

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: March 10, 2023 1:12 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 #602

Carleton Masters Swimming Newsletter #602

Friday, March 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 (44 addresses), 7:15pm Whitecaps II (40 addresses), Saturday Only (12 addresses), Alumni (41 addresses).

Enjoy these photos from New Zealand. Coincidentally, no fewer than three Carleton Masters swimmers are in New Zealand!



Ann Bortolotti (7:35am Earlybirds) found a 50m pool in New Plymouth.



Eleanor Fast (7:35am Earlybirds) and her husband, **Stewart**, are on a cycling trip. Here are photos of cycling on 90 Mile Beach, and celebrating the end of Tour Aotearoa, before heading to Australia for more cycling.



And here's **Peter Konecny** (6pm Whitecaps) in Devonport, overlooking Auckland.

Masters Swimming Program Notes

- The Winter session is underway.
 - There were no workouts on **Monday February 20** (Family Day) but workouts ran 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:

- Read about the OlymPINK Story [thanks to **Bicki Westerheide** (6:00pm Whitecaps)]: <https://olympink.org/andreas-story-complete/>. There was also an article in the Citizen about this: <https://ottawacitizen.com/sponsored/social-scene/social-scene-community-builders-olympink-masters-challenge>. Some Carleton swimmers will be participating in this fun fundraiser competition at Brewer Pool on April 15. More details in the **Masters Swimming Competitions**

Section below. To attend, you can join MSO as a Carleton swimmer (\$20), or pay \$7.50 to swim unattached. There is also a fee to enter the competition.

- **Christiane Wilke** (Earlybirds) co-presented at a Symposium: Secrecy, Invisibility, Ignorance, on March 10: <https://twitter.com/jaanewilke/status/1631049554370916355>.

- **Leila Mostaco-Guidolin** (7:35am Earlybirds) and I, along with many other Carleton colleagues, were recognized by our peers on International Women's Day: <https://newsroom.carleton.ca/international-womens-day/recognition/>.

- The Memphremagog Winter Swimming Festival took place in Vermont from February 23 to 27. Here are some great articles about it:

- **Nadine Bennett**: One Cold-Blooded New Brunswicker's Love Affair with Ice Swimming: <https://www.cbc.ca/news/canada/new-brunswick/ice-swimming-nadine-bennett-1.6761010>

- Swimmers Brave Single-Digit Temperatures (Fahrenheit) for Annual Festival at Lake Memphremagog: <https://vtdigger.org/2023/02/25/photos-swimmers-brave-single-digit-temperatures-for-annual-festival-at-lake-memphremagog/>

- **Melanie Heroux** (8:40am Earlybirds) is participating in the Polar Plunge for Special Olympics on Saturday March 4 at Algonquin College. You can still sponsor her here: <https://soopolarplunge.crowdfunder.ca/27717/page/73180>. Check out this news article: <https://ottawacitizen.com/news/local-news/chilly-polar-plunge-warms-hearts-at-algonquin-college-saturday>.

- Interested in attending the World Masters Championships? **Ryosuke Imai** joined the Torpedo Swimtalk Podcast talk about what's happening in Fukuoka for the biggest Masters Swimming event since the pandemic swept the world: <https://podcasts.apple.com/au/podcast/torpedo-swimtalk-podcast/id1540903608>.

- ROC and Zone3Sports Coach **Rick Hellard** has started a column with Somersault called Rick Hellard's Tricks. Here's the first article:

- **Rick Hellard's** Tricks! #1 Swim Goggles: <https://www.somersault.ca/posts/advice-from-roc-swimming-and-zone3sports-by-rick-hellard>

- The Canadian Swimming Trials will be held at the Toronto Pan Am Sports Centre from March 28 to April 2. Tickets are available at: <https://www.ticketmaster.ca/swimming-canada-tickets/artist/2708444>. You may get a discount with code: BELLTRIALS23

- Carleton is running a weekly Introduction to Para-Swimming program for ages 9 to 24, starting in March: <https://athletics.carleton.ca/cu-camps/para-swimming/>. The younger group is for ages 9-16, and the older group for ages 17-24.

- 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:

- Swimming Legend, Solvang (California) Resident **Greta Marie Anderson** Passes Away at 95:

<https://www.noozhawk.com/swimming-legend-solvang-resident-greta-marie-anderson-passes-away-at-95/>

- Indian **Prabhat Koli** Becomes World's Youngest to Complete Oceans Seven Challenge:

<https://www.indianweekender.co.nz/Pages/ArticleDetails/7/21508/new-zealand/prabhat-koli-becomes-worlds-youngest-to-complete-oceans-seven-challenge>

- Otter Wants to be One of the Team: <https://twitter.com/buitengebieden/status/1621033999924879360>

- Whooshh Innovations Has Created a Fish Transport System:

<https://twitter.com/fasc1nate/status/1625380171321581568>

- Thirty Qualities Found in a Good Masters Swimmer: <https://www.swimmingscience.net/80-2015-12-30-qualities-found-in-a-good-masters-swimmer/>

- How to Have the Perfect Streamline in Swimming: <https://blog.myswimpro.com/2022/02/08/how-to-have-perfect-streamline-in-swimming/>

News and Other Links:

- Exercise Volume vs Intensity and the Progression of Coronary Atherosclerosis in Middle-Aged and Older Athletes: https://www.practiceupdate.com/c/49c68348-7cec-4b10-b24c-d0b9e291e8a5?elsca1=soc_share-this-email&elsca2=social&elsca3=email

- Should Your Hydration Strategy Change as You Get Older?: <https://www.precisionhydration.com/performance-advice/hydration/should-your-hydration-strategy-change-as-you-get-older/>

- Can Exercise Help Make Therapy More Effective? A Pair of Studies Suggests It Might: <https://www.womensrunning.com/health/wellness/can-exercise-help-make-therapy-more-effective-a-pair-of-studies-suggests-it-might/>

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 6:00pm and 7:15pm Whitecaps on **Monday February 27**.

Mark coached the 6:00pm and 7:15pm Whitecaps on **Thursday March 2**.

Adrian coached the 6:00pm and 7:15pm Whitecaps on **Monday March 6**.

Mark coached the 6:00pm and 7:15pm Whitecaps on **Thursday March 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 March 10 (28 workouts); range: 16-32; average: 24.0
Missed 1 Workout: **Jennifer Glassman**

8:40am Earlybirds: January 4 to March 10 (28 workouts); range: 14-24; average: 19.7
Perfect Attendance: **Isla Paterson**

6:00pm Whitecaps: January 3 to March 9 (28 workouts); range: 17-25; average: 21.1
Perfect Attendance: **Adam Vieira, Cameron Dawson, Christian Cattan, Don Wells**

7:15pm Whitecaps: January 3 to March 9 (28 workouts); range: 12-25; average: 17.9
Missed 4 Workouts: **Jesula Drouillard, Kelly Biggs, Richard Arsenault**

8:15am Saturdays: January 7 to March 4 (9 workouts); range: 17-29; average: 25.6
Perfect Attendance: **Christian Cattan, Cori Dinovitzer, Don Wells, Ian Lorimer, Luciara Nardon**

Thank you to all the morning swimmers who participated in the first round of short distance time trials! As it has been so long since we last did short time trials, I am starting a new spreadsheet. In other words, those of you who have been swimming with Carleton for many years now get a “clean slate”! We’ll be starting the second round of short time trials next week. You have the option of repeating the same events or trying different ones.

Ask the Coach

Dear Coach: Is it required to breathe every stroke in breaststroke? Improving Breaststroker

Dear I. Breaststroke: It is not required that you breathe every stroke, but your head must break the surface once per stroke cycle. Elite swimmers breath every stroke, but I do know a few good Masters swimmers who breathe every second stroke in 50m breaststroke.

Dear Coach: What programs will be available for the Spring and Summer Masters programs? And when will registration start? Eager Swimmer

Dear E. Swimmer: As soon as I have this information, it will be in the newsletter!

Dear Coach: I have an achy elbow / shoulder that I think may be from swimming. What do you recommend? Sore Swimmer

Dear S. Swimmer: Ask your coach to have a look at your technique. This is often caused by the wrist being wider than the elbow when swimming freestyle.

Dear Coach: You said that there are 24 possibilities for the 200 drop-a-stroke IM set, and that 6 of those possibilities allow me to drop fly first, and that 6 allow me to end on free. Can you go through them? I can’t get the numbers to match! Ran out of Fingers and Toes

Dear R.o.o.F.a. Toes: There are a few different ways to count them. You can look at the number of possible strokes to drop each time. After the 200IM, there are 4 possible strokes to drop for the 150 (either fly or back or breast or free). After the 150, there are 3 possible strokes to drop (the three that haven’t been dropped yet) for the 100. From the 100 to the 50, there are two possibilities. $4 \times 3 \times 2 = 24$ ($= 4!$, i.e.4 factorial for the mathies in the crowd). Or you can go through the possibilities. Let’s assume we drop fly first, then the 150 will be back-breast-free. From there, the 100 could be back-breast, back-free, or breast-free (3 choices). For 100 back-breast, the 50 could be back or breast (2 choices), and same for each of back-free, and breast-free. That gives six possibilities that involve dropping fly first. The same reasoning can be applied to each of the other three strokes, for a total of 24. That also answers the question about the 6 options that drop fly first. For the six options that end on free, let’s look at the order we drop the strokes (and ensure that we keep free). We could drop fly then back then breast (denoted fl-bk-br), or fl-br-bk, or bk-fl-br, or bk-br-fl, or br-bk-fl, or br-fl-bk – those are the six options that end on 50 free.

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 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>
April 1 Riviere du Loup Masters Meet; SO registration required: <https://www.swimming.ca/en/swim-meet/invitation-provinciale-des-maitres-lmrl/>
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 6-7 (changed from 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/>
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
August 27 Lac-Delage (near Quebec City) Open Water Swims: 1k to 6k and 4x500m relay
<https://lesclassiquescapitale.com/defi-lac-delage/>
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!)

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 **Mar 10**).

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: 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

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