

Lynn Marshall

Subject: FW: Carleton Masters Swimming Newsletter #529

From: Lynn Marshall <lynnmar@sce.carleton.ca>

Sent: Friday, July 17, 2020 3:09 PM

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Subject: Carleton Masters Swimming Newsletter #529

Carleton Masters Swimming Newsletter #529

Friday, July 17th, 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 (2 addresses), Alumni (41 addresses).



Some Carleton Masters swimmers enjoying a physically distanced post-swim feast at Blanchet Beach on July 4th: left to right: **Jocelyn Pender** (7:30am Earlybirds), **Gi Wu** (6pm Whitecaps), **Mars Nienhuis** (6pm Whitecaps), **Konstantin Petoukhov** (6pm Whitecaps), **Lynn Marshall** (Coach), **Ingrid Hagberg** (6pm Whitecaps), **Francois Parent** (6pm Whitecaps), **Rachel Bennett** (6pm Whitecaps), **Zoltan Csepregi** (6pm Whitecaps).

Masters Swimming Program Notes

- Carleton Athletics and the Carleton Pool remain closed to the public.
 - Half-day modified sports camps are being offered in July/August but they do not include swimming, and only campers may access the facility during the day Monday to Friday starting July 6:
<https://athletics.carleton.ca/camps/>

- o I will continue to send newsletters bi-weekly. Please keep sending me your news and links!

Swimmer Notes

Swimmer Updates:

- Here's the latest on the Athletics facility: <https://athletics.carleton.ca/2020/update-carleton-athletics-programs-cancelled-and-facilities-closed-until-july-13/>. As per this announcement, the current plan is to **open the pool on Monday, August 10th**, and the **Fitness Centre on Tuesday, September 8th**.

Thanks to the many of you who responded to the last newsletter. There is a lot of interest in evening / weekend Masters swims for August, so we plan to go ahead. Full details, including health regulations, dates, days, times, fees, and sign-up process are still being determined. More information will be provided once it is available.

If you didn't reply to the last newsletter and are interested in the August Masters trial, please let me know.

- The Nepean Masters Swim Club asked me to pass along that they have a couple of openings for their summer swimming programs. Details here: <http://www.nmsc.org/>.

- Quite a few City of Ottawa pools (outdoor and indoor) are open and on-line registration is now available: <https://ottawa.ca/en/recreation-and-parks/swimming>.

- Congratulations to **Sam Hersh** (7:30am Earlybirds) on being elected to Horizon House's Board of Directors: <https://twitter.com/HorizonOttawa/status/1281334043087446018>.

- Here are two recent articles by Coach **David Thibodeau**: <https://www.sportsforsocialimpact.com/post/the-bike-revolution> and <https://www.sportsforsocialimpact.com/post/challenges-and-opportunities-for-sports-in-big-and-littles-cities>.

"Fun" Aquatic Links:

- This Stunning 656-Foot Pool in the Maldives Stretches Across the Entire Island:

<https://www.facebook.com/MSDSwimming/posts/3264543540279401>

- Sea Lion Dancing: <https://www.facebook.com/fox5dc/videos/327316508668627/>

- How Many Underwater Somersaults Can You Do?: <https://twitter.com/fina1908/status/1283401073647026176>

- Be Careful when Using a Pink Flamingo Float in Lake Ontario!: <https://kitchener.ctvnews.ca/family-rescued-after-drifting-4-km-into-lake-ontario-on-a-pool-float-1.5025200>

- Swim Quiz: Which Famous Swimmer Are You?: <https://swimswam.com/quiz-time-which-famous-swimmer-are-you/>

- Orcas by the Shetland Islands: <https://www.facebook.com/shetlandwildlife/videos/279493566814952/>

- Couple Swept Away During Wedding Photoshoot:

<https://ottawa.ctvnews.ca/video?cid=sm%3Atrueanthem%3Aactvottawa%3Apost&clipId=1987705>

News and Other Links:

- Canadian **Greg Streppel** Interview: <https://openwaterswimming.com/2020/07/greg-streppel-talks-about-global-travels-fina-victories-on-wowsa-live/>

- Swim Canada: It's Time to Swim Again!: <https://www.youtube.com/watch?v=IAYzypCd9AE&feature=youtu.be>

- Dartmouth College, NH, Cutting Varsity Swimming: <https://swimswam.com/dartmouth-cutting-mens-womens-swimming-diving-teams/>

- Swimming: Preaching to the Choir: <https://www.facebook.com/ProPhysioSportMed/posts/2900115066765939>

- Is Swimming A Good Workout For Weight Loss?: <https://www.womenshealthmag.com/weight-loss/a32972369/swimming-for-weight-loss/>

- Swimming out of the Darkness: How Cold-Water Swimming Helps with Mental Health:

<https://www.abc.net.au/news/2020-07-06/how-cold-water-swimming-helps-with-mental-health/12338400>

- How We Get Stronger: <https://www.nytimes.com/2020/07/01/well/move/how-we-get-stronger.html>

- Stanford Permanently Cuts 11 Sports Amid Coronavirus Pandemic:

<https://www.nytimes.com/2020/07/08/sports/coronavirus-stanford-cuts.html>

- How Exercise May Bolster the Brain: <https://www.nytimes.com/2020/07/15/well/move/how-exercise-may-bolster-the-brain.html>

- Have We Been Thinking About Pain All Wrong?: <https://www.outsideonline.com/2415422/chronic-pain-research-understanding>

- The Science Behind Why We Procrastinate and How to Stop the Cycle:

<https://www.runnersworld.com/news/a32870697/why-do-we-procrastinate-study/>

Ask the Coach

Dear Coach: Would it be possible to offer morning workouts in August? Earlybirds Swimmer

Dear E. Swimmer: A condition of running the summer Sports Camps is that no one else is permitted in any Athletics facilities during the day on weekdays. This, unfortunately, includes the early mornings. Thus, only evenings and weekends are available for the August swim trial period.

Dear Coach: Will the Fall/Winter offerings for Masters be the same as in previous years, i.e. 7:30am Mon/Wed/Fri, 8:30am Mon/Wed/Fri, 6pm Mon/Tue/Thu, 7:10pm Mon/Tue/Thu, and Sat a.m.? Planning Swimmer

Dear P. Swimmer: At this time there is no confirmed information on the Fall/Winter Masters sessions. It will depend on the current Health guidelines as well as how the August trial period goes. As soon as I have any information, it will be circulated.

Dear Coach: Can you recommend what kind of flotation device/accessory would be best to buy swimming in open water? Open Water Swimmer

Dear O.W. Swimmer: A swim float is recommended. One place where they are in stock is Ottawa is Team Triumph's store. Team Triumph is run by Julia Aimers (8:30am Earlybirds). Check out the store here: <https://www.amilia.com/store/en/team-triumph-ottawa/shop/products>.

Masters Swimming Competitions

All competitions are cancelled or postponed until further notice.

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

Sat-Sun Jun 27-28th Swim Portion of USA Masters Games (SCY = yards), Grand Rapids, Michigan
<https://www.usamastersgames.com/swimming>

Fri-Sun Aug 14-16th Traversee du Lac Tremblant: 1k, 3k, 5k, and 12k Swims: <https://www.traverseelactremblant.ca/en/>
FINA Masters World Championships 2022 (instead of 2021): <https://www.fina.org/node/160117>

Global Open Water Swim Series (Year Round; **Virtual Races** available): <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 11th).

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).

Happy lengths!
Lynn

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