

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: July-04-14 5:40 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 #367

Carleton Masters Swimming Newsletter #367

Friday, July 4th, 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 point of living, and of being an optimist, is to be foolish enough to believe the best is yet to come." – Peter Ustinov

Masters Program Notes and Cancellations

- The Summer session is underway and runs until **Sat Aug 30th**.
 - The only cancellation is that there are **no workouts Mon Aug 4th**.
 - A reminder that **Sat 12:15-1:25pm** is **included** with your Summer registration for both 7:30am and 6pm.
- Registration is open for the Summer session. Details/prices near the end of the newsletter.
 - There is a waitlist for the 7:30am group.
 - There are 2 spots left in the 6pm group, and 5 left for those who want to swim Saturdays ***only***.
- Details on the Fall/Winter sessions will be available in August.

Swimmer Notes

Swimmer Updates:

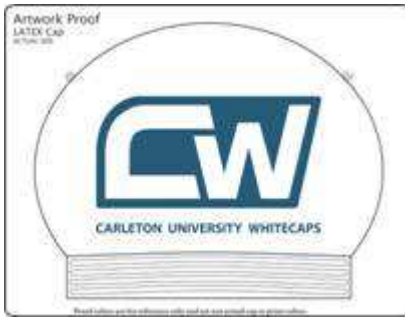
- Thanks to **Lee Storm** (6pm Whitecaps) for bringing this neat video to my attention. It shows the muscles used in the various swimming strokes: <http://www.sce.carleton.ca/courses/sysc-3303/s14/swimming.mp4>.

- Anyone interested in entering Australia Master's postal competition this summer? You swim 400, 800, and 1500, each a different stroke (400 and 800 may be IM), and mail in your results. Details under **Masters Swimming Competitions**, below.

- Masters Worlds Montreal Accreditation available for guests:

<http://finamasters2014.org/?sendpress=eyJpZCI6MTU4MSwidmldyI6ImVtYWlsIn0>.

- **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:

- Elite Runner Ran 800m at US Champs at 8 Months Pregnant: <http://www.si.com/extra-mustard/2014/06/27/woman-ran-800m-us-track-and-field-championships-while-8-months-pregnant>
- Six Fitness Tips from a Ravens' Coach: <http://athletics.carleton.ca/2014/6-fitness-tips-ravens-coach/>
- Exercise can Help Manage Stress: <http://athletics.carleton.ca/2014/exercise-can-help-manage-stress/>
- Mental Endurance is as Important as Physical: <http://www.tallahassee.com/story/life/wellness/2014/06/16/mental-endurance-important-physical/10574957/>
- Think Like an Elite? Not so fast: <http://runningmagazine.ca/think-elite-not-so-fast/>
- Are Exercise Cool Downs Necessary?: <http://well.blogs.nytimes.com/2014/04/18/ask-well-are-exercise-cool-downs-necessary/>

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.

Summer Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End and 2 lanes Shallow; **Lynn**

6pm Whitecaps: Shallow End; Monday: **Alex**; Tuesday: **Lynn**; Thursday: **Mits**

12:15pm Saturdays: Usually Shallow End; rotating coach schedule (see web site)

Exceptions will be noted here.

Sean will coach for **Alex** on Sat Jul 5th. **Alex** will coach for **Mits** on Thu Jul 10th.

Fin Days:

Thu Aug 7th / Fri Aug 8th

Time Trials:

Mon Jul 14th: 400fs or IM

Mon Jul 28th: 50 and 100 choice

Tue Aug 12th / Wed Aug 13th: 800 / 1500fs

Tue Aug 19th / Wed Aug 20th: 200 choice

Thu Aug 28th / Fri Aug 29th: fun day (relays)

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

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

Last Week of Spring Session Time Trials Improvements

Thanks to all who participated in the **50 and 100m time trials on Thu Jun 26th / Fri Jun 27th**. Seema Akhtar (6pm Whitecaps) had the biggest improvement with a whopping 6.1 seconds in 50br! A full list of improvements follows.

50fs

Chris Yordy (7:30am Earlybirds) 0.7

50br

Seema Akhtar (6pm Whitecaps) 6.1

50fl

Harley Gifford (7:30am Earlybirds) 0.7

100fs

Jerome Cyr (8:30am Earlybirds) 1.3

Great job by those participating in the **relays on the morning of Mon Jun 30th**. The relay results can be found in the term summary below. Here we list those who improved in their individual swims:

50fs

Jerome Cyr (8:30am Earlybirds) 1.8

Amir Banihashemi (8:30am Earlybirds) 1.0

Heloise Emdon (7:30am Earlybirds) 0.5

Harley Gifford (7:30am Earlybirds) 0.2

50br

Lisa Meyer (7:30am Earlybirds) 1.3

Spring Session Summary

A big thank you to coaches **Alex Joubert, Mits Kachi, Tim Kilby, Blake Christie, Claudia Cronin-Schlote, and Sean Dawson** for their coaching this term.

Apologies that the bubbles were not available as an end of term treat, as they are broken ☹.

Many thanks to the 8:30am Earlybirds, organized by **Margaret Dibben King**, for the turtle frisbee card, the Body Shop lotions and potions, and the granola bars. And a big thank you to **Natalie Aucoin** for bringing wonderful chocolate squares for the whole group. I think there was a calorie or two in those ☺ !

Here's the summary of the attendance and time trials for the Spring session. If you notice any errors or omissions, please do let me know. Those of you who earned awards (perfect attendance, top 3 most improved overall, top 3 fastest overall, relay winners overall) will receive certificates early in the Spring term or by e-mail.

Weekday Attendance:

Congratulations to **Bruce** on his perfect attendance!

7:30am Earlybirds (May 5-Jun 30th: 24 workouts; range 15-31; average: 23.8)

Perfect Attendance: Bruce B

Missed 1 Workout: **Dave B**

Missed 2 Workouts: **Margaret K, Robin H, Susan N-Y**

Missed 3 Workouts: **Christian C, Ian L**

8:30am Earlybirds (May 5-Jun 30th: 24 workouts; range 13-21; average: 15.8)

Missed 1 Workout: **Alan H**

Missed 2 Workouts: **Amir B, Isla P, Margaret DK, Mark B**

Missed 3 Workouts: **Natalie A**

6pm Whitecaps (May 5-Jun 30th: 24 workouts; range 10-25; average: 20.6)

Missed 1 Workout: **Dave G**

7:10pm Whitecaps (May 5-Jun 30th: 24 workouts; range 5-15; average: 10.8)

Missed 1 Workout: **Mariette K**

Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Spring session, and includes the relay splits from the end of term relays. Times done in competitions are **not** included. If your times are not listed here and you're curious, just e-mail me for details. (I have all time trial times since May 2001.)

This term time trials were done by 101 different swimmers: 61 women and 40 men. There were 337 completed time trials: 196 for women and 141 for men. If you notice any errors or omissions, please let me know.

Twenty-four swimmers (15 women and 9 men) improved in at least one event. There were not only more women who improved, but six women improved by more than the top man! Most improved overall was a tie between **Natalie Aucoin** (8:30am Earlybirds) and **Rocio Aranda** (7:10pm Whitecaps). **Natalie** improved her 200fl by 14.5 seconds and **Rocio** improved her 1500 by 1:49, both working out to a 7.3sec/100m improvement. **Malika Shaath** (7:30am Earlybirds) was close behind them with a 28.5 second improvement in her 400fs (7.1sec/100m). The most improved man was **Jerome Cyr** (8:30am Earlybirds) with a 1.8sec improvement in 50fs (3.6sec/100m). Second male was **Tony Michel** (7:30am Earlybirds) with a 12.7sec improvement in 400fs (3.2sec/100m), and third was **Harley Gifford** (7:30am Earlybirds) with a 36sec improvement in 1500fs (2.4sec/100m). Harley, **Heloise Emdon** (7:30am Earlybirds), and Jerome each improved in three different events.

The International Point Scores (link to web page below) are used to determine the best swims. Nine swimmers (5 women and 4 men) scored 400 plus points in at least one event. **Sean Dawson** (Coach) had the best score of 579 points for 27.1 in 50fs. **Paola Osorio** (6pm Whitecaps) was the top woman with 553 points for 5:17.6 in 400fs. She was followed by her sister, **Luz Osorio** (6pm Whitecaps), who did the 1500 in 21:30 to earn 527 points. Next, and top (non-Coach) male, was **Mark Blenkinsop** (8:30am Earlybirds) with 507 points for a 30.6 50fl. **Heather McBurney** (7:30am Earlybirds) rounded out the top 3 for the women with 1:25.2 for 441 points in 100IM. Rounding out the top 3 for the men were **Peter Lithgow** (6pm Whitecaps) with 415 points for 5:22.3 in 400fs, and **Dave Bourdon** (7:30am Earlybirds) with 411 points for a 30.9 50fs. **Sean** and **Mark** scored over 400 in six and five different events, respectively.

All those improving and all those scoring over 400 points, as well as the top 3 improvements and the top 3 times for each event are listed below, as are the results of the relays.

Many thanks to all of you who participated in the time trials!

Key:

EB1 = 7:30am Earlybirds I, EB2 = 8:30am Earlybirds II, WC1 = 6pm Whitecaps I, WC2 = 7:10pm Whitecaps II, WC3 = 8:10pm Whitecaps III, TR = Masters trial workout.

Most Improved Swimmers (best event for each person):

Only those who have swum Carleton Masters time trials in the same event at least twice are eligible. This term there were 15 women and 9 men who improved in at least one event.

Pl	Name	Group	Gender	Event	Imp	Imp/100m
1	Rocio Aranda	WC2	F	1500fs	109.0	7.3
1	Natalie Aucoin	EB2	F	200fl	14.5	7.3
3	Malika Shaath	EB1	F	400fs	28.5	7.1
4	Heloise Emdon	EB1	F	400fs	25.3	6.3
5	Andrea Chandler	WC1	F	400fs	15.9	4.0
6	Monique Potvin Kent	EB2	F	400fs	15.6	3.9
7	Anne Trepanier	EB2	F	1500fs	48.0	3.2
8	Mindy Finkelstein	WC2	F	800fs	21.0	2.6
8	Lisa Meyer	EB1	F	50br	1.3	2.6
10	Heather McBurney	EB1	F	400fs	6.8	1.7
10	Lynn Brodsky	WC2	F	200fs	3.4	1.7
12	Seema Akhtar	WC1	F	200fs	2.5	1.3
13	Fiona Hill	WC1	F	400fs	2.3	0.6

14	Erin McLean	WC2	F	1500fs	7.0	0.5
15	Kim Fever	EB1	F	400fs	1.4	0.4
1	Jerome Cyr	EB2	M	50fs	1.8	3.6
2	Tony Michel	EB1	M	400fs	12.7	3.2
3	Harley Gifford	EB1	M	1500fs	36.0	2.4
4	Chris Yordy	EB1	F	400fs	8.7	2.2
5	Amir Banihashemi	EB2	M	50fs	1.0	2.0
6	Christian Cattan	EB1	M	200fs	3.3	1.7
7	Isaac Fierro Marquez	WC1	M	200fs	1.3	0.7
8	Bill Westcott	WC1	M	400IM	2.0	0.5
9	Mike Machum	WC1	M	400fs	1.6	0.4

Fastest Swimmers (best event for each person):

All those scoring 400 or more points are shown. This term there were 5 women and 4 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
1	Paola Osorio	WC1	F	400fs	5:17.6	553
2	Luz Osorio	WC1	F	1500fs	21:30	527
3	Heather McBurney	EB1	F	100IM	1:25.2	441
4	Morgan Mackenzie	WC1	F	400fs	5:57.8	403
5	Yuan Chen	WC1	F	200fs	2:50.2	402
x	Sean Dawson	EB2	M	50fs	27.1	579
1	Mark Blenkinsop	EB1	M	50f1	30.6	507
2	Peter Lithgow	WC1	M	400fs	5:22.3	415
3	Dave Bourdon	EB1	M	50fs	30.9	411

(For point scores, see: <http://www.swimnews.com/ipspoints>. Note that SCM = short course meters [25m pool].)

Top 3 Swimmers Improving in Each Event:

Minutes and/or seconds improved and sec/100m improvement are both listed. The numbers in parentheses below the event indicate the number of women and men, respectively, who improved in that event. If the improvements are close, more than three swimmers may be shown.

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Heloise Emdon	EB2	F	0.5	1.0
1	Jerome Cyr	EB2	M	1.8	3.6
2	Amir Banihashemi	EB2	M	1.0	2.0
3	Chris Yordy	EB1	M	0.7	1.4
(1/4)					
100fs					
1	Jerome Cyr	EB2	M	1.3	1.3
(0/1)					
200fs					
1	Lynn Brodsky	WC2	F	3.4	1.7
2	Seema Akhtar	WC1	F	2.5	1.3
3	Monique Potvin Kent	EB2	F	0.4	0.2
1	Christian Cattan	EB1	M	3.3	1.7
2	Isaac Fierro Marquez	WC1	M	1.3	0.7
(3/2)					

400fs					
1	Malika Shaath	EB1	F	28.5	7.1
2	Heloise Emdon	EB1	F	25.3	6.3
3	Andrea Chandler	WC1	F	15.9	4.0
4	Monique Potvin Kent	EB2	F	15.6	3.9
1	Tony Michel	EB1	M	12.7	3.2
2	Mike Machum	WC1	M	1.6	0.4
(9/2)					
800fs					
1	Heloise Emdon	EB1	F	36.0	4.5
2	Mindy Finkelstein	WC2	F	21.0	2.6
(2/0)					
1500fs					
1	Rocio Aranda	WC2	F	109.0	7.3
2	Anne Trepanier	EB2	F	48.0	3.2
3	Erin McLean	WC2	F	7.0	0.5
1	Jerome Cyr	EB2	M	37.0	2.5
2	Harley Gifford	EB1	M	36.0	2.4
3	Christian Cattan	EB1	M	17.0	1.1
(3/3)					
50br					
1	Lisa Meyer	EB1	F	1.3	2.6
(1/0)					
50f1					
1	Harley Gifford	EB1	M	0.7	1.4
(0/1)					
200f1					
1	Natalie Aucoin	EB2	F	14.5	7.3
(1/0)					
400IM					
1	Natalie Aucoin	EB2	F	0.3	0.1
1	Bill Westcott	WC1	M	2.0	0.5
(1/1)					

Fastest Three Times in Each Event:

The numbers in parentheses below the event indicate the number of female and male, respectively, time trials in that event (some swimmers may have done more than one time trial of the same event). If times are really close, more than 3 swimmers are included. (The 800m is intended only for those who cannot complete 1500m in under 34:00.)

	Name	Group	Gender	Time
50fs				
1	Heather McBurney	EB1	F	35.0
2	Jennifer Murdock	EB1	F	36.5
3	Margaret King	EB1	F	38.6
3	Natalie Aucoin	EB2	F	38.6
x	Sean Dawson	EB2	M	27.1
1	Mark Blenkinsop	EB2	M	29.2
2	Dave Bourdon	EB1	M	30.9
3	Don Wells	WC1	M	32.0

(33/25)				
100fs				
1	Yuan Chen	WC1	F	1:15.3
2	Jennifer Murdock	EB1	F	1:20.9
3	Sandy Lawson	EB1	F	1:22.0
x	Sean Dawson	EB2	M	1:02.2
1	Mark Blenkinsop	EB2	M	1:06.0
2	Dave Bourdon	EB1	M	1:15.8
2	Ian Lorimer	EB1	M	1:15.8
(15/11)				
200fs				
1	Yuan Chen	WC1	F	2:50.2
2	Elaine Yardley	WC1	F	2:55.7
3	Jennifer Murdock	EB1	F	2:58.4
x	Sean Dawson	EB2	M	2:16.4
1	Mark Blenkinsop	EB2	M	2:26.4
2	Isaac Fierro Marquez	WC1	M	2:37.8
3	Dave Bourdon	EB1	M	2:40.0
(29/17)				
400fs				
1	Paola Osorio	WC1	F	5:17.6
2	Morgan Mackenzie	WC1	F	5:57.8
3	Yuan Chen	WC1	F	6:06.1
1	Mark Blenkinsop	EB2	M	5:16.0
2	Peter Lithgow	WC1	M	5:22.3
3	Isaac Fierro Marquez	WC1	M	5:32.8
(38/20)				
800fs				
1	Heloise Emdon	EB1	F	17:49
2	Susan Hulley	EB2	F	18:55
3	Lucie Boudreau	EB2	F	19:03
4	Mariette Kenney	WC2	F	19:06
1	Jamie Chalmers	EB1	M	21:20
2	Manuel Lebron	WC2	M	22:25
(8/3)				
1500fs				
1	Luz Osorio	WC1	F	21:30
2	Sandy Lawson	EB1	F	24:01
3	Norine Naguib	EB1	F	24:12
x	Sean Dawson	EB2	M	20:20
1	Isaac Fierro Marquez	WC2	M	22:50
2	Bruce Brown	EB1	M	22:57
3	Dave Bourdon	EB1	M	23:43
(29/25)				
25bk				
1	Margaret Dibben King	EB2	F	52.7
(3/0)				
50bk				

1	Yuan Chen	WC1	F	40.6
2	Heloise Emdon	EB2	F	46.7
3	Seema Akhtar	WC1	F	47.8
1	Dave Bourdon	EB1	M	39.0
2	Bruce Brown	EB1	M	42.1
3	Larry Durr	EB1	M	44.6
(6/7)				
100bk				
1	Claire Owen	EB2	F	1:56.7
1	Don Wells	WC1	M	1:19.8
2	Jamie Chalmers	EB1	M	1:51.7
(1/2)				
200bk				
1	Tricia Albright	WC2	F	3:22.3
2	Deb Low	WC1	F	3:32.5
1	Jamie Chalmers	EB1	M	4:09.4
2	Alan Hunt	EB2	M	6:34.8
(2/2)				
50br				
1	Lisa Meyer	EB1	F	51.9
2	Deb Low	WC1	F	52.3
3	Vanessa Woods	WC1	F	55.4
4	Susan Hulley	EB2	F	55.5
1	Amir Banihashemi	EB2	M	43.3
2	Mike Kujawski	EB1	M	44.3
3	Larry Durr	EB1	M	50.3
(7/5)				
100br				
1	Margaret King	EB1	F	1:46.8
2	Heloise Emdon	EB1	F	2:05.2
3	Margaret Dibben King	EB2	F	5:58.6
1	Peter Lithgow	WC1	M	1:31.0
2	Chris Yordy	EB1	M	1:49.4
(3/2)				
200br				
1	Margaret King	EB1	F	3:50.1
2	Lisa Meyer	EB1	F	4:07.3
x	Sean Dawson	WC1	M	3:01.3
(2/1)				
50f1				
1	Natalie Aucoin	EB2	F	38.8
2	Heather McBurney	EB1	F	39.1
3	Madelayne DeGrace	EB1	F	43.6
x	Sean Dawson	EB2	M	30.2
1	Mark Blenkinsop	EB1	M	30.6
2	Peter Lithgow	WC1	M	35.8
3	Harley Gifford	EB1	M	37.1
(8/10)				

200f1				
1	Norine Naguib	EB1	F	3:24.1
2	Natalie Aucoin	EB2	F	3:32.7
(2/0)				
100IM				
1	Heather McBurney	EB1	F	1:25.2
2	Andrea Mrozek	WC1	F	1:32.1
3	Deb Low	WC1	F	1:33.1
1	Mike Lau	WC1	M	1:30.4
2	Amir Banihashemi	EB2	M	1:37.3
3	Dave Grynspan	WC1	M	1:37.5
(8/4)				
200IM				
1	Harley Gifford	EB1	M	3:17.8
2	Chris Kent	EB2	M	3:26.0
3	Tony Michel	EB1	M	3:59.5
(0/4)				
400IM				
1	Luz Osorio	WC1	F	6:01.0
2	Natalie Aucoin	EB2	F	7:07.2
1	Bill Westcott	WC1	M	6:14.0
2	Chris Kent	EB2	M	7:22.2
3	Jim Lee	EB1	M	8:05.6
(2/3)				

Fun Relays (Mon Jun 30th a.m.)

4 x 50 Free Relay

7:30am Earlybirds

- 2:33.9: [EB1 Team 2: Susan Nevitt-Yelle, Mike Kujawski, Jennifer Murdock](#)
- 2:36.8: [EB1 Team 1: Jamie Chalmers, Christian Cattan, Madelayne DeGrace, Harley Gifford](#)
- 2:39.9: [EB1 Team 4: Dave Bourdon, Lisa Meyer, Margaret King, Robin Henderson](#)
- 2:53.4: [EB1 Team 3: Bruce Brown, Larry Durr, Chris Yordy, Nicole Le Saux](#)

8:30am Earlybirds

- 2:46.6: [EB2 Team 2: Lucie Boudreau, Amir Banihashemi, Mark Blenkinsop, Jerome Cyr](#)
- 2:49.8: [EB2 Team 1: Margaret Dibben King, Isla Paterson, Sean Dawson, Colette Kenney](#)
- 2:53.5: [EB2 Team 3: Heloise Emdon, Susan Hulley, Natalie Aucoin, Paul Scully](#)

Overall

- 2:33.9: [EB1 Team 2: Susan Nevitt-Yelle, Mike Kujawski, Jennifer Murdock](#)
- 2:36.8: [EB1 Team 1: Jamie Chalmers, Christian Cattan, Madelayne DeGrace, Harley Gifford](#)
- 2:39.9: [EB1 Team 4: Dave Bourdon, Lisa Meyer, Margaret King, Robin Henderson](#)
- 2:46.6: [EB2 Team 2: Lucie Boudreau, Amir Banihashemi, Mark Blenkinsop, Jerome Cyr](#)
- 2:49.8: [EB2 Team 1: Margaret Dibben King, Isla Paterson, Sean Dawson, Colette Kenney](#)
- 2:53.4: [EB1 Team 3: Bruce Brown, Larry Durr, Chris Yordy, Nicole Le Saux](#)
- 2:53.5: [EB2 Team 3: Heloise Emdon, Susan Hulley, Natalie Aucoin, Paul Scully](#)

4 x 50 Medley Relay

7:30am Earlybirds

- 2:54.4: [EB1 Team 2: Susan Nevitt-Yelle, Mike Kujawski, Jennifer Murdock](#)

2. 3:05.5: EB1 Team 1: Jamie Chalmers, Christian Cattan, Madelayne DeGrace, Harley Gifford
3. 3:09.4: EB1 Team 4: Dave Bourdon, Lisa Meyer, Margaret King, Robin Henderson
4. 3:25.0: EB1 Team 3: Bruce Brown, Larry Durr, Chris Yordy, Nicole Le Saux

8:30am Earlybirds

1. 3:03.0: EB2 Team 1: Margaret Dibben King, Isla Paterson, Sean Dawson, Colette Kenney
2. 3:09.9: EB2 Team 2: Lucie Boudreau, Amir Banihashemi, Mark Blenkinsop, Jerome Cyr
3. 3:14.1: EB2 Team 3: Heloise Emdon, Susan Hulley, Natalie Aucoin, Paul Scully

Overall

1. 2:54.4: EB1 Team 2: Susan Nevitt-Yelle, Mike Kujawski, Jennifer Murdock
2. 3:03.0: EB2 Team 1: Margaret Dibben King, Isla Paterson, Sean Dawson, Colette Kenney
3. 3:05.5: EB1 Team 1: Jamie Chalmers, Christian Cattan, Madelayne DeGrace, Harley Gifford
4. 3:09.4: EB1 Team 4: Dave Bourdon, Lisa Meyer, Margaret King, Robin Henderson
5. 3:09.9: EB2 Team 2: Lucie Boudreau, Amir Banihashemi, Mark Blenkinsop, Jerome Cyr
6. 3:14.1: EB2 Team 3: Heloise Emdon, Susan Hulley, Natalie Aucoin, Paul Scully
7. 3:25.0: EB1 Team 3: Bruce Brown, Larry Durr, Chris Yordy, Nicole Le Saux

4 x 50 Kick Relay

7:30am Earlybirds

1. 3:53.0: EB1 Team 2: Susan Nevitt-Yelle, Mike Kujawski, Jennifer Murdock
2. 3:58.9: EB1 Team 3: Bruce Brown, Larry Durr, Chris Yordy, Nicole Le Saux
3. 4:14.0: EB1 Team 4: Dave Bourdon, Lisa Meyer, Margaret King, Robin Henderson
4. 4:16.5: EB1 Team 1: Jamie Chalmers, Christian Cattan, Madelayne DeGrace, Harley Gifford

8:30am Earlybirds

1. 3:51.6: EB2 Team 1: Margaret Dibben King, Isla Paterson, Sean Dawson, Colette Kenney
2. 4:10.2: EB2 Team 2: Lucie Boudreau, Amir Banihashemi, Mark Blenkinsop, Jerome Cyr
3. 4:23.0: EB2 Team 3: Heloise Emdon, Susan Hulley, Natalie Aucoin, Paul Scully

Overall

1. 3:51.6: EB2 Team 1: Margaret Dibben King, Isla Paterson, Sean Dawson, Colette Kenney
2. 3:53.0: EB1 Team 2: Susan Nevitt-Yelle, Mike Kujawski, Jennifer Murdock
3. 3:58.9: EB1 Team 3: Bruce Brown, Larry Durr, Chris Yordy, Nicole Le Saux
4. 4:10.2: EB2 Team 2: Lucie Boudreau, Amir Banihashemi, Mark Blenkinsop, Jerome Cyr
5. 4:14.0: EB1 Team 4: Dave Bourdon, Lisa Meyer, Margaret King, Robin Henderson
6. 4:16.5: EB1 Team 1: Jamie Chalmers, Christian Cattan, Madelayne DeGrace, Harley Gifford
7. 4:23.0: EB2 Team 3: Heloise Emdon, Susan Hulley, Natalie Aucoin, Paul Scully

Ask the Coach

Dear Coach: Do I have to breathe every stroke on breaststroke? Trying to Sprint

Dear T.t. Sprint: No, but your head must break the surface every stroke. In other words, you cannot keep your head completely submerged for an entire stroke.

Dear Coach: May I do a flip turn from back to breast? Working on My Turns

Dear W.o.M. Turns: No, the back to breast turn is considered a backstroke finish, so you must touch the wall while still on your back. Similarly, if you wanted to get an official split at 50m of 100m backstroke, you would not be permitted to flip at the 50m mark.

Dear Coach: What do you recommend for teenagers who want to develop swimming endurance? Asking for a Friend

Dear A.f.a. Friend: Most Masters programs are open only to those 18+. Carleton Masters is open to those 14+. For those younger, many pools offer power swimming classes for building endurance.

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.**

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 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.)

Fri-Sun Jun 27-29th Coupe des Ameriques Masters Cycling Stage Race, Sutton, QC

Congratulations to Lisa Meyer (7:30am Earlybirds) on a good race, despite very hot conditions. Lisa placed 7th in the "F" category, with placings of 5th, 2nd, 9th, and 8th in the four stages. Full results here:

<http://www.coupedesameriques.com/site2014/archives.html>.

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 25th**).

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 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 (lynnmarshall@sympatico.ca).

Happy lengths!

Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

Club website: <http://carletonmasters.tripod.com>