

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: September 16, 2022 2:40 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #589

Carleton Masters Swimming Newsletter #589

Friday, September 16th, 2022

To: Carleton Masters Coaches / Staff (8 addresses)

Bcc: Those registered for Fall 2022 and Alumni, 7:35am Earlybirds I (45 addresses), 8:40am Earlybirds II (37 addresses), 6:00pm Whitecaps I (42 addresses), 7:15pm Whitecaps II (28 addresses), Saturday Only (5 addresses), Alumni (34 addresses), **plus those registered for Fall 2021, Winter 2022, Spring 2022, Summer 2022, and Alumni:** 7:35am Earlybirds I (18 addresses), 8:40am Earlybirds II (17 addresses), 6:00pm Whitecaps I (12 addresses), 7:15pm Whitecaps II (14 addresses), Saturday Only (6 addresses), Alumni (25 addresses).

If You're Not Failing, You're Not Learning: <https://twitter.com/ASUSwimDive/status/1561439190297878530> – Bob Bowman

Masters Swimming Program Notes

- The Fall session started Tuesday September 6 and runs until Friday December 23.
 - Workouts run as usual on Monday September 19 and Friday September 30.
 - There are **no workouts on Monday October 10** (Thanksgiving).
 - Workouts run as usual during Carleton's Fall Reading Week (October 24 to 28).
- Full details of the Fall Masters Programs offered can be found in "Notes and Reminders" near the end of the newsletter.
 - Note that the 7:35am and 6:00pm groups are now full – wait lists available.

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. If there are already six swimmers in your lane, check with the coach before getting in.
- 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.
- Normally, during the main set, you would 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. Due to COVID, it is recommended that you keep a 2m distance, 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.

Swimmer Notes

Swimmer Updates:

- Thank you all for your patience with the malfunctioning card reader / turnstile at the Athletics Welcome Centre. A new card reader will be installed early next week and it will be much nearer the turnstile both of which should help get you to the pool faster!
- At least one evening this past week, Parking Services was issuing tickets using an incorrect list of permit holders. If you have a parking pass and received a ticket, let me know.
- As part of Culture Days 2022, **Shealagh Pope** (7:35am Earlybirds) is participating in a exhibition at Carleton University's Book Arts Lab on the main floor of the MacOdrum Library. 'Migration in Print' will showcase several of her prints including some very large hand-printed bowhead whales. The show will run from September 23rd - October 16th. On Friday, October 14 from 1-4 pm come meet the three artists participating in the show, and try your hand at making your own print. If you can't make the exhibition, check out **Shealagh's** website: <http://www.balaenaeditions.com>.
- Alumnus **David Caughey** (x-Earlybirds), now living in Geneva, has kindly sent the following update:
I've been meaning to update you on my efforts to swim in the Rhône in Geneva. The water temperature got much better (23-24 degrees all summer) which was essential during the heatwave in Europe! I ended up swimming 2-3 times a week throughout the whole summer, and [here's] a video of me swimming - it's like a big water treadmill!
<https://www.sce.carleton.ca/faculty/lynnmar/masters/davidcaughey.mp4>
Also, for fun, here's a website you can check that tells you the water temperature and flow rate of the river. Helps to know mentally how much of a headwind (headcurrent?) you're going to have before going in! <https://www.pontoniers-geneve.ch/>
- If anyone is unfortunate enough to test positive for COVID, and has been on campus in the five days prior, please complete the COVID Symptom Reporting Form here: <https://carleton.ca/covid19/cuscreen/symptom-reporting/>.
- A reminder about the ongoing construction work on the pool deck (in the corner near the 1m diving board) as well as in the men's change room: <https://athletics.carleton.ca/2022/upcoming-facility-maintenance/>.
- Once again this year **Melanie Heroux** (8:40am Earlybirds) will be participating in the Law Enforcement Torch Run for Ontario Special Olympics to be held on September 15. You can sponsor her here: <https://letrontario.crowdchange.ca/13814/page/25195>.
- Pre-booking is no longer needed for the Carleton pool or Fitness Centre. The public swim schedule can be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.
- The mask mandate has been lifted, but masks are still recommended indoors, except while swimming.

Aquatic-Related Links:

- **Robin Lajoie**, Sets Yet-to-be-Confirmed World Record for a 67-year-old Swimmer by Becoming the Oldest Man to Race Butterfly in a 5km Open Water Swim at the Welland Canal: <https://www.wellandtribune.ca/sports/niagara-region/2022/09/10/hamilton-man-goes-for-world-record-at-welland-canal-open-water-swim-sunday.html>
- Inside with **Brett Hawke: Pierre Lafontaine** (Varsity Team Head Coach) Interview 2021: <https://www.youtube.com/watch?v=s3mKCr2S5eY> (ads end at 2:00)
- It's Never Too Late to Take Up Water Polo: Mark **Braly**, 86, Started Playing at 76: <https://www.nytimes.com/2022/08/08/style/water-polo-aging-elderly.html>
- The Swimmer: A Short Film about the Power of Ritual: <https://vimeo.com/337823655?ref=tw-share>
- Meet the B.C. Man, **Brent Hobbs**, who Swims to Work: <https://www.cbc.ca/news/canada/british-columbia/okanagan-lake-swimming-commute-1.6556441>

- Fifty Years Ago (August 28, 1972) **Mark Spitz** Swims 2:00.70 in 200 Fly at the Munich Olympics: <https://twitter.com/kylesockwell/status/1563990527107686400>
- A World Record For Paddling a Pumpkin!?: <https://twitter.com/rhinotary/status/1563555618740641792>
- Movie: Dolphin and Dog Special Friendship: <https://www.youtube.com/watch?v=kjKjILRoLHw>
- The Underrated Therapy for Anxiety and Stress: Water: <https://www.sce.carleton.ca/faculty/lynnmar/masters/TheUnderratedTherapyforAnxietyandStress.pdf>
- Polar Bear Cub Surprised by Seal: <https://twitter.com/wonderofscience/status/1548297126496481280>

News and Other Links:

- Indian's Baseball Pitcher Ray Caldwell Struck by Lightning on August 24, 1919 and Continues Pitching after Regaining Consciousness! [Ed. Note: They don't make them like they used to!]: <https://sabr.org/gamesproj/game/august-24-1919-ray-caldwell-struck-by-lightning-sparks-indians-to-win/>
- Why Performance Under Pressure Isn't All in Your Head: <https://www.outsideonline.com/health/training-performance/clutch-athletic-performance-pressure-research/>
- Five Myths About Protein Intake for Endurance Athletes: <https://www.triathlete.com/nutrition/race-fueling/5-myths-protein-intake-endurance-athletes/>

Fall Session Information

Dates: Tuesday September 6 to Friday December 23. No workouts Monday September 5 (Labour Day), Monday October 10 (Thanksgiving).

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

7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Mon/Tue Shallow End; Thu Deep End: Mon: **Sean**, Tue: **Mark**, Thu: **Sean/Mark**

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

Any changes/details will be noted here.

Sean coached the **6pm and 7:15pm Whitecaps** on **Thursday September 8**.

Mark coached the **6pm and 7:15pm Whitecaps** on **Thursday September 15**.

Special Sets:

Tue/Wed Oct 18/19: fin day

Mon Nov 7: 800/1500 free time trial

Thu/Fri Nov 17/18: fin day

Thu/Fri Dec 22/23: fun day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanfall22.pdf>.

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

7:35am Earlybirds: September 7 to 16 (5 workouts); range: 27-33; average: 30.0

Perfect Attendance: **Brian Lehmkuhl, Bruce Brown, Cheri Reddin, Eleanor Fast, Emily McColville, Harley Gifford, Heloise Emdon, Jennifer Glassman, Liliane Cardinal, Margaret Janse van Rensburg, Margaret King, Marie-Eve Racette, Ursula Scott**

8:40am Earlybirds: September 7 to 16 (5 workouts); range: 20-22; average: 21.2

Perfect Attendance: **Cori Dinovitzer, Flo Kellner, Kathleen Beall, Luciara Nardon, Melanie Heroux, Renate Hulley, Rosie Khuong Do, Ruth Fawcett**

6:00pm Whitecaps: September 6 to 15 (5 workouts); range: 23-29; average: 25.4

Perfect Attendance: **Adam Vieira, Juliette Pons, Konstantin Petoukhov, Matthew Sinclair, Natalie Aucoin, Nicole Le Saux, Peter Kallai, Peter Lithgow, Rachel Bennett**

7:15pm Whitecaps: September 6 to 15 (5 workouts); range: 18-22; average: 19.8

Perfect Attendance: **Elaine Yardley, Gillian Massel, Hannah MacLellan, Kelly Biggs, Seana Biggs, Stephanie Le Saux-Farmer**

8:15am Saturdays: September 10 (1 workout); range: 11-11; average: 11.0

Perfect Attendance: **Cheri Reddin, Debby Whately, Homero Martinez, Ian Lorimer, Jack Stratford, Jennifer McArton, Laura MacMillan, Liliane Cardinal, Lynn Marshall, Natalie Aucoin, Sandy Lawson**

Summer Session Awards

I accidentally omitted the point scores for the fastest swimmers last time. Here's the corrected table.

Fastest Swimmers:

P1	Name	Group	Gender	Event	Time	Points
1	Gursharan Uppal	WC1	F	1500fs	22:32	314
1	Derek Woodard	EB1	M	50f1	28.8	433
2	Jonathan Critch	WC1	M	1500fs	20:55	310

Ask the Coach

Dear Coach: There are some new swimmers in my lane. Can you please remind everyone about swimming lane etiquette? Returning Swimmer

Dear R. Swimmer: Thanks for the reminder. Done – near the top of the newsletter.

Dear Coach: There is a wide variety of swimming speeds in my lane. Can something be done about that? Frustrated Swimmer

Dear F. Swimmer: Please let your coach know during the workout if the variety of speeds in your lane is causing difficulties. For the first few weeks, we will be juggling lanes and swimmers to ensure the best fit for everyone. Please be patient!

Dear Coach: What should I eat before my morning swim workout? I'm worried about the trade-off between not enough fuel and feeling sick during the swim. Morning Swimmer

Dear M. Swimmer: People vary greatly as to what they can eat before swimming and how long before swimming they need to eat. That said, eating something is definitely recommended. It will likely take some experimentation. Here's an article with some suggestions: <https://www.self.com/story/the-best-breakfasts-to-eat-before-an-early-workout>. If you have with solid food before your swim, you can go with liquid, like a protein shake.

Dear Coach: Can you recommend a physiotherapist or chiropractor? Injured Swimmer

Dear I. Swimmer: For physiotherapists, try the Carleton clinic: <https://carletonsportmed.com/physiotherapy/>. **Tony Revitt** (7:35am Earlybirds) works there. I also recommend chiropractor **Dr. Kris Van Der Veer** at: <http://www.corechiropracticandperformance.com/>. He has a sports background. If any readers have other suggestions, please send them in!

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2023), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$45**. For both, it's **\$60**. 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/>
October 23 Quebec Masters Meet #1 St-Hubert (Longueuil, Montreal) SO registration required
<https://www.swimming.ca/en/meet/37881/>

October 23-30 Canadian Virtual Masters Relay Meet MSO registration required
<https://www.mastersswimmingontario.ca/1st-annual-canada-wide-relays-only-masters-meet-host-grande-prairie/>
November 6 Etobicoke Semi-Serious Meet (details TBC) SO registration required
November 12 Quebec Masters Meet #2 Claude-Robillard Montreal SO registration required
<https://www.swimming.ca/en/meet/37757/>
Late November (TBC) Swim Ottawa Masters Meet at Brewer MSO registration required (TBC)
December 3 Quebec Masters Meet #3 Sherbrooke SO registration required <https://www.swimming.ca/en/meet/37817/>
December 18 IM Fast Meet, PanAm Pool, Scarborough (details TBC) SO registration required
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>
January 22 Susan Douglas Memorial Meet, Wilmet, ON (details TBC) SO registration required
January 28 Quebec Masters Meet #4 Drummondville SO registration required <https://www.swimming.ca/en/meet/37756/>
February 11 Quebec Masters Meet #5 Pointe-Claire Montreal SO registration required
<https://www.swimming.ca/en/meet/37818/>
March (date TBC) Quebec Masters Meet #6 Dollard-des-Ormeaux Montreal SO registration required
March 25-26 Swim Ontario Masters Championships, Etobicoke (details TBC) SO registration required
April 21-23 Quebec Masters Provincials SO registration required (detail TBC)
May 20-22 Canadian Masters Swim Championships, Calgary (details TBC) SO registration required
July 15-16 Swim Ontario Open Water Masters Championships, Gull Lake, Gravenhurst (details TBC) SO registration required
August 2-11 FINA Masters World Championships, Fukuoka, Japan; SO registration required
<https://www.swimmingworldmagazine.com/news/fina-confirms-new-dates-for-world-masters-championships-in-2023>
Global Open Water Swim Series (Year Round) <https://globalswimseries.com/races/>

Race Results: (Please send in your results, and/or let me know if I missed anyone or any races!)

Saturday September 10 Ottawa Valley Fall Grally

Well done, **Christiane Wilke** (7:35am Earlybirds) – sounds like a lot of fun, except the puncture! Details here:

<https://gravelcup.com/ottawa-valley-fally-grally>. Here's **Christiane's** race report:

Rode the Ottawa Valley Fall Grally this morning [September 10]. It was a beautiful 77k gravel bike course. I had a good start, stayed with a small group, got dropped on a hill, and caught the group again. But within 500m of the food station, I caught a huge pothole on an otherwise smooth road (because I hadn't been paying attention). The puncture repair was a comedy of errors (pump nozzle got stuck in valve, nothing worked). But after about 45 min and thanks to the help of four different people I got it fixed and rode the second half of the course.

My riding was much stronger than I had expected, but the puncture added a lot of extra time. Didn't come in last though. Had fun. Learned stuff.

Sunday September 11 Triathlon Esprit de Montreal, Olympic Distance (1.5k/40k/10k; 850 competitors)

Congratulations to Jake on a good race, including a PB swim for the season. Unfortunately it was very hot and Jake struggled on the run.

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=114451&status=results>

Jake Graham (7:35am Earlybirds; M35-39): 803rd overall; 519th man, and 60th in category in 3:47:18 (swim 32:31)

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 **September 5**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule

Tentatively: Tuesdays 4-5pm and 5-6pm, starting in October

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

Fall Session

Registration for Fall Masters Swimming is underway. Those planning to swim at 7:35am, 6:00pm, and/or Saturday are encouraged to sign up quickly so that you get a spot in the preferred group(s), as those programs tend to fill quickly. Registering on-line is recommended at: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5> You will need a valid membership to register on-line. If you wish to use an existing credit on your account, you must register by phone on in-person. The Fall Session runs from **September 6 to December 23**, with no workouts on September 5 or October 10:
Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$195+HST (full: wait list available)
Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$195+HST
Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean and Mark; \$210+HST (full: wait list available)
Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean and Mark; \$195+HST
Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$90+HST
Note that this information is also posted on our web site: <https://carletonmasters.tripod.com/>.

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](#). (Note that a new card for this season will be coming soon.)

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>