

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: December 8, 2023 11:25 AM
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 #622

Carleton Masters Swimming Newsletter #622

Friday, December 8, 2023

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2023 and Alumni: 7:35am Earlybirds I (45 addresses), 8:40am Earlybirds II (40 addresses), 6:00pm Whitecaps I (42 addresses), 7:15pm Whitecaps II (40 addresses), Saturday Only (11 addresses), Alumni (47 addresses).

"The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you really believe 100 percent." – Arnold Schwarzenegger

Masters Swimming Program Notes

- The Fall session runs from **Tuesday September 5** to **Saturday December 23**.
- Masters Interim Workouts will be held **Wednesday December 27 6:00-7:15pm**, **Friday December 29 6:00-7:15pm**, and **Saturday December 30 12:00-1:15pm**. These will be available to all swimmers upon payment of a drop-in fee – details to be provided next time.
- Registration for Winter has started.
 - Details are in the following paragraph. There is still space in all groups, but register soon to ensure that you get your first choice(s)!
- 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.
- Thanks to all the Earlybirds who did short distance time trials on **Monday November 27**. There were lots of good swims and many improvements. The details will be in the end of term newsletter. We will try to do the same for both the long and short time trials in the Winter term (i.e. schedule them when the Varsity team is away)!

Carleton Masters Winter Programs

Registration for the Winter Session has started and 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:

Winter Session: Tuesday January 2 to Saturday April 13; no workouts Monday February 19 or Friday March 29; workouts on Monday April 1 are one hour later than usual for the morning groups, and one hour earlier than usual for the evening groups.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$186+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$186+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Mark, Paddy (sub: Adrian); \$206+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean, Mark, Paddy (sub: Adrian); \$190+HST
Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$94+HST

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

Swimmer Notes

- **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (6pm Whitecaps) would like to thank everyone for contributing to the success of the 2023 Masters' festive gathering on 25-November-2023. They thoroughly enjoyed hosting this annual tradition. For those of you who like to plan ahead, pencil in a tentative date of 23-November-2024! 😊🎉
- Thank you to everyone who donated to Carleton on Giving Tuesday. Over \$1.1M dollars were donated. The swim team raised about \$38K (before the matching funds)!
- The 7:35am Earlybirds may have noticed that there was one lane in use in the shallow end during the first part of the workout, even though the Varsity team was out of town. This was some Carleton Alumni swimming 60 x 100 to raise funds for Movember. The swimmers were **Derek Woodard, Braxton Martin, Same Beaumont Stidwill, Cam Teasdale,** and **Marshall Wilson**. If you are interested in sponsoring them, **Sam's** link is: <https://movember.com/m/15000419?mc=1>.
- Long-time Etobicoke Masters swimmer, **Charlie Lane**, passed away on November 29:
<https://www.instagram.com/p/C0RbBGNak33/>.
- Coach **Mark Blenkinsop** is selling his backyard honey again! This year he had a great harvest, but he is now running low on honey. He is selling 500g bottles for \$12, and 1kg for \$22. If you are interested, or have any questions about his bees, please feel free to ask him when you see him. If you are still interested please email him or speak to him on deck soon!
- **Peter Konecny** (6pm Whitecaps) has been visiting the Azores. Here's a picture of the "divided pool" of Lagao Verde / Lagao Azul (green lake / blue lake) in Azores. They are volcanic crater lakes, and Peter swam in Verde. A nice change from the Carleton pool 😊 !



- The Sportsplex will be hosting a 10k swim to all swimmers interested on Friday Dec 29th from 3-7pm. The swim will be 100 x 100s on a designated pace time. The pool will be set up as SHORT COURSE. We have room for 56 swimmers. To reserve a spot, please complete this form <https://forms.office.com/r/dSaH7def0P>.

The admission fee is the regular City of Ottawa Lane Swim admission. Swimmers with a City of Ottawa swim membership may scan their membership card upon entry. Swimmers will pay their entry or scan their membership on the day of the event at the Sportsplex Customer Service desk.

Confirmation emails will be sent to all swimmers who complete the form. There will be 1 last information email sent 24 hours prior to the swim to inform all swimmers of their lane assignments and last-minute updates.

- **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.

- **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:

- Carleton's **Finn Tuck** Rediscovered Swim Career, Breaks Five Ravens Records: <https://ottawasportspages.ca/2023/11/30/high-achievers-carletons-finn-tuck-rediscovered-swim-career-breaks-5-ravens-records/>

- A nice article on former Carleton swimmer, **Renee Roberts**: <https://pbest.ca/blog/147344/Athlete-of-the-Week-Renee-Roberts-A-Triathlon-Journey-Through-Time>

- You Can Now be Fully Submerged 5m Before the End of a Backstroke Race [Thanks to **Tony Michel** (7:35am Earlybirds)]: <https://www.facebook.com/reel/702657678452962>
- **Liz MacNeill** (7:15pm Whitecaps) recommends Netflix movie "The Swimmers" about two sisters who are refugees.
- Swimming Themed Bedding Sets: <https://www.shopsyzo.com/products/swimming-pool-water-sport-bedding-set> and <https://www.shopsyzo.com/products/swimming-pool-top-view-with-blue-bedding-set>
- Manchester's Victoria Baths Could Be Straight Out Of A Wes Anderson Film: <https://secretmanchester.com/victoria-baths-manchester/>
- Orcas Sink Yacht In 45-Minute "Attack": <https://www.iflscience.com/orcas-sank-a-yacht-after-a-45-minute-attack-71446>

News and Other Links:

- The Best Collagen Powder, According to Nutrition Experts [Thanks to **Bicki Westerheide** (6pm Whitecaps)]: <https://nutrabay.com/magazine/the-best-collagen-powder-according-to-nutrition-experts>
- Running vs. Walking: Which Is Better for Lasting Health?: https://www.nytimes.com/2023/11/14/well/move/walking-running-health-benefits.html?unlocked_article_code=1. Ew.1xSv.UZxzsPJhGvgf&smid=url-share
- Could Having Sex Before a Race Boost Performance?: <https://triathlonmagazine.ca/training/could-having-sex-before-a-race-boost-performance>
- Exercise at Consistent Times Could Help Re-align Your Body Clocks for Better Skeletal Health and Performance, Scientists Suggest: <https://www.manchester.ac.uk/discover/news/exercise-at-consistent-times-could-help-re-align-your-body-clocks-for-better-skeletal-health-and-performance-scientists-suggest/>

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 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 (evening groups)

Mon Nov 27: short distance time trials for all morning group lanes

Tue/Wed Nov 28/29: short distance time trials (evening groups)

Thu/Fri Dec 14/15: short distance time trials (evening groups)

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 December 8 (40 workouts); range: 17-32; average: 23.7
Perfect Attendance: **Bruce Brown**

8:40am Earlybirds: September 6 to December 8 (40 workouts); range: 19-31; average: 23.6
Perfect Attendance: **Luciara Nardon**

6:00pm Whitecaps: September 5 to December 7 (40 workouts); range: 14-30; average: 24.2
Perfect Attendance: **Cameron Dawson**

7:15pm Whitecaps: September 5 to December 7 (40 workouts); range: 7-21; average: 15.6
Missed 2 Workouts: **Joel Meredith**

8:15am Saturdays: September 9 to December 2 (13 workouts); range: 20-31; average: 26.3
Perfect Attendance: **Don Wells, Joel Meredith, Luciara Nardon, Lynn Marshall**

Ask the Coach

Dear Coach: Just wanted to report that the women's sauna has been nice and hot since the maintenance at the end of November. Warm Swimmer

Dear W. Swimmer: Great to hear that there has been an improvement!

Dear Coach: Do you recommend anti-fog drops to stop my goggles from fogging up? Swimmer with Foggy Goggles

Dear S.w.F. Goggles: Some swimmers like the anti-fog drops and use them regularly. Another option is either baby shampoo or mild dish soap. Then there's the tried and true anti-fog solution that you always have with you: saliva! I go with saliva and then a couple of drops of water so that I can shake my head and move the water around if there is any fog. Try not to scratch the inside of your goggles, as fog and dirt will stick to any imperfections. Eventually, it's time for new goggles (and the pool will seem very bright)!

Dear Coach: What is the protocol for someone entering the pool if they arrive late (or get out for a break)? We almost had a collision recently. Near-Miss Swimmer

Dear N.-M. Swimmer: For safety, when you enter the lane, ensure that there are no swimmers inside the flags (i.e. within 5m of the wall, either coming or going), especially if you dive in.

Dear Coach: Should I hold my breath or breathe in and out continuously in freestyle? Freestyle Swimmer

Dear F. Swimmer: As you are more buoyant with your lungs full of air, I recommend holding your breath until the stroke before you next plan to breathe. When you exhale, exhale quite forcefully and quickly. This ensures that you exhale most of the air and spend less time with your lungs empty than full.

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>.

December 10 Red vs. Blue, Nepean Sportsplex (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

December 16 Georgian Bay Squall Meet, Collingwood (SO registration required)

<https://registration.swimming.ca/individualMeetEntry.aspx?sancid=41170>

December 17 IM Fast, TPASC, Scarborough (SO registration required) <https://www.swimming.ca/en/meet/41091/>

<https://registration.swimming.ca/individualMeetEntry.aspx?sancid=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)

<https://registration.swimming.ca/individualMeetEntry.aspx?sancid=40043>

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!

November 25 Canadian Cross Country Running Championships: Masters 8km, Ottawa

Congratulations to **Peter** who finished fourth in his category! Full results: <https://sportstats.one/results/130057>

Peter Konecny (6pm Whitecaps, M60-64): 94th overall, 85th man, and 4th in category in 34:10

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 **November 24**).

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

Winter Schedule: Coming soon.

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/>