

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, March 21, 2021 3:43 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 #548

Carleton Masters Swimming Newsletter #548

Sunday, March 21st, 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 (21 addresses), 6:45pm Whitecaps I (47 addresses), 8pm Whitecaps II (27 addresses), Saturday Only (2 addresses), Alumni (75 addresses).

"Once you choose hope, anything is possible." – Christopher Reeve

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 2 spaces available in the 9:00am Weekday Earlybirds.

Swimmer Notes

Swimmer Updates:

- For March, as part of the **Campus Community Campaign**, Carleton is encouraging its employees (full-time and part-time, including TAs and Athletics staff) to get involved in fundraising through Future Funder funds. Employees can earn a \$50 donation to the group of their choice just by participating in Ravens' Quest Virtual Escape Room between March 24 and 31. **Registration deadline is TOMORROW: 5pm Monday March 22:**

<https://carleton.ca/campuscommunitycampaign/frequently-asked-questions/296-2/>. To give to the Varsity Swim Team, enter "Swimming Excellence Fund" under Future Funder Fund. In addition, any donations made by employees in March are matched by the University: <https://carleton.ca/campuscommunitycampaign/matching-gifts/>. Please pass this along to any employees you know who may be interested.

- **Danielle Le Saux Farmer** (6:45pm Whitecaps) is performing in the show, Singulieres, in Quebec City from April 20 to June 30. Some performances will have an audience(!) and some will be virtual: <https://bordee.qc.ca/piece/singulieres/>.

- Congratulations to **Amir Banihashemi** (previously with Earlybirds) on receiving a research award: <https://twitter.com/CarletonSce/status/1372952324063248398>.

- Thanks to **Melanie Heroux** (9:00am Earlybirds) for letting me know that today is World Down Syndrome Day (<https://cdss.ca/community/events-activities/world-down-syndrome-day/>) and the start of Quebec Intellectual Disability Week (<https://www.sqdi.ca/en/quebec-intellectual-disability-week/>).

- Monday March 22 is World Water Day: <https://www.worldwaterday.org/>.

- **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>.

- 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/>. Note that due to being in the “Red” zone, the Fitness Centre bookings have changed. There are a maximum of 10 people at a time, and sessions are 45 minutes long. In addition, you may book only three days ahead (instead of 6).

- 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.

“Fun” Aquatic-Related Links:

- Canadian **Maggie MacNeil** Wins the 100 yd Butterfly at the US NCAA Championships in a Record Time of 48.89 [Ed. Note: That time would have won the women’s 100 free in 1996 and the men’s 100 fly in 1976!]: <https://swimswam.com/watch-maggie-macneil-swim-48-89-in-100-yard-fly-race-video/>
- Invasive Monster Fish (10’ Long, Hundreds of Pounds) Emerges In Florida: <https://kprcradio.iheart.com/content/2021-03-18-invasive-monster-fish-10-long-hundreds-of-lbs-emerges-in-florida/>
- Against the Tides: Own Your Destiny: 1.5 Hour Documentary of **Beth French**’s Attempt to Conquer the “Ocean Seven”: Free on CBC Gem: <https://gem.cbc.ca/media/documentary-specials/against-the-tides/38e815a-013a259c5ce?cmp=sch-against%20the%20tides>
- Shark Eat Shark [Ed. Note: Why you should always leave at least 5 seconds apart!]: <https://www.youtube.com/watch?v=nacyuILPK6Q>
- Ten Most Beautiful Pools in the World: <https://www.facebook.com/watch/?v=873985400088582>
- Remarkable Distraction: Nothing’s Cooler than Wintertime Swims in Lake Ontario: <https://torontosun.com/news/local-news/remarkable-distraction-nothings-cooler-than-wintertime-swims-in-lake-ontario>
- Cracking the Ice with Manhattan Ice Swimmer **Jamie Monahan**: <https://www.redbull.com/gb-en/theredbulletin/cracking-the-ice-jaimie-monahan>
- Mussels (in the Ottawa River) in an Nutshell: https://www.youtube.com/watch?v=xmO1hi5_xJc
- Quebec Barefoot Runner Breaks Half-Marathon Record on Snow and Ice: <http://getouttheremag.com/articles/5100/quebec-barefoot-runner-breaks-half-marathon-mark-on-snow-and-ice>

News and Other Links:

- **Dick Hoyt**, Who Ran Marathons and Raced Triathlons With his Disabled Son, Dies at 80: <https://www.nytimes.com/2021/03/18/sports/dick-hoyt-dead.html>
- Complaints of Emotional Abuse Roil Synchronized Swimming: <https://www.nytimes.com/2021/03/09/sports/olympics/synchronized-swimmers-abuse.html>
- 4 Reasons Why Swimming is Great for Your Immune System: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/4-reasons-why-swimming-is-great-for-your-immune-system>
- Fitness: Is There Such a Thing as Too Much Exercise?: <https://montrealgazette.com/health/diet-fitness/fitness-is-there-such-a-thing-as-too-much-exercise>
- Reduce Strength Training Pre-Race, Says New Study: <https://www.podiumrunner.com/training/reduce-strength-training-pre-race-says-new-study/>

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:

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 19 (14 workouts); range: 20-29; average: 25.1

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 19 (14 workouts); range: 10-14; average: 12.3

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

6:45pm Whitecaps: Feb 18-Mar 18 (13 workouts); range: 19-30; average: 23.8

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

8:00pm Whitecaps: Feb 18-Mar 18 (13 workouts); range: 7-14; average: 11.6

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

7:45am Saturdays: Feb 20-Mar 20 (5 workouts); range: 12-16; average: 14.4

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 20 (5 workouts); range: 15-17; average: 16.2

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: I've noticed that when I swim freestyle at a medium / easy pace I am barely kicking, and I really only engage my kick at fast paces. Is this normal for freestyle, or should I be trying to kick more consistently at all paces? Freestyle Swimmer

Dear F. Swimmer: That is quite normal for us mere mortals ☺. Elite level swimmers tend to use their kick all the time (but then their medium/easy is very fast!). It takes a huge amount of oxygen to kick well, thus most swimmers conserve energy by using their arms more. The arms/back have smaller muscles than the legs and thus give more bang for the buck (pull is faster than kick). Whether you should try to kick more consistently depends on your goals. If you are working mostly on endurance and fitness, then your current method is fine. However, kicking harder all the time will help your speed, especially for sprinting although it will use more energy.

Dear Coach: You said that we should try to finish with our fingertips extended, rather than grabbing the wall. Is it a disqualification if we finish by reaching up and grabbing the wall? Curious Swimmer

Dear C. Swimmer: As long as you touch with the correct number of hands (e.g. two on butterfly and breaststroke), it's not a disqualification, but reaching up to grab the wall takes extra time, as does bending your wrists before you touch the wall.

Dear Coach: How do I avoid injuring my fingers when touching with them extended? Should I let them slide up the wall after touching? Sore Swimmer

Dear S. Swimmer: As soon as your fingertips touch the wall, relax the wrists so that the palms touch after the fingers. This is easier and also safer than sliding the fingers, as some tiles have sharp corners.

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.

Mar 21-Apr 10: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge:

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

Apr 11-May 1: 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 place 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

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: 2 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: Full: waitlist available

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 (lynnmar@sce.carleton.ca).

Happy lengths!
Lynn

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