

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Wednesday, November 17, 2021 4:09 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 #566

Carleton Masters Swimming Newsletter #566

Wednesday, November 17th, 2021

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2021, and Alumni: 7:35am Earlybirds I (43 addresses), 8:45am Earlybirds II (41 addresses), 6:00pm Whitecaps I (38 addresses), 7:15pm Whitecaps II (38 addresses), Saturday Only (4 addresses), Alumni (53 addresses).

"When you exercise, it increases endorphins, dopamine, adrenaline and endocannabinoid – these are all brain chemicals associated with feeling happy, feeling confident, feeling capable, feeling less anxiety and stress and even less physical pain." – Dr. Kelly McGonigal

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.
- **Note that Parking Lot P5 is closed Thursday, November 18 to Sunday, November 21 – see first paragraph in "Swimmer Updates" below.**
- All Masters groups are full for Fall. Wait lists are available.
- Information on the Winter session will be available in the mid-November/December timeframe.

Swimmer Notes

Swimmer Updates:

- Due to Carleton hosting the U Sport Soccer Championships from tomorrow (**November 18**) until **Sunday (November 21)**, **Parking Lot P5 will not be available to Athletics or other permit holders** for those four days. Athletics permit holders are asked to park in Parking Lots P4 (by the O-Train station) or P12 (behind the Field House), see map: <https://carleton.ca/campus/wp-content/uploads/map.pdf>. Please give yourself a few extra minutes to get to the pool on these dates!

- Condolences to **Jose Vivanco** (x-Whitecaps) on the passing of his mother. This obituary is well worth a read: <https://www.arbormemorial.ca/en/kelly-orleans/obituaries/marcela-del-rosario-avila-ubeda/74022>

- **Alan Hunt** (x-Earlybirds) has terminal lung cancer. After spending time in the Montfort Hospital, Alan is going back home. How long he has left is not known. Thank you to **Mike Mopas** (7:35am Earlybirds) for passing along this sad news.

- Yesterday (November 16) and next Tuesday (November 24), the Carleton Waterpolo teams (men and women) are playing uOttawa at Carleton starting at about 8pm. The set up will be done so as not to inconvenience the Masters swimmers. Men's Assistant Coach **Bill Meyer** (7:35am Earlybirds) reports that last night the men tied 10-10, so Carleton is looking for a win next week!

- The Carleton Varsity Swim Team had their first competition in 21 months on November 11 against uOttawa. Although uOttawa won by a significant margin (though perhaps less than in the past!), there were many great swims and 10 Varsity records set! Here's the meet report: <https://www.sce.carleton.ca/faculty/lynnmar/swimteam/21nov11meetreport.pdf>.
- Congratulations to **Isabelle Fradette** (x-Earlybirds) and **Marc Roy** on getting funding through Dragon's Den for Virtual Run Canada / Virtual Run World: <https://gem.cbc.ca/media/dragons-den/s16e03>
- 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 sidewalk detour and long term plan here: <https://carleton.ca/transportationplan/university-messages/>. Progress is being made!
- 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:

- Cold is the New Hot: Meet the Group of Thunder Bay Swimmers Who Embrace an Icy Plunge: <https://www.cbc.ca/news/canada/thunder-bay/thunder-bay-cold-water-swimming-group-1.6247265>
- Women's World Championship 2018 400m Fin Swimming with Air Tank (sub-3:00!) [thanks to **Cathy Gardner** (6:00pm Whitecaps)]: <https://m.youtube.com/watch?v=pBsjtSjQEjM&feature=youtu.be>
- Wooden Sculpture “The Swimmer” by **Stefanie Rocknak**: <https://twitter.com/womensart1/status/1454366647595249664/photo/1>
- To Err Is Human; To Mistakenly Bite Is Baby White Shark: <https://www.nytimes.com/2021/10/27/science/shark-attacks-vision.html>
- That Feeling When I Have the Pool to Myself: <https://www.instagram.com/p/CVwHBtsghMU/>

News and Other Links:

- Does High-Intensity Exercise Affect Our Hearts? Minds? Life Spans? Waistlines?: <https://www.nytimes.com/2021/11/10/well/move/hiit-high-intensity-interval-training.html>
- How Long Can We Play?: <https://www.si.com/nba/2021/10/21/how-long-can-we-play-daily-cover>
- Second Act Sensations! Meet the People Who Reached Peak Fitness – After Turning 50: <https://www.theguardian.com/lifeandstyle/2021/nov/02/second-act-sensations-meet-the-people-who-reached-peak-fitness-after-turning-50>
- Burn, Baby, Burn: The New Science of Metabolism: <https://www.theguardian.com/science/2021/oct/30/burn-baby-burn-the-new-science-of-metabolism>
- Fitness: How Aging Athletes Stay Active into Their 80s: <https://montrealgazette.com/health/diet-fitness/fitness-how-aging-athletes-stay-active-into-their-80s>
- What Causes Muscle Cramps in Exercise: <https://www.mysportscience.com/post/what-causes-muscle-cramps-in-exercise>
- The Next Holy Grail of Human Performance: Sleep: <https://www.linkedin.com/pulse/next-holy-grail-human-performance-louisa-nicola/>
- Fitness Trends 2021: New Trends in Fitness: <https://runrepeat.com/fitness-trends>

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-November 17 (28 workouts); range: 23-37; average: 28.3
Perfect Attendance: **Ann Bortolotti, Eleanor Fast**

8:45am Earlybirds: September 13-November 17 (28 workouts); range: 19-32; average: 25.8
Perfect Attendance: **Ralph Siemsen**

6:00pm Whitecaps: September 13-November 16 (28 workouts); range: 20-32; average: 26.1
Perfect Attendance: **Cameron Dawson, Jennifer Murdock, Joanne Dawson, Konstantin Petoukhov, Matthew Sinclair, Nicole Delisle**

7:15pm Whitecaps: September 13-November 16 (28 workouts); range: 17-26; average: 20.8
Perfect Attendance: **Kelly Biggs, Seana Biggs**

8:15am Saturdays: September 11-November 13 (9 workouts); range: 18-29; average: 25.4
Perfect Attendance: **Jennifer Murdock, Liliane Cardinal, Mary Donaghy**

Thanks to everyone who participated in the distance time trial on Monday November 8. There were many improvements: 10 in the 1500 and 1 plus a tie in the 800. **Seana Biggs** and **Kelly Biggs** (both 7:15pm Whitecaps) led the improvements in the 1500m with huge improvements of 3:38 (218 seconds) and 3:13 (193 seconds), respectively. **Bob Tipple** (8:45am Earlybirds) improved his 800m by 2:06 (126 seconds). Here's the full list:

800m (1 + 1 tie):

Bob Tipple	126.0	EB2
Jocelyn Pender	0.0	EB1

1500m (10):

Seana Biggs	218.0	WC2
Kelly Biggs	193.0	WC2
Sam Hersh	111.0	EB1
Aline St-Laurent-Guerin	67.0	WC1
Brian Lehmkuhl	66.0	EB1
Sebastien Robillard-Cardinal	37.0	WC2
Megan Holtzman	23.0	EB2
Eleanor Fast	17.0	EB1
Jonathan Critch	17.0	WC2
Nathan Fudge	1.0	WC2

Ask the Coach

Dear Coach: Now that it's nearly winter, it is inconvenient to bring coat and boots onto the deck. Is it possible to use a locker? Bundled-Up Swimmer

Dear B.-U. Swimmer: Yes, day-use lockers are available in the change rooms to use while you are swimming. Every third locker is available due to physical distancing requirements.

Dear Coach: With changes to the capacity limits in Ontario, will the Carleton lane swims increase beyond four swimmers per lane? Masters and Lane Swimmer

Dear M.a.L. Swimmer: Yes, effective November 15, the lane swim capacity has been increased to 5 per lane.

Dear Coach: Following the long distance swim, I would be interested in knowing the tricks that swimmers use to keep track of their lengths, especially the fast swimmers that actually manage to swim the whole ~~nine~~ 1500 yards meters. Maybe you can put out a call for tricks and compile them for a subsequent issue? Swimmer Who Lost Count

Dear S.W.L. Count: Great idea! Please send in your tips and I'll include a summary next time. How do you count (meters, lengths, 50s, 100s)? And how do you keep track? One of the most unusual was from a woman, Gwen, who used to swim with us. She always did the 800m and did 50m for each member of her family (husband, kids, grandkids) which numbered 16. She almost never miscounted except once she was 50m short – I teased about who she wasn't speaking to at the time ;-).

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 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 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 Brossard, Montreal Meet: <https://www.swimming.ca/en/meet/35905/>

Dec 4 Quebec Cup Meet 2: details TBA

Dec 12 B-Train Shake off the Dust, Brewer Pool, Ottawa: <https://ms.mastersswimmingontario.ca/web/schedule.php>

Jan 8 Quebec Cup Meet 3: Sherbrooke: <https://www.swimming.ca/en/meet/36490/>

Jan 22 Cote St Luc, Montreal: <https://www.swimming.ca/en/meet/36591/>

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

Feb 12 Nepean Masters Winterlude Meet: <https://ms.mastersswimmingontario.ca/web/schedule.php>

Feb 19 Quebec Cup Meet 5: Pointe Claire: <https://www.swimming.ca/en/meet/36116/>

Mar 12 Quebec Cup Meet 6: Dollard-des-Ormeaux: <https://www.swimming.ca/en/meet/36412/>

Mar 26-27, 2022 Ontario Masters Provincials, Etobicoke

Apr 22-24 Quebec Masters Provincials: details TBA

May 20-22, 2022 Canadian Masters Championships, Quebec City [https://www.swimming.ca/en/events-](https://www.swimming.ca/en/events-results/events/canadian-masters-championships/)

[results/events/canadian-masters-championships/](https://www.swimming.ca/en/meet/35953/); <https://www.swimming.ca/en/meet/35953/>

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!)

Saturday November 13, A Contre Courant Masters Meet at Claude Robillard Pool, Montreal

I was Carleton's only swimmer at this competition. It was fun to see all my Quebec swimming friends for the first time in over two years. The COVID protocols were well enforced (vaccinations required, masks except while swimming, etc.). After all the lockdowns, pneumonia last year, and a broken fibula in July, it is going to take a while (longer than I thought!) to get back into shape. However, as it was my first competition in the 60-64 age group, in my four events I set 10 Club, 6 Ontario, 6 Canadian, and 1 World Record. Thank you to everyone for your kind words on my record!

The updated club records are here: <https://carletonmasters.tripod.com/211113.Records.pdf>. As it's fun to see the history of the club records, here's the information on the previous record holders:

50 free and 50 fly: **Lina Vincent**: Quebec Provincials 2012

100 free: **Isla Paterson**: Ontario Provincials 2012

200 free: **Robin Henderson**: Nepean LC 2019

400 and 800 free: **Robin Henderson**: Sarasota Florida 2019

50, 100, and 200 back: **Rita Markland**: Montreal 1997

200IM: **Rita Markland**: Montreal 1994

The official results are available in the SplashMe app and will be eventually be posted here:

<https://www.swimming.ca/en/meet/36140/> and here: <https://www.acontrecourant.qc.ca/en/events/coupe/>. Another

swimmer kindly recorded my 200IM race (my worst swim, so lots to improve), in case anyone is interested:

https://mediaspace.carleton.ca/media/November+13+Claude-Robillard+200IM/1_s2458vaa.

And the good news is that Swim Canada already send in the paperwork and my World Record has already been accepted assuming no one swam faster before November 13:

<https://www.sce.carleton.ca/faculty/lynnmar/masters/21Nov13RecCANIndividual.pdf>. Federations have 60 days to submit their records, so I have to wait, with fingers crossed, until January 12, 2022 to know for sure!

Lynn Marshall (Coach, 60-64): 1st 200fs (2:21.90 National Record; 34.11: 50 split Club Record; 1:10.27: 100 split Club Record); 200bk (2:39.80 National Record; 39.58: 50 split Club Record; 1:19.54: 100 split National Record); 200IM (2:45.96 National Record; 36.42: 50 fly split Club Record); 800fs (9:59.85 World Record [subject to ratification]; 5:00.22: 400 split National Record)

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 30th**).

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 3:45-4:45pm

Thursday 4:45-5:45pm

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/gr-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 brand new Speedo silicone caps (\$5). 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>