

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: April 6, 2023 5:39 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 #604

Carleton Masters Swimming Newsletter #604

Thursday, April 6th, 2023

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2022, Winter 2023, and Alumni, 7:35am Earlybirds I (53 addresses), 8:40am Earlybirds II (44 addresses), 6:00pm Whitecaps I (45 addresses), 7:15pm Whitecaps II (40 addresses), Saturday Only (12 addresses), Alumni (42 addresses).

Heather Bonas (8:40am Earlybirds) sends this picture of her swim at the Barbados Aquatic Centre:



Jake Graham (7:35am Earlybirds) recently returned from a ski trip to Slovenia:



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.
- The pool will be closed for annual maintenance from **Sunday April 16 to Sunday May 7**, inclusive.
- Details of the Spring and Summer sessions follows:

Spring and Summer Program Details

Registration for the Spring and/or Summer Sessions starts at **noon on Wednesday April 19.**

Here are the details of the programs and dates:

Spring Session: Monday May 8 to Friday June 30 (no workouts Monday May 22 or Saturday July 1)

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$102+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$102+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Mark, and Adrian (TBC); \$110+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean, Mark, and Adrian (TBC); \$102+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$44+HST

Summer Session: Tuesday July 4 to Saturday September 2 (no workouts Saturday July 1, Monday July 3, or Monday August 7)

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$110+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Mark, and Adrian (TBC); \$120+HST

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$56+HST

Note that this information is also posted on our web site: <https://carletonmasters.tripod.com/>.

Swimmer Notes

Swimmer Updates:

- Congratulations to coach **Sean Dawson** and his wife **Andrea** (x-Whitecaps) on the arrival of their second child, **Myles Henry Dawson** born on **March 1** early in the morning. **Arthur** is adjusting well to being a big brother.



- **Permanent Lockers Available:** At last!! Permanent lockers are now available for 12-month rentals. Inquire at the Welcome Centre for availability and details.

- **Strike Update:** The Contract Instructors (CUPE 4600 Unit 2) are back to work, but the Teaching Assistants (CUPE 4600 Unit 1) are still on strike. Here's hoping they get a good settlement soon! Picketing is usually from 7:15am to 5pm Monday to Friday.

- A reminder about OlymPINK coming up on **April 15:** 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.

- 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/>.
- 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:

- 'Blows my Mind': Titmus' World Record Smashed by Canadian Teenager, **Summer McIntosh**: <https://www.smh.com.au/sport/swimming/titmus-world-record-smashed-by-canadian-teenager-20230329-p5cwa9.html>
- I Am Not 80 Yet, but Among These 80-Year-Olds Is Where I Like to Be: <https://www.nytimes.com/2023/04/01/opinion/locker-rooms-swimming-pools.html>
- For This Experimental Festival, Bring Your Swimsuit and Dancing Shoes: <https://www.nytimes.com/2023/03/22/arts/music/borealis-experimental-music-festival-norway.html>
- Swimming in a Blizzard: <https://twitter.com/kylesockwell/status/1641862878318698496>
- Bowhead Whales can Live More than 200 Years: <https://twitter.com/FishOceansCAN/status/1616435497961943040>
- Water Law: Water is Life. Water Holds Life: <https://twitter.com/christibelcourt/status/1616524182812258309>
- Realizing You Don't Need A Human to Float: <https://twitter.com/fasc1nate/status/1620910468889022465>
- Massive Waves in the Atlantic: <https://twitter.com/OTerrifying/status/1621015908444704768>

News and Other Links:

- The Futile Search for the Optimal Training Method: <https://andrewrenfree.wordpress.com/2022/04/28/the-futile-search-for-the-optimal-training-method/>
- What the Fitness Industry Doesn't Understand: <https://www.theatlantic.com/health/archive/2022/04/hampton-liu-working-out-pe-exercise/629696/>
- Gymtimidation: Is Everyone Judging You at the Gym?: <https://www.nytimes.com/2023/03/09/well/move/gym-workout-anxiety-fears.html>

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 March 27**.

Adrian coached the 6:00pm and 7:15pm Whitecaps on **Tuesday March 28**.

Mark coached the 6:00pm and 7:15pm Whitecaps on **Thursday March 30**.

Adrian coached the 6:00pm and 7:15pm Whitecaps on **Monday April 3**.

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 April 5 (39 workouts); range: 16-32; average: 23.0
Missed 2 Workouts: **Margaret Janse van Rensburg**

8:40am Earlybirds: January 4 to April 5 (39 workouts); range: 14-24; average: 19.5
Perfect Attendance: **Isla Paterson**

6:00pm Whitecaps: January 3 to April 4 (39 workouts); range: 14-25; average: 20.6
Perfect Attendance: **Cameron Dawson, Christian Cattan, Don Wells**

7:15pm Whitecaps: January 3 to April 4 (39 workouts); range: 10-25; average: 17.7
Missed 5 Workouts: **Gillian Massel, Kelly Biggs, Richard Arsenault**

8:15am Saturdays: January 7 to April 1 (13 workouts); range: 17-29; average: 24.9
Perfect Attendance: **Cori Dinovitzer**

All the time trials are complete! Thanks to everyone who participated. The summary will be in the next (end-of-term) newsletter.

Ask the Coach

Dear Coach: I tend to get leg cramps towards the end of workout when I try to go fast. Any suggestions? Cramping Swimmer

Dear C. Swimmer: Cramping is complicated – there are many factors. Things that can help are stretching before workout, keeping well hydrated, and increasing the amount of magnesium and potassium in your diet.

Dear Coach: I get very out of breath swimming freestyle. This doesn't happen on backstroke or breaststroke. I think my breathing is the issue. What can I do to help with this? Panting Swimmer

Dear P. Swimmer: The key to breathing in freestyle is the exhale. When we get tense we tend to focus on the inhale and neglect the exhale, which can lead to an asthma-like sensation of not getting enough air. Also, ensure that your lead hand stays at the surface (rather than pushing it down) as you breathe in. You can also experiment with turning your head earlier in the stroke to give yourself more time to inhale.

Dear Coach: My freestyle kick is so slow, I almost go backwards. What am I doing wrong? Not a Kicker

Dear N.a.Kicker: Focus on pointing your toes, and turning your toes and knees in. This will help keep your foot inline with your leg, so that your feet are not acting like brakes. Also kick from your hips and think about kicking both up and down, focusing on the up.

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!

April 13-15 Quebec Masters Provincials Cote-St-Luc; SO registration required <https://www.swimming.ca/en/meet/39017/>
April 15 OlymPink B-Train Meet; MSO Registration required; <https://ms.mastersswimmingontario.ca/web/schedule.php>
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 26-28 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
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!

March 25-26 MSO Long Course Provincial Championships, Nepean

Congratulations to **Jamie**, **Paddy**, **Melanie**, and **Enmanuel** who participated in this competition. Great job by **Jamie** on improving the 50 free club record for the third time this year! And impressive job by **Enmanuel** who swam (among other events) the 800IM!!!! Full results: <https://www.mastersswimmingontario.ca/wp-content/uploads/2023/03/2023-03-25-MSO-LCM-Provincials-Results.pdf>. Updated club records: <https://carletonmasters.tripod.com/230326.Records.pdf>.

Jamie Chalmers (Saturdays; 80-84): **2nd** 100 back (2:27.42), 200 back (5:29.59); **3rd** 50 back (1:00.18 - just missing **George Tombler's** club record); 4th 100 free (2:01.50); 6th 50 free (42.92 club record)

Paddy Mallia (6pm Whitecaps; 18-24): 5th 200IM (3:08.19)

Melanie Heroux (8:40am Earlybirds; 40-44; swimming for Orleans Riptide): **1st** women's 120-159 4x100 medley relay (fly split: 4:22.79; total time: 12:47.38); **3rd** 100 fly (4:32.36); 5th 50 fly (1:56.58); 6th 100 free (3:14.70), 100 back (3:07.91), women's 160-199 4x100 free relay (split: 3:09.94, total time: 9:17.22), mixed 100-119 4x100 free relay (split: 3:08.65, total time: 9:41.89); 10th 50 free (1:20.40)

Enmanuel Mujica Manzanilla (8:40am Earlybirds; 35-39): **1st** 200 breast (3:13.46), 100 fly (1:14.23), 200 fly (2:58.11), 800IM (13:18.75), mixed 240-279 4x100 free relay (split: 1:15.90, total time: 5:33.61); 4th 50 fly (35.12), men's 280-319 4x100 medley relay (fly split: 1:18.62), total time: 7:19.49); 5th 50 free (32.92)

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 **April 5**).

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule:

Coming soon.

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:
<https://www.sce.carleton.ca/faculty/lynnmar/masters/early1990sphotos.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>