

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, April 24, 2020 4:19 PM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'  
**Subject:** Carleton Masters Swimming Newsletter #523

## Carleton Masters Swimming Newsletter #523

Friday, April 24<sup>th</sup>, 2020

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those registered for Fall 2019, Winter 2020, and Alumni: 7:30am Earlybirds I (45 addresses), 8:30am Earlybirds II (32 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (28 addresses), Saturday Only (3 addresses), Alumni (39 addresses).

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles." – Christopher Reeve

### Masters Swimming Program Notes

- Carleton Athletics is closed and all swim programs officially cancelled until **June 30<sup>th</sup>**.
  - I will continue to send newsletters bi-weekly. Please keep sending me your news and links!

### Swimmer Notes

#### Swimmer Updates:

- Congratulations to **Don Wells** (6pm Whitecaps) on his retirement after about thirty years of working for Nokia (previously Alcatel and Newbridge) in Kanata.

- **Penny Estabrooks** (8:30am Earlybirds) had toe surgery on Fri Feb 21<sup>st</sup> and had the pin removed on April 2<sup>nd</sup>. On April 16<sup>th</sup>, she managed a 5km walk. Great job, **Penny!**

#### Innovative Ways to "Swim":

- High School in Kentucky Creates "Swimming" Video: <https://swimswam.com/kentucky-state-champion-creates-fun-quarantine-video-with-important-message>

- Swimming in the Fish Tank: <https://www.youtube.com/watch?v=pQoAu3xaER8>

- Canadian, **Maggie MacNeil**, Swims Outdoors: [https://twitter.com/mags\\_swims26/status/1250502524764905485](https://twitter.com/mags_swims26/status/1250502524764905485)

#### "Fun" Links:

- Quarantine Home Workout Fails [Ed. Note: Seriously, be careful!]: <https://www.youtube.com/watch?v=ZYhjSXliRQg>

- "Aquatic Life" at the Airport: <https://twitter.com/reesewaters/status/1250815749721141250>

- Artistic Swimming (Synchro) at Home: <https://twitter.com/olympicchannel/status/1252208514153537542>

- Surfing at Home: <https://www.cnn.com/videos/us/2020/04/17/stop-motion-surfing-apartment-ns-org.cnn/video/playlists/atv-trending-videos/>

#### Workout Ideas (Instead of Swimming):

- Carleton is Now Offering Free Live and On-Demand Fitness Workouts: <https://athletics.carleton.ca/fitness/group-fitness/>

- **Sheila Kealey** (8:30am Earlybirds) is posting workout ideas on her web page: <http://www.sheilakealey.com/>

- Simple At Home Workouts, No Props Required: <https://darebee.com/>

- At Home Quarantine Training: <https://swimswam.com/training/at-home-quarantine-training/>

- One Exercise for Total Shoulder Health: <https://www.t-nation.com/training/one-exercise-for-total-shoulder-health>

#### Swimming and Training Education:

- Swimming Canada COVID-19 Resource Hub: <https://www.swimming.ca/en/resource-hub/>
- FINA: Learning With Dr. G: Four Forty-Five Minute Videos on Dryland Training: <https://learning.fina.org/live/>
- Getting Back Pain While Working From Home? An Ergonomics Expert Offers Advice: <https://time.com/5821252/back-pain-work-from-home-tips/>
- Understanding Shoulder Pain and How to Fix It: <https://www.youtube.com/watch?v=B4UYaumLy90>

### News and Other Links:

- Etobicoke Head Coach, **Kevin Thorburn**, Dies at Age 63: <https://swimswam.com/etobicoke-head-coach-kevin-thorburn-dies-at-63/>
- 1976 US Olympian, **Bruce Furniss**, Home from Hospital after Heart Attack: <https://www.swimmingworldmagazine.com/news/olympian-bruce-furniss-home-from-hospital-full-of-energy-after-heart-attack/>
- **Alex Baumann** Swims 200IM at the 1984 Olympics, with Interview by Open Water Swimmer **Diana Nyad**: <https://www.youtube.com/watch?v=ffjaMlxuNlw>
- Pro League Offers Swimmers a Financial Lift During Tokyo Olympics Delay: <https://www.washingtonpost.com/sports/2020/04/03/pro-league-offers-swimmers-financial-lift-during-tokyo-olympics-delay/>
- Move It or Lose It [thanks to Sheila Kealey (8:30am Earlybirds)]: <https://brighterworld.mcmaster.ca/articles/move-it-or-lose-it-sitting-around-while-avoiding-covid-19-creates-other-health-risks-warns-exercise-researcher/>
- Three Movies All Swimmers Should Watch: <https://www.swimmingworldmagazine.com/news/3-movies-swimmers-watch-meet/>
- What I Miss Most Is Swimming [Ed. Note: I second that ☺ !]: <https://www.nytimes.com/2020/04/10/opinion/sunday/swimming-covid.html>
- Twenty Reasons for Swimmers to Eat Chocolate [Ed. Note: Yes!!!]: <https://www.swimmingworldmagazine.com/news/20-reasons-for-swimmers-to-eat-chocolate/>
- Hamilton Man Celebrates 105<sup>th</sup> Birthday During Pandemic: <https://www.cbc.ca/news/canada/hamilton/this-ontario-veteran-couldn-t-celebrate-his-105th-birthday-so-he-got-a-parade-instead-1.5533176>

## Masters Swimming Competitions

This season (September 2019 to August 2020), you have many options for registration for competitions:

1. You can register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times will be accepted by Christian Berger (for his Top 20 rankings) but will not be recognized by Swim Canada, MSC, or FINA (e.g. for World Records). This costs **\$15** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>. This registration can be done quite quickly, so it doesn't have to be done very far in advance of the competition you are interested in. (You can also pay a \$6 registration fee for each MSO-sanctioned competition that you enter, but then you would **not** be swimming for Carleton Masters.)
2. If you wish to compete outside Ontario, or in Ontario SO-sanctioned meets, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$50** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>. Registration several weeks in advance of the meet deadline is required, as you will not be eligible to compete until your registration has been processed by SO. Notice the price has been reduced by \$15 this year!
3. You can register with both MSO and SO. This costs **\$60** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>.
4. You can also register with MSC. This costs \$30. It's not yet clear what this gets you beyond a few discounts and the ability to use their Million Meter recording page. It will likely be required to swim at the MSC Nationals.

Note that the Carleton Masters club code is CARMA.

For all of the above, if you haven't registered before, please send me your name, gender, date of birth, address and phone number. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**). Note that the above costs include a contribution to the club registration fee.

Many Ontario meets, including most local meets, are MSO sanctioned. If you want to compete in (for example) Montreal or at Swim Canada Masters Nationals, then SO registration is required.

For MSO competitions see: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

For Ontario SO competitions and Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select the province and the month of interest, then select the appropriate meet to get more info. Masters meets

are identified as “Masters” under meet type. If it says “sanctioned” the meet package should be available. You can also look on the Masters Swimming Canada site, which should list competitions from all provinces, and is sometimes more helpful than the above: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>.

Here’s a list of tentative and confirmed upcoming competitions in Ontario and Quebec. 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 becomes available. **Note that meet entries and confirming meet information and entry dates are your responsibility.** Meets are SCM unless otherwise indicated.

**All competitions are cancelled or postponed until further notice.**

*Fri-Sun Apr 24-26<sup>th</sup> Quebec Masters Provincials, Montreal (SO registration required)*

<https://www.swimming.ca/en/meet/34521/>

*Sat-Sun Apr 25-26<sup>th</sup> Swim Ontario Masters Provincials, Etobicoke (SO registration required)*

<https://www.swimming.ca/en/meet/35253/>

*Apr/May (TBC) Milton Spring Splash (MSO registration required)*

<https://ms.mastersswimmingontario.ca/web/schedule.php>

*Fri-Sun May 22-24<sup>th</sup> Swim Canada Masters Nationals, Etobicoke (SO registration required)*

<https://www.swimming.ca/en/events-results/events/2020-canadian-masters-swimming-championships/>

*Jun 18-25<sup>th</sup> VIII Pan American LC Masters Championships, Medellin, Columbia*

[https://www.teamunify.com/SubTabGeneric.jsp?team=uana&stabid\\_=57815](https://www.teamunify.com/SubTabGeneric.jsp?team=uana&stabid_=57815)

*Sat Jul 11<sup>th</sup> Bring on the Bay, 3km and 1500m Open Water Swims, Ottawa <https://bringonthebay.com/>: **officially cancelled***

*Sat-Sun Jun 27-28<sup>th</sup> Swim Portion of USA Masters Games (SCY = yards), Grand Rapids, Michigan*

<https://www.usamastersgames.com/swimming>

*Fri-Sun Aug 14-16<sup>th</sup> Traversee du Lac Tremblant: 1k, 3k, 5k, and 12k Swims: <https://www.traverseelactremblant.ca/en/>*

*Global Open Water Swim Series (Year Round): <https://globalswimseries.com/races/>*

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

**Masters Swimming Canada Top 20, Records, etc.**

Check out the MSC statistics including the National Records and top 20 rankings (by gender and age group, both SCM and LCM) at: <http://www.statsman.ca/#canada> (last update **Mar 11<sup>th</sup>**).

**Private and Semi-Private Masters Swim Lessons**

**Schedule:** TBD

**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 more details.

**Notes and Reminders**

**Students May Add Carleton Masters to their Co-Curricular Record**

Carleton students who swim with Carleton Masters may now get this added to their co-curricular record. Just add “Carleton Masters Swim – Member”. Information on how to do this is provided here: <https://carleton.ca/seo/ccr/>.

**Aquasport Discount for Carleton Masters Swimmers:**

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) In Ottawa, they are located at 2730 Iris Street in the West End. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

**Carleton Ravens Gear:** Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity team:



**Swim Suits for Sale:** The suits range in brand, style, and colour. Most prices are \$45 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 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.

**Carleton Masters Swim Team Photos:** Check out some new and old team photos:  
<http://www3.sympatico.ca/lynnmarshall/teamphotos.html>.

**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 a month'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!

**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 ([lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

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