

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, July 3, 2020 4:04 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 #528

Carleton Masters Swimming Newsletter #528

Friday, July 3rd, 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 (41 addresses).

"Continuous effort — not strength or intelligence — is the key to unlocking our potential." – Liane Cardes

Masters Swimming Program Notes

- Carleton Athletics and the Carleton Pool remain closed.
 - 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/>
 - I will continue to send newsletters bi-weekly. Please keep sending me your news and links!

Swimmer Notes

Swimmer Updates:

- An update on the Carleton Pool!!:

If all goes well (with procedures put in place that are approved by Senior Management, Carleton Health and Safety, Ottawa Public Health, etc.), it may be possible to open the Carleton Pool **around mid-August** for some "trial" programming for groups, including Masters. As only sports camp participants are permitted in the building during sports camp hours, if this goes ahead, the times available would be **evenings and weekends**. At this time, everything is up in the air, so dates, days, times, cost, etc., are not known. However, if you are potentially **interested in participating**, **please let me know**, so we can gauge interest.

At this time, there is no information on Fall/Winter Masters programs.

- Some City of Ottawa pools (outdoor and indoor) are opening soon (starting **July 6**)!: <https://ottawa.ca/en/news/gradual-reopening-pools-and-modified-swimming-instruction-make-splash> and <https://ottawa.ca/en/recreation-and-parks/swimming>.

- Here's the latest article by Coach **David Thibodeau**: <https://www.sportsforsocialimpact.com/post/sdg-5-gender-equality>.

- **Angela Davis** (Earlybirds) reports that she was amazed to still be able to swim all the way around her lake after nearly four months off!

- Swim Ontario Masters July Update: <http://www.swimontario.com/uploads/Clubs/Masters/MastersJuly.pdf>.

"Fun" Aquatic Links:

- Swimming with the Sea Lions of Los Islotes: <https://www.nytimes.com/2020/06/29/travel/sea-lions-los-islotes.html>
- This Hippo Thinks He's a Dolphin: <https://www.facebook.com/watch/?v=633362830619980>
- Bird Plucked Shark from Ocean: <https://twitter.com/michaelschwab13/status/1278707929936474113>
- Shark Below Surfers: <https://www.the-sun.com/news/1030159/footage-white-shark-prowling-six-surfers/>

- Family Frees Bear Swimming with Container on its
Head: <https://www.facebook.com/NewsChannel7/videos/313468579779639/>

News and Other Links:

- 95 Year-Old **Kalis Rasmussen** Wins Swim Canada's First Ever Female Masters Swimming Excellence Award: <https://www.swimming.ca/en/news/2020/06/30/95-year-old-kalis-rasmussen-wins-first-ever-female-masters-swimming-excellence-award/>
- What Can We Learn From Swimmers of a Certain Age? [Thanks to **Ruth Fawcett** (7:30am Earlybirds)]: <https://www.nytimes.com/2020/06/22/well/swimming-resilience-aging.html>
- **Neil Agius** Completes 100km Malta Channel (Sicily to Malta) Swim: <https://www.facebook.com/watch/?v=265506711335849>
- **Angela Madsen**, Paralympian Rower, Dies on Solo Pacific Voyage at 60: <https://www.nytimes.com/2020/06/30/sports/olympics/angela-madsen-paralympian-dead.html>
- Canadian Adventurer Extraordinaire **Hélène Dumais** Chronicles 888K Ultra in New Documentary: <http://getouttheremag.com/articles/4970/canadian-adventurer-extraordinaire-helene-dumais-chronicles-888k-ultra-in-new-documentary>
- Seven Things You May Not Know About **Olivia de Havilland** Ahead of Her 104th Birthday [Ed. Note: Still (Tri)Cycling!]: <https://www.everythingzoomer.com/arts-entertainment/2019/06/26/7-things-probably-didnt-know-olivia-de-havilland/>
- Yes, Swimming Scientifically Makes Us Hungrier: <https://swimswam.com/yes-swimming-scientifically-makes-us-hungrier/>
<https://www.swimmingworldmagazine.com/news/6-reasons-why-swimmers-make-the-best-students/>
- Is This Whistle the Future of Refereeing (and Guarding?): <https://www.nytimes.com/2020/06/26/sports/basketball/electronic-whistles-referees.html>
- The Country Is Reopening. Is It Safe to Play Softball (or Other Sports) Again?: <https://www.nytimes.com/2020/06/22/sports/is-it-safe-to-play-sports.html>
- For Your Reading List: Swimming History Books: <https://literaryreview.co.uk/different-strokes>

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; **Virtual Races** available): <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>