

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, May 22, 2020 3:22 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 #525

Carleton Masters Swimming Newsletter #525

Friday, May 22nd, 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).

"You don't have to be great to start, but you have to start to be great." – Zig Ziglar

Masters Swimming Program Notes

- Carleton Athletics is closed and all swim programs officially cancelled until **June 30th**.
 - I will continue to send newsletters bi-weekly. Please keep sending me your news and links!

Swimmer Notes

Swimmer Updates:

- I hope that everyone is doing well! I'd love to hear from you as to what you're doing instead of swimming at Carleton. I hear that **Christiane Wilke** (7:30am Earlybirds) has already started open water swimming without a wetsuit!! I appreciate the notes I've received to date, and would love to hear from more of your exploits for the newsletter!

- With the success of Carleton Athletics' fitness videos, Carleton Aquatics is planning to produce some videos, including some for Carleton Masters swimmers and the aquatics community in general. Our ideas to date are swim-specific dryland exercises, and swim technique videos with demonstrations. Would these be of interest? Any other suggestions? Please let me know what you'd like to see!

- **Debby Whately** (6pm Whitecaps) lives near Tweedsmuir Avenue which was recently featured in a Global News piece showing how the neighbourhood goes out to bang pots at 7pm every evening to support the health care workers. **Debby** and her husband, **Randy**, can be seen at 1:34-1:35 near the top left (**Randy** in grey, **Debby** in black and red):
<https://globalnews.ca/video/6914418/seven-o'clock-salute-lifts-spirits-on-street-in-Ottawa>.

- Check out this Carleton feature on **Jennifer Evans**, who swam with Carleton Masters many years ago, but is now into powerlifting: <https://newsroom.carleton.ca/story/history-professor-medals-powerlifting/>.

New Ravens Youth Programs: High Performance Online Program and Red Cross Babysitting

In addition to the [Junior Ravens @ Home series](#), Athletics now offers two more youth-focused programs! Registration is now open for: [High Performance Online program](#) for ages 13 to 16 and [Red Cross Babysitting certification](#) for ages 11 to 15.

Innovative Ways to "Swim":

- Ontario Masters Swimmer, **Dave Town**, Built Himself a Swim Bench:
<https://www.facebook.com/groups/10290772066/permalink/10159708499767067/>
- B-Train Coach, **Andrea Smith**, Swimming at Home:
<https://www.facebook.com/andrea.s.smith.7399/videos/10157891860855033/>

- Ottawa Centre MP, **Catherine McKenna**, Swimming at Home:
<https://twitter.com/cathmckenna/status/1262445695069454337>
- Here's **Ted Botha** (Cape Town) "Swimming" at Home [Thanks to **Heloise Emdon** (7:30am Earlybirds)]:
<https://www.facebook.com/groups/307563589265700/permalink/3067385039950194/>
- Now That's an Inflatable Pool!: <https://www.facebook.com/MSDSwimming/posts/3060163534050737>

"Fun" Links:

- Harbour Seal's Birthday at the Denver Zoo: <https://twitter.com/DenverZoo/status/1261677462477561862>
- Three Sawfish Up to 12-Feet Long Discovered in Indian River in Melbourne Beach, Florida:
<https://spacecoastdaily.com/2020/05/watch-three-sawfish-up-to-12-feet-long-discovered-in-indian-river-in-melbourne-beach/>
 - Parkour Athlete, Dominic Di Tommaso, Almost "Swimming": <https://twitter.com/Sportsnet/status/1262182614804267008>
 - A Good Use for Swimming Noodles: <https://www.swimmingworldmagazine.com/news/swimming-noodles-on-straw-hats-in-vogue-at-german-cafes-serving-coffee-with-covid-19-distancing/>

Workout Ideas (Instead of Swimming):

- Carleton is Regularly Adding More Fitness Programs/Videos: <https://athletics.carleton.ca/fitness/group-fitness/>
- Don't Forget Your Superpowers: <https://swimswam.com/dont-forget-your-superpowers/>
- Tips to Keeping Slim when You're Stuck at Home: <https://consumer.healthday.com/infectious-disease-information-21/coronavirus-1008/tips-to-keeping-slim-when-you-re-stuck-at-home-756757.html>
- Don't get TOO much exercise during your coronavirus quarantine. Here's why: <https://news.yahoo.com/dont-too-much-exercise-during-195744849.html>

Swimming and Training Links:

- Shoulder Pain Causes: <https://www.prevention.com/health/a23480507/shoulder-pain-causes/>
- How Exercise Affects Your Brain: <https://www.quickanddirtytips.com/health-fitness/exercise/how-exercise-affects-your-brain>
- Proper Ways for Team and Athletes to Resume Swim Training (from the US):
<https://www.swimmingworldmagazine.com/news/proper-ways-for-teams-and-athletes-to-resume-training-usa-swimming/>; and: <https://www.swimmingworldmagazine.com/news/pools-and-swimming-getting-back-in-the-water-safely/>
- How Exercise Affects Your Brain: <https://www.quickanddirtytips.com/health-fitness/exercise/how-exercise-affects-your-brain>
- Positive Thoughts Could Give You a Higher Pain Threshold During Your Workouts:
<https://www.runnersworld.com/news/a32446321/how-to-boost-your-pain-threshold-study/>
- Why Hard Exercise Feels Worse When You're on Your Own: <https://www.outsideonline.com/2412178/psychology-solo-exercise-affective-feelings-research>

News and Other Links:

- Checking in With **Madhu Nagaraja**, Masters Swimmer in Toronto: <http://www.waterkeeper.ca/blog/checking-in-madhu-nagaraja>
- Author Interview: Why We Swim by **Bonnie Tsui**: <https://altaonline.com/bonnie-tsui-swim-alta-asks/>
- **Joy Saunders**, a 101-Year-Old Second World War Veteran from Lunenburg, NS, is walking 80km to Raise Funds for the Victoria Order of Nurses: <https://www.everythingzoomer.com/lifestyle/spirit/2020/05/20/101-year-old-n-s-woman-walking-80-km-to-raise-funds-for-von/>

Masters Swimming Competitions

All competitions are cancelled or postponed until further notice.

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

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/>
FINA Masters World Championships 2022 (instead of 2021): <https://www.fina.org/node/160117>
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: <http://www.statsman.ca/#canada> (last update Mar 11th).

Private and Semi-Private Masters Swim Lessons

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/seo/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/lynmarshall/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 (lynnmar@sce.carleton.ca).

Happy lengths!

Lynn

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