

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: February 24, 2023 1:18 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 #601

Carleton Masters Swimming Newsletter #601

Friday, February 24th, 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 (44 addresses), 7:15pm Whitecaps II (40 addresses), Saturday Only (12 addresses), Alumni (40 addresses).

If you only act when you feel motivated, you'll never get anything done:

<https://twitter.com/SahilBloom/status/1608463654546178048>.

Masters Swimming Program Notes

- The Winter session is underway.
 - There were 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 and the 6pm Whitecaps are full, with waitlists 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:

- Listen to **Andrea Chandler** (8:40am Earlybirds) discuss her paper "An Ominous Rhythm of Crisis: Philosophical Underpinnings of Pierre Elliott Trudeau's Peace Mission in 1984":
<https://twitter.com/CenSamm/status/1626524293113827328>.

- Congratulations to **Sheila Kealey** (Earlybirds) for making the podium in the Gatineau Loppet 50km Classic Ski on Saturday February 18: <https://twitter.com/GatineauLoppet/status/1627040171635130368/photo/1>,
<https://twitter.com/GatineauLoppet/status/1627828158828367872>.

- The Memphremagog Winter Swimming Festival is taking place in Vermont from February 23 to 27: <https://kingdomgames.co/memphremagog-winter-swimming-society/>. **Tom Heyerdahl** (8:40am Earlybirds) will be attending as a supporter. I hope that he will provide a report!

- Carleton is looking to hire Lifesaving and Emergency First Aide Instructors, as well as Lifeguards for March Break. Please pass this along to anyone who may be interested:
[https://www.sce.carleton.ca/faculty/lynnmar/swimteam/Lifesaving%20EFA%20Instructors%20National%20Lifeguards%20NEEDED%20@%20CU%20\(Feb%2024,%202023\).pdf](https://www.sce.carleton.ca/faculty/lynnmar/swimteam/Lifesaving%20EFA%20Instructors%20National%20Lifeguards%20NEEDED%20@%20CU%20(Feb%2024,%202023).pdf).

- **Melanie Heroux** (8:40am Earlybirds) is participating in the Polar Plunge for Special Olympics on Saturday March 4 at Algonquin College. You can sponsor her here: <https://soopolarplunge.crowdchange.ca/27717/page/73180>.

- Please pass this along to anyone you know who may be interested. Free Try-It Session: Introduction to Para Swimming on Sunday February 26:

<https://athletics.carleton.ca/cu-camps/para-swimming/>. The link also provides information on a weekly program starting in March. The younger group is for ages 9-16. Note that the second group says 17+, but is actually for ages 17-24, i.e. aimed at Carleton students.

- 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:

- **Barbara Hernandez** Marks World First with 2.5-KM Antarctica Swim [thanks to **Debby Whately** (8:40am Earlybirds)]:

<https://www.swimmingworldmagazine.com/news/barbara-hernandez-marks-world-first-with-2-5-km-antarctica-swim/>,

<https://www.lapresse.ca/sports/2023-02-20/premiere-au-monde-a-nager-2-5-km-dans-l-antarctique.php>,

<https://www.taipeitimes.com/News/sport/archives/2023/02/22/2003794824>

- Taking the Plunge: Vermonter Breaks World Ice Swimming Records: <https://www.wcax.com/2023/01/27/taking-plunge-vermonter-breaks-world-ice-swimming-records/>

- **Elaine Tanner**, 1960s Swimming Superstar, Cherishes Rare Medal that Canada Wanted Back:

<https://www.timescolonist.com/national-news/elaine-tanner-1960s-swimming-superstar-cherishes-rare-medal-that-canada-wanted-back-6486059>

- Five Tips for the Perfect Swimming Practice: <https://www.swimmingscience.net/5-tips-for-the-perfect-swimming-practice/>

- Five Reasons You Swim Slower as You Age (and it Isn't a Decrease in Strength): <https://www.swimmingscience.net/5-reasons-you-swim-slower-as-you-age-and-it-isnt-a-decrease-in-strength/>

- Retired Ten-Time NFL Pro Bowler, **Joe Thomas**, has Lost 60 Pounds Since he Started Masters Swimming Two Years Ago: <https://twitter.com/ProFootballHOF/status/1624079639604764673>

News and Other Links:

- The Future of Strength Training: <https://www.outsideonline.com/health/training-performance/future-of-strength-training-research-2023/>

- There's New Evidence That Collagen Might Help Your Tendons: <https://www.outsideonline.com/health/training-performance/collagen-tendon-research-2023/>

- Exploring the Limits of Human Performance: <https://triathlonmagazine.ca/training/exploring-the-limits-of-human-performance/>

- Omega-3: A Fat Lot of Good for Athletes!: <https://www.sportsperformancebulletin.com/injuries-health/endurance-health--lifestyle/omega-3-a-fat-lot-of-good-for-athletes>

- A 63-Year-Old Runner Changed the Way I Think About Regret: <https://www.nytimes.com/2022/04/24/opinion/culture/no-regrets-mariko-yugeta.html?referringSource=articleShare>

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 February 16**.

Mark coached the 6:00pm and 7:15pm Whitecaps on **Thursday February 23**.

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 24 (22 workouts); range: 16-32; average: 24.7

Perfect Attendance: **Jennifer Glassman**

8:40am Earlybirds: January 4 to February 24 (22 workouts); range: 14-24; average: 19.9

Perfect Attendance: **Isla Paterson**

6:00pm Whitecaps: January 3 to February 23 (22 workouts); range: 17-25; average: 21.4

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

7:15pm Whitecaps: January 3 to February 23 (22 workouts); range: 12-25; average: 18.0

Missed 2 Workouts: **Richard Arsenault**

8:15am Saturdays: January 7 to February 18 (7 workouts); range: 17-29; average: 25.4

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

Ask the Coach

Dear Coach: How do swimmers dive in with goggles without them falling off? Curious Swimmer

Dear C. Swimmer: Usually for racing, swimmers wear their goggles a bit tighter than usual. Tucking the chin as you dive stops the water from hitting the goggles. You can also put a cap over the goggle straps so that they are less likely to slip.

Dear Coach: Any update on the return of permanent lockers? Eager Former Permanent Locker Holder

Dear E.F.O.L. Holder: Signs have been put in the change rooms that locks are going to be cut off. The hope is to start renting permanent lockers in the April time-frame. Previous permanent locker holders will be contacted once Athletics is ready to go with this.

Dear Coach: What's going on on the pool deck? I noticed there is plastic on the deck near the dive tank. Another Curious Swimmer

Dear A.C. Swimmer: The 1m diving board is being moved to the other side of the towers, and a new swing rope is being installed on the deck perpendicular to the current 1m diving board. The hope is to have this work done prior to the March Break Sports Camps.

Dear Coach: I heard a rumour that Carleton is getting a new pool? Is that true? Excited Swimmer

Dear E. Swimmer: Don't hold your breath! However, this document was reviewed at last month's Carleton's senate: <https://carleton.ca/senate/wp-content/uploads/App9-Campus-Master-Plan-draft.pdf>. Page 66 in the pdf page numbers (131 on the document page numbers) shows where the Wellness Hub is to be developed. It was said at the meeting that the hope is that it will include a pool: "The Chair noted that both the Carleton pool and the Brewer Park pool are old and in need of an upgrade. Carleton has approached the City of Ottawa regarding the development of an aquatics complex that could replace both pools and attract national competitions. The interest is there, and the discussions are ongoing."

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!

March 5 Stephen Forsey Inviational Meet, Markham; SO registration required <https://www.swimming.ca/en/meet/38084/>; <https://drive.google.com/file/d/1ltQm4BAQVe-ryBJ-F0NEeKyHyZVuIQwF/view>

March 18 Quebec Masters Meet #6 Dollard-des-Ormeaux Montreal; SO registration required <https://www.swimming.ca/en/upcoming-meets/>

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/>

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 February 4, Clarington ON Masters Meet

Jamie Chalmers (Saturdays/Whitecaps) was Carleton's only swimmer. Official results are now available and the club records and times below have been updated: <https://carletonmasters.tripod.com/230204.Records.pdf>! Great job, **Jamie!!**

Jamie Chalmers (Saturdays/Whitecaps; 80-84): 1st 50m free (:46.46 club record), 50m back (1:00.74), 100m back (2:37.90)

Saturday February 11, Pointe-Claire Long Course (50m pool) Masters Meet

Three Carleton swimmers made the trip to Montreal for this (rare) "local-ish" Long Course meet. Full results: <https://live.swimrankings.net/36634/>. **Jamie** improved his 50 free from a week previous (:46.46), swimming faster LC than SC, setting our only club record. Updated club records: <https://carletonmasters.tripod.com/230211Records.pdf>.

Jamie Chalmers (Saturday/Whitecaps; 80-84): **1st** 50 free (:45.48 Club Record), 100 free (2:07.84), 50 back (1:04.90), 100 back (2:28.91)

Liliane Cardinal (7:35am Earlybirds; 70-74): **3rd** 50 free (1:00.70 – just missing her Club Record); **4th** 200 free (4:53.94), 1500 free (38:35.33)

Lynn Marshall (Coach; 60-64): **1st** 200 free (2:25.01 National Record), 1500 free (20:45.81 but going for 800 split: 10:06.23 World Record), 100 breast (1:37.39), 200IM (2:50.70); **2nd** 100 back (1:21.80 Provincial Record and National Record for 2 minutes – it was broken in the next heat!)

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 20**).

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: Full: waitlist available.

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

lynnmar@sce.carleton.ca

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