

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, August 8, 2021 3:27 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 #558

Carleton Masters Swimming Newsletter #558

Sunday, August 8th, 2021

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2020 Part 1 and Part 2, Winter 2021, and Alumni: 7:30am Earlybirds I (48 addresses), 9am Earlybirds II (21 addresses), 6:00pm Whitecaps I (49 addresses), 8pm Whitecaps II (27 addresses), Saturday Only (2 addresses), Alumni (81 addresses).



Aline St-Laurent-Guérin (6pm Whitecaps), front kneeling, was unable to complete the Newfoundland Tickle Swim for Mental Health as it was cancelled due to inclement weather ☹️. Instead she did her 5km swim at Meech Lake this morning with support from other Carleton Masters who also swam (some 5km, some a bit less) and then enjoyed a feast of snacks! Left to right: **Francois Parent, Gi Wu, Ingrid Hagberg, Debby Whately, Lynn Marshall, Rachel Bennett,** and **Kim Kennedy**. **Aline** is wearing her Tickle Swim T-shirt in the photo. It's not too late to sponsor her: see details in "Swimmer Notes" below.

Masters Swimming Program Notes

- The remainder of the “Winter” session is running from Monday July 19 to Saturday September 11.
 - Note that **the Saturday workouts on September 4 are at 9:15am-10:15am and 10:30am-11:30am, respectively (1 hour later than normal).**
 - There are **no workouts on Monday September 6** (Labour Day).
 - There is still space in most groups: contact me for more information.
- Information on the Fall session, starting likely Monday September 13, will be communicated **soon!** The times that will be offered are not yet finalized.

Swimmer Notes

Swimmer Updates:

- I hope that everyone enjoyed the Olympics (and can now catch up on their sleep)!

- As per the photo above, **Aline St-Laurent-Guérin** (6:45pm Whitecaps)'s Newfoundland Ocean 5km Tickle Swim for Mental Health was cancelled. However, she's now done her 5km swim in Meech Lake and sponsors are still welcome: https://bos.etapestry.com/fundraiser/CanadianMentalHealthAssociati_6/TickleSwim/individual.do?participationRef=2408.0.26943516

- **Derek Woodard** (x-Whitecaps, Varsity Swim Team) is raising money for kids' cancer: *“I'm doing the great cycle challenge, raising funds to help the SickKids foundation fight against kids' cancer. The challenge is to ride my bike for a total of 200 km in the month of August. I may push my ride distance further depending on how my rides are in the next month. I'm very close to my fundraising goal, but I would like to see how much more I can get before the rides begin.”* You can sponsor **Derek** here: <https://greatcyclechallenge.ca/Riders/DerekWoodard>

- Masters Swimming Ontario celebrates 50 Years of Masters Swimming: <https://www.mastersswimmingontario.ca/50-years-of-masters-swimming-50-an-de-natation-des-maitres/>.

- Check out the **Ottawa Riverkeeper 20 for 20 Challenge**: <https://ottawariverkeeper.ca/events/20-for-20-challenge>

- Parking is free on campus for the Summer term. There will be a charge for parking starting September 1. If you have a year-long Athletics membership, you can get free parking, except on weekdays between 9am and 5pm – contact the Welcome Centre for details. Please note that there is significant road work going on near the main entrance of the Carleton Campus: <https://carleton.ca/transportationplan/university-messages/>.

- A reminder to all swimmers that there is a **different** COVID screening form for each activity at Athletics: <https://athletics.carleton.ca/covid-screen/>.

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

“Fun” Aquatic-Related Links:

- Even Olympians Pull on the Lane Line: Israel's Denis Loktev Tugs in 200 Free:

<https://www.swimmingworldmagazine.com/news/even-olympians-pull-on-the-lane-line-israels-denis-loktev-tugs-in-200-free/>

- Getting Your Feet Wet: https://twitter.com/maz_jovanovich/status/1419987621250433024

- How Olympic Divers Make the Perfect Tiny Splash: <https://www.vox.com/2021/8/5/22609527/olympic-divers-perfect-tiny-splash>

- In Michigan, a Park Made of Water: The Thunder Bay National Marine Sanctuary:

<https://www.nytimes.com/2021/07/29/travel/thunder-bay-national-marine-sanctuary.html>

News and Other Links:

- Swimming Gives Your Brain a Boost: But Scientists Don't Know Yet Why it's Better Than other Aerobic Activities [thanks to **Bicki Westerheide** (6pm Whitecaps)]: <https://theconversation.com/swimming-gives-your-brain-a-boost-but-scientists-dont-know-yet-why-its-better-than-other-aerobic-activities-164297>

- Transplant Recipient **Jillian Best** Conquers Lake Ontario, Joining Exclusive Club: <https://lfpres.com/news/local-news/best-joins-exclusive-club-in-completing-grueling-lake-ontario-crossing>

- Incorporate Moderate or Vigorous Activity Throughout the Day if You Sit a Lot:

<https://www.runnersworld.com/news/a36631436/counteract-sedentary-behavior-with-light-activity-study/>

- A US Swimmer's Long, Winding Lane Back to the Paralympics:

<https://www.nytimes.com/2021/06/23/sports/olympics/Rudy-Garcia-Tolson-paralympics-swimming.html>

“Continued” Winter Session Information

Dates: Monday July 19 to Saturday September 11; No workouts: Monday August 2 or Monday September 6.

The usual pool allocations and coaches are as follows:

7:30-8:45am Earlybirds: Whole Pool: **Lynn**

6:00-7:15pm Whitecaps: Whole Pool: **Sean and Mark**

8:15-9:15am Saturdays (Jul 31 and Sept 4: 9-10am): Shallow End; rotating coach schedule

9:30-10:30am Saturdays (Jul 31 and Sept 4: 10:15-11:15am): Shallow End; rotating coach schedule

Any changes will be noted here.

Sean coached for **Lynn** on **Friday July 30**.

Sean coached for **Lynn** on **Saturday July 31**.

Sean coached for **Lynn** on **Wednesday August 4**.

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

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

7:30am Earlybirds: July 19-August 6 (8 workouts); range: 25-34; average: 29.9

Perfect Attendance: **Candace Newman, Debby Whately, Eleanor Fast, Isla Paterson, Luciara Nardon, Ralph Siemsen, Renate Hulley, Steve Dods**

6:00pm Whitecaps: July 19-August 5 (8 workouts); range: 25-34; average: 29.8

Perfect Attendance: **Kelly Biggs, Margaret Janse van Rensburg, Nathan Fudge, Ogi Gutovic, Stephane Raynaud**

8:15am Saturdays: July 24-August 7 (3 workouts); range: 6-13; average: 9.3

Perfect Attendance: **Bicki Westerheide, Cathy Gardner, Isla Paterson, Liliane Cardinal, Margaret Janse van Rensburg**

9:30am Saturdays: July 24-August 7 (3 workouts); range: 5-9; average: 7.3

Perfect Attendance: **Debby Whately, Isaac Fierro Marquez, Mariette Kenney, Mary Donaghy, Ogi Gutovic**

Ask the Coach

Dear Coach: I haven't been swimming regularly in several years and have also had some injuries: shoulder and hip. I've done physio and both are doing well, but I'm worried about reinjuring myself when I start swimming again. What would you recommend? Excited but Anxious Swimmer

Dear E.b.A. Swimmer: Given your history, I'd suggest erring on the side of caution. Perhaps start with twice per week, but just 30 min each workout (total 1 hour). Then the second week either three times 30 min or two times 45 min (1.5 hours total). The following week, 2 hours spread out into 2-3 workouts, etc. Most important, listen to your body. If anything hurts (especially shoulder or hip) back off a bit. Also, don't hesitate to ask your coach for some stroke tips if you find that the swimming is aggravating any of your joints!

Dear Coach: Why can't I do a flip turn from backstroke to breaststroke in an IM? I thought flip turns were ok in backstroke? Confused IM Swimmer

Dear C.I.M. Swimmer: The turn from backstroke to breaststroke in an IM is considered a backstroke finish. Thus, just like at the end of a backstroke race, you must touch the wall with your hand before you turn. There are many different backstroke to breaststroke turns that you can do, of various risk and speed, including just touching the wall and turning onto your stomach, a bucket turn, a backwards somersault after you touch, a suicide turn, a cross over turn, ... Ask your

coach if you want to learn any of these. Note that this rule also means that if you want an official split in a backstroke race (e.g. a 100 back time in a 200 back race), you must touch the wall with your hand at the split distance as well as at the end of the race.

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.

Until Aug 31: MSO Virtual Open Water Swim Challenge: 250m, 500m, 750m, 1k, 1.5k, 3k, 5k, 10k: register by Aug 22: <https://ms.mastersswimmingontario.ca/> (MSO registration required)

Aug 1-Aug 21: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge:

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

Aug 22-Sept 11: 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/>: postponed to 2022

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

Aug 15: Canaqua Sports Welland Open Water Swim and SwimRun Challenge

Aug 29: Canaqua Sports Huronia Open Water Swim and SwimRun Challenge

Sept 12: Canaqua Sports Welland Canal Open Water Swim

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

Mar 26-27, 2022 Ontario Masters Provincials, Etobicoke

May 20-22, 2022 Canadian Masters Championships, Quebec City

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!)

July 31 Gatineau Sprint Triathlon (750m, 20k, 5k)

Congratulations to **Jake** on a great race! Full results: <https://results.chronotrack.com/event/results/event/event-62487>

Jake Graham (7:30am Earlybirds; 35-39): 241st overall; 127th man; and 15th in category in 1:40:54 (swim 17:21)

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 18th**).

Private and Semi-Private Masters Swim Lessons

Starting August 16 (when I can walk a bit better!): likely weekdays 4:30-5:30pm.

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

Continued "Winter" Session:

Dates: Monday July 19 to Saturday September 11

Earlybirds **1 & 2:** Mon/Wed/Fri **7:30-8:45am** whole pool (**excludes** August 2 and September 6)

Whitecaps **1 & 2:** Mon/Tue/Thu **6:00-7:15pm** whole pool (**excludes** August 2 and September 6)

Saturday 1: **8:15-9:15am** shallow end (**includes** July 31 and September 4 but at a **different** time: **9:00-10:00am**)

Saturday 2: **9:30-10:30am** shallow end (**includes** July 31 and September 4 but at a **different** time: **10:15-11:15am**)

Once we have a complete list of registration changes, this will be processed by Athletics. Note that refunds will likely go onto your credit/debit card due to the inability to use a balance on your account when registering on-line.

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://athletics.carleton.ca/covid-screen/>.

- 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.
- 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 have a maximum of four swimmers.
- 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) until August 31. Parking passes or payment are required starting in September.

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

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!).

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>