

Carleton Masters Swimming Newsletter #671

Friday, September 19, 2025

To: Carleton Masters Coaches / Staff (11 addresses)

Bcc: Those registered for Fall 2025 and Alumni: 7:35am Earlybirds I (45 addresses), 8:40am Earlybirds II (45 addresses), 6:00pm Whitecaps I (39 addresses), 7:10 Whitecaps II (22 addresses), Saturday Only (13 addresses), Alumni (30 addresses).

And those registered for Fall 2024, Winter 2025, Spring 2025, and Summer 2025, and Alumni: 7:35am Earlybirds I (17 addresses), 8:40am Earlybirds II (16 addresses), 6:00pm Whitecaps I (24 addresses), 7:15pm Whitecaps II (21 addresses), Saturday Only (14 addresses), Alumni (27 addresses).

"Your present circumstances don't determine where you can go; they merely determine where you start." – Nido Qubein

Masters Swimming Program Notes

- The Fall Masters Session runs from Tuesday September 2 to Saturday December 20, inclusive.
 - Workouts run as usual on **Tuesday September 30** (National Day of Reconciliation).
 - There are **no workouts on Monday October 13** (Thanksgiving).
 - The 7:35am Earlybirds 1, 8:40am Earlybirds 2, and Saturday groups are full. The 6pm Whitecaps 1 has one spot left. There is lots of space in 7:10pm Whitecaps 2. Please let me know if you are on a wait list.
 - Full details of the Fall groups can be found near the end of the newsletter.

Swimmer Notes

- The Carleton Ravens Varsity Swim Team (a whopping 60 swimmers strong this season!) is hosting the Laurier Golden Hawks and Queens Gaels on the afternoon of **Saturday October 4**. We are looking for officials and volunteer timers to help out from 1:30pm to 5:00pm. Food provided after the meet! Reach out to me if you are interested. (High schoolers can use this as volunteer hours.)

- Wishing **Renate Hulley** (8:40am Earlybirds) a quick recovery from her surgery on September 8 to implant a pacemaker!

- Also sending good wishes to **Francois Jacques** (7:35am Earlybirds) for his hip replacement surgery today.

- Update from **Rod Haney** (8:40am Earlybirds Alumnus): "Things going relatively well here at Unitarian house where I now live on the medically assisted floor, having turned 87 just last month...still no swimming but a regular 1/2 hour walk is still in order. But I still miss and grieve my wonderful wife, **Jennifer** who died June 23, 2025. I would like to continue to receive the Masters Club newslettersand they are still circulated out to close friends in BC, **Jack & Marilyn Adams**, who are both well."

We send our condolences to **Rod** on the loss of his wife. It's great to hear that **Rod** is still in touch with **Jack** and **Marilyn**. **Marilyn** coached the 6pm Whitecaps many years ago! Here is **Jennifer's** obituary – sounds like she had a long and fulfilling life!: <https://ottawacitizen.remembering.ca/obituary/jennifer-haney-wood-1093015882>

- Just a warning that a Masters swimmer with a permanent locker had her belongings hanging from the lock cutoff by a thief over the weekend 😞. We recommend that you don't hang your favourite swim suit or other things of value from the lock.

- Would you like to **volunteer at the Swimming World Cup in Toronto, October 23-25**? There are many volunteer opportunities for swimmers (aged 14+ as of December 31, 2025) and parents to get involved in this amazing competition. From scanning tickets at the door to carrying baskets on deck with the athletes, we need your help! No training is required and there will be opportunities for volunteers to watch the races at no cost. Volunteer hours for high school students can

also be provided. For more information email Kristi at kirsti@swimontario.com or sign up here: <https://swimontario.us13.list-manage.com/track/click?u=87fa16f8362547fc724865dbd&id=db425eea00&e=783e5b99d6>.

- Swim Ontario is encouraging members eligible for this survey on breast motion discomfort to complete this survey: https://admin.swimontario.com/documents/967/SFU_Survey_on_Breast_Motion_Discomfort.pdf

- This survey may also be of interest to some!: The relationship between chronic pain and psychological well-being in endurance athletes: A longitudinal mixed method study: <https://app.onlinesurveys.jisc.ac.uk/s/stmarys/the-relationship-between-chronic-pain-and-psychological-well--1>

- Thanks to **Margaret Janse Van Rensburg** (x-7:35am Earlybirds) for sending this great update from South Carolina!

As promised, here is an update for the newsletter. It's been definitely a challenge and full of surprises moving, especially given the politics of the era, but I'm surviving and doing well!

Within the first week of arriving it was really important for me to find a pool -- I have been swimming at a local community center called "Drew wellness" . Which I, at first, almost always called Walter Baker... It's a warm 25 meter pool. The alternative pool is a 25 yard outdoor pool. I joined a Master's swim club, and try to join them for the Sunday workouts. The weekdays are a bit early for me (530 am) but they leave the workout up on a board in case others want to mimic it. One thing that will continue to baffle me is this swimming side by side thing. People swim sides, and when it gets busy, people wait... THEY WAIT... to get a lane by themselves. (American individualism?). It seems inefficient to me, and I don't think that people realize the benefit of swimming in a circle (drafting, leaning how to pass safely, just observing other people's strokes and how that improves our own). I've tried to explain passing practice to a few people, and how it builds lane comradery, spacial awareness, patience, endurance, and speed. I think people think that I'm some weird 'nice' Canadian when I do that 😊 I'm hoping to get into the Carolina Natatorium, but they reserve that pool for varsity athletes. I understand, they don't want plebs like me spoiling the water, but a goal is to eventually prove to whoever has the keys to that pool that I'm good enough. I did my first open water swim since coming here--- a refreshing 2.2 miles (whatever that is in KMs?). So glad I was able to get in!

I love my new job and am so happy that I can be a chronic student -- I'm teaching a PhD level class and working on getting my research programme going. I have a good mentor who founded an autism lab in the college of social work, and I'm doing what I can to support our students. I live a 10 minute walk from campus, and the city is about the size of Kingston, with 15 minutes being traffic.. refreshing. My colleagues are nice and i am starting to build some community.

Moving to a new country has left me very reflective of the challenges that newcomers face. As a trained social worker, I thought that I understood some of the challenges that immigrants and refugees in Canada face. I can't believe, especially since our economy depends on newcomers, the obstacles that people can face. From misspelling my name on my SSN to not having American credit, I can't imagine what it would be like to do this all without a passport, an employer, language, or when fleeing violence. It's left me reflecting a lot on privilege.

I wasn't able to bring my gecko, but had a small one found in my office. Better than the palmetto bug (cockroach) I killed this morning at the gym.

I've attached some pics. And miss our workouts and Master's swim team a lot. I didn't realize that what you created and what is available in Ottawa is not widely available or accessible. I hope that if anyone is travelling South that they reach out to me and continue to enjoy reading the newsletter. I have a map of Ottawa in my bedroom, which reminds me of the amazing 7 years not wasted there. Sending good vibes and gratitude.



- Carleton's Football team has a home game on **Saturday September 27 at 4:00pm**. Sometimes, for home games, the Lot 5 is closed (or partly closed) for the whole day. Give yourself a bit of extra time for parking if you plan to swim on that date.

- 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 University Pool Staff raised \$2000 for the Canadian Cancer Society's "Swim 10k in August Challenge"!

Aquatic-Related Links:

- Swimmer and Artist **Lesley Meaney**, An Incredible Woman Who Inspires Others:

<https://dailynewsopenwaterswimming.com/lesley-meaney-an-incredible-woman-who-inspires-others/>

- The Island of **Michael Moreau** Is Now Manhattan [Ed. Note: He is attempting to swim around Manhattan, wearing handcuffs?!]: <https://dailynewsopenwaterswimming.com/the-island-of-mr-moreau-is-now-manhattan/>

- **Ben Proud**, Olympic Medallist, Becomes First Briton to Join Enhanced Games:

<https://www.bbc.com/sport/swimming/articles/c5yevrrv1kwo>

- Freediver, **Vitimir Maričić**, Held His Breath For Almost Half an Hour—and Obliterated a World Record [Ed. Note: pre-loaded oxygen, but wow!]: <https://www.popularmechanics.com/science/health/a65821818/breath-hold-record/>

- Survey Says: Swimming Is the Most Popular Physical Activity Among Canadian Children:

<https://www.cbc.ca/sports/olympics/summer/aquatics/swimming/survey-swimming-most-popular-physical-activity-canadian-children-1.7631467>

- Cup Drill with Kickboard or Tennis Ball Added: Who Wants to Try This!?:

<https://www.facebook.com/reel/1273036221189549>

- Building More Aquatic Centres in Ontario:

https://admin.swimontario.com/documents/804/AquaticCouncil_Report01.10.25.pdf

News and Other Links:

- The Oldie Index: From High Fliers to Mountain Climbers, Defying Ageism One Senior Moment at a Time:

<https://everythingzoomer.com/health/2025/04/14/the-oldie-index-defying-ageism-one-senior-moment-at-a-time/>

- The Twelve Most Stunning and Remote Bicycle Routes in the World: <https://momentummag.com/unveiling-the-worlds-10-most-breathtaking-remote-bicycle-routes/>

- What Are the Benefits of Exercise for Cancer Patients?: <https://www.aacr.org/blog/2025/06/17/what-are-the-benefits-of-exercise-for-cancer-patients/>

- The Mental Game: Five Tips to Stay Focused During an Ironman: <https://triathlonmagazine.ca/training/the-mental-game-5-tips-to-stay-focused-during-an-ironman/>

- **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**, or **Swim-only** memberships, you must now **register with Hot Spot whenever you park at Athletics**. The link is: <https://hotspotparking.com/tapPoster/park/carletonU5>. The codes were updated effective September 1. Please be sure you have the new code (reach out if needed).

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/>.

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.

Malcolm coached the **6pm and 7:10pm Whitecaps** for **Sean** on **Monday September 15.**

Malcolm is coaching the **6pm and 7:10pm Whitecaps** for **Sean** on **Monday September 22.**

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>.

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: September 3 to 19 (8 workouts); range: 26-34; average: 29.6

Perfect Attendance: **Andrew Popp, Bruce Brown, Bryan Morris, Christine Rivas, Ian Lorimer, Marie Pelletier, Miguel Mejicano Quintana, Mike Vanderveer, Nina Dore, Ursula Scott**

8:40am Earlybirds: September 3 to 19 (8 workouts); range: 28-33; average: 30.6

Perfect Attendance: **Chris Whitehead, Hana Hruska, Isla Paterson, Laura Gutierrez, Mary Lou Davies, Mary-Lou Dunnigan, Natalie Aucoin, Sheila Kealey, Susan Hulley**

6:00pm Whitecaps: September 2 to 18 (8 workouts); range: 17-29; average: 23.4

Perfect Attendance: **Cameron Dawson, Christian Cattan, Konstantin Petoukhov, Mike Lee, Shauna Ironside**

7:10pm Whitecaps: September 2 to 18 (8 workouts); range: 8-16; average: 11.0

Perfect Attendance: **Kelly Biggs**

8:15am Saturdays: September 6 to 13 (2 workouts); range 27-28; average: 27.5

Perfect Attendance: **Andrea Chandler, Blair Christie, Christian Cattan, Christine Bogie, Cori Dinovitzer, Don Wells, Ethan So, Francois Jacques, Ian Lorimer, Isabel McMurray, Isla Paterson, Jim Farmer, Krista Broeckx, Luciara Nardon, Lynn Marshall, Mariette Kenney, Natalie Aucoin, Nicholas Lupul, Nicole Delisle, Nicole Le Saux, Susan Hulley, Tamsin Douglas**

Ask the Coach

Dear Coach: Now that summer camps are over, when will the pool temperature to be lowered to something consistent with training? Poached Old Guy

Dear P.O. Guy: Apologies that this didn't make it into the last newsletter, as it was sent before then. I have found the pool temperature to be more reasonable the last couple of weeks, with the temperature outside (and on deck) being lower. Please let me know if it is still an issue!

Dear Coach: Is it good or bad to splash a lot while kicking? Working On My Kick

Dear W.O.M. Kick: In breaststroke kick, your legs should stay submerged. However, I believe this question is about free, back and fly kick. When doing freestyle kick and fly kick, there should be very little splash. When kicking on your front, your heels may come out of the water, but not your entire feet. Same on your back: your toes may come out, but not the whole foot. If there is a lot of splash, it looks impressive, but is not efficient and may annoy your lane mates!

Dear Coach: What hand position should I use when swimming? Should my hands squeezed together in a cup-like position, or widely extended, or neither? Improving My Freestyle

Dear I.M Freestyle: For all strokes, you want your fingers to be extended, but not spread very widely. The latest research suggests that 2 to 5mm between the fingers is optimal to have them work like webbed fingers.

Dear Coach: I really struggle with the breaststroke ball under chin drill. Can I do something else instead? Dreading Ball Drill Day

Dear D.B.D. Day: For any drill I will provide alternatives if it doesn't work for you. Just ask at the pool. For this one, pretending you have a ball under your chin works well if the ball is too frustrating.

Dear Coach: On breaststroke should my head be partially out of the water, like in freestyle or completely submerged? Improving My Breaststroke

Dear I.M. Breaststroke: Ideally during the glide phase, your head should be completely submerged. However, some swimmers prefer to have the head slightly out of the water.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August **2026**), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$70**. For both, it's **\$85**. 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/events-results-hub/upcoming-meets/>.

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/>

October 18 Quebec Masters Cup Meet #1, Complexe Aquatique, St Eustache (SO registration needed)

October 24 Uxbridge Swim Club Fall Invitational, Uxbridge (SO registration needed)

November 1 Quebec Masters Cup Meet #2, Sherbrooke (TBC) (SO registration needed)

November 16 Charlie Lane Semi-Serious Meet, Etobicoke (SO registration needed)

December 7 Red vs. Blue, Nepean (MSO registration needed; one-day subscription available)

Date TBD Holiday Classic, Collingwood (SO registration needed)

December 13 or 14 (TBC) Quebec Masters Cup Meet #3, Piscine Henri-Bourassa, Montreal North (SO registration needed)

December 14 IM Fast, Toronto, TPASC (SO registration needed)

December 28 Etobicoke 100 x 100 (SO registration needed)

January 17, 2026 Quebec Masters Cup Meet #4, Centre Aquatique Desjardins, St Hyacinthe (SO registration needed)

January 25 Alderwood Yards Meet, Etobicoke (MSO registration needed; one-day subscription available)

February 14 Winterlude LC, Nepean (MSO registration needed; one-day subscription available)

February 15 Burlington Winter Splash (SO registration needed)

February 21 Quebec Masters Cup Meet #5, Complexe Sportif Claude Robillard, Montreal (SO registration needed)

March 8 Swim for Heart 1500 LC, Etobicoke (SO registration needed)

March 22 Stephen Forsey Invitational, Markham (SO registration needed)

April 17-19 Swim Ontario Masters Championships, Etobicoke (SO registration needed)

<https://www.swimontario.com/athletes/competitions/2026-ontario-masters-championships/>

April 24-26 Quebec Masters Championships, Complexe Sportif Claude Robillard, Montreal (SO registration needed)

May 22-24 Canadian Masters Championships, Windsor (SO registration needed) <https://www.swimming.ca/event/2026-speedo-canadian-masters-championships/>

June 28 Worlds Warm Up LC, Etobicoke (SO registration needed)

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!

September 6 Camp Tri, Olympic Triathlon, Mille Roches Island, Long Sault Parkway

Great job by **Peter**, although he says: "I had no mojo in the running legs; six days recovery from last weekend not quite enough. A cool and windy day!" Full results: <https://results.somersault.ca/e/camp-tri-2025/r/eb5d53b8-b30f-49ad-809e-424317f43455>

Peter Konecny (6pm Whitecaps; M60-64): 4th overall, 4th man, and 1st in category in 2:21:31 (swim 25:50)

September 13 Six-Person Outrigger Canoe 20km Race

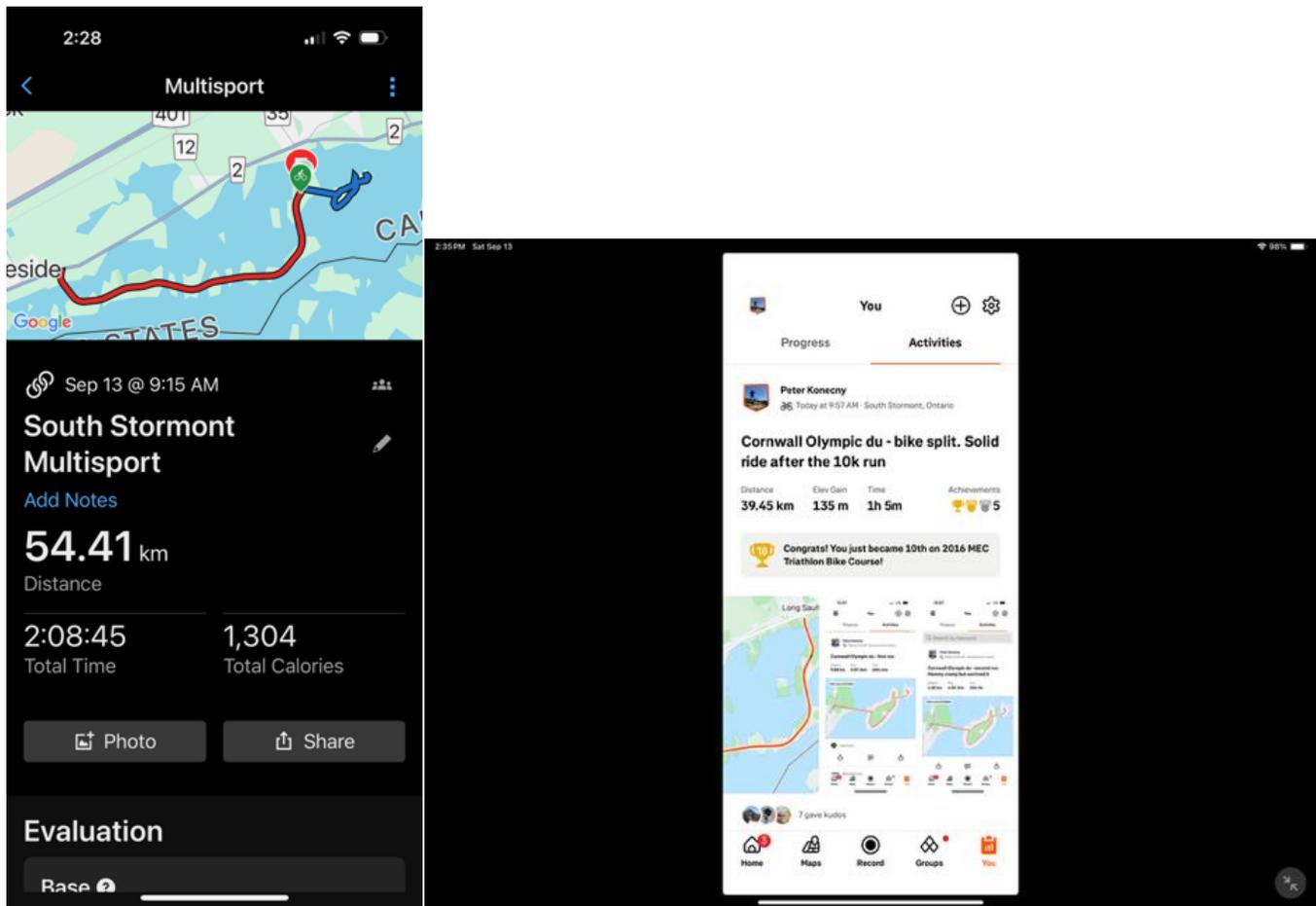
Great job by Debby Whately (8:40am Earlybirds) and Megan Holtzman (8:40am Earlybirds)! That's a ***long*** race!!

September 13 Cornwall Olympic Duathlon (10k/40k/5k)

Peter Konecny (6pm Whitecaps) had a great race! He says: "Last race of the season! Cornwall Olympic duathlon (10k run/ 40k bike/ 5k run) on Saturday. No online results - small race. I was first overall but missed the course record by 40 seconds 😞 (2:08:45). No swimming in this one!

Olympic duathlons are hard because you have to do the first run fast but you can't cook it before the bike, and then you have to hang on during the second run.

That's 4 races in 15 days for me; sending the legs back to the dealership for refurbishing 🤖"



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 **September 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.

Fall Masters Session Details

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: **Full** (wait list available)

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

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

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$106+HST: **Full** (wait list available)

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

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/se0/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 2026**. 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/>