

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: August 11, 2023 12:09 PM
To: 'Steve Baird'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson';
'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #613

Carleton Masters Swimming Newsletter #613

Friday, August 11, 2023

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2022, Winter 2023, Spring 2023, and Alumni, 7:35am Earlybirds I (61 addresses), 8:40am Earlybirds II (48 addresses), 6:00pm Whitecaps I (46 addresses), 7:15pm Whitecaps II (41 addresses), Saturday Only (15 addresses), Alumni (39 addresses).



Here is **Mike Wheatley** (7:35am Earlybirds), fourth from the right, with his (mostly) Calgary Pacific Storm Water Polo Age 50+ Team at the World Aquatics Masters Championships in Kyushu, where they won the bronze medal (details in “Race Results”)!



Jamie Chalmers (7:35am Earlybirds) in lane 0 (closest to the camera) starting his 200m back at Masters Worlds, where he had his best result, finishing 7th in the 80-84 age category. Photo credit **Sheryl Slater**. Full details in "Race Results".

- The Summer session runs from on **Tuesday July 4** to **Saturday September 2**.
 - There are **no workouts on Monday September 4 (Labour Day)**.
- Full details of the Summer session can be found at the end of the newsletter.
 - The **7:35am Earlybirds** group is **full** for Summer. **Please let me know if you are on the wait list.**
- Details on the Fall Session are in the next section. Registration starts at **noon on Thu Aug 17**.

Fall Session Details

Registration for the Fall session starts at **noon on Thursday August 17**. Some groups will fill quickly so please mark your calendars! If you wish to use a credit on your account, you must register by phone or in person. Otherwise, registering online is recommended: <https://rec.carleton.ca/>.

Fall Session: Tuesday September 5 to Saturday December 23; no workouts Monday October 9

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$204+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$204+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Adrian, Mark, Paddy, Sean; \$220+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Adrian, Mark, Paddy, Sean; \$204+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$100+HST

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

Swimmer Notes

Swimmer Updates:

- For those planning to swim on **Saturday September 2**, note that Colonel By Drive will be closed for a triathlon, and students will be moving into residence, so it could be very busy at the main campus entrance!

- Congratulations to **Coach Mark Blenkinsop** on receiving the inaugural **Luc Bourbonnais** Teaching Innovation and Excellence Fund for Contract Instructors!: <https://science.carleton.ca/honouring-the-legacy-of-carleton-university-instructor-luc-bourbonnais-the-first-ever-instructor-award-in-mathematics-and-statistics/>

- **Andrea Chandler** (7:35am Earlybirds) is interviewed in this Global News piece (at around 1:50): <https://globalnews.ca/news/9878756/putin-alexei-navalny-sentenced-extremism/>.

- **Liz MacNeil** and **Gary Cousens** (6pm Whitecaps) recommend this Netflix free diving documentary, "The Deepest Breath": <https://www.netflix.com/tudum/articles/the-deepest-breath-freediving-documentary>

- You can now swim at this new spot on the Ottawa River: <https://ottawa.ctvnews.ca/the-ncc-river-house-opens-with-a-new-public-swimming-area-in-ottawa-1.6494880>; https://twitter.com/NCC_CCN/status/1687514270479634439; <https://www.instagram.com/p/CvK0rT1g45M/>

- Notes:

- Lifeguards on duty 7am to 7pm until Sept 4.

- While there is a small black plastic mesh-like "wall" to turn on in the 25-27m swim lanes, it is not really visible while swimming, so you need to count your strokes or use some other method to determine when you are almost at the wall.

- If you or anyone you know of was part of any of the four University of Waterloo Swimming and Diving CIAU Championship winning teams from 1976 to 1979, please contact Claudia (Claudia.croninschlote@gmail.com). A reunion is being planned for 2025.

- Just a note that the Aquasport coupon (near the end of this newsletter) expires at the end of this month. The Varsity swim team is not planning an order with them this summer, which means that the coupon will not be renewed. That said, if anyone has suggestions for a group Masters order, we could certainly look into that (and thus get the coupon renewed for another year).

- Ravens summer camps are in full swing which means high traffic is expected around Stadium Way and Lot P5 in the mornings and afternoons from Monday to Friday until the end of August. As a result, delays may occur when entering and exiting this area. Please drive safely.

- Coach **Andrew** and I recently completed an inventory of the Varsity swim team merchandise and we have the following available for sale to raise funds for the Varsity team. All items are \$20 each.

- Purple cotton short-sleeved T-shirts with Ravens Swimming logo on the front: Men: 4: L; 1: M; Women: 4: L; 4: M; 2: S
- Black hoodies with red trim (like this: <https://carleton.ca/seo/wp-content/uploads/Spirit-Day-Hoodie-Size-Chart-1-1.pdf> \$20): 1: XL; 8: L; 5: M; 3: S
- Black TYR Women's 100% polyester swimsuit with "CARLETON" on the chest: 5: size 36 only
- Red Ravens Swimming back pack with the name "Hamdy" embroidered on it (which could be covered up)

- 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:

- Swimmer **Dan Ho**, 63, Pulled Out to Sea by Current, rescued in New York after 5 hours Treading Water:

<https://www.cbc.ca/sports/dan-ho-swimmer-rescued-treading-water-new-york-1.6924282>

- Blind B.C. Man, **Scott Rees**, to Swim Strait of Georgia to Help Those in Need of Guide Dogs:

<https://www.cbc.ca/news/canada/british-columbia/strait-of-georgia-swim-scott-rees-canadian-guide-dogs-for-the-blind-1.6914751>

- In a Global First, **Steve Stievenart** Swims Nonstop for Over 51 Hours Between California Coast and Catalina Island in a Triple Crossing: <https://www.thebrighterside.news/amp/in-a-global-first-man-swims-nonstop-for-over-51-hours-between-california-coast-and-catalina-island>

- Paris to Bring Back Swimming in Seine After 100 years: <https://www.bbc.com/news/world-europe-66238618>

- Shark Gets a Cuddle from the Diver Cleaning the Tank: https://twitter.com/B_S/status/1664312015484076040

- Dolphin Living its Best Life: <https://twitter.com/buitengebieden/status/1664592930634448897>

- How to Rediscover Your Swimming Flow After a Break: <https://outdoorswimmer.com/featured/how-to-rediscover-your-swimming-flow-after-a-break/>

- eo SwimBetter Swim Stroke Analysis Tool: <https://triathlonmagazine.ca/gear/analyze-your-swim-stroke-in-ways-you-didnt-think-possible-with-eo-swimbetter/>

- Like Ultra-Distance Swimmer **Justine**, Just Have Fun: <https://www.traverseelactremblant.ca/en/2023/06/12/like-justine-just-have-fun/>

News and Other Links:

- **Sean Conway** Sets New Record With 102 Iron-Distances in a Row ... then Adds 103:

<https://triathlonmagazine.ca/personalities/sean-conway-sets-new-record-with-102-iron-distances-in-a-row-then-adds-103/>

- The Mind is Willing, So the Body Doesn't Have Much Choice:

https://www.nytimes.com/2023/07/24/sports/hockey/senior-hockey-snoopy.html?unlocked_article_code=d1B0T0wRigj4AxfGfwfmGe7URuvZg6bnGrpBek9L-VagdlzfEUoH3cJ5Ny9oD3C-VwjmMJLvBNITwOFKDTAIX4xpDUoQ5921kureq8J_EXOhKZreiuNw92yek7-M-gzhRXcyvvYUNs5sUOcUZ6kwnrxGgt3WnYyet0tBGUYBehNChFiUPmw8-C52LDckonZ7xOaaAS_JQFWWOVYr8k7NwQv_eZTiBC9Oe0oRyUREgqifq8dMZjOa3M1-npJFzmW1598aLXdZDFr0DLbC62JgzsGjhrmjwHOCiaKARLFvLIQF9sdaOzV_M3AKLlWaDTIIfdQrtFW8ImjXzM-6M9OdyfNS1Dg&smid=url-share

https://www.nytimes.com/2023/06/28/well/move/alcohol-exercise-workout.html?unlocked_article_code=u6MjD2CVFca_Vyk6m41U5tsRvAEmdKsO6K7apu9ThNsHoClyhKu1OwYxvnkKHdNp_VX12wM4bXjcepayRj8318O7MXaicSGtbssB9A5MjRxSr57AjymkfoYVD_QooWWbG158uNjBvXk4E03YhEz6C_aA-MNWgGkK31fRJRjPjhcLi831rNV0m4JO9BWeQX414TwYppHofh2UKSfMqSa8A1kMCLFMu58156NReygPnAllMT0GnN4oFYebWu65hjlrLtsA1mZIE-6s8fR5A6llSu8kxV_3ZOfiEJ0FSBGkRzNIC4Psleu0YF1sRvKlOjOuPHplbCWYf11JRGH9j7iFjXxvo&smid=url-share

- Can You Mix Booze and Exercise?: https://www.nytimes.com/2023/06/28/well/move/alcohol-exercise-workout.html?unlocked_article_code=u6MjD2CVFca_Vyk6m41U5tsRvAEmdKsO6K7apu9ThNsHoClyhKu1OwYxvnkKHdNp_VX12wM4bXjcepayRj8318O7MXaicSGtbssB9A5MjRxSr57AjymkfoYVD_QooWWbG158uNjBvXk4E03YhEz6C_aA-MNWgGkK31fRJRjPjhcLi831rNV0m4JO9BWeQX414TwYppHofh2UKSfMqSa8A1kMCLFMu58156NReygPnAllMT0GnN4oFYebWu65hjlrLtsA1mZIE-6s8fR5A6llSu8kxV_3ZOfiEJ0FSBGkRzNIC4Psleu0YF1sRvKlOjOuPHplbCWYf11JRGH9j7iFjXxvo&smid=url-share

Summer Session Information

Dates: Tuesday July 4 to Saturday September 2. No workouts Monday July 3 (Canada Day Stat Hol), Monday August 7 (Civic Holiday).

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and 3 Lanes Shallow: **Lynn**
6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: **Mark, Adrian, Sean, Paddy**
12:15-1:25pm Saturdays: Shallow End: rotating coach schedule

Any changes will be noted here.

A big thank you to **Tim** for coaching the **7:35-8:35am Earlybirds** for **Lynn** on **Wednesday August 2, and Friday August 4.**

Paddy coached for **Adrian** on **Saturday July 29.**

Paddy coached the **6:00-7:10pm Whitecaps** on **Monday July 24, Tuesday July 25, Monday July 31, and Tuesday August 1.**

Sean coached the **6:00-7:10pm Whitecaps** on **Thursday July 27 and Thursday August 3.**

Mark coached the **6:00-7:10pm Whitecaps** on **Tuesday August 8 and Thursday August 10..**

Special Sets:

Tue/Wed July 25/26: short distance time trials (morning group: lanes 7-9)
Thu/Fri August 3/4: fin day
Tue/Wed August 8/9: 800/1500 free time trial
Tue/Wed August 15/16: short distance time trials (morning groups: lanes 4-6)
Thu/Fri August 24/25: short distance time trials (morning groups: lanes 1-3)
Thu/Fri August 31/September 1: 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: July 5 to August 11 (16 workouts); range: 28-40; average: 33.9
Perfect Attendance: **Bruce Brown, Natalie Aucoin, Ralph Siemsen, Steve Dods, Susan Hulley, Ursula Scott**

6:00pm Whitecaps: July 4 to August 10 (16 workouts); range: 13-26; average: 21.1
Missed 1 Workout: **Adam Vieira, Kelly Biggs**

12:15pm Saturdays: July 8 to August 5 (5 workouts); range: 9-14; average: 12.0
Perfect Attendance: **Elaine Yardley, Nicole Delisle**

Details of the time trials will be in the end of term newsletter.

Ask the Coach

Dear Coach: Would it be faster to keep my arms bent on the backstroke arm recovery? I believe that would take less effort. What do you think? A Backstroker

Dear A. Backstroker: While it may take less energy to keep the arms bent on the recovery, it would cause more drag, as keeping the arms straight makes it easier to roll the body and ensure that one shoulder (or the other) is out of the water. Having both shoulders underwater will slow you down.

Dear Coach: How can I improve my technique? New Swimmer

Dear N. Swimmer: For the first month of the Fall, Winter, and Spring terms (i.e. September, January, and May), the weekday groups do drill sets between the warm up and the main set. You can also ask your coach for feedback anytime.

Dear Coach: Should I spread my fingers wide apart or squeeze them tight together when swimming? What is the ideal distance between the fingers? Improving My Swimming

Dear I.M. Swimming: For all strokes you want to keep your hands fairly relaxed, so fingers neither wide apart or squeezed together. Research shows that gaps of 3-8mm between fingers is ideal. With this distance between the fingers the water will not slip through between them.

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. Details for 2023-2024 will be posted here soon!

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!

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/>

February 23 – March 3, 2024 World Aquatic Masters Championships, Doha

<https://www.worldaquatics.com/news/3544328/competition-dates-announced-for-the-world-aquatics-masters-championships-doha-2024>

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!

July 15 Bring on the Bay Swims, Ottawa

Update – now up to 28! Congrats to **Enmanuel** on his silver medal! I counted 25 Carleton swimmers, but I probably missed some – please let me know if you did the swim but are not listed! There were 585 swimmers who completed the races. Full results: <https://bringonthebay.com/race-day/results/>. Congratulations to everyone, especially the podium finishers: **Ingrid** won the women's 30-39 wetsuit division! **Heloise, Kathleen, Liliane, and Mark** were silver medallists, and **Jessica** finished third in her category.

1.5k (188 participants): Results: <https://www.sportstats.ca/display-results.xhtml?raceid=118596>

Mark Blenkinsop (Coach; M40-49): 16th overall; 7th man, and 2nd in category in 25:08.1

Teagan Meredith (Joel's daughter; F14&U): 18th overall; 11th woman and 5th in category in 25:22.7

Juliette Pons (6pm Whitecaps; F15-19): 31st overall; 18th woman, and 6th in category in 28:09.7

Mike Sowka (7:35am Earlybirds; M40-49): 55th overall; 19th man, and 4th in category in 31:17.7

Jessica Reddin (Cheri's daughter; F20-29): 62nd overall; 40th woman, and 3rd in category in 31:31.6

Matthew Sinclair (6pm Whitecaps; M30-39): 84th overall; 31st man, and 5th in category in 34:40.6

Heloise Emdon (7:35am Earlybirds; F60-69): 110th overall; 71st woman, and 2nd in category in 39:30.3

Summer O'Neill (Saturdays; no category specified): 129th overall

Kathy Ye (7:35am Earlybirds; F30-39): 133rd overall; 86th woman, and 12th in category in 41:51.8

Wendy Gifford (7:35am Earlybirds; F60-69): 148th overall; 96th woman, and 6th in category in 45:08.2

Kathleen Beall (7:35am Earlybirds; F70-79): 157th overall, 103rd woman, and 2nd in category in 49:18.0

Jennifer Glassman (7:35am Earlybirds; F50-59): 158th overall, 104th woman, and 12th in category in 49:23.2

3k (475 participants): Results: <https://www.sportstats.ca/display-results.xhtml?raceid=118595>

Ingrid Hagberg (Whitecaps; F30-39 Wetsuit): 49th overall; 14th woman, and 1st in category in 47:10.8

Enmanuel Mujica Manzanilla (7:35am Earlybirds; M30-39): 51st overall; 36th man, and 2nd in category in 47:18.2

Nathan Fudge (6pm Whitecaps; M40-49): 53rd overall, 37th man, and 4th in category in 47:26.3

Hadley Meredith (Joel's son; M14&U): 55th overall, 39th man, and 8th in category in 47:32.1

Gillian Massel (6pm Whitecaps; F30-39): 105th overall; 35th woman, and 5th in category in 53:01.2
John Clarke (6pm Whitecaps; M50-59): 118th overall; 73rd man, and 7th in category in 54:12.8
Anne Griffith (8:40am Earlybirds; F40-49): 212th overall; 95th woman, and 17th in category in 1:01:38.1
Luciara Nardon (7:35am Earlybirds; F50-59): 249th overall; 116th woman, and 17th in category in 1:05:16.4
Sean Kelly (Ursula's husband; M60-69): 259th overall; 134th man, and 8th in category in 1:06:00.3
Christiane Wilke (Earlybirds; F40-49): 316th overall, 159th woman, and 26th in category in 1:11:52.5
Tom Heyerdahl (8:40am Earlybirds; M60-69): 343rd overall; 164th man, and 13th in category in 1:16:02.2
Jake Graham (7:35am Earlybirds; M30-39): 344th overall, 165th man, and 7th in category in 1:16:23.8
Jesula Drouillard (7:10pm Whitecaps; F50-59 Wetsuit): 361st overall; 192nd woman, and 17th in category in 1:20:09.4
Mary Donaghy (7:35am Earlybirds; F50-59): 374th overall; 201st woman, and 37th in category in 1:23:20.4
Liliane Cardinal (7:35am Earlybirds; F70-79): 400th overall; 217th woman, and 2nd in category in 1:31:27.3
Ursula Scott (7:35am Earlybirds; F60-69): 403rd overall; 220th woman, and 11th in category in 1:33:16.1

July 17 to 29 Men's Water Polo World Championships

David Lapins (6pm Whitecaps) is #11 on the Canadian Team. In round-robin play (Group B), they beat China and then lost to Italy and France, finishing 3rd in their group. On July 23 they played USA (who finished second in Group A) in a crossover match, losing 13-10. That put them in the 9-12 classification matches. They lost 13-5 to Croatia, and 23-11 to Japan, ending in 12th place. Full results: <https://waterpolo.sportresult.com/res.asp?event=WCH2023>.

July 20 to 23 Dragon Boat National Championships, Welland

Congratulations to **Debby Whately** (8:40am Earlybirds), **Megan Holtzman** (8:40am Earlybirds), **Cheri Reddin** (7:35am Earlybirds), **Carolyn Odecki** (6pm Whitecaps), **Colette Kenney** (Earlybirds), **Isabelle Fradette** (Earlybirds), **Claude Tellier** (Earlybirds) on their great performances, and for earning spots at Worlds next year! Thank you to **Debby** for this summary.

Bytown Dragonboat club had a very successful National Championships the weekend of July 20-23. The medals are awarded by combined points over 3 distances (200 m., 500 m. and 2K).

Our Senior A Women's team (which included **Debby**, **Megan**, **Isabelle**, and **Cheri**) won a Bronze medal. We placed second in the 500 m., third in 2K and third in 200m.

The Senior B Women's team (which included **Isabelle**, **Cheri**, and **Claude**) were solid Gold. They won all their races in a very convincing fashion to dominate the field.

The Senior C Women (which included **Debby**, **Colette**, **Carolyn**, and **Claude**) also won Gold. They came second in the 500 m., First in the 2K and third in the 200 m.

The Senior C Mixed boat (which included **Colette** and **Carolyn**) finished fifth. They were fifth in the 500 m., sixth in 2K (with a penalty or they would have been fifth) and fourth in 200m.

We also had a Senior C Small Open boat (10 paddlers in a standard size boat consisting of mainly males but we had 2 female paddlers) won a Silver medal. They had second place finishes in the 500 m. and 200 m. distances and third in the 2K distance. This boat was proudly steered by **Carolyn**.

All five boats qualified to go to Italy next year for the World Championships.

July 23 Toronto Triathlon Festival Sprint Triathlon (750m/20k/5k; 589 participants)

Great job by Coach **Paddy**! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=118621>.

Paddy Mallia (Coach; M20-24): 337th overall; 215th man, and 22nd in category in 1:40:19.0 (swim 11:02)

August 6 Deep River Triathlon (750m/27k/8k; 34 participants)

Congratulations to **Peter K** – awesome race!! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=128569>

Peter Konecny (6pm Whitecaps; M50-59): 3rd overall; 3rd man, and 1st in category in 1:33:59.0 (swim 14:32)

August 5 to 11 World Aquatics Masters Championships, Japan

Great job by both **Mike** and **Jamie** at Worlds!

Mike Wheatley (7:35am Earlybirds) played for the mostly-Calgary-based Pacific Storm Water Polo Team in the 50+ category. There were four teams in that category. Two are from the USA (Darkside, and Orange County Riptide) and the fourth from Japan (Hippopotamus). Pacific Storm placed 3rd after the round robin, beating Hippopotamus 16-5, and losing to Darkside 17-3 and Orange County Riptide 17-5. In the semi-finals they lost to Orange County 17-2. In the bronze medal match against Hippopotamus, they played their best game winning the bronze medal by a score of 21-6. Full results: <https://seikosports.com/wmc2023/ddr/1000523001/AQ/WP/M/400/30/TOURNAMENTSUMMARY.pdf>

Jamie competed in swimming in the 80-84 category. Great results, including improving his club record in 50 fly by over 7 seconds, and two Top 10 finishes!! Full results: <https://seikosports.com/wmc2023/sw/>. Updated club records:

<https://www.sce.carleton.ca/faculty/lynnmar/masters/230811.Records.pdf>

Jamie Chalmers (7:35am Earlybirds; M80-84): 7th 200m backstroke (5:14.07); 9th 50m fly (1:19:02: club record); 16th 50m back (1:02.31); 20th 50m free (43.71)

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 **July 18**).

Notes and Reminders

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

Note that the schedule is currently full, but reach out if you are interested and we'll figure something out!

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.

Carleton Masters Summer Program

Registration for the Summer Session 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:

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: full (wait list available)

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mark, Adrian, Sean, and Paddy; \$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/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), some silicone caps (\$2), as well as some brand new Speedo silicone caps and Speedo thick polyester 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

lynnmar@sce.carleton.ca

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