

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: January 5, 2024 2:02 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 #624

Carleton Masters Swimming Newsletter #624

Friday, January 5, 2024

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2023, Winter 2024, and Alumni: 7:35am Earlybirds I (51 addresses), 8:40am Earlybirds II (44 addresses), 6:00pm Whitecaps I (50 addresses), 7:15pm Whitecaps II (44 addresses), Saturday Only (12 addresses), Alumni (42 addresses).

In practice: you don't need to feel good to get going, you need to get going to give yourself a chance at feeling good.

Masters Swimming Program Notes

- The Winter session runs from **Tuesday January 2** to **Saturday April 13**.
- Three Masters Interim Workouts will be held. Details are in the following paragraph.
- Details on the Winter Programs can be found in "Notes and Reminders" near the end of the newsletter.
 - The 6pm group is **full**, but a wait list is available. Saturday morning and the 7:35am Earlybirds each have **one** spot left!

Swimmer Notes

- Thanks to those who were able to attend the interim workouts. Thanks also to the coaches, **Adrian** and **Paddy**!
- **Tom Heyerdahl** (8:40am Earlybirds) went swimming at Britannia Beach on New Year's Day!!!



- As part of **Mark's** coaching certification, he created a 13 week program for learning and improving butterfly. He was able to try it with one lane during the summer session. If anyone has any questions, or is interested in trying the program, feel free to email him (mblenkin@math.carleton.ca) or speak to him when you see him. NOTE: He will not be coaching as much over the winter, but will return to coaching evenings regularly in May!

- **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:

- **Trevor Noah** Special "Where Was I" on Netflix has a bit near the end discussing the best types of athletes and swimmers are mentioned [thanks to **Cameron Dawson** (6pm Whitecaps)]
- Twelve Sets of Practice [thanks to **Steve Dods** (8:40am Earlybirds)]: https://www.facebook.com/watch/?extid=CL-UNK-UNK-UNK-IOS_GK0T-GK1C&mibextid=v7YzmG&v=1395842411364486
- Christmas Penguins: <https://twitter.com/Rainmaker1973/status/1739198040291033498>
- Rescuing a Sea Turtle: <https://twitter.com/peopleofearths/status/1726163839358734777>
- (Lack of) Lane Swimming Etiquette Cartoon: <https://twitter.com/SwimCartoons/status/1733599366386999314>
- 98-Year-Old Masters Swimmer, **Betty Brussel**, an Inspiration to All: <https://www.swimming.ca/en/news/2023/06/09/98-year-old-masters-swimmer-an-inspiration-to-all/>
- **Steven Munatones**, 61: Reclaiming Life and Adventure: <https://www.ageist.com/profile/steven-munatones-61-reclaiming-life-and-adventure-with-kaatsu/>
- Eight Essential Stretches for Swimmers: <https://swimswam.com/stretch-for-swimmers/>

News and Other Links:

- Ten Ways to Support Your Mental Health in 2024: https://www.nytimes.com/2023/12/28/well/mind/mental-health-stress-management.html?unlocked_article_code=1.Jk0.BRie.jrkFVzggSYIR&smid=url-share
- Twelve Workouts to Try in 2024: https://www.nytimes.com/2023/12/27/well/move/best-workouts-fitness-2024.html?unlocked_article_code=1.Jk0.R66J.Gpn37FJ_Tsg-&smid=url-share
- Ten Nutrition Tips for a Healthy New Year: https://www.nytimes.com/2023/12/28/well/eat/nutrition-healthy-eating-new-year.html?unlocked_article_code=1.Jk0.n04n.fVGCpcFpbHZ7&smid=url-share
- Swimming Medals (vs. Running): <https://www.instagram.com/p/C1NKtlwpQfr/?hl=en>
- Why Older Runners (and Triathletes) Need to Strength Train (and How to Get Started): <https://triathlonmagazine.ca/training/why-older-runners-and-triathletes-need-to-strength-train-and-how-to-get-started/>

Winter Session Information

Dates: Tuesday January 2 to Saturday April 13. No workouts Monday February 19 (Family Day) or Friday March 29 (Good Friday). There are workouts on Monday April 1, but they are one hour later than usual for the morning groups, and one hour earlier than usual for the evening groups.

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: **Paddy/Adrian**; Thu: **Paddy** (sub: **Mark**)

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

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

Further details and changes will be noted here.

Special Sets:

Mon Feb 5: fin day

Thu/Fri Feb 15/16: short distance time trials

Thu/Fri Mar 7/8: fin day

Tue/Wed Mar 19/20: 1500/800 free time trial

Thu/Fri Mar 11/12: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanwint24.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: January 4 to 6 (2 workouts); range: 25-25; average: 25.0

Perfect Attendance: **Andrew Caon, Andrew Rolleston, Ann Bortolotti, Bruce Brown, Bryan Morris, Chris Clement, Christine Rivas, Francois Jacques, Hazem Abu Alteen, Heloise Emdon, Ian Lorimer, Jamie Chalmers, Kevin Woodley, Leila Guidolin, Margaret Janse van Rensburg, Margaret King, Natalie Aucoin, Paul Buzuloiu, Sigi Johnson, Ursula Scott**

8:40am Earlybirds: January 4 to 6 (2 workouts); range: 24-27; average: 25.5

Perfect Attendance: **Andrea Chandler, Colin Kiviaho, Cori Dinovitzer, Debby Whately, Heather Bonas, Isla Paterson, Janine Debanne, Kathleen Beall, Ken Johnson, Lisa Meyer, Luciara Nardon, Marie-Odile Junker, Mary-Lou Dunnigan, Megan Holtzman, Melanie Heroux, Nancy Luitwieler, Ralph Siemsen, Ruth Fawcett, Sandra Kiviaho, Sandy Wooley, Steve Dods, Susan Hulley**

6:00pm Whitecaps: January 3 to 5 (2 workouts); range: 21-27; average: 24.0

Perfect Attendance: **Bicki Westerheide, Christian Cattan, Don Wells, Jim Farmer, Joanie Conrad, Josh Weissbock, Julia Stratton, Julie Nott, Konstantin Petoukhov, Marshall Perrin, Matthew Sinclair, Nathan Fudge, Nicole Delisle, Nicole Le Saux, Peter Konecny, Peter Lithgow, Sam Holstrom, Shauna Ironside, Stephanie Le Saux-Farmer, Steve Kennedy, Yan Liu**

7:15pm Whitecaps: January 3 to 5 (2 workouts); range: 12-14; average: 13.0

Perfect Attendance: **Elaine Yardley, Jesula Drouillard, Joel Meredith, Kelly Biggs, Kevin Graham, Liz Chretien, Maria Charron, Richard Arsenaault, Seana Biggs, Susan Murray**

8:15am Saturdays: Will be included next time!

Ask the Coach

Dear Coach: When we were checking in at the Welcome Center to get our swim passes for an interim swim, the clerk said "You have a \$101 credit on your account". We thought, "Where is that from". He checked "December 2021, Masters Swimming". Aha, the Covid-shortened session! Since we renew online, that credit isn't visible, and thus has been forgotten by us. We'll make sure to use our credit during the next membership renewal (for us, that's end of April), but perhaps remind folks that Athletics is sitting on (at least) \$101 bucks/person if they were enrolled in programs during the fall of 2021. **Don Wells** (6pm Whitecaps)

Dear **Don:** Thanks for the PSA and done!

Dear Coach: I'd like to try a low-key Masters swim meet or two. What would you recommend? New Competitive Swimmer

Dear N.C. Swimmer: There are a couple of local meets coming up in the next six weeks: Ottawa Swim Masters (a fundraiser for the Carleton swim team) at the Brewer Pool (25m pool) on January 20, and the Nepean Masters Winterlude meet at the Nepean Sportsplex (50m pool) on February 17. Those would be a good place to start. Then there is another meet at the Brewer pool on April 20. I'd recommend registering with MSO as a Carleton Master swimmer (\$20 for the season) – details at the top of the "Masters Swimming Competitions" section below. Then follow the links next to the meets, listed below to find out how to enter. Any questions, just ask!

Dear Coach: This morning we worked on the freestyle catch. I found that I lacked the mobility to get into that position. What stretch would you recommend to help with that? Stiff Swimmer

Dear S. Swimmer: I recommend standing a couple of feet from a wall and placing your hands on the wall above your head, with the arms straight. Then lower your head until you feel a stretch in lats, shoulders, and neck.

Dear Coach: Our lane has swimmers of different speeds, and sometimes we need to pass each other. What is the safe way to do this? Passing Swimmer

Dear P. Swimmer: First, everyone in the lane should have an awareness of approximately where their lane-mates are in their lane. If everyone knows where the other swimmers are, it is much easier to pass. When someone is coming up behind you and you know they will be passing you soon, you make a decision to make a clear move either towards the lane-rope or onto the black line. That way the person behind you knows that you are aware they are there. Ideally, you should move towards the lane-rope if the swimmer passing you will get to the wall first, and onto the black line if you will get there first. However, as long as the move is clear, the person passing knows which side of you to start passing

on. Neither the passer nor the passee should ever move to the opposite side of the lane, so that there are no collisions! If you are coming up behind someone to pass, and they don't seem to be aware, then tap them on the foot on the side where you are going to pass, so that they can move over. In all cases, only pass if it is safe to do so.

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>.

January 20 Ottawa Swim Masters Meet, Brewer Pool (MSO registration required)

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

January 21 Susan Douglas Memorial, Wilmot (SO registration required)

January 27 Round 4 Quebec Cup Drummondville (SO registration required) <https://www.swimming.ca/en/meet/41245/>

January 28 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) <https://www.swimming.ca/en/meet/41257/>

February 10 Round 5 Quebec Cup Riviere-du-Loup (SO registration required) <https://www.swimming.ca/en/meet/41336/>

February 17 Nepean Winterlude LCM Meet, Nepean Sportsplex (MSO registration required)

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

February 18 Burlington Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/41297/>

February 23-25 Lake Memphremagog Winter Swimming Festival <https://myemail.constantcontact.com/LAST-CALL---Memphremagog-Winter-Swimming-Festival-2024.html?soid=1107378559323&aid=B2scM-F1pVo>

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> <https://www.swimming.ca/en/meet/40043/>

March 16 Round 6 Quebec Cup Victoriaville (SO registration required) <https://www.swimming.ca/en/meet/39792/>

March 22-24 MSO LCM Provincials, Markham (MSO registration required)

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

April 19-21 Swim Ontario Masters Provincials, Etobicoke (SO registration required)

<https://www.swimming.ca/en/meet/41095/>

April 19-21 Quebec Masters Provincials, Pointe-Claire, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/41265/>

April 20 OlymPink BTrain Masters Meet, Brewer Pool (MSO registration required)

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

May 5 University of Laval LCM Masters Meet (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!

December 29 100 x 100, Nepean

Congratulations to **Margaret Janse van Rensburg** (7:35am Earlybirds) and **Rachel Bennett** (6pm Whitecaps) who participated in this challenge!

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 January 5).

Notes and Reminders

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Tuesday: 3:30-4:30pm and 4:30-5:30pm

Prices: Private: \$52.50 per hour, plus HST; **Semi-Private** (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for more details.

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, Paddy/Adrian, Paddy (sub: Mark); \$206+HST: Full: waitlist available.

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

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/>