

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** December-16-14 12:10 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 #379

## Carleton Masters Swimming Newsletter #379

Tuesday, December 16<sup>th</sup>, 2014

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

**Bcc:** Those registered for Fall 2014 and Alumni 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (34 addresses), 6pm Whitecaps I (41 addresses), 7:10pm Whitecaps II (23 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (4 addresses), Masters "Alumni" (28 addresses)



Thanks to **Marie-Odile Junker** (8:30am Earlybirds) for sending this. She is trying to make us feel less jealous about her trip to Australia (it's not working!).

### Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 20<sup>th</sup>**.
- The Winter session starts on **Mon Jan 5<sup>th</sup>**.
- The 6pm and 7:30am groups are getting close to full for Winter. Register soon to avoid disappointment!
  - Winter 7:30am Group: **6** spots left
  - Winter 6pm Group: **9** spots left
- There will be a slight change to the evening coaching for the Winter term. **Mits** will coach all three groups on Tuesday (instead of Thursday), and **Sean** will coach the 6pm group, and **Alex** the 7:10 and 8:10pm groups on Thursday (instead of Tuesday). This is because **Alex** will be attending Algonquin College and has a Tuesday evening lab.
- We **will** run some interim workouts during the two weeks between the Fall and Winter terms. Please see details below, and if you are able to attend, please do so!
- Full details on the Winter programs can be found near the end of the newsletter.

## Interim Workouts

The sign-up is close to where we need it to be to break even on these workouts – many thanks to those who have signed up so far – so we will go ahead with the following:

**Mon Dec 22<sup>nd</sup> 6:00-7:15pm: Coach: Sean; Theme: mid-dist IM**

**Tue Dec 23<sup>rd</sup> 6:00-7:15pm: Coach: Alex; Theme: long dist fs**

**Sat Dec 27<sup>th</sup> noon-1:15pm: Coach: Lynn; Theme: short dist ch/fs**

**Mon Dec 29<sup>th</sup> 6:00-7:15pm: Coach: Lynn; Theme: long dist ch**

**Tue Dec 30<sup>th</sup> 6:00-7:15pm: Coach: Alex; Theme: mid-dist fs**

**Sat Jan 3<sup>rd</sup> noon-1:15pm: Coach: Lynn; Theme: short dist IM/ch**

The coaches and themes can also be found on the Google doc sign-up page here: <http://tinyurl.com/kzavp3r>. Please sign up if you can attend some of these and haven't already done so.

The workouts are available to all Carleton Masters swimmers with a current membership at a cost of **\$4.85** per workout. (Note that a morning-only membership is valid for the evening swims as they are all on "reduced hours" days.) Carleton Masters swimmers may also bring a guest to each workout, again at a cost of **\$4.85**.

**Payment Instructions:** Please pay for a **public swim** (as it costs \$4.85) at the Welcome Centre (where you swipe your card), and get a **receipt** (not a hand stamp!). Write your name on the back of the receipt and give it to the coach on deck **before** your swim.

## Carleton Athletics Holiday Hours

A full list of the pool and fitness centre hours, as well as a sauna update, can be found here:

<http://athletics.carleton.ca/2014/holiday-hours-closures/>.

## Swimmer Notes

### Swimmer Updates:

- Congratulations to **Lara Thorpe** (7:10pm Whitecaps) and her partner, **Jean-Philippe Lacasse**, on the arrival of their daughter, **Elianna Rose Lacasse**, on Wed Nov 19<sup>th</sup> at 5:25am, weighing 6 pounds, 10 ounces. The family is all doing great!

- On **Sat Dec 13<sup>th</sup>**, **Mark Blenkinsop** (8:30am Earlybirds) and I completed over 100 x 100m freestyle on 1:30. Both of us are raising funds for cancer. **Mark** is taking cash donations, and I'm raising money in memory of my friend and rival Masters swimmer, **Jeanne Carlsen** on-line: <http://albertacancer.ca/jeanneteamlynn>. Check out some photos (courtesy of Coach **Alex**) here: <http://tinyurl.com/km5xvuq>. More Carleton swimmers, including **Sandy Lawson**, **Francois Jacques**, **Robert Fabes**, **Kevin Graham**, and **Lee Storm** will be doing this "Century" swim on **Sat Jan 3<sup>rd</sup> at 9:30am**.

- Great to see **Madelayne DeGrace** (7:30am Earlybirds) back in the pool on **Mon Dec 15<sup>th</sup>**! She and husband **Kyle** brought 6-week old **Jeremy** to the pool so that we could meet him. He's going to be a great swimmer as he has large hands and feet!

- Congratulations to **Madelayne's** father, **Michel DeGrace**, who received an award at the **Sun Dec 7<sup>th</sup>** Technosport meet for 20 years of volunteer officiating!

- Speaking of Swim Officials, here's information on the **New Breaststroke Pull-Out Rule**: Please note that the breaststroke rules have been changed (again) to allow the dolphin kick to take place anywhere during the underwater phase of the push off. It no longer has to be during the underwater pull. Note that the rule still states that just one fly kick is permitted. Here is an article on the change: <http://swimswam.com/fina-announces-another-rules-change-breaststroke-pullouts/>.

- Thanks to **Lisa Meyer** (8:30am Earlybirds) for bringing chocolates to the 8:30am group on **Mon Dec 15<sup>th</sup>**.

- Congratulations to **Dave Bourdon** (7:30am Earlybirds) who recently returned from a 3-week honeymoon spent cruising the South Pacific Islands. We look forward to hearing all about it!

- Best wishes to **Carolyn Odecki** (Whitecaps) for a quick recovery from a broken shoulder sustained falling off a ladder. She did not have to have surgery, but is off work for 2 months, and likely out of the pool a bit longer than that.

- Get well soon also to **Kim Kennedy** (x-Whitecaps) who slipped on some ice and broke three bones in her wrist.

- Finally (I hope these are the last broken bones!), all the best to **Brigitte Boland, Natalie Aucoin** (8:30am Earlybirds)'s daughter who fell down the stairs and broke her thumb, wrist and elbow. **Brigitte** swims with the GO Kingfish and will be out of the pool for about six weeks.

- Here's an update on **Christine Larkin** (x-7:10pm Whitecaps)'s son, **Liam Elder**, who has leukemia, from their blog: Liam is currently at Sick Kids in Toronto where he had hoped to be moving towards transplant; however, other medical issues have come up and requiring immediate attention from his medical team. He is at Sick Kids where he is getting the best care possible but where he remains very, very unwell.

Since Liam's relapse, he has fought Mucormycosis, a deadly fungal infection, which was ravaging his body and required multiple surgeries and will require further reconstructive surgeries in the future. He has recently tested positive again for Mucormycosis and his Toronto team of doctors are working on an action plan for him. This amazing little boy has been fighting the biggest fight of his little life and continues to show strength and courage through the many challenges he has faced in this short period of time.

Christine and Peter spend every moment they can with him but in order to do so, they need our help. They will be living away from home for the foreseeable future and must pay for their extra living expenses, childcare for younger brother Ben, and extra travel. We know many of you are eager to help.

PLEASE DONATE TODAY AND HELP THE ELDERS AS THEY FIGHT TO SAVE THEIR BOY! Share this with your networks, and help bring awareness and support to this family. If you have already donated, thank you so much for your support.

Donations can be made via their crowd-funding page on Fundrazr: <http://fnd.us/c/4uKne/sh/14GKI6>.

You may also send an email money transfer to [friendsofliam@bell.net](mailto:friendsofliam@bell.net).

If you prefer not to transact online, the family has opened a bank account at TD Canada Trust and donations can be made to the Friends of Liam account, care of Christine Harkin.

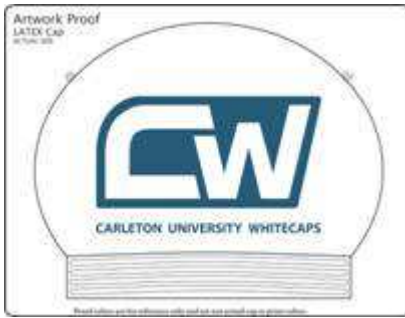
- The GO Kingfish are hosting a screening of the documentary "Touch the Wall" the story of US swimmers **Missy Franklin** and **Kara Lynn Joyce** leading up to the 2012 London Olympics. You can watch a trailer here: <https://www.youtube.com/watch?v=eGAXCG0pZIE>. The screening is **7pm Fri Jan 9<sup>th</sup>** at the University of Ottawa's Alumni Theatre. Tickets are \$12 and can be purchased here: <https://www.eventbrite.ca/e/touch-the-wall-documentary-film-presented-by-go-kingfish-swim-club-tickets-14805155619>. Thanks to **Natalie Aucoin** (8:30am Earlybirds) for sending this information.

- Another swimming related screening and can you believe it's on the same date at almost exactly the same time?! "Ia te Onkwehonwe: Blood, Identity and Belonging" (Club Native: How Thick is Your Blood). This documentary examines the present-day reality of Aboriginal identity, with moving stories from a range of people from Kahnawake. It will be followed by a discussion led by three guest speakers, including **Waneek Horn-Miller** a Carleton graduate who played Water Polo and swam on the Varsity team, and also went to the Olympics for Water Polo. The screening is **6pm Fri Jan 9<sup>th</sup>** in Carleton's River Building room 2200, and the discussion will be at **8pm** in 228 Paterson Hall. More information and a trailer can be found here: <http://www.carleton.ca/aboriginal/cu-events/ia-te-onkwehonwe-blood-identity-belonging/>.

- **Freezin' for a Reason:** On **Sat Feb 21<sup>st</sup>**, Ottawa's First Annual Polar Bear Plunge will be held at TD Place. This is a Special Olympics fundraiser and Special Olympics Athlete Ambassador and Gold Medalist, **Melanie Heroux** (8:30am Earlybirds) is participating. Read about the fundraiser here: <http://athletics.carleton.ca/2014/freezin-reason/>, and you can sponsor **Melanie** here: <https://secure.e2rm.com/registrant/FundraisingPage.aspx?registrationID=2656016&langPref=en-CA>.

- **Masters Pull Buoys:** You may have noticed that some of our pull buoys are not staying together very well as the bands that hold them together are stretched. Aquam has discontinued our pull buoys and no longer sells replacement bands, so my seamstress sister, **Karina**, is going to be making some new polyester bands. We should have those by January. In the meantime, your patience is appreciated!

- **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:

- An Owl Swimming Butterfly (thanks to **Tony P** [x-Whitecaps] for this link): <https://ca.screen.yahoo.com/wildlife/owl-does-butterfly-stroke-lake-230738873.html>
- 12 Things Swimmers Hate: <http://swimswam.com/12-things-swimmers-hate/>
- One Minute Video: Ode to the Life Aquatic: <http://swimswam.com/say-youre-swimmer-ode-life-aquatic/>
- Five Tips to Stay Fit During the Holidays: <http://athletics.carleton.ca/2014/5-tips-staying-fit-holidays/>
- Nine Tips for the Holiday Season [Ed. Note: A trend?]: [http://running.competitor.com/2014/11/training/9-stay-fit-tips-holiday-season\\_118839](http://running.competitor.com/2014/11/training/9-stay-fit-tips-holiday-season_118839)
- Inspirational #1: This 77-Year-Old Power Lifting Grandma Can Lift More than You: <https://www.youtube.com/watch?v=0zjhSIJN-Qw#t=20>
- Inspirational #2: Basketball Team Breaks 84 Game Losing Streak in 2OT with just 3 Players Left: <http://bleacherreport.com/articles/2298048-hs-girls-basketball-team-breaks-84-game-skid-with-3-eligible-players-on-court>
- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2014/12/05/week-food-health-fitness-33/>, <http://www.sheilakealey.com/2014/12/12/week-food-health-fitness-34/>

**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.

### Fin Days:

Tue Oct 28<sup>th</sup> / Wed Oct 29<sup>th</sup>

Thu Nov 27<sup>th</sup> / Fri Nov 28<sup>th</sup>

### Time Trials:

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

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

Mon Nov 3<sup>rd</sup>: 200 choice

Tue Nov 18<sup>th</sup> / Wed Nov 19<sup>th</sup>: 800 / 1500fs

Tue Dec 2<sup>nd</sup> / Wed Dec 3<sup>rd</sup>: 100 choice

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

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

Apologies to the **Earlybirds** swimmers who look at the workouts I send by e-mail as I accidentally swapped the workouts (but not the themes) on **Fri Dec 5<sup>th</sup>** and **Mon Dec 8<sup>th</sup>**.

Thanks to **Alex** for coaching for **Mits** on **Thu Dec 11<sup>th</sup>**. **Mits** is finally starting to feel better now! Note that the **Thu Dec 11<sup>th</sup> 6pm** workout was moved to the **shallow** end to allow the ROCS kids to use the bubbles in the deep end without disrupting our workout.

**Lynn** coached for **Sean** on **Mon Dec 15<sup>th</sup>**, as **Sean** had his office party that evening.

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-Dec 15<sup>th</sup> (44 workouts): range 15-33; avg.: 23.3

Perfect Attendance: **Deb L**

Missed 4 Workouts: **Cam D, Don W, Joanne D, Nicole D, Peter L**

**7:10pm Whitecaps:** Sept 2-Dec 15<sup>th</sup> (44 workouts): range 7-18; avg.: 13.0

Missed 2 Workouts: **Joanie C**

**8:10pm Whitecaps:** Sept 2-Dec 15<sup>th</sup> (30 workouts): range 4-13; avg.: 8.2

Missed 3 Workouts: **Manuel L**

Missed 4 Workouts: **Lynn B**

**7:30am Earlybirds:** Sept 3-Dec 15<sup>th</sup> (44 workouts): range 18-34; avg.: 25.8

Perfect Attendance: **Bruce B, Mike M**

Missed 1 Workout: **Harley G**

Missed 3 Workouts: **Jennifer M**

**8:30am Earlybirds:** Sept 3-Dec 15<sup>th</sup> (44 workouts): range 13-26; avg.: 20.4

Missed 2 Workouts: **Amir B, Penny E**

Missed 3 Workouts: **Mark B**

## Ask the Coach

First, a couple of follow-ups to previous questions:

A common question is how to hold your hands when swimming. Here's an interesting article that looks at studies on this topic. Turns out that 3 to 7mm between your fingers is best: <http://coachrickswimming.com/2014/11/22/open-or-closed-fingers-a-review/>.

And here's an interesting article related to recent questions about sore shoulders:

<http://www.mastersathlete.com.au/2014/12/shoulder-pain-what-are-the-risk-factors-in-masters-swimmers/>.

**Dear Coach:** In freestyle, should I enter the water thumb first, or pinkie first? Improving My Technique

Dear I.M. Technique: Ideally you want to enter with your palm flat, so neither thumb or pinkie first. Most people tend to enter thumb first which may lead to a narrow stroke or cross over as the hand tends to follow the thumb towards the midline. I will sometimes ask swimmers to enter with their pinkie in this case, but that generally leads to a flat hand entry, not pinkie first. If you enter with the pinkie first, it can lead to a pull that is too wide and that might cause shoulder issues.

**Dear Coach:** How can I get my shoulders out of the water on fly? Struggling Butterfly

Dear S. Butterfly: Fly is not an easy stroke, and our technique tends to degrade faster on fly than on other strokes. The key to getting the arms and shoulders out of the water is to use the momentum from your underwater finish to help. As we get tired, our strokes tend to shorten, and as the stroke gets shorter the finish becomes less powerful (or even non-existent), so focus on a long stroke with power at the back of the stroke, and it should aid the arm recovery.

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2014-2015 is now open and cost is \$38. 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 Jan 18<sup>th</sup> U of T Masters Meet <http://www.mastersswimmingontario.ca/events/u-of-t-january-18/>  
Sun Jan 18<sup>th</sup> Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-40th-annual-scy-swim-meet/>  
Sat Jan 24<sup>th</sup> Pointe Claire Masters Meet (TBC)  
Sun Feb 1<sup>st</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-1-2015/>  
Sat-Sun Feb 7-8<sup>th</sup> Quebec City LC Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=16699>  
Sun Feb 8<sup>th</sup> Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2015/>  
Sat-Sun Feb 14-15<sup>th</sup> La Salle Masters Meet, Montreal (TBC – I don't think this meet is happening in 2015)  
Sat Feb 21<sup>st</sup> Nepean LC Masters Meet <http://www.mastersswimmingontario.ca/events/winterlude-2015/>  
Sat Feb 28<sup>th</sup> or Sun Mar 1<sup>st</sup> Cote St-Luc, Montreal (details TBD)  
Sun Mar 1<sup>st</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-1-2015/>  
Sun Mar 1<sup>st</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-spring-invitational-swim-meet/>  
Sat Mar 14<sup>th</sup> Dollard-des-Ormeaux, Montreal (details TBD)  
Sun Mar 22<sup>nd</sup> Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-regrets-clarington-masters-invitational-swim-meet-march-22/>  
Thu-Sat Apr 2-4<sup>th</sup> (or Apr 3-5<sup>th</sup>) Ontario Provincials, Etobicoke <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championship-2015/>  
Fri-Sun Apr 17-19<sup>th</sup> Quebec Provincials, Quebec City <https://registration.swimming.ca/MeetInfo.aspx?meetid=16436>  
Sun Apr 19<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational/>  
Sat Apr 25<sup>th</sup> All Out Swim LC, Toronto (TBC)  
Sun Apr 26<sup>th</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/wp-content/uploads/2014/12/Thornhill-April-26-2015.pdf>  
Fri-Mon May 15-18<sup>th</sup> Nationals, Montreal (details TBD)  
Sat Jun 6<sup>th</sup> Longueuil LC, Montreal (details TBD)

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

### Sat Dec 6<sup>th</sup> Montreal Nord Masters Meet

Five Carleton swimmers attended and fun was had by all. The women (**Dawn, Claire, Natalie, and Sandy**) were a bit late and missed warm up, which led to some difficulties in their first event, the 4x100 medley relay. Despite that, they set a club record! Congratulations to you all on your good swims – lots of PBs! Kudos to **Jamie** for swimming in both meets!! The full results can be found here: <https://www.swimming.ca/meetreport.aspx?mid=16978>, and the updated club records here: <http://carletonmasters.tripod.com/141207.Records.pdf>. Here's the summary of the Carleton swimmers: **Natalie Aucoin** (40-44 [35-49 25fs]; 8:30am Earlybirds): 1<sup>st</sup> 50fs (34.13), 2<sup>nd</sup> 200fs (2:49.93); 4<sup>th</sup> 25fs (14.71 final PB; 15.03 heat)  
**Claire Robinson** (45-49 [35-49 25fs]; x-Earlybirds): 2<sup>nd</sup> 50fs (33.45 PB), 100fs (1:14.68 PB); 8<sup>th</sup> 25fs (15.80 PB)

**Sandy Lawson** (45-49 [35-49 25fs]; 7:30am Earlybirds): **1<sup>st</sup>** 400fs (6:01.56 PB), 100bk (1:38.08 PB); **5<sup>th</sup>** 50br (52.92 PB); **9<sup>th</sup>** 25fs (16.44 PB)

**Dawn Walsh** (50-54 [50+ 25fs]; 8:30am Earlybirds): **1<sup>st</sup>** 200fs (3:08.49), 800fs (14:01.51 PB); **2<sup>nd</sup>** 50fl (43.25); **3<sup>rd</sup>** 25fs (16.24 final PB; 16.87 heat)

**Jamie Chalmers** (70-74 [50+ 25fs]; 7:30am Earlybirds): **1<sup>st</sup>** 50fs (37.14), 200fs (3:46.39), 1500fs (35:50.85); **2<sup>nd</sup>** 50bk (49.89), 100bk (1:51.63); **8<sup>th</sup>** 25fs (16.44)

**200FR** (Sandy [37.80], Dawn [35.94 PB], Claire [32.81 PB], Natalie [33.12]): **2<sup>nd</sup>** (2:19.67)

**400MR** (Dawn [1:42.47], Claire [1:36.10 PB], Natalie [1:22.23], Sandy [1:22.58]): **2<sup>nd</sup>** (6:03.38; Club Record)

## Sun Dec 7<sup>th</sup> Technosport Masters Meet

Three Carleton swimmers participated, including Jamie who did the weekend “double”! The best swim was Harley’s 50fs – he finally broke Ian Lorimer (7:30am Earlybirds)’s record (by 0.03!). The full results are here:

<http://mymsc.ca/ShowMeet.jsp?id=724>, and the club records here:

<http://carletonmasters.tripod.com/141207.Records.pdf>. Here are the Carleton times:

**Jamie Chalmers** (70-74; 7:30am Earlybirds): **1<sup>st</sup>** 50bk (51.41); **2<sup>nd</sup>** 50br (1:01.46), **3<sup>rd</sup>** 50fs (40.27), 50fl (56.84); **4<sup>th</sup>** 100fs (1:32.75)

**Harley Gifford** (55-59; 7:30am Earlybirds): **1<sup>st</sup>** 50fs (32.15 Club Record), 100fs (1:13.68), 50bk (38.12)

**Lynn Marshall** (50-54; Coach): **1<sup>st</sup>** 50fs (29.95), 100fs (1:05.13), 200fs (2:17.31), 100bk (1:16.03), 100br (1:29.90), 200IM (2:38.78)

## Sun Dec 14<sup>th</sup> Ottawa Triathlon Club (OTC) Fun Swim Meet

**Aaron** participated in this meet, and improved in 3 out of 4 events – well done! Results will soon be posted here:

[http://www.ottawatriathlonclub.com/index.php?option=com\\_content&view=article&id=205:jan-29-swim-meet&catid=54:events-2014&Itemid=101](http://www.ottawatriathlonclub.com/index.php?option=com_content&view=article&id=205:jan-29-swim-meet&catid=54:events-2014&Itemid=101). Here’s how he did:

**Aaron Holtzman** (8:30am Earlybirds): 50fs (42 PB), 100fs (1:37), 200fs (3:42 PB), 100IM (1:49 PB)

## 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 **Dec 12<sup>th</sup>**).

## Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Winter is:

Mon and Fri: 9:40-10:40am

Some evenings will likely be available during Reading Week and December exams.

### 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

### 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 Winter. Pro-rated prices are available, space permitting, after about a month of each term. The information below is also on the web site:

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

**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/Thu: **Sean**; Tue: **Mits**; barcode 8649; cost \$140+HST

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



**8:10pm Whitecaps 3:** 8:10-9:10pm TuTh (shallow): Coaches: Tue: **Mits**; Thu: **Alex**; 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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca) (or for quicker response: [lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca))  
Club website: <http://carletonmasters.tripod.com>