

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: May 12, 2023 1:51 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 #607

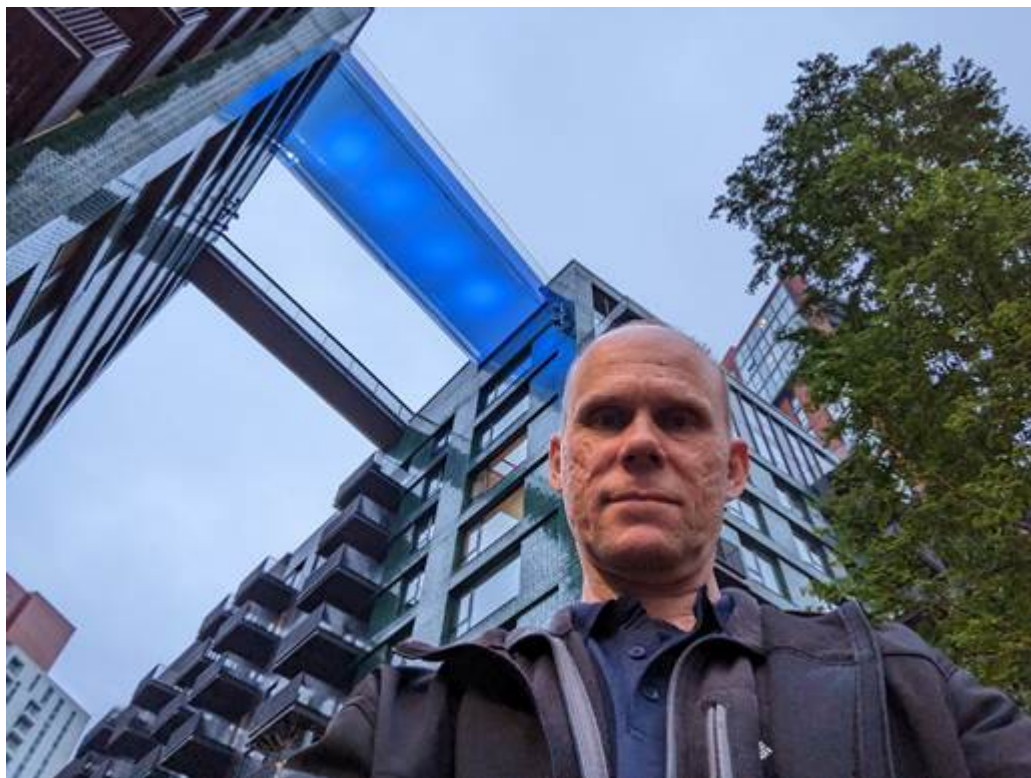
Carleton Masters Swimming Newsletter #607

Friday, May 12th, 2023

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2022, Winter 2023, Spring 2023, and Alumni, 7:35am Earlybirds I (60 addresses), 8:40am Earlybirds II (49 addresses), 6:00pm Whitecaps I (45 addresses), 7:15pm Whitecaps II (41 addresses), Saturday Only (13 addresses), Alumni (38 addresses).

Back in newsletter #551, there was an article about London's Sky Pool (<https://www.dailymail.co.uk/news/article-9503509/Swimmer-takes-drop-worlds-sky-pool-opens-London.html>). Recently, **Ralph Siensen** (8:40am Earlybirds) was in London for a conference and attended an event at The Alchemist <https://thealchemist.uk.com/venues/embassy-gardens/>. Upon arrival, he saw "a big blue thing floating in the sky between buildings, which looked familiar". While he couldn't swim in it, he did get a selfie. Coincidentally, I just finished reading a mystery (Richard Osman's "The Bullet that Missed") where one of the characters lives in this building.



Masters Swimming Program Notes

- The Spring session started on **Monday May 8** and runs until **Friday June 30**.
 - The **Saturday May 13** workout is at the usual time (8:15am) but **long course** (50m set up).
 - The **Saturday May 20** workout is from **10:45-11:55am** due to the Somersault Earlybird Triathlon.
 - **No workouts Monday May 22** (Victoria Day).
- Full details of the Spring and Summer sessions can be found at the end of the newsletter.
 - The **7:35am Earlybirds group is full for Spring**: wait list available (let me know if you are on the wait list)!
 - There is still space in all other groups.

Swimmer Notes

Swimmer Updates:

- Quite a few parking tickets were erroneously issued in Lot 5 this morning. If you were one of them, and haven't yet had your ticket taken care of it, just send me a picture of the ticket.
- Apologies to the 8:40am group whose workout this morning was disrupted by a fire drill. Thank you to the pool staff for letting us stay in 10 minutes late.
- The washroom and some of the showers in the women's change room were closed this morning due to a leak from the floor above. The closure should not last too long. As soon as the leak can be repaired, the area will be cleaned and reopened.
- Convocation will be held in Carleton's Field House from **Monday to Friday June 12 to 16**. There will be three ceremonies each day: 9:00-10:30am, 12:30-2:00pm, and 3:30-5:00pm. Parking will likely be limited or unavailable during this time. Those with parking passes may park in any other legal spot if Lot 5 is not accessible.
- **Permanent Lockers Available**: Permanent lockers are now available for 12-month rentals. Inquire at the Welcome Centre for availability and details.
- The public swim schedule can be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>. Note the changes for May 12-13 and May 19-22.

Aquatic-Related Links:

- London, ON Masters Swimmer, **Brandon Schaufele**, Revived by Teammates After Suffering Cardiac Arrest During Practice: <https://www.swimontario.com/news/fast-action-saves-teammates-life/>
- **Marie Bergeron's** Seminar for Quebec Masters Swimmers on Physical Preparation and its Benefits (en Francais): <https://fnq.ca/loffre-de-services-pour-les-maitres/>
- 101-year-old **Maurine Kornfeld** Finishes 100yd Backstroke at US Masters Nationals in 3:33.16: <https://twitter.com/MastersSwimming/status/1652780174679896065>
- 100 Year-Old Georges-Vallerey Pool in Paris Being Renovated for Training During the Olympics: <https://www.ishof.org/2024-olympic-games-2017-ishof-honoree-georges-vallerey-pool-rejumps-into-the-deep-end/>
- Kiwi **Jono Ridler** Sets New Ultra-Distance Marathon Swim Record after 33 Hours in the Water: <https://www.rnz.co.nz/national/programmes/checkpoint/audio/2018888588/kiwi-jono-ridler-sets-new-ultra-distance-marathon-swim-record-after-33-hours-in-the-water>
- An Unexpected Open Water Challenge: 40 Miles Across Arizona [Ed. Note: Another Article on the SCAR Swims]: <https://www.nytimes.com/2023/05/10/sports/scar-swim-arizona.html>
- Proposed Luxury Apartment Building in Mumbai with Pools on Each Balcony?: <https://twitter.com/fasc1nate/status/1655449369703841792>
- Think Cold Plunges Seem Drastic? Try Doing It Every Day: <https://www.nytimes.com/2023/02/07/style/cold-plunge.html>
- A Beluga Whale Plays Catch Near the North Pole: <https://twitter.com/fasc1nate/status/1626780396737241089>

News and Other Links:

- Five Exercises to Keep an Aging Body Strong and Fit: <https://www.nytimes.com/2023/03/01/well/move/strength-exercises-aging.html>
- Calories Burned [Ed. Note: Your mileage may vary 😊]: <https://www.facebook.com/photo?fbid=593512002821751&set=a.470714528434833>

- The Mental and Physical Benefits of Stretching: What This Essential Part of Your Workout Does For Your Brain and Body: <https://fortune.com/well/2023/01/06/health-benefits-of-stretching/>

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: Usually **Mark** or **Adrian** (with **Sean, Andrew and Lynn** as subs)

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow; Thu: Deep: Usually **Mark** or **Adrian** (with **Sean, Andrew and Lynn** as subs)

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.

Mark coached the **6pm and 7:15pm Whitecaps** on **Monday May 8**.

Lynn coached the **6pm and 7:15pm Whitecaps** on **Tuesday May 9** and **Thursday May 11**.

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>.

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: May 8 to 12 (3 workouts); range: 27-30; average: 28.7

Perfect Attendance: **Andrew Rolleston, Ann Bortolotti, Cheri Reddin, Eleanor Fast, Fiona Hill, Harley Gifford, Liliane Cardinal, Margaret Janse van Rensburg, Margaret King, Mike Mopas, Mike Wheatley, Sam Hersh, Sigi Johnson, Tony Michel, Ursula Scott, Wendy Gifford**

8:40am Earlybirds: May 8 to 12 (3 workouts); range: 20-24; average: 22.7

Perfect Attendance: **Anne Griffith, Bob Tipple, Brenda Ferguson, Cori Dinovitzer, Debby Whately, Flo Kellner, Heather Bonas, Isla Paterson, Kathleen Beall, Luciara Nardon, Mark Blenkinsop, Mary-Lou Dunnigan, Paddy Mallia, Ralph Siemsen, Renate Hulley, Rosie Khuong Do, Sandy Wooley, Steve Dods, Tom Heyerdahl**

6:00pm Whitecaps: May 8 to 11 (3 workouts); range: 16-20; average: 18.7

Perfect Attendance: **Adam Vieira, Christian Cattan, Don Wells, John Clarke, Juliette Pons, Konstantin Petoukhov, Marshall Perrin, Matthew Sinclair, Nicole Delisle, Paddy Mallia, Peter Kallai, Peter Lithgow**

7:15pm Whitecaps: May 8 to 12 (3 workouts); range: 16-19; average: 17.7

Perfect Attendance: **Stephanie Le Saux-Farmer, Seana Biggs, Sam Holmstrom, Richard Arsenault, Kelly Biggs, Joel Meredith, Jean-Francois Jacques, Jay D'Amour**

8:15am Saturdays: Next time!

Ask the Coach

Dear Coach: Last summer I swam outdoors in the summer at the Masters group training at the Rideau Sports Centre. I'm looking for another option this year. Any suggestions? Outdoor Summer Swimmer

Dear O.S. Swimmer: The Masters group at the Rideau Sports Centre will not be happening this year as Coach Pierre Lafontaine has accepted a position coaching the Chinese National team up to the Olympics. Other options include B-Train (at the RA Centre): <https://www.btrainswimming.com/summer-2023/>, and Swim Ottawa Masters at the outdoor JCC pool: <https://anzai.com/get-in-the-pool/june-august-outdoor/>.

Dear Coach: In freestyle, how much should I roll by body when breathing, compared to strokes when I'm not breathing? Freestyle Swimmer

Dear F. Swimmer: You should roll the same amount on each stroke, whether you are breathing or not. Think about initiating the roll from the hips, rather than from the shoulders.

Dear Coach: One-arm freestyle can be done with the opposite arm forward or back. You always have us do it with the arm forward, but I find it harder to roll in that position. Comments? Another Freestyle Swimmer

Dear A.F. Swimmer: For advanced swimmers, one-arm freestyle with the opposite arm back is a great drill, and, as you say, helps with the body roll. However, for less advanced swimmers, keeping a good body position and successfully breathing to the opposite side is very challenging.

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 **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/>
April 19-21, 2024 Swim Ontario Masters Provincials, Etobicoke
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!

May 6-7 Swim Ontario Masters Provincial Championships, Etobicoke

There were two Carleton swimmers in attendance: **Jamie Chalmers** and **me**. There were also some Carleton "Alumni" swimming for other teams. **John and Caroline Waring**, now in Collingwood, were both swimming for the Georgian Bay Squall – the team that won the meet! In the photo below, John is holding the banner and Caroline is behind his left

shoulder. **Kasia Poplawski** (Cobra Masters, Brampton), **Jane Imai** (Etobicoke), and **Jim Wright** (Sarasota Sharks) were also in attendance.

Jamie had a very successful meet and now has six qualifying times for Worlds (maximum of five events). He also set two club records. In the 50m backstroke, he broke **George Tombler's** time of 1:00.09 from 2004 by nearly two seconds, and he improved his 50m butterfly by over three seconds. I improved my 50m freestyle club record by a mere 0.03.

Full results: <https://swimontario.com/liveresults/2023/MPROV/>

Updated club records: <https://carletonmasters.tripod.com/230507.Records.pdf>

Jamie Chalmers (7:35am Earlybirds; 80-84): 1st 100 back (2:18.03), 200 back (5:14.43); 3rd 50 back (58.34 Club Record), 50 fly (1:26.53 Club Record); 4th 100 free (1:55.98); 5th 50 free (44.13)

Lynn Marshall (Coach; 60-64): 1st 400 free (4:55.70), 200 back (2:41.49), 200 fly (2:46.99), 400IM (5:49.80); 2nd 50 free (31.67 Club Record), 100 free (1:08.30), 50 fly (35.85)



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

Carleton Masters Spring/Summer Programs

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: Full: wait list available

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/>.

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>