

Carleton Masters Swimming Newsletter #672

Friday, October 3, 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 (14 addresses), Alumni (46 addresses).

"It's not whether you get knocked down, it's whether you get back up." – Vince Lombardi

Masters Swimming Program Notes

- The Fall Masters Session runs from Tuesday September 2 to Saturday December 20, inclusive.
 - There are **no workouts on Monday October 13** (Thanksgiving).
 - **Workouts run as usual during Carleton's Reading Week** (October 20 to 24).
 - The 7:35am Earlybirds 1, 8:40am Earlybirds 2, 6:00pm Whitecaps 1, and Saturday groups are full. 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

- Best of luck to **Tom Heyerdahl** (8:40am Earlybirds) for his upcoming **Swim Around Manhattan** on **October 9!**

- You may have noticed that the Varsity swimmers have labels with their name on their water bottles. These labels are waterproof and are a great way to identify belongings at the pool (and elsewhere). If you are interested they are 2 for \$2 and can be ordered here: https://docs.google.com/spreadsheets/d/1tjl-NrAqi_3nw-HgG7-hjplVKDM-T8db3Tway2F41rE/edit?usp=sharing. Deadline is **October 10**. You can also order Carleton Ravens Swimming shirts and backpacks if that is of interest (details in the spreadsheet).

- 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 (tomorrow!)**. We are still looking for a few more officials and volunteer timers to help out from 1:30pm to 5:00pm. Food provided after the meet! (High schoolers can use this as volunteer hours.) Sign up Here: <https://docs.google.com/spreadsheets/d/1lizwEtQLaeELgk-osRXPaECnNv0IRPWp2HtfNdDFlo/edit?usp=sharing>

- From **Ruth Fawcett** (8:40am Earlybirds): "My husband and I would like to recommend **Geoff Makhoul** who runs **(In) Tension Physical Training** (www.intensionphysicaltraining.com) from a gym space in City Centre. **Geoff** carefully assessed our different abilities and needs and worked out a program that we could do at home, using our bodies as our weights. I particularly wanted to focus on building up core strength to decrease the possibilities of falls, especially during the winter months. **Geoff** is a professional, knows and demonstrates the recommended exercises, provides us with videos of our exercises for when we (inevitably) forget exactly how they should be carried out, and tailors the program to our specific needs. If you are looking for a personal trainer who will provide you with a program designed for you that you can do in your own home, I highly recommend **Geoff**."

- An exciting update from **Jocelyn Pender** (Whitecaps) and **Derek Woodard** (Whitecaps). The caption is: "If you look closely, you can see there are three of us in this photo! 🤪"



- Update from **Eleanor Fast** (x-Earlybirds): "All's well in Vancouver where English Bay Masters Swim Club is a big part of my life. It's not as well-organised as Carleton Masters, but I really enjoy that it's very social with post-swim events. I'm doing a few meets which are really fun, and I only get nervous for the relays (I try to believe that my age compensates at least a bit for my slowness on relays, but still feel I'm letting people down, even though it is the coach who keeps putting me in!). Unfortunately we may lose the current 50m pool at the Vancouver Aquatic Centre as the renovation plans involve replacing it with a 25m pool and a lazy river (ugh). There is lots of opposition and a court case which hopefully delay the decision until our awful city council gets voted out, but that's a slim hope."

- Swimming Canada is running monthly challenges: <https://www.swimming.ca/masters/monthly-challenges/>. To send in your results, you should be registered with Swim Ontario Masters (not Masters Swimming Ontario), but you can still do the challenges, just for fun!

- **Strength Training for Runners (or anyone) – \$164.99+tax**

Are you constantly being told by a loved one that you need to do some flexibility and strength training, but just aren't motivated to do it alone?

Rick Hellard has arranged an 8 week **Strength Training for Runners** course with **Richelle Weeks**, Physiotherapist | Running HW Health | Sport Science Rehab and Performance Specialist.

Mondays, 9:30AM, from Oct 20th to Dec 15th (no class Nov 10th).

Class format:

10 minute warmup

- Mostly resistance band exercises to activate the hips and hamstrings and some plyometrics.

Main Workout:

- 5 to 6 stations which focus on the important running muscles. Usually weighted calf raises, deadlifts (can be modified based on strength experience), an upper body exercise, a single leg quad exercise (lunges, Bulgarian split squats, step ups) and a glute/hamstring exercise.

The class is meant for runners of all levels and it doesn't matter if people have a background in strength training. We can modify movements based on difficulty. And if there's injury issues in the group we can modify things for that as well.

To sign up, contact Richelle at rweeks@hwhealth.com.

- 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>

Aquatic-Related Links:

- Solo Swimmer, 54, Bitten by 3-Foot Shark in 'Rare Attack' During Marathon Swim Near Los Angeles: <https://people.com/solo-swimmer-bitten-shark-long-distance-marathon-los-angeles-11822064>
- LA 2028: How Swimmers Qualify for the 50m Events and More with World Aquatics Chief Sport Officer: <https://www.youtube.com/watch?v=cmqtulDom-A>
- Why Wild Swimming Is the Most Luxurious Hotel Amenity of All: https://www.nytimes.com/2025/09/11/t-magazine/wild-swimming-hotels.html?unlocked_article_code=1.l08.W-T-.ZSIOZJ82OdrF&smid=url-share
- Orlando's Evermore Resort's Incredible 8-Acre Pool: <https://evermoresort.com/things-to-do/evermore-pools>
- Sometimes Swimming in a Pool is a Lot Like Driving a Car Through Traffic: <https://www.facebook.com/reel/1400990234491631>
- Why Your Breaststroke Kick Isn't Working (And How to Fix It): <https://www.youtube.com/watch?v=BKvpaphtsEs>
- Fishermen Pulled In an Orange Shark Off Costa Rica: 'My God, What Is This?': https://www.nytimes.com/2025/08/28/world/americas/orange-shark-costa-rica.html?unlocked_article_code=1.ik8.2v7e.dYotl2oFcq8m&smid=url-share

News and Other Links:

- How a Canadian, Ottawa's **Wendy Alexis**, Became the World's Fastest 70-year-old Female Track Sprinter: <https://www.cbc.ca/sports/olympics/summer/athletics/track/wendy-alexis-70-year-old-sprinter-1.7642592>
- Expert Shares Ultimate Fat-Burning Workout That Could Transform Your Health — And It Only Takes a Minute: <https://www.dailymail.co.uk/health/article-14936163/fat-burning-workout-one-minute.html>
- Top Seven Canadian Outdoor Adventure Trips in 2025 that will Blow Your Mind: <https://getouttheremag.com/top-7-outdoor-adventure-trips-in-2025-that-will-blow-your-mind/>
- Why is Riding a Bicycle in the City Turning Into a Culture War: <https://momentummag.com/bicycle-culture-war/>

- **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 22**.

Adrian coached the **6pm and 7:10pm Whitecaps** for **Mark** on **Thursday September 25**.

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

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 October 3 (14 workouts); range: 22-34; average: 28.3
Perfect Attendance: **Andrew Popp, Bruce Brown, Bryan Morris, Christine Rivas, Marie Pelletier, Mike Vanderveer**

8:40am Earlybirds: September 3 to October 3 (14 workouts); range: 18-33; average: 27.6
Perfect Attendance: **Chris Whitehead, Hana Hruska, Natalie Aucoin, Susan Hulley**

6:00pm Whitecaps: September 2 to October 2 (14 workouts); range: 17-29; average: 23.4
Perfect Attendance: **Cameron Dawson, Christian Cattan, Konstantin Petoukhov**

7:10pm Whitecaps: September 2 to October 2 (14 workouts); range: 8-16; average: 10.6
Missed 3 Workouts: **Kelly Biggs, Richard Arsenault**

8:15am Saturdays: September 6 to 27 (4 workouts); range 24-28; average: 26.0
Perfect Attendance: **Blair Christie, Christine Bogie, Cori Dinovitzer, Isabel McMurray, Isla Paterson, Lynn Marshall, Natalie Aucoin, Nicole Delisle, Susan Hulley**

Ask the Coach

Dear Coach: The first 4 weeks of every swim session involves fine tuning the 4 strokes. Why does the main set for those 4 weeks not involve practising said strokes? Often the sets are FR or choice etc but they never seem to focus on the strokes we've been practising. Inquiring Minds Want to Know

Dear I.M.W.t. Know: Basically, every week has one free day, one choice day, and one IM day. I don't change that during the drill weeks. On two of the three days (IM and choice), you could incorporate the stroke we did the drills on. And, I guess, technically, as free means anything, you could do it then, too 😊. Not everyone would want to do more of the stroke we did the drills on (especially fly!), so I try to keep it flexible.

Dear Coach: How many times per stroke should I kick on freestyle? Improving Swimmer

Dear I. Swimmer: That depends! Most age group swimmers these days are taught to do a 6-beat kick (3 kicks for each arm, 6 for a full stroke cycle). Sprinters will generally kick hard with a 6-beat kick. Distance swimmers will kick less hard (until near the end) and some may do a 2-beat or even a 4-beat crossover kick. Kicking hard will really up your heart rate and make you breathe hard. I generally suggest going with whatever kick pattern feels natural. The key thing is to point your toes and turn your toes and knees in (pointy-pigeon toes) to reduce drag.

Dear Coach: How do you know you are following too close and thus not putting in your full effort into your swim? I May Be Drafting

Dear I.M.B. Drafting: Ideally you want to keep the same distance apart that you started (usually 5-10 seconds). How far that is will depend on the stroke and speed of the swimmers. I'd suggest a minimum of 5m. For all strokes (though it's trickier in backstroke), you can check your distance by seeing how far from the wall you are when the person in front of you passes by on the next length. If that's a challenge, you can check how far ahead they are every time you start a new length.

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>.

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 5-9 Barbados Open Water Festival <https://www.barbadosopenwaterfestival.com/>
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!

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 29**).

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: **Full** (wait list available)

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/>