

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: January 13, 2023 1:30 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #598

Carleton Masters Swimming Newsletter #598

Friday, January 13th, 2023

To: Carleton Masters Coaches / Staff (8 addresses)

Bcc: Those registered for Fall 2022, Winter 2023, and Alumni, 7:35am Earlybirds I (52 addresses), 8:40am Earlybirds II (42 addresses), 6:00pm Whitecaps I (42 addresses), 7:15pm Whitecaps II (40 addresses), Saturday Only (9 addresses), Alumni (43 addresses).

"Wisdom is knowing when to have rest, when to have activity, and how much of each to have." – Sri Sri Ravi Shankar

Masters Swimming Program Notes

- The Winter session is underway.
 - 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).
- The 7:35am Earlybirds is full, with a waitlist available. There is still space in the other groups. Full details can be found in the "Notes and Reminders" section near the end of the newsletter.

Lane Etiquette

Here are a few tips to ensure that you and your lane-mates all have a good swim.

- Ensure that you know what direction your lane-mates are swimming in (clockwise or counter-clockwise) before you start. If there are already six swimmers in your lane, check with the coach before getting in.
- Swim in a circle during warm-up, even if your lane isn't busy at the start of workout (there will often be late arrivals).
- If you arrive late, join in with the others in your lane, rather than starting at the beginning of the warm up.
- If you need to leave early, follow the workout until the last few minutes, then do 50 or 100m easy without interfering with your lane-mates.
- Keep a minimum 5 second gap between swimmers, except when passing.
- If you are catching up to the person in front of you, pass or ask to go ahead on the next repeat.
- Pass only when it is safe to do so. Your lane-mates should be aware of where you are, but if you suspect a lane-mate doesn't know that you want to pass, just tap lightly on his/her feet.
- Do your turns in the middle of the lane (on the cross on the wall), to avoid collisions with those behind you.
- If you stop at the wall during warm up, ensure that you move to a corner of the lane, so that those swimming can turn in the middle.
- During the main set, the lane should follow the set provided (correct distances and pace times, e.g. 4 x 50 is not a straight 200).
- If you need to make modifications to the workout due to injury, etc., ensure that your lane-mates are aware, and, if appropriate, move to a different lane.

- Normally, during the main set, you should ensure that everyone in your lane has space to finish at the wall at the end of each repeat. This may mean moving away from the wall if you're in a busy lane. For those who prefer to keep a 2m distance, finishing at the wall is not required.
- If you get lapped in the main set, skip a 50 and join back in with your lane-mates.
- If you are not happy with the speed of your lane (too fast or too slow), please let your coach know, but keep in mind that we only have 6 lanes!
- Put all your equipment away neatly in the appropriate location after your swim. (Ask if you're not sure where something goes.)
- Keep an eye on the time, and exit the water promptly at the end of your workout.
- If there are any issues with lane etiquette in your lane, please let your coach know.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Paola Osorio** (6pm Whitecaps) and her husband **Alejandro Rojas** (x-Whitecaps), as well as big brother **Agustin** on the arrival of baby **Esteban** on January 8!



- If you'd like to attend a fun swim meet to try racing, the Ottawa Swim Masters meet coming up on January 21 is recommended. Details in "Ask the Coach" and "Masters Swimming Competitions". Funds raised go to Carleton's Varsity Swim Team!

- 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:

- How Swimming Can Help You Boost Your Immune System During Cold and Flu System: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-swimming-can-help-you-boost-your-immune-system-during-cold-and-flu-season>

- **John Noakes** Joins the Serpentine Swim Club in Hyde Park London for the 1972 Christmas Swim: <https://twitter.com/BBCArchive/status/1606938046129209344>

- Five Ways to Swim Faster – No Talent Needed!: <https://www.swimmingworldmagazine.com/news/5-ways-to-swim-faster-no-talent-needed>

- Three Drills to Improve Your Breaststroke Kick: <https://www.youtube.com/watch?v=FqjQkKIREkY>
- **Cody Bybee**: 50yd Kick with Fins (from a Dive) in 15.8: <https://twitter.com/kylesockwell/status/1611739588816502784>
- Seal Slaps Kayaker in Face with an Octopus: <https://twitter.com/weirdterrifying/status/1608789381527277569>

News and Other Links:

- Five Motivational Quotes from Great Coaches to Jumpstart the New Year: <https://www.swimmingworldmagazine.com/news/5-motivational-quotes-from-great-coaches-to-jumpstart-the-new-year>
- Improving Cognitive Abilities in Older Adults: <https://challenge.carleton.ca/improving-cognitive-abilities-adults>
- How This Simple Breathing Exercise May Improve Your Endurance: <https://www.healthline.com/health-news/how-this-simple-breathing-exercise-may-improve-your-endurance>
- Should You Ice Your Injuries?: <https://www.trailrunnermag.com/training/injuries-and-treatment-training/should-you-ice-your-injuries>
- Strength Training: Why All Endurance Athletes Should Go to the Gym: <https://www.trainingpeaks.com/blog/strength-training-why-all-endurance-athletes-should-go-to-the-gym/>

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.

Adrian coached the 6pm and 7:15pm Whitecaps on **Tuesday January 3**.

Sean coached the 6pm and 7:15pm Whitecaps on **Thursday January 5**.

Sean coached the 6pm and 7:15pm Whitecaps on **Thursday January 12**.

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>.

Here are the attendance statistics for the term to date. Please let me know of any errors or omissions!

7:35am Earlybirds: January 4 to 13 (5 workouts); range: 22-32; average: 27.8

Perfect Attendance: **Ann Bortolotti, Bruce Brown, Harley Gifford, Heloise Emdon, Jennifer Charlesworth, Jennifer Glassman, Liliane Cardinal, Margaret King, Patrick Nadeau, Sigi Johnson, Ursula Scott**

8:40am Earlybirds: January 4 to 13 (5 workouts); range: 14-20; average: 17.8

Perfect Attendance: **Debby Whately, Flo Kellner, Heather Bonas, Isla Paterson, Laura MacMillan, Luciara Nardon**

6:00pm Whitecaps: January 3 to 12 (5 workouts); range: 19-22; average: 20.4
Perfect Attendance: **Adam Vieira, Cameron Dawson, Christian Cattan, Don Wells, Joanie Conrad, Shauna Ironside**

7:15pm Whitecaps: January 3 to 19 (8 workouts); range: 13-22; average: 17.4
Perfect Attendance: **Jesula Drouillard, Kelly Biggs, Mark Lebel**

8:15am Saturdays: January 7 (1 workout); range: 24-24; average: 24
Perfect Attendance: **All 24 swimmers** 🍷

Ask the Coach

Dear Coach: I've been thinking of trying a Masters swimming competition. Any suggestions of a good one to start with? Potential Competitive Swimmer

Dear P.C. Swimmer: What a great idea! The **Swim Ottawa Masters meet at the Brewer Pool on January 21** would be a great one to start with. It's local and a fun and low-key meet. It's also a fundraiser for the Carleton Varsity Team! The entry deadline is noon on January 19. You can find more details in the **Masters Swimming Competitions** section, below. I can help you get registered with MSO (required to enter the meet). If that's too soon, the OlymPink meet on April 15 is also at the Brewer Pool.

Dear Coach: I'm new to Masters and have lots of questions! Who should I ask if I forget what's next in the warm-up or main set: my lane-mates or the coach? How can I be sure that I've correctly implemented the drills? I have an injury that limits the amount of freestyle that I can do. If I need a break, should I switch to another stroke or take a break? I sometimes have to leave workout early. Should I tell you in advance and how should I modify the workout? New Masters Swimmer

Dear N.M. Swimmer: As it's the beginning of a session, your questions were a good reminder to include information on Lane Etiquette, which you can find near the top of the newsletter. If you forget what's next, you can ask your coach or a lane-mate. However, if you need an explanation of how to do the next thing, then it's best to ask the coach. For the drills (or at any other time), just ask for feedback from your coach. When you need to take a break from freestyle, either option is fine. There is also a note about this in the Lane Etiquette, as there is for arriving late or leaving early from workout. Keep the questions coming!

Dear Coach: Can you recommend some stretching and weight training that is good for swimmers? Dryland Swimmer

Dear D. Swimmer: First a caveat that I am a qualified swim coach, but not a qualified personal trainer! Here are some suggestions: Yoga for Swimmers with Adriene: <https://www.youtube.com/watch?v=WymRLcDo1ek>; Top Stretches for Swimmers and Why: <https://www.youtube.com/watch?v=QoQkXmQS9WE>; Best Strength Exercises for Swimming: <https://www.swimmingworldmagazine.com/news/5-strength-training-exercises-to-improve-swimming-performance/>, <https://www.yourswimlog.com/best-strength-training-exercises-for-swimmers/>, <https://swimlikeafish.org/10-best-strength-training-exercises-for-swimmers>. Note that you should consult with a personal trainer before starting an exercise program, especially if you have any injuries that could be exacerbated by some exercises.

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 (Fundraiser for Carleton's Varsity Swim Team!); 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, Wilmot, 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!)

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 **Jan 8**).

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 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: Full: waitlist available.

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/se/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

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