

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, March 13, 2021 3:05 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 #547

Carleton Masters Swimming Newsletter #547

Saturday, March 13th, 2021

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2020 Part 1 and Part 2, Winter 2021, and Alumni: 7:45am Earlybirds I (47 addresses), 9am Earlybirds II (20 addresses), 6:45pm Whitecaps I (47 addresses), 8pm Whitecaps II (27 addresses), Saturday Only (2 addresses), Alumni (76 addresses).

“Do you know what my favorite part of the game is? The opportunity to play.” – Mike Singletary

Masters Swimming Program Notes

- The Winter term runs from Wed Feb 17 to Tue Jun 1.
 - There will be **no workouts Fri Apr 2, Sat Apr 3, nor Mon Apr 5** due to Easter.
 - There are currently 4 spaces available in the 9:00am Weekday Earlybirds, and 2 spots in the 8:00pm Whitecaps.

Swimmer Notes

Swimmer Updates:

- Congratulations to parents **Andrea** (6:45pm Whitecaps) and Coach **Sean**, and grandparents **Joanne** (6:45pm Whitecaps) and **Cameron** (6:45pm Whitecaps) on the birth of **Arthur Cameron Dawson** on Sun Mar 7 at 5pm.

- **Mike Mopas** (7:45am Earlybirds) went so long between haircuts due to the pandemic that he was able to donate his hair to make a wig!

- **Agatha Bartoszewicz** recently graduated from Carleton where she was a member of the Varsity Ravens swim team. Her father was recently diagnosed with pancreatic cancer and her family is raising funds to pay for his treatment: <https://www.gofundme.com/f/rajmund-fights-cancer>.

- You may be interested in completing this NCC survey on Gatineau Park parkway use: <https://ncc-ccn.gc.ca/news/survey-gatineau-park-parkway-use-2021>.

- **Leila Mostaçõ-Guidolin** (previously with Earlybirds) dreams of representing Brazil in the Winter Olympics: <https://twitter.com/CarletonEngDesg/status/1370385358496669698>.

- **Deb Ozarko** (previously with Whitecaps) is featured in two episodes of Supreme Master TV: <https://suprememastertv.com/en1/v/122659144202.html> and <https://suprememastertv.com/en1/v/123332924139.html>.

- Swim Ontario Masters March Newsletter: <http://swimontario.com/uploads/Clubs/Masters/SOMastersMarchNewsletter.pdf>.

- 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/>.

- 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.

- Registration for Carleton April Break Camps, Summer Camps, and Lifesaving Camps has started:
<https://athletics.carleton.ca/camps/>

"Fun" Aquatic-Related Links:

- **Paul Georgescu** Sets World Record Ice Swim (below 5C water): 3.5km in 57:58:

<https://www.youtube.com/watch?v=DC15HDnIVBw>

- 82-Year-Old Toronto Man Takes a Morning Dip in Lake Ontario Every Day of the Year:

https://www.blogto.com/sports_play/2021/03/82-year-old-toronto-man-takes-morning-dip-lake-ontario-no-matter-temperature/

- Dolphin Kisses Dog: <http://pawsworld.me/io3661/>

- Against The Tides Screening On International Women's Day: <https://www.openwaterswimming.com/against-the-tides-screening-on-international-womens-day/>, <https://itunes.apple.com/us/movie/against-the-tides/id1552781511>

- Endangered Irrawaddy Dolphin Is The Cutest Animal You've Never Heard Of: <https://www.ladbible.com/news/animals-endangered-irrawaddy-dolphin-is-cutest-animal-youve-never-heard-of-20210303>

- **Annette Bening** to Star as Cuba-to-Florida Swimmer **Diana Nyad** in Biopic From 'Free Solo' Directors:

<https://www.thewrap.com/annette-bening-to-star-as-swimmer-diana-nyad-in-biopic-from-free-solo-directors/>,

<https://www.openwaterswimming.com/annette-bening-as-diana-nyad/>; [Ed. Note: There is a lot of controversy about

Diana Nyad's swims]: **Diana Nyad** Lies: <https://nyadfactcheck.com/>, English Channel:

https://nyadfactcheck.com/details_ec.html

News and Other Links:

- Why Winter Exercise Can Be Especially Hard on the Lungs [thanks to **Bicki Westerheide** (6:45pm Whitecaps)]:

<https://www.cbc.ca/news/canada/winter-exercise-lungs-1.5936703>

- What Marathoners (and Badminton Players) Think About: <https://www.outsideonline.com/2421215/what-marathoners-think-about>

- The Latest Research on Protein and Muscle-Building: <https://www.outsideonline.com/2397820/latest-research-protein-and-muscle-building>

- Strength Training: Why All Endurance Athletes Should Go to the Gym: <https://www.trainingpeaks.com/blog/strength-training-why-all-endurance-athletes-should-go-to-the-gym/>

- Workout Surprise! 'Low Intensity' Sports Burn More Calories Than You Think: <https://www.t3.com/news/exercise-low-calorie-burn-sports-burn-more-calories-than-you-d-think>

- How Exercise Enhances Aging Brains: <https://www.nytimes.com/2021/03/03/well/move/exercise-aging-brains.html>

- How Getting Older Affects Your Performance and What You Can Do About It:

<https://www.precisionhydration.com/performance-advice/hydration/ageing-and-endurance-performance/>

Winter Session Information

Dates: Wed Feb 17th to Tue Jun 1st. No workouts: Fri Apr 2nd, Sat Apr 3rd, Mon Apr 5th, Mon May 24th.

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

Any changes will be noted here:

Sean coached for **Mark** on **Mon Feb 22**.

Sean coached for **Mark** on **Thu Feb 25**.

Lynn coached for **Sean** on **Mon Mar 1**.

Adrian coached for **Sean** on **Sat Mar 6**.

Mark coached for **Sean** on **Mon Mar 8** and **Tue Mar 9**.

Sean coached for **Adrian** on **Sat Mar 13**.

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanwint21.pdf>.

Here are the attendance statistics for the session so far. If there are any errors, please let me know.

7:45am Earlybirds: Feb 17-Mar 12 (11 workouts); range: 20-29; average: 25.4

Perfect Attendance: **Andrew Rolleston, Angela Davis, Ann Bortolotti, Cheri Reddin, Ellen Pazdzior, Harley Gifford, Isla Paterson, Liliane Cardinal, Margaret Janse van Rensburg, Mike Wheatley, Susan Nevitt-Yelle, Ursula Scott**

9:00am Earlybirds: Feb 17-Mar 12 (11 workouts); range: 10-14; average: 12.2

Perfect Attendance: **Bob Tipple, Cori Dinovitzer, Debby Whately, Luciara Nardon, Ralph Siemsen**

6:45pm Whitecaps: Feb 18-Mar 11 (10 workouts); range: 19-30; average: 24.0

Perfect Attendance: **Cameron Dawson, Don Wells, Joanie Conrad, Karen Jensen, Konstantin Petoukhov, Nicole Delisle**

8:00pm Whitecaps: Feb 18-Mar 11 (10 workouts); range: 7-14; average: 11.4

Perfect Attendance: **Kelly Biggs, Kevin Graham, Nathan Fudge, Seana Biggs**

7:45am Saturdays: Feb 20-Mar 13 (4 workouts); range: 12-16; average: 14.3

Perfect Attendance: **Cathy Gardner, Christian Cattan, David Caughey, Don Wells, Ian Lorimer, Joanie Conrad, Liliane Cardinal, Lynn Marshall, Margaret Janse van Rensburg, Mike Mopas**

9:00am Saturdays: Feb 20-Mar 13 (4 workouts); range: 15-17; average: 16.3

Perfect Attendance: **Bicki Westerheide, Cheri Reddin, Chris Clement, Debby Whately, Ellen Pazdzior, John Clarke, Karen Jensen, Lillian Wheatley, Mary Donaghy, Mike Wheatley, Natalie Aucoin, Ogi Gutovic**

Ask the Coach

Dear Coach: Should I cup my hand slightly when swimming freestyle? Experimenting with My Hand Position

Dear E.w.M.H. Position: Ideally not. You should keep the hand fairly relaxed with small (3-8mm) gaps between the fingers: <https://www.triathlete.com/training/best-hand-position-swimming/>, picture D. If you find that your hand ends up more like B when you try for D, then feeling like you are cupping very slightly (less than A), might give you D ☺. Ask your coach to have a look at your stroke to be sure.

Dear Coach: Would it be possible to finish with some full stroke at the end of the drills for each stroke? I feel like I need to put everything together and try some full stroke after all the drills. Want to Try What I've Learned

Dear W.t.T.W.I. Learned: I usually have the problem of too many drills, rather than too few for the days allotted which is why we rarely do all full stroke as part of the drills. That said, you can usually fit in some of the stroke we've been working on in the main set that follows. If not, save a few minutes during warm down to try out your newly improved stroke.

Dear Coach: I like that we've incorporated the drills this term. Will we also be doing a full set of time trials? Eager Swimmer

Dear E. Swimmer: The morning group is going to do the long distance time trial. We will avoid the other time trials for now, as we want to keep the same swimmers in each lane, and thus avoid swimming in "heats" for now.

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.

Feb 7-27: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge: <https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/>: Free (MSO registration required)

Feb 28-Mar 20: 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 **Dec 28th**).

Private and Semi-Private Masters Swim Lessons

March and April Schedule: Mon to Thu 11:45am to 12:45am and 4:00-5:00pm: in the dive tank

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

Interim Cancelled Workouts: Fees will be refunded for the Group 3 and Group 4 Interim swims. Note that this has not been done yet due to the staff still catching up after the stay at home order.

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 and saunas remain closed. There are now six showers available in each of the men's and women's change room, plus two in the gender inclusive room.
- Walk clockwise around the pool deck. Please bring your clothes on to the pool deck. There will be coat racks and boot trays available for the Winter term. Please placed used hangars in the bin at the exit from the pool deck.
- 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.

General Masters Information:

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 and Winter terms, so parking passes are not required.

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

Winter Session Details

Note that a few spots are available in the Earlybirds 2 and Whitecaps 2 groups. Online it may show full, but get your name on the waitlist if you want a spot and let me know that you've done so. On-line registration link:

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

Swim Dates: Feb 17 to Jun 1; excluding Fri Apr 2, Sat Apr 3, Mon Apr 5, Mon May 24:

Earlybirds 1: Mon/Wed/Fri 7:45-8:45am whole pool (capacity 36): \$164+HST: Full: waitlist available
Earlybirds 2: Mon/Wed/Fri 9:00-10:00am deep end (capacity 18): \$164+HST: 4 spots left
Whitecaps 1: Mon/Tue/Thu 6:45-7:45pm whole pool (capacity 36): \$172+HST: Full: waitlist available
Whitecaps 2: Mon/Tue/Thu 8:00-9:00pm shallow end (capacity 18): \$172+HST: 2 spots left
Saturday 1: 7:45-8:45am shallow end (capacity 18): \$64+HST: Full: waitlist available
Saturday 2: 9:00-10:00am shallow end (capacity 18): \$64+HST: Full: waitlist available

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/se0/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 (lynmar@sce.carleton.ca).

Happy lengths!
Lynn

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