

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: January 27, 2023 2:34 PM
To: 'Steve Baird'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #599

Carleton Masters Swimming Newsletter #599

Friday, January 27th, 2023

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2022, Winter 2023, and Alumni, 7:35am Earlybirds I (52 addresses), 8:40am Earlybirds II (43 addresses), 6:00pm Whitecaps I (42 addresses), 7:15pm Whitecaps II (40 addresses), Saturday Only (10 addresses), Alumni (43 addresses).

"Some people want it to happen, some wish it would happen, and others make it happen." – Michael Jordan

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.

Swimmer Notes

Swimmer Updates:

- Please welcome **Andrew Beckett** as a new substitute coach for Carleton Masters! **Andrew** graduated from Carleton last year, and was a member of the Varsity team while at Carleton. His favourite stroke is breaststroke. He was recently hired by Carleton Safety as a Special Constable. He has previous coaching experience, mostly in Port Hope. As well as being a qualified coach, he is a lifeguard and when he was a student he volunteered with CUSERT (Carleton University Student Emergency Response Team: <https://carleton.ca/cusert/>). You should feel very safe when he is on the pool deck!

- Congratulations to Professor **Andrea Chandler** (8:40am Earlybirds) on her chapter titled "Populism in Power? Discourses of Leadership in Putin's Russia, 2000-2020" in a new book: The Post-Communist World in the Twenty-First Century: <https://twitter.com/ASusanChandler/status/1614000499111460864>

- Congratulations also to Associate Professor **Janine Debanné** (8:40am Earlybirds) for leading the upgrades to Carleton's **Barbara A. Humphreys** Reading Room: <https://architecture.carleton.ca/archives/25689>

- Thanks to those who participated or volunteered at the Ottawa Swim Masters meet on January 21. A total of \$6825(!) was raised for the **Tom Anzai** Memorial Bursary which provides bursaries to the Carleton 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:

- Extreme Swimmer **Lewis Pugh**: 'The Polar Regions are the Ground Zero of the Climate Crisis' [thanks to **Lucie Boudreau** (alumna)]: <https://www.theguardian.com/environment/2023/jan/15/extreme-swimmer-lewis-pugh-the-polar-regions-are-the-ground-zero-of-the-climate-crisis>
- Poorly Designed **Prince Harry** Swimsuit [also thanks to **Lucie Boudreau** (Alumna)]: <https://www.youtube.com/shorts/5cnOmdUspLo>
- Ten Emotional Stages of Going to the Pool in the Winter: <https://triathlonmagazine.ca/training/10-emotional-stages-of-going-to-the-pool-in-the-winter/>
- Killer Whales Playing in Boat's Wake: <https://twitter.com/Oceanography/status/1609574410129932288>
- La Natation, Secret de la Jeunesse Eternelle: https://plus.lapresse.ca/screens/005a9914-bbb7-415c-a364-6c95efc5483e_7C_0.html
- Withering Potential: A Coach's Foe and A Swimmer's Folly: <https://www.swimmingworldmagazine.com/news/withering-potential-a-coach-foe-a-swimmers-folly>
- Healthy Ageing isn't only about Diet and Exercise. Just ask the Fab Five: <https://www.abc.net.au/news/2023-01-04/to-age-well-geriatrician-recommends-diet-exercise-and-fun/101741996>

News and Other Links:

- How Important is Stretching, Really [thanks to **Evelyn Simpson** (Alumna)]: https://www.nytimes.com/2022/12/15/well/move/stretching-exercise-workout.html?unlocked_article_code=wULqJXI6tUbipjM7MQ3aZFeBTKL6ObOcQPNI0K0FveuacCXOXWZiXoj19I3N01jN_xZw403PXR5BDD6NaCpl0Irr5awvBDJGBmPGZrBP9Z2RNn0wUX9mAAJEYMK3FRkPbv1pX31Lm51vxxxxkHG8grxY_-36Bi8230dsjknynKJsBs1SLfhFunDyPH2p58cJfyy19iD3SpkM42-8CGK7kMvLgQLQwJAXfKWxJe-KUXlrOZG6FGI_Jzx1Q32nB-qedsRsBPGg3POvmnCOaLGmPZFb2urHzRWwykLoCyekMK9K37JNQJsV4JGGGHdQEIUHfezo9bPcKLJfMxKFgoCqX_aoBQBE0
- Trail-Tromping Squamish Super Athlete and New Mom, **Alicia Woodside**, on Balance, Drive and Having it All: <https://getouttheremag.com/articles/5330/trail-tromping-squamish-super-athlete-and-new-mom-alicia-woodside-on-balance-drive-and-having-it-all>
- The Art of Aging: <https://www.cnn.com/videos/world/2015/02/20/spc-vital-signs-art-of-aging-a.cnn>
- Old Mice Grow Young Again in Study. Can People Do the Same?: <https://www.cnn.com/2023/01/12/health/reversing-aging-science-wellness/index.html>
- Resolved to Work Out More in 2023? What Science Says about Sticking to it: <https://www.cbc.ca/radio/whitecoat/exercise-resolutions-expert-advice-1.6703887>

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.

Mark coached the 6:00pm and 7:15pm Whitecaps on **Thursday January 19**.

Andrew coached for **Sean** on **Saturday January 21**.

Sean coached the 6:00pm and 7:15pm Whitecaps on **Thursday January 26**.

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! Note that only the swimmer(s) with the best attendance **for each group** are listed below.

7:35am Earlybirds: January 4 to 27 (11 workouts); range: 22-32; average: 27.5

Perfect Attendance: **Bruce Brown, Harley Gifford, Heloise Emdon, Jennifer Glassman, Liliane Cardinal, Sigi Johnson, Ursula Scott**

8:40am Earlybirds: January 4 to 27 (11 workouts); range: 14-24; average: 19.9

Perfect Attendance: **Debby Whately, Flo Kellner, Heather Bonas, Isla Paterson**

6:00pm Whitecaps: January 3 to 26 (11 workouts); range: 18-25; average: 20.9

Perfect Attendance: **Adam Vieira, Cameron Dawson, Christian Cattan, Don Wells, Joanie Conrad, Shauna Ironside**

7:15pm Whitecaps: January 3 to 26 (11 workouts); range: 13-25; average: 18.6

Missed 1 Workout: **Jesula Drouillard, Richard Arsenault**

8:15am Saturdays: January 7 to 21 (3 workouts); range: 24-28; average: 26.3

Perfect Attendance: **Andrea Chandler, Bicki Westerheide, Cheri Reddin, Christian Cattan, Cori Dinovitzer, Don Wells, Ian Lorimer, Isla Paterson, Joanie Conrad, Laura MacMillan, Liliane Cardinal, Luciara Nardon, Mariette Kenney, Sandy Lawson**

Ask the Coach

Dear Coach: I got an Apple watch that tracks my swimming. It tells me my SWOLF score, which is nice, except I have no idea what number I should be aiming for. Do you have any guidance of what is a "good" number? Swimmer with Tech

Dear S.w. Tech: First, for those who are not familiar with the term, SWOLF is swimming golf. The idea is to count your strokes (one per arm) and get your time (in seconds) for 50m. The total number should be similar to an 18-hole golf score. For Carleton Masters, when we do this drill, the numbers will range from around 60 to 120. The same exercise for 25m will be like a 9-hole golf score. As you can see, it varies widely. It depends on the swimmer (height, kick strength and timing [see below], experience, speed, etc.). What you want to do is, over time, see if you can lower your number.

Dear Coach: I have been thinking about how much kicking to do and found some resources online talking about two-beat kick, four-beat kick, six-beat. The suggestion was that for long-distance swimming two-beat would be the best. I never connected my kicking to my arms, so this is all new to me. Can you comment on the desirable link between arm movement and kicking? Freestyle Kicker

Dear F. Kicker: Coincidentally, another swimmer [**Heloise Emdon** (7:35am Earlybirds) – thanks, **Heloise!**] sent in this video: Five ways to kick in freestyle (and for different reasons and at different speeds): <https://www.youtube.com/shorts/jLvkvMzWtYA>. You might find this a good place to start. I would ignore the 8-beat kick that's mentioned – not something to aspire to, IMO! First, we count the number of kicks in an entire arm cycle (i.e. one

arm movement with each arm, for a total of two arm movements). In freestyle, the main down kicks (those in the 2-beat kick) are synchronized with the opposite arm entering the water, i.e. right-arm with left leg. The six-beat kick has two additional kicks between the main kicks. The four-beat kick is basically a 1-3 (or 3-1) timing per one arm. It comes naturally to some, usually with the 3 on the breathing side, but isn't usually taught. Most of us (non-elite) swimmers stay with the same kick pattern rather than switching it up, and most of us go with a 2 or 6 beat kick. I hope that helps a bit!

Dear Coach: Could you recommend any videos demonstrating good freestyle technique? I'm still trying to figure it out. Improving Freestyler

Dear I. Freestyler: Here are a couple for you:

Freestyle catch: https://www.youtube.com/watch?v=gYYkXM_G2Xw

Freestyle finish: <https://www.youtube.com/watch?v=4zemV9ToHMw>

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.

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 Bring on the Bay 1.5k and 3k swims <https://bringonthebay.com/>

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>

August 3-6 Traversee du Lac Tremblant 1k to 15k Swims <https://www.traverseelactremblant.ca/>

November 8-12 Barbados Open Water Festival 1.5k to 10k Swims <https://www.barbadosopenwaterfestival.com/>

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!)

Saturday January 21, Ottawa Swim Masters Meet at Brewer Pool, Fundraiser for the Carleton Varsity Team

Ursula Scott (7:35am Earlybirds) competed, as did Varsity/Masters swimmers **Paddy Mallia** (6pm Whitecaps), and **Gursharan Uppal** (Whitecaps/Earlybirds). Varsity swimmer **Nathan Landry** also swam (unattached), and **Melanie Heroux** (8:40am Earlybirds) swam for the Orleans Riptides Special Olympics Team. In addition, fifteen of the Varsity swimmers volunteered.

Full results: <https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=1183>

Ursula Scott (7:35am Earlybirds; 60-64): **1st** 200IM (4:28.64); **2nd** 50 free (46.57); **3rd** 100 free (1:46.46)

Melanie Heroux (8:40am Earlybirds; 40-44, swimming for Orleans Riptides Special Olympics Team): **1st** 50 fly (1:48.97), 100 fly (4:01.10); **4th** 100 free (3:11.39), 100 back (2:58.69)

Gursharan Uppal (Varsity/Earlybirds; 18-24): **1st** 50 breast (43.76), 200IM (3:03.74)

Paddy Mallia (Varsity/Whitecaps; 18-24): **1st** 50 breast (37.15); **2nd** 50 free (32.15)

Nathan Landry (Varsity; 18-24, swimming unattached): 1st 50 back (29.79), 50 fly (27.67), 200 fly (2:11.79)

Saturday January 21, Cote Saint-Luc Masters Meet, Montreal

I was Carleton's only swimmer. Full results: <https://live.swimrankings.net/36326/>. Updated club records: <https://carletonmasters.tripod.com/230121.Records.pdf>

Lynn Marshall (Coach; 60-64): 1st 1500 free (18:52.68 World Record), 200 back (2:42.70), 100 breast (1:34.11), 100 fly (1:17.48)

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 26**).

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: 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/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

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