

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, October 8, 2021 3:31 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 #563

## Carleton Masters Swimming Newsletter #563

Friday, October 8<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 (42 addresses), 6:00pm Whitecaps I (37 addresses), 7:15pm Whitecaps II (36 addresses), Saturday Only (4 addresses), Alumni (37 addresses); and Fall 2020, Winter 2021, and Alumni: 7:30/7:45am Earlybirds I (6 addresses), 9:00am Earlybirds II (5 addresses), 6:00/6:45pm Whitecaps I (14 addresses), 8:00pm Whitecaps II (11 addresses), Alumni (35 addresses).

**“Being challenged in life is inevitable; being defeated is optional. Embrace the challenges.” – Veruka Salty**

### Masters Swimming Program Notes

- The Fall session started **Monday September 13**. Full details near the end of the newsletter.
  - Details on Carleton’s cuScreen app used to show your COVID-19 vaccination status, and for daily screening to access Carleton Athletics, and the Carleton Pool COVID protocols are near the end of the newsletter.
- There are **no workouts on Monday October 11** due to the Thanksgiving Holiday.
  - **Workouts run as usual for the Saturday group on Saturday October 9.**
- **Workouts run as usual during Carleton’s Reading Week: October 25 to 29.**
- All Masters groups are full for Fall. Wait lists are available.
- Information on the Winter session will be available in the November/December timeframe.

### Swimmer Notes

#### Swimmer Updates:

- Apologies to today’s Friday morning swimmers for the inconvenient parking, due Lot 5 being closed for this evening’s football game.

- A reminder that those of you who use the **paper cuScreen form** may be asked at any time to show your proof of vaccination and government ID, as per Ontario regulations. Please be sure to bring this every time you come to swim!

- Swimmers are reminded to **please use the correct doors to access and exit from the pool deck**. To enter the pool from the change rooms, please use the doors by the showers (the doors that were used pre-COVID to both enter and exit). When leaving the pool deck, exit through the door by the bulkhead, behind the guard chair.

- 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.

- 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:

- Inflatable 2-Lane Swimming Pool:

<https://www.facebook.com/MSDSwimming/photos/a.121024961297957/4527979160602493/>

- Denver Zoo Hippo Playing with His Ball in the Pool: <https://twitter.com/DenverZoo/status/1442154683934470148>

- Why Open Water Swimming Can Make You Smarter: <https://www.adventure-journal.com/2021/08/why-open-water-swimming-can-make-you-smarter/>

- Stained Glass from the Legendary Molitor Paris Pool:

<https://www.facebook.com/photo?fbid=10159660939109224&set=gm.10158737129672830>

- Perform the Skill: <https://twitter.com/DynamoSwimCoach/status/1443232219875708935/photo/1>

### News and Other Links:

- Swimming in an Uncertain Sea: <https://www.nytimes.com/2021/09/29/travel/farallon-islands-great-white-sharks.html>

- **Klete Keller**, Olympic Swimmer Who Stormed U.S. Capitol, Pleads Guilty to Felony:

<https://www.cbc.ca/sports/olympics/summer/aquatics/us-olympic-capitol-storm-felony-1.6194534>

- U.S. Masters Swimming 2021: In Memoriam Video [Ed. Note: Tidbits about many interesting lives]:

<https://www.youtube.com/watch?v=BHQILcNR0fE>

- The New Science on How We Burn Calories: <https://www.nytimes.com/2021/09/14/magazine/calories-weight-age.html>

- New Research Highlights the Importance of Hydration for Your Heart:

<https://www.runnersworld.com/news/a37576488/staying-hydrated-may-prevent-heart-failure-study/>

- ‘I have a Goal with Pain’: Kipchoge Reveals Secret to Superhuman Feats: <https://www.smh.com.au/sport/i-have-a-goal-with-pain-kipchoge-reveals-secret-to-superhuman-feats-20210909-p58qcs.html>

- The Story of the Cyclist with the Highest-Ever VO2 Max: <https://www.outsideonline.com/outdoor-adventure/biking/highest-ever-vo2max-cyclist-oskar-svendsen/>

### 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.

**Sean** coached for **Mark** on **Monday October 4**.

### 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-October 8 (12 workouts); range: 23-36; average: 27.5

Perfect Attendance: **Ann Bortolotti, Cheri Reddin, Dave Bourdon, Eleanor Fast, Seán Kelly**

**8:45am Earlybirds:** September 13-October 8 (12 workouts); range: 22-32; average: 27.8

Perfect Attendance: **Chris Whitehead, Debby Whately, Ralph Siemsen, Renate Hulley**

**6:00pm Whitecaps:** September 13-October 7 (12 workouts); range: 20-28; average: 24.9

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

**7:15pm Whitecaps:** September 13-October 7 (12 workouts); range: 17-26; average: 21.3

Perfect Attendance: **Kelly Biggs, Liz MacNeill, Nathan Fudge, Seana Biggs, Sebastien Robillard-Cardinal**

**8:15am Saturdays:** September 11-October 2 (3 workouts); range: 18-27; average: 22.7

Perfect Attendance: **Cori Dinovitzer, Ian Lorimer, Jennifer Murdock, Liliane Cardinal, Lynn Marshall, Mariette Kenney, Mary Donaghy, Mary-Lou Dunnigan, Sandy Lawson, Zoltan Csepregi**

## Ask the Coach

**Dear Coach:** Have permanent lockers been discontinued forever? Unhappy Swimmer

Dear U. Swimmer: To allow for day-use lockers and physical distancing, permanent lockers are not available for now. Once the physical distancing requirement is relaxed, Athletics will reevaluate. The good news is that day lockers are now available for use. While swimming, you may use the ones with the green dots on them. Parking Services rents out lockers in the tunnels (including very near to Athletics). While not available currently, this may be another option going forward: <https://carleton.ca/parking/student-parking-permits/lockers/>.

**Dear Coach:** I've set a long-term goal for myself. I'm looking to do some long distance open water swim races next August. The distances are between 2 and 5 km. Previously, I swam to stay fit, but now I have a goal in mind, which will help me push myself during training. So, I'm wondering whether you think I should move into a faster lane to help me train for this goal, even though I still have a niggle in my elbow? Swimmer with an Exciting Goal

Dear S.w.a.E. Goal: I would recommend focusing on technique for the Fall term, and then work on increasing intensity / distance starting in January, assuming that the elbow is ok. My concern with moving to a faster lane is that you might feel rushed and not have the chance to work on your technique. The last thing you want is to have to change your goal due to injury.

**Dear Coach:** The swimmers in my lane are of different speeds. I like to build into things gradually in warm up, and others like to go fast from the get go. During the main set, the same pace times don't work for everyone. What should we do? Frustrated Swimmer

Dear F. Swimmer: For the warm up, it's perfectly fine for everyone to go at their own pace. If you get lapped, you may either skip a 50 (if that makes life easier for everyone), or just be a bit behind the others. For the main set, it's ok to "agree to disagree" as long as everyone knows what is happening. If the same pace time isn't working for everyone (e.g. two groups with different speeds), it is possible, though challenging, to have two different pace times in the same lane. If there's just one person who is much faster or slower, talk to your coach about rearranging the lanes. Keep in mind that we only have 6 lanes, so there will sometimes have to be a bit of a compromise.

## 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/>: Free (MSO registration required)

Oct 31-Nov 20: 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)

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 October 2, Quebec Cup Dragon Boat Festival**

Congratulations to the Bytown Paddlers, including **Cheri Reddin** (7:35am), **Debby Whately** (8:45am), and **Megan Holtzman** (8:45am) who finished in silver medal position in the standard boat with 10 paddlers category, and tied for fourth in the standard boat with 20 paddlers category.

### **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**

**Tuesday 9:40-10:40am**

**Wednesday 11:30am-12:30pm**

**Wednesday 12:30-1:30pm (female only)**

**Wednesday 1:30-2:30pm (female only)**

**Thursday 3:30-4:30pm**

**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**

### **cuScreen**

- Athletics community members must be 2 weeks post fully vaccinated to use the facilities. For Carleton staff/students, your second dose was 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!
- cuScreen details:
  - 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.

## 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.
- **Lockers:** Day lockers are now available for use while swimming. Permanent lockers are not available while physical distancing measures are in place.

## 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!).

**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.slowlitch.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>