

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: February 25, 2022 11:12 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 #573

Carleton Masters Swimming Newsletter #573

Friday, February 25th, 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 (44 addresses), 7:15pm Whitecaps II (42 addresses), Saturday Only (8 addresses), Alumni (50 addresses).

“The harder I worked, the better I got. The better I got, the more I believed in myself and the goals I wanted to achieve in swimming.” – Erik Vendt, US Olympic Swimmer renowned for his work ethic

Masters Swimming Program Notes

- The Winter Masters programs run from Monday January 31 to Saturday April 30.
- 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:

- Ontario Universities, including Carleton University, will continue to require proof of vaccination until at least the end of the Winter term (end of April), despite the changes at the Provincial level as of March 1. Thus, use of cuScreen will continue for everyone’s safety.

- **Andrea Chandler** (8:40am Earlybirds) talks to CTV News: Ukraine Eyeing State of Emergency: <https://www.ctvnews.ca/video?clipId=2389134>.

- **Lisa Hans** (Whitecaps) is a member of the Ottawa Choral Society. They will present Whitbourn’s Annelies, A Musical Evocation of the Diary of Anne Frank, on March 6. Lisa says, “Two years ago the Choral Society was on the brink of presenting this and things were dashed by COVID. We are again ready to present it. It is an ‘interesting’ work. There are some beautiful melodious parts. There are others that are “modern” and clashy but in keeping with the difficult subject matter.” Full details: <https://ottawachoralsociety.com/event/annelies/>.

- Best wishes to **Aline St-Laurent-Guérin** (6pm Whitecaps) for a quick recovery from a broken fibula sustained while skating.

- **Melanie Heroux** (8:40am Earlybirds) is participating in the 2022 Virtual Polar Plunge for Special Olympics Ontario is happening from February 14 to March 21. If you are interested in sponsoring her, here is the link: <https://soopolarplunge.crowdfunder.ca/2363/page/9842>.

- **Melanie Heroux** (8:40am Earlybirds) recently participated in a podcast in French with the Quebec Association for Spina Bifida and Hydrocephalus and it is now available here: <https://www.buzzsprout.com/1252376/9334472>.

- Apologies to **Steve Kennedy** (6pm Whitecaps) for not updating his name but not time for the 40-44 200 freestyle club record. That has now been fixed: <https://carletonmasters.tripod.com/211212b.Records.pdf>.

- If anyone will be in the Toronto area on the weekend (or possibly next weekend), check out the opportunity to join the Lake Ontario Swim Team (LOST) documentary filming: <https://lostswimming.com/the-lost-documentary/>.

- 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:

- Why Winter Swimming is Catching On: <https://vtsports.com/ice-swimming/>

- "Late Bloomer": 97-Year-Old B.C. Resident Smashes Swimming Records: <https://globalnews.ca/news/8611691/97-year-old-bc-resident-swimming-records/>

- Swimmers "Make the Best Lovers": Survey: <https://www.cnn.com/2015/04/15/sport/swimmers-are-the-best-lovers-survey/index.html>

- "When My Body is in Trouble, I Swim" with Music "Unstoppable" by Sia: <https://www.youtube.com/watch?v=QCe670ahJgw>

- "It's My Territory, Go Away": <https://www.facebook.com/else3eedy/videos/647823556529113>

- Pool Time at Doggy Day Care: <https://twitter.com/theworldofdog/status/1466486556164771841>

- Unsalted: Surf Season on the Great Lakes is Here: <http://getouttheremag.com/articles/5037/unsalted-surf-season-on-the-great-lakes-is-here>

- Ice Canoeing: A Favourite in Quebec: <http://getouttheremag.com/articles/3466/ice-canoeing-a-favourite-in-quebec>

News and Other Links:

- Exercise May Enhance the Effects of a Covid or Flu Shot: <https://www.nytimes.com/2022/02/09/well/move/exercise-covid-flu-vaccine.html>

- Here's Why the Way You Breathe During a Workout Matters: <https://www.self.com/story/how-to-breathe-during-a-workout>

- Exercise Motivation: A Penny for Your Squats?: <https://www.nytimes.com/2021/12/08/well/move/exercise-motivation-study.html>

- What Are Cardio Heart Rate Zones: <https://www.livescience.com/what-are-cardio-heart-rate-zones>

- Seven Things to do the Night Before the Race: <https://www.instagram.com/p/CS0UtUMPC0m/>

- Channel All That Rage Into Your Workout: <https://www.nytimes.com/2021/08/11/well/move/workout-stress-fear.html>

- One Major Side Effect of Lifting Heavier Weights, Says Science: <https://www.eatthis.com/one-major-side-effect-of-lifting-heavier-weights-says-science/>

- New Research Highlights Yet Another Benefit of Exercise for Your Brain:

<https://www.runnersworld.com/news/a37319236/exercise-can-reduce-risk-of-depressive-symptoms-study/>

- This Is How Safe It Is to Go to the Gym Right Now: <https://www.menshealth.com/health/a37066377/is-it-safe-to-go-to-the-gym-now-delta/>

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 14**.

Mark coached for **Sean** on **Tuesday February 22**.

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.

Apologies to **Matthew Sinclair** (6pm Whitecaps) and **Seana Biggs** (7:15pm Whitecaps) for missing them from the "Perfect Attendance" list in the previous newsletter.

7:35am Earlybirds: January 31-February 25 (12 workouts); range: 14-28; average: 22.8

Perfect Attendance: **Angela Davis, Cheri Reddin, Heloise Emdon, Liliane Cardinal, Ursula Scott**

8:40am Earlybirds: January 31-February 25 (12 workouts); range: 12-23; average: 18.2

Perfect Attendance: **Cori Dinovitzer, Debby Whately, Luciara Nardon, Margaret Janse van Rensburg, Renate Hulley**

6:00pm Whitecaps: January 31-February 24 (12 workouts); range: 18-27; average: 22.6

Perfect Attendance: **Cameron Dawson, Christian Cattan, Don Wells, Joanie Conrad, Matthew Sinclair, Peter Konecny, Peter Lithgow**

7:15pm Whitecaps: January 31-February 24 (12 workouts); range: 14-24; average: 21.3

Perfect Attendance: **Elaine Yardley, Stephanie Le Saux-Farmer**

8:15am Saturdays: February 5-19 (3 workouts); range: 21-27; average: 24.0

Perfect Attendance: **Cheri Reddin, Christian Cattan, Debby Whately, Don Wells, Homero Martinez, Ian Lorimer, Jennifer Murdock, Joanie Conrad, Keaton Lee, Liliane Cardinal, Lynn Marshall, Mariette Kenney, Natalie Aucoin, Stephanie Le Saux-Farmer**

Ask the Coach

Dear Coach: Will it be possible to do any short distance time trials this term, if COVID restrictions are lifted or reduced? The 1500 is Soooo Long

Dear T.1500.i.T.L: It's possible that the COVID restrictions will lift enough to permit shorter time trials, but I know that there are members who are concerned about COVID due to immunocompromised family members. Another option would be for a lane to request a time trial and I could have the lane take turns (in pairs or one at a time) to do shorter time trials anytime during the usual "main set" time. That way, you'd still only be close to your lane mates. If this would be of interest to you and your lane mates, just ask.

Dear Coach: Will the Spring Masters session start in early May as per (pre-COVID) usual? Planning Ahead Swimmer

Dear P.A. Swimmer: The plan is for the annual pool maintenance to run from around April 30 to May 20, with the Spring session starting once the pool reopens.

Dear Coach: I'd like to learn to do flip turns. Will there be a chance this term? Morning Swimmer

Dear M. Swimmer: Once we finish the formal drill sets, we can do clinics in the dive tank. Just ask at the beginning of workout. I can run a series of three clinics, leading up to flip turns.

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.

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/1aVbZXklQmv0MfYewUI-c7TAYvSzuOe/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 50th 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

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>

Aug 2-11, 2023 FINA Masters World Championships (instead of 2021), Kyushu, Japan:

<https://www.swimmingworldmagazine.com/news/fina-confirms-new-dates-for-world-masters-championships-in-2023>

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 22nd).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Wednesday 4:00-5:00pm

Wednesday 5:00-6:00pm

Thursday 3:45-4:45pm

Thursday 4:45-5:45pm

9:45am and 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 (4 spots 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 (2 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/se0/ccr/>.

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

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).

Happy lengths!
Lynn

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