

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, October 22, 2021 4:38 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 #564

Carleton Masters Swimming Newsletter #564

Friday, October 22nd, 2021

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2021, and Alumni: 7:35am Earlybirds I (44 addresses), 8:45am Earlybirds II (42 addresses), 6:00pm Whitecaps I (37 addresses), 7:15pm Whitecaps II (36 addresses), Saturday Only (4 addresses), Alumni (50 addresses).



Do you recognize the two swimmers (in blue)? Check out the Race Results section for more information!

Masters Swimming Program Notes

- The Fall session started **Monday September 13** and runs until **Wednesday December 22**. Full details near the end of the newsletter.
 - Details on Carleton's cuScreen app (used to show your COVID-19 vaccination status, and daily screening to access Carleton Athletics), and the Carleton Pool COVID protocols are near the end of the newsletter.
- [Workouts run as usual during Carleton's Reading Week: October 25 to 29, and on Remembrance Day: November 11.](#)
- 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:

- Congratulations to **Alison Slater** (Whitecaps 2) and her partner on the arrival of a baby boy on September 27! James Roy Witte was born at 9lbs 1oz and is doing well.

- Due to the current Public Health regulations, the usually annual holiday party at **Don Wells** and **Joanie Conrad** (both 6pm Whitecaps)'s place cannot be held again this year. We are considering alternatives, including an outdoor gathering in 2022 once it is warm enough.

- Carleton is hosting the Men's Soccer U Sports Championships November 18-21. More information and tickets here: <https://payments.carleton.ca/ravenstickets/2021-u-sports-mens-soccer-championship-passes/>

- 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/>.

- 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:

- Giant Whale Approaches Unsuspecting Paddle Boarder: <https://www.youtube.com/watch?v=SKAZP7yfppc>
- The Traits of Seven Types of Swimmers You'll Find During Your Swimming Journey: <https://www.swimmingworldmagazine.com/news/7-types-of-swimmers-youll-find-throughout-your-swimming-journey/>
- Back to Breast Crossover Turn in Slow Motion: <https://twitter.com/duoswim/status/1445826730422415363>
- Carleton Marine Biologist's Research Key to Emmy-Winning Whale Documentary: <https://ottawacitizen.com/news/local-news/carleton-marine-biologists-research-key-to-emmy-winning-whale-documentary>
- A Florida Man Caught a Gator in a Trash Can, and He's My New Hero: <https://www.sbnation.com/2021/9/29/22700355/florida-man-gator-trash-can-video>
- **Carole Feuerman** Life-sized Swimmer Sculptures: <https://www.carolefeuerman.com/lifesize-1>, <https://www.carolefeuerman.com/monumental-2/>, and <https://www.belairfineart.com/en/artists/all/carole-feuerman/>

News and Other Links:

- **Deryk Snelling**, Swim Coach and "Life Mentor" Helped Turn Canada into a Powerhouse in the Pool: Obituary: <https://www.theglobeandmail.com/canada/article-deryk-snelling-swim-coach-and-life-mentor-helped-turn-canada-into-a/>; <https://ishofnews.blogspot.com/2021/09/deryk-snelling-legendary-canadian.html>; <https://swimswam.com/deryk-snelling-one-of-canadas-most-legendary-swim-coaches-dies/>
- 100-Year-Old Grandma Sets Guinness World Record as a Powerlifter, and Continues Winning Trophies: <https://www.goodnewsnetwork.org/100-year-old-enters-guinness-records-as-worlds-oldest-powerlifter/>
- She's Playing College Golf. She's 63: https://www.wsj.com/articles/reinhardt-university-college-golf-age-63-11633618790?st=vwj6tcs2bj4n8v&reflink=article_copyURL_share
- 34 Pictures That Show Exactly What Muscles You're Stretching: <https://www.davidwolfe.com/34-pictures-muscles-stretching/>
- Who is the Greatest Channel Swimmer of them All?: <https://coldwaterswimming.wordpress.com/2021/10/13/who-is-the-greatest-channel-swimmer-of-them-all/>
- FINA Reform Committee Proposes Sweeping Updates to Aquatic Governance: <https://swimswam.com/fina-reform-committee-proposes-sweeping-updates-to-aquatic-governance/>
- FINA Sets Up Integrity Unit as Part of Major Swimming Shake Up: <https://www.theguardian.com/sport/2021/oct/12/fina-sets-up-integrity-unit-as-part-of-major-swimming-shake-up>

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>.

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 22 (17 workouts); range: 23-37; average: 28.4

Perfect Attendance: **Ann Bortolotti, Dave Bourdon, Eleanor Fast**

8:45am Earlybirds: September 13-October 22 (17 workouts); range: 22-32; average: 27.4

Perfect Attendance: **Debby Whately, Ralph Siemsen**

6:00pm Whitecaps: September 13-October 21 (17 workouts); range: 20-31; average: 25.8

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

7:15pm Whitecaps: September 13-October 21 (17 workouts); range: 17-26; average: 21.5

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

8:15am Saturdays: September 11-October 16 (5 workouts); range: 18-27; average: 24.0

Perfect Attendance: **Cori Dinovitzer, Ian Lorimer, Jennifer Murdock, Liliane Cardinal, Lynn Marshall, Mary Donaghy, Zoltan Csepregi**

Ask the Coach

Dear Coach: Could you please include your lane etiquette information as it's been a while since it was in the newsletter and we have quite a few new swimmers? Returning Swimmer

Dear R. Swimmer: Thanks for the reminder to do this, with a couple of COVID-specific notes in red.

Lane Etiquette

Here are a few tips to ensure that you and your lane-mates all have a good swim.

- Ensure that you know what direction your lane-mates are swimming in (clockwise or counter-clockwise) before you start, **and double-check that there are not already six swimmers in the lane.**
- Swim in a circle during warm-up, even if your lane isn't busy at the start of workout (there will often be late arrivals).
- If you arrive late, join in with the others in your lane, rather than starting at the beginning of the warm up.
- Keep a minimum 5 second gap between swimmers, except when passing.
- If you are catching up to the person in front of you, pass or ask to go ahead on the next repeat.
- **Pass only when it is safe to do so.** Your lane-mates should be aware of where you are, but if you suspect a lane-mate doesn't know that you want to pass, just tap lightly on his/her feet.
- Do your turns in the middle of the lane (on the cross on the wall), to avoid collisions with those behind you.
- If you stop at the wall during warm up, ensure that you move to a corner of the lane, so that those swimming can turn in the middle.

- During the main set, the lane should follow the set provided (correct distances and pace times, e.g. 4 x 50 is not a straight 200).
- If you need to make modifications to the workout due to injury, etc., ensure that your lane-mates are aware, and, if appropriate, move to a different lane.
- During the main set, ensure that everyone in your lane has space to finish at the wall at the end of each repeat. This may mean moving away from the wall if you're in a busy lane. **With COVID, it's important to keep a 2m distance when swimmers are not swimming, so it is not always feasible for everyone to finish at the wall.**
- If you get lapped in the main set, skip a 50 and join back in with your lane-mates.
- If you are not happy with the speed of your lane (too fast or too slow), please let your coach know, but keep in mind that we only have 6 lanes!
- Put all your equipment away neatly in the appropriate location after your swim. (Ask if you're not sure where something goes.)
- Keep an eye on the time, and exit the water promptly at the end of your workout.
- If there are any issues with lane etiquette in your lane, please let your coach know.

Dear Coach: Due to injury, I'm not always able to do all the drills you give us. What should I do instead? Drill-Challenged Swimmer

Dear D-C. Swimmer: Almost always the coach can modify the drills so that you can work on similar technique. Just listen to the drills with your lane-mates and then ask for modifications after the coach has explained them.

Dear Coach: Can you recommend some good shoulder stretches for swimmers? Swimmer with Tight Shoulders

Dear S.w.T. Shoulders: Ask for a demonstration at the pool. In addition, here are some links:

<https://sportandspinalphysio.com.au/the-top-3-stretches-to-help-treat-and-prevent-swimmers-shoulder/>

<https://www.enjoy-swimming.com/rotator-cuff-stretches.html>

29 and 32 of 34 Pictures of Stretches in the "News and Other Links" section above.

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.

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/>: Free (MSO registration required)

Nov 13 Quebec Cup Meet 1: ACC at Claude Robillard: <https://www.swimming.ca/en/meet/36140/>

Nov 21-Dec 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)

Nov 27 Quebec Cup Meet 2: Brossard: <https://www.swimming.ca/en/meet/35905/>

Quebec Cup Meet 3: Details TBA

Jan 29 Quebec Cup Meet 4: Drummondville: <https://www.swimming.ca/en/meet/36115/>

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>

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

Race Results: (Please send in your results, and/or let me know if I missed anyone or any races!)

October 17 Eastern Ontario Cyclocross Series Race at Long Sault Parkway

Thanks to **Marie-Eve** for this great race report!

Between swimming and cycling lies a slippery, muddy slope

Like many swimmers, **Brian Lehmkuhl** and **Marie-Eve Racette**, (7:35am Earlybirds, lanes 2 and 5/6 respectively) also enjoy dryland sports. Cyclocross is technically a dryland sport, though some days, the course is rather liquid!

So what is cyclocross? It's like a steeplechase, except on a bike. You hop it over logs, run it across sand, grind it up dirt hills and zoom down the other side, and twist and turn through muddy chicanes. It's like being a kid again!

The Eastern Ontario Cyclocross Series runs every year on six Sundays in October and November, at various locations (Renfrew, Brockville, Perth, etc.). It's a dirty but exhilarating experience, and swimming is excellent cross-training for it!

Brian and Marie-Eve lucked out with dry weather last Sunday at the Eastern Ontario Cyclocross Series race held at scenic Long Sault Parkway. At the top of the newsletters are pictures of them (in blue) demonstrating excellent form both during and after the event.

Full results: <http://www.cyclocross.org/2021-results/>

Marie-Eve Racette (7:35am Earlybirds; Women's Race): 15.54km: 36th in 57:29:34

Brian Lehmkuhl (7:35am Earlybirds; Masters Men's "D" 60-69): 13km: 3rd in 42:57.62

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 **Oct 12th**).

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/>. If you use the paper form, be sure to have a copy of your vaccination records and government photo ID with you, to show upon request.

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. We recommend that you wear your swim suit to the pool to limit time in the change room. Lockers are available for day use. There are showers available in all change rooms. The saunas remain closed.
- Walk clockwise around the pool deck. **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.
- If you arrive early, please keep your distance from swimmers leaving the pool deck.
- 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. The member's free parking pass is good except for 10am to 4pm Monday to Friday.
- **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/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.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).

Happy lengths!

Lynn

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