

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: March 15, 2024 2:23 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 #629

Carleton Masters Swimming Newsletter #629

Friday, March 15, 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).

"What looks like talent is often careful preparation. What looks like skill is often persistent revision." – James Clear

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

- **Renate Hulley** (8:40am Earlybirds) has six of her paintings at this event (today). The bottom left painting is one of **Renate's** water colours.

ART LENDING of OTTAWA

Art Show
 March 16, 2024 10:00 am to 4:00 pm
 Buy or Rent Original Art by Local Artists

— NEW LOCATION —
Jim Durrell Recreation Centre
 1265 Walkley Rd
 Ottawa, ON K1V 6P9
 Free parking
 Free Admission
www.artlendingofottawa.ca

- More articles about our star swimmer, **Tom Heyerdahl** (8:40am Earlybirds):
 - He Swims in a Lane He's Carved in the Frozen Ottawa River: <https://www.cbc.ca/news/canada/ottawa/ice-swimming-ottawa-river-tom-heyerdahl-1.7128060>
 - Swimmer Stays in a Lane He's Carved in the Frozen Ottawa River: <https://www.theweathernetwork.com/en/news/nature/outdoors/swimmer-stays-in-a-lane-hes-carved-in-the-frozen-ottawa-river>
 - Chilling Dedication: Ottawa Man Keeps Cool with Daily Ice Swimming: <https://ottawa.ctvnews.ca/chilling-dedication-ottawa-man-keeps-cool-with-daily-ice-swimming-1.6791593>
- 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** timschap@yahoo.com.
- Pool annual shutdown: This year the pool will be 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!
- **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 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. The public swim schedule can also be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

Aquatic-Related Links:

- Quand l'Inconnu Permet à **Mado** de Gagner l'Or au Qatar: <https://ici.radio-canada.ca/sports/2055639/natation-mado-qatar-mondiaux-maitres>
- Happy Birthday, **David Wilkie**, on **March 8** (International Women's Day) [Ed. Note: The creator of our **David Wilkie** breaststroke drill!]: <https://ishof.org/happy-birthday-david-wilkie/>
- Celebrating Black History Month: Meet **Debbie Armstead**, Canada's First Black National Team Swimmer: <https://www.swimming.ca/en/news/2021/02/26/celebrating-black-history-month-meet-debbie-armstead-canadas-first-black-national-team-swimmer/>
- Intentional Inclusion is a Great Way to Get Everyone in the Pool: <https://www.cbc.ca/sports/intentional-inclusion-is-a-great-way-to-get-everyone-in-the-pool-shireen-ahmed-feb-29-1.7126628>
- Book Review of US Swimmer **Jeff Farrell's** "My Olympic Story: Rome 1960": <https://www.swimmingworldmagazine.com/news/book-review-of-jeff-farrells-my-olympic-story-rome-1960/>
- US Swimmer **Owen Lloyd** Disqualified for Moving Out of His Lane Before all Swimmers Finish (in the 1650yd Free): <https://twitter.com/RCorySmith/status/1762136403389907026>
- Anatomy of a Swimmer:

ANATOMY OF A SWIMMER



News and Other Links:

- In Honour of International Women's Day, Statistics on the Percent of Women at the Olympics over the Past 100 Years: <https://www.facebook.com/thefemaleathleteproject/posts/pfbid0sYqriqz5MYUzr48w9KK8z2bhCXC8sod2UNQnRFtuk6EBrumFHPbYaPeWNaDDPel>
- Harvard Scientist's Bold Claims on Dog Aging Reversal Spark Scientific Debate and Backlash: <https://medriva.com/news/harvard-scientists-bold-claims-on-dog-aging-reversal-spark-scientific-debate-and-backlash>
- Five Exercises We Hate, and Why You Should Do Them Anyway: https://www.nytimes.com/2024/03/06/well/move/least-favorite-exercises.html?unlocked_article_code=1.bE0.NShs.6-s-HfDIQq7M&smid=url-share
- I Want to Work Out More, But...: https://www.nytimes.com/interactive/2024/01/24/well/move/exercise-excuses-barriers-fitness.html?unlocked_article_code=1.Qk0.CZg4.eR-JM3EogxDC&smid=url-share
- Five Recovery Tools That Are Common Household Items: <https://triathlonmagazine.ca/training/5-recovery-tools-that-are-common-household-items/>

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.

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

Paddy coached the **6pm and 7:15pm Whitecaps** on **Tuesday March 5**.

Tim coached the **8:15am Saturday Earlybirds** for **Adrian** on **Saturday March 9**.

Paddy coached the **6pm and 7:15pm Whitecaps** on **Tuesday March 12**.

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 15 (31 workouts); range: 19-31; average: 24.4
Perfect Attendance: **Ann Bortolotti, Bruce Brown, Margaret Janse van Rensburg**

8:40am Earlybirds: January 3 to March 15 (31 workouts); range: 18-28; average: 23.0
Perfect Attendance: **Debby Whately, Nancy Luitwieler**

6:00pm Whitecaps: January 2 to March 14 (31 workouts); range: 15-31; average: 24.1
Perfect Attendance: **Konstantin Petoukhov**

7:15pm Whitecaps: January 2 to March 14 (31 workouts); range: 9-19; average: 14.0
Missed 2 Workouts: **Jesula Drouillard, Joel Meredith**

8:15am Saturdays: January 6 to March 9 (10 workouts); range: 20-35; average: 28.9
Perfect Attendance: **Brigitte Bouvier, Christian Cattan, Francois Jacques, Jim Farmer, Nicole Le Saux, Susan Hulley**

Congratulations to **Hazem Abu Alteen** (7:35am Earlybirds), who did his 1500 time trial on **March 8** (pre-Ramadan) and improved by 35 seconds!

Ask the Coach

Dear Coach: We continue to get used to Paris and at the end of this month, we will mark our 1st year here...wowzer!! And...I'm still battling to put French sentences together, got the first intro sentence down ok but after that...aaaarg!! hahaha We are also getting used to the chaos on the streets and sidewalks but it is tough...

Then if that wasn't enough, there's the pool!! Phew, aaarg, whaaat and other exclamations can be used...oh ok then...maybe some expletives :)) Swimming crimes, you know, lane sharing etiquette, choosing the right lane for your speed and other 'don't do that' things swimmers like to talk about, are committed at every practice...granted we don't have the space for the amount of folks they're cramming in :((

So every swim makes us think of your peaceful, calm and organized swims at CU...we miss that too :))

All the best to you and please say "hi" to the 07:35am gang for us... **Brian and Marie-Eve**

Dear **Brian** and **Marie-Eve**: We'd love to see you! I can't believe it's a year already. Perhaps you'll come back for a visit sometime?

Dear Coach: I'd like to practice racing starts sometime, could we do a clinic on that? Morning Swimmer

Dear M. Swimmer: Certainly. Just ask at the beginning of workout and we can set that up.

Dear Coach: I enjoy fin days, but I'm wondering what the benefit is of training with fins? Fin Swimmer

Dear F. Swimmer: Good question! There are lots of reasons to wear fins, but like any tool, you don't want to become dependent on them. Thus, they are good to mix it up every once in a while. Note that you want to ensure that you are well warmed up before you put fins on. Fins (especially the longer ones) are great for ensuring that you extend your ankles while swimming fly, back and free. Lack of ankle flexibility can hold you back (literally!), and the fins can help you develop a feel for the required ankle extension (pointy, pigeon-toed). Breaststroke kick is the only kick that involves flexing the ankles, and should not be attempted with fins! Swimming with fins also allows you to better feel the coordination between arms and legs and thus improve your timing. In addition, swimming with fins is faster, so it gives you a chance to feel that extra speed, and try to replicate it without fins. Finally, swimming with fins gets your heart-rate up as we tend to focus more on the legs, and the large leg muscles will work the cardio-vascular system.

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 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 **CANCELLED** 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 17 Traversee du Lac Nicolet 500m, 1k, 2.5k, 5km relay <https://hydrosports.ca/>

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!

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 **March 15**).

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/>