

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: October 27, 2023 2:25 PM
To: Colin Adams; 'Steve Baird'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #619

Carleton Masters Swimming Newsletter #619

Friday, October 27, 2023

To: Carleton Masters Coaches / Staff (10 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 (42 addresses), 7:15pm Whitecaps II (38 addresses), Saturday Only (11 addresses), Alumni (46 addresses).

"You must take action now that will move you towards your goals. Develop a sense of urgency in your life." – H. Jackson Brown, Jr.

Masters Swimming Program Notes

- The Fall session runs from **Tuesday September 5** to **Saturday December 23**.
- 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

- Lot 5 will likely be accessible only to convocation participants on **Saturday November 4**. If you have a parking pass for Lt 5, you may park in any other legal spot on campus.

- As **Monday October 30** will be **Liliane Cardinal** (7:35am Earlybirds) last day before her move to Montreal, we will do the **800 time trial for the morning** groups on that date (one week earlier than originally scheduled). The 1500 time trial will remain on Monday November 6.

- **Isla Paterson** (8:40am Earlybirds) had her letter "Like Skyscrapers Around the Eiffel Tower" published in the Ottawa Citizen on **October 21**:

<https://ottawacitizen.com/opinion/todays-letters-members-of-canadian-military-deserve-decent-affordable-housing>.

- Congratulations to **Tom Heyerdahl** (8:40am Earlybirds) on completing an English Channel qualifying swim!!! Here's his report and two photos:

"On Saturday, October the 14th, I swam from Mooney's Bay to past Hunt Club Bridge, returned to Hogs Back Falls, and then added an extra 1500 m for a total of 12.5 km in six hours and five minutes.

Air temp at entry was 4° windchill, 11 degrees on exit. Water temp was 13.7 on entry and 14.7 on exit, 6 hours five minutes later, thus counting as an unofficial English Channel Qualifier.

It was intentional this time, and not accidental, like my first marathon 10 k swim three years ago. I'm proud that I swam 25% further with only 6 more minutes. Lol. And no, I don't have a pilot booked yet, nor plans for the channel in the next 12 months, so I guess I'll have to make this an annual thing!

Many thanks to my awesome kayaker, Rock Blanchard, and my rock on shore, the ever patient Colin Smith.”





- The **Carleton Masters Annual Festive Gathering** will be held on **Saturday November 25** from 6:30pm on at the home of **Don Wells** (6pm Whitecaps), **Joanie Conrad** (6pm Whitecaps), **Sam** and **Ben** at 376 Hamilton Avenue South. Full details: <https://www.sce.carleton.ca/faculty/lynmar/masters/Festive%202023.pdf>.

- **Randi Karstad** (x-7:35am Earlybirds) sends this report from Norway and would be happy to have visitors!

“Here are photos from the Trondheimsfjord this summer.

Swimming at the outdoor «Trondheims sjøbad» from 1857(!).

Kajaking in Steinkjer, the end of the Trondheimsfjord. We saw dolphins and lots of eider birds.

Trondheim is also the site of Nidaros cathedral and every year a festival takes place here at the end of July «Olavsfest». Pilgrims from east north and south gather for it. I hiked and biked the old mountain pass road from Sweden this summer (king Carl Johans road) and arrived in time for the festivities.”



- **Derrick Motz** (Derrick.Motz@uottawa.ca) is a PhD student at uOttawa. He is working with researchers from Cape Breton University and the University of Lethbridge on a study on adult athletes' preferences for their coaches approach to their

training. Warning that it's a bit long as there are 22 different questions about coaches:
<https://www.surveymonkey.ca/r/AdultAthletesCoachingPreferences>.

- Entries are now open for the MSO (Masters Swimming Ontario) **Red vs. Blue meet at the Nepean Sportsplex on Sunday December 10**. If you wish to participate as a member of the Carleton Masters this season, you need to contact me to register with MSO for \$20 **before** you register for the meet. If you register for the meet first, you will swim as unattached and pay a \$7.50 additional fee (in lieu of joining MSO).

- **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. If you get a new car or new plate, let the Welcome Centre know so that your parking information can be updated.

- If you are erroneously issued a parking ticket in Lot 5, send me a copy and I'll get it cancelled for you. If necessary, I'll also get your plate information updated.

- **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

- **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:

- 82-Year-Old **Paddy Conaghan** Epitomizes The Open Water Swimming Man of the Year; *Man of Arran* Film Trailer: <https://dailynewsofopenwaterswimming.com/paddy-conaghan-epitomizes-the-open-water-swimming-man-of-the-year/>

- Five Tips for Better Body Position in Swimming (and Why It Matters So Much): <https://www.yourswimlog.com/body-position-swimming/>

- Who Is The Quickest Swimming Youtuber?: https://www.youtube.com/watch?v=pwq_i2MY8G0

- The Exercise That Changed My Relationship With My Body: https://www.nytimes.com/2023/07/25/magazine/pots-postural-orthostatic-tachycardia-syndrome.html?unlocked_article_code=M4Bw2dDX2KMTxitwoPYoNPdXj7BmLVF85UiLisWKtFjMRuAE2E3iYR84wRR-tzryMQhwsrpNKh-NvNLgS5C51kG8amYb_Z9QdXQpaz74Ng0Giem8b14uXNq8M0w517-m7614dzUrA-OmDNInh8ShyoXkocAYIRVw3EqKp3OWyxnmNH37tPyakh_Wkq3F8AI9LpAkOd3xIkqZBCC6Vqtl-

[3XLbgvCq2ZfaYhJG2sd-LggQfYaNgHpljbr8RULNEF4iZsWWUSggu9rNVNthZf14XI0pHcc4J9W9J70ocxO-07MBYt9qNm1kVC8nfpUSFr2uOeLIS2b44f3Yzs TRYzistfrMSeekK3jNnRWGWVQkpHKDulflOtA&smid=url-share](https://www.nytimes.com/2023/10/19/well/move/grip-strength-muscles-health.html?unlocked_article_code=1.4Ew.hX8p.u36bz2UIY0cl&smid=url-share)

- Book Review: Undoing **Jane Doe**: How I Put the Middle School Coach and Teacher Who Sexually Abused Me Behind Bars by **Kristen Lewis Cunnane**, Cal-Berkeley Swim Coach: <https://www.swimmingworldmagazine.com/news/book-review-undoing-jane-doe-how-i-put-the-middle-school-coach-and-teacher-who-sexually-abused-me-behind-bars/> [Ed. Note: The review mentions a foreword by **Teri McKeever**. She was later fired for bullying: <https://swimswam.com/cal-fires-teri-mckeever-after-8-month-investigation-into-allegations-of-bullying/>]

News and Other Links:

- Eight Sports Nutrition News Tips You Can Use: <https://triathlonmagazine.ca/nutrition/eight-sports-nutrition-news-tips-you-can-use/>
- Why Your Grip Strength Matters, and How to Improve It: https://www.nytimes.com/2023/10/19/well/move/grip-strength-muscles-health.html?unlocked_article_code=1.4Ew.hX8p.u36bz2UIY0cl&smid=url-share
- The Importance of Remaining Physically Active While Aging to Reduce the Risk of Falls: <https://sirc.ca/blog/remaining-physically-active-while-aging/>
- Twelve Workouts to Try in 2023: https://www.nytimes.com/2022/12/30/well/workouts-exercises.html?unlocked_article_code=YGPbuQs3L5eseprZv9U8nIxiHF-4qRwu3sb1vbmOSseheuAit_CSIIttPFHK4Ebl00d40Udxpfgkcx165EohGafyV7_b7P6KjYpY1Yk_rr3JYfZPJtclcsFhIYKSyHQT3MrOk4oJJ2lwtDR07wH9G7aE3Ry05a7VUxbKF2F6BlwCrk76nClakAiu2oOdhg1e5-ZeRw7-bIMDhS6kYL0b5FRTxoE-EXo68TPPrR--mIWenUxBwke9L6y1IUnIYAm6VTWbEbi1AZQ7SQXYCgNzbdYiHIKj0MTktTRzBH8DiZezXYTM3eN0cXNW3z2GRc0oGXb_8JnZpZn&smid=url-share
- Ten Foot Exercises for Balance and Stability: <https://www.aarp.org/health/healthy-living/info-2023/foot-balance-exercises.html>

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.

Adrian coached the **6:00pm and 7:15pm Whitecaps** for **Sean** on **Monday October 16**.

Special Sets:

Tue/Wed Oct 17/18: fin day

Mon Oct 30: 800 free time trial for Earlybirds

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 October 27 (22 workouts); range: 18-32; average: 24.4
Perfect Attendance: **Bruce Brown, Ursula Scott**

8:40am Earlybirds: September 6 to October 27 (22 workouts); range: 19-31; average: 24.1
Perfect Attendance: **Luciara Nardon**

6:00pm Whitecaps: September 5 to October 26 (22 workouts); range: 14-30; average: 24.8
Perfect Attendance: **Cameron Dawson, Christian Cattan**

7:15pm Whitecaps: September 5 to October 26 (22 workouts); range: 12-20; average: 15.5
Perfect Attendance: **Joel Meredith**

8:15am Saturdays: September 9 to October 21 (7 workouts); range: 20-31; average: 25.9
Perfect Attendance: **Don Wells, Joanie Conrad, Joel Meredith, Luciara Nardon, Lynn Marshall**

Ask the Coach

Dear Coach: The pool staff have been a bit slow in getting the deep end ready for the 6pm Masters group on Thursdays. Could something be done about this? Punctual Swimmer

P. Swimmer: I talked to the “powers that be”. Please keep me posted as to whether the set up is being completed in a timely manner.

Dear Coach: During the first month of each term when we are doing drill sets, would it be possible to have warm ups that don't include additional drills? Advanced Swimmer

Dear A. Swimmer: Many of the newer swimmers like to have a chance to practice the drills from the previous workout. However, keep in mind that “drill” just means focusing on technique. During the drill part of the warm up, you are welcome to swim with just one aspect of the stroke in mind (e.g. long strokes, good catch, etc.).

Dear Coach: What is the point of tools like fins, paddles, and snorkels? Is there a training advantage or is it just a chance to mix things up? Curious Swimmer

Dear C. Swimmer: It is a bit of both! Fins are great for getting your heart rate up (as the legs have large muscles). They also help with extending the ankles (i.e. pointing the toes), which is useful for beginner kickers. Paddles get you to focus on your hand position, as well as helping you go a little faster (like mini-fins for your hands). I use fins and paddles a lot in my private lessons as they can be very helpful. Note, however, that they can put extra strain on the joints, so those with ankle, knee, or hip issues may want to avoid (or be very careful) with fins. Similarly, paddles are not recommended for those with shoulder issues. I'm not a big fan of snorkels as exhaling into the air is less safe, in these COVID times, compared to exhaling underwater. When using a snorkel, especially after the turn, there is a very large exhale to clear the snorkel. That's why I am not currently permitting Carleton Masters swimmers to use snorkel's during workout. However, the benefits of snorkels include being able to work on your freestyle technique without having to turn your head to breathe (one less thing to think about). In addition, it's more challenging to breathe through a snorkel (vs. the open mouth) so it makes you work a little harder.

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.

Details of Swim Ontario and Quebec meets can be found (after they are sanctioned) at <https://www.swimming.ca/en/events-results/live-upcoming-meets/>. (I will add detailed links below when available, if I remember!) Details on MSO meets can be found here: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

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

November 4 Round 2 Quebec Cup Centre Claude-Robillard, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/40041/>

November 5 EOMAC Semi-Serious, Etobicoke, Toronto (SO registration required)

<https://www.swimming.ca/en/meet/39897/>

November 8-12 Barbados Open Water Festival 1.5k to 10k Swims <https://www.barbadosopenwaterfestival.com/>
December 2 Round 3 Quebec Cup Montreal Nord (SO registration required)
December 10 Red vs. Blue, Nepean Sportsplex (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
December 17 IM Fast, TPASC, Scarborough (SO registration required) <https://www.swimming.ca/en/meet/41091/>
December 31 100x100 set Etobicoke
January 21 Susan Douglas Memorial, Wilmot (SO registration required)
January 27 Round 4 Quebec Cup Drummondville (SO registration required)
January 29 Alderwood 25m Yards Meet, Alderwood (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
February 3 ROC No-Excuse-No-Regret, Clarington (SO registration required)
February 4(?) Round 5 Quebec Cup LCM, Quebec City(?) (SO registration required)
February 17 Nepean Winterlude LCM Meet, Nepean Sportsplex (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
February 23 – March 3, 2024 World Aquatic Masters Championships, Doha
<https://www.worldaquatics.com/competitions/3328/world-aquatics-masters-championships-doha-2024>
March 3 Stephen Forsey Meet, Markham (SO registration required)
March 16 Round 6 Quebec Cup Victoriaville (SO registration required)
March 22-24 MSO LCM Provincials, Markham (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
April 19-21, 2024 Swim Ontario Masters Provincials, Etobicoke (SO registration required)
April 19-21 Quebec Masters Provincials, Pointe-Claire, Montreal (SO registration required)
May 24-26 Canadian Masters Swimming Championships, Windsor (SO registration required)
<https://www.swimming.ca/en/events-results/events/2024-speedo-canadian-masters-championships/>
July 6(?) 5km King Wolf Swim, Kingston to Wolfe Island
July 13-14 Ontario Open Water Championships, Gravenhurst (SO registration required)
August Canadian Open Water Festival, Welland (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!

October 22 Pointe-Claire Canoe Kayak Fall Classic

Congratulations to **Cheri Reddin** (7:35am Earlybirds) and **Debby Whately** (8:40am Earlybirds), members of “Splash Sisters” an OC6 (6-person Outrigger Canoe) team that competed in the 10k and 2.5k races. They finished second in their division in the 10k, and first in the 2.5k. Full results: <https://www.pccanoekayak.ca/>.



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/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 2024. 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, 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

lynnmar@sce.carleton.ca

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