

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** July-17-14 3:37 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 #368

## Carleton Masters Swimming Newsletter #368

Thursday, July 17<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 (51 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" (33 addresses).

"You're never as good as everyone tells you when you win, and you're never as bad as they say when you lose."  
– Lou Holtz

### Masters Program Notes and Cancellations

- The Summer session is underway and runs until **Sat Aug 30<sup>th</sup>**.
  - The only cancellation is that there are **no workouts Mon Aug 4<sup>th</sup>**.
  - 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 are waitlists for both the 7:30am and 6pm groups.
  - There are 5 spots left for those who want to swim Saturdays **\*only\***.
- Details on the Fall/Winter sessions will be available soon, and registration for both Fall and Winter will start **Wed Aug 6<sup>th</sup>**.

### Swimmer Notes

#### Swimmer Updates:

- Congratulations to a trio of expectant moms in the 6pm Whitecaps group: **Lara Thorpe** is due in November, **Shawna McCusker** in December, and **Lena Williams** in January. Great to see you all looking so fit and healthy at the pool!
- Best wishes to **Paola Osorio** (6pm Whitecaps) for a quick recovery from a bout of reactive arthritis.
- Errata from the last newsletter (#367, end of Spring term edition):
  - Apologies to **Heather McBurney** (7:30am Earlybirds) as I missed her name from some of the 7:30am Earlybirds Team #2 relay team lists. She was a member of the winning 4 x 50 FR and 4 x 50 MR.
  - Apologies also to **Alan Hunt** (8:30am Earlybirds) as I didn't know that he was also involved in helping (on the men's side) with the end of term gifts.
  - **Seema Akhtar** (6pm Whitecaps) did 50bk not 50br in her 50 time trial. The end of term statistics had this corrected, but the 50 and 100 time trial improvements were wrong.
- Masters Worlds psyche sheets are out: <https://www.facebook.com/MastersSwimmingCanada/posts/658576210885080>.
- Anyone interested in entering Australia Master's postal competition this summer? You swim 400, 800, and 1500, each a different stroke (400 or 800 may be IM), and mail in your results. Details under **Masters Swimming Competitions**, below.

- **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:

- **Sarah Sjostrom** 50fly LC WR 24.43 (count how many times she breathes!):

<https://www.youtube.com/watch?v=iVdb7ld2jVM&feature=youtu.be>

- 68 Thoughts Every Swimmer Has During Practice [Thanks to **Tony Revitt** (8:30am Earlybirds) for the link]:

<http://www.buzzfeed.com/samstryker/just-keep-swimming>

- Dangers of Open Water Swimming and How to Minimize Risks:

<http://www.scmp.com/lifestyle/health/article/1528727/dangers-open-water-swimming-and-how-minimise-risks>

- **Michael Phelps**, behind the scenes ESPN Magazine Body Issue:

[http://espn.go.com/olympics/story/\\_page/bodyphelpsq/why-gold-medalist-michael-phelps-came-back-retirement-espn-magazine-body-issue](http://espn.go.com/olympics/story/_page/bodyphelpsq/why-gold-medalist-michael-phelps-came-back-retirement-espn-magazine-body-issue)

- Runner Hit by Lightning and Continues Race: [http://running.competitor.com/2014/07/trail-running/runner-struck-lightning-keeps-running\\_107955#93smGGUODCJm4mCF.01](http://running.competitor.com/2014/07/trail-running/runner-struck-lightning-keeps-running_107955#93smGGUODCJm4mCF.01)

- From **Sheila Kealey**: <http://www.sheilakealey.com/2014/07/04/week-food-health-fitness-14/>,

<http://www.sheilakealey.com/2014/07/11/week-food-health-fitness-15/> and: Buttered Coffee: Healthy or Hype?:

<http://www.sheilakealey.com/2014/07/02/butter-coffee/>

**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.

### Fin Days:

Thu Aug 7<sup>th</sup> / Fri Aug 8<sup>th</sup>

### Time Trials:

Mon Jul 14<sup>th</sup>: 400fs or IM

Mon Jul 28<sup>th</sup>: 50 and 100 choice

Tue Aug 12<sup>th</sup> / Wed Aug 13<sup>th</sup>: 800 / 1500fs  
Tue Aug 19<sup>th</sup> / Wed Aug 20<sup>th</sup>: 200 choice  
Thu Aug 28<sup>th</sup> / Fri Aug 29<sup>th</sup>: fun day (relays)

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

Thanks to all who participated in the **400m time trial on Mon Jul 14<sup>th</sup>**. The biggest improvement was a whopping 38.2 seconds by **Chris Yordy** (7:30am Earlybirds). A full list of improvements follows.

#### **400fs (11)**

**Chris Yordy** (7:30am Earlybirds) 38.2  
**Sylvia Williams** (6pm Whitecaps) 13.4  
**Jennifer Murdock** (7:30am Earlybirds) 12.7  
**Lisa Meyer** (7:30am Earlybirds) 11.3  
**Deb Low** (6pm Whitecaps) 10.7  
**Harley Gifford** (7:30am Earlybirds) 10.0  
**Heloise Emdon** (7:30am Earlybirds) 5.9  
**Christian Cattan** (7:30am Earlybirds) 2.8  
**Mike Mopas** (7:30am Earlybirds) 2.0  
**Norine Naguib** (7:30am Earlybirds) 0.6  
**Margaret King** (7:30am Earlybirds) 0.4

Here are the weekday attendance statistics for the Summer term, so far. If you notice any errors, please let me know!

**7:30am Earlybirds** (Jul 2-16<sup>th</sup>; 7 workouts; range 24-36; average: 30.3)  
Perfect Attendance: **Bob T, Bruce B, Christian C, Christiane W, Heloise E, Isla P**

**6pm Whitecaps** (Jul 3-15<sup>th</sup>; 6 workouts; range 21-30; average: 24.8)  
Perfect Attendance: **Deb L, Mark B, Siobhan M**

## **Ask the Coach**

**Dear Coach:** I was looking at the end of term newsletter and I don't understand how the points work. Can you explain? Curious Swimmer

Dear C. Swimmer: Sure. To award certificates to the fastest swimmers, I need a way to compare times between different events. The International Point Score (<http://swimnews.com/ipspoints>) gives me a way to do that. 1000 points corresponds approximately to the world record in that event and points go down as a percentage of the time over the world record. 400 points was chosen by me as a baseline for a (Masters) fast time. The system isn't perfect as it doesn't take age into account – only gender and the event, but it does work fairly well.

**Dear Coach:** When does registration open for Fall and are the Masters programs offered the same as last year? Eager Swimmer

Dear E. Swimmer: The Fall/Winter Masters program information is coming soon. Registration for both Fall and Winter will start **Wed Aug 6<sup>th</sup>**.

## **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 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.)

### **Fri-Sun Jun 19-22<sup>nd</sup> Ottawa Dragon Boat Festival**

While the Sportchicks did not participate in this event, there were some Carleton swimmers there. **Vanessa Woods** (6pm Whitecaps) is a member of the Dragon Catchers. They won a trophy for placing 2<sup>nd</sup> in the 200m “C” category – congratulations, **Vanessa!** **Debby Whately** (6pm Whitecaps) paddled with mixed team Gung Ho organized by Liu Dental, and women’s team ORCC Dames out of Dunrobin. Gung Ho raised a lot of money so they participated in the Friday evening charity race (top 16 fundraisers), which they won! Here’s a great video of the races: <http://www.youtube.com/watch?v=m0INpd-4qgE> taken by a drone, although you can’t see them well until the end as they’re in lane 8 in the first race. Liu Dental also finished 6<sup>th</sup> in the 500m mixed “A” final, and 5<sup>th</sup> and 7<sup>th</sup> in the 100 and 200, respectively. ORCC Dames finished 5<sup>th</sup> in the women’s 500m “A” final, and 6<sup>th</sup> in both the 100 and 200. That’s a lot of racing, **Debby!** Full results at: <http://www.dragonboat.net/>.

### **Fri-Sun Jul 4-6<sup>th</sup> Canadian Dragon Boat Championships, Welland**

Congratulations to the **Sportchicks Senior** (40+) team on placing **second** at Nationals. Last year they were 3<sup>rd</sup>. They placed a very close 2<sup>nd</sup> in the 2k (0.12 behind 1<sup>st</sup> in a nearly 10min race!), 2<sup>nd</sup> in the 500, and 3<sup>rd</sup> in the 100 for **2<sup>nd</sup>** place overall! Great job, ladies! Looking great for Italy in September!! Full results here: <http://dragonboat.ca/files/CanChamps2014v1.pdf>.

### **Sun Jul 6<sup>th</sup> Peterborough Half Ironman** (1.9k/90k/21.1k; 214 participants)

Great job by **Lucie Boudreau** (7:30am Earlybirds) – 3<sup>rd</sup> place finish! Full results at:

<http://www.sportstats.ca/displayResults.xhtml?racecode=107206>.

**Lucie Boudreau** (7:30am Earlybirds; 55-59): 165<sup>th</sup> overall, 43<sup>rd</sup> woman, and **3<sup>rd</sup>** in category in 6:17:48.4 (46:21 swim)

### **Sat Jul 12<sup>th</sup> London, ON Masters Meet (LC)**

Official results are not yet available, but here’s how **Jamie Chalmers** (6pm Whitecaps), Carleton’s only swimmer, did: **Jamie Chalmers** (6pm Whitecaps; 70-74): **1<sup>st</sup>**: 100fs (1:58.78), 50br (1:06.87); **2<sup>nd</sup>**: 200bk (4:14.74), 400IM (10:15.99); **3<sup>rd</sup>**: 50fs (38.93), 50bk (54.53)

Well done, **Jamie!**

### **Sat Jul 12<sup>th</sup> Bring on the Bay, 3km Open Water Swim** (509 participants)

Carleton had 15 swimmers participate – the most ever! Great job by all – details below. Please let me know if I missed anyone. **Mike Machum** (6pm Whitecaps) placed 5<sup>th</sup> in his category – the best Carleton result. **Joanie Conrad** (6pm Whitecaps) and **Annemarieke Goldsmith** (8:30am Earlybirds) placed 9<sup>th</sup>, and **Kevin Graham** (7:30am Earlybirds),

**Heather McBurney** (7:30am Earlybirds), and **Harley Gifford** (7:30am Earlybirds) placed 10<sup>th</sup>. Full results at: <http://www.sportstats.ca/displayResults.xhtml?racecode=107211>.

**Kevin Graham** (7:30am Earlybirds; 40-49 wetsuit): 89th overall, 51st man, and **10th** in category in 0:44:55.5

**Heather McBurney** (7:30am Earlybirds; 30-39): 170th overall, 87th woman, and **10th** in category in 0:49:36.6

**Shauna Ironside** (7:30am Earlybirds; 30-39): 174th overall, 89th woman, and 11th in category in 0:49:39.7

**Harley Gifford** (7:30am Earlybirds; 50-59): 182nd overall, 92nd man, and **10th** in category in 0:50:13.4

**Robert Fabes** (7:30am Earlybirds; 50-59): 188th overall, 96th man, and 11th in category in 0:50:31.2

**Michael Machum** (6pm Whitecaps; 20-29): 193rd overall, 99th man, and **5th** in category in 0:50:50.0

**Christian Cattan** (7:30am Earlybirds; 30-39 wetsuit): 225th overall, 114th man, and 13th in category in 0:52:29.7

**Joanie Conrad** (6pm Whitecaps; 50-59): 270th overall, 135th woman, and **9th** in category in 0:54:54.1

**Annemarieke Goldsmith** (8:30am Earlybirds; 50-59 wetsuit): 271st overall, 136th woman, and **9th** in category in 0:54:56.5

**Queeny Malika Shaath** (7:30am Earlybirds; 20-29): 276th overall, 140th woman, and 19th in category in 0:55:12.3

**Lucie Boudreau** (7:30am Earlybirds; 50-59 wetsuit): 360th overall, 188th woman, and 17th in category in 0:59:55.1

**Nicole Mikhael** (6pm Whitecaps; 30-39 wetsuit): 364th overall, 189th woman, and 27th in category in 1:00:12.4

**Karen Jensen** (7:30am Earlybirds; 50-59): 389th overall, 201st woman, and 14th in category in 1:02:32.9

**Chris Yordy** (7:30am Earlybirds; 30-39): 391st overall, 189th man, and 21st in category in 1:02:36.0

**Kevin Nelson** (6pm Whitecaps; 40-49): 413th overall, 194th man, and 29th in category in 1:03:54.3

## 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 **July 7<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

### 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.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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