

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, January 28, 2022 11:27 AM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'  
**Subject:** Carleton Masters Swimming Newsletter #571

## Carleton Masters Swimming Newsletter #571

Friday, January 28<sup>th</sup>, 2022

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those registered for Fall 2021, Winter 2022, and Alumni: 7:35am Earlybirds I (51 addresses), 8:45am Earlybirds II (44 addresses), 6:00pm Whitecaps I (42 addresses), 7:15pm Whitecaps II (40 addresses), Saturday Only (7 addresses), Alumni (50 addresses).

"Just try it. If you never try, you'll never know." – Marion Morrissey

### Masters Swimming Program Notes

- Sorry for the delay in letting you know, but we just got the "green light"! The Carleton pool will reopen on **Monday January 31!!**
- For those who have not yet registered, there are a few spots left in the Winter term (see below).
- Details on the updated Winter programs is below. Full details can also be found along with information on Carleton's cuScreen app (used to show your COVID-19 vaccination status, and for daily screening to access Carleton Athletics), as well as the Carleton Pool COVID protocols near the end of the newsletter.

### Winter Program Information

**New Dates and Fees: Monday January 31 to Saturday April 30. Sessions will run on holidays: Family Day, Good Friday, Easter Monday: times TBD.** As there are fewer workouts than originally planned, the prices have been adjusted, and the refund that will be credited to the accounts of those already registered is also given below.

**Earlybirds 1:** Mon/Wed/Fri **7:35-8:35am** deep end: Coach: **Lynn**: \$154.20 + HST (full: wait list available); refund: \$15.80 + HST

**Earlybirds 2:** Mon/Wed/Fri **8:40-9:40am** deep end: Coach: **Lynn**: \$154.20 + HST (1 spot available); refund: \$15.80 + HST

**Whitecaps 1:** Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: Coach: **Sean**: \$164 + HST (1 spot available); refund: \$21 + HST

**Whitecaps 2:** Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: Coach: **Mark**: \$154.25 + HST (5 spots available); refund: \$19.75 + HST

**Saturday: 8:15-9:25am** shallow end: Coaches: **rotating schedule**: \$65 + HST (full: wait list available); refund: \$5 + HST

### Swimmer Notes

#### Swimmer Updates:

- A great summary of the life and works of **Alan Hunt** (x-Earlybirds):

<https://carleton.ca/socanth/2021/the-department-of-sociology-and-anthropology-is-saddened-to-convey-the-news-of-the-passing-of-its-retired-chancellors-professor-alan-hunt/>

- Here's a news article by **Andrea Chandler** (8:45am Earlybirds): Why Now? What Vladimir Putin Has to Gain in a War with Ukraine: <https://carleton.ca/fpa/story/why-now-what-vladimir-putin-has-to-gain-in-a-war-with-ukraine/>

- **David Caughey** (x-Earlybirds) is now settled in Switzerland. He reports that his apartment in Geneva is just down the street from the Rhône that has swimmers all-year-round, so he thought he'd go for a dip! "Muuuuuch colder than I was

used to - think I'm in the market for a wetsuit now ;) :

[https://mediaspace.carleton.ca/media/David+C+Swims+in+the+Rhone/1\\_2t8m5i19](https://mediaspace.carleton.ca/media/David+C+Swims+in+the+Rhone/1_2t8m5i19).

- Thank you to **Janine Debanne** (Earlybirds) for sharing this obituary of **Frank Carter**, long-time Fifties-Plus fitness participant who would often be on deck during the later Earlybirds Masters group setting up their equipment: <https://necrocanada.com/obituaries-2022/frank-carter-january-22-2022/>.

- Athletics 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/>.

### Aquatic-Related Links:

- Lockdown "Swim": <https://www.facebook.com/groups/10290772066/posts/10161464530782067/>

- Why These Swimmers Brave the Chilly Winter Waters of Lake Ontario: <https://www.cbc.ca/player/play/1996219459913>

- COVID-19 Rules Mean Some Swimmers Allowed Back in the Pool but Others Left Behind:

<https://www.cbc.ca/sports/opinion-shireen-ahmed-oua-ocaa-athletics-suspended-1.6310114>

- New Aquatic Centre a Chance for Ottawa to Make a Splash, Advocates Say [Thanks to **Peter Konecny** (6pm Whitecaps)]: <https://www.cbc.ca/news/canada/ottawa/ottawa-aquatic-sport-complex-1.6306572>

- Morning and Night, Hardy Barrie Residents Slip into "Freezing Fire" of Kempenfelt Bay:

<https://www.barrietoday.com/local-news/morning-and-night-hardy-residents-slip-into-freezing-fire-of-kempenfelt-bay-12-photos-4970922>

- Man Tells Harrowing Survival Story "After Being Washed Away" by Tonga Tsunami:

<https://www.cbsnews.com/news/tonga-tsunami-earthquake-survivor-lisala-folau-washed-away-swims-home/>

- Wiarton-Area Woman Says Cold Water Swimming 'Changed My Life': <https://www.owensoundsuntimes.com/news/local-news/wiarton-area-woman-says-cold-water-swimming-changed-my-life>

- Saving a Deer Stuck on a Frozen Lake: [https://twitter.com/Brink\\_Thinker/status/1483956284353306627](https://twitter.com/Brink_Thinker/status/1483956284353306627)

### News and Other Links:

- Why Ontario University, College Athletes aren't 'Elite' is a Question Province Won't Answer:

<https://www.cbc.ca/news/canada/windsor/pool-return-lockdown-hard-1.6310309>

- 'Training to Failure': Debunking Claims this Popular Weightlifting Technique is the Most Effective for Building Muscle and Strength [Thanks to **Bicki Westerheide** (6pm Whitecaps)]: <https://theconversation.com/training-to-failure-debunking-claims-this-popular-weightlifting-technique-is-the-most-effective-for-building-muscle-and-strength-173872>

- **Nussbaum**: A Host of NCC Projects Set to Entice Ottawans to Get Some Fresh Air [thanks to **Sheila Kealey** (6pm Whitecaps)]: <https://ottawacitizen.com/opinion/nussbaum-a-host-of-ncc-projects-set-to-entice-ottawans-to-get-some-fresh-air>

- Research Shows How Exercise Helped Fight Pandemic Depression: <https://www.cbc.ca/player/play/1994851907727>

- Is It Better to Exercise in the Morning or Evening?: <https://www.nytimes.com/2022/01/19/well/exercise-timing.html>

- Five Research-Backed Strategies to Cope with Another Tough Winter: <https://www.gq.com/story/strategies-omicron-winter>

- How 'Muscle Memory' May Help Us Get in Shape: <https://www.nytimes.com/2022/01/05/well/move/muscle-memory-exercise.html>

- Study: Does Exercise Provide Protection From Infection?: <https://triathlonmagazine.ca/training/study-does-exercise-provide-protection-from-infection/>

### Winter Session Information

Dates: Monday January 31 to Saturday April 30; Workouts **will** run on February 21 (Family Day), April 15 (Good Friday), and April 18 (Easter Monday): times TBA.

The usual pool allocations and coaches are as follows:

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

8:40-9:40am 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:

Mon Mar 7: fin day

Thu/Fri Apr 7/8: fin day  
Tue/Wed Apr 19/20: 1500/800 time trial  
Thu/Fri Apr 28/29: "funner" day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanwint22.pdf>.

## Ask the Coach

**Dear Coach:** Will you be sending the workouts by email for the start of the Winter session? Planning Swimmer

Dear P. Swimmer: Yes. Soon – please stay tuned!

**Dear Coach:** What if I no longer want to join the session, given the new dates, etc.? Changed My Plans

Dear C.M. Plans: Just let me know and we'll take care of the paper work.

## 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.

Note that, due to COVID, swim meets are currently on hold in Ontario and Quebec – check with the organizers before making plans! (I am keeping the original list here so that the information is not lost!)

Jan 29 Quebec Cup Meet 4: Drummondville: <https://www.swimming.ca/en/meet/36115/> (SO registration required)

Feb 12 Nepean Masters Winterlude Meet: <https://ms.mastersswimmingontario.ca/web/schedule.php> (SO registration required)

Feb Burlington Masters Meet: details TBA (SO registration required)

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

Mar 6 Wilmot Masters Meet: details TBA (SO registration required)

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

Mar 26-27, 2022 Ontario Masters Provincials, Etobicoke (SO registration required)

Apr 22-24 Quebec Masters Provincials: details TBA (SO registration required)

May 20-22 Canadian Masters Championships, Quebec City <https://www.swimming.ca/en/events-results/events/canadian-masters-championships/>; <https://www.swimming.ca/en/meet/35953/> (SO registration required)

FINA Masters World Championships 2022 (instead of 2021): <https://www.fina.org/node/160117> (SO registration required)

2022 Endurance Swim Challenge (100, 200, 300, 400 or 500 miles, and 500 mile team event): <https://www.active.com/other-endurance/virtual-events/endurance-swim-challenge-100-200-300-400-or-500-miles-and-500-mile-team-event-2022>

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!)

## 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 Jan 16<sup>th</sup>).

## Private and Semi-Private Masters Swim Lessons

### Winter Schedule (TBC):

Tuesday 9:40-10:40am

Tuesday 3:45-4:45pm

Tuesday 4:45-5:45pm

Thursday 3:45-4:45pm

Thursday 4:45-5:45pm

noon hour possibly available upon request

**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.

### Winter Program Information

**Dates:** Monday January 31 to Saturday April 30. Sessions **will** run on holidays: Family Day, Good Friday, Easter

Monday: times TBD. Some groups still have space available (see below). Online registration is recommended:

<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5>.

You may also register by phone (613-520-4480) or in person when Athletics reopens.

As usual, you must be staff, student, or a community member to swim with Carleton Masters. Note that the Earlybirds 2 group is 5 minutes earlier than in the Fall term.

As there are fewer workouts than originally planned, the prices have been adjusted, and the refund that will be credited to the accounts of those already registered is also given below.

**Earlybirds 1:** Mon/Wed/Fri **7:35-8:35am** deep end: Coach: **Lynn**: \$154.20 + HST (full: wait list available); refund: \$15.80 + HST

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### 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/se0/ccr/>.

**Carleton Ravens Gear:** Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity swim team:



**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.)

**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!).

**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](mailto:lynmar@sce.carleton.ca)).

Happy lengths!

Lynn

[lynmar@sce.carleton.ca](mailto:lynmar@sce.carleton.ca)

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