

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, December 11, 2020 3:53 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 #541

Carleton Masters Swimming Newsletter #541

Friday, December 11th, 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 (22 addresses), 6:45pm Whitecaps I (43 addresses), 8pm Whitecaps II (22 addresses), Saturday Only (2 addresses), Alumni (77 addresses).

“You are never really playing an opponent. You are playing yourself, your own highest standards, and when you reach your limits, that is real joy.” – Arthur Ashe

Masters Swimming Program Notes

- The Fall Session Part 2 runs from **Mon Nov 2nd** to **Sat Dec 19th**. Full details near the end of the newsletter.
 - We will take physically distanced team photos on the last day for each group – details below.
- Details on the interim workouts (between the Fall and Winter sessions) can be found below the photo information. Registration starts **noon Sat Dec 12**.
- Details on the Winter term session can be found below the interim information. Registration starts **noon Fri Dec 18**.

Team Photos

We will be taking team photos of each group as per the schedule below. Due to numbers, we cannot combine groups as we have done in the past. We also need to take the photos during our allocated pool time, so that we don't have multiple groups of swimmers on the deck. **Photos will be taken with masks on and physically distanced.** The swimmers will be near the sun deck facing the pool, and the photographer will be on the opposite side of the pool. Please participate if you are able to attend! Here's the schedule:

- 6:45pm Whitecaps: 7:40pm Thu Dec 17
- 8:00pm Whitecaps: 8:00pm Thu Dec 17
- 7:45am Earlybirds: 8:40am Fri Dec 18
- 9:00am Earlybirds: 9:00am Fri Dec 18
- 7:45am Saturdays: 8:40am Sat Dec 19
- 9:00am Saturdays: 9:00am Sat Dec 19

Interim Workouts Information

This year we cannot do “pay as you go” for the interims due to the limited number of spots. Thus, there are four mini-sessions of three workouts each (a total of 10 workouts) that you may sign up for. Spaces are limited! Registration starts at **noon tomorrow, Sat Dec 12**. On-line registration link:

<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74>.

1: Mon Dec 21, Tues Dec 22, Weds Dec 23: 8:15-9:15 AM; 18 spots; \$15 + HST

2: Mon Dec 21, Tues Dec 22, Weds Dec 23: 5:30-6:30 PM; 36 spots; \$15 + HST

3: Mon Dec 28, Tues Dec 29: 6:45-7:45 PM; Sat Jan 2: 9:45-10:45 AM; 18 spots; \$15 + HST

4: Mon Dec 28, Tues Dec 29: 6:45-7:45 PM; Sat Jan 2: 11:00 AM-12:00 PM; 18 spots; \$15 + HST

Winter Term Information

Registration starts **noon Fri Dec 18**.

Swim Dates: Jan 4 to Apr 17; excluding Mon Feb 15, Fri Apr 2, Sat Apr 3, Mon Apr 5:

Earlybirds 1: Mon/Wed/Fri 7:45-8:45am whole pool (capacity 36): \$164+HST (price reduced due to Oct 21 cancellation)

Earlybirds 2: Mon/Wed/Fri 9:00-10:00am deep end (capacity 18): \$164+HST (price reduced due to Oct 21 cancellation)

Whitecaps 1: Mon/Tue/Thu 6:45-7:45pm whole pool (capacity 36): \$172+HST

Whitecaps 2: Mon/Tue/Thu 8:00-9:00pm shallow end (capacity 18): \$172+HST

Saturday: 7:45-8:45am shallow end (capacity 18): \$64+HST

Saturday: 9:00-10:00am shallow end (capacity 18): \$64+HST

On-line registration link: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74>.

Swimmer Notes

Swimmer Updates:

- Thank you to everyone who donated on Giving Tuesday at Carleton or elsewhere! Carleton put together this thank you video, which features the swim team thank you at about 20 seconds in:

<https://www.facebook.com/lynn.marshall.16503/videos/10164951238550604/>. We don't have the final tally yet, but, including matching funds, I believe the Ravens Swim Team raised about \$23,000.

- In recognition of Phil's birthday on Dec 4, please consider donating to the **Phil Boland** Memorial Fund:

<https://futurefunder.carleton.ca/giving-fund/phil-boland-memorial-fund/>. Phil's family, including his mother **Natalie Aucoin** (9:00am Earlybirds), and friends are very thankful for all donations.

- Congratulations to **Kevin Fox** (7:45am Earlybirds) on being named an Academic All-Canadian for 2019-2020. Kevin was on the water polo team and maintained an 80%+ average!:

<https://twitter.com/CURavens/status/1336807241756893186>.

- Congratulations to **Robin Henderson** (9:00am Earlybirds). She competed in a meet in Florida (her second home) in February and is ranked very well for her age group for 2020:

<https://www.usms.org/comp/ttpotenlist.php?CourseID=2&Year=2020&Sex=W&AgeGroupID=9>.

- **Karen Jensen** (6:45pm Whitecaps) is very proud of her daughter, **Mikayla Jensen-Large**, who's done some very important research on how classical music festivals have survived and even thrived during the pandemic. See:

<https://www.survivingclassicalmusic.com/episodes/mikayla-jensen-large>.

- If anyone is looking for a gift for a swimmer, **Ruth Fawcett** (7:45am Earlybirds) recommends Bonnie Tsui's book "Why We Swim". Thanks, **Ruth!**

- Just a few **reminders** for everyone! Please keep your **mask** on until after the coach explains the warm up and you are about to hop in. If you arrive late, please join in with your lane-mates rather than starting from the beginning. Most of you are doing an excellent job of staying 2m apart on the pool deck. However, sometimes swimmers get too close while at the end of the lanes. Also, for the groups that are in half the pool, keep in mind that with only three lanes it is a challenge to find a lane that works for everyone. Please be respectful of the different speeds and pass carefully when needed. Thank you!!

- And some very exciting news to share.... drum roll, please! Starting next week there will be **six showers available in each of the men's and women's change rooms!!**

- Do you like to swim long distances and/or want to do a crazy end of 2020 or start of 2021 set such as 100x100m? On each of **Sun Dec 27** and **Sat Jan 2**, the Nepean Sportsplex pool will be hosting a **four-hour public swim**. More details soon! (The Sportsplex reopens on Dec 12.)

- MSO (Masters Swimming Ontario) is offering a virtual pool challenge (unofficial swim meets) every three weeks. Details in the "Masters Swimming Competitions" section below. Swim Canada Masters is also offering something similar – contact me for more details.

- Members may book the Fitness Centre 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-Related Links:

- Plank Challenge [thanks to **Robin Henderson** (9:00am Earlybirds)]: <https://www.instagram.com/p/CITVLE-DGBd/>
- 20 Questions to Test Your Swimming Knowledge: <https://www.swimmingworldmagazine.com/news/20-questions-to-test-your-swimming-knowledge/>
- Otters Enjoying Belly-Slides on Thunder Bay's Frozen Boulevard Lake: <https://www.tbnewswatch.com/local-news/video-otters-enjoying-belly-slides-on-thunder-bays-boulevard-lake-3138762>
- Underwater Photographer Captures the Unique Beauty of Swimming With Humpback Whales: <https://mymodernmet.com/giants-book-jem-cresswell/>
- Kayakers Have Close Encounter with a Whale: <https://ottawa.ctvnews.ca/video?cid=sm%3Atrueanthem%3Actvottawa%3Apost&clipId=2068978>
- How Iceman **Wim Hof** Uncovered the Secrets to Our Health: <https://www.outsideonline.com/2417379/wim-hof-method>
- 74 Year Old Florida Man Saves His Puppy from an Alligator: <https://ottawa.ctvnews.ca/video?cid=sm%3Atrueanthem%3Actvottawa%3Apost&clipId=2082227>
- Hammerhead Shark and Swimmer in Miami: <https://www.dailymail.co.uk/news/article-8977893/Heart-stopping-moment-10ft-hammerhead-shark-stalks-unsuspecting-swimmer-coast-Miami.html>
- Why was a Toronto Sinkhole Gurgling Neon Green Liquid?: <https://toronto.citynews.ca/2020/11/20/why-was-a-toronto-sinkhole-gurgling-neon-green-liquid/>

News and Other Links:

- Study: Zero Incidents of COVID-19 Infections at Indoor Pools: <https://www.swimmingworldmagazine.com/news/study-zero-incident-of-covid-19-infections-at-indoor-pools-updated-stats>
- This Yale-Educated Trucker Is Trying to Make the Olympics at 50 — and He Just Might: <https://www.si.com/olympics/2020/12/04/siphiwe-baleka-olympics-daily-cover>
- Three Things to Learn from **Caleb Dressel**: <https://www.facebook.com/myswimpro/videos/3258735157570776>
- What Does Your “Threshold” Really Mean: <https://www.outsideonline.com/2419269/what-does-your-threshold-really-mean>
- Incoming US White House Press Secretary, **Jen Psaki**, Swam for the College of William & Mary: <https://swimswam.com/incoming-white-house-press-sec-jen-psaki-swam-collegiatly-at-william-mary/>
- Three Profound Impacts Exercise has on the Brain: <https://www.inverse.com/mind-body/exercise-the-brain-3-ways-physical-activity-changes-its-structure>
- 11 Minutes of Exercise a Day May Help Counter the Effects of Sitting: <https://www.nytimes.com/2020/12/02/well/move/exercise-sitting-longevity.html>

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:

Adrian coached 7:45-8:45am for **Lynn** on **Sat Nov 28**.

Lynn coached 9-10am for **Sean** on **Sat Dec 5**.

Lynn coached for **Sean** on **Mon Dec 7**.

Lynn is coaching 9-10am for **Adrian** on **Sat Dec 12**.

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>.

Here are the attendance statistics for the session so far. If there are any errors, please let me know. Apologies to **Don Wells** and **Rachel Bennett** (6:45pm Whitecaps) for missing them last time!

7:45am Earlybirds: Nov 2-Dec 11 (18 workouts); range: 22-32; average: 27.3

Perfect Attendance: **Andrew Rolleston, Angela Davis, Ann Bortolotti, Eleanor Fast, Liliane Cardinal, Margaret Janse van Rensburg, Ruth Fawcett, Susan Hulley**

9am Earlybirds: Nov 2-Dec 11 (18 workouts); range: 12-18; average: 15.6

Perfect Attendance: **Debby Whately, Luciara Nardon, Ralph Siemsen, Robin Henderson**

6:45pm Whitecaps: Nov 2-Dec 10 (18 workouts); range: 23-31; average: 26.9

Perfect Attendance: **Don Wells, Emilia Kedzierski, Joanie Conrad, Konstantin Petoukhov, Mars Nienhuis, Nicole Delisle, Rachel Bennett, Stephanie Le Saux-Farmer**

8pm Whitecaps: Nov 2-Dec 10 (18 workouts); range: 9-13; average: 11.1

Missed 1 Workout: **Fred Woo, Kelly Biggs, Nathan Fudge**

7:45am Saturdays: Nov 7-Dec 5 (5 workouts); range: 14-18; average: 15.8

Perfect Attendance: **Christian Cattan, Cori Dinovitzer, Don Wells, France Saint-Denis, Ian Lorimer, Joanie Conrad, Liliane Cardinal, Margaret Janse van Rensburg, Mary Donaghy, Mike Mopas, Stephanie Le Saux-Farmer**

9am Saturdays: Nov 7-Dec 5 (5 workouts); range: 14-16; average: 14.4

Perfect Attendance: **Bicki Westerheide, Cheri Reddin, Dawn Walsh, Debby Whately, Karen Jensen, Natalie Aucoin, Ogi Gutovic, Rob McCulloch, Steve Kennedy, Zoltan Csepregi**

Ask the Coach

Dear Coach: Can you remind me of the rules for touching the wall in breaststroke? Perhaps We'll Race Soon

Dear P.W.R. Soon: In breaststroke you must touch with both hands simultaneously (or at least it must appear simultaneous to the naked eye). The hands do not have to be level (i.e. one can be higher), and you don't have to touch with the same part of the hand (e.g. finger tips of one hand, palm of the other), but the hands may not overlap (i.e. one cannot be partly or completely over top of the other).

Dear Coach: I struggle in backstroke. Any suggestions? Backstroke Sinker

Dear B. Sinker: Body position is very important. Keep your head back and ears below the surface, but imagine that you have a tennis ball under your chin (to keep your chest up). Be sure to roll your body, so that one shoulder is out of the water during most of the stroke. Keep your palm at 90 degrees to the wall you're swimming away from so that you are propelling the water backwards. Also, keep the arms moving fairly quickly and a good tempo can hide a lot of backstroke flaws ;-)! !

Dear Coach: How wide should my breaststroke pull be? A Breastroker

Dear A Breaststroke: Breaststroke varies the most of all strokes, even among elite swimmers. Generally, the pull should be just a little wider than your shoulders, and then concentrate on pulling in (rather than back) on the next phase. Most breaststrokers find that a fairly small pull is more efficient as it creates less drag.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2021), the cost is **\$15**. To register with SO (Swim Ontario), the cost is **\$40**. For both, it's **\$50**. Contact me for more details.

Dec 6-Dec 26: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge:

<https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/>: Free (MSO registration required)

Dec 12-Dec 20: Virtual Western Masters Championships: <https://ms.mastersswimmingontario.ca/web/schedule.php> (MSO registration required)

Dec 27-Jan 16: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge:

<https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/>: Free (MSO registration required)

Jan 17-Feb 6: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge:

<https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/> (continuing every three weeks) : Free (MSO registration required)

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): **Full:** waitlist available

Whitecaps 1: Mon/Tue/Thu 6:45-7:45pm whole pool (capacity 36): **Full:** waitlist available

Whitecaps 2: Mon/Tue/Thu 8:00-9:00pm shallow end (capacity 18): **Full:** waitlist available

Saturday: 7:45-8:45am shallow end (capacity 18): **1 spot available**

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.

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.

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_VxZhURTBUTUlwQk9ENURKMlc4M0MzS1MwRUFUWCQIQCN0PWcu.

- 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>