

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, June 19, 2020 4:53 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 #527

Carleton Masters Swimming Newsletter #527

Friday, June 19th, 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 (2 addresses), Alumni (40 addresses).



Elaina Hersey (8:30am Earlybirds, Carleton Pool Staff) provided the following update. Our thanks to **Elaina** and the other front line workers!

I have also been working during the pandemic as a Personal Support Worker (PSW) at the Almonte Country Haven long term care home. Since most nursing/long term care homes are very short staffed, i decided to put my two years of nursing school to use. However seeing what i have in the home has truly been an eye opening experience. Since its been deemed a Covid-19 positive home, the shortage of staff from people refusing to work and the deaths have been hard. But on a happier note, things are starting to look up for the residents of Almonte country Haven.

I have learnt a lot working as a PSW and it has been rough but we are starting to see the light at the end of the tunnel. The residents will soon be able to get back to some sort of normalcy in the next couple weeks.

Masters Swimming Program Notes

- Carleton Athletics is closed until **June 30th**.

- o Half-day modified sports camps will be offered in July/August but they do not include swimming, and only campers may access the facility starting July 6, at least for now: <https://athletics.carleton.ca/camps/>
- o Once there is information available on the pool, I will pass it along.
- o I will continue to send newsletters bi-weekly. Please keep sending me your news and links!

Swimmer Notes

Swimmer Updates:

- Coach **David Thibodeau** is featured in this article about the Canada Games:

<https://www.canadagames.ca/stories/alumni-david-thibodeau-on-his-canada-games-experience-and-advancing-2slgbtq-awareness-in-sport>.

- **Mary Lou Davies** (8:30am Earlybirds) had a letter published in yesterday's Ottawa Citizen about removing statues of Sir John A. Macdonald: <https://ottawacitizen.com/opinion/todays-letters-some-find-the-term-people-of-colour-offensive-i-embrace-it/wcm/cff42f54-6e94-4dee-ac3a-b01c32257584/>.

- Here are a few more updates... **Susan Hulley** and **Steve Dods** (both 7:30am Earlybirds) have been doing swim-specific yoga and jogging, keeping to their regular workout times. **Mary-Lou Dunnigan** (8:30am Earlybirds) has been doing some swimming at her cottage.

- Phase 2 in Ontario does allow for pools to reopen. However, based on the regulations and guidelines, it will take some time for pools, especially those indoors, to set things up so that they can follow these new rules. With Ottawa beaches officially opening on June 27, that looks like the best bet for swimming for now. Here are some documents, for those who are interested:

- Ottawa Public Health: COVID 19 Guidelines for Recreational Water:

https://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/COVID-19_Safe-Water-Guidelines_EN.pdf

- Lifesaving Society Guide to Reopening Pools and Waterfronts (71 pages!):

https://www.lifesavingsociety.com/media/324917/98guide_reopening%20pools_waterfronts_final%20-%20june%202020.pdf

- Swim Ontario: Return to Operations Memo: <http://www.swimontario.com/uploads/ReturnOperationsMemoJune19.pdf>

- Swimmers Can Return to Training in Quebec: <https://www.fnq.qc.ca/deconfinement-sportif-4-juin/>

- For the past three years, **Peter John Lawrence** has been working on getting support for a National Aquatic Complex in Ottawa. He now has a web site that he asked me to share: <http://naqc.ca/>.

“Fun” Links:

- Who Needs a Kickboard with a Motor?!: <https://www.seidnen.com/products/kpsse>

- A Dolphin “Stampede” in Mexico:

<https://www.facebook.com/rob.kent.3950/videos/1156247699366/UzpfSTEWmjI5Mjk3NTg6MTAxNTkwMDM0OTE3NDk5MDM/>

- Eight Pools to Try Before you Die: <https://www.youtube.com/watch?v=Wg2IFtVc2Yc>

News and Other Links:

- What Makes the Perfect Swimmers Body?: <https://www.swimmingworldmagazine.com/news/what-makes-the-perfect-swimmers-body/>

- Scapular Stability for Swimmers: How to Bulletproof Your Shoulders: <https://www.yourswimlog.com/scapular-stability-for-swimmers/>

- Can the “Centenarian Olympics” Help You Live Longer?: <https://www.bbc.com/worklife/article/20200520-can-the-centenarian-olympics-help-you-live-longer>

- How Shaking Up Your Routine, Even in Small Ways, Can Boost Your Mood:

<https://www.runnersworld.com/news/a32676270/boost-your-mood-by-changing-your-routine-study/>

- Consuming More Carbs Can Make Endurance Exercise Feel Easier, Reduce Soreness:

<https://www.runnersworld.com/training/a32662446/more-carbs-can-make-exercise-feel-easier-study/>

- Your Ultimate Guide to Next-Gen Muscle Recovery Methods: <https://www.menshealth.com/fitness/a32224955/best-muscle-recovery-methods/>

- Extra Sleep Improves Athletic Performance: <https://www.sciencedaily.com/releases/2008/06/080609071106.htm>

Ask the Coach

Dear Coach: When will the Carleton pool reopen and Masters start again? Eager Swimmer

Dear E. Swimmer: I included a few articles in the "Swimmer Updates" section on the red-tape that pools need to cut through to be able to re-open. As soon as I have more information, I will pass it on.

Dear Coach: Is it permitted to swim at a beach or lake if it is not officially open to the public? Another Eager Swimmer

Dear A. E. Swimmer: Here's an article on that topic: <https://greatlakes.guide/ideas/can-i-go-swimming-in-ontario-during-the-covid19-pandemic>. In a nutshell, it's at your own risk. Swim with a buddy and have an emergency plan.

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://bringonthebay.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/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 (lynnmar@sce.carleton.ca).

Happy lengths!
Lynn

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