

Carleton Masters Swimming Newsletter #675

Friday, November 28, 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 (42 addresses), 7:10 Whitecaps II (23 addresses), Saturday Only (14 addresses), Alumni (46 addresses).

"When you declare your goals publicly, you create a sense of urgency and accountability." – Robin Sharma

Masters Swimming Program Notes

- The Fall Masters Session runs from Tuesday September 2 to Saturday December 20, inclusive.
 - 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/
- Registration for the Winter session starts at **10am on Wednesday December 10**. Details on the programs are below.

Winter Masters Program Details

Winter Masters Session Details

Registration starts at 10am Wednesday December 10. Registering online is recommended: <https://rec.carleton.ca/program?classificationId=51e2209d-b659-4c41-9fb3-1c52df283d74>. A valid membership is required to register. If you wish to use a balance on your account, you need to register in person or by phone (613-520-4480).

Dates: Monday January 5 to Saturday April 11; no workouts Monday February 16 or Friday April 3.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$196.92+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$196.92+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Nick, Mark, subs: Adrian, Malcolm; \$217.30+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:10-8:10pm; Coaches: Sean, Nick, Mark, subs: Adrian, Malcolm; \$200.90+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$107.69+HST

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

Swimmer Notes

- Pending ratification by IISA (International Ice Swimming Association), **Tom Heyerdahl** (8:40am Earlybirds) completed his **fourth ice mile** on **Saturday November 15**, swimming 1700m in 3.3C water at Britannia Beach! Once approved, he will be the Canadian with the most ice miles, and back on the list of the top 10 oldest men in the world to complete an ice mile! Incredible!!!

- **Don Wells** and **Joanie Conrad** (both 6pm Whitecaps) send a BIG thank you to everyone who contributed to the overwhelming success of the annual festive gathering on November 22!

- Starting **December 1**, Carleton is introducing a wristband policy for all recreation and fitness swims. Wristbands are **not** needed to swim with Masters. If you are attending a recreation or fitness swim, ask the Welcome Centre for a wristband just before you swipe your card. (If you are bringing children, it is more complicated – ask for details or see the signs posted.) The Welcome Centre will be tracking bather load, and the wristbands will help ensure that all swimmers are members or have paid. Thank you for your cooperation.

- Swim Canada is holding a fundraising auction. They are auctioning off (new) Canadian team racing suits as well as many other items. The auction runs until 9pm Wednesday December 3. Check it out: <https://swimauction.ca/>.

- 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! November's challenge is a 200IM kick! Great job by **Cheri Reddin**, **Gray Winchell**, and **Sandy Lawson** (all 7:35am Earlybirds) who completed their 200IM kick on November 17th. **Cheri** finished in 4:39.8, **Gray** in 5:05.3 and **Sandy** in 5:11.6. Only a few swimmers chose the 200IM for their short time trials this week, so all three are in podium position for this term's 200IM time trials!

- **Katie Macdonald** (Earlybirds) hopes to be back in the pool in the Winter or Spring term. Baby **Holland** is nearly 4 months old now – he's a cutie!



- **Kathleen Kelm** (8:40am Earlybirds) recently returned from a trip to Egypt. The trip started with a couple of days in Cairo followed by a flight to Luxor and then sailing on the Nile on a traditional dahabiya sailboat. I'm jealous!!



Aquatic-Related Links:

- 39-Year-Old **Marcus Titus** Wins His First Deaflympics Gold; Sets Deaflympics Record on Day 3: <https://swimswam.com/39-year-old-marcus-titus-wins-his-first-deaflympics-gold-sets-deaflympics-record-on-day-3/>
- Drexel University Takes On Eliminator 1000 Freestyle During Intrasquad Meet [Ed. Note: This looks super painful, but fun!]: <https://swimswam.com/drexel-university-takes-on-eliminator-1000-freestyle-during-intrasquad-meet/>
- A Forever Sport: <https://www.facebook.com/photo/?fbid=26078533965069339&set=gm.1051068330442180&id=217442970471391>
- **Nicholas Santos** Breaks Men's 45–49 Masters World Record With 23.15 50 Fly LCM: <https://swimswam.com/nicholas-santos-breaks-mens-45-49-masters-world-record-with-23-15-50-fly/>
- Why You're Not Moving in Backstroke (Fix Your Kick!): <https://www.youtube.com/watch?v=y7IzP1f0i08>
- Early Mornings, Big Meets & Real Fuel: **Alicia Glass** Breaks Down Swim Nutrition: <https://www.youtube.com/watch?v=AV3zZt6wFLA>

News and Other Links:

- This Norwegian Cyclist Lift Makes Riding Uphill Easy—North America, Take Note: <https://momentummag.com/this-norwegian-cyclist-lift-makes-riding-uphill-easy-north-america-take-note/>
- We Need to Rethink Urban Cycling for Older Adults, New Report: <https://momentummag.com/we-need-to-rethink-urban-cycling-for-older-adults-new-report/>
- Pittsburgh's Bicycle Heaven Is the Largest Bike-Themed Museum in the World: <https://momentummag.com/bicycle-heaven-is-the-largest-bike-themed-museum-in-the-world/>
- Why Some Older Canadians Bounce Back After a Period of Bad Health: <https://www.cbc.ca/news/health/bouncing-back-older-age-9.6934095>

- **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 6:00pm Whitecaps and 7:10pm Whitecaps for **Sean** on **Monday November 24**.

Malcolm is coaching the 6:00pm Whitecaps and 7:10pm Whitecaps for **Nick** on **Tuesday December 9**.

Malcolm is coaching the 7:35am Earlybirds and 8:40am Earlybirds for **Lynn** on **Wednesday December 10**.

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 November 28 (37 workouts); range: 22-35; average: 27.5

Perfect Attendance: **Christine Rivas**

8:40am Earlybirds: September 3 to November 28 (37 workouts); range: 18-33; average: 25.4

Missed 2 Workouts: **Susan Hulley**

6:00pm Whitecaps: September 2 to November 27 (37 workouts); range: 16-29; average: 22.2

Perfect Attendance: **Cameron Dawson**

7:10pm Whitecaps: September 2 to November 27 (37 workouts); range: 4-16; average: 10.9

Missed 8 Workouts: **Richard Arsenault**

8:15am Saturdays: September 6 to November 22 (12 workouts); range 24-31; average: 27.7
Perfect Attendance: **Christine Bogie**

Thanks to everyone who participated in the short distance time trials in the morning group this week! A summary will be in the end of term newsletter. Please reach out then if you want a spreadsheet of your times.

Ask the Coach

Dear Coach: How far am I permitted to swim underwater after each turn? Time Trial Swimmer

Dear T.T. Swimmer: It depends! For fly, back, and freestyle, your head must break the surface by 15m. You must do dolphin kick underwater for fly, and dolphin or flutter for back and free. For breaststroke, in theory, you could go further than 15m, but in practice that is pretty touch. For breaststroke, you are permitted one dolphin kick, one fly arm pull, then one breaststroke kick (and arm recovery underwater) before breaking the surface.

Dear Coach: Does the amount of splash created by your hands when entering the water correlate with speed? Curious Swimmer

Dear C. Swimmer: It's likely more of an inverse correlation. Most good swimmers don't create too much splash on entry. That said, a bit of splash isn't an issue as long as there are no (or few) bubbles on the hands by the time you start your pull, as you want to be pushing water, not a mix of air and water.

Dear Coach: Where should the pull buoy be put in your legs and why? Still Curious Swimmer

Dear S.C. Swimmer: Normally we put the pull buoy between the thighs. That helps with buoyancy when pulling. You can also experiment with putting the pull buoy between the ankles. It is more challenging and forces you to really focus on engaging your core. It can also put strain on the lower back if you let your back arch.

Dear Coach: What is your ear drop recipe to avoid ear infections? Recovering From An Ear Infection

Dear R.F.A.E. Infection: I mix about 90% rubbing alcohol with 10% hydrogen peroxide (vinegar also works), and put a few drops in each ear after swimming. The rubbing alcohol helps to evaporate any water in the ears, and the hydrogen peroxide (or vinegar) changes the pH so that infections are less likely.

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>.

December 7 Red vs. Blue, Nepean (MSO registration needed; one-day subscription available)
<https://ms.mastersswimmingontario.ca/web/schedule.php>

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 11, 2026 Georgian Bay Squall Water and Ice, Collingwood (SO registration needed)

January 17 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) <https://ms.mastersswimmingontario.ca/web/schedule.php>

February 14 Winterlude LC, Nepean (MSO registration needed; one-day subscription available) <https://ms.mastersswimmingontario.ca/web/schedule.php>

February 15 Burlington Winter Splash (SO registration needed)

February 21 Quebec Masters Cup Meet #5, Complexe Sportif Claude Robillard, Montreal (SO registration needed) <https://www.swimming.ca/swim-meet/61380/>

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/>

July 11 Bring on the Bay 1.5k and 3k Swims, Ottawa <https://raceroster.com/events/2026/110874/bring-on-the-bay-15k-and-3k-open-water-swim>

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 **November 21**).

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/>