

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: May 26, 2023 12:36 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 #608

Carleton Masters Swimming Newsletter #608

Friday, May 26th, 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).



Anne Griffith (8:40am Earlybirds) testing out towing her daughter, **Amelia**, at practice this morning in preparation for the open water season. More on **Anne** and **Amelia** below. Note that **Anne** won't tow **Amelia** in this year's Bring on the Bay, but maybe next year!

Masters Swimming Program Notes

- The Spring session started on **Monday May 8** and runs until **Friday June 30**.
 - The **Saturday May 13** workout was at the usual time (8:15am) but **long course** (50m set up).
 - The **Saturday May 20** workout was from **10:45-11:55am** and **long course**, due to the Somersault Earlybird Triathlon.
 - **There were no workouts Monday May 22** (Victoria Day).
 - There are no planned cancellations or changes for the rest of the Spring term.
- 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:

- Good luck to **Liliane Cardinal** (7:35am Earlybirds) for the Canadian Masters National Swimming Championships in Calgary this weekend!

- Congratulations to **Melanie Heroux** (8:40am Earlybirds) on her new job working at the University of Ottawa as a Senior Advisor for Cognitive Accessibility. Unfortunately, her new work schedule means that she won't be able to continue swimming with the 8:40am Earlybirds. We will miss you, **Melanie**!

- From **Anne Griffith** (8:40am Earlybirds):

"This year I will be swimming Bring on the Bay for my daughter, Amelia! Amelia has a congenital spinal cord defect has left her unable to sit independently or use her legs. Luckily, Amelia was accepted to receive assistance from Easter Seals and so will be closely tied to this organization until she is 18 years old. To our family, raising money for Easter Seals is investing in Amelia's future. The money we raise for Easter Seals will provide her with experiences that we as a family cannot. This includes sending her to specialized summer camps where she can engage in water sports, tree top trekking, zip-lining, archery and so much more – nothing is out of reach!

Easter Seals will also provide financial assistance to purchase devices and make our home and vehicle accessible as she ages. As a parent, there are always concerns for your child but for children with special needs the mental and financial stress on parents can be overwhelming. The cost of wheel chairs, standers, bathroom supports, braces, house ramps, accessible vehicles (to list only a few) can be crippling. But thanks to Easter Seals, and the fundraisers like Bring on the Bay that support them, these devices are within reach for a child and their families.

Thank you for taking the time to read this and please consider signing up for the swim or donating to a swimmer.

The organizers for Easter Seals let me create a special team for my daughter. If people would like to join they can sign-up to swim with Club: Team MeMe! It's the nickname Amelia's twin sister, Lily, has given her."

You can sponsor **Anne** here: <https://secure.e2rm.com/p2p/fundraising/382061/participant/5203198/en-CA>. More information on the Bring on the Bay open water swims can be found in the **Masters Swimming Competitions** section below.



- If you are erroneously issued a parking ticket in Lot 5, send me a copy and I'll get it cancelled for you.
- 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/>.

Aquatic-Related Links:

- Deer Goes for Morning Swim in Rideau Canal: https://beta.ctvnews.ca/local/ottawa/2023/5/15/1_6398975.amp.html
- Orcas Have Sunk Three Boats in Europe and Appear to be Teaching Others to do the Same. But Why?: <https://www.livescience.com/animals/orcas/orcas-have-sunk-3-boats-in-europe-and-appear-to-be-teaching-others-to-do-the-same-but-why>
- Child's Anti-Drowning T-Shirt: <https://twitter.com/LMPositif/status/1657072188170567691>
- What is the Dunning-Kruger Effect and How Does it Relate to Pool and Open Water Swimming: <https://loneswimmer.com/2014/11/11/what-is-the-dunning-kruger-effect-and-how-does-it-relate-to-pool-swimming-and-open-water-swimming/>
- Huge Octopus: <https://twitter.com/WaterIsScary/status/1626749156617506816>
- Rolling a Kayak without Spilling (Much) Beer: <https://twitter.com/cctvidiots/status/1661499225379831808>
- Cycling Through Water in Belgium: <https://twitter.com/gunsnrosesgirl3/status/1627574895004581888>
- Toddler "Ice Bath" with Her Mother: <https://www.facebook.com/reel/710674670568142/?s=ifu>
- Prisoners in Ecuador Make Swimming Pool in Courtyard Due to Flooding: <https://twitter.com/DailyLoud/status/1661505443179507716>

News and Other Links:

- Inquiry into Entirety of Canadian Sport System Called for at Parliamentary Hearing: <https://www.thestar.com/sports/2023/05/15/inquiry-into-entirety-of-canadian-sport-system-called-for-at-parliamentary-hearing.html>
- The Weekend-Only Exercise Plan: <https://www.nytimes.com/2023/04/28/well/move/weekend-only-workout.html>
- How to Prevent Exertion Headaches: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-to-prevent-exertion-headaches>

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 15, Thursday May 18, Tuesday May 23, and Thursday May 25**.

Adrian coached the **6pm and 7:15pm Whitecaps** on **Tuesday May 16**.

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.

Note that the **34** swimmers in attendance at the 7:35am Earlybirds on Wednesday May 24 was a post-COVID record for a workout held in 6 lanes! Great to see such a great crowd after the long weekend!

7:35am Earlybirds: May 8 to 26 (8 workouts); range: 26-34; average: 28.9
Perfect Attendance: **Andrew Rolleston, Ann Bortolotti, Cheri Reddin, Eleanor Fast, Fiona Hill, Margaret Janse van Rensburg, Mike Mopas, Sigi Johnson, Ursula Scott**

8:40am Earlybirds: May 8 to 26 (8 workouts); range: 18-27; average: 23.5
Perfect Attendance: **Cori Dinovitzer, Heather Bonas, Isla Paterson, Luciara Nardon, Mary-Lou Dunnigan, Steve Dods, Tom Heyerdahl**

6:00pm Whitecaps: May 8 to 25 (8 workouts); range: 16-25; average: 21.4
Perfect Attendance: **Adam Vieira, Christian Cattan, Don Wells, Juliette Pons, Konstantin Petoukhov, Matthew Sinclair, Peter Kallai, Peter Lithgow**

7:15pm Whitecaps: May 8 to 25 (8 workouts); range: 12-19; average: 15.5
Perfect Attendance: **Stephanie Le Saux-Farmer, Richard Arsenault, Joel Meredith**

8:15am Saturdays: May 13-20 (2 workouts); range: 20-27; average: 23.5
Perfect Attendance: **Andrea Chandler, Bicki Westerheide, Bob Tipple, Cheri Reddin, Christian Cattan, David Lapins, Don Wells, Isla Paterson, Jim Farmer, Joanie Conrad, Joel Meredith, Karen Jensen, Liliane Cardinal, Luciara Nardon, Lynn Marshall, Mariette Kenney, Nicole Le Saux**

Ask the Coach

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.

From Coach Mark: Further to the question above (from last time), I have a comment about 1-arm, but butterfly, and since we'll get there with drills soon....

Much like 1-arm free as a drill, 1-arm fly is very common. The same question exists - is the other arm forward or back? Either can be done and aren't as dependent on level of skill, and each has its benefits. If your other arm is forward, it acts as a guide and helps maintain your body position and direction. If your other arm is back, it helps emphasize the correct body undulation, which is otherwise very hard to simulate. Why not try both!

Thanks **Mark!**

Dear Coach: Can you review the timing of the arms in freestyle? Freestyle Swimmer

Dear F. Swimmer: Of course. You want to take the time to stretch forward with a slight pause between strokes. When you are in the position with one arm stretched forward, and the other stretched back, the back arm should move first. You want to aim for about a 3/4 catch-up, i.e. one arm is 3/4 of the way around when the other one starts moving.

Dear Coach: When exhaling, should I breathe out through my nose, or my mouth, or my mouth and nose? Improving Swimmer

Dear I. Swimmer: If you wear a noseclip, then you will breathe out only through your mouth. Otherwise, you need to breathe out through your nose as well as your mouth, so that water doesn't go up your nose. Not exhaling fully causes many beginner and intermediate swimmers to get out of breath. When we get tense, we don't exhale well, which means that we can't inhale properly. Focusing on the exhale will help your endurance. Check this out:

<https://www.swimwell.com.au/single-post/2019/08/03/why-breathing-out-is-more-important-than-breathing-in-when-swimming>.

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/>

June 11 Welland 1k, 3k, and 5k Open Water Swims <https://raceroster.com/events/2023/65626/welland-open-water-swim-and-swimrun-challenge>

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 6 Canaqua Sports Midsummer Classic, Welland 1k, 2.5k, 5k, 10k swims <https://www.canaquasports.com/welland-canal-open-water-swim.html>

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 20 Earlybird Long Triathlon, Carleton U (500m/30k/5k; 152 participants)

Congratulations to **Margaret** and **Jake** on their results. If anyone else participated in any of the Earlybird events, please let me know!

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=117578>

Margaret King (7:35am Earlybirds; W60-64): 44th overall; 3rd woman, and 1st in category in 1:41:37 (swim 9:47)

Jake Graham (7:35am Earlybirds; M40-44): 129th overall; 84th man, and 19th in category in 2:11:54 (swim 11:42)

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 **May 24**).

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>