

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: August-29-14 5:59 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 #371

Carleton Masters Swimming Newsletter #371

Friday, August 29th, 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).

"Courage and cheerfulness will not only carry you over the rough places in life, but will enable you to bring comfort and help to the weak-hearted and will console you in the sad hours." – William Osler (physician)

Masters Program Notes and Cancellations

- The Summer session ends **Sat Aug 30th** – the last Saturday workout at **12:15pm**.
- **There are no workouts Mon Sept 1st**. Note that the only public swim that day is **1:30-4:30pm**.
- The Fall session starts **Tue Sept 2nd**, **Wed Sept 3rd** or **Sat Sept 6th**, depending on your group(s).
 - The 6pm and 7:30am groups are nearly full for Fall, with 1 and 3 spots remaining.
 - Waitlists will be available for these groups if they fill.
 - Saturday workouts at **8:15am** as of Sept 6th.
 - Fall/Winter group details are near the end of this newsletter.

Pool Window Replacement: Sept 2-5th

Some pool windows are being replaced **Tue-Fri Sept 2-5th**. This means the following pool schedule changes:

- **Tue Sept 2nd: 7:30-8:30am and 11:45am-1:15pm swims CANCELLED.**
- **Wed Sept 3rd and Fri Sept 5th:** 7:30am and 8:30am Earlybirds Masters in the **shallow end: men use back stairs; no access to Alternate Needs change room.**
- **Wed Sept 3rd to Fri Sept 5th:** All public swims before 4:30pm are **shallow end only: men use back stairs; no access to Alternate Needs change room.**

If there is a lot of rain during this time, the window replacement may continue the following week.

Swimmer Notes

Swimmer Updates:

- The pregnancies continue! Congratulations to **Mark Blenkinsop** (6pm Whitecaps/8:30am Earlybirds) and his wife, **Krista**, who are expecting their first child at the end of January.

- Best of luck to the **Sportchicks Dragon Boat Team** (about half of the team swim for Carleton Masters) competing in the Senior "A" (40+) Women's category at the Club Crew World Championships in Italy next week. The dragon boat races will be streamed live at: www.idbfdragonboat.tv. They are scheduled to race the 2000m at 7:40am **Wed Sept 3rd**; the 200m heats at 2:40 or 2:45am and finals at 10:35 or 10:45am on **Fri Sept 5th**; and the 500m heats at 2:10 or 2:15am and finals at 9:25 or 9:30am **Sun Sept 7th**. (All times are Ottawa times – Italy is 6 hours ahead.)

- **Christine Harkin** (x-7:10pm Whitecaps)'s son, **Liam Elder** was diagnosed on March 14th, 2011 at the age of 6 with a rare form of Leukemia. He underwent 2.5 years of treatment, including a 17 month long intense chemotherapy treatment, cranial radiation and countless blood product transfusions, and was in remission, as was reported in an earlier newsletter.

Liam relapsed with the same type of cancer on July 17th, 2014. Since his relapse Liam has suffered a blood infection and a serious fungal infection (Mucormycosis). In order to save his life, 3 surgeries were required to stop it from spreading into his brain (Mucormycosis has a mortality rate of 90%). The surgeons removed 2/3 of his hard palate, the septum, one sinus cavity, left eye tear duct, a nerve and a lot of debridement. All these infections and surgeries have been extremely taxing on his blood levels and in the past month Liam has required 12 platelet and 6 haemoglobin (red blood) transfusions. As he continues on the road to transplant he will require more blood product transfusions and an unrelated transplant match (no members of his immediate family are matches).

Please donate blood and provide an oral swab to see if you are a match. So many people lives depend on and benefit from blood products or unrelated transplant matches, not just Liam.

Christine and her husband, Peter, spend every moment they can with Liam but in order to do so, they need our help. Their many friends are trying to organize food, cleaning, childcare etc. but we know many of you are also eager to help. At the moment, we are hoping that you will help us raise funds. Christine has opened a TD Bank account in Liam's name and we are appealing to all of you who care about Liam to donate generously. The money collected will be used to fund their travel, daily expenses, for additional care for Liam's brother Ben and anything that will make their lives easier in this incredibly difficult time. Anything left after his transplant will be transferred to an RESP.

If you'd like to contribute, you can send an Interac email transfer to friendsofliam@bell.net. The money goes directly to Christine and Peter. You may also go into a TD branch and deposit into the Friends of Liam account, care of Christine Harkin.

- **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/jackie Lyons2014>. They both thank you for your support.

- For those interested, MSC (Masters Swimming Canada) is having an open meeting via conference call at 8pm Wed Oct 15th. Details here: <http://mymsc.ca/SM2014/>.

- **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:

- **Amy Van Dyken**: A former US Olympic swimmer is in the fight of her life after being paralyzed in an ATV accident: <http://www.si.com/edge/2014/08/14/amy-van-dyken-recovery>
- Nine Things we Noted from FINA World Masters Championships in Montreal: <http://swimswam.com/nine-things-noted-fina-world-masters-championships-montreal/>
- Three tips for a Faster Freestyle: <http://www.yourswimlog.com/3-tips-faster-freestyle/>
- 101-yr old Woman Wins Javelin Silver Medal in 85+ Category: <http://www.sportsnet.ca/more/101-yr-old-wins-silver-at-canada-55-plus-games/>
- First Known Croc Attack on a Swimmer in the US: <http://www.si.com/extra-mustard/2014/08/26/swimmer-nine-foot-crocodile-attack-florida>
- Channel Swimmer Suspected Illegal Immigrant: <http://www.si.com/extra-mustard/2014/08/28/police-stop-triathlete-illegal-immigrant>

- Exercise Can Help Manage Stress: <http://athletics.carleton.ca/2014/exercise-can-help-manage-stress/>

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.

Fall 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: **Sean**; Thursday: **Mits**

7:10pm Whitecaps: Shallow End; Monday: **Sean**; Tuesday: **Alex**; Thursday: **Mits**

8:10pm Whitecaps: Shallow End; Tuesday: **Alex**; Thursday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Sean is coaching for **Mits** on **Thu Sept 4th**, and for **me** on **Fri Sept 12th**.

Fin Days:

Tue Oct 28th / Wed Oct 29th

Thu Nov 27th / Fri Nov 28th

Time Trials:

Thu Oct 16th / Fri Oct 17th: 400fs or IM

Thu Oct 23rd / Fri Oct 24th: two 50s choice

Mon Nov 3rd: 200 choice

Tue Nov 18th / Wed Nov 19th: 800 / 1500fs

Tue Dec 2nd / Wed Dec 3rd: 100 choice

Thu Dec 18th / Thu Dec 19th: fun day (relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall14.pdf>.

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 to **Sean** for coaching for me on **Sat Aug 16th**, **Tue Aug 19th**, **Wed Aug 20th**, and **Fri Aug 22nd**, and for **Mits** on **Thu Aug 28th**.

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>.

Thanks to those who participated in the **200 time trial on Tue Aug 19th / Wed Aug 20th**. Congratulations to **Sean** who did a great job of timing everyone for his first time trial as a coach! The biggest improvement of 14.5 seconds was by **Lisa Meyer** (7:30am Earlybirds) in 200fs. Congratulations to all those who improved:

200fs (5)

Lisa Meyer (7:30am Earlybirds) 14.5
Malika Shaath (7:30am Earlybirds) 5.8
Jennifer Murdock (7:30am Earlybirds) 5.3
Christiane Wilke (7:30am Earlybirds) 4.0
Brad Shapansky (7:30am Earlybirds) 0.6

200br (1)

Gi Wu (6pm Whitecaps) 2.1

200IM (2)

Ian Lorimer (7:30am Earlybirds) 4.5
Heather McBurney (7:30am Earlybirds) 4.4

Thanks to all who participated in the **relays on Thu Aug 28th and Fri Aug 29th**. Splits are available for Friday only, and the list of those who improved, led by **Susan Hulley** (7:30am Earlybirds) follows:

25fs (2)

Susan Hulley (7:30am Earlybirds) 0.9
Christiane Wilke (7:30am Earlybirds) 0.3

50fs (1)

Norine Naguib (7:30am Earlybirds) 0.1

Summer Session Summary

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

Here's the summary of the attendance and time trials for the Summer 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 Fall term or by e-mail.

Weekday Attendance:

Congratulations to **Christian Cattan** (7:30am Earlybirds), **Christiane Wilke** (7:30am Earlybirds), and **Deb Low** (6pm Whitecaps) on their perfect attendance!

7:30am Earlybirds (Jul 2-Aug 29th; 25 workouts; range 22-36; average: 27.8)

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

Missed 4 Workouts: **Bob Tipple, Isla Paterson, Lisa Meyer**

6pm Whitecaps (Jul 3-Aug 28th; 24 workouts; range 15-30; average: 23.2)

Perfect Attendance: **Deb Low**

Missed 1 Workout: **Mark Blenkinsop**

Missed 2 Workouts: **Dave Grynspan, Mike Lau**

Missed 3 Workouts: **Siobhan MacManus**

Missed 4 Workouts: Joanne Dawson

Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Summer 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 79 different swimmers: 39 women and 40 men. There were 253 completed time trials: 123 for women and 130 for men. If you notice any errors or omissions, please let me know.

Twenty-three swimmers (11 women and 12 men) improved in at least one event (45 total improvements). Most improved overall was **Chris Yordy** (7:30am Earlybirds) with a 38.2 sec (9.6sec/100m) improvement in 400fs. Second most improved and most improved woman was **Christiane Wilke** (7:30am Earlybirds) with a 9.1 sec improvement in 100fs. Next was **Lisa Meyer** (7:30am Earlybirds) with a 14.5 sec (7.3sec/100m) improvement in 200fs. **Susan Hulley** (7:30am Earlybirds) was the third most improved woman with a 33 sec (4.1sec/100m) improvement in 800fs. Rounding out the top three for the men were **Harley Gifford** (7:30am Earlybirds) with a 10 sec (2.5sec/100m) improvement in 400fs, and **Bob Tipple** (7:30am Earlybirds) with a 1.2 sec (2.4sec/100m) improvement in 50fs. **Christiane, Jennifer Murdock** (7:30am Earlybirds), **Lisa Meyer** (7:30am Earlybirds), and **Malika Shaath** (7:30am Earlybirds) each improved in four different events.

The International Point Scores (link to web page below) are used to determine the best swims. Fifteen swimmers (6 women and 9 men) scored 400 plus points in at least one event (29 swims total). **Brigitte Boland** (7:30am Earlybirds) had the highest point score with 620 points for a 31.6 50fl. Next was **Sean Dawson** (Coach) with 553 points 4:48.8 in 400fs, followed closely by **Luz Osorio** (6pm Whitecaps) with 550 points for a 5:55.2 400IM. Leading the (non-coach) men was **Jean-Francois Jacques** (7:30am Earlybirds) scored 492 for a 28.9 50fs. **Yuan Chen** (6pm Whitecaps) was the third woman with 461 for 33.8 50fs. **Don Wells** (6pm Whitecaps) was the second man with 428 for a 5:18.6 400fs, followed by **Gi Wu** (6pm Whitecaps) and **Mark Blenkinsop** (6pm Whitecaps) who tied for third with 426 points in 200IM (2:45.7) and 50fs (30.5), respectively. **Sean** and **Mark** scored over 400 in four events. **Bill Westcott** (6pm Whitecaps), **Brigitte**, and **Luz** scored over 400 in three events.

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 11 women and 12 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Christiane Wilke	EB1	F	100fs	9.1	9.1
2	Lisa Meyer	EB1	F	200fs	14.5	7.3
3	Susan Hulley	EB1	F	800fs	33.0	4.1
4	Malika Shaath	EB1	F	50br	2.0	4.0
5	Sylvia Williams	WC1	F	400fs	13.4	3.4
6	Jennifer Murdock	EB1	F	400fs	12.7	3.2
7	Deb Low	WC1	F	400fs	10.7	2.7
8	Heather McBurney	EB1	F	200IM	4.4	2.2
9	Heloise Emdon	EB1	F	400fs	5.9	1.5
10	Norine Naguib	EB1	F	50fs	0.1	0.2
11	Margaret King	EB1	F	400fs	0.4	0.1
1	Chris Yordy	EB1	M	400fs	38.2	9.6
2	Harley Gifford	EB1	M	400fs	10.0	2.5
3	Bob Tipple	EB1	M	50fs	1.2	2.4
4	Ian Lorimer	EB1	M	200IM	4.5	2.3
5	Roy Hanes	WC1	M	50fs	1.1	2.2

6	Mark Blenkinsop	WC1	M	1500fs	26.0	1.7
7	Gi Wu	WC1	M	200br	2.1	1.1
8	Dave Bourdon	EB1	M	1500fs	15.0	1.0
9	Mike Mopas	EB1	M	1500fs	14.0	0.9
9	Christian Cattan	EB1	M	1500fs	13.0	0.9
11	Bill Westcott	EB1	M	100br	0.6	0.6
12	Brad Shapansky	EB1	M	200fs	0.6	0.3

Fastest Swimmers (best event for each person):

All those scoring 400 or more points are shown. This term there were 6 women and 9 men who made the list.

Pl	Name	Group	Gender	Event	Time	Points
1	Brigitte Boland	EB1	F	50fl	31.6	620
2	Luz Osorio	WC1	F	400IM	5:55.2	550
3	Yuan Chen	WC1	F	50fs	33.8	461
4	Heather McBurney	EB1	F	50fs	34.2	446
5	Norine Naguib	EB1	F	50fl	36.8	419
6	Sandy Lawson	EB1	F	1500fs	23:39	409
x	Sean Dawson	WC1	M	400fs	4:48.8	553
1	Jean-Francois Jacques	EB1	M	50fs	28.9	492
2	Don Wells	WC1	M	400fs	5:18.6	428
3	Mark Blenkinsop	WC1	M	200IM	2:45.7	426
3	Gi Wu	WC1	M	50fs	30.5	426
5	Bill Westcott	EB1	M	100br	1:24.4	420
6	Dave Bourdon	EB1	M	50fs	30.9	411
7	Peter Lithgow	WC1	M	400fs	5:26.2	401
8	Francois Jacques	EB1	M	50fs	31.2	400

(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
25fs					
1	Susan Hulley	EB1	F	0.9	3.6
2	Christiane Wilke	EB1	F	0.3	1.2
(2/0)					
50fs					
1	Heather McBurney	EB1	F	0.5	1.0
2	Jennifer Murdock	EB1	F	0.4	0.8
2	Lisa Meyer	EB1	F	0.4	0.8
1	Chris Yordy	EB1	M	2.2	4.4
2	Bob Tipple	EB1	M	1.2	2.4
3	Roy Hanes	WC1	M	1.1	2.2
(4/4)					
100fs					
1	Christiane Wilke	EB1	F	9.1	9.1

2	Sylvia Williams	WC1	F	3.0	3.0
1	Bob Tipple	EB1	M	1.8	1.8
2	Harley Gifford	EB1	M	0.4	0.4
(2/2)					
200fs					
1	Lisa Meyer	EB1	F	14.5	7.3
2	Malika Shaath	EB1	F	5.8	2.9
3	Jennifer Murdock	EB1	F	5.3	2.7
1	Brad Shapansky	EB1	M	0.6	0.3
(4/1)					
400fs					
1	Sylvia Williams	WC1	F	13.4	3.4
2	Jennifer Murdock	EB1	F	12.7	3.2
3	Lisa Meyer	EB1	F	11.3	2.8
1	Chris Yordy	EB1	M	38.2	9.6
2	Harley Gifford	EB1	M	10.0	2.5
3	Christian Cattan	EB1	M	2.8	0.7
(7/4)					
800fs					
1	Susan Hulley	EB1	F	33.0	4.1
2	Christiane Wilke	EB1	F	25.0	3.1
(2/0)					
1500fs					
1	Malika Shaath	EB1	F	23.0	1.5
1	Dave Bourdon	EB1	M	15.0	1.0
2	Mike Mopas	EB1	M	14.0	0.9
3	Christian Cattan	EB1	M	13.0	0.9
(1/3)					
50br					
1	Malika Shaath	EB1	F	2.0	4.0
(1/0)					
100br					
1	Lisa Meyer	EB1	F	0.8	0.8
1	Bill Westcott	EB1	M	0.6	0.6
(1/1)					
200br					
1	Gi Wu	WC1	M	2.1	1.1
(0/1)					
100IM					
1	Jennifer Murdock	EB1	F	2.4	2.4
2	Malika Shaath	EB1	F	1.2	1.2
(2/0)					
200IM					
1	Heather McBurney	EB1	F	4.4	2.2
1	Ian Lorimer	EB1	M	4.5	2.3
(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
25fs				
1	Susan Hulley	EB1	F	18.8
2	Mary Donaghy	EB1	F	20.6
3	Christiane Wilke	EB1	F	21.8
(4/0)				
50fs				
1	Brigitte Boland	EB1	F	30.6
2	Luz Osorio	WC1	F	31.9
3	Yuan Chen	WC1	F	33.8
x	Sean Dawson	WC1	M	28.0
1	Jean-Francois Jacques	EB1	M	28.9
2	Gi Wu	WC1	M	30.5
3	Dave Bourdon	EB1	M	30.9
4	Bill Westcott	EB1	M	31.0
5	Francois Jacques	EB1	M	31.2
(22/42)				
100fs				
1	Luz Osorio	WC1	F	1:14.4
2	Heather McBurney	EB1	F	1:19.9
3	Sandy Lawson	EB1	F	1:29.7
x	Sean Dawson	WC1	M	1:07.8
1	Mark Blenkinsop	WC1	M	1:08.9
2	Francois Jacques	EB1	M	1:10.2
3	Harley Gifford	EB1	M	1:13.6
(11/15)				
200fs				
1	Jennifer Murdock	EB1	F	2:51.9
2	Sheila MacLean	WC1	F	2:55.0
3	Malika Shaath	EB1	F	3:01.7
1	Brad Shapansky	EB1	M	2:51.7
2	Kevin Nelson	WC1	M	3:02.6
3	Christian Cattan	EB1	M	3:18.6
(14/7)				
400fs				
1	Norine Naguib	EB1	F	6:02.8
2	Jennifer Murdock	EB1	F	6:09.2
3	Sheila MacLean	EB1	F	6:18.7
x	Sean Dawson	WC1	M	4:48.8
1	Don Wells	WC1	M	5:18.6
2	Peter Lithgow	WC1	M	5:26.2
3	Bruce Brown	EB1	M	5:50.8
(21/21)				
800fs				

1	Christiane Wilke	EB1	F	17:15
2	Susan Hulley	EB1	F	18:09
3	Andrea Chandler	WC1	F	19:18
1	Roy Hanes	WC1	M	20:48
(5/1)				
1500fs				
1	Sandy Lawson	EB1	F	23:39
2	Nicole Delisle	WC1	F	24:11
3	Margaret King	EB1	F	25:07
x	Sean Dawson	WC1	M	19:43
1	Dave Bourdon	EB1	M	22:20
2	Jean-Francois Jacques	EB1	M	22:44
3	Francois Jacques	EB1	M	23:47
(14/13)				
50bk				
1	Deb Low	WC1	F	45.2
2	Natalie Aucoin	EB1	F	46.9
3	Daniella Jacques	EB1	F	51.4
1	Don Wells	WC1	M	37.0
2	Bill Westcott	EB1	M	39.6
3	Christian Cattan	EB1	M	49.8
(6/4)				
100bk				
1	Yuan Chen	WC1	F	1:27.7
(1/0)				
200bk				
1	Yuan Chen	WC1	F	3:05.1
1	Don Wells	WC1	M	2:44.7
(1/1)				
50br				
1	Malika Shaath	EB1	F	48.9
2	Christiane Wilke	EB1	F	1:03.3
1	Amir Banihashemi	EB1	M	43.7
2	Francois Jacques	EB1	M	44.4
3	Dave Bourdon	EB1	M	45.2
(3/5)				
100br				
1	Margaret King	EB1	F	1:44.4
2	Lisa Meyer	EB1	F	1:51.3
3	Vanessa Woods	WC1	F	1:58.9
1	Bill Westcott	EB1	M	1:24.4
2	Don Wells	WC1	M	1:30.8
3	Amir Banihashemi	EB1	M	1:40.5
(3/4)				
200br				
1	Gi Wu	WC1	M	3:12.0
(0/1)				
50f1				

1	Brigitte Boland	EB1	F	31.6
2	Norine Naguib	EB1	F	36.8
3	Natalie Aucoin	EB1	F	38.3
1	Mark Blenkinsop	WC1	M	32.9
2	Bill Westcott	EB1	M	33.1
(6/2)				
100f1				
1	Brigitte Boland	EB1	F	1:11.6
2	Natalie Aucoin	EB1	F	1:27.6
(2/0)				
200f1				
1	Brigitte Boland	EB1	F	2:45.7
(1/0)				
100IM				
1	Deb Low	WC1	F	1:35.4
2	Malika Shaath	EB1	F	1:37.4
3	Jennifer Murdock	EB1	F	1:37.7
1	Isaac Fierro Marquez	WC1	M	1:23.2
2	Gi Wu	WC1	M	1:23.5
3	Scott Willard	EB1	M	1:23.6
(5/8)				
200IM				
1	Heather McBurney	EB1	F	3:07.5
2	Deb Low	WC1	F	3:22.0
3	Margaret King	EB1	F	3:36.4
1	Mark Blenkinsop	WC1	M	2:45.7
2	Ian Lorimer	EB1	M	3:26.2
3	Dave Grynspan	WC1	M	3:29.0
(3/4)				
400IM				
1	Luz Osorio	WC1	F	5:55.2
1	Robert Fabes	EB1	M	7:30.9
2	Jim Lee	EB1	M	8:08.2
(1/2)				

Fun Relays (Thu Aug 28th and Fri Aug 29th)

Thu Aug 28th 6pm Whitecaps Relays

5x50 Free Relay

1. 3:11.1 Team 1: Mark Blenkinsop (swam twice), Elaine Yardley, Joanne Dawson, Dave Grynspan

2. 3:15.4 Team 3: Jamie Chalmers, Brad O'Connell, Mike Lau, Paola Osorio, Lena Williams

3. 3:39.7 Team 2: Deb Low, Francois Parent, Andrea Mrozek, Cam Dawson, Kevin Nelson

5x50 Medley Relay (2 swimmers swam freestyle)

1. 3:37.7 Team 3: Jamie Chalmers, Brad O'Connell, Mike Lau, Paola Osorio, Lena Williams

2. 3:38.4 Team 1: Mark Blenkinsop (swam twice), Elaine Yardley, Joanne Dawson, Dave Grynspan

3. 3:50.1 Team 2: Deb Low, Francois Parent, Andrea Mrozek, Cam Dawson, Kevin Nelson

Fri Aug 29th 7:30am Earlybirds Relays

4x50 Free Relay

1. 2:23.3 Team 5: [Natalie Aucoin, Malika Shaath, Brigitte Boland, Mike Mopas](#)
2. 2:24.9 Team 1: Daniella Jacques, Francois Jacques, Mary Donaghy, Christiane Wilke, Jean-Francois Jacques
3. 2:31.8 Team 3: Bill Westcott, Amir Banihashemi, Jennifer Murdock, Susan Hulley, Lucie Boudreau
4. 2:34.7 Team 2: Jim Lee, Kevin Graham, Norine Naguib, Bob Tipple
5. 2:36.0 Team 4: Christian Cattan, Dave Bourdon, Robin Henderson, Bruce Brown

4x50 Medley Relay

1. 2:45.3 Team 5: [Natalie Aucoin, Malika Shaath, Brigitte Boland, Mike Mopas](#)
2. 2:53.8 Team 3: Bill Westcott, Amir Banihashemi, Jennifer Murdock, Susan Hulley, Lucie Boudreau
3. 2:58.2 Team 2: Jim Lee, Kevin Graham, Norine Naguib, Bob Tipple
4. 3:01.1 Team 1: Daniella Jacques, Francois Jacques, Christiane Wilke, Mary Donaghy, Jean-Francois Jacques
5. 3:09.5 Team 4: Christian Cattan, Dave Bourdon, Robin Henderson, Bruce Brown

Congratulations to the **Aucoin/Boland** family who won the race of the families over the **Jacques** family ☺ !

Ask the Coach

Dear Coach: When I need to sign up for the Winter term to be sure to get a spot? On A Budget

Dear O.A. Budget: If you plan to swim at 6pm, you should sign up around October. (As soon as the waiting list starts, everyone rushes to sign up for Winter!) For the 7:30am group, likely around November. For the other groups, you can wait until December. Although you cannot sign up on-line, you can see how many spots are left in each group on-line at: <https://onlineca.activecommunities.com/CUAthletics/Activities/ActivitiesAdvSearch.asp>, click on "Aquatic Fitness".

Dear Coach: Can you recommend a weights program for swimmers? Need to Improve

Dear N.t. Improve: For most, a general weights program is sufficient. However, there are also swimming-specific weight programs available. I include some links below, and you can also pick up handouts on stretching and weights in Carleton's Fitness Centre. Keep in mind that adding weights to your routine will make you stronger, but will also make you more fatigued and you may find that your swimming suffers a bit, especially at first. The idea is that you stop lifting during your taper to feel more energetic.

Weight training program links:

- http://weighttraining.about.com/od/succeedingwithweights/a/strength_muscle.htm
- http://swimming.about.com/cs/drylandexercise/a/swim_weight.htm
- <http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1939&mid=9757&ItemId=5138>
- <http://www.brianmac.co.uk/swimming/swimstrength.htm>

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.**

I will include the list to date of 2014-2015 meets next time.

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 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 Aug 3rd to Sun Aug 10th FINA World Masters Championships, Montreal

As promised, this time we have a link to photos, thanks to **Sandy Lawson** (7:30am Earlybirds): [album](#), as well as some swimmer summaries and anecdotes:

From **Luz Osorio** (6pm Whitecaps):

My highlight would be a career 100 Fly long course PB!. My best time was 1:10.49 back in 2004 during the EOSA champs!

From **Carolyn Odecki** (6pm Whitecaps):

It was a fun and exciting week. I swam well and exceeded my entry times in most of my races, but I was frankly looking for a miracle swim and it never happened. I shouldn't feel bad, though, since there was no reason to expect more.

The best parts of the meet were meeting people from all over the world and chumming with my teammates. There were 97 countries represented, and listening to and watching all those different cultures was fascinating! I'm not sure who the oldest competitor was, but there were a few in their 90's.

Chumming with teammates Natalie, Margaret, Sandy, Robin, Ian, Dave, Harley and Jamie, and their various spouses and supporters was wonderful. It was even fun (sort of) to be mistaken for Nat's mother and her daughter Brigitte's grandmother (Waaaaaa!). The day the Carleton U swimmers did 8 relays together and that was the best part of the meet - encouraging, supporting, sharing nerves, it was all great.

From **Jamie Chalmers** (6pm Whitecaps / 7:10pm Whitecaps):

1. Having competed so many times at Montreal, I was a natural at getting around the site and served as a model Canadian to make my foreign competitors feel welcome. For example, I had no trouble finding the temporary pool. I just talked to a friend, Fred Zamon from Virginia. He led me directly to it!

2. I sat with our statsman, Christian Berger one afternoon. As you know, his knowledge of Canadian swimmers' statistics is encyclopaedic. As each heat came up, he would discuss the competitors and the history of their accomplishments. I talked to Christian about seeing my friend, Ken Hatch, age 87 from Ottawa. I saw Ken at the Tech meet last January. It was pitch black at 5:30 in the morning and about -25C. Ken said "Jamie, I'm not sure that I feel like swimming today." I said, "you're here now. Why don't you just put on your bathing suit?". I saw Ken later on the pool deck. He said, "Aw, Jamie, I'm not sure that I feel like getting into the water." I said, "Why don't just do a little warmup and see how you feel?" The next thing I know, he's racing. Each of his 4 swims that day put him first in Canada over 3 other competitors. I saw him at World's with his 3 silver medals for the 800 free, the 100 free and the 200 back. He was with his family and beaming! Christian bemoaned the fact that he didn't take videos of my 200 fly at Longueuil, May 31 last. He commented how loud the cheering was and how it kept getting louder the closer I got to the end. I got far too much sun sitting in the bleachers with Christian.

3. Ian Lorimer said that he had only done one other LC meet in his life. I replied that I knew. It was at the next subway stop. (Longueuil comes right after Parc Jean Drapeau on the subway.)

4. Pierre Cloutier did an excellent job of managing the competition. He worked nonstop to keep things running. He's a very pleasant man with whom to deal. He encourages everybody.

5. On Friday, August 8, I was sitting with Harley and Wendy Gifford at the Temporary Pool, waiting for Dave to do his 100 back. A guy standing in front of us was repeating in a booming voice, "Bruno, Bruno...". Then he stopped and it became very quiet. Harley called out in a much smaller, more cheerful voice but loud enough for everybody to hear, "Go Bruno." His sarcasm was not lost on the audience and everybody in earshot fell off her bench laughing.

6. I forgot to mention what great team mates I have. They are a lot of fun. Dave did a great job of making sure that our relays went well. Also, I timed everything perfectly. I got the flu just after I got home. (That's why I have been away for a week.) Also, my car accident happened just after I got back... much better than the other way about.

Sat Aug 16th Rideau Canoe Club Dragon Boat Festival

Congratulations to the **SportChicks** on finishing **3rd** overall in the women's division (behind two younger teams). Great result prior to Worlds in Italy. Full results here: <http://www.rideaucanoecub.ca/home/dragon-boat/rcc-dragon-boat-festival>.

Sun Aug 17th Woolly Bully Amherst Island 10k Run (42 participants)

Dragon boating all day Saturday wasn't enough for **Susan**, so she and her husband ran a 10k on Sunday! Full results here: www.runningbydesign.com.

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 19th overall, 4th woman, and 1st in category in 48:08

Jean-Denis Yelle (60-64): 36th overall, 21st man, and 1st in category in 1:03:57

Sun Aug 17th Ironman Mont Tremblant (2317 participants)

Congratulations to **Robert** on completing another Ironman just 3 weeks after Ironman Canada, and almost 1.5 hours faster – fantastic! Full results at: <http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=montremblant&y=2014#axzz3AfL1IzDq>.

Robert Fabes (7:30am Earlybirds; 50-54): 1497th overall, 1205th man, and 153rd in category in 13:43:21 (1:05:14 swim)

Sun Aug 24th Cornwall Olympic Distance Triathlon (144 participants)

Congratulations to **Christian** on improving over 5min from last year! Full results at: <http://www.sportstats.ca>.

Christian Cattan (7:30am Earlybirds; 30-39): 34th overall; 29th man, and 10th in age category in 2:32:00.4

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 30th**).

Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Fall is:

Mon and Fri 9:40-10:40am

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

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 2nd to Sat Dec 20th; no workouts Mon Oct 13th

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 5th to Fri Apr 10th; no workouts Mon Feb 16th, Fri Apr 3rd, Mon Apr 6th

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

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>