

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** October 28, 2022 5:47 PM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'  
**Subject:** Carleton Masters Swimming Newsletter #592

## Carleton Masters Swimming Newsletter #592

Friday, October 28<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 (38 addresses), 6:00pm Whitecaps I (43 addresses), 7:15pm Whitecaps II (30 addresses), Saturday Only (7 addresses), Alumni (48 addresses).

"Life is change. Growth is optional. Choose wisely." – Karen Kaiser Clark

### 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:

- After a 2 year COVID-induced hiatus, we're happy to announce that the Masters' (Almost) Annual Festive Gathering will be hosted by **Don Wells** and **Joanie Conrad** (both 6pm Whitecaps), and their sons **Sam** and **Ben** starting at 6:30pm on Saturday November 26, at 376 Hamilton Avenue South. BYOB and Potluck! Swimmers from all groups are welcome. Full details: <https://carletonmasters.tripod.com/festive2022.pdf>.

- The Carleton Varsity team had their first competitions of the season on October 15 and 16. On October 15, they raced against uOttawa and Waterloo at uOttawa. There were lots of good swims, including a Varsity Record in the 4x50 Mixed Medley relay! October 16 was the fun Alumni vs. Varsity competition at Carleton, which the Alumni won 152-128.

- A FINA World Cup competition is taking place in Toronto this weekend. Check out the results and live stream here: <https://www.swimming.ca/en/events-results/events/fina-swimming-world-cup-toronto/>. And a shout out to **Megan Holtzman** (8:40am Earlybirds) who is there in person for her work with Triton!

- Fall Convocation will take place on **Saturday November 12**. There will like be parking restrictions on that date.

- 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:

- Water Polo Canada Fostered Toxic Culture for More Than a Decade, Lawsuit Says [thanks to **Debby Whately** (8:40am Earlybirds)]: <https://www.tsn.ca/other-sports/water-polo-canada-fostered-toxic-culture-for-more-than-a-decade-lawsuit-says-1.1869208>
- Three Missing Boaters Rescued While Fending Off Sharks Near New Orleans: <https://globalnews.ca/news/9190003/missing-boaters-rescued-fending-off-sharks-coast-guard/>
- Floating in Salty Siwa Oasis, Egypt: <https://twitter.com/TansuYegen/status/1565562871852982272>
- This Fish Loves to Cuddle: <https://twitter.com/buitengebieden/status/1566150300590809089>
- Beneath the Surface: A Peek at New York's Private Pools: <https://www.nytimes.com/interactive/2022/09/02/realestate/luxury/new-york-indoor-private-pools.html>
- Cuddling a Moray Eel: <https://twitter.com/CURIOSITSCIENCE/status/1566722911062618112>
- Three Medical Professionals Share Their Advice on "Aging Up" in Masters Swimming: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/the-secret-for-living-a-better-life-as-you-age>

## News and Other Links:

- Dr Michael Mosley: Why Your Sleep Tracker Could Sabotage Your Shut-Eye: <https://www.sciencefocus.com/news/michael-mosley-sleep-tracker/>
- Is it Time to Stop Using Your Fitness Tracker?: <https://www.washingtonpost.com/wellness/2021/12/21/fitness-activity-tracker-obsession-unhealthy/>
- Five Myths About Protein Intake for Endurance Athletes: <https://www.triathlete.com/nutrition/race-fueling/5-myths-protein-intake-endurance-athletes/>
- How Can Declining Physical Capacity be Slowed, or Even Reversed as we Age?: <https://www.birmingham.ac.uk/research/quest/21st-century-healthcare/ageing-and-wellbeing.aspx>
- When Will We Finally Stop Commenting on Women Athlete's Bodies?: <https://www.outsideonline.com/health/wellness/women-athletes-body-image-jessie-diggins-media-coverage/>

## 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.

**Mark** coached the **6pm and 7:15pm Whitecaps** on **Thursday October 20**, and **Monday October 24**.

**Sean** coached the **6pm and 7:15pm Whitecaps** on **Tuesday October 25**, and **Thursday October 27**.

### 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 28 (22 workouts); range: 21-33; average: 26.9

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

**8:40am Earlybirds:** September 7 to October 28 (22 workouts); range: 17-24; average: 20.1

Missed Two Workouts: **Laura MacMillan, Luciana Nardon, Steve Dods**

**6:00pm Whitecaps:** September 6 to October 27 (22 workouts); range: 18-33; average: 25.9  
Perfect Attendance: **Konstantin Petoukhov, Matthew Sinclair**

**7:15pm Whitecaps:** September 6 to October 27 (22 workouts); range: 10-22; average: 16.1  
Perfect Attendance: **Seana Biggs**

**8:15am Saturdays:** September 10 to October 22 (7 workouts); range: 17-28; average: 21.6  
Perfect Attendance: **Christian Cattan, Cori Dinovitzer, Liliane Cardinal, Lynn Marshall, Mary Donaghy**

## Ask the Coach

### Update:

**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 N.T. Help: Well, as none of our loyal readers sent in any suggestions (input is still welcome!), here are some links for you to check out:

<https://www.yourswimlog.com/best-swim-smartwatch/>

<https://www.coachmag.co.uk/fitness-trackers/6139/the-best-waterproof-fitness-trackers-for-swimmers>

<https://howtheyplay.com/individual-sports/Best-Watch-For-Swimming-Laps-Top-5-Picks>

**Dear Coach:** I hear that the men's sauna is now working. Any update on the women's? Missing the Sauna

Dear M.t. Sauna: The women's change room is closed the morning of the third Thursday each month for maintenance. In October, they worked on showers and the sauna, with the hopes that it will be working after the next maintenance day.

**Dear Coach:** Any tips for keeping my breathing relaxed and efficient while going hard on freestyle and when fatiguing? Struggling to Sprint

Dear S.t. Spring: When swimming fast, you don't want to go too long without breathing – I recommend every 2 or 3 strokes. You want to inhale, hold your breath for a short time (longer if swimming slowly), and breathe out quickly and forcefully. It is natural to be tense in water, as it is not a natural medium for a human. When we are tense, we don't exhale properly. And when we don't exhale properly, we can't inhale properly, and being out of breath makes us more tense, etc., leading to the panicky feeling you mentioned. It is like having an asthma attack.

**Dear Coach:** What style of fins do you recommend for "fin days"? I'm interested in purchasing some. Want Fins

Dear W. Fins: I would recommend those with smaller blades than the Carleton ones. Something like the upper right or lower left in this pic (vs. the upper left and lower right). And don't spend too much money (more expensive doesn't necessarily mean better). Near the end of the newsletter is the Carleton team discount card for Aquasport, which might be useful.



Swimfin - Wikipedia  
en.wikipedia.org



Which is a Better Swimming Workout ...  
livestrong.com



## 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 23-30 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/>

December 3 Quebec Masters Meet #3 Sherbrooke; SO registration required <https://www.swimming.ca/en/meet/37817/>

December 11 Nepean Masters Red Blue Meet; 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 21 Swim Ottawa Willie Lee Masters Meet at Brewer; MSO registration required

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

January 22 Susan Douglas Memorial Meet, Wilmot, ON; SO registration required (details TBC)

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

January 29 Alderwood Yards Meet Etobicoke; MSO registration required;

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

February 11 Quebec Masters Meet #5 Pointe-Claire Montreal LCM; SO registration required

<https://www.swimming.ca/en/meet/37818/>

March 5 Stephen Forsey Inviational Meet, Markham; SO registration required (details TBC)

March (date TBC) Quebec Masters Meet #6 Dollard-des-Ormeaux Montreal; SO registration required

March 25-26 MSO Provincials LCM Nepean; MSO registration required;

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

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 15 Mad Trapper 30km Train Run** (Uber Tough Course!)

Congratulations to **Peter Konecny** (6pm Whitecaps) on a great race, finishing second overall in 2:34!

**October 16 Toronto Waterfront Half Marathon** (10460 participants)

Great job by **Sheila** – a podium finish!! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=114381>.

**Sheila Kealey** (8:40am Earlybirds; F55-59): 452<sup>nd</sup> overall, 81<sup>st</sup> woman, and 2<sup>nd</sup> in category in 1:32:23.0

**October 22 8km Ache Around the Lake** (127 participants)

Congratulations to **Colette** on a great race – winning her category!! Full results:

<https://runsignup.com/Race/Results/93738#resultSetId-345893;perpage:100>. **Colette** says: “Saturday I got to race the 8K Ache around the Lake in Tryon, NC for the first time since I gave the augural race its name 17 years ago because of the hilly course!” – how cool is that!

**Colette Kenney** (8:40am Earlybirds; F60-69): 65<sup>th</sup> overall and 1<sup>st</sup> in category in 51:43.67

**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 **October 22**).

**Private and Semi-Private Masters Swim Lessons**

**Fall Schedule**

Tuesdays 4-5pm and 5-6pm

Wednesdays 3:30-4:30pm and 4:30-5:30pm

**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 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/seoccr/>.

**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>