

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: January 2, 2023 2:48 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #597

Carleton Masters Swimming Newsletter #597

Monday, January 2nd, 2023

To: Carleton Masters Coaches / Staff (8 addresses)

Bcc: Those registered for Fall 2022, Winter 2023, and Alumni, 7:35am Earlybirds I (50 addresses), 8:40am Earlybirds II (42 addresses), 6:00pm Whitecaps I (42 addresses), 7:15pm Whitecaps II (39 addresses), Saturday Only (9 addresses), Alumni (45 addresses).

“Excellence is accomplished through the doing of actions – ordinary in themselves – performed consistently and carefully, habitualized, compounded together, added up over time... The action, in itself, is nothing special; the care and consistency with which it is made is.”

Masters Swimming Program Notes

- Happy New Year!
- The Winter session starts **Tuesday January 3** (evenings), **Wednesday January 4** (mornings), and/or **Saturday January 7** (Saturdays).
 - There are no workouts on **Monday February 20** (Family Day) but workouts run as usual the rest of Carleton's Reading Week.
 - There are no workouts on **Friday April 7** (Good Friday).
 - There are workouts on **Monday April 10**, but one hour later than usual for the morning groups, and one hour earlier for the evening groups.
 - The Winter session ends on **Thursday April 13** (evenings), **Friday April 14** (mornings), and/or **Saturday April 15** (Saturdays).
- There is currently space in all groups, but just **one** spot left at 7:35am. Full details can be found in the “Notes and Reminders” section near the end of the newsletter.
- Thank you to those who were able to attend the interim workouts on December 28 and 30!

Swimmer Notes

Swimmer Updates:

- Kudos to **Rachel Bennett** (Whitecaps), and **Christiane Wilke** (Earlybirds) on participating in the 100 x 100m short course at the Nepean Sportsplex on December 30. **Rachel** completed all 100 on 1:50!. **Christiane** was aiming for 50 and completed 83 on 2:15! I survived (barely -- #51 to 90 were pull, a bit of a cheat!) all 100 on a 1:25 pace, and am still recovering 😊 !

- If you test positive for COVID, and have 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:

- A Dip in a Freezing Lake During the Christmas Holidays is Not Considered That Odd in Berlin [thanks to **Andrea Chandler** (8:40am Earlybirds)]: <https://twitter.com/dwnnews/status/1608125650950361092>
- Men Can Compete in Artistic Swimming at Paris Olympics: <https://www.cbc.ca/sports/olympics/summer/aquatics/artistic-swimming/men-can-compete-artistic-swimming-paris-olympics-1.6694881>
- Top Five Reasons to Swim in a Meet: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/top-five-reasons-to-swim-in-a-meet>
- Walrus (“**Thor**”) Sighting Draws Crowds in Scarborough, Yorkshire, UK: <https://www.theguardian.com/uk-news/2022/dec/31/walrus-sighting-draws-crowds-to-scarborough-on-new-years-eve>; More on **Thor**: <https://twitter.com/BethClyne/status/1609652699800256515>
- **Mark Ormrod** MBE: Triple Amputee Makes Swimming Record Attempt: <https://www.bbc.com/news/uk-england-devon-64085466>
- **Margaret Hoelzer**’s Underwater Dolphin Technique: <https://twitter.com/goswim/status/1608085734795214849>

News and Other Links:

- Resistance Training by the Numbers: <https://www.health.harvard.edu/staying-healthy/resistance-training-by-the-numbers>
- How Positive Reinforcement May Improve Physiology and Hormones: <https://www.trailrunnermag.com/training/trail-tips-training/how-positive-reinforcement-may-improve-physiology-and-hormones>
- Don’t Like Exercise? Your Brain Can Change, Study Suggests: <https://www.nutraingredients-usa.com/Article/2022/03/28/meta-analysis-finds-over-99-of-athlete-research-methodology-disregards-female-physiology>
- Experiment Reveals Just One Week of Physical Inactivity Has a Similar Impact as a Week of Broken Sleep on Our State of Mind: <https://www.businesswire.com/news/home/20220329005848/en/>

Winter Session Information

Dates: Tuesday January 3 to Saturday April 15. No workouts Monday February 20 (Family Day), or Friday April 7 (Good Friday). On Monday April 10, morning workouts are one hour later than usual, and evening workouts one hour earlier than usual.

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**;
Sub-Coach: **Adrian**

7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Mon/Tue Shallow End; Thu Deep End: Mon: **Sean**, Tue: **Mark**, Thu: **Sean/Mark**;
Sub-Coach: **Adrian**

8:15-9:25am Saturdays: Shallow End: rotating coach schedule

Any changes will be noted here.

Special Sets:

Mon Feb 6: fin day

Mon Feb 13: short distance time trials (morning groups: lanes 3/4)

Tue/Wed Feb 21/22: short distance time trials (morning groups: lanes 1/2)

Thu/Fri Mar 2/3: short distance time trials (morning groups: lanes 5/6)

Thu/Fri Mar 9/10: fin day

Mon Mar 13: short distance time trials (morning groups: lanes 1/2)

Tue/Wed Mar 21/22: 800/1500 free time trial

Tue/Wed Mar 28/29: short distance time trials (morning groups: lanes 5/6)

Wed/Thu Apr 5/6: short distance time trials (morning groups: lanes 3/4)

Thu/Fri Apr 13/14: fun day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanwint23.pdf>.

The attendance statistics will be included here once the term starts.

Ask the Coach

Dear Coach: I get leg and foot cramps while swimming. Any suggestions? Cramping Swimmer

Dear C. Swimmer: Some people are much more prone to cramps than others. The causes of cramping are not completely known, but here's an article with some ideas and suggestions: <https://www.vinmec.com/en/news/health-news/be-very-wary-of-cramps-when-swimming/>.

Dear Coach: I still struggle with using the pace clock. What do you recommend? Counting-Challenged Swimmer

Dear C-C. Swimmer: It takes a while to get used to using the pace clock and getting your times. Once you are familiar with the pace clock and your speed, you can use the pace clock to help you count lengths (unless you swim at a multiple of 1:00 per 50m!). However, before you try that more advanced exercise, here are an article and video with the basics:

- Understanding the Pace Clock in Swimming: <https://www.swimoutlet.com/blogs/guides/understanding-the-pace-clock-in-swimming>
- Beginner's Guide to Using the Pace Clock: <https://www.youtube.com/watch?v=ljKNz-oUfQY>

Dear Coach: Where should my arm enter the water in freestyle, as far as both width and length? Freestyle Swimmer

Dear F. Swimmer: Your arm should enter the water at shoulder width, in other words straight above your shoulder (not your head = too narrow, or wider than your shoulder = too wide). Your arm may be slightly bent (at the elbow) or straight as it enters the water, but you should take the time to stretch out in front to give time for any air bubbles to dissipate before starting your stroke. We'll be doing freestyle drills for the first three weekday workouts. Don't hesitate to ask your coach to have a look at your stroke!

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.

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 Masters Meet at Brewer; MSO registration required

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

January 21 Cote St Luc (Montreal) Masters Meet; SO registration required <https://www.swimming.ca/en/meet/38024/>

January 22 Susan Douglas Memorial Meet, Wilmet, ON; SO registration required

<https://www.swimming.ca/en/meet/38403/>

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 4 Clarington Masters Meet; SO registration required <https://www.swimming.ca/en/meet/38123/>

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

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

March 5 Stephen Forsey Inviational Meet, Markham; SO registration required <https://www.swimming.ca/en/meet/38084/>

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; SO registration required;

<https://www.swimming.ca/en/meet/37962/>

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!)

December 11 Nepean Masters Red vs. Blue Meet, Nepean Sportsplex

Thanks to **Melanie Heroux** (8:40am Earlybirds) for correcting me on the winning team. It was Team Red (not Team Blue) that won the meet!

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 **Dec 24**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Tuesday 4-5pm, Tuesday 5-6pm; Wednesday 3:30-4:30pm, Wednesday 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

Winter Session

Registration for Winter 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 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/>.

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

lynnmar@sce.carleton.ca

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