

Carleton Masters Swimming Newsletter #659

Friday, April 4, 2025

To: Carleton Masters Coaches / Staff (12 addresses)

Bcc: Those registered for Fall 2024, Winter 2025 and Alumni: 7:35am Earlybirds I (54 addresses), 8:40am Earlybirds II (50 addresses), 6:00pm Whitecaps I (50 addresses), 7:15pm Whitecaps II (42 addresses), Saturday Only (19 addresses), Alumni (40 addresses).

"Don't worry, it will soon pass. Whatever it is, don't worry, be happy." – Bob Marley

Masters Swimming Program Notes

- The Winter session runs from **Monday January 6 to Tuesday April 8**.
- There will be **interim workouts** from **Wednesday April 9 to Saturday April 12**. Details below.
- The **pool will be closed for maintenance from Monday April 14 to Friday May 2**, inclusive.
- The **Spring Masters Sessions start Saturday May 3**. Details on the Spring and Summer sessions and registration start dates are below.
 - Note that registration for the Summer sessions will start in June. The April 9 registration start date is for Spring Masters only. My apologies for the incorrect information in the previous newsletters.
- The **7:35am Earlybirds, 8:40am Earlybirds, 6pm Whitecaps, and Saturday** groups are full for the **Winter** term. Wait lists are available. There is still lots of space in the 7:15pm Whitecaps.
 - Full details on the Winter Masters Programs can be found near the end of the newsletter in the "Notes and Reminders" section.

End of Winter Term Extra Workouts

The pool was originally scheduled to close for maintenance at the end of day on Tuesday April 8. That has now been changed to end of day on Sunday April 13. Thus, we are offering some **pay-as-you-go workouts from April 9 to 12**. These workouts are open to those registered for Winter and/or Spring/Summer Masters programs. However, registered swimmers may bring a friend. The **drop-in fee for all swimmers is \$7+HST**. Those affected by the 6pm Whitecaps workout being cut short on **Monday March 10**, may attend one of these workouts free of charge. The coaches and themes are now posted with the [Winter Workout Themes](#).

Here are the dates and times:

Wed Apr 9 7:35-8:35am (deep)

Wed Apr 9 8:40-9:40am (deep)

Thu Apr 10 6:00-7:10pm (shallow)

Fri Apr 11 7:35-8:35am (deep)

Fri Apr 11 8:40-9:40am (deep)

Sat Apr 12 8:15-9:25am (shallow)

Spring / Summer Masters Programs

Registration for the Spring Masters programs starts at **9am on Wednesday April 9**. Registration for the Summer Masters programs starts **9am on Wednesday June 11**.

Registering online (<https://rec.carleton.ca/>, search for "Masters") 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: Saturday May 3 to Saturday June 28; no workouts Saturday May 17 (Early Bird Triathlon) or Monday May 19 (Victoria Day).

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$113+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$113+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$122+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$113+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$61+HST

Summer Session: Monday June 30 to Saturday August 30; no workouts Tuesday July 1 or Monday August 4.

Earlybirds: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$127+HST

Whitecaps: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$133+HST

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$69+HST

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

Swimmer Notes

- Thank you to coach **Mark** for his work on our pace clocks! He has taken parts from old pace clocks so that the on-deck pace clocks now have switches and dollies. Note that we will be getting a new pace clock for the shallow end south side soon!

- Did you know that **Pat Nadeau** (7:35am Earlybirds) is the President of Birds Canada? He has put together a series of fun "guess the bird videos" that I highly recommend:

https://www.canadahelps.org/en/charities/Birds_Canada/p2p/birdathon25/team/birds-canada-staff/member/patrick-the-mystery-bird-challenge.

- Our best wishes to **Anne Griffith** (8:40am Earlybirds) for a quick recovery from a scary thumb infection that started two weeks ago. This picture was taken shortly after she was admitted to hospital for IV antibiotics and liver monitoring. The purple lines were drawn by the doctor to show how far the infection had spread. Shortly after this she contracted flesh eating bacteria!! Luckily the infection is now under control, but recovery will be another six weeks. This is a pretty good excuse for missing the 1500 time trial 😊 ! I think multiple 1500 time trials would be very much preferable to what **Anne** has gone through!



- Congratulations to **Tom Heyerdahl** (8:40am Earlybirds) for being selected to join the Vermonster Fundraising Swim in Stowe, Vermont:

<https://www.facebook.com/charlotte.brynn/posts/pfbid02gJrZJw1DeU8fGKJpWi3hfFkFQkLa3W2u6AxQQ2qWJ2ucJvYXsxkXQYeTtzMshaczl>, <https://www.gofundme.com/f/join-25-swimmers-to-break-the-noswim-cycle>.

- **Natalie Aucoin** (7:35am Earlybirds) has organized a group of us to compete in the OlymPINK meet at Brewer pool tomorrow afternoon. Four Carleton swimmers will each swim 25m in a 100 Medley race against **Maggie Mac Neil**!! Go Carleton!!

- **Coach Mark Blenkinsop** once again has honey! He and his wife, **Krista**, actually had a great harvest this year, so much so that he needed to make a special order for more bottles. The only size they have is the regular 500g bottles, and they are selling them for \$12 each. Mark is at the pool regularly on Wednesday morning (for Varsity practice) and Thursday evening (for Whitecaps). Otherwise, feel free to email him .

Aquatic-Related Links:

- Fish Doorbell [Ed. Note: Thanks to **Christine Rivas** (7:35am Earlybirds)] for this great link!]: <https://visdeurbel.nl/en/>
- Swimming's Miraculous Journey by **Rich Burns** [Ed. Note: I love the "bunting" for the mid-length finishes!]: <https://www.pacificmasters.org/page.cfm?pagetitle=News+and+Stories&artid=13483>; 200yd Backstroke from the Same Event: <https://www.youtube.com/watch?v=TsgAf5UdPQ>
- How Do You Get Out of the Water?: <https://www.facebook.com/reel/616785997400166>
- Five Things Triathletes Will Never Get Tired of Hearing: <https://triathlonmagazine.ca/training/5-things-triathletes-will-never-get-tired-of-hearing/>
- The Best Shoulder Exercises Before Your Next Swim: <https://www.facebook.com/reel/527467543680149>
- The Ultimate Flip Turn Challenge: <https://www.facebook.com/reel/9021261307971845>

News and Other Links:

- The Best Bicycle Festivals Worth Traveling For in 2025: <https://momentummag.com/the-best-bicycle-festivals-worth-traveling-for-in-2025/>
- Twenty-Five Joys of Ditching the Car for a Bike Commute: <https://momentummag.com/post-inspires-25-joys-of-ditching-the-car-for-a-bike-commute/>
- Five Winter Running Rules to Improve Economy, Strength and Fueling: <https://triathlonmagazine.ca/training/5-winter-running-rules-to-improve-economy-strength-and-fuelling/>
- Top Cycling Gear Stories of 2024: <https://momentummag.com/our-top-cycling-gear-stories-of-2024/>

- **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, take a photo or scan and 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/>.

Winter Session Information

Dates: Monday January 6 to Tuesday April 8; no workouts Monday February 17.

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: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

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

8:15-9:25am Saturdays: Shallow End: rotating coach schedule (see workout themes)

Further details and changes will be noted here.

Nick coached the **6pm and 7:15pm Whitecaps** for **Sean** on **Monday March 24**.

Malcolm coached the **6pm and 7:15pm Whitecaps** for **Mark** on **Thursday April 3**.

Malcolm is coaching the **6pm and 7:15pm Whitecaps** for **Paddy** on **Tuesday April 8**.

Special Sets:

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

Tue/Wed February 25/26: fin day

Tue/Wed March 18/19: 1500/800 time trial

Thu/Fri March 27/28: fin day

Mon a.m./Tue April 6/7: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanwint25.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 6 to April 4 (38 workouts); range: 18-37; average: 26.7

Perfect Attendance: **Bruce Brown, Margaret Janse van Rensburg**

8:40am Earlybirds: January 6 to April 4 (38 workouts); range: 18-32; average: 25.0

Missed 1 Workout: **Susan Hulley**

6:00pm Whitecaps: January 6 to April 3 (38 workouts); range: 10-33; average: 23.5

Perfect Attendance: **Don Wells, Konstantin Petoukhov**

7:15pm Whitecaps: January 6 to April 3 (38 workouts); range: 9-21; average: 14.3

Missed 4 Workouts: **Richard Arsenault**

8:15am Saturdays: January 11 to March 29 (12 workouts); range 20-32; average: 28.3

Missed 1 Workout: **Christian Cattan, Don Wells, Francois Jacques, Mariette Kenney, Nicole Le Saux, Sam Holmstrom**

Ask the Coach

Dear Coach: Will you be sending out your interim workouts? Curious Swimmer

Dear C. Swimmer: No. I only email the regular workouts.

Dear Coach: Will the registration start time be adjusted again, due to it being in the middle of the 8:40am Earlybirds swim? Keen Swimmer

Dear K. Swimmer: Registration start times have been set for the coming year and they are all on Wednesdays at 9am! To keep things simple, we will leave it as is this time, as programs will not likely fill up for at least a few days. Just be sure to register later that day, and you should have no problem getting a spot.

Dear Coach: In your workouts, you include easy, moderate, firm, and fast. What effort level are those? Working on My Pacing

Dear W.o.M. Pacing: Easy is 1 to 2 out of 10. Moderate is 3 to 4 out of 10. Firm is 5 to 6 out of 10. Fast is 7 to 8 out of 10. Sprints and time trials are about 9 to 10 out of 10.

Dear Coach: If I'm doing a 2-beat kick in freestyle, how does the timing work? A Freestyler

Dear A. Freestyler: The 2-beats means two kicks over the course of a full arm-cycle (two strokes, one with each arm), thus it is one kick per arm stroke. You want to kick down with your left foot as your right hand enters the water (and down with your right foot as your left hand enters the water).

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August **2025**), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$65**. For both, it's **\$80**. 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/>. Note that due to a new system, this link is not accurate (yet!). If you need to find meet packages, look here for Ontario:

<https://docs.google.com/spreadsheets/d/1xG03Eli1IWBnfjwuMmBTWQ84RfXfHrEBTgiv4XyB7wQ/edit?gid=1189075859#gid=1189075859>, and here for

Quebec: https://docs.google.com/spreadsheets/d/1jTV5t_HJfBgaUimKIMGbQqv7hYOxvUyR4P6RGU_92MY/edit?gid=0#gid=0.

Details on MSO meets can be found here: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

April 5 OlymPink Masters Challenge, Brewer Pool, Ottawa (MSO registration or one-day registration required)

April 25-27 Swim Ontario Masters Championships, Markham Pan-Am Centre (SO registration required)

<https://www.swimontario.com/athletes/competitions/2025-ontario-masters-swimming-championships/>

April 25-27 Championnat Quebecois des Maitres, Drummondville (SO registration required)

May 17-19 Canadian Masters Swimming Championships (LCM), Saskatoon (SO registration required)

<https://www.swimming.ca/event/2025-speedo-canadian-masters-championships/>

June 29 Worlds Warm-Up LC Meet, Etobicoke (SO registration required)

July 12 Bring on the Bay 1.5k and 3k swims <https://bringonthebay.com/>

July 26-27 Ontario Open Water Provincials Gull Lake, Gravenhurst

July 26 – August 22 World Masters Aquatic Championships, Singapore (SO registration required): Open Water Swim: July 26-27; Pool Swimming: August 7-14: If you are planning to attend the Worlds Masters in Singapore there is a WhatsApp channel you can join: <https://chat.whatsapp.com/Km9BOI8WGjWDKwg9vq39xR>

November 5-9 Barbados Open Water Festival <https://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 29**).

Notes and Reminders

Carleton Masters Winter Programs

Registering online (<https://rec.carleton.ca/>, search for "Masters") 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:

Winter Session: Monday January 6 to Tuesday April 8; no workouts Monday February 17.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$192+HST: **Full: Wait list available.**

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$192+HST: **Full: Wait list available.**

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$212+HST: **Full: Wait list available.**

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$196+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$100+HST

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 three hour parking in Lot 5.

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Monday 4:00-5:00pm and 5:00-6:00pm or 4:30-5:30pm (depending on the week)

Tuesdays 4:30-5:30pm (occasionally 3:30-4:30pm)

Lessons are currently all booked, but a cancellation list is available.

Prices: Private: \$52.50 per hour, plus HST; **Semi-Private** (2-3 swimmers; per swimmer): \$34 per hour, plus HST. Prices are going up in May.

Please e-mail me for more details.

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/se/ccr/>.

Team Aquatic Supplies Discount for Carleton Masters Swimmers: Aquasport (2730 Iris Street) is run by Team Aquatic Supplies. We receive a 15% discount on regularly priced merchandise until the end of August **2025**. 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/>