

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: February 2, 2024 4:33 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 #626

Carleton Masters Swimming Newsletter #626

Friday, February 2, 2024

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2023, Winter 2024, and Alumni: 7:35am Earlybirds I (52 addresses), 8:40am Earlybirds II (46 addresses), 6:00pm Whitecaps I (51 addresses), 7:15pm Whitecaps II (45 addresses), Saturday Only (13 addresses), Alumni (43 addresses).

"Think of what you want to do and then just do it. It's your life! Live it with a sense of urgency." – Lanre Dahunsi



Masters Swimming Program Notes

- The Winter session runs from **Tuesday January 2 to Saturday April 13**.
 - There will be **no workouts on Monday February 19** (Family Day). Apart from that, workouts run as usual during Carleton's Reading Week.
- Details on the Winter Programs can be found in "Notes and Reminders" near the end of the newsletter.
 - The 7:35am, 6pm, and Saturday groups are **full**, but wait lists are available.
- Just a reminder that the weekday groups will have a "**fin day**" on **Monday** (February 5). Those who like to bring their own fins and/or socks, please take note!

Swimmer Notes

- Congratulations to **Nicole Delisle** (6pm Whitecaps) on becoming a **Grandmama!** Her daughter, **Michelle** has a **baby girl on January 20**. She is super happy to report that baby and parents are well!

- Canada is lucky enough to have two female Masters swimmers who move into the 100-104 age group this year! **Kalis Rasmussen** of Etobicoke (<https://www.swimontario.com/news/100-years-swim-ontario-series-kalis/>), who has not yet competed, and **Betty Brussel** of Victoria who swam her first meet in her new age group earlier this month, setting multiple World Records. She dives off the blocks at age 100! Thanks to all who passed along links. Here are some of them:



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

<https://vancouversun.com/health/seniors/99-year-old-new-westminster-woman-sets-three-world-records>

<https://www.irishtimes.com/sport/2024/01/26/from-nazi-occupation-to-world-records-99-year-old-swimmer-betty-brussel-shows-no-sign-of-stopping/>

<https://www.theguardian.com/world/2024/jan/23/canadian-swimmer-99-world-records-betty-brussel>

- **Melanie Heroux** (8:40am Earlybirds) is pleased to pass along information on some upcoming fundraising events in support of the Special Olympics. First, this is **Tim Horton's Inclusion Week where from February 2 to 4** they have specialty donuts with 75% of proceeds going to Special Olympics Ottawa. Then on **March 1, Melanie will be participating in the Annual Polar Plunge** in support of Special Olympics. This year it will be held at TD Place, Lansdowne at 6pm. I'm sure that she will share a donation link soon!

- **Brigitte Bouvier** (Saturday Mornings) recommends the book "The Swimmers" by Julie Otsuka. She has kindly given me her copy to read. If anyone would like it next, just let me know!

- Great to see **Jake Graham** (7:35am Earlybirds) back in the pool after illness and then a ski trip to the Eastern Townships and New England. Very beautiful and looks like it was fun!



- Carleton's Virtual Ventures STEM [Summer Camps \(Gr K-8\)](#) and [Summer Academy \(Gr 7-11\)](#) information and schedule is now available. Registration for 2024 is now open. Camps are offered in one week sessions, and the content is developed new each year by the Carleton STEM student Instructors. The new Summer Academy is crafted for middle and high school students by offering an emphasis on real-world applications and skill development.

- The new Carleton Ravens Athletics App (<https://athletics.carleton.ca/mobile-app/>) is now available on iOS and Android devices. The app allows users to view pool schedules, register for sessions, and subscribe to personalized push notifications including aquatics updates for any closures or schedule changes.

- **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:

- We're Masters Swimmers... [Thanks to **Jake Graham** (7:35am Earlybirds) – very amusing!]: <https://www.instagram.com/reel/C2h7H2bAB5B/?igsh=MTZrbWQ4ZnAzOW40eg==>
- Get Ready for an Icy Adventure at the BeaverTails Ottawa Ice Dragon Boat Festival: <https://getouttheremag.com/get-ready-for-an-icy-adventure-at-the-beavertails-ottawa-ice-dragon-boat-festival-2024-2/>
- The Yukon Hair Freezing Contest Could be Canada's Most Unique: <https://getouttheremag.com/the-yukon-hair-freezing-contest-could-be-canadas-most-unique/>
- 1962 US Men's Open National Championships 200m Freestyle [Ed. Note: No goggles, no flip turns!]: <https://www.youtube.com/watch?app=desktop&v=vbh8xw4b3GE>
- How Swimming Might Help You Live Longer: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-swimming-might-help-you-live-longer>
- The Five Best Dryland Exercises for Faster Swim Turns: <https://www.yourswimlog.com/dryland-exercises-for-faster-swim-turns/>
- How to Improve Freestyle Hand Entry: <https://www.yourswimlog.com/how-to-improve-freestyle-hand-entry/>

News and Other Links:

- The Seven Keys to Longevity: https://www.nytimes.com/2024/01/04/well/live/live-longer-health.html?unlocked_article_code=1.Lk0.9Hx4.FAVvmDcvRFXb&smid=url-share
- Centenarian Blood Tests Give Hints of the Secrets to Longevity: <https://www.everythingzoomer.com/health/2023/12/18/centenarian-blood-tests-give-hints-of-the-secrets-to-longevity/>
- Seven Reasons Triathletes are a Nightmare During the Holidays: <https://triathlonmagazine.ca/feature/7-reasons-triathletes-are-a-nightmare-during-the-holidays/>
- The Science of Muscle Recovery: How Long Should You Rest Between Workouts?: <https://www.bodybuilding.com/content/the-science-of-muscle-recovery-how-long-should-you-rest-between-workouts.html>
- Live Well: 24 Dietitian-Approved Tips to Build Healthy Eating Habits: <https://www.theglobeandmail.com/life/health-and-fitness/article-healthy-eating-food-tips/>

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.

Paddy coached the **6pm and 7:15pm Whitecaps** on **Tuesday January 23**.

Paddy coached the **6pm and 7:15pm Whitecaps** on **Tuesday January 30**.

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 3 to February 2 (14 workouts); range: 20-31; average: 25.2
Perfect Attendance: **Ann Bortolotti, Bruce Brown, Christine Rivas, Margaret Janse van Rensburg**

8:40am Earlybirds: January 3 to February 2 (14 workouts); range: 18-28; average: 22.7
Perfect Attendance: **Debby Whately, Heather Bonas, Luciara Nardon, Nancy Luitwieler**

6:00pm Whitecaps: January 2 to February 1 (14 workouts); range: 15-31; average: 24.5
Perfect Attendance: **Christian Cattan, Konstantin Petoukhov**

7:15pm Whitecaps: January 2 to February 1 (14 workouts); range: 9-20; average: 15.1
Perfect Attendance: **Elaine Yardley, Jesula Drouillard, Joel Meredith**

8:15am Saturdays: January 6 to 27 (4 workouts); range: 25-33; average: 29.8
Perfect Attendance: **Audrey Belanger Baur, Brigitte Bouvier, Christian Cattan, Cori Dinovitzer, Don Wells, Francois Jacques, Jesula Drouillard, Jim Farmer, Joanie Conrad, Joel Meredith, Karen Jensen, Luciara Nardon, Miguel Mejicano Quintana, Natalie Aucoin, Nicole Le Saux, Sandy Lawson, Steve Kennedy, Susan Hulley**

Ask the Coach

Dear Coach: A friend of mine is interested in private swim lessons for her son, age 6. Do you have any recommendations? Helpful Friend

Dear H. Friend: Carleton offers both small group and private swim lessons for kids. There are many options (though I'm not sure if anything is left for this term). Details are here:

<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=3f550149-d149-480f-a2c3-a119670d0b78>.

Dear Coach: When we do choice, our lane is divided over what stroke to do. Some prefer freestyle and some like to do IM. What pace times should we go on in this case? Varying Choice Lane Swimmer

Dear V.C.L. Swimmer: If everyone is doing freestyle then go on the freestyle pace times, otherwise you should go on the non-free pace times. Perhaps you can make a compromise and do some of each?

Dear Coach: I am getting twinges in my shoulder after long freestyle sets. What do you recommend? Swimmer with Sore Shoulder

Dear S.w.S. Shoulder: This often happens if your hand and wrist go wider than your elbow. That position puts strain on both the shoulder and the elbow. Ask your coach to have a look at your stroke to get some pointers on how to improve your technique.

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>.

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 10 Traversee du Lac Simon (Outaouais) 500m, 2km, 4km, 12km, relays
<https://www.facebook.com/events/1041186130447023>; <https://www.traverseelacsimon.com/>
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!

January 20 Ottawa Swim Masters (OSM) Masters Meet, Brewer Pool

Five Carleton swimmers took part. **Ian**, **me**, **Sandy**, and **Natalie**, swimming for Carleton, and **Melanie** swimming for the Nepean Sharks Special Olympians.

Congratulations to **Ian** on setting three club records in the men's 65-69 age group! His 50m free and 100m free broke **Jamie Chalmers** (7:35am Earlybirds)'s times of 34.90 and 1:21.76 from 2011. His 50 fly broke **Larry Durr** (7:35am Earlybirds)'s time of 45.44 from 2007!

Full Results: <https://ms.mastersswimmingontario.ca/web/stats/meets/meetResults.php>

Updated Club Records: <https://www.sce.carleton.ca/faculty/lynnmar/masters/240120.Records.pdf>

Here's how we did:

Ian Lorimer (7:35am Earlybirds; M65-69): **1st** 50 free (34.49 Club Record), 100 free (1:19.72 Club Record); **2nd** 50 fly (44.52 Club Record), 100IM (1:38.51)

Lynn Marshall (Coach; W60-64): **1st** 100 free (1:10.15), 100 back (1:18.93), 100 breast (1:33.85), 100IM (1:20.88)

Sandy Lawson (7:35am Earlybirds; W55-59): **2nd** 100 free (1:23.15), 50 breast (54.95), 100IM (1:39.26); 4th 50 free (38.71)

Natalie Aucoin (7:35am Earlybirds; W50-54): **1st** 50 free (36.56), 100 free (1:20.58), 50 fly (39.43), 100IM (1:32.14)

Melanie Heroux (8:40am Earlybirds; W40-44, swimming for Nepean Sharks Special Olympics): **2nd** 100 back (3:17.27), 50 fly (1:51.24); **3rd** 50 free (1:22.60); 4th 100IM (3:34.32); backstroke on **2nd** place 4 x 50 160+ medley relay (relay time: 4:30.64); fourth swimmer on 5th place 4 x 50 120+ free relay (relay time: 4:36.53)

January 20 Red Rock Canyon Half Marathon, Nevada (318 participants)

Congratulations to **Peter** on a great race!! Full results: <http://www.calicoracing.com/wp-content/uploads/2015/02/Half-Overall-RR-2024.htm>

Peter Konecny (6pm Whitecaps; M60-69): 6th overall, 6th man, **1st** in category in 1:30:16

January 27 Ontario Masters Championships 10km Skate Ski, Huntsville

Congratulations to **Sandra** and **Colin** on their very fast results! Full results: <https://zone4.ca/race/2024-01-27/d1cfd63a/results>.

Sandra Kiviaho (8:40am Earlybirds; W45-49): **2nd** in category in 28:57.2

Colin Kiviaho (8:40am Earlybirds; M45-49): **3rd** overall and **2nd** in category in 29:20.6

January 28 Muskoka Loppet, 30km Masters Classic Ski, Huntsville

Sandra and Colin raced again! This time classic and 30km, and with their second podium finishes of the weekend!! Full results: <https://zone4.ca/event/2024/yogqXy/>

Sandra Kiviaho (8:40am Earlybirds; W45-49): 12th female and 1st in category in 2:18:42.9

Colin Kiviaho (8:40am Earlybirds; M45-49): 13th male (4th Masters) and 3rd in category in 1:47:18.4

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 February 2).

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: Full: waitlist available.

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: Full: waitlist available.

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/>