

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, June 5, 2020 12:39 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 #526

Carleton Masters Swimming Newsletter #526

Friday, June 5th, 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 (39 addresses).



Here are **Mike and Lillian Wheatley** (7:30am Earlybirds) after a swim in 8C (!!) water a few weeks ago!

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:

- Congratulations to **Christiane Wilke** (7:30am Earlybirds) on receiving a Social Sciences and Humanities Research Council Insight Grant for her research on civilian casualties from airstrikes:

<https://twitter.com/FPACarleton/status/1265709108986028033>.

- Please keep the updates coming. I hear that a few of you have swum in Meech Lake – how about a photo for the next newsletter? **Mike Stewart** (6pm Whitecaps) reports that he has a canoe, a kayak, and a river and is out 5+ times week, but is waiting for it to get warmer to swim. **Cheri Reddin** (6pm Whitecaps) has been doing tethered swimming in her backyard pool. Others have been cycling, running, and walking to keep fit.

- Here's a petition you can sign if you support phased reopening of Ontario's public swimming pools:

<https://www.change.org/p/ontario-government-phased-reopening-of-ontario-swimming-pools>. It will be sent to the province on Monday.

- This is worth a read: Swim Ontario Focus on Return to Water Letter:

<http://swimontario.com/uploads/FocusonReturntoWater.pdf>. It has links to the latest from Swim Canada and Swim Ontario.

- Carleton has officially cancelled the Sports Camps that were to run June 29 to July 3. Depending on the local and provincial guidelines, modified camps may be offered July 4 or later: <https://athletics.carleton.ca/2020/carleton-summer-camps-update/>.

- Carleton is offering even more live and on-demand fitness classes for adults: <https://athletics.carleton.ca/fitness/> and also on-line children's programs: <https://athletics.carleton.ca/camps/childrens-sports/>.

“Fun” Links:

- WHO Warns Covid-19 Could Mean End To Blowing Water Through Pool Noodle Into Friends' Faces:

<https://www.theonion.com/who-warns-covid-19-could-mean-end-to-blowing-water-thro-1843733099>

- Saskatoon "Noodle Man" Turns Heads by Taking Physical Distancing to an Entirely New Level:

<https://www.cbc.ca/news/canada/saskatoon/runner-turns-heads-as-he-takes-physical-distancing-to-an-entirely-new-level-1.5586775>

- **Drake's** new pool: <https://twitter.com/RapAllStars/status/1264415173055578113>

- Check it Out: Nice Pool, but Head Injuries Likely when Attempting Flip Turns:

<https://www.facebook.com/MSDSwimming/posts/3126512114082545>

- Places ***Not*** to Swim: <https://noteabley.com/culture/most-dangerous-beaches-tw/>

- “Swimming” in Svalbard, Norway: <https://www.facebook.com/watch/?v=270137550895212>

Aquatic Animal Life:

- Moose in Ottawa Pool: <https://www.facebook.com/CBCOttawa/videos/575271866721767/?v=575271866721767>;

<https://www.narcity.com/news/ca/on/ottawa/moose-in-ottawa-went-for-a-swim-in-someones-backyard-pool>

- Humpback Whale Visits Montreal: <https://ottawacitizen.com/news/local-news/wandering-whale-visits-montreal-for-a-swim-under-the-jacques-cartier/wcm/1fc9698f-92cc-4b11-ac04-b1b8d4e1f06a/>;

<https://www.cbc.ca/news/canada/montreal/humpback-whale-st-lawrence-1.5591877>

- Kenora Massive Black Sturgeon: <https://www.cbc.ca/news/canada/thunder-bay/kenora-fishing-guide-encounters-sturgeon-1.5582714>

- Pod of Killer Whales Approach Swimmer:

<https://www.facebook.com/davidlopezfilms/videos/2579934802223905/?v=2579934802223905>

News and Other Links:

- Canada's **Pascal Plante** humbled by Cannes selection for film "Nadia, Butterfly", starring **Katerine Savard**:

<https://www.richmond-news.com/canada-s-plante-humbled-by-cannes-selection-for-film-nadia-butterfly-1.24146999>;

trailer: <https://www.cinemaslock.com/movies/nadia-butterfly-2020/videos/217594>

- Open Water Swimming Profile: Canadian **Bryan Finlay**: <https://greatlakes.guide/ideas/open-water-swimmer-profile-bryan-finlay>

- International Masters Swimming Hall of Fame US Swimmer **Frank Piemme** Passes Away at Age 95: <https://www.swimmingworldmagazine.com/news/passages-masters-hall-of-fame-swimmer-frank-piemme-passes-away-at-95/>
- Two Pandemics and Two Olympic Champion Swimmers: <https://swimcoachingblog.com/2020/05/22/two-pandemics-and-two-olympic-champion-swimmers/>
- This Summer: Waterless World: <https://www.si.com/olympics/2020/06/03/olympic-swimmers-without-water-coronavirus>
- Can I Go Swimming in Ontario During the COVID-19 Pandemic?: <https://greatlakes.guide/ideas/can-i-go-swimming-in-ontario-during-the-covid19-pandemic>
- How Five Canadian Olympians are Passing Time in Shutdown: <https://www.cbc.ca/sports/olympics/summer/canadian-athletes-training-impact-pandemic-1.5568510>
- Returning to Exercise After Recovery From Coronavirus: <https://www.nytimes.com/2020/05/20/well/returning-to-exercise-training-recovery-coronavirus.html>
- What We Can Learn From Endurance Athletes About Getting Through This Pandemic: <https://www.nytimes.com/2020/05/21/well/mind/coronavirus-athletes-marathons-triathlons-sports-cycling.html>
- 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/>

Ask the Coach

Dear Coach: I've never done much open water swimming. Any tips on how to start, once the water warms up? New Open Water Swimmer

Dear N.O.W. Swimmer: Safety first. Check out this recent post from Swim Canada: https://www.swimming.ca/content/uploads/2020/05/OW-Safety-Considerations-individual_May-2020_final.pdf. First, find some like-minded swimmers (while carefully social distancing), and a safe and calm place to swim. Build up starting with short swims.

Dear Coach: Do you have any thoughts or personal experience on waist band and resistance cords for swimming in place, or ankle straps? I thought this might be a safe alternative for swimming alone at the cottage. Desperate Swimmer

Dear D. Swimmer: The physics of moving the water while you stay (mostly) still is slightly different from when you move and the water stays (mostly) still. However, for starting to get back some "feel" for the water while being safe, it sounds like a great plan. Most of the bungee cords for swim training that you can buy have a waist strap, but ankle straps would work, too. I'd think a waist strap would be more comfortable and allow for more freedom of switching strokes, etc. Let me know how it goes.

Dear Coach: I have access to a small backyard pool and I've purchased bungee cord that lets me swim in one place. Do you have any recommendations for swim workouts using this? Swimming In Place

Dear S.I. Place: I would suggest starting with fairly short swims, as you get used to it. Plus, I would imagine it's pretty boring, unlike swimming with a group. Start with freestyle and add in other strokes as you become more comfortable. As for the actual workout, I'd suggest interval training where you do something like 30 seconds easy, 15 seconds moderate, 15 seconds hard, 15-30 seconds rest. And vary that with something more aerobic, e.g. 5 min moderate. A lot will depend on just how taut the bungee cord is – it may be hard to vary intensity too much. Keep us posted!

Dear Coach: Can you recommend some land-based exercises, either full-body or lower-body and abs? I feel like I don't have the swimming power that I used to have? Strength-Building Swimmer

Dear S-B. Swimmer: Carleton has some great classes available for this. I'd recommend starting with the 50-plus workouts which are all body and accessible for anyone. Here is a link to some of the workouts: <https://athletics.carleton.ca/fitness/senior-ravens/>. They are one-hour and available live and on demand. If you want something more high intensity, check out some of these: <https://athletics.carleton.ca/fitness/group-fitness/>.

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>