

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, September 11, 2021 8:27 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 #561

Carleton Masters Swimming Newsletter #561

Saturday, September 11th, 2021

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2021, and Alumni: 7:35am Earlybirds I (42 addresses), 8:45am Earlybirds II (33 addresses), 6:00pm Whitecaps I (37 addresses), 7:15pm Whitecaps II (34 addresses), Saturday Only (4 addresses), Alumni (1 address); and Fall 2020, Winter 2021, and Alumni: 7:30/7:45am Earlybirds I (9 addresses), 9:00am Earlybirds II (7 addresses), 6:00/6:45pm Whitecaps I (15 addresses), 8:00pm Whitecaps II (16 addresses), Saturday Only (1 address), Alumni (64 addresses).

"Follow your dreams with determination and conviction until they become true." – Steven Redhead

Note that I'll be cleaning up my e-mail lists soon for 2021-2022. If you are currently receiving the workouts and/or newsletters and do not plan to register with Carleton Masters for Fall, please send me an e-mail if you wish to stay on the receiver list(s).

Masters Swimming Program Notes

- The extended "Winter" session ended today.
- The Fall session starts **Monday September 13**. Full details near the end of the newsletter. A big welcome to all new and returning swimmers!
 - Important information on COVID-19 vaccination status requirements and daily screening for accessing Carleton Athletics is below (cuScreen).
 - Please also read the updated COVID protocols below.
- Registration for the Fall session is ongoing:
 - The 7:35am MWF Earlybirds 1, 6:00pm MTuTh Whitecaps 1, and 8:15am Saturdays are **full**: wait lists available.
 - There is still space in the 8:45am MWF Earlybirds 2 (5 spots), and 7:15pm MTuTh Whitecaps 2 (1 spot).

cuScreen

Proof of COVID-19 vaccination and a daily COVID-19 screening is required to access all buildings on the Carleton campus via cuScreen: <https://carleton.ca/covid19/cuscreen/>.

- If you are not Carleton staff or student, instructions on how to **create your account** can be found under "Visitors" (<https://carleton.ca/covid19/wp-content/uploads/cuScreen-Instructions-for-Visitors-Final.pdf>). The instructions include the required registration code. Although it should be possible to create more than one profile per account, one account per person is recommended.
- Click on "**Report your latest vaccination status**" to upload your proof of vaccination. Note that if you are fully vaccinated, you need to upload proof of **both** vaccinations, not just the second one. If you don't have pdf copies of your Ontario vaccinations, you can download them here: <https://covid-19.ontario.ca/covid-19-vaccine-booking-support#vaccination-receipts>. If you are fully vaccinated, you only need to do this once. If you have only one vaccination to date, your second one is required by October 1 so that you are considered fully vaccinated by October 15. After your second vaccination, you will submit your vaccination documents again.
- In addition to uploading your vaccination records, you will do a daily COVID screening using cuScreen. You will also check in and out of the buildings you access (e.g. Athletics) via QR location codes: <https://carleton.ca/covid19/cuscreen/qr-location-codes/>. If you don't have a smart phone, there is a paper form available: <https://carleton.ca/covid19/cuscreen/paper-based-self-assessment/>.

Masters Swimming COVID Protocols

The changes from last term are bold and underlined.

- 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 your **COVID-19 vaccination records are on file and that you have done your COVID screening each day that you swim:** <https://carleton.ca/covid19/cuscreen/>.
- 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 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 only **5 or 10 minutes between groups**, you may need to wait in the change room for the doors to the pool deck to be unlocked.
- Each lane will have a maximum of **six** swimmers.
- You may only attend the swims that you are registered for.
- **The masters equipment (kick boards and pull buoys, plus fins on fin days) will be available. However, swimmers must clean the pool-owned equipment they use both before and after use. Cleaning materials will be provided.**
- You may bring your own equipment, but no snorkels are permitted.

Swimmer Notes

Swimmer Updates:

- You can read more about the road work at Bronson, University Drive, and Sunnyside, including the new sidewalk detour and long term plan here: <https://carleton.ca/transportationplan/university-messages/>.
- **A parking permit (or paying via the ticket machine or app) is required to park on campus.** If you have a year-long Athletics membership, you can get a free parking permit that is good at all times, except on weekdays between **10am** and 4pm – contact the Athletics Welcome Centre (where you check in to get to the pool) for details.
- 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:

- Diving into the Flood: <https://twitter.com/heyRickyB/status/1433554233530458112>
- Dream Pool in Adelboden, Switzerland: <https://twitter.com/duoswim/status/1433878458216685570/photo/1>
- This Company Recycles Shipping Containers into Backyard Pools: <https://www.fastcompany.com/90664136/this-company-recycles-shipping-containers-into-backyard-swimming-pools>
- A Group of Monkeys Swimming and Diving: <https://www.facebook.com/MonkeyFM.TV/posts/5843972549007852>
- The Seven Sins of Swimming: <https://www.swimmingworldmagazine.com/news/the-7-sins-of-swimming>

News and Other Links:

- This Belgian Teacher was just Happy to be in the Olympics, let alone Finish the Marathon, and in 28th/88 [thanks to **Cathy Crawley** (6pm Whitecaps)]: <https://www.youtube.com/watch?v=M1j042Zu1j0>
- The Best Type of Exercise? A Blood Test Holds Clues: <https://www.nytimes.com/2021/06/09/well/move/exercise-blood-test.html>
- Swimming and Runny Noses: <https://www.livestrong.com/article/491809-swimming-runny-noses/>
- The Latest Research on Protein and Muscle-Building: <https://www.outsideonline.com/health/nutrition/latest-research-protein-and-muscle-building/>

“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 Mon/Wed/Fri Earlybirds: Whole Pool: **Lynn**

6:00-7:15pm Mon/Tue/Thu Whitecaps: Whole Pool: **Sean** and **Mark**
 8:15-9:15am Saturdays (Jul 31: 9-10am and Sept 4: **9:15-10:15am**): Shallow End; rotating coach schedule
 9:30-10:30am Saturdays (Jul 31: 10:15-11:15am and Sept 4: **10:30-11:30am**): 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 continuation of the session. If there are any errors, please let me know.

7:30am Earlybirds: July 19-September 10 (22 workouts); range: 22-34; average: 28.3
 Missed 1 Workout: **Ann Bortolotti, Seán Kelly, Ursula Scott**

6:00pm Whitecaps: July 19-September 9 (22 workouts); range: 25-35; average: 28.3
 Missed 1 Workout: **Marshall Perrin**

8:15am Saturdays: July 24-September 11 (8 workouts); range: 6-13; average: 9.8
 Perfect Attendance: **Isla Paterson**

9:30am Saturdays: July 24-September 11 (8 workouts); range: 5-10; average: 7.8
 Perfect Attendance: **Ogi Gutovic**

Winter Session Awards

Normally there are awards at the end of each term for best weekday attendance, most improved swimmers, fastest swimmers, and relays. Due to COVID, we haven't been able to do any timed swims other than the 800/1500, and those were done when the pool was at its hottest, due to a heat wave! That contributed to no one reaching the 270 FINA point minimum that we use as a cut off for the "fastest swimmer awards". Remarkably, there were two improvements, recognized below. As for attendance, there were 21 swimmers with perfect weekday attendance for the first part of the term, and no one for the second part (not unusual in summer). While there are not usually awards for Saturday attendance, there was one swimmer with perfect attendance for both halves of the term, which also deserves an award!

Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Andrew Rolleston	EB1	M	1500fs	97.0	6.5
2	Bob Tipple	EB1	M	800fs	41.0	5.1

Perfect Attendance (Saturday later group):
[Ogi Gutovic](#)

Fall Session Information

Dates: Monday September 13 to Wednesday December 22; No workouts: Monday October 11.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End: **Lynn**

8:45-9:45am Mon/Wed/Fri Earlybirds 2: Deep End: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Mon/Tue: Shallow End; Thu: Deep End: **Sean**

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow End; Thu: Deep End: **Mark**

8:15-9:25am Saturdays: Shallow End; rotating coach schedule

Any changes will be noted here.

Special Sets:

Tue/Wed Oct 19/20: fin day

Mon Nov 8: 1500/800 time trial

Thu/Fri Nov 18/19: fin day

Tue/Wed Dec 21/22: "funner" day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanfall21.pdf>.

Ask the Coach

Dear Coach: I struggle with breaststroke kick. Any suggestions? Pigeon-Toed Freestyler

Dear P-T. Freestyler: To test your ankle mobility for freestyle (and back and fly), sit on the floor with your legs straight. Extend your ankles (i.e. point your toes) and then internally rotate your legs and ankles (i.e. pigeon-toed) so that your big toes are reaching for the floor. If you can touch the floor with your big toes, then you are good to go for free, back, and fly kick. For breaststroke, start in the same position but keep your feet flexed (i.e. don't point your toes) and try to externally rotate your legs and ankles so that the outside edge of your feet reaches for the floor. If you can touch the floor with the outside edges of your feet, you are good to go for breaststroke kick. If you can't do the breaststroke exercise, all is not lost, you will just need to do the breaststroke kick with wider knees so that you can turn your feet out. All that said, if breaststroke kick doesn't come naturally, it is a challenge to learn (and to teach)!

Dear Coach: I had a touch of tennis elbow after our freestyle workout the other day. What could be causing that? Freestyle Swimmer

Dear F. Swimmer: This normally happens when the underwater part of your freestyle stroke is too wide. Once the elbow is wider than the wrist, pressure is exerted on both the elbow and shoulder joints. Ask your coach to look at your technique!

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2022), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$40**. For both, it's **\$50**. Contact me for more details.

Sept 12-Oct 9: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge:

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

Oct 10-Oct 30: 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)

Sept 12: Canaqua Sports Welland Canal Open Water Swim: <https://www.canaquasports.com/open-water-races.html>

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!)

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 later this month: schedule TBA (contact me for more information!).

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 Program Information

Dates: Monday September 13 to Wednesday December 22, excluding Monday October 11.

Online registration is recommended: <https://rec.carleton.ca/>. You may also register by phone (613-520-4480) and in person.

As usual, you must be staff, student, or a community member to swim with Carleton Masters.

Earlybirds 1: Mon/Wed/Fri **7:35-8:35am** deep end: \$170 + HST (full: wait list available)

Earlybirds 2: Mon/Wed/Fri **8:45-9:45am** deep end: \$170 + HST
Whitecaps 1: Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: \$180 + HST (full: wait list available)
Whitecaps 2: Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: \$170 + HST
Saturday: **8:15-9:25am** shallow end: \$70 + HST (full: wait list available)

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:** To park on campus, parking passes or payment is required.
- **Day and Permanent Lockers:** Lockers not currently available for use.

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 (lynnmar@sce.carleton.ca).

Happy lengths!
Lynn

lynmar@sce.carleton.ca

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