

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: June 15, 2023 11:01 AM
To: 'Steve Baird'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'
Subject: Water Shut-Off Cancelled!: Carleton Masters Swimming Newsletter #610

Carleton Masters Swimming Newsletter #610

Thursday, June 15th, 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 (44 addresses), 7:15pm Whitecaps II (41 addresses), Saturday Only (13 addresses), Alumni (38 addresses).

"You accomplish victory step by step, not by leaps and bounds." – Lyn St. James

Masters Swimming Program Notes

***** Please note that the water shut-offs scheduled for June 18 to 20 have been postponed / cancelled. Thus, 7:15pm Whitecaps II will run as usual on Monday June 19. The workouts on June 20, June 26, and June 27 will now end at the normal 8:15pm time. *****

- 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).
- 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.

Bring on the Bay

Coach **Mark** is encouraging everyone to participate in **Bring on the Bay** on **Saturday July 15**. You can sign up for a 1.5k or 3k swim: <https://bringonthebay.com/>. For team you can select "Carleton University Masters" or "Team Meme" (see below). Talk to **Mark** for more information.

As per the last newsletter, **Anne Griffith** (8:40am Earlybirds)'s daughter, **Amelia**, is an Easter Seals kid, and is raising funds for Easter Seals by doing this swim, and has also set up "Team MeMe". MeMe is what Amelia's twin sister, Lily, calls her. **Anne** sends a big thank you for those who have already sponsored her. Here's the link: <https://secure.e2rm.com/p2p/fundraising/382061/participant/5203198/en-CA>.

Swimmer Notes

Swimmer Updates:

- Note that the Carleton Masters web site has moved to: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.
- 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.
- Technosport swimmer **Pat Niblett's** full obituary: <https://www.sweenyfuneralhome.ca/book-of-memories/5205288/Niblett-Patricia-Pat/>.
- If you are erroneously issued a parking ticket in Lot 5, send me a copy and I'll get it cancelled for you.
- **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:

- Meet the Hamilton Man, **Loren King**, who Swam Across Cook Strait: <https://www.thespec.com/news/hamilton-region/opinion/2023/06/07/meet-the-hamilton-man-who-swam-across-cook-strait.html>; alternate format: <https://drive.google.com/file/d/1ZbSmOxPwJGOzR0P2ueBYh-hlPohl4urB/view>
- B.C. Blind Swimmer, **Scott Rees**, Aims to Swim 30km Across the Georgia Strait to Raise Money for Guide Dogs: <https://globalnews.ca/news/9669483/blind-man-swim-georgia-strait/>
- Masters International Swimming Hall of Fame Honoree and American **Maurine Kornfeld** Embraces Joy of Swimming at age 101 – Still Setting Records: <https://www.ishof.org/mishof-honoree-maurine-kornfeld-embraces-joy-of-swimming-at-101-still-setting-records>
- American **Albert Edgerton**, 97, only started swimming in his early 80s. Now, he's a national champion in the 50 freestyle: <https://twitter.com/MastersSwimming/status/1665726417298964480>
- Summertime in America, Beneath the Surface: **Larry Sultan's** Photo Book: Swimmers: <https://www.nytimes.com/2023/06/02/books/larry-sultan-swimmers.html>, <https://www.mackbooks.us/products/swimmers-br-larry-sultan>
- How Not to Go Down a Water Slide: <https://twitter.com/NoContextHumans/status/1663536143730630657>
- Pool During the Earthquake in Turkey: <https://twitter.com/historyinmemes/status/1637563352149905408>
- The Most Active Muscles in Freestyle Swimming: <https://www.swimmingscience.net/the-most-active-muscles-in-freestyle-swimming/>
- Sun Protection for Swimmers: <https://outdoorswimmer.com/featured/sun-protection-for-swimmers/>

News and Other Links:

- Amazing American Female Ultra-Runner **Camille Herron** Breaks Men's Course Record at Texas Trail Festival Marathon: <https://www.runnersworld.com/news/a44096589/camille-herron-breaks-texas-trail-festival-marathon-course-record/>
- For a Better Workout, Trick Your Brain: <https://www.nytimes.com/2023/05/26/well/move/exercise-workout-motivation-brain.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 7:15pm Whitecaps 2 workout on Monday June 19 will now run as 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; 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.

Lynn coached for **Tim** on **Saturday June 10**.

Adrian coached the **6pm and 7:15pm Whitecaps** on **Monday June 12** and **Tuesday June 13**.

The **7:15pm Whitecaps** workout ran until **8:30pm** on **Monday June 12**.

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://www.sce.carleton.ca/faculty/lynnmar/masters/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 June 14 (16 workouts); range: 22-34; average: 27.3
Perfect Attendance: **Ann Bortolotti, Ursula Scott**

8:40am Earlybirds: May 8 to June 14 (16 workouts); range: 18-29; average: 24.1
Perfect Attendance: **Heather Bonas, Mary-Lou Dunnigan, Steve Dods**

6:00pm Whitecaps: May 8 to June 13 (16 workouts); range: 16-25; average: 20.4
Perfect Attendance: **Juliette Pons, Peter Lithgow**

7:15pm Whitecaps: May 8 to June 13 (16 workouts); range: 10-19; average: 14.6
Missed 1 Workout: **Richard Arsenault, Joel Meredith**

8:15am Saturdays: May 13 to June 10 (5 workouts); range: 20-27; average: 23.4
Perfect Attendance: **Bob Tipple, Christian Cattan, Joel Meredith, Luciara Nardon, Mariette Kenney**

Congratulations to those who participated in the **Earlybirds Lanes 3 and 4 time trials** on Wednesday. Details of the time trials will be included at the end of the Spring term.

Ask the Coach

Dear Coach: Why do you recommend getting my time when I swim repeats in workout? Math-Challenged Swimmer

Dear M-C. Swimmer: If you always swim at the same speed in workout, your improvement will plateau. To improve you need to "shock" the system by varying the speed. The only way you'll know if you are following the workout (e.g. descending, ascending, building, negative split, etc.) is by getting your times.

Dear Coach: Is it better to use a (smart-)watch or the pace clock for timing myself? Technology-Loving Swimmer

Dear T-L. Swimmer: It is best if everyone in the lane uses the pace clock, as that way the lane can stay together and ensure that swimmers leave 5 seconds apart. If you have trouble seeing the pace clock, prescription goggles are not expensive and can be a great help. If you are using a watch, just ensure that fiddling with it doesn't detract from your workout!

Dear Coach: I'm working on using the pace clock, and I have the seconds figured out, but how do I know how many minutes have gone by? Pace Clock Math Help Needed

Dear P.C.M.H. Needed: With an analog pace clock, it is indeed a challenge to figure out the minutes from the clock. (That is much easier with a digital pace clock.) However, once you have an idea of your usual pace for each stroke, you will know the number of minutes. If 50m freestyle takes you about 45 seconds, then your 200 time will be around 3:00. If 50m takes you around 1:00, then your 200 would be near 4:00. If 50m takes you about 1:15, then a 200 would be around 5:00, etc.

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!

July 9 Worlds Warm Up Etobicoke LC Meet; SO registration required <https://www.swimming.ca/en/meet/39469/>
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 Triathlon, Carleton U

Tony's age group has been corrected. If I missed anyone/anything else, do let me know!

Sprint Triathlon (500m/20k/5k; 198 participants)

Great job by **Tony** and **Leila**!

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=117580>

Tony Revitt (8:40am Earlybirds; M50-54): 5th overall; 4th man, and 1st in category in 1:09:05 (swim 7:40)

Leila Mostaco-Guidolin (7:35am Earlybirds; W40-44): 36th overall, 10th woman, and 1st in category in 1:24:26 (swim 9:50)

Long Triathlon (500m/30k/5k; 152 participants)

Congratulations to **Margaret** and **Jake** on their results.

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)

May 27-28 Ottawa Race Weekend

I'm sure that many others participated – please let me know!

Half Marathon (8676 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=118517>

Tony Revitt (8:40am Earlybirds; M50-54): 820th overall, 676th man, and 41st in category in 1:43.38
Jake Graham (7:35am Earlybirds; Walker): 6804th overall; 3477th man, and 61st in category in 3:11:04.1

June 3 Whiteface Mountain Uphill Bike Race (247 participants)

Congratulations to **Sheila** on a great race! Her son, **Evan**, also participated. Full results:
<https://auyertiming.com/pdf/files/WF%20Uphill%20OV%20WED%2023.pdf>.

Evan Kealey (M20-29): 29th overall, 10th in category in 52:04

Sheila Kealey (8:40am Earlybirds; W50-59): 130th overall, 1st in category in 1:09:26

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 **June 13**).

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://www.sce.carleton.ca/faculty/lynnmar/masters/>.

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, a parking pass 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/se0/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: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

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