

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: July 29, 2022 9:45 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 #585

Carleton Masters Swimming Newsletter #585

Friday, July 29th, 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 (59 addresses), 8:40am Earlybirds II (49 addresses), 6:00pm Whitecaps I (49 addresses), 7:15pm Whitecaps II (43 addresses), Saturday Only (9 addresses), Alumni (45 addresses).

"Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives - choice, not chance, determines your destiny." – Aristotle

Masters Swimming Program Notes

- The Spring session ended Thursday June 30.
- The Summer session started on Saturday July 2 and runs until Saturday September 3.
 - There will be **no workouts on Monday, August 1 (Civic Holiday)**.
 - The only Carleton public swim on August 1 is from 1:30-4:00pm.
- Full details of the Summer session can be found near the end of the newsletter.
- The Summer 7:35am Earlybirds and 6pm Whitecaps groups are officially full. However, due to vacations, we can squeeze in a few more swimmers, if you get your name on the wait list.
- Registration for Fall/Winter Masters will start on **Monday August 15**. Details of the Masters Programs offered will be in the next newsletter.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Paola Osorio** (6pm Whitecaps) and **Alejandro Rojas** (Whitecaps). Their son, **Agustin**, will be a big brother in January!

- I hope that the Earlybirds swimmers enjoyed "Beach Day at the Carleton Pool" 😊 on **Wednesday July 20**, when the pool deck flooded due to a filter issue!

- Some roads on the Carleton campus were closed last weekend for the installation of a new pedestrian bridge over the Rideau River. Here is a time-lapse video of the bridge installation (the main action starts around 3:45): <https://www.youtube.com/watch?v=FtCTsJy7jrg>. The bridge won't be open to the public until mid-2023 when the O-Train construction is complete.

- **Mathieu Fleury**: The Need for Another 50m Pool in Ottawa [thanks to **Mary Lou Dunnigan** (Earlybirds)]: <https://twitter.com/MathieuFleury/status/1551989037275267074>

- Starting **August 1**, pre-booking is no longer required for the Carleton Fitness Centre: <https://athletics.carleton.ca/2022/changes-coming-to-fitness-booking-system/>.

- If you participate in any races or events, please let me know. There are so many different events in the summer that I can't keep track 😊 !

- The mask mandate has been lifted, but masks are still recommended indoors, except while swimming.
- 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.

Aquatic-Related Links:

- **Conny Stamuis**, 90, Completes Kelowna's 2.1k Across the Lake Swim for 7th Time [Ed. Note: She finished 516th out of 640 in 1:01.14 and won the 80+ category: <https://www.sportstats.ca/display-results.xhtml?raceid=116163>]: <https://globalnews.ca/news/8952830/kelowna-across-the-lake-swim-2022/>
- As Temperatures Soar, a New Outdoor Swimming Venue has Opened in London, UK [thanks to **Megan Holtzman** (Earlybirds)]: <https://twitter.com/Reuters/status/1548217119011217408>
- The Fountain of Youth hasn't been Found — But Swimming may Come Close [thanks to **Jose Vivanco** (Whitecaps)]: <https://ideas.ted.com/swimming-brain-boost-science/amp/>
- **Sarah Thomas** Blog Post: Two-Way North Channel Crossing: <https://sarahthomasswims.com/2022/07/14/the-north-channel/>
- Canadian Swimmer, **Josh Liendo**, Interview: <https://www.youtube.com/watch?v=vatUfGwa3U8>
- **Caeleb Dressel** doing Flip Turn Drill: <https://twitter.com/swimmerproblems/status/1546619088817885184>
- Even Elite Swimmers Miscalculate: <https://www.youtube.com/watch?v=nHQs-LTCYco>
- Consortium on Female Sport Demand NCAA and Penn Withdraw Name of Lia Thomas For NCAA Woman of the Year Award: <https://www.swimmingworldmagazine.com/news/consortium-on-female-sport-demanding-ncaa-and-penn-withdraw-name-of-lia-thomas-for-ncaa-woman-of-the-year-award/>
- Qualifying Times Are Fast as Olympic Procedures Announced For Paris 2024: <https://www.swimmingworldmagazine.com/news/olympic-qualifying-procedures-announced-for-paris-2024-games-qualifying-times-are-fast/>
- **Freya** the Walrus, Sinking Boats in Norway: <https://twitter.com/steinkobbe/status/1549470090030202885>
- Polar Bear Breaking Through Thin Ice so Her Cub Can Stop to Breathe: <https://twitter.com/Yoda4ever/status/1543992916502163458>
- Swim Meet Warm-Ups are a Contact Sport: <https://twitter.com/swimmerproblems/status/1544776950971080706>
- Don't Race a Sailfish in 50m Free: <https://twitter.com/swimmerproblems/status/1544874321167978496>
- Penguins and Otters at Japan Aquarium Refuse to Eat Cheaper Fish: https://twitter.com/Phil_Lewis_/status/1544844842299260930

News and Other Links:

- Meet the Famous Duck, **Wrinkle**, who Ran the Long Island Marathon 1K Race: <https://runningmagazine.ca/the-scene/meet-the-famous-duck-who-ran-the-long-island-marathon/>
- Health Benefits of Napping: <https://www.webmd.com/a-to-z-guides/ss/slideshow-health-benefits-of-napping>
- Penny Farthing Bike Racing in 1928: <https://twitter.com/lostinhist0ry/status/1551969374889988096>

Summer Session Information

Dates: Saturday July 2 to Saturday September 3. No workouts Saturday July 9 (MastersPaloosa), Monday August 1 (Civic Holiday).

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and 2 lanes Shallow: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: **Sean** and **Mark**

12:15-1:25pm Saturdays: Shallow End; rotating coach schedule

Any changes will be noted here.

Sean coached all three Whitecaps workouts the week of **July 18**.

Sean coached for **Tim** on **Saturday July 23**.

Sean coached all three Whitecaps workouts the week of **July 25**.

Mark is coaching both Whitecaps workouts the week of **August 2**.

The coach for **Saturday August 13** will be finalized nearer the time.

Blake is coaching for **Adrian** on **Saturday August 20**.

Adrian is coaching for **Blake** on **Saturday August 27**.

Special Sets:

Tue/Wed July 26/27: fin day

Tue/Wed Aug 9/10: 800/1500 free time trial

Thu/Fri Sept 1/2: fun day

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

Here are the attendance statistics for the term so far. Please let me know of any errors or omissions!

7:35am Earlybirds: July 4 to 29 (12 workouts); range: 23-40; average: 28.3

Perfect Attendance: **Bob Tipple, Bruce Brown, Renate Hulley**

6:00pm Whitecaps: July 4 to 28 (12 workouts); range: 18-27; average: 21.9

Perfect Attendance: **Don Wells, Gursharan Uppal, Kelly Biggs**

12:15pm Saturdays: July 2-23 (3 workouts); range: 8-11; average: 9.3

Perfect Attendance: **Don Wells, Elaine Yardley**

Ask the Coach

Dear Coach: I have a hard time finding goggles that fit properly. Either they leak or I get raccoon marks around my eyes that last for hours. Any suggestions? Raccoon Eyes

Dear R. Eyes: If your goggles fit properly, you shouldn't have to have them very tight. While everyone's face is different, for most the key is getting the nose spacing correct, thus goggles that come with an adjustable nosepiece or several nosepieces are recommended. At home, take your goggles and, without using the straps, press the eye pieces against your eyes and then let go. If the nose piece is the right size, the goggles will stay for at least a few seconds. If one or both eyes pop off right away, it's likely that the nose piece is the wrong size, or the goggles are not suitable for your face (nose and eye structure). Adjust the nose piece until they stay and then put the strap over your head, ensuring that it is not too tight. Some stores will let you try goggles before you buy (e.g. have sample pairs). I also have a bag of lost and found goggles that you can experiment with.

Dear Coach: What are the rules for the backstroke to backstroke turn? (I know you explained this before, but I forget!) Another Backstroker

Dear A. Backstroker: For a backstroke to backstroke turn, you may do a flip turn, but it is not required. If you choose to do a flip turn, you are permitted one stroke to turn on your stomach, and from there it should be a continuous motion (kicking and pulling) into the turn. Count your strokes from the flags to calculate where to start turning onto your stomach. After flipping, you push off on your back. If you choose not to do a flip turn, then you must touch the wall on your back, ideally with one hand, spin around, and push off on your back.

Dear Coach: I'm afraid of hitting my head on the wall when doing backstroke. Do you have some tips? A Backstroker

Dear A. Backstroker: Ideally, you want to count your strokes from the flags and it should be about the same each time. However, it is best to err on the side of caution. You may kick on your back with one arm above your head for as long as you like.

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 mostly in Ontario and Quebec.

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

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-swimmage-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!)

July 16 Bushtukah Bring on the Bay Open Water Swims, Ottawa

Awesome to have so many Carleton swimmers participating!

1.5k (129 participants)

A big thank you to **Joanie Conrad** (6pm Whitecaps) who participated as a “Swim Angel” – swimming with a swimmer who needed support to complete the race. Great job by **Robin** with a podium finish! Full results:

<https://www.sportstats.ca/display-results.xhtml?raceid=113385>

Robin Henderson (7:35am Earlybirds; F60-69 Wetsuit): 50th overall; 35th female; **2nd** in category in 00:33:18.8

3k (421 participants)

Well done, all. Everyone was in the top 10 in their categories! Special congrats to **Rachel, Gillian, Margaret, and Liliane** for their podium (top 3) finishes, and to **Ingrid** for her win! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=113384>

Ingrid Hagberg (Whitecaps; F30-39 Wetsuit): 37th overall; 12th female; **1st** in category in 00:45:52.3

Nathan Fudge (6pm Whitecaps; M40-49): 60th overall; 39th male; 5th in category in 00:47:36.7

Rachel Bennett (6pm Whitecaps; F30-39): 81st overall; 30th female; **2nd** in category in 00:50:21.0

Gillian Massel (Whitecaps; F30-39): 89th overall; 33rd female; **3rd** in category in 00:50:51.8

Konstantin Petoukhov (Whitecaps; M30-39): 90th overall; 57th male; 4th in category in 00:50:58.9

Stephanie Le Saux-Farmer (6pm Whitecaps; F30-39): 91st overall; 34th female; 4th in category in 00:51:08.3

Derek Woodard (7:35am Earlybirds; M20-29): 103rd overall; 62nd male; 7th in category in 00:52:22.5

Margaret King (Earlybirds; F60-69 Wetsuit): 116th overall; 46th female; **2nd** in category in 53:02.5

Mars Nienhuis (Whitecaps; F30-39): 118th overall; 48th female; 6th in category in 00:53:28.3

Sean Kelly (Earlybirds; M60-69): 225th overall; 122nd male; 7th in category in 01:02:17.9

Jake Graham (7:35am Earlybirds; M30-39): 323rd overall; 151st male; 10th in category in 01:12:47.9

Liliane Cardinal (7:35am Earlybirds; F70+): 365th overall; 205th female; **2nd** in category in 01:26:18.2

July 18-24 Dragon Boat Club Crew World Championships, Sarasota, Florida

Debby Whately (8:40am Earlybirds), **Colette Kenney** (8:40am Earlybirds), and **Carolyn Odecki** (6pm Whitecaps) are on the Bytown Dragon Boat Club Senior Super C (60+) team. **Debby, Cheri Reddin** (7:35am Earlybirds), **Megan Holtzman** (8:40am Earlybirds), and **Isabelle Fradette** (Earlybirds) are on the Bytown Dragon Boat Club Senior A (40+) team, with **Carolyn** paddling the 500m and 2k. **Isabelle** paddled and **Carolyn** steered the Bytown Dragon Boat Club Senior B (50+) Small Boat (10 paddlers instead of the standard 20). Great job by all groups! Full results:

https://results.idbfchamps.org/2022sar/mobile?fbclid=IwAR2SSy3365gm0wN75N6H9R-v5BPPRv7_T0-Feg1k4X3GwChRFWUtc3FBntY.

Senior A:

2k: 6th: 9:39.359

200m: 7th: 52.518

500m: 5th: 2:10.456

Senior B Small Boat:

2k: **1st**: 10:36.028

200m: **1st**: 58.482

500m: **3rd**: 2:27.776

Senior C:

2k: **2nd** (fastest but time penalty due to technical issue): 10:05.126

200m: **1st**: 53.322

500m: **1st**: 2:14.384

July 24 Toronto Triathlon Festival Sprint Triathlon (750m/20k/5k; 471 participants)

Congratulations to Paddy on a great race! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=115757>.

Paddy Mallia (7:35am Earlybirds/6pm Whitecaps; M20-24): 114th overall; 86th man; 6th in category in 1:24:16.0 (13:31 swim)

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 24**).

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

Summer Session

Masters swimmers must have a valid membership for all sessions that they attend. Carleton students who are not taking courses during the 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>.

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 (full: waitlist available)

Masters Swimming COVID Protocols

- The mask mandate has been lifted, but masks are recommended indoors, except when swimming. Use of hand sanitizer and physical distancing are recommended.
- We suggest 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/seo/ccr/>.

Aquasport Discount for Carleton Masters Swimmers: Aquasport (2730 Iris Street) is under new management, now being run by Team Aquatic Supplies. We receive a 20% discount on regularly priced merchandise until the end of August

(and hope to renew again for next season). When ordering on-line (<https://team-aquatic.com/>) use the code on the card. When shopping in person, show a copy of this [discount card](#).

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.)

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>