

Carleton Masters Swimming Newsletter #664

Friday, June 13, 2025

To: Carleton Masters Coaches / Staff (12 addresses)

Bcc: Those registered for Fall 2024, Winter 2025, Spring 2025, and Alumni: 7:35am Earlybirds I (63 addresses), 8:40am Earlybirds II (54 addresses), 6:00pm Whitecaps I (53 addresses), 7:15pm Whitecaps II (42 addresses), Saturday Only (20 addresses), Alumni (41 addresses).

"You're going to lose if you think you're going to lose and you don't always win when you think you're going to win ... but, your chances of winning are going to be higher if you think that you're actually capable of doing it." – Torri Huske

Masters Swimming Program Notes

- The Spring Masters Session runs from Saturday May 3 to Saturday June 28, inclusive.
 - There is space in all groups except the 7:35am Earlybirds. A wait list is available. Let me know if you are on a wait list!
 - There is one spot left for the 8:40am Earlybirds, three spots on Saturdays, and five for the 6pm Whitecaps.
- The Summer Masters Session runs from Monday June 30 to Saturday August 30, inclusive.
 - Registration for the Summer Session is open – details below. There is currently space available in all three groups.
 - **Note: If you are planning to sign up, I'd appreciate it if you could do so sooner rather than later. I will be away for the first week of the Summer session, leaving June 28, so I will need to get the attendance sheets ready early!**

Summer Masters Programs

Registration for the Summer Masters programs is underway.

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:

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

- Congratulations to **Liz Chretien-Kennedy** (7:15pm Whitecaps) and her husband on the arrival on **Carter Kennedy** on Tuesday, June 10 at 3:36pm. She reports that they are healthy and happy, and Carter weighed in at 7lbs. We look forward to seeing Liz back in the pool in the Fall!



- Congratulations to **Margaret Janse Van Rensburg** (7:35am Earlybirds) on successfully defending her Ph.D. thesis! Here's a video of the presentation titled "Professional Perspectives on the Barriers to Autistic Adult Mental Health in Ottawa, Canada" that she shared with the examiners:
https://mediaspace.carleton.ca/media/Dissertation+Defense+Presentation+-+Final/1_88z7khqc
- Best wishes to **Sigi Johnson** (7:35am Earlybirds) for a quick recovery from a broken wrist and elbow from a fall while trail running.
- Carleton's 2025 convocation will be held from **Monday June 16 to Friday June 20**. Convocation ceremonies will take place at 9am, 1pm, and 4pm (lasting about 90 minutes each) in the Fieldhouse with the graduands walking along the hall by the men's change room at the start and end of the ceremony (meaning that for 5-10 minutes access to the men's change room will be unavailable). In addition, those attending convocation have priority for parking in Lot 5. Athletics users will be asked to park in other lots on campus during those dates. Park using the usual process (i.e. use the Hot Spot code, if applicable) in any legal spot on campus.
- **Margaret Janse Van Rensburg** (7:35am Earlybirds) is finishing her PhD and has accepted a job in South Carolina. She's hosting a party at Flora Hall Brewing on **Sunday June 22nd** and would love for swim buddies to attend or drop by. Feel free to email her or text her if you have questions (MargaretJanseVanRens@cmail.carleton.ca; 2268688687). Here's the invite: <https://www.punchbowl.com/parties/a30aea1e80cec4ec3452!>
- You can now swim at Dow's Lake!!: "Cannonballs at Dow's Lake: Return of Swimming Marked at New Recreational Dock": <https://ottawacitizen.com/news/dows-lake-swimming-recreational-dock>; "Swimming Now Allowed at New Dow's Lake Dock": <https://www.cbc.ca/news/canada/ottawa/swimming-now-allowed-at-new-dows-lake-dock-1.7559340>

Aquatic-Related Links:

- **Frank Grannis** – Mastering Master's at 100:
<https://www.pacificmasters.org/page.cfm?pagetitle=News+and+Stories&artid=13409>

- How Can I Avoid Swimmer's Ear? [Thanks to **Flo Kellner** (8:40am Earlybirds)]: https://www.nytimes.com/2025/06/10/well/move/swimmers-ear-infection-advice.html?unlocked_article_code=1.OU8.WyFz.Q0otsFegOsLZ&smid=url-share
- Bluetit 1 Channel Swim Relay Team [Ed. Note: Love the appropriate team name!]: <https://www.youtube.com/watch?v=BU0CVDSLjg>
- Getting Out of the Pool [Ed. Note: Depois de Nadar Borboleta = After Swimming Butterfly]: <https://www.facebook.com/reel/547001511723320>
- How America's Fastest Swimmers Use Math to Win Gold [Ed. Note: Gotta love breaststroke: "I've never been able to get our force sensors to work for breaststroke. There's too much going on. I get data, but I can't make heads or tails out of it.": <https://www.quantamagazine.org/how-americas-fastest-swimmers-use-math-to-win-gold-20240710/>
- Daily Swimming Routine of Ducklings on a Farm: https://x.com/TheFigen_/status/1925269913347727861

News and Other Links:

- 200g Of Carbs Per Hour? Ironman Pros Break Records With Extreme Fueling Strategies: <https://triathlonmagazine.ca/nutrition/200g-of-carbs-per-hour-ironman-pros-break-records-with-extreme-fuelling-strategies/>
- Master Your Training Plan and Balance Your Life With These Five Tips: <https://triathlonmagazine.ca/training/master-your-training-plan-and-balance-your-life-with-these-5-tips/>
- Grip Strength Related to Lower Dementia Risk: <https://www.facebook.com/reel/1188666639359775>
- Here are 20 of the Best Treehouse Retreats Across Canada for an Incredible Getaway: <https://getouttheremag.com/here-are-20-of-the-best-treehouse-retreats-across-canada-for-an-incredible-getaway/>

- **Community Members Parking:** If you have an all-inclusive or Senior Ravens membership, there is no change to your parking process (ensure that your plate is on file at the Welcome Centre). 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.

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.

- 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.

- **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: 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.

Adrian coached for **Nick** on **Saturday May 31**.

Nick coached for **Tim** on **Saturday June 7**.

Adrian is coaching for **Sean** on **Monday June 16**.

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>.

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: May 5 to June 12 (17 workouts); range: 23-33; average: 27.0
Perfect Attendance: **Jennifer Glassman, Susan Nevitt-Yelle**

8:40am Earlybirds: May 5 to June 12 (17 workouts); range: 21-30; average: 24.8
Perfect Attendance: **Debby Whately, Susan Hulley**

6:00pm Whitecaps: May 5 to June 11 (17 workouts); range: 18-27; average: 21.9
Perfect Attendance: **Natalie Aucoin**

7:15pm Whitecaps: May 5 to June 11 (17 workouts); range: 7-16; average: 10.2
Perfect Attendance: **Richard Arsenault**

8:15am Saturdays: May 3 to June 7 (5 workouts); range 22-31; average: 26.0
Perfect Attendance: **Andrea Chandler, Francois Jacques, Homero Martinez, Ian Lorimer, Lynn Marshall, Mariette Kenney, Tess Bowman**

Congratulations on those who participated in the **short distance time trials** recently. Lots of great swims and improvements! A summary will be in the end-of-term newsletter the second week of July.

Ask the Coach

Dear Coach: Where is **Patrick Duffy** now? Curious Swimmer

Dear C. Swimmer: Patrick Duffy played the Man from Atlantis on the show of the same name. It's one of the fly drills that we do. Here's a recent article about him: <https://www.remindmagazine.com/article/27222/patrick-duffy-fun-facts-dallas-step-by-step/>. For those who want to see his "Man from Atlantis" swimming, check it out here: <https://youtu.be/1-DMCqk-C2s?si=AiffKnYeupsNKH1O&t=76>.

Dear Coach: You said that the summer 7:35am group will have additional pool space. How will that work? And will those who swim at 8:40am on June 11 be sure to get a spot? Morning Swimmer

Dear M. Swimmer: We usually have about 60 swimmers registered for that group. Normal registration is 40. Thus, we usually use three lanes in the shallow end, in addition to the deep end. The exact pool space we get will be determined by how many swimmers sign up. Yes, those who are swimming when registration opens will be able to get a spot. I do recommend signing up the day that registration opens (June 11) or shortly thereafter, though.

Dear Coach: I am not able to swim with fins. What are the alternatives on "fin day" for non-fin swimmers? No Fins For Me

Dear N.F.F. Me: Fins are always optional on fin day. If your lane-mates are all using fins, you can go at the end and skip a 50 now and then. Or you may move to a slower lane where your non-fin swimming matches the speed of their fin swimming.

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>.

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>

August 9 Traverse du Lac Simon 500m, 2k, 5k, 12k Swims <https://www.ms1inscription.com/traverseelacsimon2025>

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: (last update **June 12**).

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.

Spring Masters Session Details

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

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/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/>