

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: September 15, 2023 3:51 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 #616

Carleton Masters Swimming Newsletter #616

Friday, September 15, 2023

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2023 and Alumni: 7:35am Earlybirds I (44 addresses), 8:40am Earlybirds II (40 addresses), 6:00pm Whitecaps I (40 addresses), 7:15pm Whitecaps II (30 addresses), Saturday Only (11 addresses), Alumni (1 address); plus those registered for Fall 2022, Winter 2023, Spring 2023, Summer 2023, and Alumni: 7:35am Earlybirds I (19 addresses), 8:40am Earlybirds II (17 addresses), 6:00pm Whitecaps I (17 addresses), 7:15pm Whitecaps II (16 addresses), Saturday Only (8 addresses), Alumni (38 addresses).

"As much as talent counts, effort counts twice." – Angela Duckworth

Masters Swimming Program Notes

- The Fall session runs from **Tuesday September 5** to **Saturday December 23**.
 - There are **no workouts on Monday October 9** (Thanksgiving).
- Registration details for the Fall session can be found at the end of the newsletter.
 - Note that the 7:35am Earlybirds, 8:40am Earlybirds, and 6:00pm Whitecaps are **full** for Fall. Please let me know if you are on a wait list.

Swimmer Notes

- **Community Members Parking Update:** Most community memberships include a Lot 5 parking pass (<https://athletics.carleton.ca/memberships/>). As long as your parking information is on file with the Welcome Centre, members can enjoy up to 3 hours of parking in Lot P5 during the Fitness Centre's hours of operation. HotSpot codes are no longer required.

- Carleton will be hosting home football games on the following dates, which may affect parking in Lot 5:

Saturday September 23: 1pm

Saturday October 21: 1pm

Note that if you have a Lot 5 parking pass and Lot 5 is closed, you may park in any other legal spot on campus.

- As per the recently posted signs, speed cameras will soon be installed on Bronson Avenue near Brewer Park [thanks to **Ralph Siemsen** (8:40am Earlybirds) for the tip].

- **Margaret Janse Van Rensburg** (7:35am Earlybirds) is in the research stage of her Ph.D. and needs your help in sharing the below and/or this link (<https://www.sce.carleton.ca/faculty/lynnmar/masters/Recruitment%20Poster.png>) with your networks:

My name is Margaret and I am a PhD Candidate in the School of Social Work at Carleton University, working in partnership with the Ottawa Adult Autism Initiative. This research is entitled *Investigating perceived barriers to and facilitators of providing Ottawa's Autistic adults with mental health support*. I am asking that the information about my research be shared broadly in your network to those who may be interested in participating, **including practitioners and professionals whom may have worked with Autistic adults in Ottawa and practitioners and professionals who provide mental health support.**

You can participate if you are:

- A practitioner or professional who has experience supporting an Autistic adults* mental health in Ottawa.
- Comfortable completing an online questionnaire and engaging in a 60 to 90-minute recorded Zoom interview
- At least 18 years old
- Comfortable in the English language

*Autistic adults include self-identified, diagnosed, and undiagnosed

This study will ask participants to fill out an online demographic and work experience questionnaire via Qualtrics and to participate in an audio-recorded one-to-one semi-structured interview via Zoom for approximately 60-90 minutes, where they will be asked questions about structural, organizational, practitioner, personal, and individual barriers to supporting Autistic adult mental health, and strategies, adaptations, and considerations they find useful. All those who participate in interviews a \$10 e-gift card from a pre-determined list. This research has been cleared by Carleton University Research Ethics Board A Clearance #119805. If you would like to participate in this research project, or have any questions about the research, please contact Margaret at margaretjansevanrens@cmail.carleton.ca

- 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:

- Great Job by **Nadine Bennett** (Previously from Ottawa) on Swimming the Length (40km) of Lake Memphremagog: <https://myemail.constantcontact.com/A-Sweet-Swim-by-Nadine-Bennett-In-Search-of-Memphre-2023.html?oid=1107378559323&aid=jx4zEhAPziU>

- To Experience Paris Up Close and Personal, Plunge into a Public Pool:

https://www.nytimes.com/2023/09/03/world/europe/paris-france-swimming-pools.html?unlocked_article_code=LrAwluNyYZSBtZhKj7U1g9ZSqv2bRdZ3idOKOkvQOBIHGEBFONN_IDT12IO5WP4uZC883f7hM841qsCagH9UH8fa6jjj4P1Pz7uNYqzc65E4NEsm3cd4MCW31Q2PCOvm5mMsoTrFbd64OIBDu455-Xzl0vQD6s_3HrSDtJ9V7Amp5M45peTLj2AybLcZHDiiQBq5xRkfZz1vxguXj96zQmNHx8FMcs3gFI0YXY6TWxEWf-FDZt8CnCMk8I7aspUG6nhEe7mpkO6EtjWKqgexnfOqvu548se5gMDYQ8L8BGAlusAeu5foiKzqG-heVe9o-Gxg4ciEXDejXo-iNMR7a-3hIRNSXB5jeT8&smid=url-share

- The Case Against Aerobic Base with **Dave Salo** [Ed. Note: The first 2:50 is ads]:

<https://www.youtube.com/watch?v=7lw8AV4tgFw>

- Lap Pool Traffic Report: <https://twitter.com/SwimCartoons/status/1672698591498969088>

- **Bob Bowman** Says This is **Michael Phelps'** Biggest Contribution to the 200 Fly: <https://swimswam.com/bob-bowman-says-this-is-michael-phelps-biggest-contribution-to-the-200-fly/>

- At 97, the First Lady of Fitness, **Elaine LaLanne**, Is Still Shaping the Industry:

https://www.nytimes.com/2023/09/04/well/move/elaine-lalanne-fitness-exercise.html?unlocked_article_code=gwV24-h3Ob-IM4w3lr7Hq-UKBYfJjsVHdkGrZ7AvNLMdEcuea_4yC_BKAbp90J_uQM-Wc4JFV5RgnUc3RQUiJfSLxGHWoAIFIOq4sesLuiwKjPaNp8_cllg30PVGlleX7cY3Eytwn77s5LoBq1sIRXZtWafWzg3uxoPQARZeXglD1NgqYbtRjyQLChaF2OqNhWxOlqL1oSyZUWt8hfCoUgvVECgWYe_-GOw3JhHha-fUAQd3G4TctiWANM4qfedVsANbn8MPKcmqJrrWoUcAbfX9eopFmRLqwunQurfYYs7H4a6IVdiX-JmikQB47mc5oHt2EPUhuPCNxq1cTc3YrrSfwd3f4A8-R7T&smid=url-share

- **Kieren Perkins:** 5 Lessons on Mental Toughness for Swimmers: <https://www.yourswimlog.com/kieren-perkins-mental-toughness-for-swimmers/>

- Butterfly Viewed from Below: <https://twitter.com/duoswim/status/1675567782577020929>

News and Other Links:

- "If You Can Dream It, You Can Make It Happen." Meet Bangladesh's First Ironman World Championship Finisher: **Mohammed Shamsuzzaman Arafat** has Inspired a Nation Through his Endurance Exploits: <https://triathlonmagazine.ca/personalities/if-you-can-dream-it-you-can-make-it-happen-meet-bangladeshs-first-ironman-world-championship-finisher/>
- This Is What Happens to Your Body If You Don't Eat After a Workout: <https://www.spartan.com/blogs/unbreakable-nutrition/should-you-eat-after-a-workout>
- What Happens When You Are Stressed?: <https://fitpage.in/navigating-stress-and-aging/>
- Reverse Engineering Longevity: <https://www.bluezones.com/2016/11/power-9/>
- Stop Working Out on an Empty Stomach. You're Missing Out on Big Muscle Gains: <https://www.cnet.com/health/fitness/stop-working-out-on-an-empty-stomach-youre-missing-out-on-big-muscle-gains/>
- Study Reveals How Exercise Turns Back the Clock in Aging Muscles: <https://www.medicalnewstoday.com/articles/study-reveals-how-exercise-turns-back-the-clock-in-aging-muscles>
- The Heartache of Being Sidelined From Your Favorite Sport: https://www.nytimes.com/2023/01/09/well/move/sports-injury-recovery.html?unlocked_article_code=Yi0tase5HF2Z7mAW5g7_xCRIqv5pP8m0A6EcluiyUzUgKhdDf_lIcbfN0tJ9ax3YJ2n5VYpnOf5_rZJv3_c67BlgycvZvoC9v626i9X_1IG2a-RqxPnXc3aQVnZySRaZTW9lk6uaqyllkqyt1ke53ITKE2n4Z0M4OPhcMk4Rt4kO5p7Of9f6UX7ZmVPNxGpPAJYwc32vAohuF9n7r9XmloWcnVPtrSKIqPWXiQ2dikz5g7guGxckGloqbDELBG8IF8TJ7eMw2EPmgVpKf5XtjSB8HWL6uk2olaeWpWWDDRqPM6wl0qrCv_xKP1K6poCSA8LSsYQVDqLSDfvTm-HtTD&smid=url-share

Fall Session Information

Dates: Tuesday September 5 to Saturday December 23. No workouts Monday October 9 (Thanksgiving).

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: Mon: **Sean**; Tue: **Mark**; Thu: **Paddy** (sub: **Adrian**)

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

8:15-9:25am Saturdays: Shallow End: rotating coach schedule

Further details and changes will be noted here.

Special Sets:

Tue/Wed Oct 17/18: fin day

Mon Nov 6: 1500/800 free time trial

Thu/Fri Nov 16/17: fin day

Tue/Wed Nov 21/22: short distance time trials (morning groups: lanes 1-2)

Tue/Wed Nov 28/29: short distance time trials (morning groups: lanes 3-4)

Thu/Fri Dec 14/15: short distance time trials (morning groups: lanes 5-6)

Thu/Fri Dec 21/22: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanfall23.pdf>.

Here are the attendance statistics for the term so far. 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: September 6 to 15 (5 workouts); range: 23-32; average: 27.2

Perfect Attendance: **Bruce Brown, Ian Lorimer, Jennifer Glassman, Josh Weissbock, Margaret Janse van Rensburg, Marie Pelletier, Matthew Helmer, Paul Buzuloiu, Ray Anderson, Ursula Scott**

8:40am Earlybirds: September 6 to 15 (5 workouts); range: 21-29; average: 24.8

Perfect Attendance: **Andrea Chandler, Cori Dinovitzer, Evelyn Simpson, Flo Kellner, Heather Bonas, Kathleen Beall, Luciara Nardon, Mary-Lou Dunnigan, Ralph Siemsen, Renate Hulley, Sandy Wooley, Steve Dods, Tom Heyerdahl**

6:00pm Whitecaps: September 5 to 14 (5 workouts); range: 22-29; average: 25.8

Perfect Attendance: **Cameron Dawson, Christian Cattan, Christian Jaumann, Christiane Wilke, Danika Bigras, Ellie Shermer, Juliette Pons, Nicole Delisle, Peter Konecny**

7:15pm Whitecaps: September 5 to 14 (5 workouts); range: 15-16; average: 15.6

Perfect Attendance: **Elaine Yardley, Hannah MacLellan, Joel Meredith, Kelly Biggs, Kevin Graham**

8:15am Saturdays: September 9 (1 workout); range: 19-19; average: 19.0

Perfect Attendance: Everyone who was there! (To be updated next time.)

Ask the Coach

Dear Coach: Would it be possible to include your lane etiquette tips in the next newsletter? Returning Swimmer

Dear R. Swimmer: Thanks for the reminder. Here they are:

Lane Etiquette

Here are a few tips to ensure that you and your lane-mates all have a good swim.

- Ensure that you know what direction your lane-mates are swimming in (clockwise or counter-clockwise) before you start.
- Swim in a circle during warm-up, even if your lane isn't busy at the start of workout (there will often be late arrivals).
- If you arrive late, join in with the others in your lane, rather than starting at the beginning of the warm up.
- Keep a minimum 5 second gap between swimmers, except when passing.
- If you are catching up to the person in front of you, pass or ask to go ahead on the next repeat.
- **Pass only when it is safe to do so.** Your lane-mates should be aware of where you are, but if you suspect a lane-mate doesn't know that you want to pass, just tap lightly on his/her feet.
- Do your turns in the middle of the lane (on the cross on the wall), to avoid collisions with those behind you.
- If you stop at the wall during warm up, ensure that you move to a corner of the lane, so that those swimming can turn in the middle.
- During the main set, the lane should follow the set provided (correct distances and pace times, e.g. 4 x 50 is not a straight 200).
- If you need to make modifications to the workout due to injury, etc., ensure that your lane-mates are aware, and, if appropriate, move to a different lane.
- During the main set, ensure that everyone in your lane has space to finish at the wall at the end of each repeat. This may mean moving away from the wall if you're in a busy lane.
- If you get lapped in the main set, skip a 50 and join back in with your lane-mates.
- If you are not happy with the speed of your lane (too fast or too slow), please let your coach know, but keep in mind that we only have 6 lanes!
- Put all your equipment away neatly in the appropriate location after your swim. (Ask if you're not sure where something goes.)
- Keep an eye on the time, and exit the water promptly at the end of your workout.
- If there are any issues with lane etiquette in your lane, please let your coach know.

Dear Coach: Can you go over the finish of the stroke again? How do I avoid throwing water up at the end of the stroke? Improving My Freestyle

Dear I.M. Freestyle: There are two steps to the finish, or three if you include exiting the hand from the water. As you do the finish of the stroke, your body will be rolling so that you are turned towards your side by the end of the stroke. Step 1 starts once the elbow can go no further. At this point you straighten the elbow while keeping the fingers pointed towards the bottom of the pool (i.e. gradually bend your wrist back as you straighten the elbow). Step 2 is to straighten the wrist ending with your hand parallel to your upper thigh (and completely submerged). Step 3 is to slide your hand out of the water, exiting with the little finger.

Dear Coach: I am getting very out of breath when swimming freestyle. I feel like I can't breathe in properly. Any suggestions? New Freestyler

Dear N. Freestyler: When learning freestyle, we tend to get very tense as our body stresses about getting air. If you focus on exhaling, that will make the inhalation easier. If you feel like you are getting water in your mouth when you try to inhale, then focus on rotating your body and head a bit further.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2024), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$50**. For both, it's **\$65**. Contact me for more details.

Here's a list of upcoming meets and races mostly in Ontario and Quebec. (To be updated soon with more meets for the coming season.)

October 28 Brossard Masters Invitational, Montreal (SO registration required) <https://www.swimming.ca/en/meet/39635/>

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 (SO registration required)

May, 2024 Canadian Masters Swimming Championships, Windsor (SO registration required)

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!

August 27 Cornwall Olympic Triathlon (1.5k/40k/10k; 124 participants)

Congratulations to **Jake** on a great race! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=118335>

Jake Graham (7:35am Earlybirds; M40-49): 103rd overall, 74th man, and 23rd in category in 3:38:41.0 (38:56 swim)

September 2 Canadian Iron 113 Sprint Triathlon (750m/20k/5k; 264 participants)

Great job by **Leila** – a podium finish! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=117603>

Leila Mostaco-Guidolin (7:35am Earlybirds; F40-44): 60th overall, 12th woman, and 2nd in category in 1:28:52.0 (13:28 swim)

September 2 Canadian Iron 113 Half Iron Triathlon (1.9k/93k/21k; 32 participants)

Awesome job by **Peter** – second overall and an age group win, and a great swim, too! Full results:

<https://www.sportstats.ca/display-results.xhtml?raceid=117599&status=results>

Peter Konecny (6pm Whitecaps; M60-64): 2nd overall, 2nd man, and 1st in category in 4:45:38.0 (31:00 swim)

September 9 Haliburton Forest 26km Trail Race (133 participants)

Great job by **Peter**, especially as it was just one week after a half Ironman triathlon! He says: "Fell twice; missed a turn and ran an extra 2 min (no big deal). That one hurt!" Full results:

<https://drive.google.com/drive/mobile/folders/1LpyBHSf3Uiooj3t4y-6HFZYMM7dBe6IN>

Peter Konecny (6pm Whitecaps; M60-69): 2nd overall, 1st man, and 1st in category in 2:37:28.06

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 **August 28**).

Notes and Reminders

Private and Semi-Private Masters Swim Lessons

Fall Schedule: Note: Currently fully booked, but reach out if you are interested.

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

Tuesday: 3:45-4:45pm and 4:45-5:45pm

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 Fall Programs

Registration for the Fall Session can be done online:

<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5>. If you wish to use a credit on your account, then

register by phone or in person.

Here are the details of the programs and dates:

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: **Full** (wait list available)

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$204+HST: **Full** (wait list available)

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Paddy, Mark, Sean (sub: Adrian); \$220+HST: **Full** (wait list available)

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Paddy, Mark, Sean (sub: Adrian); \$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/>.

General Masters Information:

- **Memberships:** To be able to swim with Masters, you need a membership good for the entire term. It must include pool access and be valid for the time of day when you will be swimming. The different membership options are listed here: <https://athletics.carleton.ca/memberships/>.
- **Parking:** Most community memberships include parking in Lot 5. However, between 10am and 4pm Monday to Friday, you must use the hot spot code to register for two hours free parking. (We hope that use of the hot spot will soon be eliminated.)

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/>.

Carleton Ravens Gear: Swim caps (\$15), and T-shirts, hoodies, size 36 women's suits, and a red back pack with "Hamdy" on it (\$20 each) 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.

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/>