

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: April 26, 2024 1:14 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 #632

Carleton Masters Swimming Newsletter #632

Friday, April 26, 2024

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2023, Winter, Spring, Summer 2024 and Alumni: 7:35am Earlybirds I (58 addresses), 8:40am Earlybirds II (49 addresses), 6:00pm Whitecaps I (59 addresses), 7:15pm Whitecaps II (46 addresses), Saturday Only (9 addresses), Alumni (40 addresses).

"You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you." – Barbara Sher

Masters Swimming Program Notes

- The pool is **closed from Monday April 15 to Tuesday April 30** for annual maintenance.
- The Spring session starts on **Wednesday May 1**.
 - Details on the dates and programs can be found in the "Notes and Reminders" section near the end of the newsletter.
- Registration for both the Spring and Summer sessions is underway.
 - There is still space in all groups, but some are **very** close to full: For the Spring session there is just **one** spot left in each of 6pm Whitecaps and 7:35am Earlybirds, and **six** spots left in 8:40am Earlybirds. Waitlists are available. Please let me know if you are on a wait list.
 - I'll be finalizing the lane assignments for the morning groups over the weekend, so if you are planning to sign up, please send me an email to let me know that you will (or have very recently) signed up.

Swimmer Notes

- Congratulations to **Gillian Massel** (7:15pm Whitecaps) on the arrival of her baby **Hugo Tolusso** on February 4:



- If you are a Carleton student who has swum with Masters this academic year, you may add Activity: "Carleton Aquatics Masters Swim", Position: "Member" to your co-curricular record. The deadline is May 10. Details here: <https://carleton.ca/seo/ccr/student-information/>.

- **Sam Beaumont-Stidwill** (6pm Whitecaps) is cycling in the Jack Ride for mental health. You can sponsor **Sam** here: <https://jack.akaraisin.com/ui/jackride2024/p/6ccfd64566b54a3893114b3bde3624b1>

Aquatic-Related Links:

- Ottawa to Host Ironman Event Starting in 2025: https://www.ironman.com/news_article/show/1307189;
<https://getouttheremag.com/ottawa-is-getting-a-new-ironman-canada-triathlon/>

- Coach **Guy Bergeron** passes away: <https://www.swimontario.com/news/in-memoriam-guy-bergeron/>

- Top Chinese Swimmers Tested Positive for Banned Drug, Then Won Olympic Gold [thanks to **Evelyn Simpson** (8:40am Earlybirds)]: https://www.nytimes.com/2024/04/20/world/asia/chinese-swimmers-doping-olympics.html?unlocked_article_code=1.mE0.h0Tw.M85_4Vm5tXA7&smid=url-share

- Orca Calf Swims Out of BC Lagoon After Being Trapped for a Month: <https://www.cbc.ca/news/canada/british-columbia/killer-whale-orca-calf-lagoon-vancouver-island-bc-free-1.7186129>

- This Colossal Tank Is Key to Paris's Olympics Infrastructure: <https://www.youtube.com/watch?v=iZlGhdxpIWk>

- Olympic Triathlon Could be Delayed or Swim Cancelled According to Paris 2024 President: <https://triathlonmagazine.ca/news/olympic-triathlon-could-be-delayed-or-swim-cancelled-according-to-paris-2024-president/>

- No Big Deal; Just a Guy Playing Fetch With a Beluga Whale: <https://twitter.com/AMAZINGNATURE/status/1768882441270280444>

News and Other Links:

- Six Easy Exercises for Agility That You Need Right Now: <https://www.flippingfifty.com/easy-exercises-for-agility/>

- Eating to Win: Nutrition Strategies that Will Help You Reach Your Goals: <https://triathlonmagazine.ca/nutrition/eating-to-win/>

- Should Female Runners and Triathletes Lift Heavy Weights?: <https://triathlonmagazine.ca/training/should-female-runners-and-triathletes-lift-heavy-weights/>

- The World's Oldest Man Says the Secret to His Longevity is Luck, Plus Regular Fish and Chips: <https://ottawacitizen.com/pm/news-pmn/the-worlds-oldest-man-says-the-secret-to-his-longevity-is-luck-plus-regular-fish-and-chips/wcm/ad8e399b-2567-422c-879c-ee28b7721856>

- **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 Carleton Ravens Athletics App (<https://athletics.carleton.ca/mobile-app/>) is 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/>.

Spring Session Information

Dates: Wednesday May 1 to Saturday June 29; no workouts Monday May 20.

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

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

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

Further details and changes will be noted here.

Special Sets:

Thu/Fri May 30/31: fin day

Thu/Fri June 6/7: short distance time trials

Tue/Wed June 11/12: short distance time trials

Mon June 17: 1500/800 free time trial

Thu/Fri June 27/28: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum24.pdf>.

Ask the Coach

Dear Coach: I'm thinking of entering the Early Bird Triathlon at Carleton on May 18. Do you have any suggestions or recommendations? Beginner Triathlete

Dear B. Triathlete: First a note to others who may be interested: The details and registration link can be found in the list of events in the "Masters Swimming Competitions" section below. Rick Hellard (ROCS / Zone3) wrote this article last year which should be helpful: <https://www.somersault.ca/posts/ricks-tricks-early-bird-edition>. Enjoy!

Dear Coach: Can you review the arm position in freestyle? I still find it a challenge to put it all together. New Masters Swimmer

Dear N.M. Swimmer: I'll give a quick summary here, but please ask your coach during workout if you want feedback. Also, we will be doing drills for all strokes during the weekday workouts for the first month of the term, starting with freestyle for the first three workouts. Basically, you want to ensure that your stroke is long, i.e. ensure that one arm is as far forward as possible (above the shoulder) and the other as far back as possible (next to your thigh) at the beginning of each stroke. Keep the hands shoulder width throughout the stroke. Keep the fingers pointing towards the

bottom of the pool during the stroke, and bend at the elbow (pretend the pool is very shallow and you don't want to hit the bottom).

Dear Coach: What is the desired timing in breaststroke and what position should my head be in during the stroke? Improving My Breaststroke

Dear I.M. Breaststroke: As per the above, I'll give some tips here, but do ask your coach for feedback during workout. The timing for breaststroke is arms-breathe-kick-glide. Start in a streamlined position (legs straight, feet pointed and touching, and arms straight and hands touching, and neck straight so that you are looking at the bottom of the pool). From there start moving your arms outwards (out-sweep) which will lift your shoulders and drop your hips. Lift your head slightly and start your breath, keeping your eyes on the water (rather than looking straight ahead), as you start the in-sweep of the arms and the recovery of the legs (bringing your heels to your hips). Then you will do the propulsive phase of the kick as your head goes down and you straighten your arms. And then you are back to the glide phase.

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>.

May 5 University of Laval LCM Masters Meet (SO registration required)

May 18 Early Bird Triathlon at Carleton U <https://www.somersault.ca/s/early-bird>

May 24-26 Canadian Masters Swimming Championships, Windsor (SO registration required)

<https://www.swimming.ca/en/events-results/events/2024-speedo-canadian-masters-championships/>

June 30 to August 25 Quebec 5km and 10km Open Water Circuits <https://fnq.ca/circuit-deau-libre-2024/>

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!

April 19-21 Quebec Masters Swimming Provincials, Pointe-Claire, Montreal

I attended this meet, and had a chance to see **Liliane Cardinal** (x-7:35am Earlybirds / Saturdays), now living in Montreal and swimming for Masters of Pointe-Claire (MPC), who won the meet. **Liliane** is in a new age group this year and did very well! She was very pleased with her 1500. Although it was the last day of the meet (when she should have been tired), her 400 and 800 splits were actually faster than her 800 (on day 1), and 400 (on day 2)!! Non-Quebec swimmers were considered exhibition for this competition. Full results: <https://live.swimrankings.net/41933/>.

Liliane Cardinal (x-Earlybirds; 75-79, swimming for MPC): **1st** 400 free (9:55.01), 1500 free (37:37.61), 200 back (5:33.63), 400IM (13:05.44); **2nd** 800 free (20:56.76), 200 IM (6:10.60)

Lynn Marshall (Coach; 60-64): Exhibition: 400 free (4:59.67), 1500 free (19:41.18), 200 back (2:41.06), 200 breast (3:15.35), 200 butterfly (2:53.04), 400IM (5:44.21)

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 **April 5**).

Notes and Reminders

Carleton Masters Spring/Summer Programs

Registering online is recommended unless 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:

Spring Session: Wednesday May 1 to Saturday June 29; no workouts Monday May 20.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$112+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$115+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$108+HST

Saturdays: 8:15-9:25am, except 10:45-11:55am on May 18; Coaches: Rotating Schedule; \$56+HST

Summer Session: Tuesday July 2 to Saturday August 31; no workouts Monday July 1 or Monday August 5.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$120+HST

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$56+HST

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule:

Monday 4:00-5:00pm and 5:00-6:00pm

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.

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/>.

Team Aquatic Supplies / 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/>