

Lynn Marshall

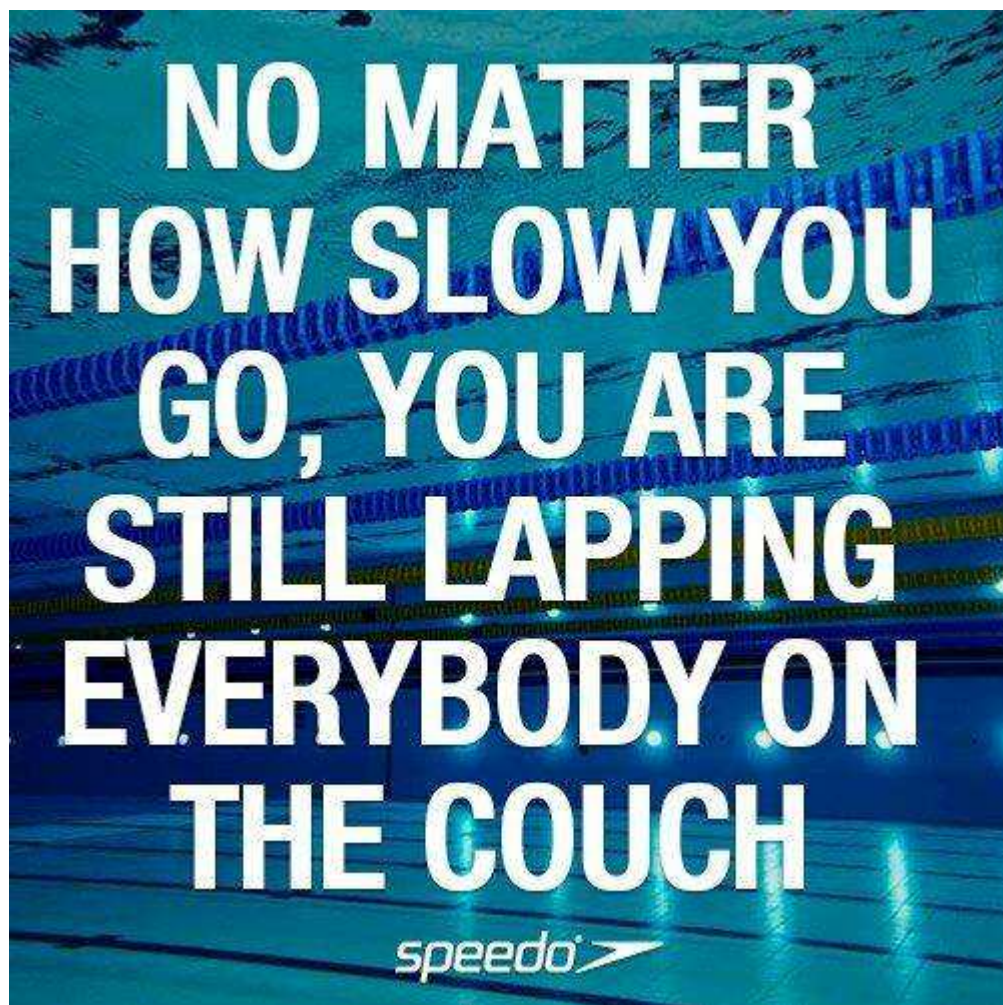
From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: September-24-14 7:09 PM
To: Fran Craig; Steve Baird; Alex Joubert; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #373

Carleton Masters Swimming Newsletter #373

Thursday, September 25th, 2014

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2014 and Alumni 7:30am Earlybirds I (43 addresses), 8:30am Earlybirds II (29 addresses), 6pm Whitecaps I (41 addresses), 7:10pm Whitecaps II (21 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (4 addresses), Masters "Alumni" (17 addresses); **plus those registered for Fall 2013, Winter 2014, Spring 2014, Summer 2014, and Alumni:** 7:30am Earlybirds I (10 addresses), 8:30am Earlybirds II (11 addresses), 6pm Whitecaps I (11 addresses), 7:10pm Whitecaps II (15 addresses), 8:10pm Whitecaps III (10 addresses), Saturday Only (8 addresses), Masters "Alumni" (21 addresses).



Masters Program Notes and Cancellations

- The Fall session is underway. It runs until **Sat Dec 20th**.

- The only cancellation is **Mon Oct 13th**.
- Update: The **Carleton Synchro Club** is now going to be practicing in the diving well **only on Mondays from 7:00-8:30am, until at least late November**. A lane rope will be used to separate them from our Masters lanes. I will do my best to ensure that their music isn't too loud when I am explaining the warm up, drills and main set.
- The 6pm and 7:30am groups are full for Fall. Wait lists are available. Please let me know if you are on a wait list!
- Details on the Fall and Winter programs can be found near the end of the newsletter.

Upcoming Public Swim Changes

Due to water polo tournaments, please note the following Carleton public swim changes. (The Sunday women's swims are not affected by this change.) The following swims will be shallow end only:

- Fri Sept 26th: 8:10-9:25pm; Sat Sept 27th: 2:00-4:30pm; Sun Sept 28th: 2:00-4:00pm
- Fri Oct 3rd: 8:10-9:25pm; Sat Oct 4th: 2:00-4:30pm; Sun Oct 5th: 2:00-4:00pm

Masters Swimming Ontario Registration for 2014-2015

For those interested in competing in Masters swim meets, the details (i.e. cost) for registration for the upcoming season will be announced in the next newsletter.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Veronica Asgary-Eden** (6pm Whitecaps) and her husband, **Andrew Eden**, on the arrival of their first child, **Hendrik Adrien Eden** on **Thu Sept 18th** at 1:50am, weighing in at 6lb 10oz. Veronica reports that Hendrik did not enjoy his first bath and that she hopes this is not an indication of his enjoyment of swimming in the future!

- Best wishes to **Andrea Mrozek** (6pm Whitecaps) for her relocation to the Washington, D.C. area for the next five months. We look forward to seeing her in the Spring!

- Good luck to **Jamie Chalmers** (7:30am Earlybirds) for his second cataract surgery on Friday. He will be back in the pool in about four weeks.

- **Fouad Hejazi** (x-7:30am Earlybirds) will be defending his Masters thesis in December. He did take a bit of time off during the summer and participated in a team triathlon in Guelph. To make it more challenging, the 750m swim was followed by a 100m uphill run!

- **Charles McFarland** (x-7:30am Earlybirds) is participating in the Terry Fox Run to raise money for cancer research. His donation page is [here](#).

- 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/>. The AGM will be held in Toronto at **9:30am Sun Nov 16th**. Details [here](#).

- **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:

- Fifteen Swimmer Stereotypes – Which One is You?: <http://swimswam.com/15-swimmer-stereotypes-fit/>
- Smart Goggles Developed by x-U of Waterloo Varsity Swimmer: <http://www.therecord.com/news-story/4859344-uw-s-velocity-foundry-forges-new-future-for-hardware-startups/>
- Freestyle Flip Turn – Mastering the Approach: <http://swimswam.com/freestyle-flip-turn-mastering-approach/>
- Olympic bronze medallist **Brent Hayden** will be one of the participants on the television program Canada's Smartest Person <http://swimswam.com/brent-hayden-compete-title-canadas-smartest-person/>
- US Swimmer **Katie Ledecky** is a Stud: <http://grantland.com/the-triangle/katie-ledecky-athlete-best-swimmer/>
- Five-Time US Olympian **Dara Torres** on Being a Role Model for Kids and Adults: <http://wuum.com/post/five-time-olympian-dara-torres-being-role-model-kids-and-adults>
- **Sheila Kealey's** Latest: <http://www.sheilakealey.com/2014/09/12/week-food-health-fitness-21/>,
<http://www.sheilakealey.com/2014/09/19/week-food-health-fitness-22/>

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.

Thanks to **Sean** for coaching for me on **Fri Sept 12th**, and for coaching for **Alex** on **Sat Sept 13th**.

I will be coaching for **Sean** on **Sat Sept 27th**, and on **Tue Oct 14th**. **Mits** will coach for **Sean** on **Mon Oct 20th**.

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>.

Congratulations to **Christiane Wilke** (7:30am Earlybirds) on having the lowest backstroke distance per stroke (dps) among the Earlybirds on Fri Sept 19th, with just 4 strokes for 25m. **Norine Naguib** (7:30am Earlybirds) and **Brad Shapansky** (7:30am Earlybirds) were close, with 5 strokes.

Here is the weekday attendance to date. Please let me know of any errors! Those with the best attendance will be recognized with certificates.

6pm Whitecaps: Sept 2-23rd (10 workouts): range 20-33; avg.: 26.6
Perfect Attendance: **Cam D, Dave G, Deb L, Don W, Joanne D**

7:10pm Whitecaps: Sept 2-23rd (10 workouts): range 8-16; avg.: 12.2
Perfect Attendance: **Joanie C**

8:10pm Whitecaps: Sept 2-23rd (7 workouts): range 6-13; avg.: 9.3
Perfect Attendance: **Lynn B, Manuel L**

7:30am Earlybirds: Sept 3-24th (10 workouts): range 23-33; avg.: 26.6
Perfect Attendance: **Bruce B, Christiane W, Harley G, Jamie C, Jeremy C, Mike M, Zoe P**

8:30am Earlybirds: Sept 3-24th (10 workouts): range 14-25; avg.: 19.1
Perfect Attendance: **Alan H, Penny E**

Ask the Coach

Dear Coach: I have trouble judging the distance from the wall when doing a flip turn when keeping my head down. Any suggestions? Swimmer with Bruised Heels

Dear S.w.B. Heels: Ideally you want to look at the bottom of the pool, or the corner of the wall (or bottom edge of the bulkhead) when deciding when to turn. Most pools have a "cross" on the line on the bottom that helps you judge distance (though the cross isn't always the same distance from the wall). It's generally practice makes perfect, but better to err on the side of slightly too far vs. slightly too close.

Dear Coach: When we did the breaststroke drills, you had us glide for 3 seconds. How long should we glide when we're not doing drills? Steamboat Counting Swimmer

Dear S.C. Swimmer: The amount of glide varies depending on the swimmer and the distance being swum / raced. In general, the better your breaststroke kick, the more propulsion you will get, so the longer you should glide. Also, swimmers tend to glide less on shorter distances (i.e. 50m) compared to longer distances (i.e. 200m).

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 all of 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). 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 2014-2015. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". 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.**

Sun Oct 12th Bermuda Open Water Swims <http://www.mastersswimmingontario.ca/24th-annual-bermuda-round-the-sound-swims/>

Sat Oct 25th Brossard Masters Meet, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=16702>

Oct 29th – Nov 2nd Barbados Masters Meet and Open Water Festival <http://www.mastersswimmingontario.ca/barbados-open-water-festival-2014/>

Sun Nov 9th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-november-9-2014/>
Nov 13-16th Eighth Annual International Invitational Masters Meet, Dominican Republic pablomota82@gmail.com.
Sun Nov 16th Etobicoke Masters Meet <http://www.mastersswimmingontario.ca/events/eomac-semi-serious/>
Sat Nov 22nd Swim Ottawa Meet, Brewer Pool <http://www.mastersswimmingontario.ca/events/willy-lee-invitational/>
Sat-Sun Nov 22-23rd Coupe de Quebec LC, Montreal (TBC)
Sat Nov 29th Clarington Masters Meet (TBC)
Sat Dec 6th Montreal Nord Masters Meet (TBC)
Sun Dec 7th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-december-7-2014/>
Sat-Sun Dec 6-7th Ste-Foy Masters Meet (TBC)
Sun Dec 7th North York Pentathlon (TBC)
Sun Jan 18th Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-40th-annual-scy-swim-meet/>
Sat Jan 24th Pointe Claire Masters Meet (TBC)
Sun Feb 1st Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-1-2015/>
Sat-Sun Feb 7-8th Quebec City LC Masters Meet (details TBD)
Sun Feb 8th Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2015/>
Sat Feb 21st Nepean LC Masters Meet <http://www.mastersswimmingontario.ca/events/winterlude-2015/>
Sat-Sun Feb 14-15th La Salle Masters Meet, Montreal (TBC)
Sun Mar 1st Cote St-Luc, Montreal (details TBD)
Sun Mar 1st Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-1-2015/>
Sun Mar 1st (or Mar 8th) Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-spring-invitational-swim-meet/>
Sat Mar 14th Dollard-des-Ormeaux, Montreal (TBC)
Thu-Sat Apr 2-4th (or Apr 3-5th) Ontario Provincials, Etobicoke <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championship-2015/>
Fri-Sun Apr 17-19th Quebec Provincials, Quebec City (details TBD)
Sun Apr 19th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational/>
Sat Apr 25th All Out Swim LC, Toronto (TBC)
Fri-Mon May 15-18th Nationals (TBC)
Sat Jun 6th Longueuil LC, Montreal (details TBD)

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

Sun Sept 21st Army Half-Marathon (12044 participants)

Congratulations to **Mike** and **Gi** on their races. It was raining so hard near the end that Gi says that he swam part of the way ☺! Full results here: <http://www.sportstats.ca/displayResults.xhtml?racecode=107109>.

Michael Lau (6pm Whitecaps; 50-54): 71st overall; 70th man, and 4th in age group in 1:25:58.6
Gi Wu (6pm Whitecaps; 30-34): 2629th overall; 1943rd man, and 301st in age group in 2:02:09.6

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

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