

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: June 6, 2022 2:40 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 #581

Carleton Masters Swimming Newsletter #581

Monday, June 6th, 2022

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2021, Winter 2022, Spring 2022, Summer 2022, and Alumni: 7:35am Earlybirds I (55 addresses), 8:40am Earlybirds II (49 addresses), 6:00pm Whitecaps I (48 addresses), 7:15pm Whitecaps II (44 addresses), Saturday Only (8 addresses), Alumni (45 addresses).

"A man is not learned until he can read, write and swim." – Plato

Masters Swimming Program Notes

- The Spring session started on Saturday May 28 and runs until Thursday June 30.
- Full details of the Spring and Summer sessions can be found near the end of the newsletter.
- The Spring and Summer 7:35am Earlybirds groups are full, but waitlists are available. The other groups getting close to full are: Spring 6:00pm Whitecaps: **7 spots**; Summer 6:00pm Whitecaps: **8 spots**
- Masks are still required, but proof of vaccination and use of the cuScreen App are no longer necessary. In addition, we will use just the normal ("front") doors to enter and exit the changerooms from the pool deck, and cleaning of pool equipment before and after use is not required.

Swimmer Notes

Swimmer Updates:

- **Sean Kelly, Ursula Scott** (7:35am Earlybirds)'s husband, made the news on the power outage: <https://ottawacitizen.com/news/local-news/frustration-and-gratitude-eight-days-without-power-but-neighbours-helping-neighbours-in-riverside-park-south>. **Ursula** and **Sean** were quite fortunate - no trees down or damage to their property. They also had a gas cooktop and had hot water thanks to the gas water heater. In the Citizen picture he is standing next to our neighbour's downed tree. Their power came back on Sunday a few hours after his interview.
- Carleton will hold two weeks of convocation ceremonies this June: June 13-17 for 2020 and 2021 graduates, and June 20-24 for 2022 graduates. It is likely that Parking Lot 5 will be closed to Athletics users during these dates.
- Great to see that many Carleton swimmers will be attending the meet at the Sportsplex on June 11-12!
- On the recommendation of Ottawa Public Health, **Carleton will be maintaining the mandatory [COVID-19 Mask Policy](#) until further notice**. Note that use of cuScreen and proof of vaccination is no longer be required to access campus. The usual doors from the change rooms to the pool deck will now be used for both entrance and exit.
- Here is the public swim schedule: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>. Swims are now available to the general public, as well as to members. Note that **it is no longer necessary to pre-book swim spots** ahead of time. Pre-booking is still required for the Fitness Centre: <https://rec.carleton.ca/booking>.

Aquatic-Related Links:

- If Gas Prices Get Any Higher: <https://twitter.com/kylesockwell/status/1526761175760912384>
- Wily Coyote Sneaks Quick Dip in Ottawa Woman's Pool: <https://www.cbc.ca/news/canada/ottawa/ottawa-resident-finds-coyote-taking-a-dip-1.6469806>

- Swimming on a Formula One Race Track?!: <https://twitter.com/ValtteriBottas/status/1530908061652615168>
- Skimboarding on the Water Mirror in Bordeaux: <https://www.youtube.com/watch?v=i8Al4HtWczk>
- How to Survive a Plunge from a Waterfall: https://twitter.com/guide_book/status/1532317445486018560
- Men's 100m Freestyle at the Olympics up to 2012: http://archive.nytimes.com/www.nytimes.com/interactive/2012/08/01/sports/olympics/racing-against-history.html?_r=0

News and Other Links:

- Sports Illustrated's Fittest 50 2022 [Ed. Note: Contains a Canadian and some swimmers]: <https://www.si.com/edge/2022/01/17/fittest-50-2022>
- From Smart Goggles to Electric Jumpsuits: How Athletes are Pushing Boundaries with the Help of Wearable Tech: <https://www.cnn.com/2022/01/18/sport/wearable-tech-form-smart-swim-goggles-sports-spc-intl/>
- Study Reveals Impact 10 Minutes of Exercise can Have on Adults Over 40: <https://edition.cnn.com/2022/01/24/health/exercise-10-minutes-deaths-prevented-wellness/>
- 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/>
- How to Handle the Mental Side of Injury: <https://www.colleenguigley.org/injury>
- Could Psychological Flexibility Be More Important Than Mental Toughness?: <https://trainright.com/could-psychological-flexibility-be-more-important-than-mental-toughness/>

Spring Session Information

Dates: Saturday May 28 to Thursday June 30. No workouts Friday July 1 (Canada Day).

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: Mon: **Sean**; Tue/Thu: **Mark**

8:15-9:25am Saturdays: Shallow End; rotating coach schedule

Any changes will be noted here.

Mark is coaching for **Lynn** on **Friday June 10** and **Wednesday June 15**.

Sean is coaching for **Lynn** on **Monday June 13** and **Friday June 17**.

Special Sets:

Thu/Fri June 2/3: fin day

Wed/Thu June 29/30: fun day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplansprsum22.pdf>.

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

7:35am Earlybirds: May 30 to June 6 (4 workouts); range: 25-30; average: 27.8

Perfect Attendance: **Amanda Mallany, Angela Davis, Ann Bortolotti, Cheri Reddin, Chris Clement, Derek Woodard, Fiona Hill, Harley Gifford, Hazem Abu Alteen, Heather Morrison, Ian Lorimer, Larry Durr, Liliane Cardinal, Marie-Eve Racette, Shauna Ironside, Susan Nevitt-Yelle, Tony Michel**

8:40am Earlybirds: May 30 to June 6 (4 workouts); range: 18-20; average: 18.8

Perfect Attendance: **Cori Dinovitzer, Heather Bouna, Isla Paterson, Margaret Janse van Rensburg, Marie-Odile Junker, Melanie Heroux, Natalie Aucoin, Renate Hulley, Sandy Wolley, Sheila Kealey**

6:00pm Whitecaps: May 30 to June 2 (3 workouts); range: 15-19; average: 17.7

Perfect Attendance: **Adrian Finn, Don Wells, Isaac Fierro Marquez, Joanie Conrad, Juliette Pons, Nicole Delisle**

7:15pm Whitecaps: May 30 to June 2 (3 workouts); range: 17-19; average: 17.7

Perfect Attendance: **Gillian Massel, Kelly Biggs, Mark Lebel, Nicole Le Saux, Seana Biggs, Stephanie Le Saux-Farmer**

8:15am Saturdays: May 28 to June 4 (2 workouts); range: 18-19; average: 18.5

Perfect Attendance: **Cori Dinovitzer, Don Wells, Homero Martinez, Ian Lorimer, Isla Paterson, Jim Farmer, Joanie Conrad, Liliane Cardinal, Lynn Marshall, Mariette Kenney, Mary Donaghy, Natalie Aucoin, Nicole Delisle, Nicole Le Saux, Sandy Lawson, Stephanie Le Saux-Farmer**

Ask the Coach

Dear Coach: I have trouble with turning one foot out on breaststroke kick. Are there any dryland exercises I could do to help? Improving My Breaststroke

Dear I.M. Breaststroke: Here's a video with some drills: <https://www.youtube.com/watch?v=SPx0mMwR2wc>. Let me know if you find any of them helpful.

Dear Coach: Can you help my backstroke? Struggling Backstroker

Dear S. Backstroker: Next week we will do backstroke drills, so that might help. In addition, the main things to think about are rolling your body, entering with your hands at 11 and 1 o'clock, and ensuring that you bend your elbows when your arms are underwater. Ask your coach to watch your stroke and give you some tips.

Dear Coach: In the previous newsletter you referred to freestyle and backstroke as long-axis strokes. Can you explain that terminology? Curious Swimmer

Dear C. Swimmer: In freestyle and backstroke you rotate around the centre of your body as drawn from the top of your head to your toes, i.e. the long axis of your body. In butterfly and breaststroke you undulate around the centre of your body drawn from one side of your waist to the other, i.e. the short axis of your body. Thus, free and back and long-axis strokes, and fly and breast are referred to as short-axis strokes.

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 upcoming meets and races in Ontario and Quebec.

May to October Canaqua Canadian Swim and Swim/Run Series <https://www.canaquasports.com/>

June 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 16 Ottawa Bring on the Bay Open Water Swims: 1.5k and 3k <https://bringonthebay.com/>

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

https://www.clubassistant.com/club/form/select_sports.cfm?c=2164&msid=5

August 3-7 Traversee du Lac Tremblant Open Water Swims: 1k, 3k, 5k, 12k, and 12k team:

<https://www.traverseelactremblant.ca/en/>

August 14 Ottawa Riverkeeper Open Water Swims: 1.5k and 4k <https://raceroster.com/events/2022/59495/riverkeeper-open-water-swimnage-en-eau-libre-garde-riviere>

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>

August 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!)

Saturday-Sunday May 28-29 Tamarack Ottawa Race Weekend

Congratulations to all those who participated in Ottawa Race Weekend, as well as to **Debby Whately** (8:40am Earlybirds) who volunteered all weekend for the umpteenth consecutive year!

5km (5040 participants)

<https://www.sportstats.ca/display-results.xhtml?raceid=114435>

Sheila Kealey (8:40am Earlybirds; 55-59): 137th overall, 17th woman, and 1st in category in 21:00.7
Eleanor Fast (7:35am Earlybirds; 45-49): 663rd overall, 171st woman, and 18th in category in 26:35.8
10km (5999 participants)

<https://www.sportstats.ca/display-results.xhtml?raceid=114436>

Karen Jensen (7:35am Earlybirds/6pm Whitecaps; 60-64): 1537th overall, 537th woman, and 10th in category in 57:21.7
Half Marathon (21.1k, 8238 participants)

<https://www.sportstats.ca/display-results.xhtml?raceid=114438>

Tony Revitt (8:40am Earlybirds, 45-49): 788th overall, 618th man, and 77th in category in 1:45:30.3
Susan Nevitt-Yelle (7:35am Earlybirds, 55-59): 2094th overall, 680th woman, and 26th in category in 1:59:43.6
Chris Clement (7:35am Earlybirds, 55-59): 5231st overall, 2464th woman, and 135th in category in 2:37:02.7

Saturday June 4 Ottawa River Triathlon and Duathlon

Sprint Triathlon (500m/20.73k/5k; 110 participants)

<https://www.sportstats.ca/display-results.xhtml?raceid=114162>

Sheila Kealey (8:40am Earlybirds; 55-59): 24th overall; 9th woman, and 1st in category in 1:29:38.0

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 **June 6**).

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule

Monday 4-5pm

Monday 5-6pm

Tuesday 4-5pm

Tuesday 5-6pm

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

Spring and Summer Sessions

Registration is open for both sessions. Masters swimmers must have a valid membership for all sessions that they attend. Carleton students who are not taking courses during the Spring/Summer need to purchase a membership. There are special deals on Summer memberships for students and non-students:

<https://athletics.carleton.ca/memberships/summer-memberships/>. The details below can also be found on our web site:

<https://carletonmasters.tripod.com/index.html#schedSpringSummer>. Register online here:

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

Spring Session

The Spring Session runs from May 28 to June 30. No workouts July 1.

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$28+HST

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$60+HST: Full: waitlist available.

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$60+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coach: Sean \$68+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean and Mark; \$64+HST

Summer Session

The Summer Session runs from July 2 to September 3, with no workouts on July 9 or August 1:

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$62+HST

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST: Full: waitlist available.

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean and Mark; \$118+HST

Masters Swimming COVID Protocols

- A mask must be worn, except when swimming. Use the hand sanitizer provided, and maintain a distance of 6 feet.
- 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.
- The regular doors to the pool deck will be used for both entry and exit.

- If you arrive early, please keep your distance from swimmers leaving the pool deck.
- While lanes may have more than six swimmers, a maximum of six will be maintained where possible.
- 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.
- You may bring your own equipment, but no snorkels are permitted.

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 at all times, except from 10am to 4pm Monday to Friday.

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/se/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: Aquasport (2730 Iris Street) is under new management. I am working on contacting the new manager to renegotiate our discount. Stay tuned!

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

lynmar@sce.carleton.ca

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