

Carleton Masters Swimming Newsletter #661

Friday, May 2, 2025

To: Carleton Masters Coaches / Staff (12 addresses)

Bcc: Those registered for Fall 2024, Winter 2025, Spring 2025, and Alumni: 7:35am Earlybirds I (62 addresses), 8:40am Earlybirds II (51 addresses), 6:00pm Whitecaps I (53 addresses), 7:15pm Whitecaps II (42 addresses), Saturday Only (20 addresses), Alumni (39 addresses).

"Take note of how far you've come, not just how far you have to go. You are not where you want to be, but neither are you where you used to be." – Rick Warren

Masters Swimming Program Notes

- The **pool is 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.
 - Spring registration is open. 7:35am Earlybirds is full. Wait lists are available. Please let me know if you are on a wait list.
 - Registration for Summer will start at 9am on Wednesday June 11. (Some swimmers were already able to register for 7:35am Earlybirds as registration was opened early. Everyone else will be able to register in June.)

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. Note that only some membership categories may be purchased online.

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: Full: Waitlist available

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/Nick, Sub: Adrian; \$122+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark/Nick, 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/Nick, 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

- If you have an all-inclusive or Senior Ravens membership, there is no change to your parking process. However, for those with **Morning-only**, **Swim-only**, or a **Summer** membership, you must now **register with Hot Spot whenever you park at Athletics**. The link is: <https://hotspotparking.com/tapPoster/park/carletonU5>. For Morning-only use code: GYMAM. For Swim-only and Summer use code: GYM25.

- Due to the 2025 Volleyball Canada Youth National Championships being held at Carleton **from today to Sunday May 4, there will be congestion and limited parking available in Lot 5**. Members may park in any parking lot during this event. If you use Hot Spot, your usual code will work in any lot.

Aquatic-Related Links:

- An Orange Fish With Arms and Legs, and a Song You Can't Escape [Thanks to **Christine Rivas** (7:35am Earlybirds)]: https://www.nytimes.com/2025/04/14/style/le-poisson-steve-tiktok.html?unlocked_article_code=1.BU8.OOYc.TvQJs2ZqefA2&smid=url-share
- When You Start Thinking About Technique Mid-Swim [Thanks to **Evelyn Simpson** (Earlybirds Alumna)]: <https://www.facebook.com/reel/1040256451309102>
- Dubai's Atlantis The Royal Hotel has Over 90 Pools!: <https://www.youtube.com/watch?v=YmLkHKRPX38>
- Non-Essential Essentials Every Triathlete Needs on Race Day: <https://triathlonmagazine.ca/gear/non-essential-essentials-every-triathlete-needs-on-race-day/>
- Five Tips to Reduce Swim Anxiety at Your Next Race: <https://triathlonmagazine.ca/training/swim/5-tips-to-reduce-swim-anxiety-at-your-next-race/>
- Penguins Going Down Stairs: <https://www.facebook.com/reel/8352147991552048>

News and Other Links:

- Could Your Trusted Race Fuel Be Causing You to Bonk?: <https://triathlonmagazine.ca/nutrition/could-your-trusted-race-fuel-could-be-causing-you-to-bonk/>
- Urban Cycling in China: <https://momentummag.com/mile-markers-6-urban-cycling-in-china-or-self-do-vehicle/>
- **Timothée Chalamet** Enters London Premiere of "A Complete Unknown" on a Lime Bike: <https://ca.news.yahoo.com/timoth-e-chalamet-enters-london-224719118.html>
- Conversations with Leading Canadian Women Coaches: <https://coach.ca/sites/default/files/documents/2025-02/conversations-with-leading-women-coaches---part-one.pdf>

- **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.

- Note that the full list of Carleton Athletics memberships can be found here: <https://athletics.carleton.ca/memberships/>. Only some categories of memberships may be purchased online.

- 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: Saturday May 3 to Saturday June 28; no workouts Saturday May 17 or Monday May 19.

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/Nick** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark/Nick** (sub: **Adrian**)

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

Further details and changes will be noted here.

Nick and Adrian have swapped **Saturdays May 31** and **May 10**. **Nick** will now coach on **May 10**, and **Adrian** on **May 31**.

Special Sets:

Thu/Fri May 29/30: fin day

Thu/Fri June 5/6: short distance time trials (morning: lanes 1-3)

Tue/Wed June 10/11: short distance time trials (morning: lanes 4-6)

Monday June 16: 1500/800 time trial

Thu/Fri June 26/27: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum25.pdf>.

Ask the Coach

Dear Coach: Should I always glide on breaststroke? A Breaststroker

Dear A. Breaststroker: Yes, you should always glide in breaststroke. However, the amount of glide depends on the person and the distance being swum. Generally, for a longer distance (e.g. 200m) the glide will be more pronounced than for a sprint. Taking the time to get into a streamlined position is important for all swimmers and all distances. Some tend to pause part way through the arm motion, rather than with the arms out in front. That will increase the drag significantly.

Dear Coach: I heard a rumour that you have some new backstroke drills in mind for us! Do tell? Curious Swimmer

Dear C. Swimmer: I have some partner drills to try – details at the pool!

Dear Coach: Will you be sending out lane assignments? Do we have to stay in the lane assigned? Improving Swimmer

Dear I. Swimmer: I will be sending out initial lane assignments for the morning groups (including Saturday). However, we will adjust if/when needed – they are not carved in stone!

Dear Coach: Can you remind me of the timing in backstroke? I find that a challenge. Wanna-be Backstroker

Dear W-b. Backstroker: In backstroke, just like in freestyle, you want to take the time to stretch and pause between strokes. Thus, when you have one arm at your side and the other above your head, the one at your side should start moving first. The one above your head should be stationary until the other arm is pointing at the ceiling.

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/1xG03Eli1IWbNfjwuMmBTWQ84RfXfHrEBTgqv4XyB7wQ/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>.

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!

April 21 Boston Marathon

Congratulations to **Jesula** and **Susan** on their results! Full results: <https://results.baa.org/2025/>

Here's how they did:

Jesula Drouillard (7:15pm Whitecaps; F55-59): 15589th overall, 5203rd female, and 104th in category in 3:44:38 (3:38:56)

Susan Nevitt-Yelle (7:35am Earlybirds; F60-64): 21839th overall, 8695th female, and 261st in category in 4:18:35 (4:10:53)

April 25-27 Swim Ontario Masters Provincials, Markham

I was the only swimmer swimming for Carleton. Enmanuel was swimming unattached. Full results:

<https://swimontario.com/liveresults/2025/MPROV/>.

Here's how we did:

Enmanuel Manzanilla Mujica (8:40am Earlybirds; M40-44): 1st 400IM (6:19.46); 2nd 200 fly (2:55.75); 3rd 200IM (3:00.37); 5th 200 breast (3:07.49); 7th 100 fly (1:17.67); 8th 50 breast (39.65); 9th 100 breast (1:27.34); 12th 50 fly (34.60)

Lynn Marshall (Coach; F60-64): 1st 200 free (2:23.10), 400 free (5:00.34), 1500 free (19:53.48), 200 back (2:43.52), 200 breast (3:17.86), 200 fly (2:57.43), 400IM (5:50.20); 2nd 50 free (32.02)

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 30**).

Notes and Reminders

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

Spring/Summer Schedule:

Monday 4:00-4:40pm, 4:40-5:20pm, 5:20-6:00pm

Tuesdays 7:50-8:30am, 8:30-9:10am

Prices: Private: \$52.50 per lesson, plus HST; **Semi-Private** (2-3 swimmers; per swimmer): \$34 per lesson, plus HST.

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/seo/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/>