

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: February 10, 2023 1:17 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 #600

Carleton Masters Swimming Newsletter #600

Friday, February 10th, 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 (43 addresses), 7:15pm Whitecaps II (40 addresses), Saturday Only (12 addresses), Alumni (41 addresses).



Thanks to **Chris Clement** (7:35am Earlybirds) for this lovely photo of the Chateau Whistler's outdoor lap pool at the base of Blackcomb. She says that the photo doesn't do it justice, and that it was a treat to swim outdoors in January!

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 on the Winter programs can be found in the “Notes and Reminders” section near the end of the newsletter.

Swimmer Notes

Swimmer Updates:

- Local swimmers **Mike Olsen** and **Bruce McNicoll** have recently been featured by CBC for being Ottawa’s oldest lifeguards: “Shortage of Lifeguards Brings ‘Greywatch not Baywatch’ Solution”: Ottawa Morning with Robyn Bresnahan: <https://www.cbc.ca/listen/live-radio/1-100-ottawa-morning/clip/15964511-shortage-lifeguards-brings-greywatch-baywatch-solution>, and print news: <https://www.cbc.ca/news/canada/ottawa/lifeguard-shortage-ottawa-retirement-oldest-80-1.6735079>.
- **Sam Hersh** (7:35am Earlybirds) had an opinion piece published in the January 27 Ottawa Citizen: Since the Convoy, the Veneer of Police Accountability has Shattered: <https://ottawacitizen.com/opinion/hersh-since-the-convoy-the-veneer-of-police-accountability-has-shattered>
- **Andrea Gorra** (7:15pm Whitecaps) left a black and white suit and black goggles (both Speedo) in the women’s change room on Tuesday, January 24. They have not turned up in the lost and found. If anyone recognized them and happened to pick them up, please let me know.
- 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:

- Coast Guard Rescues Mariner in Distress as Wave Capsizes Vessel Near Mouth of Columbia River, Oregon: <https://www.news.uscg.mil/Press-Releases/Article/3288449/coast-guard-rescues-mariner-in-distress-as-wave-capsizes-vessel-near-mouth-of-c/>
- Canadian Swimmer **Markus Thormeyer** Banned 12 months Over Doping Violation: <https://www.cbc.ca/sports/olympics/summer/aquatics/swimming/swimming-markus-thormeyer-doping-suspension-1.6736275>
- US Lone Star Women Obliterate Six Masters Relay World Records in Three Days: <https://swimswam.com/lone-star-women-obliterate-six-masters-relay-world-records-in-three-days/>
- Philadelphia Will Hire Lifeguards Who Need Remedial Swim Training, Offering Free Lessons Before Summer [Ed. Note: The headline actually says “Who Can’t Swim” but that is misleading!]: <https://swimswam.com/philadelphia-will-hire-lifeguards-who-cant-swim-offering-free-lessons-before-summer/>; **Stephen Colbert** Comments: https://youtube.com/clip/Ugkx0jfglVn_S6Amc1c5KyRSjA2HFe3B3w0;
- Fort Lauderdale Aquatic Center Celebrates Official Grand Opening; Star-Studded Cast Attends Ribbon Cutting and Dive Challenge: <https://www.swimmingworldmagazine.com/news/fort-lauderdale-aquatic-center-celebrates-official-grand-opening-in-style-with-ribbon-cutting-and-dive-challenge>
- The Legendary Yukon Hair Freezing Contest is Back: <https://getouttheremag.com/articles/5317/the-legendary-yukon-hair-freezing-contest-is-back>
- At First the Eagle Thought this Butterfliier was a Fish: https://twitter.com/TheFigen_/status/1614347657689939969
- How Can I Prepare For a Long Swim When I Cannot Do Long Training Sessions?: <https://outdoorswimmer.com/featured/how-can-i-prepare-for-a-long-swim-when-i-cant-do-long-training-sessions/>

News and Other Links:

- Six Reasons to Add Yoga into Your Training Routine: <https://triathlonmagazine.ca/training/6-reasons-to-add-yoga-into-your-training-routine/>
- How Much Will a Gap in Training Hurt Your Race?: <https://www.outsideonline.com/health/training-performance/missed-marathon-training-study-2023/>

- How Sports Psychologists Define Mental Toughness: <https://www.outsideonline.com/health/training-performance/mental-toughness-research-2023/>

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.

Sean coached the 6:00pm and 7:15pm Whitecaps on **Thursday February 2**.

Adrian coached for **Sean** on **Saturday February 4**.

Sean coached the 6:00pm and 7:15pm Whitecaps on **Thursday February 9**.

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 February 10 (17 workouts); range: 20-32; average: 26.0

Perfect Attendance: **Jennifer Glassman, Sigi Johnson**

8:40am Earlybirds: January 4 to February 10 (17 workouts); range: 14-24; average: 19.5

Perfect Attendance: **Isla Paterson**

6:00pm Whitecaps: January 3 to February 9 (17 workouts); range: 17-25; average: 21.1

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

7:15pm Whitecaps: January 3 to February 9 (17 workouts); range: 12-25; average: 18.1

Missed 1 Workout: **Richard Arsenault**

8:15am Saturdays: January 7 to February 4 (5 workouts); range: 17-29; average: 25.0

Perfect Attendance: **Christian Cattan, Cori Dinovitzer, Don Wells, Ian Lorimer, Luciara Nardon, Mariette Kenney**

Ask the Coach

Dear Coach: Can you go over the rules for kicking in fly again? I was surprised that you mentioned breast kicks are permitted! I Might Try That

Dear I.M.T. That: Yes, in Masters, for historical reasons, a breaststroke kick is permitted once per arm motion in butterfly, as those who learned fly back before it became an official stroke (1952) were actually doing breaststroke with an above water recovery: <https://www.swimming.org/sport/history-of-butterfly/>. The rules are that you can do as many dolphin kicks per arm motion as you wish in fly, and for Masters swimmers, at most one breaststroke kick per arm cycle. The age group (non-Masters) rules are here (see 8.3 for butterfly kicks):

https://resources.fina.org/fina/document/2023/01/04/65961a45-bde5-4217-b666-ca1f5dc2d1f0/1_Swimming-Technical-Rules.04.01.2023.pdf; and the Masters rules, which cover differences from the above (see MSW 3.7 for the kick rule) are here: https://resources.fina.org/fina/document/2021/02/19/9998a198-f2ac-47c6-a36f-72e3aad37ca8/2017_2021_masters_11102017_new.pdf.

Dear Coach: I understand that I should roll my shoulders in backstroke. Should I also roll my hips? What about my legs / feet? Improving My Backstroke

Dear I.M. Backstroke: Yes, your hips should also roll, and thus your legs and feet will also rotate. Here's a video where you can see the hip / leg movement: <https://www.youtube.com/watch?v=FtL5Dr-xHL4>.

Dear Coach: I see that the Winter session ends on April 15. When will the Spring session start, and will there be interim swims between the Winter and Spring sessions, like there were between the Fall and Winter sessions? Advance Planner

Dear A. Planner: The current plan is that the pool will close for annual maintenance on Sunday, April 16, and reopen on Monday, May 8. Thus, we anticipate that the Spring session to start on May 8. There will be no interim workouts, as there will be no water in the pool 😊. Information on the Spring session dates and registration will be in the newsletter as soon as they are available.

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. Note that the Swimming Canada site was hacked last month, so some links below won't work. Contact me if you need information on how to enter a Swim Canada meet!

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 <https://www.swimming.ca/en/meet/38084/>;
<https://drive.google.com/file/d/1tQm4BAQVe-ryBJ-F0NEeKyHyZVuIqWf/view>

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/>; <https://www.swimontario.com/athletes/competitions/2023-ontario-masters-provincials/>

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; SO registration required;

<https://www.swimming.ca/en/events-results/events/2023-speedo-canadian-masters-championships/>

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; SO registration required;

<https://www.swimontario.com/athletes/competitions/2023-ontario-open-water-championships/>

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/>

August 12-13 Welland Open Water Festival (details TBC); SO registration required

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

Race Results: (Please send in your results, and/or let me know if I missed anyone or any races!)

Saturday February 4, Clarington ON Masters Meet

Jamie Chalmers (Saturdays/Whitecaps) was Carleton's only swimmer. He reports that the pool has its backstroke flags at 5 yards (not 5m) from the wall – luckily he realized this in warm-up and was able to adjust! Official results are not yet available but the club records have been updated in anticipation: <https://carletonmasters.tripod.com/230204.Records.pdf>! This was **Jamie's** first meet since 2019 and his first in his new 80-84 age group. He just missed **George Tombler's** records in the 50m and 100m backstroke, but obliterated **George's** 50m freestyle time of :55.93 with a fantastic :46.59! Great job, **Jamie!!**

Jamie Chalmers (Saturdays/Whitecaps; 80-84): 1st 50m free (:46.59 club record), 50m back (1:02.xx), 100m back (2:25.?)

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 **Feb 6**).

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/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

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