

Carleton Masters Swimming Newsletter #669

Friday, August 22, 2025

To: Carleton Masters Coaches / Staff (12 addresses)

Bcc: Those registered for Fall 2024, Winter 2025, Spring 2025, Summer 2025, Fall 2025, and Alumni: 7:35am Earlybirds I (71 addresses), 8:40am Earlybirds II (55 addresses), 6:00pm Whitecaps I (64 addresses), 7:10/7:15pm Whitecaps II (42 addresses), Saturday Only (22 addresses), Alumni (41 addresses).

"When you exercise, it increases endorphins, dopamine, adrenaline and endocannabinoid - these are all brain chemicals associated with feeling happy, feeling confident, feeling capable, feeling less anxiety and stress and even less physical pain." – Dr. Kelly McGonigal

Masters Swimming Program Notes

- The Summer Masters Session runs from Monday June 30 to Saturday August 30, inclusive.
- Registration for the Fall Masters Session is underway. Details are in the following section. The 7:35am group is full. The 6pm, 8:40am, and Saturday groups are getting close to full, with 5, 5, and 8 spots, respectively. Please let me know if you are on a wait list.

Fall Masters 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. Note that only some membership categories may be purchased online. The Whitecaps 2 group will be five minutes earlier this year to allow for a 5 minute gap between Whitecaps 2 and the following group.

Here are the details of the programs and dates:

Fall Session: Tuesday September 2 to Saturday December 20; no workouts Monday September 1 or Monday October 13.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$210+HST: **Full** (wait list available)

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$210+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Nick, Mark, sub: Adrian; \$227+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:10-8:10pm; Coaches: Sean, Nick, Mark, sub: Adrian; \$210+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$106+HST

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

Swimmer Notes

- Students will be moving into residence at Carleton from **9am to 4pm on Thursday August 28 through Sunday August 31**. Traffic on campus will be busier than usual. In addition, Colonel By Drive will be closed the **morning of Saturday August 30** for a triathlon. Those swimming on Saturday August 30, take note, as both those events could impact you!

- Masters Swimmer **Sylvia Donato**, 52, died the day after being struck by a boat while swimming in a lake in Sudbury (near the shore with a tow float): 'Just Gutted': Swimmer in Sudbury, Ont., Shares Her Concerns After Fatal Boat Crash: <https://www.cbc.ca/news/canada/sudbury/sudbury-swimmer-concerns-fatal-crash-1.7603709>; Beaton Classic Remembers Tragic Loss of Sudbury Competitor: <https://www.thesudburystar.com/sports/beaton-classic-remembers-tragic-loss-of-sudbury-competitor>; Obituary: <https://lougheedfuneralhomes.com/book-of-memories/5624968/Donato-Sylvia/index.php>

- Sportstats has posted the results for the Ottawa Ironman adjusted for age and gender: click on "Age Grade" here: <https://sportstats.one/event/ironman-canada-ottawa/leaderboard/143992>. **Sheila Kealey** (7:35am Earlybirds) is first overall by almost 15 minutes!!

- As part of our annual registration with Swim Ontario, we get four free tickets to the Swim Ontario Conference – Inspiring the Future, September 19-20 in Toronto: <https://www.swimontario.com/about/2025-swim-ontario-conference/>. If anyone is interested, please let me know.

- The Carleton Pool is one of many pools in Carleton that is nearing its end-of-life:

- As **Summer McIntosh** Shines, Canada's Aging Public Pools Face a Wave of Closures:

<https://www.theglobeandmail.com/life/article-as-summer-mcintosh-shines-canadas-aging-public-pools-face-a-wave-of/>

- Canadian Aquatic Facility Crisis May Make Finding the Next **Summer McIntosh** a Challenge:

<https://olympic.ca/2025/08/06/canadian-aquatic-facility-crisis-may-make-finding-the-next-summer-mcintosh-a-challenge/>

- Canada in 'Facility Crisis' as Aging Public Pools Face Wave of Major Repairs or Closures:

<https://www.cbc.ca/news/canada/manitoba/public-pools-aging-canada-hefty-costs-1.7607584>

- The Carleton University Pool Staff is diving into the Canadian Cancer Society's "Swim 10k in August Challenge", with a bold fundraising goal of \$3,000! 🏊❤️ They are calling all swimmers and coaches to support the cause – you can join the team and take on the challenge of swimming 10 kilometers in the month of August, make a donation toward our fundraising goal or both – either way you are helping us make waves in the fight against cancer. Let's show the power of our Carleton University Athletic community—every lap counts! You can check out the fundraising page here:

<https://fundraisemyway.cancer.ca/teams/CUP>

- **Peter Konecny** (6pm Whitecaps) sent this photo of the sunrise before his Deep River Triathlon on Sunday August 3 which was cancelled due to the smoke. He's had bad luck so far this season: A mountain race in Crows' Nest pass cancelled in June after a massive rain/snow storm; illness in July before another hill race and then this cancellation.



- Thanks to **Norine Naquib** (Alumna) for sending information on this auction of a painting of swimmers at the World Aquatics Championships: <https://airauctioneer.com/world-aquatics-auction/fish-in-water>. It sold for US\$372,600!

Aquatic-Related Links:

- **Mary T. Meagher** Sets Masters World Record In 60-64 200 Butterfly: <https://swimswam.com/mary-t-meagher-sets-masters-world-record-in-60-64-200-butterfly/>

- **Frank Manheim** Blown Away by Response to his 90-94 Winning 100 Free: <https://www.facebook.com/share/v/14FQyePKWQY/>
- Canada-China Water Polo Match Paused Briefly After Shots Fired Near U20 World Cup in Brazil: <https://www.cbc.ca/sports/olympics/summer/aquatics/water-polo/water-polo-u20-world-cup-canada-china-gunshots-1.7606300>
- 4 x 200m Freestyle Short Course 360-399 World Record [Ed. Note: This is the inaugural and current record set in 2014 with a time of 21:24:39, 360-399 is the sum of their ages]: <https://www.facebook.com/reel/1215103636747523>
- US Masters Swimmer **Jim McConica**, 74, Recounts His Toughest Swim: From Catalina to the US Mainland: <https://www.swimmingworldmagazine.com/news/jim-mcconica-recounts-his-toughest-swim-from-catalina-to-the-us-mainland/>
- Orcas Steal the Show at the T100 Vancouver Triathlon (Well Briefly): <https://triathlonmagazine.ca/news/orcas-steal-the-show-at-the-t100-well-briefly/>
- Swimming Just Might Be the Best Exercise Out There. Here's Why.: https://www.nationalgeographic.com/premium/article/is-swimming-the-ultimate-workout?rid=0E9BBA6E54FECDCFE7652B53E91BF40&cmpid=org=ngp::mc=crm-email::src=ngp::cmp=editorial::add=Daily_NL_Tuesday_Health_20250805

News and Other Links:

- Four Fitness Tests Trainers Swear By: https://www.nytimes.com/2025/08/12/well/move/fitness-tests-strength-cardio-balance.html?unlocked_article_code=1.e08.a9XQ.Q0ndBhSUTJwo&smid=url-share
- Pumping Iron Is Their Secret to Aging Well: https://www.nytimes.com/2025/07/26/well/move/greysteel-powerlifting-senior-gym.html?unlocked_article_code=1.a08.vej3.dl2mOP3YaQGN&smid=url-share
- **Fauja Singh**, The Turbaned Tornado's Final Mile: The Runner Who Inspired the World: <https://getouttheremag.com/the-turbaned-tornados-final-mile-the-runner-who-inspired-the-world/>
- A Guide to Land Snorkelling in Canada and the Ten Best Places to Try It: <https://getouttheremag.com/land-snorkelling-canada/>

- **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/>.

Summer Session Information

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

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and Three Lanes Shallow: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark/Nick** (sub: **Adrian**)

12:15-1:25pm Saturdays: Shallow End: rotating coach schedule (see workout themes)

Further details and changes will be noted here.

Nick is coaching for **Paddy** on **Tuesday evenings** for the rest of the term.

Nick coached for **Mark** on **Thursday August 14**.

Paddy coached for **Sean** on **Monday August 18**.

Adrian coached for **Mark** on **Thursday August 21**.

Mark is coaching for **Sean** on **Monday August 25**.

Special Sets:

Tue/Wed July 29/30: fin day

Tue/Wed August 5/6: short distance time trials (morning: lanes 1-3)

Thu/Fri August 7/8: short distance time trials (morning: lanes 4-6)

Tue/Wed August 12/13: short distance time trials (morning: lanes 7-9)

Tue/Wed/Fri August 19/20/22: 1500/800 time trial

Thu/Fri August 28/29: 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.

7:35am Earlybirds: June 30 to August 22 (23 workouts); range: 23-42; average: 32.1

Perfect Attendance: **Christine Rivas**

6:00pm Whitecaps: June 30 to August 21 (22 workouts); range: 12-26; average: 18.1

Missed Two Workouts: **Christian Cattan**

12:15pm Saturdays: July 5 to August 16 (7 workouts); range 10-14; average: 12.0

Perfect Attendance: **Mariette Kenney**

Thanks to everyone who has participated in the time trials so far this term. The summary of fastest and most improved in each event will be in the end of term newsletter.

Fall Session Information

Dates: Tuesday September 2 to Saturday December 20; no workouts Monday September 1 or Monday October 13.

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: **Nick**; Thu: **Mark** (subs: **Adrian, Malcolm**)

7:10-8:10pm Mon/Tue/Thu Whitecaps 2: Shallow End: Mon: **Sean**; Tue: **Nick**; Thu: **Mark** (subs: **Adrian, Malcolm**)

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

Further details and changes will be noted here.

Special Sets:

Tue/Wed October 14/15: fin day

Mon November 3: 1500/800 time trial

Thu/Fri November 13/14: fin day

Mon November 24: short distance time trials

Thu/Fri December 18/19: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanfall25.pdf>.

Ask the Coach

Dear Coach: What can I do about my foggy goggles? Do I just need to replace them? I Cannot See

Dear I.C. See: Here are a few suggestions on how to have your goggles last longer and how to prevent them from fogging up. First, try not to touch the inside of your goggles with anything that could scratch them, including your fingers. Rinse them in fresh water after each swim. You can soak them in a bowl with dishwashing liquid to remove dirt, but be

careful not to rub the lenses with anything that could scratch them. You can get anti-fog drops, but (mild) dishwashing liquid and baby shampoo also work. Put a drop or two in each side of your goggles before you swim. Or just use saliva. It is also helpful to put a drop or two of water in each side before your workout. The less you fiddle with your goggles (e.g. taking them off and on, etc.) during your swim, the less likely that they will fog up.

Dear Coach: Do you recommend ear plugs? New Swimmer

Dear N. Swimmer: Some swimmers need to wear ear plugs due to ear issues and some like to wear them. Personally, I don't wear ear plugs, but put ear drops in after swimming. You can buy over the counter drops, or make your own from about 90% rubbing alcohol and 10% hydrogen peroxide or vinegar. (The rubbing alcohol will help any water in your ears to evaporate and the hydrogen peroxide / vinegar changes the pH of your ears to avoid infections.) Just turn your head to the side and put a few drops in your ear. Let sit a few seconds and then turn your head the other way using a towel or tissue to soak up the excess. Repeat on the other ear.

Dear Coach: Should I do weights before or after swimming? Busy Swimmer

Dear B. Swimmer: In an ideal world, it's best to do weights on days that you don't swim, or at a different time of day. However, for most of us, unless we are professional athletes, we may need to schedule the sessions back to back. You should put the most important workout first. Thus, if swimming is your focus, swim before you do weights. Swimming after weights is a challenge, as you will often feel tight after weights. If you need to do the weights first, then avoid any static stretching. Static stretching before aerobic exercise is not recommended. (Dynamic stretching is fine.)

Dear Coach: What is the purpose of the progressive descending set that you had us do? Curious Swimmer

Dear C. Swimmer: First, to remind everyone, progressive descending is when we alternate getting a bit faster with a little bit slower. It's just a more challenging version of regular descending sets. Let's start with why we do the descending (or any pace variations) during workout. When it comes to exercise, if you do the same thing every day, your body will eventually adapt and you will stop improving. Often swimmers who swim on their own will go to the pool and swim a certain distance at a steady pace. That is great for the heart and lungs, but will usually lead to a plateau. To improve once you've reached that point, you need to "shock" the system. You do that by mixing things up: pace, distance, stroke, etc. Thus the reason that we usually vary the pace within sets. It also makes things more interesting and challenging. It also makes you more aware of your speed and we learn that sometimes when we feel we are getting faster, we may not be 😊. Having a pacing strategy is also good for racing longer distances. As for the progressive descend vs. regular descend, the progressive descend is extra tricky but a great exercise.

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>.

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!

August 7-14 World Aquatics Masters Championships (LC), Singapore

Carleton swimmers **Natalie Aucoin** (6pm Whitecaps) and **Enmanuel Manzanilla Mujica** (8:40am Earlybirds, but competing for Swim Ontario Masters) took part. In addition, **Brigitte Boland** (Natalie's daughter, swimming for Neptune Club de France) joined her Mom for travelling and competing! Natalie improved significantly on all her times from the meet at the end of June in Etobicoke, except that she was very slightly slower in the 400 free (maybe because she didn't have me in the next lane swimming 400 IM 😊!). A Top 10 finish at Worlds is amazing – great 100m fly!

Full results: <https://results.microplustimingservices.com/MastersSingapore2025/#/>.

Natalie Aucoin (6pm Whitecaps; F50-54): 8th 100m butterfly (1:30.45); 13th 400m freestyle (6:11.01); 22nd 50m butterfly (36.06); 24th 200m freestyle (2:55.78); 51st 50m freestyle (35.64)

Enmanuel Manzanilla Mujica (8:40am Earlybirds; M40-44): 39th 200m breaststroke; 42nd 100m breaststroke; 78th 50m breaststroke; 93rd 50m butterfly

Brigitte Boland (Natalie's daughter; F25-29): 18th 400m freestyle (5:08.40); 21st 200m freestyle (2:22.71); 26th 100m butterfly (1:14.54); 42nd 50m butterfly (31.73); 46th 50m freestyle (29.65)

August 17 Demi Marathon de la Voie Verte

Awesome job, **Luz**! Full results: <https://sportstats.one/event/demi-marathon-de-la-voie-verte/leaderboard/144261>

Luz Osorio (Whitecaps; F40-44): 401st overall, 169th woman and 31st in category in 2:08:51

Luz says:

I ran my first half marathon race on Sunday!! It was the first edition of the Chelsea half and it was a wonderful experience. Who would have thought I'd ever say that about a half marathon!! (let alone do one!). Lots of things learned and to improve on.

1. Need strength training so my left leg is not just along for the ride.
2. First time ever running without music/podcast because I couldn't get my shokz connected to my watch. Turns out my mind is surprisingly quiet while I run. Also, some people straight up moan while they run lol.
3. Need to work on aid station fueling. Dumped half of it on myself, chocked on the rest. Every single time.
4. Need wide shoes!!
5. Already looking forward to the next! ❤️.

I ran my first 5k in 2022 with a knee surgery in 2023. I couldn't have made it to my first half in 2025 without @rowdenandrew 's coaching, guidance and cheerleading.

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: <https://www.statsman.ca/#canada> (last update **August 16**).

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.

Summer Masters Session Details

Monday June 30 to Saturday August 30; no workouts Tuesday July 1 (Canada Day) or Monday August 4 (Civic Holiday).

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$127+HST: Full: Waitlist available

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark/Nick, Sub: Adrian; \$133+HST: Full: Waitlist available

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

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Tuesday 3:30-4:10pm, 4:10-4:50pm, 4:50-5:30pm (full: wait list available)

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/>