

Carleton Masters Swimming Newsletter #674

Friday, October 31, 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 (41 addresses), 7:10 Whitecaps II (26 addresses), Saturday Only (13 addresses), Alumni (46 addresses).

"A goal properly set is halfway reached." – Zig Ziglar

Masters Swimming Program Notes

- The Fall Masters Session runs from Tuesday September 2 to Saturday December 20, inclusive.
 - **Workouts run as usual on Tuesday November 11** (Remembrance Day).
 - The 7:35am Earlybirds 1, 8:40am Earlybirds 2, 6:00pm Whitecaps 1, and Saturday groups are full. Wait lists are available. 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

- Date for your diary!: The annual Holiday Potluck and BYOB will be held at **Don Wells** (6pm Whitecaps), **Joanie Conrad** (6pm Whitecaps), and **Sam** and **Ben** (both x-Child Safety Supervision)'s place at 376 Hamilton Avenue South on **Saturday November 22 from 6:30pm**. Full details:

<https://www.sce.carleton.ca/faculty/lynnmar/masters/Festive%202025.pdf>.

- Congratulations to new Grandmother **Laura Gutierrez** (8:40am Earlybirds) on the arrival of baby Augustine in South Carolina. Laura enjoyed spending a few weeks there and plans to go back soon!



- October 25 was World Spina Bifida and Hydrocephalus Day and **Melanie Heroux** (Earlybirds) was featured in the Hydrocephalus Canada Newsletter:

Mélanie Héroux: Athlete and Advocate for the Voiceless by **Mary Dufton**: <https://www.hydrocephalus.ca/personal-stories/melanie-heroux-athlete-and-advocate-for-the-voiceless-by-mary-dufton/>

- Congratulations to **Katie Xu** (who swam with the Carleton Masters Earlybirds many years ago) and to **Mary Lou Davies**, who has coached **Katie**, on **Katie's** induction into the Nepean Sports Hall of Fame as a dual-sport Special Olympian in swimming and figure skating with multiple medals at world and national events. She is a standout at Masters swim competitions in the Ottawa area where she swims with her Nepean Sharks Special Olympics teammates. More details: <https://nepeansportswalloffame.org/nepean-sports-wall-of-fame-to-welcome-12-new-inductees-in-2025/>.

- 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! Thanks to **Cheri Reddin** (7:35am Earlybirds) for getting her lane-mates together to do the 100m free time trial challenge on October 27. **Cheri** (1:29.9), **Gray Winchell** (1:26.0), **Ray Anderson** (1:24.8), and **Ian Lorimer** (1:22.1) all did the 100m free while **Hazem Abu Alteen** did 50m free (33.5). November's challenge is a 200IM kick!

Aquatic-Related Links:

- Michigan Rolls On: With Manpower Unlimited, the Swimmers from Ann Arbor Defended Their National Title with a Record-Breaking Score [Ed. Note: From 1959: Some great descriptions of swimming without "real" lane ropes and when flip turns were new!]: <https://vault.si.com/vault/1959/04/06/michigan-rolls-on>

- How Not To Start and Turn: <https://www.facebook.com/reel/939066848035135>

- Things That Aren't Olympic Swimming Events That Feel Like They Should Be: <https://www.facebook.com/reel/454953540741260>

- The Mystery of the Oldest Bowhead Whale: <https://resources.arctickingdom.com/the-mystery-of-the-oldest-bowhead-whale>

- Dubai-Based Athlete **Ghani Souleymane** Launches Project 100 x T100 in Guinness World Record Bid: <https://triathlonmagazine.ca/news/dubai-based-athlete-ghani-souleymane-launches-project-100-x-t100-in-guinness-world-record-bid/>

- Green Turtle Bounces Back from Brink in Conservation 'Win': <https://www.bbc.com/news/articles/cg426ggggqnr0>

News and Other Links:

- NYC's Secure Bike Parking Plan Could Revolutionize Urban Cycling Across North America:

<https://momentummag.com/nyc-bike-parking-plan-north-america/>

- Top 12 Rail Trails in Canada for an Incredible Two-Wheeled Adventure: <https://momentummag.com/rail-trails-in-canada/>

- Your Cardio Age Could Predict How Long You'll Live – Here's How to Measure It:

<https://www.womenshealthmag.com/uk/health/female-health/a65422032/cardio-age-longevity-measure-at-home/>

- **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.

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. Apologies to **Christine Rivas** (7:35am Earlybirds) for missing her last time!

7:35am Earlybirds: September 3 to October 31 (25 workouts); range: 22-34; average: 27.5

Perfect Attendance: **Andrew Popp, Bruce Brown, Christine Rivas**

8:40am Earlybirds: September 3 to October 31 (25 workouts); range: 18-33; average: 27.0

Perfect Attendance: **Hana Hruska**

6:00pm Whitecaps: September 2 to October 30 (25 workouts); range: 17-29; average: 22.8

Perfect Attendance: **Cameron Dawson, Konstantin Petoukhov**

7:10pm Whitecaps: September 2 to October 30 (25 workouts); range: 4-16; average: 10.6

Missed 6 Workouts: **Elaine Yardley, Seana Biggs**

8:15am Saturdays: September 6 to October 25 (8 workouts); range 24-28; average: 26.4

Perfect Attendance: **Christine Bogie, Cori Dinovitzer, Isla Paterson**

Ask the Coach

Dear Coach: When we attempt a 25m swim without breathing, is it ok to hyperventilate beforehand? Want To Swim 25m With 0 Breaths

Dear W.T.S.25.W.0. Breaths: Most coaching resources will tell you that it's not a good idea to hold your breath while swimming. It's definitely a bad idea to hyperventilate before a long breath-holding attempt. However, if you can swim 25m in under 30 seconds, hyperventilating ahead of time, provided you have no health issues, should be ok.

Dear Coach: How can I improve my flutter kick? I feel like it really holds me back and I go almost no where using a kick board. Slow Kicker

Dear S. Kicker: Ankle flexibility is key. You want to extend your ankles as much as possible: basically pointy-toed, pigeon-toed (and knees turned in, too). You can test this by sitting on a flat surface with your legs extended and try to touch your big toes to the floor. Then you want to take small quick kicks (high frequency, small amplitude), and focus on kicking both up and down. In fact, focus more on the up than the down (as gravity will help with the down).

Dear Coach: How do I add my name to a wait list? Keen Swimmer

Dear K. Swimmer: Follow the same procedure as to register for a program, i.e. through the on-line system. If the program is full, you will be given the option to join the wait list.

Dear Coach: When does registration start for the Winter term? Another Keen Swimmer

Dear A.K. Swimmer: This is still being finalized but around December 10. More details coming soon!

Dear Coach: Where on the wall should we do our turns? Improving Swimmer

Dear I. Swimmer: Assuming you are on your front (i.e. everything except backstroke), you are able to see ahead but not behind. Thus, you should cross over before you get to the wall, and do your turn on the far side of the cross on the wall. For backstroke, it's the opposite, so, unless you are sure it's clear in front of you, turn more in the middle of the lane.

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 1 Halloween Invitational, Sherbrooke (SO registration needed) <https://www.swimming.ca/swim-meet/60999/>

November 5-9 Barbados Open Water Festival <https://www.barbadosopenwaterfestival.com/>
November 16 Charlie Lane Semi-Serious Meet, Etobicoke (SO registration needed) <https://www.swimming.ca/swim-meet/61193/>
November 22 Quebec Masters Cup Meet #2, Ste-Foy (SO registration needed) <https://www.swimming.ca/swim-meet/61062/>
December 7 Red vs. Blue, Nepean (MSO registration needed; one-day subscription available)
Date TBD Holiday Classic, Collingwood (SO registration needed)
December 6 Quebec Masters Cup Meet #3 East, Riviere-du-Loup (SO registration needed) <https://www.swimming.ca/swim-meet/61154/>
December 13 Quebec Masters Cup Meet #3 West, Piscine Henri-Bourassa, Montreal North (SO registration needed) <https://www.swimming.ca/swim-meet/61072/>
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) <https://www.swimming.ca/swim-meet/60940/>
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) [TBC]
March 8 Swim for Heart 1500 LC, Etobicoke (SO registration needed)
March 21 Quebec Masters Cup Meet #6 Dollard-Des-Ormeaux, Montreal (SO registration needed) <https://www.swimming.ca/swim-meet/60941/>
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 SC/LC? (SO registration needed) <https://www.swimming.ca/swim-meet/60942/>
April 25 Milton Masters Meet (SO registration needed) <https://www.swimming.ca/swim-meet/60875/>
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!

October 25, 5km Cookie Run, Ottawa

Congratulations to **Susan** who achieved this podium finish in her first race as an adult, with coaching by **Margaret King** (8:40am Earlybirds)! Full results: <https://sportstats.one/event/264/leaderboard/144818>
Susan Hulley (7:35am Earlybirds; F60-64): 474th overall, 233rd female, and 3rd in category in 31:39

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 **October 26**).

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/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 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/>