

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, March 29, 2020 4:09 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #521

Carleton Masters Swimming Newsletter #521

Sunday, March 29th, 2020

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2019, Winter 2020, and Alumni: 7:30am Earlybirds I (45 addresses), 8:30am Earlybirds II (32 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (28 addresses), Saturday Only (3 addresses), Alumni (39 addresses).

“The Pessimist Sees Difficulty In Every Opportunity. The Optimist Sees Opportunity In Every Difficulty.” – Winston Churchill

Masters Swimming Program Notes

- The Winter session ended on **Fri Mar 13th** due to COVID-19.
 - I will send an end-of-term newsletter around the time of the scheduled end of the session (Apr 11th).
- At this time I have no information on when we'll be able to start up again. I will keep you posted.

Swimmer Notes

Swimmer Updates:

- It's definitely a challenging time for all of us, with so many changes to our daily lives, including not being able to swim. I've included lots of links in this newsletter, including quite a few with tips for keeping active and fit during this time without a pool. If any of you have other suggestions or links, please pass them along. I miss you all!

- Great to hear that **Robin Henderson** (7:30am Earlybirds) has returned safely from Florida and was able to participate in a swim meet at the end of February (see "Meet Results") before returning to Canada. Sadly, a 50 year-old male swimmer collapsed on deck and, despite the efforts of the first responders, died before the start of the competition.

- Aquasport is offering a 20% discount on online sales in March using promo code: THANKYOU20 at <https://shopaquasport.com/>.

Innovative Ways to “Swim”:

- When all the Swimming Pools are Closed, but you Want to Swim: <https://www.facebook.com/watch/?v=650628689070572>
- Indy Aquatic Masters: <https://www.youtube.com/watch?v=jJ67cLzqDMs>
- Swimming in the Backyard: https://twitter.com/marsh_mellow99/status/1244014633868046336
- No Swimming Pools, No Sports to Announce, No Problem [thanks to **Ian Lorimer** (7:30am Earlybirds)]: <https://www.nytimes.com/2020/03/27/sports/no-swimming-pools-no-sports-to-announce-no-problem.html>

Things to Do (Instead of Swimming):

- What Swimmers Should Know about the Coronavirus [thanks to **Christiane Wilke** (7:30am Earlybirds)]: <https://myswimpro.com/blog/2020/03/11/what-swimmers-should-know-about-the-coronavirus/>
- **James Lapierre** talks to Special Olympian Swimmers on Facebook [thanks to **Melanie Heroux** (8:30am Earlybirds)]: <https://www.facebook.com/olympiquesspeciauxquebec/videos/649913812409446/>
- **Julia Aimers** (8:30am Earlybirds and Team Triumph Coach) YouTube Channel (thanks to **Julia** for making this generally available!): <https://www.youtube.com/channel/UC4clg02rX2T7gwzaEKDOMoA>

- Swim Ontario Resources: http://swimontario.com/news_detail.php?id=3411
- USMS (United States Masters Swimming) Resources: <https://www.usms.org/about-usms/covid19-information/covid19-member-resources>
- Free On-Line Yoga for Swimmers: <https://swimswam.com/yoga-swimmers-video-focusing-fundamentals/>;
<https://swimswam.com/free-online-yoga-classes-for-swimmers-for-the-next-two-months/>
- Can't Swim? Here are 25 Things you Can do to Stay in the Zone and Get Fighting Fit: <https://www.swimmingworldmagazine.com/news/cant-swim-here-are-25-things-you-can-do-to-stay-in-the-zone/>
- Endurance Training and Racing in the Time of COVID-19: <https://www.endurancenation.us/guides/endurance-training-and-racing-in-the-time-of-covid-19/>
- Four Ways to Help an Athlete Cope with the Coronavirus Crisis: <https://drrobbell.com/4-ways-to-help-your-athlete-cope-with-the-coronavirus-crisis/>
- Nine Useful Exercises for Swimmers: <https://www.youtube.com/watch?v=Jq0IQ4WUmZs>

News and Other Links:

- Twenty Swimmer Stereotypes: <https://swimswam.com/swimmer-stereotypes/>
- Midlife Muscle Maintenance: The Nutritional Secret to Building Muscle in Your 40s and Beyond: <https://www.telegraph.co.uk/health-fitness/body/midlife-muscle-maintenance-nutritional-secret-staying-strong/>
- How Exercise May Affect Your Immunity: <https://www.nytimes.com/2020/03/04/well/move/exercise-immunity-infection-coronavirus.html>
- Sarasota's ROBRADY Designs Cutting-Edge Swim Trainer: <https://www.heraldtribune.com/business/20200302/sarasotas-robrady-designs-cutting-edge-swim-trainer>
- An Eye-Opening Q&A with the Author of "Fast Girls": <https://blog.teamsnap.com/general-sports/an-eye-opening-q-a-with-the-author-of-fast-girls>
- How to Age Well from Author **Camilla Cavendish**: <https://www.everythingzoomer.com/health/2020/03/03/camilla-cavendish-on-how-to-be-healthy-happy-and-age-well/>
- Cheerleading Dads Go Viral In Support of Cheerleading Daughters: <https://www.fatherly.com/news/cheerleading-dads-go-viral-in-support-of-cheerleading-daughters/>
- 84-year-old Woman Makes "Hole-in-Won" to Win Car: <https://www.facebook.com/upliftnews/videos/221367742384731/?v=221367742384731>

Winter Session Information

Dates: Thu Jan 2nd to Fri Mar 13th ~~Sat Apr 11th~~; excluding Mon Feb 17th and Fri Apr 10th.

Note: There are also **morning** workouts on **Thu Jan 2nd**, and **evening** workouts on **Fri Jan 3rd**.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End: **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Shallow End: Mon; Deep End: Tue/Thu; Mon/Thu: **Sean**; Tue: **David**

7:10pm Whitecaps: Shallow End: Mon/Thu: **Sean**; Tue: **David**

8:15am Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here.

Mits was going to coach for **Tim** on **Sat Mar 21st**.

Adrian was going to coach for **Sean** on **Mon Mar 23rd**.

Mark was going to coach for **Sean** on **Thu Mar 26th**.

Fin Days:

Mon Jan 27th

Thu Mar 5th / Fri Mar 6th

Time Trials:

Tue Feb 4th / Wed Feb 5th: timed 400 free or IM

Tue Feb 18th / Wed Feb 19th: two timed 50s choice

Thu Feb 27th / Fri Feb 28th: timed 100 choice

Thu Mar 12th / Fri Mar 13th: timed 200 choice

Tue Mar 17th / Wed Mar 18th: timed 800 / 1500 free

Wed Apr 8th / Thu Apr 9th: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint20.pdf>.

Here are the weekday attendance statistics, starting **Mon Jan 6th**:

6pm Whitecaps: Jan 6-Mar 12th (29 workouts); range 18-32; average: 23.8
Perfect Attendance: **Cam Dawson, Joanie Conrad, Joanne Dawson, Konstantin Petoukhov**
Missed 1 Workout: **Christian Cattan, Don Wells**
Missed 2 Workouts: **Peter Lithgow**

7:10pm Whitecaps: Jan 6-Mar 12th (29 workouts); range 6-14; average: 9.7
Perfect Attendance:
Missed 1 Workout: **Stephanie Le Saux-Farmer, Stephen Agberien**

7:30am Earlybirds: Jan 6-Mar 13th (29 workouts); range 12-22; average: 16.4
Perfect Attendance: **Susan Hulley**
Missed 1 Workout: **Jocelyn Pender**
Missed 3 Workouts: **Bruce Brown, Steve Dods**

8:30am Earlybirds: Jan 6-Mar 13th (29 workouts); range 14-23; average: 18.0
Perfect Attendance: **Kevin Graham**
Missed 2 Workouts: **Luciara Nardon**

Ask the Coach

Dear Coach: Do you have any suggestions as to how a swimmer can keep fit without the pool? Frustrated Swimmer

Dear F. Swimmer: I've had quite a few queries about this and have posted some suggestions and links near the top of the newsletter.

Dear Coach: What's happening with regards to our fees for memberships and the Masters swim programs? Curious Swimmer

Dear C. Swimmer: Athletics is contacting members and Masters swim participants about refunds. If you haven't heard anything in the next couple of weeks, let me know.

Masters Swimming Competitions

This season (September 2019 to August 2020), you have many options for registration for competitions:

1. You can register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times will be accepted by Christian Berger (for his Top 20 rankings) but will not be recognized by Swim Canada, MSC, or FINA (e.g. for World Records). This costs **\$15** for Sept 1st to Aug 31st. This registration can be done quite quickly, so it doesn't have to be done very far in advance of the competition you are interested in. (You can also pay a \$6 registration fee for each MSO-sanctioned competition that you enter, but then you would **not** be swimming for Carleton Masters.)
2. If you wish to compete outside Ontario, or in Ontario SO-sanctioned meets, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$50** for Sept 1st to Aug 31st. Registration several weeks in advance of the meet deadline is required, as you will not be eligible to compete until your registration has been processed by SO. Notice the price has been reduced by \$15 this year!
3. You can register with both MSO and SO. This costs **\$60** for Sept 1st to Aug 31st.
4. You can also register with MSC. This costs \$30. It's not yet clear what this gets you beyond a few discounts and the ability to use their Million Meter recording page. It will likely be required to swim at the MSC Nationals.

Note that the Carleton Masters club code is CARMA.

For all of the above, if you haven't registered before, please send me your name, gender, date of birth, address and phone number. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**). Note that the above costs include a contribution to the club registration fee.

Many Ontario meets, including most local meets, are MSO sanctioned. If you want to compete in (for example) Montreal or at Swim Canada Masters Nationals, then SO registration is required.

For MSO competitions see: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

For Ontario SO competitions and Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select the province and the month of interest, then select the appropriate meet to get more info. Masters meets are identified as "Masters" under meet type. If it says "sanctioned" the meet package should be available. You can also look on the Masters Swimming Canada site, which should list competitions from all provinces, and is sometimes more helpful than the above: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>.

Here's a list of tentative and confirmed upcoming competitions in Ontario and Quebec. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". More meets and more details will be added as the information becomes available. **Note that meet entries and confirming meet information and entry dates are your responsibility.** Meets are SCM unless otherwise indicated.

All competitions are cancelled or postponed until further notice.

Sat Apr 18th Burlington / Milton Spring Splash (MSO registration required)

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

Sat Apr 18th OlymPINK Masters Challenge, Ottawa (MSO registration required)

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

Fri-Sun Apr 24-26th Quebec Masters Provincials, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/34521/>

Sat-Sun Apr 25-26th Swim Ontario Masters Provincials, Etobicoke (SO registration required)

<https://www.swimming.ca/en/meet/35253/>

Apr/May (TBC) Milton Spring Splash (MSO registration required)

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

Fri-Sun May 22-24th Swim Canada Masters Nationals, Etobicoke (SO registration required)

<https://www.swimming.ca/en/events-results/events/2020-canadian-masters-swimming-championships/>

Jun 18-25th VIII Pan American LC Masters Championships, Medellin, Columbia

https://www.teamunify.com/SubTabGeneric.jsp?team=uana&stabid_=57815

Sat Jul 11th Bring on the Bay, 3km and 1500m Open Water Swims, Ottawa <https://bringonthebay.com/>

Sat-Sun Jun 27-28th Swim Portion of USA Masters Games (SCY = yards), Grand Rapids, Michigan

<https://www.usamastersgames.com/swimming>

Fri-Sun Aug 14-16th Traversee du Lac Tremblant: 1k, 3k, 5k, and 12k Swims: <https://www.traverseelactremblant.ca/en/>

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!)

Sat Feb 29th Good Life LCM Games, Florida

Congratulations to **Robin** on her swims (all first place finishes!), which qualified her for the Senior Games, scheduled (for now) for November. Full results: <https://www.usms.org/comp/meets/meet.php?MeetID=20200229GOODLFL>.

Robin Henderson (7:30am Earlybirds; 60-64): 1st 400 free (7:31.52); 50 breast (59.28); 100 breast (2:09.03)

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: <http://www.statsman.ca/#canada> (last update **Mar 11th**).

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule:

TBD.

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for more details.

Notes and Reminders

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/>.

Aquasport Discount for Carleton Masters Swimmers:

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) In Ottawa, they are located at 2730 Iris Street in the West End. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

Carleton Ravens Gear: Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity team:



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 \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We have a few triathlon latex caps (50c), as well as some silicone caps (\$2). 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.

Carleton Masters Swim Team Photos: Check out some new and old team photos: <http://www3.sympatico.ca/lynnmarshall/teamphotos.html>.

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.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days!

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

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 (lynmar@sce.carleton.ca).

Happy lengths!
Lynn

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Club website: <http://carletonmasters.tripod.com>