

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: October 14, 2022 10:45 AM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #591

Carleton Masters Swimming Newsletter #591

Friday, October 14th, 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 (38 addresses), 6:00pm Whitecaps I (43 addresses), 7:15pm Whitecaps II (30 addresses), Saturday Only (7 addresses), Alumni (48 addresses).



This watercolour was painted by **Renate Hulley** (8:40am Earlybirds) on a recent painting trip.

Masters Swimming Program Notes

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

- Carleton Masters Swimmers are considered “honorary” Carleton Ravens Swim Team Alumni. Those interested are invited to attend a fun Alumni vs. Varsity swim meet at the Carleton pool from **2:30-4:00pm on Sunday October 16**, followed by a social event. Contact **Lynn** for more details.
- Fall Convocation will take place on **Saturday November 12**. There may be parking restrictions on that date.
- 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 a making your own print. If you can't make the exhibition, check out **Shealagh’s** website: <http://www.balaenaeditions.com>.
- 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
- 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:

- Parts of Great Barrier Reef Show Highest Coral Cover Seen in 36 Years: <https://www.cnn.com/2022/08/04/great-barrier-reef-areas-show-highest-coral-cover-seen-in-36-years.html>
- The 29 Best Beaches in the World: <https://www.cntraveller.com/gallery/best-beaches-in-the-world>
- 92-year-old dives from a high board: <https://www.facebook.com/reel/1213361539487815/?s=ifu>
- **Will Licon** Takes Just One Stroke on First 25yd of 200yd Breaststroke: <https://twitter.com/kylesockwell/status/1564632786572496899>
- No Wetsuit, No Oxygen: Freediving Under and Iceberg for Men’s Mental Health: <https://ca.movember.com/story/freediving-under-an-iceberg-for-men-s-mental-health>
- **Pierre Lafontaine**: Building a Club, Community, and Team for Success: <https://www.youtube.com/watch?v=m19Vp9x-alk>
- Soul Cap: Afro Swimming Cap Approved after Olympic Ban: <https://www.bbc.com/news/newsbeat-62765571>
- New Deep-Sea Sighting: The Barreleye Fish has a Transparent Head and Tubular Eyes: <https://www.youtube.com/watch?app=desktop&v=Akv36y8WLYA>
- Amplify: The Chilly Joys of Cold-Water Swimming: <https://www.theglobeandmail.com/canada/article-amplify-the-chilly-joys-of-cold-water-swimming/>
- Australia’s Oldest Person, **Alfie Date** Age 110, Knitted Tiny Sweaters for Penguins Until His Death in 2016: <https://twitter.com/joslater37/status/1566004009063911431> and <https://www.dailymail.co.uk/news/article-2949049/The-109-year-old-man-knits-sweaters-PENGUINS-Meet-Alfie-Date-Australia-s-oldest-man-creates-tiny-clothes-spare-time.html>

News and Other Links:

- How to Make Pre-Race Anxiety Work for You: <https://www.yourswimlog.com/how-to-make-pre-race-anxiety-work-for-you-when-dealing-with-nerves/>
- People Who Do Strength Training (as well as Cardio) Live Longer and Better: https://www.nytimes.com/2022/08/24/well/move/cardio-strength-training-benefits.html?unlocked_article_code=5cfENLkT_XXwm6mX9WLNyJ7VixWetnWcx1Eg7dKULK2gG0Z_5du6skWLk7JiC_Mfe5TyZpjvzbv-E5HX4NjN1GP5wgHNIC5TXaSh1X5uP5J3xeR4GHWmQIC6wPMLEVOWZ4-8G1xGfuB-gh8TqkR2S3Y8YkWealyDDjBh9BfExGHAZVy0M1ZWuM002Dzjltao_9wkeiJatuYMS9dxN24QNiXA6w_fxFQh_fshpAY

[MuovBr6DvRpA7oXosaHPxrbpf5_75-kV03UJllz1wXAFxellFmA48qFyu-wJbjdfXaUcTxgG4HuXNsbhgpUM6R-n4ReBJfDpZWD_T8nbeKPSUy-TkDdAlmQPIpCj178&smid=share-url](https://www.nytimes.com/2022/09/20/well/move/fast-walking-exercise-intensity.html?unlocked_article_code=7khFwehMtMm8-GSe4M8RVrjEHJnK15huG6sj_wetkxZwms4iP4KPzm8kaAxJ5b2RlXn-tI883-5-VFFLTOjaRNnhbsePKv-u5h8MPTYy1hag33aJyqogm6BUelQI9QiltLT9FW-4Jg3GuwRxBFq9SzDgV2sIHU3ykpPWWP4eZA7VmfwQ0iOfIWdWOcYjqmLna9bj5Ly2UimT6thOtdrbA9YW3c-seTjlpXcK7ixSuhA8VqLg7H8XxlYekGOxWSqWkuw6232wHF14URJv36GYLr3r-jMaXZYY0WxG-jdgXx5yFNqIIA-g76CEfdVHmE7XZr4DXmjMR09EsJzJTpM23Ht8Si8avjm4kU&smid=share-url)

- Intensity Improves Fitness: https://www.nytimes.com/2022/09/20/well/move/fast-walking-exercise-intensity.html?unlocked_article_code=7khFwehMtMm8-GSe4M8RVrjEHJnK15huG6sj_wetkxZwms4iP4KPzm8kaAxJ5b2RlXn-tI883-5-VFFLTOjaRNnhbsePKv-u5h8MPTYy1hag33aJyqogm6BUelQI9QiltLT9FW-4Jg3GuwRxBFq9SzDgV2sIHU3ykpPWWP4eZA7VmfwQ0iOfIWdWOcYjqmLna9bj5Ly2UimT6thOtdrbA9YW3c-seTjlpXcK7ixSuhA8VqLg7H8XxlYekGOxWSqWkuw6232wHF14URJv36GYLr3r-jMaXZYY0WxG-jdgXx5yFNqIIA-g76CEfdVHmE7XZr4DXmjMR09EsJzJTpM23Ht8Si8avjm4kU&smid=share-url

- New Lab-Based Evidence Suggests Electrolyte Intake Can Help Reduce Cramps:

<https://www.precisionhydration.com/performance-advice/hydration/sodium-intake-cramping-study/>

- Muscle Strengthening Lowers Risk of Death from all Causes, Study Shows:

<https://www.theguardian.com/society/2022/feb/28/muscle-strengthening-lowers-risk-of-death-from-all-causes-study-shows>

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 October 6**, and **Thursday October 13**.

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 October 14 (16 workouts); range: 21-33; average: 27.3

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

8:40am Earlybirds: September 7 to October 14 (16 workouts); range: 17-24; average: 20.3

Perfect Attendance: **Cori Dinovitzer**

6:00pm Whitecaps: September 6 to October 13 (16 workouts); range: 18-30; average: 24.6

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

7:15pm Whitecaps: September 6 to October 13 (16 workouts); range: 12-22; average: 16.8

Perfect Attendance: **Seana Biggs**

8:15am Saturdays: September 10 to October 8 (5 workouts); range: 17-23; average: 19.8

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

Ask the Coach

Dear Coach: As you likely know, at some times of day, there is gridlock near the new traffic circle on campus. This often makes me late for my swim. Any suggestions as to how to avoid this when going to the pool? Frustrated Driver

Dear F. Driver: I have emailed safety and parking about the issue. Perhaps having an officer directing traffic might help. My suggestion is to avoid the main entrance at busy times and use either Stadium Way (by Athletics), the Colonel By entrance, or consider parking at Brewer Park (read the signs carefully!).

Dear Coach: Can you recommend a watch that reliably counts lengths in indoor pools when I attend public swims? My old Ironman watch just doesn't do the job anymore and I'm tired of always counting. Need Tech Help

Dear N.T. Help: As I told you, I'm "old school" and just use the pace clock to help me count. However, I'm sure that some of our readers have suggestions, so I'll ask for their assistance!

Dear Coach: How far apart should my fingers be when I swim? Should I spread them or squeeze them together? Improving My Hand Position

Dear I.M.H. Position: Believe it or not, there has been research done in this area that has shown that a slightly relaxed hand with about 10 degrees (or 4-7mm) between the fingers is ideal for speed. As this also takes less effort, that's what you want to aim for. Here are a couple of references:

<https://www.sciencedirect.com/science/article/pii/S0021929009003509>

<https://www.triathlete.com/training/best-hand-position-swimming/>

Dear Coach: When I was an age group swimmer (many years ago), the coach used to say that warming down helped get lactic acid out of the body. Is that true? To Warm Down or Not To Warm Down

Dear T.W.D.o.N.T.W. Down: The jury is still out on this one:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5999142/>. However, taking a few minutes to warm down at the end of your workout certainly can't hurt!

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 29 Brossard Masters Meet, Montreal; SO registration required <https://www.swimming.ca/en/meet/38077/>

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

November 6 Etobicoke Semi-Serious Meet; SO registration required <https://www.swimming.ca/en/meet/38083/>

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; SO registration required

<https://www.swimming.ca/en/meet/37958/>

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!)

October 1st P'tit Train du Nord Half-Marathon, Chelsea (21.1k; 1891 participants)

Congratulations to **Rachel** on a great race! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=114477>.

Rachel Bennett (6:00pm Whitecaps; F30-39): 1532nd overall, 784th woman, and 188th in category in 2:18:21.0

October 6th Ironman Hawaii (3.8k/180k/42.2k; 2314 participants)

Congratulations to **Margaret King** on competing on this famous course! Full results: <https://www.ironman.com/im-world-championship-2022-results#/tracker/R8S42CFV.RETFX2CH/focus>.

Margaret King (7:35am Earlybirds; F60-64): 1893rd overall, 996th woman, and 29th in category in 14:19:08 (11th in category in swim: 1:16:03)

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. 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).

Happy lengths!
Lynn

lynmar@sce.carleton.ca

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