

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: February 16, 2024 10:39 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 #627

Carleton Masters Swimming Newsletter #627

Friday, February 16, 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).

"View life as a continuous learning experience." – Denis Waitley

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.

Swimmer Notes

- **Doug Brubacher** (8:40am Earlybirds) recently completed an intense 200 hour (over 20 days) Yoga Teaching Training course in Costa Rica!! Here's a photo by Cory Conty Photography.



- **Melanie Heroux** (8:40am Earlybirds) is pleased to pass along information on an upcoming fundraising event in support of the Special Olympics. 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. You may sponsor Melanie here: <https://soopolarplunge.crowdfunder.ca/54171/page/173419>.

- 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:** 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. 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:

- 100-year-old Iranian **Taghi Asgari** Performs a 1m Dive at the 2024 World Aquatics in Doha:

<https://www.cbc.ca/player/play/2307849283565>

- Toronto's **Summer McIntosh** Smashes 800m National Record while Beating **Katie Ledecky**:

<https://www.cbc.ca/sports/olympics/summer/aquatics/summer-mcintosh-800m-freestyle-national-record-1.7109781>;

<https://www.cbc.ca/player/play/2307862595736>;

- Successful Old Men Across The Sea – Helped by a Fast-Acting Aussie:

<https://dailynewsofopenwaterswimming.com/successful-old-men-across-the-sea-helped-by-a-fast-acting-aussie/>

- **Lance Larson**, US Swimmer Who Lost Olympic Gold in Historic Dispute, Dies at 83:

<https://www.washingtonpost.com/obituaries/2024/01/24/lance-larson-swimmer-olympics-dies/>

- **Nadine Bennett's** Marathon Swim Story: <https://marathonswimstories.com/nadine-bennett/>

News and Other Links:

- At 116, She Has Outlived Generations of Loved Ones. But Her Entire Town Has Become Family:

https://www.nytimes.com/2024/02/07/us/edith-ceccarelli-116-years-willits-california.html?unlocked_article_code=1.T00.YadO.gVcMXuw0HhOI&smid=url-share

- Can Dieting Actually Lead to Long-Term Weight Loss?: https://www.nytimes.com/2024/01/11/well/eat/dieting-weight-loss.html?unlocked_article_code=1.NE0.3Ugv.ftsPKgXnbDr3&smid=url-share

- Your Workout Routine Isn't Complete Without Strength Training:

https://www.nytimes.com/2024/01/10/well/move/strength-training-workout-exercise.html?unlocked_article_code=1.NE0.vJeq.aAlzG6AeKsFj&smid=url-share

- How to Start Working Out Again: https://www.nytimes.com/2024/01/05/well/move/fitness-workout-new-year.html?unlocked_article_code=1.NE0.7Qp6.pO5tJo47NV9c&smid=url-share

- Is Cannabis a Useful Tool for Athletes?: <https://triathlonmagazine.ca/training/is-cannabis-a-useful-tool-for-athletes>

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 February 6**.

Adrian coached the **6pm and 7:15pm Whitecaps** on **Tuesday February 13**.

Adrian coached the **6pm and 7:15pm Whitecaps** on **Thursday February 15**.

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 16 (20 workouts); range: 20-31; average: 24.7
Perfect Attendance: **Ann Bortolotti, Bruce Brown, Christine Rivas, Margaret Janse van Rensburg**

8:40am Earlybirds: January 3 to February 16 (20 workouts); range: 18-28; average: 22.8
Perfect Attendance: **Debby Whately, Nancy Luitwieler**

6:00pm Whitecaps: January 2 to February 15 (20 workouts); range: 15-31; average: 23.7
Perfect Attendance: **Christian Cattan, Konstantin Petoukhov**

7:15pm Whitecaps: January 2 to February 15 (20 workouts); range: 9-19; average: 14.6
Perfect Attendance: **Joel Meredith**

8:15am Saturdays: January 6 to February 10 (6 workouts); range: 25-35; average: 31.2
Perfect Attendance: **Audrey Belanger Baur, Brigitte Bouvier, Christian Cattan, Francois Jacques, Jesula Drouillard, Jim Farmer, Joel Meredith, Karen Jensen, Luciana Nardon, Miguel Mejicano Quintana, Natalie Aucoin, Nicole Le Saux, Sandy Lawson, Susan Hulley**

Thanks to all those who participated in the **Earlybirds groups' time trials** this morning. Great job! The details on improvements will be in the next newsletter and the summary of fastest and most improved times will be in the end of term one.

Ask the Coach

Dear Coach: I'd like to learn how to do a flip turn. Could we do a clinic on that? New Morning Swimmer

Dear N.M. Swimmer: Certainly. However, there is a pre-requisite in that you must take push-off and open (non-flip) turn clinic(s) first. Just ask at the beginning of workout.

Dear Coach: What position should my feet be in when I kick? Kicking Backwards

Dear K. Backwards: For freestyle, backstroke, and butterfly, you want to have your ankles extended with your toes pointed and turned in (pigeon toes). Sit on the floor with your legs extended. Point your toes and then turn your knees and toes in so that your big toes (attempt to) touch the ground. That's the feeling you want when kicking. If that is a challenging position for you, add an ankle stretch to your stretching routine. While the ankles can move a bit while you kick, at first I recommend keeping them fully extended. Breaststroke kick is different. That's the only kick where you flex your ankles so that you can push the water with the soles of your feet. And even in breaststroke you point your toes during the glide phase.

Dear Coach: I find that doing full-stroke fly in a busy lane is a challenge. With my wing-span I am likely to clobber my lane-mates. Any suggestions? Butterfly Swimmer

Dear B. Swimmer: I suggest that you do your full-stroke fly when there is no one near you going the other direction in your lane. The rest of the time, switch to one-arm fly to avoid collisions. Thank you for thinking of your lane-mates!

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 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>
February 25 Quebec City LCM Masters Meet <https://www.swimming.ca/fr/competition/41529/>
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!

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 14**).

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, and size 36 women's suits (\$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/>