

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: March 1, 2024 4:20 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 #628

Carleton Masters Swimming Newsletter #628

Friday, March 1, 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 (47 addresses), 6:00pm Whitecaps I (51 addresses), 7:15pm Whitecaps II (45 addresses), Saturday Only (13 addresses), Alumni (44 addresses).

"I've got a great ambition to die of exhaustion rather than boredom." – Thomas Carlyle

Masters Swimming Program Notes

- The Winter session runs from **Tuesday January 2** to **Saturday April 13**.
 - There will be **no workouts on Friday March 29** (Good Friday).
 - There will be workouts on **Monday April 1** (Easter Monday). However, they will be one hour **later** than usual for the **morning** groups, and one hour **earlier** than usual for the **evening** groups.
- 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

- Here is a wonderful Ottawa Citizen article about **Tom Heyerdahl** (8:40am Earlybirds): The Ice Swimmer: Why Tom Heyerdahl Carved a 25-metre Swim Lane in the Frozen Ottawa River: <https://ottawacitizen.com/feature/the-ice-swimmer>. You can read more about the maintenance here: <https://www.facebook.com/groups/936041647306845/>.



Tom swimming in the ice water Tuesday. PHOTO BY TONY CALDWELL /POSTMEDIA

- **Andrea Chandler** (8:40am Earlybirds) is quoted in this article: Reports of **Alexei Navalny's** Death a Reminder of 'What a Monster **Putin** is': **Trudeau**: <https://www.cp24.com/news/reports-of-alexei-navalny-s-death-a-reminder-of-what-a-monster-putin-is-trudeau-1.6772357>.

- Thanks to Megan Holtzman (8:40am Earlybirds) on this awesome update! Congratulations to **Megan, Colette Kenney** (Earlybirds) and all the other team members!

"I mentioned a couple of weeks ago about the February push-up challenge. The pushup challenge was to log 2000 push-ups from Feb 1 - Feb 23rd, and was a fundraiser for the Canadian Mental Health Association. Bytown Dragon Boat Club had 2 teams, which included Colette on the SportSeas team and myself on the SportChicks team. Each day we had a daily target of pushups, starting with 49 pushups the first day and rising to 177 on the heaviest day. On the heavy day, I ended up doing push-ups all over the place, including with Colette at her condo in Kicking Horse, at the Supercharger in Canmore, at the Airport in Calgary, and finally even in the aisle of the plane home. It was neat to see the progress through the month. I started at first doing 10 push-ups at a time but within a couple weeks I was doing 15 and then 20. By the last day I could do 25 at one go.

The club raised over \$3300 for mental health, and overall the Push-Up Challenge raised over \$2.4 million dollars."



- Here's an update from **Eleanor Fast** (x-7:35am Earlybirds):

"Just writing to say hello from Vancouver! We're setting in and are living in a wonderful neighborhood close to Stanley Park.

I joined the English Bay Masters Swim Club and am really enjoying it. I even did a meet! It was fun - and I got to see Betty Brussel swim (the 99 year old), she got a standing ovation. I miss swimming with Carleton though, and especially doing drills, I think I'm getting bad habits!"

We miss you, too, **Eleanor!**

- The **Bring on the Bay** 1.5km and 3km Open Water Swims will be held in Ottawa on July 13 (details in the Masters Swimming Competitions section below). The **Swim Angel Program** is looking for participants for this summer. A Swim Angel is someone who swims alongside a swimmer to provide an extra measure of confidence and safety needed for them to be able to participate. If required during the race, the Angel provides reassurance and encouragement to their swimmer in order to help them to avoid anxiety and to be able to finish the race. If the swimmer needs to be pulled from

the race, they will provide immediate assistance until a nearby kayak/boat arrives. All Swim Angels are experienced open water swimmers who receive specialized training prior to the event. For more information or to volunteer, please contact **Tim Scapillato** timscap@yahoo.com.

- Pool annual shutdown update: This year the pool will closed for maintenance from **Monday April 15 to Tuesday April 30** – almost a week less than normal! Details on the Spring and Summer Masters Sessions will be coming soon-ish!

- **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 is 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.crowdchange.ca/54171/page/173419>.

- **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/>.

- 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.

Aquatic-Related Links:

- British Masters Swimmer, **David Cumming**, Completes the 3km Open Water Swim at the World Championships in 1:16:30.5: <https://twitter.com/WorldAquatics/status/1761383835990724751>

- Concrete Falls from Ceiling of Busy Vancouver Pool [Thanks to **Evelyn Simpson** (Earlybirds)]: <https://www.cbc.ca/news/canada/british-columbia/concrete-falls-from-vancouver-aquatic-centre-ceiling-1.7116585>

- **Marius Kusch** Talks About Butterfly Technique: <https://www.instagram.com/p/C3FvpL8oVY5/>

- Improve Your Freestyle Power with These Three Drills:

<https://twitter.com/MastersSwimming/status/1758151320098189333>

- Three Myths About Swimmer's Shoulder and the Truths Behind Them [Ed. Note: While most of this is good advice, full push-ups can be hard on the shoulders, so I'd recommend scapular push-ups instead!]: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/3-myths-about-swimmers-shoulder-and-the-truths-behind-them>

News and Other Links:

- We Asked People Over 80: What Keeps You Fit, Healthy and Happy?: <https://www.theglobeandmail.com/life/article-people-over-80-aging-advice/>

- At 93, He's as Fit as a 40-Year-Old. His Body Offers Lessons on Aging: <https://wapo.st/47KAZyU>

- Winter Fitness Tips from Hockey Legend **Hayley Wickenheiser**: <https://www.theglobeandmail.com/life/health-and-fitness/article-winter-fitness-tips-from-hockey-legend-hayley-wickenheiser/>

- German Adventurer, **Jonas Deichmann**, Plans to do Challenge Roth Course 120 Days in a Row to Attempt to Break Record Held by **Sean Conway** (105) and Previously by Iron Cowboy **James Lawrence** (101):

<https://triathlonmagazine.ca/personalities/german-adventurer-to-do-challenge-roth-course-120-days-in-a-row-to-break-record-previously-held-by-the-iron-cowboy/>

- Can Exercise Help Prevent Prostate Cancer?: https://www.nytimes.com/2024/02/12/well/move/prostate-cancer-risk-exercise.html?unlocked_article_code=1.WU0.J4BX.NMnm5sCn8IU&smid=url-share

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 20**.

Lynn coached the **8:15am Saturday Earlybirds** for **Sean** on **Saturday February 24**.

Adrian coached the **6pm and 7:15pm Whitecaps** for **Sean** on **Monday February 26**.

Paddy coached the **6pm and 7:15pm Whitecaps** on **Tuesday February 27**.

Adrian is coaching the **8:15am Saturday Earlybirds** for **Tim** on **Saturday March 2**.

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 March 1 (25 workouts); range: 20-31; average: 24.9

Perfect Attendance: **Ann Bortolotti, Bruce Brown, Christine Rivas, Margaret Janse van Rensburg**

8:40am Earlybirds: January 3 to March 1 (25 workouts); range: 18-28; average: 22.6

Perfect Attendance: **Debby Whately, Nancy Luitwieler**

6:00pm Whitecaps: January 2 to February 29 (25 workouts); range: 15-31; average: 24.1

Perfect Attendance: **Konstantin Petoukhov**

7:15pm Whitecaps: January 2 to February 29 (25 workouts); range: 9-19; average: 14.5

Perfect Attendance: **Joel Meredith**

8:15am Saturdays: January 6 to February 24 (8 workouts); range: 20-35; average: 29.0

Perfect Attendance: **Brigitte Bouvier, Christian Cattan, Francois Jacques, Jesula Drouillard, Jim Farmer, Luciara Nardon, Nicole Le Saux, Susan Hulley**

Thanks to all those morning swimmers who participated in the short distance time trials on **Friday February 16**. Congratulations to the sixteen swimmers who improved! Kudos to **Susan Hulley** (8:40am Earlybirds) who improved in four different events, and to **Marie Pelletier** (7:35am Earlybirds) and **Sigi Johnson** (7:35am Earlybirds) who improved in three. The full list of improvements (in seconds) follows.

50 freestyle

Susan Hulley	EB2	2.5
Marie Pelletier	EB1	2.3
Aine Ryan	EB1	2.0
Sigi Johnson	EB1	1.8
Mike Wheatley	EB1	1.0

Ralph Siemsen	EB2	1.0
Cory Fraser	EB2	0.9
Bruce Brown	EB1	0.5

100 freestyle

Sigi Johnson	EB1	10.0
Ursula Scott	EB1	8.5
Susan Hulley	EB2	5.4
Marie Pelletier	EB1	1.9
Cory Fraser	EB1	1.1
Doug Brubacher	EB2	1.1
Ralph Siemsen	EB2	0.6

200 freestyle

Sigi Johnson	EB1	15.4
Tom Heyerdahl	EB2	10.4
Susan Hulley	EB2	8.8
Doug Brubacher	EB2	3.6

50 breaststroke

Marie Pelletier	EB1	1.5
Brenda Ferguson	EB2	1.0
Isla Paterson	EB2	0.4

50 butterfly

Patrick Nadeau	EB1	4.2
Mike Wheatley	EB1	1.0
Natalie Aucoin	EB1	0.7

100 IM

Summer O'Neill	EB2	7.5
Susan Hulley	EB2	3.3

Ask the Coach

Dear Coach: The King Wolf swim will not be held this year. Cori D.

Dear Cori: Thanks – I've removed it from the list of swims below.

Dear Coach: Can you remind swimmers with long arms and legs to be careful when swimming near the lane rope as a courtesy to those swimming in the next lane? Close Call Swimmer

Dear C.C. Swimmer: Done! Also a reminder to ensure that you find the "happy medium" and also watch out for your lane-mates going in the opposite direction.

Dear Coach ou Chère Entraîneur: Swimming in France has taught me all the French terminology of swimming, so I thought I'd list it below for you, for the nostalgia factor, as you used to swim in Belgium. **Marie-Eve Racette** (in Paris)

Drill	Éducatif
Kick	Battement
Dolphin kick	Battement du dauphin
Flutter kick	Battement alternatif
Paddles	Plaquettes

Flippers	Palmes
Snorkel	Tuba
Pull buoy	Pull (pronounced "poule")
Board	Planche
Front crawl	Crawl
Back crawl	Dos
Breast	Brasse
Fly	Papillon
Stroke	Style, nage
Medley	Quatre nages
Sculling	Petit chien
under water recovery (under water dog paddle)	Grand chien
Turn	Virage
Open turn	Virage à la main
Flip turn	Virage en culbute
Lane	Couloir
Open water	Eaux libres

Dear Marie-Eve: Thanks for this and we miss you and Brian!

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>.

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 13 Bring on the Bay 3km and 1.5km Open Water Swims, Ottawa <https://bringonthebay.com/>

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)

November 6-10 Barbados Open Water Festival www.barbadosopenwaterfestival.com

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!

February 17, Nepean Winterlude Long Course Meet

There were six Carleton swimmers at the meet, including **Jonathan Critch** swimming for the Rideau Speedeaus. Congratulations to everyone on their fast swims, despite the cold air and hot water! **Ian Lorimer** equaled his 65-69 50m freestyle club record from the short course January meet (thus an improvement as long course is slower). He also broke **Jamie Chalmers'** 200m freestyle club record of 3:28.91 from 2012. Well done, **Ian!**

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

New Club Records: <https://www.sce.carleton.ca/faculty/lynnmar/masters/240217.Records.pdf>

Here's how we did:

Jamie Chalmers (7:35am Earlybirds; M80-84): 1st 50 backstroke (1:05.32); 3rd 50 freestyle (52.67), 100 backstroke (2:48.42), 200 backstroke (5:31.77)

Ian Lorimer (7:35am Earlybirds; M65-69): 1st 50 freestyle (34.49), 100 freestyle (1:20.25), 200 freestyle (3:08.82 Club Record)

Karen Jensen (6:00pm Whitecaps; W60-64): 1st 100 breaststroke (1:57.24), 200 breaststroke (4:12.54); 2nd 50 breaststroke (52.02)

Lynn Marshall (Coach; W60-64): 1st 800 freestyle (10:29.58), 100 backstroke (1:24.01), 50 breaststroke (44.07), 200 butterfly (3:05.88), 200IM (2:52.83)

Natalie Aucoin (7:35am Earlybirds; W50-54): 1st 100 freestyle (1:19.19), 100 butterfly (1:31.73); 2nd 50 freestyle (36.05), 200 freestyle (2:55.01)

Jonathan Critch (7:15pm Whitecaps; M30-34; swimming for Rideau Speedeaus): 1st 100 freestyle (1:04.78), 50 backstroke (37.23); 3rd 50 freestyle (30.32), 100 backstroke (1:24.19)

February 22 to 26, Memphremagog Winter Swimming Festival, Vermont

Congratulations to **Tom Heyerdahl** (8:40am Earlybirds) for participating in this event which is held in a 25m pool cut into the ice. This year the water was 0C! You may notice that Tom's 100 time is more than half his 200 time, due to getting a mouthful of water from the waves of the fly swimmer in the next lane, which required about 20 seconds of "stoppage" time to recover from! **Tom**, you are amazing!!

Details: <https://kingdomgames.co/memphremagog-winter-swimming-society/>

Full Results: <https://drive.google.com/file/d/1ZgERDt7F484DSkwLxSJnksjU9aSvWIkL/view>

Tom's results:

50m free: 27th in 54.99

100m free: 21st in 2:27.44

200m free: 17th in 4:36.55

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 27**).

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/>