

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, October 31, 2020 3:22 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 #538

Carleton Masters Swimming Newsletter #538

Saturday, October 31st, 2020

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2020 Part 1 and Part 2: 7:45am Earlybirds I (42 addresses), 9am Earlybirds II (21 addresses), 6:45pm Whitecaps I (41 addresses), 8pm Whitecaps II (18 addresses), Saturday Only (2 addresses), Alumni (76 addresses).

The graphic features the title "RECIPE FOR A SWIMMER" in large, bold, black letters. To the right of the title is a logo for "WORRY LESS design" in a smaller, stylized font. Below the title, there are two columns: "INGREDIENTS" and "DIRECTIONS". The ingredients list includes 1 human, 1 swimsuit, 1 pair of goggles, 1 swim cap, some water, a sprinkle of effort, and 1 towel. The directions list 8 steps: 1. Take one early morning, 2. Set temperature to suit, 3. Apply swimsuit and cap, 4. Gently add goggles, 5. Place into large body of water, 6. Sprinkle lightly with chlorine, seawater or pond weed, 7. Stir back and forth for as long as deemed necessary, 8. Rinse and carefully pat dry. At the bottom left, it says "SERVES 1".

RECIPE FOR A SWIMMER

WORRY LESS design

INGREDIENTS

- 1 human
- 1 swimsuit
- 1 pair of goggles
- 1 swim cap
- Some water
- A sprinkle of effort
- 1 towel

DIRECTIONS

1. Take one early morning
2. Set temperature to suit
3. Apply swimsuit and cap
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SERVES 1

Masters Swimming Program Notes

- The Fall Session Part 1 ended today, **Sat Oct 31st**. With no time trials, this is a much shorter end-of-term newsletter than usual!
- The Fall Session Part 2 runs from **Mon Nov 2nd to Sat Dec 19th**. Full details near the end of the newsletter.
 - Note that there is currently one spot available in the 9:00am Earlybirds (M/W/F).
 - One spot is also available or shortly coming available in the 6:45pm Whitecaps (M/Tu/Th), and also in the 7:45am Saturday group – grab the spot or get your name on the waitlist(s) if interested!
 - There are several spots available in the 8:00pm Whitecaps (M/Tu/Th).

Membership Audit

A reminder that all non-Carleton staff and students require a Carleton Athletics membership valid for the term to swim with Masters. There were a few hiccups with memberships for the Fall Part 1 Term. As per the previous newsletter, those who swam then needed to ensure that their memberships were reactivated as of Sept 14. A membership audit is being completed. Athletics will contact anyone with outstanding membership issues.

Swimmer Notes

Swimmer Updates:

- Just a reminder to wear your mask at all times, except while swimming (and getting in/out of the pool). If you get out to use the washroom, please put your mask on.
- Speaking of masks, last week an all-black cloth face mask was found in parking lot 5 after morning workout. If it's yours, let me know.
- In mid-November, **Lina Vincent** (6:45pm Whitecaps) is relocating to Wendake, outside Quebec City, to be nearer to family. **Lina** has been a Masters swimmer since 1976, and has swum at Carleton since the mid-1980s. We wish her all the best and hope she'll be back to visit. **Lina**, we'll miss you!
- Listen to **Melanie Heroux** (9:00am Earlybirds) give a talk at Algonquin College about being an adult living with an intellectual disability (en francais): https://www.youtube.com/watch?v=iyYR3_2OhGk&feature=youtu.be. Awesome job, **Melanie!**
- Some updates from Coach **David's** Web Site: <https://www.sportsforsocialimpact.com/post/sports-for-leadership> and <https://www.sportsforsocialimpact.com/post/sport-and-university>.

- The new Raven Road extension to Bronson Avenue officially opened on Sun Oct 18 for OC Transpo buses and emergency vehicles only.

As a bus-only roadway, the Raven Road extension is closed to cars, pedestrians and cyclists. The Ottawa Police Service will monitor the new roadway and will issue fines of \$260 accordingly.

Two new bus stops will be added on Raven Road near University Drive for Routes 10 and 111. A third stop will be added to University Drive just south of Stadium Way, near the Carleton Fieldhouse for Routes 7 and 10. With additional stops now serving the campus, stops on Bronson Avenue, between University Drive and Raven Road will not be in service.

Bus Service to Carleton Campus:

- Four bus routes provide direct service to Carleton University campus, Routes 7, 10, 111 and Line 2 buses.
- Only Route 7 will continue to both enter and exit the campus from University Drive at Bronson.
- Routes 10, 111 and Line 2 buses will use either University Drive or Raven Road to enter or exit the campus, depending on their direction of travel. Trips heading south enter the campus using University Drive, travel on Campus Avenue and exit using Raven Road. Trips heading north enter the campus using Raven Road, travel on University Drive and exit at University and Bronson Avenue.

- Members may book the Fitness Centre (when available) and Member Swims here: <https://athletics.carleton.ca/athletics-bookings/>. Here is the member swim schedule: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

"Fun" Aquatic Links:

- Michigan Swimming and Diving: "What we do have is the opportunity to get better without a lot of pressure. That really does open some doors.": <https://twitter.com/umichswimdive/status/1319700533498753026>
- These Dolphins Have Lost Their Minds With Excitement At The Sight Of A Sloth: <https://www.boredpanda.com/chico-the-sloth-meets-dolphins-texas-aquarium/>
- You Thought You Were Safe From Cars While Swimming: <https://www.bostonglobe.com/metro/2019/07/28/springfield-woman-crashes-car-into-neighbor-swimming-pool/QZA1tV10JLBmi9xzB2TqkJ/story.html>
- The Darkling Air's 'Octogenarian Mermaid': <https://www.facebook.com/watch/?v=2246802842113174>
- Leatherback Turtle Facts (Swim over 16000km/year, dive to 1200m, hold breath for 85min!): <https://oceana.org/marine-life/sea-turtles-reptiles/leatherback-turtle>
- **Esther Williams** in Million Dollar Mermaid Trailer: <https://www.youtube.com/watch?v=7mS78k4tOAs&feature=youtu.be>
- Beautiful Swimming Pools: <https://twitter.com/LostfoundE/status/1318157401388961796>

News and Other Links:

- 12-year-old Swims from St Lucia to Martinique in 13 Hours: <https://face2faceafrica.com/article/12-year-old-successfully-swims-from-saint-lucia-to-martinique-within-13-hours>
- Four Key Exercises to Help Improve Swim Performance: <https://www.swimmingworldmagazine.com/news/4-key-exercises-to-help-improve-performance/>
- Vancouver Open Water Swimming Association (VOWSA) Seminar on Swimming in Cold Water: <https://www.youtube.com/watch?v=kWy1wNLRxVI>
- Cold Comfort: UK Outdoor Swimming Venues Stay Open to Meet Demand: <https://amp.theguardian.com/cdn.ampproject.org/c/s/amp.theguardian.com/business/2020/oct/24/cold-comfort-uk-outdoor-swimming-venues-stay-open-to-meet-demand>

- Retired Olympian **Missy Franklin** Says She Can Barely Swim Today: 'My Shoulders Are in So Much Pain': <https://people.com/sports/missy-franklin-barely-swim-today-shoulder-injuries/>
- 'There are Victims on Both Sides,' says **Jill Sterkel**, 1976 US Olympic Swimmer: https://www.espn.com/olympics/swimming/story/_/id/16861082/the-new-documentary-last-gold-tells-story-shirley-babashoff-jill-sterkel-wendy-boglioli-kim-peyton-east-german-swim-team-1976-montreal-olympics
- The Case Against Stretching: <https://www.outsideonline.com/2408467/case-against-stretching-flexibility-research>
- Why Endurance Athletes Feel Less Pain: <https://www.outsideonline.com/2417307/why-endurance-athletes-feel-less-pain>

Fall Part 1 Session Information

Dates: Mon Sept 14th to Sat Oct 31st; excluding Sat Oct 10th and Sat Oct 12th.

The usual pool allocations and coaches are as follows:

7:45am Earlybirds: Whole Pool: **Lynn**

9:00am Earlybirds: Deep End: **Lynn**

6:45pm Whitecaps: Whole Pool: **Sean** (**David** coached Tuesdays until Oct 6th)

8:00pm Whitecaps: Shallow End: **Mark** (**David** coached Tuesdays until Oct 6th)

7:45am Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here:

Mark coached for **Sean** on **Thu Oct 29**.

To avoid having swimmers too close together, we will **not** do any formal drill sets or time trials in the Fall Part 1 session. Also, as equipment isn't available, there will be no "fin day".

This information and more can be found with the Fall workout themes at:

<http://carletonmasters.tripod.com/mastplanfall20.pdf>.

Thanks to all the coaches for Fall Part 1: Evening Coaches: **Sean Dawson, Mark Blenkinsop, David Thibodeau**, and **Adrian Finn**; and Saturday Coaches: **Tim Kilby, Adrian Finn**, and **Sean Dawson**.

Here are the attendance statistics for the session. If there are any errors, please let me know! Congratulations to the many swimmers with perfect attendance for the Fall Part 1 session. There were **13** of you with perfect attendance on weekdays, and **6** with perfect attendance on Saturday. **Cheri Reddin** (7:45am Earlybirds and Saturday) and **Joanie Conrad** (6:45pm Whitecaps and Saturday) were doubly perfect!

7:45am Earlybirds: Sept 14-Oct 30 (19 workouts: no workout Oct 21: power outage); range: 19-30; average: 25.3
Perfect Attendance: **Ann Bortolotti, Cheri Reddin, Ellen Pazdzior, Liliane Cardinal, Martin B, Seán Kelly**

9am Earlybirds: Sept 14-Oct 30 (19 workouts: no workout Oct 21: power outage); range: 10-17; average: 14.1
Missed 1 Workout: **Debby Whately, Sean Dawson**

6:45pm Whitecaps: Sept 14-Oct 29 (20 workouts); range: 20-29; average: 24.9
Perfect Attendance: **Ingrid Hagberg, Joanie Conrad, Konstantin Petoukhov, Nicole Delisle, Rachel Bennett, Stephane Raynaud**

8pm Whitecaps: Sept 14-Oct 29 (20 workouts); range: 7-15; average: 10.0
Perfect Attendance: **Nathan Fudge**

7:45am Saturdays: Sept 19- Oct 31 (6 workouts); range: 14-17; average: 15.3
Perfect Attendance: **Bicki Westerheide, Cheri Reddin, Don Wells, France Saint-Denis, Joanie Conrad, Stephanie Le Saux-Farmer**

Fall Part 2 Session Information

Dates: Mon Nov 2nd to Sat Dec 19th.

The usual pool allocations and coaches are as follows:

7:45am Earlybirds: Whole Pool: **Lynn**

9:00am Earlybirds: Deep End: **Lynn**
6:45pm Whitecaps: Whole Pool: **Sean**
8:00pm Whitecaps: Shallow End: **Mark**
7:45am Saturdays: Shallow End; rotating coach schedule
9:00am Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here:

Mark is coaching for **Sean** on **Mon Nov 2, Tue Nov 3, and Thu Nov 6.**

Tim is coaching for **Lynn** on **Sat Nov 7.**

Lynn is coaching for **Tim** on **Sat Nov 28.**

To avoid having swimmers too close together, we will **not** do any formal drill sets or time trials in the Fall Part 2 session, except for an informal optional timed 800/1500 for the morning groups on Mon Nov 9. Also, as equipment isn't available, there will be no "fin day".

This information and more can be found with the Fall workout themes at:
<http://carletonmasters.tripod.com/mastplanfall20.pdf>.

Ask the Coach

Dear Coach: Now that the weather is getting colder, could somewhere be provided for us to put our coats and boots, so that we don't have to carry them onto the deck? Also, is there any chance we'll get access to the showers during the winter? Winter Swimmer

Dear W. Swimmer: Thanks for your question. I have asked about this and will provide an update when available.

Dear Coach: The pool has been very dirty lately, especially with pieces of white stuff falling from the ceiling. Any explanation for this, and is the ceiling material dangerous to our health? Concerned Swimmer

Dear C. Swimmer: There was a plan to remove some of the ceiling insulation during the shutdown, but it was postponed due to COVID. The ceiling material is pulp paper and does not pose a danger. Until a few days ago, the heat was not on in Athletics which also meant that the humidity was high. High humidity causes the ceiling to "shed". In addition, the pool cleaner (a vacuum that is left in overnight) was broken for several weeks and has just been fixed. All this to say, that you should see an improvement in the amount of "stuff" on the pool bottom going forward.

Dear Coach: What are the rules and guidelines/suggestions for breaststroke and breaststroke drills, as far as how often I should breathe? Breaststroke Swimmer

Dear B. Swimmer: While most swimmers think that you must take a breath on every stroke in a breaststroke race, and for most this is what is recommended, the rule is just that some part of your head must break the surface. I know of a few Masters swimmers who prefer to breathe every second stroke while racing a 50m breaststroke! As for breaststroke drills, it depends. If you do a drill like two kicks (or three kicks) per pull, then breathe on every pull. If you are doing breaststroke kick without a board, I recommend breathing once per cycle (once per kick) to help with the body position

Masters Swimming Competitions

Information coming soon on MSO / SO registration for this season. Contact me if you wish to register now.

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

Fall Masters Part 2 Information:

Swim Times: Nov 2 to Dec 19:

Earlybirds 1: Mon/Wed/Fri 7:45-8:45am whole pool (capacity 36): **Full:** waitlist available

Earlybirds 2: Mon/Wed/Fri 9:00-10:00am deep end (capacity 18): **1 spot left!**

Whitecaps 1: Mon/Tue/Thu 6:45-7:45pm whole pool (capacity 36): **1 spot coming available – get on waitlist!**

Whitecaps 2: Mon/Tue/Thu 8:00-9:00pm shallow end (capacity 18): **7 spots left**

Saturday: 7:45-8:45am shallow end (capacity 18): **1 spot coming available – get on waitlist!**

Saturday: 9:00-10:00am shallow end (capacity 18): **Full:** waitlist available

The fee for Saturday is \$28 + HST and the weekday groups are \$80 + HST. Registration:

<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=baee845d-1e9c-4386-b0b3-6f17ff318fb9>.

Memberships: To be able to swim with Masters, you need a membership good for the entire term, and for the time of day when you will be swimming. The different membership options are listed here:

<https://athletics.carleton.ca/memberships/>. (Senior Ravens, Winter Walking, and Squash memberships do not give access to Masters swimming.

Parking: Parking is free for everyone on campus (all parking lots, all day) for the Fall term, so parking passes are not required for the Fall term.

Permanent Lockers: Are not currently available for use. You may access your locker just once to remove your belongings.

Account Credits: If you wish to apply a credit (e.g. Winter Masters refund) to your account, drop by the Welcome Centre.

COVID Protocols:

- A mask must be worn, except when swimming. Use the hand sanitizer provided, and maintain a distance of 6 feet.

- Please **check in at the Welcome Centre** where the staff will confirm that you have done your COVID questionnaire **each day** that you swim: https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO_VxZhURTBUTUlwQk9ENURKMIc4M0MzS1MwRUFUWCQIQCN0PWcu.

- The Welcome Centre will let you know when you may access the change room. If you arrive late and/or the regular change rooms are locked, use the gender inclusive change room (second floor, next to the women's change room) to access the pool deck. We recommend that you wear your swim suit to the pool to limit time in the change room. Lockers, showers, and saunas remain closed.

- As there are now just **15 minutes between groups**, you may need to wait in the change room for the doors to the pool deck to be unlocked.

- All lanes will be double-wide, with a maximum of 6 swimmers per lane. Swim counter-clockwise **on** the black lines, crossing over before you turn. Stay 6 feet apart at all times – this may mean that some swimmers have to stop before they reach the wall.

- You may only attend the swims that you are registered for.

- No pool-owned equipment (kick boards, pull buoys, fins) is available. You may bring your own equipment, but no snorkels are permitted.

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>