Earlybirds; 45-49): 940<sup>th</sup> overall, 740<sup>th</sup> man, and 117<sup>th</sup> in category in 6:12:01 (swim: 37:33)

**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 **June 25<sup>th</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 the exact schedule and more details.

## Reminders

### Summer 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. 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>.

**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.slowlitch.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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