

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** February 11, 2022 4:30 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 #572

## Carleton Masters Swimming Newsletter #572

Friday, February 11<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 (50 addresses), 8:45am Earlybirds II (45 addresses), 6:00pm Whitecaps I (42 addresses), 7:15pm Whitecaps II (40 addresses), Saturday Only (7 addresses), Alumni (50 addresses).



Thanks to **Sandy Wooley** (8:40am Earlybirds) for sending in this photo with her partner **Marcus** at the Grand Canyon. They are on a ski trip in New Mexico, Colorado, and Utah.

### Masters Swimming Program Notes

- The Winter Masters programs run from Monday January 31 to Saturday April 30.
  - **There are workouts on Monday February 21** (Family Day): 8:35-9:35am for EB1, 9:40-10:40am for EB2, 5:00-6:10pm for WC1, and 6:15-7:15pm for WC2.
- For those who have not yet registered, there are a few spots left in these Winter Masters groups: 8:40-9:40am Mon/Wed/Fri EB2; 6:00-7:10pm Mon/Tue/Thu WC1, and 7:15-8:15pm Mon/Tue/Thu WC2.
- Full details on the Winter programs 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.

### Swimmer Notes

Swimmer Updates:

- Congratulations to **Julie Mouris** and **Jian-Lok Chang** (both 6pm Whitecaps) on the birth of their first child, **Coralie Chang**, on the morning of January 22!

- All the best to **Sandy Lawson** (7:35am Earlybirds) during her recovery from a broken clavicle from a fall while skiing in the Gatineau park. Thank you to everyone who signed Sandy's card and to **Karen Jensen** (7:35am Earlybirds) and **Natalie Aucoin** (8:40am Earlybirds) for organizing the card!

- Carleton encourages everyone to get their third dose of the COVID-19 vaccine. While the booster is not mandated for campus access at this time, those accessing campus may now submit proof of their third dose in cuScreen. More details here: <https://carleton.ca/covid19/cuscreen/vaccination-attestation/>.

- 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:**

- For These Ottawa Women, Taking an Icy Dip is the Best Way to Chill [thanks to Bicki Westerheide (6pm Whitecaps)]:

<https://www.cbc.ca/news/canada/ottawa/ottawa-ice-dippers-1.6330920>

- Cold Plunge Fun In The Ottawa River with CBC News Television: <https://www.youtube.com/watch?v=UTCAux5Ch84>

- "Sea Monster" in Dalhousie NB: <https://www.facebook.com/photo?fbid=666786984448339&set=gm.3104645883116996>

- Ice Sculptures Along the Ottawa River: <https://twitter.com/ChrisBurnside/status/1487547997244338178>

- Jamaican **Alia Atkinson** Retirement Message: <https://www.facebook.com/watch/?v=352223659728129>

- Flying (and Swimming) Dogs: <https://twitter.com/buitengebieden/status/1481740338171678720>;

<https://twitter.com/ladbible/status/1409557204332580864>

- Twenty-Five Years Ago an Officer Saved a Five-Year-Old Boy from Drowning:

<https://twitter.com/Goodable/status/1484697320465838080>

- New Zealand Man had Cockroach Living Inside his Ear for Three Days After His Swim:

<https://nypost.com/2022/01/13/man-goes-swimming-ends-up-with-live-cockroach-in-ear/>

- Seeing 1000 Glorious Fin Whales Back From Near Extinction is a Rare Glimmer of Hope:

<https://www.theguardian.com/commentisfree/2022/jan/17/glorious-fin-whales-extinction-hope-antarctic-peninsular>

### **News and Other Links:**

- Does the Timing of Protein Intake Matter for Muscle-Building?: <https://www.theglobeandmail.com/life/health-and-fitness/article-does-the-timing-of-protein-intake-matter-for-muscle-building/>

- Why So Many of Us Don't Lose Weight When We Exercise: <https://www.nytimes.com/2019/07/03/well/move/why-so-many-of-us-dont-lose-weight-when-we-exercise.html>

- Can COVID-19 Hurt Your Running Performance Long-Term?: <https://www.trailrunnermag.com/training/can-covid-19-hurt-your-running-performance-long-term>

- The Joy of Losing Fitness: Why Endurance Athletes Need a Break: <https://www.trainingpeaks.com/blog/endurance-athletes-need-breaks/>

- The Psychology of Racing Versus Pacing: <https://www.outsideonline.com/health/training-performance/racing-vs-pacing-psychology-research/>

- The Connections Between Overtraining and Under Fueling: <https://www.womensrunning.com/health/the-connections-between-overtraining-and-underfueling/>

- Science of Recovery: The Importance of Food, Hydration and Sleep: <https://www.precisionhydration.com/performance-advice/performance/science-of-recovery/>

- A New Theory on Sudden Cardiac Deaths in Young Athletes: <https://www.outsideonline.com/health/training-performance/cardiac-deaths-young-athletes/>

### **Winter Session Information**

Dates: Monday January 31 to Saturday April 30; Workouts **will** run on February 21 (Family Day): morning and evening, April 15 (Good Friday): morning, and April 18 (Easter Monday): morning and evening: times one hour later than usual for morning groups and one hour earlier for evening groups.

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.

**Sean** coached for **Mark** on **Monday February 7**.

There are workouts on **Monday February 21**, but at different times than usual: 8:35-9:35am for EB1; 9:40-10:40 for EB2; 5:00-6:10pm for WC1, and 6:15-7:15pm for WC2.

#### **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>.

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

**7:35am Earlybirds:** January 31-February 11 (6 workouts); range: 18-28; average: 23.5  
Perfect Attendance: **Angela Davis, Cheri Reddin, Dean Laplonge, Eleanor Fast, Heloise Emdon, Jennifer Glassman, Liliane Cardinal, Mike Mopas, Shealagh Pope, Ursula Scott**

**8:40am Earlybirds:** January 31-February 11 (6 workouts); range: 17-23; average: 19.5  
Perfect Attendance: **Cori Dinovitzer, Debby Whately, Flo Kellner, Laura MacMillan, Luciara Nardon, Margaret Janse van Rensburg, Renate Hulley, Steve Dods**

**6:00pm Whitecaps:** January 31-February 10 (6 workouts); range: 18-27; average: 22.8  
Perfect Attendance: **Cameron Dawson, Carolyn Odecki, Christian Cattan, Don Wells, Gursharan Uppal, Jennifer Murdock, Joanie Conrad, Konstantin Petoukhov, Leila Ebrahimpoor, Peter Konecny, Peter Lithgow**

**7:15pm Whitecaps:** January 31-February 10 (6 workouts); range: 18-24; average: 22.2  
Perfect Attendance: **Elaine Yardley, Etienne Pilon, Kelly Biggs, Mae Johnson, Nathan Fudge, Richard Arsenault, Samantha Holmstrom, Stephanie Le Saux-Farmer**

**8:15am Saturdays:** February 5 (1 workout); range: 21-21; average: 21.0  
Perfect Attendance: All 21 swimmers who attended the February 5 workout 😊 !.

## **Ask the Coach**

**Dear Coach:** Will we be getting refunds for the interim workouts? Even though I registered late for the Winter Masters, I was charged the original amount. Will I get a refund of the difference? Masters Swimmer

Dear M. Swimmer: It will take Athletics a while to get caught up on all the required fee adjustments and refunds. You will get your refund as a credit on your account in the not too far distant future. Thanks for your patience!

**Dear Coach:** Is it a good idea to breathe on both sides in freestyle? If so, why? Freestyle Swimmer

Dear F. Swimmer: Yes, it is. While you may notice that some elite swimmers breathe only on one side, they will swim at that level for a limited number of years. Most of us want to continue swimming for life. Thus, avoidance of injury is key. When you breathe on only one side, your stroke tends to be asymmetrical. There is more strain on the opposite shoulder. Thus learning to breathe on both sides will help avoid injury. It's also helpful if you swim in open water to avoid the waves. Note that it will take perseverance to make the change to breathing on both sides!

**Dear Coach:** I'm going to be leaving Ottawa in a few months. Do you know how I can find Masters swim teams near my new home? Moving Swimmer

Dear M. Swimmer: There's a wonderful resource called: <https://www.swimmersguide.com/>. If you enter your new address or city, it will list the nearest pools, including what teams train at each one.

**Dear Coach:** Our lane has some new swimmers. Can you please remind everyone of proper lane etiquette. Returning Swimmer

Dear R. Swimmer: Of course. In the meantime, don't hesitate to ask your coach to explain at the pool.

## 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.

## 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.

Here's a list of potential upcoming meets in Ontario and Quebec.

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

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

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

Mar 6 Susan Douglas Memorial Wilmot Masters Meet: <https://www.swimming.ca/en/meet/37002/> (SO registration required)

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

Mar 26-27, Masters Spring Forward Invitational, Etobicoke (SO registration required): Note: no longer considered to be a Provincial Championship: <https://drive.google.com/file/d/1aVbZXkiQmv0MfYewUI-c7TAYvSzjuOe/view>

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/36401/> (SO registration required)

Jun 10-12 Masters Swimming Ontario 50<sup>th</sup> Anniversary Meet, Nepean TBC (MSO registration required)

July 21-28 Pan American Masters, Medellin, Columbia (SO registration required)

[https://www.clubassistant.com/club/form/select\\_sports.cfm?c=2164&msid=5](https://www.clubassistant.com/club/form/select_sports.cfm?c=2164&msid=5)

FINA Masters World Championships 2022 (instead of 2021): <https://www.fina.org/node/160117> (SO registration required): probably now 2023: <https://www.fina.org/news/2462776/press-release-fina-announces-changes-to-international-events-calendar>

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**

**Wednesday 3:45-4:45pm**

**Wednesday 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/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.

## Winter Program Information

**Dates:** Monday January 31 to Saturday April 30. Sessions **will** run on holidays: Family Day (morning and evening groups), Good Friday (morning groups), Easter Monday (morning and evening groups): times one hour later than usual for the morning groups and one hour earlier than usual for the evening groups. 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

**Earlybirds 2:** Mon/Wed/Fri **8:40-9:40am** deep end: Coach: **Lynn**: \$154.20 + HST (3 spots available); refund: \$15.80 + HST

**Whitecaps 1:** Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: Coach: **Sean**: \$164 + HST (2 spots 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

## 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/>.

**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 ([lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

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