

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, April 30, 2021 10:47 AM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'  
**Subject:** Carleton Masters Swimming Newsletter #551

## Carleton Masters Swimming Newsletter #551

Friday, April 30<sup>th</sup>, 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 (76 addresses).



Congratulations to **Seán Kelly** (7:45am Earlybirds) on being able to stand up straight for the first time in a long time after back surgery last week! The surgery was initially cancelled due to the lockdown but then fortunately rescheduled for the same date. Wife and photographer **Ursula Scott** (7:45am Earlybirds) reports that **Seán** is recovering well, and is looking forward to swimming again eventually!

### Masters Swimming Program Notes

- Due to the stay-at-home order **Carleton Athletics is closed until at least May 20**. Updates on the Carleton Pool and Masters Swimming will be provided once a reopening date is available.
- The Winter term was to run from Wed Feb 17 to Tue Jun 1: **stay tuned for updates**.
- I will continue to send the newsletter every two weeks.

### Swimmer Notes

## Swimmer Updates:

- Check out the Swim Ontario Masters Spotlight Webinar Series: [http://swimontario.com/news\\_detail.php?id=3442](http://swimontario.com/news_detail.php?id=3442). There is a link at the bottom to the YouTube videos of each webinar. They cover everything from stroke technique, nutrition, dryland training, and open water swimming tips.

- **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/>.

- For future reference, just a reminder to all swimmers that there is a **different** COVID screening form for each activity at Athletics:

- Masters Swim: [https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO\\_VxZhURTBUTUIwQk9ENURKMIc4M0MzS1MwRUFUWCQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO_VxZhURTBUTUIwQk9ENURKMIc4M0MzS1MwRUFUWCQIQCN0PWcu)

- Public Swim: [https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO\\_VxZhUQkdCRDVLVlpBOVNLUIVUMTg5QjISt1dLQiQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO_VxZhUQkdCRDVLVlpBOVNLUIVUMTg5QjISt1dLQiQIQCN0PWcu)

- Fitness Centre: [https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMNtLT9-YP6tCnrNLn1WD\\_opUMVFLMk5ZNzVOQkdUVFdHTIFVOExHNTThDRyQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMNtLT9-YP6tCnrNLn1WD_opUMVFLMk5ZNzVOQkdUVFdHTIFVOExHNTThDRyQIQCN0PWcu)

- Once the facility reopens, 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.

## “Fun” Aquatic-Related Links:

- How Very Canadian!: Beavers Chewed Through Cable Taking Out Internet Service for Hundreds in Western Canada: <https://www.cnn.com/2021/04/27/world/canada-beavers-internet-outage-trnd>

- Floating in the Air: London’s Sky Pool [Ed. Note: 25m long but the stairs will make flip turns a challenge ☹️ !]: <https://www.dailymail.co.uk/news/article-9503509/Swimmer-takes-drop-worlds-sky-pool-opens-London.html>

- Behold, the Intrepid Open Water Swimmers of Alki Beach, who Brave Seattle’s Winter Temps to Train Year-Round: <https://www.seattletimes.com/life/outdoors/behold-the-intrepid-open-water-swimmers-of-alki-beach-who-brave-seattles-winter-temps-to-train-year-round/>

- The Deepest Diver in the History of Free Diving Goes Below the Ice:

<https://www.nytimes.com/2021/03/24/sports/freediving-alexey-molchanov.html>

- These Dolphins Took a Day Trip Up Venice’s Grand Canal: <https://www.ctvnews.ca/lifestyle/these-dolphins-took-a-day-trip-up-venice-s-grand-canal-1.5359031>

- An Honest Sport: Fifteen Truths About Swimming: <https://www.swimmingworldmagazine.com/news/an-honest-sport-15-truths-about-swimming/>

## News and Other Links:

- Study: Regular Exercise Shielded COVID-19 Patients from Hospitalization and Death [thanks to **Bicki Westerheide** (6:45pm Whitecaps)]: <https://www.sandiegouniontribune.com/news/health/story/2021-04-17/study-regular-exercise-shielded-covid-19-patients-from-hospitalization-death>

- Are All Sports Shutdowns Necessary?: <https://torontosun.com/sports/special-report-are-all-sports-shutdowns-necessary>

- Minnesota Woman Vies to Become First Sports Illustrated Swimsuit Model with Down Syndrome:

<https://www.rochesterfirst.com/entertainment-news/minnesota-woman-vies-to-become-first-sports-illustrated-swimsuit-model-with-down-syndrome/>

- How do You Stay a Swimmer When Swimming isn’t an Option: <https://outdoorswimmer.com/blogs/how-do-you-stay-a-swimmer-when-swimming-isnt-an-option>

- Five Outside-the-Pool Activities for Faster Swimming: <https://www.swimmingworldmagazine.com/news/5-outside-the-pool-activities-for-faster-swimming/>

- Netflix Starts Production on ‘The Swimmers’ – Rare On-Screen Look at the Sport:

<https://www.swimmingworldmagazine.com/news/netflix-starts-production-on-the-swimmers-rare-on-screen-look-at-the-sport/>

- Paralympian “Accidentally” Sets Marathon World Record: <https://runningmagazine.ca/sections/runs-races/paralympian-accidentally-breaks-marathon-world-record-while-pacing-training-partner/>

## Winter Session Information

Information will be posted here when available.

## Ask the Coach

**Dear Coach:** I'm interested in trying a mono-fin for doing dolphin kick in open water, just to mix things up a bit. What should I be looking for if I want to move with good speed and not hurt my back? There are options with various degrees of stiffness, ridges, etc. Monofin Newbie

Dear M. Newbie: I don't know a lot about mono-fins, but here are some links with advice. The first, especially looks informative:

<https://aquamermaid.com/blogs/news/mermaid-monofin-guide>

<https://www.swimnetwork.com/best-monofins-for-swimming/>

<https://gearweare.net/review/best-monofins/>

<https://www.globosurfer.com/best-monofins-for-swimming/>

**Dear Coach:** What are the rules for the breaststroke turn? A Breaststroker

Dear A. Breaststroker: The breaststroke turn is very different from the turns for the other strokes. For one, your head doesn't have to break the surface by 15m, like in the other strokes. That said, it would be a challenge to stay within the rules and get that far! Another difference is that you may not do many kicks underwater. After touching the wall with both hands simultaneously and not overlapping, you must push off on your stomach (i.e. rolled less than 90 degrees towards either side). You may then do what's called the underwater pull out: You are permitted one dolphin kick underwater, plus one arm motion similar to the underwater part of a fly stroke (arms end up at the sides unlike a regular breaststroke arm movement) and then recover underwater, plus one breaststroke kick. Your head must break the surface before your arms get to the widest point of the breaststroke pull after the turn. The dolphin kick may be done before, during, or after the arm movement, but is normally done before. If you do the dolphin kick before the arm movement, ensure that there isn't a second dolphin kick during the arm movement. The breaststroke kick is usually done near the end of the underwater arm recovery. Note that the underwater pull out is not required. Instead you may start swimming normal breaststroke right after the turn, but the underwater pull out is faster for most swimmers.

## 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.

Apr 11-May 1: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge:

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

May 2-29: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge: <https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/>: Free (MSO registration required)

May 30-Jun 19: 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)

Aug 13-15: Traversee du Lac Tremblant: <https://www.traverseelactremblant.ca/en/>

Canaqua Sports Various Open Water Races: <https://www.canaquasports.com/open-water-races.html>

Global Open Water Swim Series (Year Round; **Virtual Races** available): <https://globalswimseries.com/races/>

FINA Masters World Championships 2022 (instead of 2021): <https://www.fina.org/node/160117>

**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 **Feb 18<sup>th</sup>**).

## Private and Semi-Private Masters Swim Lessons

**Potential Schedule:** Mon to Thu 11:45am-12:45pm 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](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 **[to be updated]**

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/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](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

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