

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** September 30, 2022 1:30 PM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'  
**Subject:** Carleton Masters Swimming Newsletter #590

## Carleton Masters Swimming Newsletter #590

Friday, September 30<sup>th</sup>, 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 (36 addresses), 6:00pm Whitecaps I (42 addresses), 7:15pm Whitecaps II (28 addresses), Saturday Only (6 addresses), Alumni (49 addresses).

We have lots of great pictures for this newsletter!



First, many congratulations to **Blair Mason** (7:35am Earlybirds) and his wife on the arrival of **Keera** on September 10, weighing 7lbs 4oz. **Blair** says "Keera is our first child, so my wife and I are still in a bit of shock. We're slowly getting into a normalish sleep schedule, but there's usually a curve ball."



Congratulations to **Leila Ebrahimpoor** (Whitecaps) on finishing Ironman 70.3 Cozumel in Mexico and showing her Canadian colours (and still smiling!) after the race. Details on her race can be found in the “Race Results” section.



**Peter Konecny** (6:00pm Whitecaps) recently visited Madeira where he was able to try out this ocean-side pool – just a bit more spectacular than the Carleton pool 😊 !

## Masters Swimming Program Notes

- The Fall session started Tuesday September 6 and runs until Friday December 23.
  - 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.

## Swimmer Notes

### Swimmer Updates:

- A previous newsletter (<https://carletonmasters.tripod.com/newsletter582.pdf>), included details of **Sophia Ersil** (Whitecaps)'s 315km Vatternrundan Bike Race. Here's a great article that she wrote recently on this experience: "I came in last in every race. My dad's death taught me what it means to win.": <https://www.cbc.ca/news/canada/first-person-finishing-my-dad-s-last-ride-1.6584483>.
- Here's a report on ROC Swimmer **Olivier Risk**'s World Junior Open Water Swimming experience in the Seychelles: <https://www.teamunify.com/team/canrocs/page/news/497642/world-junior-experience-with-rocs-olivier-risk>.
- Are you a full-time undergraduate student at an Ontario university? Researchers from Western University in the Faculty of Health Sciences are investigating Ontario undergraduate university students' movement behaviours and their relationship with social support. To participate in a quick, 10–15 minute survey regarding the study, please visit the following link: [https://uwo.eu.qualtrics.com/jfe/form/SV\\_ekxdJGQNF2c1nn0](https://uwo.eu.qualtrics.com/jfe/form/SV_ekxdJGQNF2c1nn0)
- 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 23<sup>rd</sup> - October 16<sup>th</sup>. On Friday, October 14 from 1-4 pm come meet the three artists participating in the show, and try your hand a making your own print. If you can't make the exhibition, check out **Shealagh**'s website: <http://www.balaenaeditions.com>.
- I received the Swim Ontario Masters Provincial Female Performance Award for 2022 at the recent awards banquet in Toronto. **Pierre Lafontaine** (Varsity Coach) was kind enough to accept it on my behalf.
- 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/>.
- 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:

- Catfish Swimming in Neighbourhood Street in Kissimmee, Florida: <https://twitter.com/KelsiThorud/status/1575507913841561600>
- Shark Swimming in the Streets of Fort Myers, Florida: [https://twitter.com/US\\_Stormwatch/status/1575194411104817152](https://twitter.com/US_Stormwatch/status/1575194411104817152)
- Rose Bowl US Masters Swimmer **Maurine Kornfeld** is 100 Years Old: <https://twitter.com/MastersSwimming/status/1572957137117978625>
- Ottawa Citizen Opinion: **Larry Wasslen**: How to Fix Ottawa's Lifeguard Shortage – Pay Properly: <https://ottawacitizen.com/opinion/wasslen-how-to-fix-ottawas-lifeguard-shortage-pay-properly>
- Whale Shark Having a Bite to Eat: <https://twitter.com/SteveStuWill/status/1562213096667611138>
- Man Surfing with Two Dogs: <https://twitter.com/TheFigen/status/1550099992521613313>
- How Do You Pee And Poop During An Open Water Swim?: <https://www.openwaterswimming.com/how-do-you-pee-and-poop-during-open/>
- When You Have Three More 100s and the Coach Asks How Many More: <https://twitter.com/kylesockwell/status/1552486055680659457>
- Check Out the Very Long Pool at China's Baodun Lake Hushan Hot Spring Resort (first 5 min of this video): <https://www.youtube.com/watch?v=0bRnYxXBdsA>

- Great Grey Whales in Baja California: <https://twitter.com/buitengebieden/status/1555283067820032001>
- Rare Walking Shark Spotted on Land: <https://metro.co.uk/2022/08/01/shark-week-rare-walking-breed-spotted-on-land-blows-viewers-minds-17108324/>

### News and Other Links:

- Burn Victim, **Philipp Bosshard**, Overcomes the Odds to Compete in His First Half Ironman Distance Triathlon at Challenge Almere: <https://triathlonmagazine.ca/personalities/burn-victim-overcomes-the-odds-to-compete-in-first-half-distance-race-at-challenge-almere/>
- Why Endurance Athletes Feel Less Pain: <https://www.outsideonline.com/health/training-performance/why-endurance-athletes-feel-less-pain/>
- Everything a Triathlete Needs to Know about Chocolate: <https://triathlonmagazine.ca/nutrition/everything-a-triathlete-needs-to-know-about-chocolate/>
- More Evidence That Strength Training Boosts Long-Term Health: Both Aerobic and Strength Training Combined Provide the Biggest Benefit: <https://www.everydayhealth.com/fitness/more-evidence-why-strength-training-boosts-long-term-health/>
- “Zombie Cells” Buildup in Your Body May Play Role in Aging: <https://apnews.com/article/health-north-america-new-york-ap-top-news-us-news-6da65f221b6b4d9aba69962c670432e8>

### 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 22**.

**Mark** coached the **6pm and 7:15pm Whitecaps** on **Thursday September 29**.

### 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! I apologize for the mistake in the Saturday attendance last time. It should be correct now.

**7:35am Earlybirds:** September 7 to 30 (11 workouts); range: 21-33; average: 27.6

Perfect Attendance: **Bruce Brown, Cheri Reddin, Harley Gifford, Liliane Cardinal, Margaret Janse van Rensburg**

**8:40am Earlybirds:** September 7 to 30 (11 workouts); range: 17-22; average: 20.1

Perfect Attendance: **Cori Dinovitzer, Luciara Nardon**

**6:00pm Whitecaps:** September 6 to 29 (11 workouts); range: 23-30; average: 25.5

Perfect Attendance: **Adam Vieira, Juliette Pons, Konstantin Petoukhov, Matthew Sinclair, Natalie Aucoin**

**7:15pm Whitecaps:** September 6 to 29 (11 workouts); range: 14-22; average: 17.9

Perfect Attendance: **Kelly Biggs, Seana Biggs**

**8:15am Saturdays:** September 10 to 24 (3 workouts); range: 17-19; average: 18.3

Perfect Attendance: **Christian Cattan, Cori Dinovitzer, Ian Lorimer, Jack Stratford, Liliane Cardinal, Lynn Marshall, Mary Donaghy, Natalie Aucoin**

## Ask the Coach

**Dear Coach:** Can you post the video of the “Man from Atlantis” so that swimmers know what the drill should look like? Fly Swimmer

Dear F. Swimmer: Great idea. Here it is: [https://www.youtube.com/watch?v=dMsSEdwa2\\_4](https://www.youtube.com/watch?v=dMsSEdwa2_4).

**Dear Coach:** I have trouble with pacing, e.g. build, descend, etc. How do I know how much effort to put it at the start? New Masters Swimmer

Dear N.M. Swimmer: Practice makes perfect. It is a learning experience to develop your pacing skills! Just keep working on it.

**Dear Coach:** Can you review the backstroke arm motion? Missed the Backstroke Drills

Dear M.t.B. Drills: Of course. We did this in person at the pool. Just give it a try and then ask your coach to have a look and get more tips.

## 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 16 Kingston, New York Yards Masters Meet; SO registration required; Registration link is [here](#).

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/>

October 30 Oneota, New York Yards Masters Meet; SO registration required; Registration link is [here](#).

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 11 Nepean Masters Red Blue Meet (TBC); MSO registration required;

<https://ms.mastersswimmingontario.ca/web/schedule.php>

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, Wilmot, ON (details TBC) SO registration required

January 23 Alderwood Yards Meet Etobicoke (TBC); MSO registration required;

<https://ms.mastersswimmingontario.ca/web/schedule.php>

January 28 Quebec Masters Meet #4 Drummondville SO registration required <https://www.swimming.ca/en/meet/37756/>

February 11 Nepean Winterlude LCM Meet (TBC); MSO registration required;

<https://ms.mastersswimmingontario.ca/web/schedule.php>

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!)

### **Ironman 70.3 Cozumel, Mexico** (1.9k/90k/21.1k)

Congratulations to **Leila Ebrahimpoor** (Whitecaps) on a great result. You can see her photo near the top of the newsletter. Full results: <https://www.ironman.com/im703-cozumel-results#/>. Leila reports that it was a hot run but she was proud to make it to the finish line. Her swim was her most relaxing and best discipline! Awesome job, Leila!!  
**Leila Ebrahimpoor** (Whitecaps; F45-49): 1633<sup>rd</sup> overall; 457<sup>th</sup> female; and 59<sup>th</sup> in category in 7:57:21 (swim 50:56)

### **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**

Tuesdays 4-5pm and 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**

#### **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 or 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/se0/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 2023. 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](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

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