

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: November 25, 2022 3:23 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #594

Carleton Masters Swimming Newsletter #594

Friday, November 25th, 2022

To: Carleton Masters Coaches / Staff (8 addresses)

Bcc: Those registered for Fall 2022 and Alumni, 7:35am Earlybirds I (46 addresses), 8:40am Earlybirds II (38 addresses), 6:00pm Whitecaps I (43 addresses), 7:15pm Whitecaps II (33 addresses), Saturday Only (7 addresses), Alumni (48 addresses).

"Success is not an accident. The discovery of excellence doesn't just appear." – Coach Bill Boomer

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.
- 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.
- Details on the Winter session and registration follow:

Winter Session

Registration for Winter Masters Swimming starts at **noon on Monday, December 5**. 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 Winter Session runs from **January 3 to April 15**, with no workouts on February 20 or April 7, and workouts at adjusted times on April 10:

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$180+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$180+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean and Mark; \$200+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean and Mark; \$185+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/>.

Swimmer Notes

Swimmer Updates:

- **Final Reminder!:** 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>.

- **Tuesday November 29 is Giving Tuesday.** Many companies accepting charitable donations match funds donated that day, including Carleton University. Note that donating early in the day is recommended as there are limited matching funds. Here are some causes that may be of interest.

- Carleton University Ravens Swim Team: <https://futurefunder.carleton.ca/campaigns/carleton-ravens-swim-team/>

- Tom Anzai Memorial Swimming Bursary: <https://futurefunder.carleton.ca/giving-fund/tom-ansai-swimming-bursary-giving/>
- Phil Boland Memorial Scholarship: <https://futurefunder.carleton.ca/giving-fund/phil-boland-memorial-fund/>
- Facebook Event to Help you Remember the Date: <https://www.facebook.com/events/538921794346876>
- Carleton Giving Tuesday Challenges: <https://futurefunder.carleton.ca/2022-giving-tuesday-challenges/>

- **Stephane Okenge**, Son of Sportstats Employee, **Andre Okenge**, Paralyzed in Car Accident (with link to Go Fund Me page): <https://triathlonmagazine.ca/news/running-community-pillars-son-suffers-devastating-accident/>.

- Swimming job available: Canaqua Sports runs a number of programs in the Ottawa area. They are looking for someone interested in coaching open water and swimrun workouts (there are guidelines to follow, and coaches to not have to be certified) and who would be interested working at some of their races. Contact **Ian Feldman** (ian@canaquasports.com).

- 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:

- Meet **Maurine Kornfeld**, 100-year-old USA Masters Swimming Legend: <https://www.youtube.com/watch?v=N6CgWndgMpw>
- This Woman Has Removed Over 300 Hooks from Sharks' Mouths: <https://www.youtube.com/watch?v=G8LmxwOgBhA>
- Ten Things Coaches Say During Practice: <https://www.swimmingworldmagazine.com/news/the-coaching-phrase-manual-10-things-coaches-say-during-practice>
- High Diving: <https://twitter.com/fina1908/status/1576604231871565826>
- How to Find Joy in Racing If You're Struggling: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-to-find-joy-in-racing-if-youre-struggling>
- How to Swim Butterfly: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-to-swim-butterfly>
- 9 Meter Long Crocodile!: <https://twitter.com/TansuYegen/status/1594264753693757442>

News and Other Links:

- What a Harvard-trained Sports Medicine Doctor Does When She Doesn't Feel Like Exercising: <https://www.cnbc.com/2022/03/16/what-a-harvard-trained-sports-medicine-doctor-does-when-she-doesnt-feel-like-exercising.html>
- Sweltering Sauna or Cold Plunge? Getting Comfortable with Being Uncomfortable Can Boost Performance and Health: <https://www.drstacysims.com/blog/Cold%20Plunge%20or%20Sweltering%20Sauna>
- The Metrics Athletes Should Track Every Morning: <https://www.trainingpeaks.com/blog/the-metrics-athletes-should-track-every-morning/>
- Why Your Post-Exercise Recovery Differs from the Average: <https://www.outsideonline.com/health/training-performance/ergodicity-problem-performance-research/>
- Swimming vs. Running: Which is the Best Workout for You?: <https://marathonhandbook.com/swimming-vs-running/>

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 November 17**.

Sean coached the **6pm and 7:15pm Whitecaps** on **Thursday November 24**.

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

Mark is coaching the **6pm and 7:15pm Whitecaps** for **Sean** on **Monday November 28**.

Adrian is coaching the **6pm and 7:15pm Whitecaps** on **Thursday December 1**.

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

Adrian is coaching the **6pm and 7:15pm Whitecaps** for **Mark** on **Tuesday December 6**.

Sean is coaching the **6pm and 7:15pm Whitecaps** on **Thursday December 8**.

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!

Matthew Sinclair (6pm Whitecaps) has brought to my attention that he, in fact, missed the November 3rd swim, so congratulations to **Konstantin Petoukhov** (6pm Whitecaps) on successfully securing perfect attendance this far into the season!

7:35am Earlybirds: September 7 to November 25 (34 workouts); range: 18-33; average: 25.8
Perfect Attendance: **Bruce Brown, Harley Gifford**

8:40am Earlybirds: September 7 to November 25 (34 workouts); range: 13-24; average: 19.6
Missed Three Workouts: **Cori Dinovitzer, Steve Dods**

6:00pm Whitecaps: September 6 to November 24 (34 workouts); range: 18-33; average: 25.4
Perfect Attendance: **Konstantin Petoukhov**

7:15pm Whitecaps: September 6 to November 24 (34 workouts); range: 10-22; average: 16.2
Missed One Workout: **Seana Biggs**

8:15am Saturdays: September 10 to November 19 (11 workouts); range: 15-28; average: 20.8
Perfect Attendance: **Liliane Cardinal**

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 more input from reader – thank you!:

From **David Moore** (Alumnus):

On the lap counting technology, there are now at least 2 goggle options now with heads up display. They not only count laps, but show pace clock and stroke rate in real time. No watch to glance at. They are also cheaper than a watch.
Form Swim
Finis Smart Goggles

From Last Time:

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 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: 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!

Dear T.W.D.o.N.T.W. Down: Enjoy the comments from Tony, who was one of those interested in this question!

From **Tony Michel** (7:35am Earlybirds):

I forgot to say thanks for doing the research on my question about warm-down/cool-down and "lactic acid"

"It is widely believed that an active cool-down is more effective for promoting post-exercise recovery than a passive cool-down involving no activity. However, research on this topic has never been synthesized and it therefore remains largely unknown whether this belief is correct." 🤔 i.e. everyone is too tired to bother, but ... probably not... but who knows? 😊

And it seems this popular story about lactic acid build up in the muscles has to do with an incorrect theory of a former Nobel scientist [who zapped dead frog's legs!](#) And actually, we should be talking about "lactate" not "lactic acid." This article explains that [lactic acid doesn't accumulate in the human body](#) because the pH levels in blood (citing these ["Please stop saying 'lactic acid!'"](#) guys 2017) but [this is a better layman's explanation](#).

I can now enjoy my few lengths of moderate deceleration at the end of practice free from froggy myths 🐸

Dear Coach: This just popped up in my notifications: Don't Just Use Your Hands When You Swim:

<https://youtube.com/shorts/y25caTjPsTQ?feature=share>. His rationale is good, and you also taught us this. However, I still feel quite a lot of pressure on my hand even when pulling with the arms and the elbow high, is that right? High Elbow Swimmer

Dear H.E. Swimmer: Thanks for sending this. Yes, you will still feel a lot of pressure on your hand. A good drill is to swim with your fists closed. A good swimmer will be a bit slower. A swimmer who is not using their forearms will be a lot slower.

Dear Coach: I was just at goswim in Kanata and purchased a new pair of goggles and some paddles. He has amazing stock and really good prices. He also gave us a 12% discount. Check it out: <https://www.goswim.ca/>, and location and hours: <https://www.goswim.ca/hours>. Swim Shopper

Dear S. Shopper: Thanks for passing this along!

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.

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 15 OlymPink B-Train Meet; MSO Registration required; <https://ms.mastersswimmingontario.ca/web/schedule.php>

April 21-23 Quebec Masters Provincials SO registration required (details 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>;

qualifying times announced: <https://www.fina.org/competitions/2913/fina-world-masters-championships-2022/info>

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!)

November 12 A Contre Courant Coupe Masters, Claude Robillard Pool, Montreal

I was the only swimmer from Carleton attending. Updated club records:

<https://carletonmasters.tripod.com/221112.Records.pdf>

Full results: <https://live.swimrankings.net/35643/>. (Ignore the fake news about world records – there is a glitch in their list!)

Lynn Marshall (Coach; F60-64): **1st** 50 free (31.73 club record), 100 free (1:07.93 national record), 50 back (37.72 club record), 50 fly (35.01 Ontario record); **2nd** 50 breast (43.45 club record)

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 **November 21**).

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

Winter Schedule: TBD

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/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>