

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** April 28, 2023 7:27 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 #606

### Carleton Masters Swimming Newsletter #606

Friday, April 28<sup>th</sup>, 2023

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those registered for Fall 2022, Winter 2023, and Alumni, 7:35am Earlybirds I (54 addresses), 8:40am Earlybirds II (47 addresses), 6:00pm Whitecaps I (45 addresses), 7:15pm Whitecaps II (39 addresses), Saturday Only (13 addresses), Alumni (41 addresses).

"You don't have to be the best, you just have to be YOUR best." – Skylar Diggins

### Masters Swimming Program Notes

- The Winter session has ended and the pool is closed for annual maintenance until **Monday May 8**.
- Registration for the Spring and Summer sessions is underway. The Spring session starts on **Monday May 8**.
- Details of the Spring and Summer sessions follow. **There is still space in all groups, but just 4 spots left in the Spring 7:35am group.**

### Spring and Summer Program Details

Registration for the Spring and/or Summer Sessions can be done online:

<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5>

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; \$110+HST

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

**Saturdays:** 8:15-9:25am except **the May 20 workout is 10:45-11:55am**; 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; \$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 **Luciara Nardon** (8:40am Earlybirds) on being one of six Carleton faculty members presented with a Faculty Graduate Mentoring Award for 2022-2023: <https://gradstudents.carleton.ca/faculty-and-staff/faculty-graduate-mentoring-awards/>.

- Sportstats, co-owned by **Isabelle Fradette** (x-Earlybirds) is in the news: Canadian Company that Times Ironman World Championship Sold to Investment Group: <https://triathlonmagazine.ca/news/canadian-company-that-times-ironman-world-championship-sold-to-investment-group/>.

- A big thank you to the National Capital Open Water Swimming Association for this:

### **Update on Open Water Swimming at Meech Lake and Leamy Lake: Summary of NCC Meeting on April 25, 2023**

NCOWSA participated in a NCC Meeting on April 25 to learn of plans for the 2023 Season at Meech Lake and Leamy Lake.

We will publish the NCC Minutes when available but the salient points are:

1. The **Pilot Project for Open Water Swimming that the NCC managed in 2021 and 2022 was declared a success**. By NCC measures, the Pilot opened improved dialogue between stakeholders, enhanced safety of participants, reduced the impacts of OWS on residents and the environment, and improved the recreational value of the activity (adding corridors with training distances).

2. As a result, the **NCC has changed OWS at Meech Lake and Leamy Lake from a Pilot Project to Permanent Activity status** and the cost of management will now be part of the NCC's annual operational budget.

3. There **remain issues that NCC will focus on** including: **no swimming from P12 watercraft launch and no watercraft launching at P10** (O'Brien's Beach) **or P13** (Blanchet Beach), **motorboat presence in the swim corridors, improved starting points at O'Brien's and Blanchet beaches** with more involvement by lifeguards at these two beaches. NCC will now permit boat accompaniment of swimmers at Leamy Lake where multi-use conflicts are lower.

4. **NCC monitoring in 2022 indicated high levels of OWS compliance** in relation to swimmers starting/finishing at proper points, being visible in the water with either a bright cap or a bright swim buoy, keeping noise to minimum before 7 am, staying off private property, and counter-clockwise navigation of the swim corridor buoys. **Conservation officers will again attend Meech Lake in 2023** and intervene with oral or written warnings and, if warranted, ticketing. This applies to OWS non-compliance and watercraft non-compliance.

5. **Signage and Buoys** for the two swim corridors at Meech Lake and one swim corridor at Leamy Lake **should be installed by May 17** with further equipment upgrades in June

Throughout this Pilot our role as representatives of NCOWSA was to advocate for the open water swimming community and provide advice and support for a successful Pilot and a sustainable activity in the future.

All our NCOWSA members can take some credit for helping identify, provide advice on and help reconcile various issues over the course of the two year Pilot Project. We founded NCOWSA in response to the proposition in August 2020 that OWS at Meech Lake and Leamy Lake were "illegal" under NCC Regulations, apart from approved special events like organized triathlons and swim club practices. This uncertainty and conflict has been replaced with a Permanent Activity status and NCC funding.

No doubt there will be further issues to address and improvements to encourage but we find ourselves on a solid base entering the 2023 Season and wish you all an exceptional time enjoying your open water swims.

**Jeff Beedell** on behalf of your **NCOWSA Committee: Jeff Beedell, Fiona Grant, Rick Hellard, Tom McGee, Phil Rogers, Tim Scapillato, Brigitte Zirger**

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

- 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:

- **Alan Corcoran** is Unsinkable Documentary [Thanks to **Rick Hellard**]: "Thirty-five marathons in 35 days wasn't enough. He wanted to swim the length of Ireland. The story of **Alan Corcoran's** unprecedented 500-kilometre sea swim for charity has all the hallmarks of a fascinating documentary. With the stunning backdrop of Northern Ireland and Ireland's wild coastline, the story tells the succession of challenges faced during such a monumental undertaking. Raising

€30,000 for cancer and stroke charities in memory of his dad, it's a film that explores a person's journey through grief, using the swimming project to channel negative emotions into a meaningful, hopeful, inspiring adventure." Showing in Ottawa on May 29: trailer and schedule: <https://ca.demand.film/unsinkable/> [Ed. Note: For the purists, this is a wetsuit swim.]

- **Rick Mercer** Report: Rick and Olympic Swimmers 2012 [Thanks to **Ruth Fawcett** (8:40am Earlybirds)]:

<https://www.youtube.com/watch?v=PxO0aUQUTIU>

- SCAR Swim Challenge: Four Day Four Lake 60 km Race in the Arizona Desert [Ed.Note: This sounds like quite the adventure!]: <https://www.openwaterswimming.com/scar-heats-up-for-a-60-km-race-in-the-arizona-desert/>

- Stroke Wars: How Breaststroke and Butterfly Emerged As Separate Strokes:

<https://www.swimmingworldmagazine.com/news/stroke-warsstroke-wars-how-breaststroke-and-butterfly-emerged-as-separate-strokes>

- Out Of the Tank: The Allure of Something New and Wide Open in Swimming:

<https://www.swimmingworldmagazine.com/news/out-of-the-tank-the-allure-of-open-water-swimming-as-a-replacement-for-the-pool/>

- Watch Speedboat Put Out Fire: <https://www.youtube.com/watch?v=gjCITYru73k>

- 150m High Glass Pool in Houston: <https://twitter.com/AvatarDomy/status/1622278717211901952>

- Core Workout at the Pool: <https://www.instagram.com/p/CllMhOlsvvX/>

- A School of Devil Rays Ride a Wave: <https://twitter.com/fasc1nate/status/1626431348662493184>

- Highest Jump Out of the Water Wearing a Monofin: <https://www.youtube.com/shorts/wzLYK51tXJo>

### News and Other Links:

- Nail Your Golden Recovery Window for Optimum Health and Performance: <https://www.drstacysims.com/blog/nail-your-golden-recovery-window-for-optimum-health-and-performance>

- The Impact of a Single Stretching Session on Running Performance and Running Economy: A Scoping Review: <https://www.frontiersin.org/articles/10.3389/fphys.2020.630282/full>

- Exercise May Help Counteract the Toll of Poor Sleep: <https://www.nytimes.com/2023/03/29/well/move/exercise-benefits-sleep.html>

## Spring Session Information

Dates: Monday May 8 to Friday June 30. No workouts Monday May 22 (Victoria Day), Saturday July 1 (Canada Day)

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; Thu: Deep: **Sean/Mark/Adrian**

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow; Thu: Deep: **Sean/Mark/Adrian**

8:15-9:25am Saturdays, except **May 20 is 10:45-11:55am**: Shallow End (**long course on May 13**): rotating coach schedule

Any changes will be noted here.

### Special Sets:

Thu/Fri Jun 1/2: fin day

Thu/Fri Jun 8/9: short distance time trials (morning groups: lanes 5/6)

Tue/Wed Jun 13/14: short distance time trials (morning groups: lanes 3/4)

Mon Jun 19: 800/1500 free time trial

Mon Jun 26: short distance time trials (morning groups: lanes 1/2)

Thu/Fri Jun 29/30: fun day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplansprsum23.pdf>.

The attendance statistics will be included here once the term starts.

## Ask the Coach

**Dear Coach:** I'm struggling with my fly kick. Any suggestions? Struggling Flyer

Dear S. Flyer: I recommend the vertical dolphin kick drill. Here's a good video:

<https://www.youtube.com/watch?v=fXllaCzXfuE>.

**Dear Coach:** When we did the time trials you added a time penalty for my illegal back to breaststroke flip turn. Can you please review the backstroke turn rules? Embarrassed Swimmer

Dear E. Swimmer: Don't be embarrassed. We all make mistakes and you'll remember this one going forward! For a backstroke to backstroke turn, you are permitted one stroke on your stomach if you do a flip turn. You must leave the wall on your back after the turn. The backstroke to breaststroke turn is considered a backstroke finish (not a backstroke turn), so you must touch the wall while still on your back. You cannot turn onto your stomach until after you touch the wall. On the backstroke finish you may touch the wall with any part of your body. A one-hand touch is recommended, though it is perfectly legal, though not recommended, to finish with your head 😊.

## 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!

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 <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 13 Ottawa Riverkeeper 1.5k and 4k Swims: <https://ottawariverkeeper.ca/riverkeeper-4k/>

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!

### April 17 Boston Marathon

Congratulations to Brian Morris (7:35am Earlybirds) on completing his second Boston Marathon. While his race did not go to plan, he sneaked in under 4 hours in 3:59:46! Great job and look at that smile:





April 22-23 Special Olympics Provincial Swim Championships, Nepean Sportsplex

**Melanie Heroux** (8:40am Earlybirds) participated, swimming for the Nepean Riptides Advanced Group, and sends this link to some great photos: <https://www.flickr.com/photos/soogreaterottawa/albums/72177720307745547>.

## **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 28**).

## **Private and Semi-Private Masters Swim Lessons**

### **Spring/Summer Schedule:**

Monday: 4:00-5:00pm and 5:00-6:00pm

Tuesday: 3:30-4:30pm and 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**

## **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](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

[lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)

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