

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** August-15-14 1:21 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 #370

## Carleton Masters Swimming Newsletter #370

Friday, August 15<sup>th</sup>, 2014

**To:** Carleton Masters Coaches / Staff (10 addresses)

**Bcc:** Those Registered for Fall 2013, Winter 2014, Spring 2014, Summer 2014, and Alumni: 7:30am Earlybirds I (51 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (50 addresses), 7:10pm Whitecaps II (31 addresses), 8:10pm Whitecaps III (20 addresses), Saturday Only (12 addresses), Masters "Alumni" (34 addresses).

"If it is important enough to you, you will find a way. If it is not, you will find an excuse."

### Masters Program Notes and Cancellations

- The Summer session runs until **Sat Aug 30<sup>th</sup>**.
  - There are no more planned cancellations.
  - A reminder that **Sat 12:15-1:25pm** is **included** with your Summer registration for both 7:30am and 6pm.
  - There are waitlists for both the 7:30am and 6pm groups.
  - There are spots available for those who want to swim Saturdays **\*only\***.
- The 6pm and 7:30am groups are filling up for Fall. Please register soon if you want to swim at either of those times!

### Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for both Fall and Winter. A reminder that 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 the 8:10pm group will run only Tuesday and Thursday evenings (twice per week). As usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

#### Fall 2014: Tue Sept 2<sup>nd</sup> to Sat Dec 20<sup>th</sup>; no workouts Mon Oct 13<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 8642; cost: \$142+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 8643; cost: \$142+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Sean**; Thu: **Mits**; barcode 8648; cost \$160+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: Mon: **Sean**; Tue: **Alex**; Thu: **Mits**; barcode 8650; cost: \$142+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm TuTh (shallow): Coaches: Mon/Tue: **Alex**; Thu: **Mits**; barcode 8652; cost: \$100+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 8644; cost: \$56+HST

#### Winter 2015: Mon Jan 5<sup>th</sup> to Fri Apr 10<sup>th</sup>; no workouts Mon Feb 16<sup>th</sup>, Fri Apr 3<sup>rd</sup>, Mon Apr 6<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 8645; cost: \$120+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 8646; cost: \$120+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Sean**; Thu: **Mits**; barcode 8649; cost \$140+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: Mon: **Sean**; Tue: **Alex**; Thu: **Mits**; barcode 8651; cost: \$124+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm TuTh (shallow): Coaches: Tue: **Alex**; Thu: **Mits**; barcode 8653; cost: \$88+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 8647; cost: \$45.50+HST

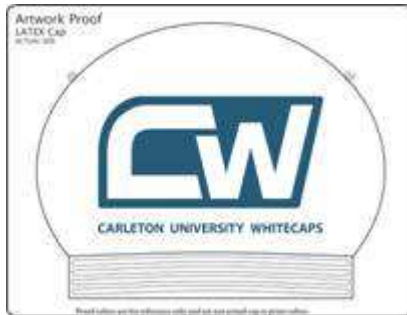
## Swimmer Notes

### Swimmer Updates:

- **Ian Lorimer** (7:30am Earlybirds) and **Jackie Lyons** (6pm Whitecaps) are participating in the Ride the Rideau, not to be confused with the Rideau Lakes ride, a 100 mile cycle ride on **Sat Sept 6th** to raise funds for cancer research at the Ottawa Hospital. Full details on the event at: <http://www.ridetherideau.ca/>. Both are members of the CycleOOS neighbourhood team. If you'd like to sponsor **Ian**, here is the link:

<https://secure.ohfoundation-fondationho.ca/registant/FundraisingPage.aspx?Referrer=http%3a%2f%2fwww.ridetherideau.ca%2fgive%2f&RegistrationID=2203299#&panel1-2>. If you'd like to sponsor **Jackie**, here is the link: <http://my.ohfoundation-fondationho.ca/jackielions2014>. They both thank you for your support.

- **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:

- 10 Workout Secrets: <http://beta.webmd.com/fitness-exercise/guide/10-workout-secrets-expert-exercise-tips>
- **Sheila Kealey's** Latest on Exercise, Nutrition, etc.: <http://www.sheilakealey.com/category/weekly-research-update/>
- Body Saw Core Exercise: <http://www.swimmingworldmagazine.com/news/dryland-tip-body-saw-core-exercise/>

**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.

Thanks very much to **Mits** and **Alex** for coaching for me on **Tue Aug 5<sup>th</sup> (Mits)** and **Wed Aug 6<sup>th</sup>, Fri Aug 8<sup>th</sup>, and Mon Aug 11<sup>th</sup> (Alex)**. The tennis in Toronto was great fun to watch! Thanks also to **Sean** for coaching for **Alex** on **Mon Aug 11<sup>th</sup>**.

Sean is also coaching for me on **Sat Aug 16<sup>th</sup>**, **Tue Aug 19<sup>th</sup>**, **Wed Aug 20<sup>th</sup>**, and **Fri Aug 22<sup>nd</sup>**.

#### **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>.

Apologies to **Heather McBurney** (7:30am Earlybirds). She improved her 50fs by 0.5 seconds on **Mon Jul 28<sup>th</sup>** but was omitted from the last newsletter.

Thanks to all who participated in the **800m and 1500m** time trials on **Tue Aug 12<sup>th</sup> / Wed Aug 13<sup>th</sup>**. The biggest improvement was by **Susan Hulley** (7:30am Earlybirds) with 33 seconds in the 800fs. The most improved in the 1500 was **Malika Shaath** (7:30am Earlybirds) with 23 seconds. **Mark Blenkinsop** (6pm Whitecaps) also unofficially improved his 1500 pull with paddles time by 26 seconds. Congratulations to all those who improved. A full list of the official improvements follows:

#### **800fs (2)**

**Susan Hulley** (7:30am Earlybirds) 33

**Christiane Wilke** (7:30am Earlybirds) 25

#### **1500fs (4)**

**Malika Shaath** (7:30am Earlybirds) 23

**Dave Bourdon** (7:30am Earlybirds) 15

**Mike Mopas** (7:30am Earlybirds) 14

**Christian Cattan** (7:30am Earlybirds) 13

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-Aug 15<sup>th</sup>; 19 workouts; range 22-36; average: 28.8)

Perfect Attendance: **Christian C, Christiane W**

Missed 3 Workouts: **Amir B, Isla P, Lisa M, Mike Mopas, Susan N-Y**

**6pm Whitecaps** (Jul 3-Aug 14<sup>th</sup>; 18 workouts; range 15-30; average: 23.9)

Perfect Attendance: **Deb L**

Missed 1 Workout: **Mark B**

Missed 2 Workouts: **Dave G, Mike L**

Missed 3 Workouts: **Mariette K, Sean D, Siobhan M**

## **Ask the Coach**

**Dear Coach:** While I enjoyed the Worlds in Montreal, I found it very difficult to get a good warm up, and to perform well over so many days. Any suggestions for next time? Keen Swimmer

Dear K. Swimmer: Attending Worlds is a great experience as you get to meet so many people. However, it is challenging to perform well under those circumstances due to the sheer number of participants and time involved to get everyone through their swims. One option is to just enjoy the week and not be too stressed about results. Another is to focus only on performing well, which means sacrifices. Athletes who compete near the beginning of the Olympics don't attend the opening ceremonies, as they are resting. You would need to take the same approach. Nothing but swimming – no seeing the sights, no staying out late, etc. Given the additional challenges of getting in a good warm up, etc., the second option is extremely difficult at large competitions, but it is possible.

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for the remainder of 2014 and 2015 will start soon.. 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>

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 Jul 26<sup>th</sup> to Sun Jul 27<sup>th</sup> Montreal Dragon Boat Challenge

Full results at: <http://h2oplayground.com/en/events/resultats/>. The **Sportchicks** finished 3<sup>rd</sup> out of 17 teams. Last year they were 10<sup>th</sup> – what an improvement! In the 500m heats they had the fastest time overall! They finished 3<sup>rd</sup> in both the 500m and the 2k. Best of luck to you all for Worlds in Italy next month!

### Sun Aug 3<sup>rd</sup> to Sun Aug 10<sup>th</sup> FINA World Masters Championships, Montreal

In this newsletter, I include a list of results and a short summary. The next newsletter will have some written contributions from swimmers and links to photos and videos (please send me your comments and links!). First, congratulations to all who took part. It sounds like it was a great event and that everyone enjoyed themselves, especially the relays! While there were a few disqualifications and failed swims (results that were over the qualifying time), there were also a lot of excellent swims, personal bests, and club records. **Ian** set four individual club records, although three were in the same event! **Dave** also set an individual club record. There were three relay club records involving the following swimmers: **Harley** (3), **Ian** (3), **Dave** (2), **Jamie** (2), **Natalie** (1), **Sandy** (1). A big thank you to Dave for organizing the relays and summarizing the results. **Ian** set PBs in all his swims. **Natalie** set PBs in 3 out of 4 events, and **Luz**, **Margaret**, and **Sandy** each had one PB. **Luz** was Carleton's top performer with two top 10 placings (as well as two more between 11<sup>th</sup> and 20<sup>th</sup>). Other top 20 placings were achieved by **Sean**, **Carolyn**, **Jamie**, and **Claudia**.

Full results at: <https://finamasters2014.org/swimming-results/>.

Updated club records: <http://carletonmasters.tripod.com/140810.Records.pdf>.

#### Pool Swimming:

##### Individual:

**Luz Osorio** (6pm Whitecaps; 25-29): 7<sup>th</sup> 200fl (2:37.27); 10<sup>th</sup> 400IM (5:51.47); 11<sup>th</sup> 100fl (1:10.40 PB); 19<sup>th</sup> 200IM (2:42.44); 27<sup>th</sup> 200fs (2:27.78)

**Sean Dawson** (Coach; 25-29): 20<sup>th</sup> 200fs (2:10.45); 32<sup>nd</sup> 100fs (57.17)

**Paola Osorio** (6pm Whitecaps; 30-34): 27<sup>th</sup> 400fs (5:29.92)

**Mark Blenkinsop** (6pm Whitecaps; 35-39): 22<sup>nd</sup> 800fs (10:34.03); 23<sup>rd</sup> 200fl (2:52.97); 33<sup>rd</sup> 50fl (29.08); 52<sup>nd</sup> 100fs (1:02.40)

**Natalie Aucoin** (7:30am Earlybirds; 40-44): 25<sup>th</sup> 100fl (1:23.69); 26<sup>th</sup> 50fl (33.61 PB); 47<sup>th</sup> 200fs (2:48.33 PB); 52<sup>nd</sup> 50fs (32.90 PB)

**Sandy Lawson** (7:30am Earlybirds; 45-49): 38<sup>th</sup> 800fs (12:38.28); 56<sup>th</sup> 100fs (1:16.88 PB); plus 50bk relay lead off (46.51)  
**Dave Bourdon** (7:30am Earlybirds; 45-49): 34<sup>th</sup> 100bk (1:22.93 Club Record); 122<sup>nd</sup> 50fs (31.07); plus 50bk relay lead off (38.33 PB)  
**Margaret King** (7:30am Earlybirds; 50-54): 52<sup>nd</sup> 100br (1:43.72); 63<sup>rd</sup> 50br (48.95); 98<sup>th</sup> 50fs (38.94); plus 50fs relay lead off (36.65 PB)  
**Carolyn Odecki** (6pm Whitecaps; 55-59): 19<sup>th</sup> 200bk (3:24.98); 24<sup>th</sup> 50fl (38.94); 36<sup>th</sup> 100fs (1:19.51); plus 50bk relay lead off (44.42)  
**Robin Henderson** (7:30am Earlybirds; 55-59): 42<sup>nd</sup> 400fs (7:21.79); 65<sup>th</sup> 200fs (3:35.20)  
**Harley Gifford** (7:30am Earlybirds; 55-59): 25<sup>th</sup> 50bk (37.60); 28<sup>th</sup> 100bk (1:25.54); 79<sup>th</sup> 200fs (2:51.87)  
**Ian Lorimer** (7:30am Earlybirds; 55-59): 75<sup>th</sup> 200fs (2:51.37 PB); 78<sup>th</sup> 50fs (32.43 PB and Club Record); 84<sup>th</sup> 100fs (1:13.15 PB and Club Record); plus 50fs relay lead offs (32.36 and 32.18 PBs and Club Records)  
**Jamie Chalmers** (6pm Whitecaps; 70-74): 19<sup>th</sup> 200bk (4:16.17); 20<sup>th</sup> 100bk (1:55.15); 39<sup>th</sup> 50fs (38.28) and 100fs (1:31.30); plus 50bk relay lead off (50.80)  
**Bill Westcott** (7:30am Earlybirds; 50-54; swimming for Nepean Masters): 28<sup>th</sup> 200IM (2:45.48); 31<sup>st</sup> 200fs (2:29.65); 32<sup>nd</sup> 50br (37.26); 35<sup>th</sup> 100br (1:23.52); 53<sup>rd</sup> 50fl (32.30)  
**Claudia Cronin-Schlote** (Coach; 60-64; swimming for ROCStars Masters): 13<sup>th</sup> 400fs (6:09.37); 14<sup>th</sup> 200fs (2:59.86); 16<sup>th</sup> 100fs (1:18.97); 17<sup>th</sup> 50fs (35.43); 23<sup>rd</sup> 800fs (13:39.79)

**Relays** (all 200+ age group):

Men's 4x50 medley relay (**Dave, Harley, Ian, Jamie**): 22<sup>nd</sup> (2:36.83 Club Record)  
Women's 4x50 medley relay (**Carolyn, Margaret, Natalie, Robin**): 26<sup>th</sup> (2:52.86)  
Men's 4x50 free relay (**Ian, Dave, Harley, Jamie**): 29<sup>th</sup> (2:10.53 Club Record)  
Women's 4x50 free relay (**Margaret, Robin, Carolyn, Sandy**): 30<sup>th</sup> (2:30.90)  
Mixed 4x50 free relay (**Ian, Natalie, Sandy, Harley**): 43<sup>rd</sup> (2:11.12 Club Record)  
Mixed 4x50 medley relay (**Jamie, Margaret, Natalie, Dave**): 63<sup>rd</sup> (2:43.59)  
Mixed 4x50 medley relay (**Sandy, Carolyn, Harley, Ian**): 64<sup>th</sup> (2:45.28)

**3km Open Water Swim** (1077 participants)

**Sandy Lawson** (7:30am Earlybirds; 45-49): 614<sup>th</sup> overall, 250<sup>th</sup> woman, and 33<sup>rd</sup> in category in 52:43.7

## Sat Aug 9<sup>th</sup> Albion Hills Trail Race (167 participants)

Congratulations to **Heather** on her race! Full results at:

<http://www.chiptimeresults.com/resultsreader.php?y=2014&r=5peaksAlbionHillsE.htm>.

**Heather McBurney** (7:30am Earlybirds; 30-39): 77<sup>th</sup> overall; 18<sup>th</sup> female and 7<sup>th</sup> in category in 1:10:03

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