

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, September 24, 2021 4:39 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 #562

## Carleton Masters Swimming Newsletter #562

Friday, September 24<sup>th</sup>, 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 (37 addresses), 6:00pm Whitecaps I (37 addresses), 7:15pm Whitecaps II (36 addresses), Saturday Only (4 addresses), Alumni (15 addresses); and Fall 2020, Winter 2021, and Alumni: 7:30/7:45am Earlybirds I (6 addresses), 9:00am Earlybirds II (7 addresses), 6:00/6:45pm Whitecaps I (14 addresses), 8:00pm Whitecaps II (15 addresses), Saturday Only (1 address), Alumni (53 addresses).



Congratulations to **Aline St-Laurent-Guérin** (7:35am Earlybirds, pictured) and **Jake Graham** (7:35am Earlybirds) who participated in the Triathlon Esprit de Montreal on September 11 in the Olympic Relay and Olympic Triathlons, respectively. More details under "Race Results".

### Masters Swimming Program Notes

- The Fall session started **Monday September 13**. Full details near the end of the newsletter.

- Important information on COVID-19 vaccination status requirements and daily screening for accessing Carleton Athletics is below (cuScreen). Please see the updates in **red**.
- **There are no workouts on Monday October 11 due to the Thanksgiving Holiday.**
- All Masters groups are full for Fall. Wait lists are available.

## cuScreen

- **As of September 22, Athletics community members must be 2 weeks post fully vaccinated to use the facilities.** For Carleton staff/students, 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.
- **To access the pool, you must show your COVID screening with the green tick mark on your phone, and also swipe your member / campus card at the Welcome Centre. If your card does not swipe, the staff will make a note and get that resolved.**
  - **If you do not have a smart phone, show the paper screening form along with a paper copy of your vaccination records for admittance.**
  - **Please be polite to the Welcome Centre staff! They are just doing their job. Thank you!**
- Here is the previous information on cuScreen, which still applies:
  - 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.
  - 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.
- 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:

- Coach **Mark Blenkinsop** and his wife **Krista** are registered beekeepers. They have an unexpected abundance of honey this year, and want to sell their excess. They have novelty Teddy Bear bottles (375g) for \$8, 500g jars for \$10, and 1kg jars for \$18. If anyone is interested or has any questions at all, feel free to contact them at [mblenkin@math.carleton.ca](mailto:mblenkin@math.carleton.ca) or talk to **Mark** at the pool.

- An update from NCOWSA:

“The National Capital Open Water Swimmers Alliance (NCOWSA) committee members attended the end-of-season consultation session with the NCC yesterday. We were briefed on next steps for the pilot project. There will be one final consultation session sometime over the winter during which the final framework will be presented.

In yesterday's session the NCC presented the data it has been collecting over the summer on compliance by open water swimmers with the pilot project guidelines. Compliance was very high at both O'Brien and Blanchet beaches between 6 and 10 am and noise levels and complaints were very low. Overall the project appears to have been successful.

We have submitted a brief outlining our recommendations on how the framework can be improved. The NCC will consider submissions from all stakeholders in formulating the final framework.

Thanks to everyone for their cooperation in making this initiative a successful one.

The swim corridor buoys will be removed from Meech and Leamy lakes on October 12.”

- 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:

- The Swimming Dictionary: A List of Words and Phrases Lost on the Non-Swimmer:

<https://www.swimmingworldmagazine.com/news/the-swimming-dictionary-a-list-of-words-and-phrases-lost-on-the-non-swimmer/>

- Five Impossible Things to Explain to the Non-Swimmer: <https://www.swimmingworldmagazine.com/news/5-impossible-things-to-explain-to-the-non-swimmer/>

- Swifty the Swimming Pig (Ed Note: What a Great Racing Start!):

<https://twitter.com/BeardedGenius/status/1438560674565738496>

- **Braden Holloway** on Building a Strong Underwater Dolphin Kick: <https://www.youtube.com/watch?v=Og7LrUAehz0>

- Breaststroke Kick Progression Drills [thank you to **Heloise Emdon** (7:35am Earlybirds)] (Ed. Note: Currently snorkels are not permitted at Carleton, and note that breaststroke kick with a pull buoy is next to impossible for most adults who are not natural breaststrokers ;-): <https://www.youtube.com/watch?v=1K7qz805RhY>

- Stop Making These Breaststroke Mistakes: Breaststroke Technique Tips [thank you to **Heloise Emdon** (7:35am Earlybirds)]: <https://www.youtube.com/watch?v=ZsjyLPvFuaM>

### News and Other Links:

- Chicago Swimming Icon, **George Wendt**, Dies During Big Shoulders Race: <https://swimswam.com/chicago-swimming-icon-george-wendt-dies-during-big-shoulders-race/>

- Having the Strength to Say “I Can’t”: **Antonio Arguelles** Failed Two-Way Channel Crossing (While Suffering Gall Stones!): <https://www.openwaterswimming.com/having-the-strength-to-say-i-cant/>

- Blue Whale Washes up on Popular N.S. Beach: <https://ottawacitizen.com/news/almost-looked-like-it-was-plastic-blue-whale-washes-up-on-popular-n-s-beach/>

- The Making of **Lucy Charles-Barclay**: Swimmer to Triathlon Champion: <https://www.youtube.com/watch?v=Fqd3v8lg1II>

- How Much Exercise do We Need to Live Longer? 7000-8000 Steps or 30-45 Minutes of Exercise Most Days: <https://www.nytimes.com/2021/09/15/well/move/exercise-daily-steps-recommended.html>

## 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.

**Mark** coached for **Sean** on **Monday September 13.**

**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>.

Here are the attendance statistics for the term to date. If there are any errors, please let me know.

**7:35am Earlybirds:** September 13-24 (6 workouts); range: 25-36; average: 29.3

Perfect Attendance: **Ann Bortolotti, Cheri Reddin, Dave Bourdon, Eleanor Fast, Jocelyn Pender, Karen Jensen, Mike Wheatley, Seán Kelly, Susan Nevitt-Yelle**

**8:45am Earlybirds:** September 13-24 (6 workouts); range: 22-32; average: 28.5

Perfect Attendance: **Chris Whitehead, Debby Whately, Flo Kellner, Luciara Nardon, Mary-Lou Dunnigan, Natalie Aucoin, Ralph Siemsen, Renate Hulley, Susan Hulley**

**6:00pm Whitecaps:** September 13-23 (6 workouts); range: 20-28; average: 24.3

Perfect Attendance: **Cameron Dawson, Jennifer Murdock, Joanne Dawson, Konstantin Petoukhov, Matthew Sinclair, Nicole Delisle, Rachel Bennett, Sheila Kealey, Stephane Raynaud**

**7:15pm Whitecaps:** September 13-23 (6 workouts); range: 19-26; average: 23.0

Perfect Attendance: **Etienne Pilon, Gary Cousens, Kelly Biggs, Liz MacNeill, Melissa Fortin, Nathan Fudge, Rachel Baxter, Seana Biggs, Sebastien Robillard-Cardinal**

**8:15am Saturdays:** September 11 (1 workout); range: 18-18; average: 18.0

Perfect Attendance: **Everyone who was there ☺ !**

## Ask the Coach

**Dear Coach:** I find it very hard to get a good breath in while I'm swimming freestyle. Any suggestions? Out of Breath Swimmer

Dear O.o.B. Swimmer: Usually we struggle to inhale if we are not exhaling properly. Water is not a natural medium for a human, and thus it's not uncommon to get tense, especially while swimming fast. When we get tense, we are not good at exhaling. Thus, try focusing on exhaling quite forcefully and that should help with the inhalation.

**Dear Coach:** It seems that all the men's showers are working, but still only six for the women. That doesn't seem fair! Female Swimmer

Dear F. Swimmer: I believe that they were doing some testing in the men's change room when all the showers were operational and that should no longer be the case. However, the good news is that I'm told that more showers in both change rooms will be available soon! And perhaps lockers, too?!

**Dear Coach:** I'm trying to keep my knees close together on my breaststroke kick, but it doesn't seem to work well. What am I doing wrong? Female Breaststroke Swimmer

Dear F.B. Swimmer: If you can naturally keep your knees in **\*and\*** turns your toes out, that's awesome and you have great hip/knee/ankle flexibility that works for breaststroke. However, if you have to move your knees wider to be able to turn your toes out, then you should keep your knees wider. The toes pointing out is more important than the narrow knees. For most of us adults, breaststroke kick with a pull buoy is impossible. Most female elite breaststrokers have very narrow hips. Those of us with wider hips usually need to keep the knees wider. Thus, I suggest focusing on generating propulsion and not about where the knees are.

## 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!)

**Saturday, September 11: Triathlon Olympique Esprit de Montreal** (1.5k/40k/10k; 700 individuals and 41 teams)

Congratulations to **Jake Graham** (7:35am Earlybirds) on completing his first Olympic Distance Triathlon and finishing under his goal of 3:30, and averaging 2:15/100m on the swim! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=113029>.

**Jake Graham** (7:35am Earlybirds; 35-39) 569<sup>th</sup> overall; 414<sup>th</sup> man, and 62<sup>nd</sup> in category in 3:28:19.9 (33:58.7 swim)

Great job by **Chix de St-Lau** with swimmer **Aline St-Laurent-Guérin** (7:35am Earlybirds; pictured at the top of the newsletter)! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=113030>.

Chix de St-Lau: 26<sup>th</sup> overall, and 3<sup>rd</sup> in the women's category in 2:45:50.4 (26:50.0 swim for **Aline**: 14<sup>th</sup> overall and 2<sup>nd</sup> in category)

Here is **Aline's** report:

"I was able to complete the 1.5 km in 26:50 and ranked 14/41 swimmers in my category (Olympic Relay). I was super happy with the results and felt great throughout the swim. Not being able to warm up didn't end up being such an issue after all because I was so nervous beforehand that I think my cardiovascular system was already well underway by the time that the race started. However, I under-estimated my swim abilities and placed myself somewhere in the middle of the group of 200-250 people for the departure by waves (4 people leaving every 5 seconds) and ended up having to constantly pass other swimmers throughout the 1.5km which definitely slowed me down. Also swam a bit wide at the beginning then over-corrected and landed in a buoy, but was fine afterwards. The hardest part was actually the run after the swim to get to transition zone (getting up and trying to run 200m while short of breath was way harder than I imagined - I am dying in the picture). I will definitely need to practice that one. Overall, I am confident that I can improve my time next year. I honestly credit **Coach Sean** quite a bit for helping me improve my technique and efficiency over the past month. A very big thank you for all the help! I know I still have a lot to work on but already see an improvement and I feel much less tired while swimming. I will definitely continue to work on the aspects that you pointed out and will ask **Lynn** to help me fix my flip turns now 😊."

## 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

**Starting later this month or maybe October?!: 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 (full: wait list available)

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 (full: wait list available)

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 are 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 annual fees to register Carleton Masters with Masters Swimming Ontario and Swim 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>