

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: March 24, 2022 11:37 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 #575

Carleton Masters Swimming Newsletter #575

Thursday, March 24th, 2022

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2021, Winter 2022, and Alumni: 7:35am Earlybirds I (50 addresses), 8:40am Earlybirds II (48 addresses), 6:00pm Whitecaps I (43 addresses), 7:15pm Whitecaps II (44 addresses), Saturday Only (8 addresses), Alumni (50 addresses).

10 Reasons Why SWIMMING IS SO GOOD FOR YOU

1 Prevents Drowning

Learning to swim can be a true **life-saver**, as anyone who knows how to swim is less likely to drown.



2 Fitness



Swimming is a total-body aerobic workout - which is great for your **heart** and helps improve your fitness level, while building strength.

3 Breathing



Unless you are a fish, **swimming** helps you get your breathing pattern right. It's great exercise for your lungs - and is famous for having helped many asthma sufferers.

4 Health



In addition to keeping you fit, swimming also improves your posture, your immune system - and your general well-being!

5



Coordination

Swimming does wonders for your coordination! Great motor skills and balance are pretty cool to have outside the pool as well ...

6 Focus



Studies show that swimming improves focus, which is great for keeping on top of school work and other areas of life.

7



Self-Esteem

Swimming is great for self-esteem. You may not set a PB every day, but regular training increases your self-reliance - and helps you feel good in life.

8



For Life!

Swimming is one of the few sports you can enjoy your entire life. Once you've learnt to swim - the water will always be there for you.

9 Water



Jumping in the water and going for a swim is great for de-stressing & taking time-out from 'life on land'. Water **refreshes** your body & mind!

10 Friends



Swimming is an exhilarating individual & team sport. Strive towards achieving PBs and Team goals, have fun - and make great friends!

- The Winter Masters programs run from Monday January 31 to Saturday April 30.
- There is now one spot available in each of the 6:00-7:10pm Mon/Tue/Thu WC1, the 7:15-8:15pm Mon/Tue/Thu WC2, and the 8:15-9:25am Saturday group. In addition, there are three spots available in the 8:40-9:40am Mon/Wed/Fri EB2 group.
- Near the end of the newsletter you will find full details on the Winter programs, 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.

Swimmer Notes

Swimmer Updates:

- Congratulations to the Carleton Ravens Varsity Swim Team for their performance at the OUA Championships March 10-12. The women placed 6th, up from 10th in 2020, and the men placed 5th, up from 9th. Coach **Pierre Lafontaine** received the Women's and Men's Coach of the Year Awards recognizing this improvement: <https://goravens.ca/news/2022/03/swim-ravens-excel-at-oua-championship/>.

- Ottawa Citizen Opinion by **Sam Hersh** (7:35am Earlybirds): Ottawa Public Health has the Power to Keep COVID Protections such as Masks. It Should Use it: <https://ottawacitizen.com/opinion/hersh-ottawa-public-health-has-the-power-to-keep-covid-protections-such-as-masks-it-should-use-it>.

- **Frank Carter** (50s-Plus Fitness), the Thumbnail Sketch, and the Joy of Architecture, by Associate Professor **Janine Debanne** (Earlybirds): <https://architecture.carleton.ca/archives/21500>.

- Ottawa's Westboro Beach to Close for the Summer: <https://ottawa.ctvnews.ca/ottawa-a-westboro-beach-to-close-for-the-summer-1.5825408>.

- On Monday April 4, wear something blue and yellow and swim in support of Ukraine. Organized by **Lynne Cox** on Facebook (<https://www.facebook.com/lynne.cox.12>).

- Carleton University has been notified of construction delays on the LRT Trillium Line that services the university. As a result, the [O-Train Line 2 will remain closed](#) for at least the remainder of 2022. During this extended closure, [Line 2 buses](#) will continue to provide service between South Keys and Bayview Stations, with stops on Campus Avenue and University Dive at Carleton. The university is continuing discussions with the city to ensure appropriate levels of bus service to the Carleton campus during the 2022-2023 academic year. Students are encouraged to keep up-to-date with [bus service alerts from OC Transpo](#).

- After Confronting Many Challenges, Swimmer **Lynn Marshall** (Coach) Sets Another World Record, by **Martin Cleary**: <https://ottawasportspages.ca/2022/03/16/high-achievers-after-confronting-many-challenges-swimmer-dr-lynn-marshall-sets-another-world-record/>.

- Carleton COVID Measures Update: At this time, following discussions with public health and other universities in Ontario, Carleton is not planning changes to [the measures we currently have in place](#), including current masking, vaccination and pre-screening requirements. As confirmed by the [Council of Ontario Universities](#), in order to minimize the disruption to our students, staff, faculty and university communities, Ontario's universities will maintain their [COVID-19 vaccination policies](#) and [mask policies](#) until at least April 30th. The Ontario university sector is reviewing plans for future terms and more information will be provided as it becomes available.

- 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:

- A Photograph of a Swimmer Right Before Breaking the Water Surface Tension [thanks to **Carole Brown**]: https://twitter.com/fuel_n_fire/status/1496037810956083207

- At the International Swimming Hall of Fame, an Appendix is a Piece of Memorabilia That Tells the Story of Dick Roth & Olympic Glory: <https://www.swimmingworldmagazine.com/news/at-ishof-appendix-is-piece-of-memorabilia-that-tells-the-story-of-dick-roth-olympic-glory/>
- Coaching Commitment is About Choice: <https://www.youtube.com/watch?v=yxT4CopXQ38>
- Shoulder Exercises for Swimmers: Increase Mobility and Reduce Injury: <https://www.trainingpeaks.com/blog/shoulder-exercises-swimmers-mobility/>
- Frozen Sand Sculptures: <https://twitter.com/JamesParishWX/status/1480218945030348804>
- First Woman to Swim Around Manhattan Finally Recognized as Pioneering Athlete: <https://www.amny.com/news/swim-around-manhattan-1916-1-28236891/>

News and Other Links:

- Stretching has Legitimate Benefits – They’re Just Not the Ones you Assume: <https://www.theglobeandmail.com/life/health-and-fitness/article-stretching-has-legitimate-benefits-theyre-just-not-the-ones-you-assume/>
- Tokyo 2020: How Many Calories do Olympic Athletes Burn?: <https://www.independent.co.uk/sport/olympics/how-many-caorie-athletes-burn-olympics-b1896968.html>
- Elite Athletes Don’t Sleep As Much As You Think: <https://www.outsideonline.com/health/training-performance/athlete-sleep-research-2021/>
- Lifting Weights? Your Fat Cells Would Like to Have a Word: <https://www.nytimes.com/2021/07/21/well/move/weight-training-fat.html>
- Athletes More Likely than Non-Athletes to Have Irregular Heartbeats: <https://www.irishtimes.com/sport/athletes-more-likely-than-non-athletes-to-have-irregular-heartbeats-1.4618484>
- Why a Muscle Cramp or Charley Horse Hurts: <https://www.healthing.ca/wellness/fitness/why-a-muscle-cramp-or-charley-horse-hurts>
- What is Your Heart (Rate) Telling You?: <https://www.trainingpeaks.com/blog/what-is-your-heart-rate-telling-you/>
- Food and Mood: Carbohydrate is Not Just for Muscles: <https://canada.humankinetics.com/blogs/excerpt/food-and-mood-carbohydrate-is-not-just-for-muscles>

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.

Mark coached for **Sean** on **Monday March 14** and **Tuesday March 15**.

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 **Konstantin Petoukhov** (6pm Whitecaps) for missing him ***again*** from the “Perfect Attendance” list in the previous newsletter. Mea culpa!

7:35am Earlybirds: January 31-March 23 (23 workouts); range: 14-31; average: 23.4

Perfect Attendance: **Liliane Cardinal, Ursula Scott**

Missed One Workout: **Heloise Emdon**

8:40am Earlybirds: January 31-March 23 (23 workouts); range: 12-23; average: 18.3

Perfect Attendance: **Debby Whately**

Missed One Workout: **Luciara Nardon, Margaret Janse van Rensburg, Natalie Aucoin, Renate Hulley**

6:00pm Whitecaps: January 31-March 22 (23 workouts); range: 18-27; average: 21.9

Perfect Attendance: **Cameron Dawson, Konstantin Petoukhov, Matthew Sinclair, Peter Lithgow**

Missed One Workout: **Christian Cattan, Don Wells, Joanie Conrad, Peter Konecny**

7:15pm Whitecaps: January 31-March 22 (23 workouts); range: 14-24; average: 20.8

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

8:15am Saturdays: February 5-March 19 (7 workouts); range: 18-27; average: 23.1

Perfect Attendance: **Cheri Reddin, Christian Cattan, Debby Whately, Don Wells, Homero Martinez, Jennifer Murdock, Joanie Conrad, Liliane Cardinal, Mariette Kenney**

Ask the Coach

Dear Coach: I'd like to learn the back to breast crossover turn. Can you help? I.M. Swimmer

Dear I.M. Swimmer: This is a tricky turn! As promised, I found a video that breaks it down into steps: <https://www.youtube.com/watch?v=C1b1sr7J4N4>. Enjoy!

Dear Coach: Will there be a Spring Masters session in May and June? Planning Swimmer

Dear P. Swimmer: The plan is for a three week annual maintenance shutdown from May 1 to May 20, with the Spring session starting about May 24 and running until the end of June. As soon as I have the details, I will include them in the newsletter.

Dear Coach: The various COVID lockdowns have caused my Carleton athletics membership to be extended multiple times. My membership now ends on April 20, but the session runs until April 30. How can I get this aligned? Out-of-Synch Member

Dear O.o.S. Member: As long as you plan to continue swimming over the summer, just renew your membership before it expires. If ever you are away from the pool for an extended period, you may arrange to have your membership put on hold. You don't really need to have it align with the Masters program dates.

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 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/1aIVbZXklQmv0MfYewUI-c7TAYvSzuOe/view>;
<https://www.swimming.ca/en/meet/36909/>

Apr 9 Drummondville Masters Meet: <https://www.swimming.ca/en/meet/36115/> (SO registration required)

Apr 22-24 Quebec Masters Provincial: <https://www.swimming.ca/en/meet/37169/> (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 11-12 Masters Swimming Ontario 50th Anniversary Meet (2020 Delayed MSO Provincial Championships), Nepean <https://ms.mastersswimmingontario.ca/web/schedule.php> (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!)

Friday-Sunday March 11-13: Senior Men's National Championship League Water Polo Tournament, Montreal (Claude-Robillard Pool)

Congratulations to **Dave Lapins**, **Ogi Gutovic**, and **Zoltan Csepregi** (all 7:35am Earlybirds) of the Ottawa United Titans 1 on winning 3 of their 4 games: 31-10 over the Ottawa United Titans 2, 13-2 over the Toronto Golden Jets 2, 7-19 against CAMO 1, and 9-8 over DDO: <https://www.waterpolo.ca/team/4507/1529/14117/124360/leaguegames>. They sit third in the Eastern conference: <https://www.waterpolo.ca/division/1529/14117/standings>.

Saturday March 19, Dollard-des-Ormeaux (Montreal) Masters Swim Meet

I was Carleton's only swimmer, setting records in my two events. Results: <https://live.swimrankings.net/32609/>. Updated Club Records: <https://carletonmasters.tripod.com/220319.Records.pdf>. The 400 free record was already mine from my 800 free split in November (5:00.22). The 1500 free record previously belonged to **Robin Henderson** (Earlybirds) set in Sarasota in 2019 in 27:38.18.

Lynn Marshall (Coach; 60-64): **1st** 400fs (4:48.80 World Record); 1500fs (18:54.83 World 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 **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 (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 (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 (1 spot available); refund: \$19.75 + HST

Saturday: 8:15-9:25am shallow end: Coaches: **rotating schedule:** \$65 + HST (1 spot 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. 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

lynnmar@sce.carleton.ca

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