

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: November 11, 2022 11:23 AM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #593

Carleton Masters Swimming Newsletter #593

Friday, November 11th, 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).

"The race does not go to the biggest or the fastest athlete. The race goes to the athlete who refuses to lose." – Anonymous

Masters Swimming Program Notes

- The Fall session started Tuesday September 6 and runs until Friday December 23.
 - There are no planned cancellations for the remainder of the term.
 - Saturday swimmers please note that due to Fall Convocation, there will be parking restrictions in place tomorrow (November 12).
- 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:

- Huge congratulations to Justice **Karen Jensen** (6pm Whitecaps / 7:35am Earlybirds) on her appointment as a Judge of the Superior Court of Justice of Ontario in Ottawa. Here's the official announcement: <https://www.canada.ca/en/department-justice/news/2022/10/minister-of-justice-and-attorney-general-of-canada-announces-a-judicial-appointment-in-the-province-of-ontario.html>.

- Why compete in one World Championship, when you can compete in two (in the same month)?! Read about **Margaret King** (7:35am Earlybirds)'s exploits in the "Race Results" section near the end of the newsletter.

- 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>.

- 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:

- Watch out for these common trouble spots in your next race: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-swimmers-can-avoid-the-most-common-disqualifications>
- Black People Will Swim, an Organization on the Rise, Making a Difference: <https://www.swimmingworldmagazine.com/news/black-people-will-swim-an-organization-on-the-rise-making-a-difference/>
- Otters on a Water Slide: <https://twitter.com/SlenderSherbet/status/1571090629408747523>
- An Honest Sport: 15 Truths About Swimming: <https://www.swimmingworldmagazine.com/news/an-honest-sport-15-truths-about-swimming/>
- Otters Holding Hands: <https://twitter.com/buitengebieden/status/1571096485554720768>
- Shark Fitted with GPS Tracker Draws a Shark in the Atlantic: <https://twitter.com/tripgore/status/1571130545228357635>
- Coach: "If You're Not in the Water in the Next 7 Seconds...": <https://twitter.com/kylesockwell/status/1571881046433579010>
- What Comes Next After You Achieve Your Goal?: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/what-comes-next-after-you-achieve-your-goal>
- Great Dive!: <https://twitter.com/kylesockwell/status/1588899654074126336>

News and Other Links:

- Three Pain-Relieving Exercises for Your Lower Back: https://www.youtube.com/watch?v=uRaL9_b0TmY
- Organs Have Their Own Pace of Aging, a Chinese Study Finds: <https://english.news.cn/20220309/a0700cfeda5f4697a879d14b47f1c04e/c.html>
- There's more to working out than just building muscle – it's good for brain health, too: <https://www.theglobeandmail.com/life/health-and-fitness/article-brain-health-benefits-working-out/>
- A Low-Pressure Guide to Make Strength Training a Habit: <https://www.nytimes.com/2022/10/12/well/move/strength-training-beginners-guide.html?smid=url-share>
- Ranking the World's Toughest Outdoor Sports: <https://www.outsideonline.com/health/training-performance/ranking-worlds-toughest-outdoor-sports/>
- Is Your Gym Routine Hurting Your Mental Health? Here's How to Tell: <https://www.cnet.com/health/fitness/exercise-can-be-unhealthy-too-warning-signs-to-know/>

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.

Adrian coached the **6pm and 7:15pm Whitecaps** on **Monday October 31**.

Sean coached the **6pm and 7:15pm Whitecaps** on **Tuesday November 1**.

Mark coached the **6pm and 7:15pm Whitecaps** on **Thursday November 3**.

Sean coached the **6pm and 7:15pm Whitecaps** on **Thursday November 10**.

Adrian is coaching for **Tim** on **Saturday November 26**.

Tim is coaching for **Adrian** on **Saturday December 3**.

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 November 11 (28 workouts); range: 21-33; average: 26.5
Perfect Attendance: **Bruce Brown, Harley Gifford**

8:40am Earlybirds: September 7 to November 11 (28 workouts); range: 17-24; average: 20.3
Missed Two Workouts: **Steve Dods**

6:00pm Whitecaps: September 6 to November 10 (28 workouts); range: 18-33; average: 25.7
Perfect Attendance: **Konstantin Petoukhov, Matthew Sinclair**

7:15pm Whitecaps: September 6 to November 10 (28 workouts); range: 10-22; average: 16.0
Perfect Attendance: **Seana Biggs**

8:15am Saturdays: September 10 to November 5 (9 workouts); range: 17-28; average: 21.2
Perfect Attendance: **Liliane Cardinal, Lynn Marshall**

Thank you to everyone who participated in the **distance freestyle time trials** on **Monday, November 7**. There were seven improvements, led by **Marie-Eve Racette** (7:35am Earlybirds) and **Ann Bortolotti** (7:35am Earlybirds) with 37 (4.6sec/100m) and 20 (2.5sec/100m) second improvements in 800 free, respectively. Next was **Flo Kellner** (8:40am Earlybirds), who was 8 seconds faster (2.0sec/100m) in 400 free, **Debby Whately** (8:40am Earlybirds) with a 27 second improvement (1.8sec/100m) in 1500 free pull, and **Hazem Abu Alteen** (7:35am Earlybirds) with 24 seconds (1.6sec/100m) in 1500 free. The full list follows:

400 free (1)

| | | |
|--------------------|-----|-----|
| Flo Kellner | 8.0 | EB2 |
|--------------------|-----|-----|

800 free (2)

| | | |
|--------------------------|------|-----|
| Marie-Eve Racette | 37.0 | EB1 |
| Ann Bortolotti | 20.0 | EB1 |

1500 free (3)

| | | |
|------------------------------------|------|-----|
| Hazem Abu Alteen | 24.0 | EB1 |
| Margaret Janse van Rensburg | 17.0 | EB1 |
| Peter Barton | 9.0 | EB2 |

1500 free pull (1)

| | | |
|----------------------|------|-----|
| Debby Whately | 27.0 | EB2 |
|----------------------|------|-----|

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: Here is some input from our readers – thank you!:

From **Tracey Matthews** (Saturday Earlybirds):

"I was a diehard Garmin user for decades and have been using my Apple Watch for indoor swims lately and it works great. It counts lengths, meters, overall time and HR. You just download the swim app and put it pool length and press start. Drawback = pricy, need an iPhone and phone needs to be near but it usually picks it up from my bag on the sidelines."

From **Margaret Janse van Rensburg** (7:35am Earlybirds):

"I use a Samsung watch with the app called swim.com downloaded. It works well for counting laps, so long as the hand that the watch is on touches the wall (so sometimes with one-arm fly or other drills it will not count that length). It will not count any "kick" laps. Pretty happy with the functions of it (shows some average pace for 100m and other features such as that). I think the app is also available for other watches, and did not find that the default app (Samsung Health) was very reliable on this watch."

Update:

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!).

Here's the email response from Carleton Safety:

"Lynn, thank you for your email. Campus Safety is monitoring traffic flows on campus and, where/when required, deploying campus safety officers for traffic direction. The issue is really based on volume and traffic can only flow as fast as the intersections and roads will allow. With the LRT closure, and I believe it is about 6000 people per day that used the LRT/not having the LRT running has resulted in an increase in the volume of vehicles coming to campus. Your suggestion to your team members to use alternate intersections (i.e.: Stadium Way or Colonel By Drive) are great suggestions and we do not see these intersections being used as heavily. We are all looking forward to the return of the LRT – until then, we will unfortunately need to endure the increased volume of vehicle traffic and congestion on campus."

Dear Coach: I'm new to Masters swimming and find the notation and terms confusing. Is there a list somewhere? Newbie Swimmer

Dear N. Swimmer: There is a list of abbreviations on the web site that should help:

<https://carletonmasters.tripod.com/key.txt>. And please don't hesitate to ask your coach when anything is unclear! If you swim in the morning, I would also recommend subscribing to the workouts (in addition to the newsletter) so that you can read them over ahead of time. (Just send me an email to request that.)

Dear Coach: I find that my thumbs are cracked, sore, dry, and peeling from being in the pool so often. Do you have any tips for helping them heal while still swimming? TouchID Never Works

Dear T.N. Works: I've had trouble with eczema off and on for years (though not on my hands). It's always worse in the winter when the air is dry. Tips from my doctor include avoiding really hot water—lukewarm is best. Pat (don't rub) your skin dry. Apply moisturizer right after patting dry. Hands are especially difficult with the use of hand sanitizer. If you can find a version without alcohol that will help. Also, applying moisturizer regularly after washing your hands. Use a very basic type of moisturizer: avoid perfumes, etc. – some recommend bag balm – used on cow udders! A humidifier at home can help. I also found this online: <https://www.mayoclinic.org/diseases-conditions/dry-skin/expert-answers/cracked-thumb-tip/faq-20450998>. If anyone else has suggestions, please pass them along!

Dear Coach: We had a discussion some time back on raccoon eyes after swimming, and you shared information on how to ensure that your goggles fit properly. I recently learned that some goggles have latex, which may be exacerbating the raccoon eye look if someone is sensitive or allergic. Thought I would share this with you/the rest of the team! No More Raccoon Eyes

Dear N.M.R. Eyes: Thank you for sharing this useful tip.

Dear Coach: I forgot my lock the other day which reminded me how much I miss my permanent locker. Are there any plans to bring annual locker rentals back? Loyal Permanent Locker Owner

Dear L.P.L. Owner: The Welcome Centre staff are working on a plan to bring back permanent lockers. With any luck there will be some information on this in early 2023!

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.

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 22 Trail du Grand-Duc 18km Trail Race (144 Participants)

Congratulations to **Wendy** on an age group win!! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=115683>.

Wendy Gifford (7:35am Earlybirds; F60-69): 120th overall, 62nd woman, and 1st in category in 2:49:48.5

October 28 Ironman 70.3 World Championships, St. George, Utah (1.9k/90k/21.1k)

Our world traveller, **Margaret King**, who completed the Hawaii Ironman World Championships just a few weeks before this, made it two World Championships in one month!! Full results: <https://www.ironman.com/im703-world-championship-2022-results>.

Margaret King (7:35am Earlybirds; F60-64): 1324th overall/female, and 14th in category in 6:18:34 (11th in category in swim in 35:01)

Here is **Margaret's** report of her adventures:

<https://pbest.ca/blog/137601/Coach-Maggie-Races-Ironman-Kona-AND-Ironman-70-3-World-Championships>

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 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/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 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

lynnmar@sce.carleton.ca

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