

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, July 31, 2020 2:16 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 #530

Carleton Masters Swimming Newsletter #530

Friday, July 31st, 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 (42 addresses).

"There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative." – W. Clement Stone

Masters Swimming Program Notes

- Due to some unexpected maintenance, the August Masters Swim trial is expected to start **Mon Aug 17th** (not Mon Aug 10th). We are working on dates, days, times, procedures, cost, and registration, and plan to circulate this information next week. Thanks for your patience.
 - Lockers will **not** be available during the August swim trial. If you need access to your permanent locker to remove belongings needed for the August trial, please let me know.
- No information is available yet on Fall/Winter Masters Swimming programs.

Swimmer Notes

Swimmer Updates:

- Condolences to **Mary Donaghy** (Whitecaps/Earlybirds) and children **Katie, Michael, and Stephen** on the passing of their husband and father, **Greg Donaghy**, from a heart attack: <https://ottawacitizen.remembering.ca/obituary/gregory-donaghy-1079462893>.

- Thanks to **Dan Beavon** (x-Whitecaps) for passing on the sad news that long-time Carleton Whitecaps swimmer, **John Degan**, passed away from liver disease: <https://standard-freeholder.remembering.ca/obituary/john-degan-1079554210>.

- **Christiane Wilke** (7:30am Earlybirds) recently published an article: Beyond Law and Numbers: Civilian suffering and the ICC's engagement with Afghanistan: <https://twitter.com/jaanewilke/status/1288141477051355136> and <https://twailr.com/beyond-law-and-numbers-civilian-suffering-and-the-iccs-engagement-with-afghanistan/>.

- The Varsity Swim Team is going to order Ravens Swimming cotton face masks. Price will be \$12. If you are interested, please let me know by **Fri Aug 7th**. Here's what they look like:



Note: Parts of your image which appear near the edges (outside the red lines) could be concealed by the pleats.

- While there are no actual “in-person” swim events available, there are many virtual competitions being offered. Here are some possibilities:

- Ottawa Riverkeeper Watershed Beach Pass: Cost: free; Deadline: end of summer: Visit Ottawa beaches and participate in fun activities to win prizes (no racing required!): <https://www.ottawariverkeeper.ca/beachpass/>
- Freshwater Alliance 2020 Passport to Water: Cost: free; Deadline: Aug 10: Again, no racing required: https://www.freshwateralliance.ca/summer_water_challenge
- Masters Swimming Ontario (MSO) Middle-Distance Virtual Open Water Swims (OWS): 250m, 500m, 750m, and/or 1000m: Cost: \$16, \$12 Earlybird (MSO membership *not* required); Deadline: Enter by Aug 16; Swim by Labour Day: <https://ms.mastersswimmingontario.ca/web/schedule.php> (select the Meet Package)
- Masters Swimming Ontario (MSO) Virtual Open Water Swims (OWS) Challenge: 1.5k, 3k, 5k, and/or 10k: Cost: \$16, \$12 Earlybird (MSO membership *not* required); Deadline: Enter by Aug 16; Swim by Labour Day: <https://ms.mastersswimmingontario.ca/web/schedule.php> (select the Meet Package)
- Global Swim Series Virtual Race #5: 1k, 1 mile, 3.8k, 5k, or 10k: Cost \$20; Deadline: Aug 15: <https://globalswimseries.com/virtual-race/>
- Mighty Mac Swim’s “Virtual Finhead 2020”: 4 miles (or more or less): Cost: free; Deadline: Aug 16: <https://runsignup.com/Race/MI/AnyCity/MightyMacSwimVirtualEvent>

- Carleton Athletics facility update: <https://athletics.carleton.ca/2020/update-carleton-athletics-programs-cancelled-and-facilities-closed-until-july-13/>. As per this announcement, the current plan is to **open the pool on Monday, August 10th**, and the **Fitness Centre on Tuesday, September 8th**.

“Fun” Aquatic Links:

- Huge Black Bear Spotted Relaxing in a Kids' Pool is One Big Summer Mood: <https://www.cnn.com/2020/07/25/us/huge-black-bear-in-pool-trnd/>
- "I Missed You, Pool": Children Rejoice as N.Y.C. Public Pools Finally Open: <https://www.nytimes.com/2020/07/24/nyregion/nyc-pools-open.html>
- Swim Coaches Reveal the Funniest Excuses for Missing Swim Practice: <https://www.swimmingworldmagazine.com/news/coaches-reveal-the-funniest-excuses-they-have-ever-heard/>
- Swim Quiz: Find Your Swim Stroke Soulmate: <https://swimswam.com/quiz-time-find-your-swim-stroke-soulmate/>
- Thirty-Nine Thoughts During the 200 Butterfly: <https://www.swimmingworldmagazine.com/news/39-thoughts-swimmers-have-during-the-200-butterfly/>
- Water Polo is Like Geniuses Wrestling in the Pool: <https://olympic.ca/2015/03/27/water-polo-is-like-geniuses-wrestling-in-a-pool/>
- Beyond the Lane Lines: Hide Your Goggles from this Cat and Other Stories: <https://swimswam.com/beyond-the-lane-lines-hide-your-goggles-from-the-kitty-thief/>
- The World's 25 Largest Lakes, Side by Side: <https://www.visualcapitalist.com/worlds-25-largest-lakes/>
- Make a Splash! Dive into the World's Wildest Pools – in Pictures [thanks to **Ruth Fawcett** (7:30am Earlybirds)]: <https://www.theguardian.com/artanddesign/gallery/2020/jul/24/worlds-wildest-swimming-pools-in-pictures>
- Things to Do During a Pandemic: Set Guinness World Records: <https://www.sportsnet.ca/more/guinness-world-records-stories/>

News and Other Links:

- Swimmer **Rikako Ikee** Featured in Video Marking One Year Until Planned Tokyo Olympics: <https://tokyo2020.org/en/news/tokyo-2020-marks-one-year-to-go-to-olympic-games>
- St Cloud State Swim Team Captain, **Marena Kouba**, Rescues Three Swimmers in Lake Superior: <https://swimswam.com/st-cloud-state-team-captain-marena-kouba-rescues-3-swimmers-in-lake-superior/>
- Swimming is my Lifeline, and the Pandemic's Second Wave Looms Large: <https://www.cbc.ca/news/canada/ottawa/swim-covid-disability-pov-1.5654249>

- What's Motivating Swimmer **Anthony Ervin** With the Olympic Games on Hold [thanks to **Andrea Mrozek** (Whitecaps)]: <https://thedispatch.com/p/whats-motivating-swimmer-anthony>
- "Weight of Gold" Documentary Trailer, Featuring US Athletes Including **Michael Phelps**: <https://www.swimmingworldmagazine.com/news/trailer-for-the-weight-of-gold-documentary-starring-michael-phelps-david-boudia-released/>
- 13 year-old California Swimmer Dies After COVID Symptoms: <https://swimswam.com/13-year-old-california-swimmer-dies-after-experiencing-covid-19-symptoms/>
- 58% of USA Swimming (Kids) Times are Personal Bests in July!: <https://swimswam.com/58-of-usa-swimming-sanctioned-times-are-lifetime-bests-so-far/>
- Fit In My 40s: Can I Flex My Swim Muscles on Dry Land? [thanks to **Ruth Fawcett** (7:30am Earlybirds)]: <https://www.theguardian.com/lifeandstyle/2020/jul/18/fit-in-my-40s-can-i-flex-my-swim-muscles-on-dry-land>
- Why the Secret to Icelandic Happiness Lies in Their Pools: <https://www.bbc.com/reel/video/p08ljdqv/why-the-secret-to-icelandic-happiness-lies-in-their-pools>
- Arizona State Will "Redshirt" the Entire Swimming Roster for 2020-21: <https://swimswam.com/arizona-st-will-redshirt-entire-swimming-roster-for-2020-2021-ncaa-season/>
- Two Ships Collide in the Welland Canal: <https://www.youtube.com/watch?v=CRvy0SR-Pr4>
- Long Beach Island Reports COVID-19 Outbreak Among Lifeguards (35 Infected) After Social Events: <http://lbihealth.com/wp-content/uploads/2020/07/pressrelease727.pdf>
- Take Coronavirus More Seriously, Say US Olympic Rowers Who Got It: <https://www.nytimes.com/2020/07/24/sports/olympics/coronavirus-us-rowing-olympics.html>
- BC Man Completes Epic Around the World Nine-Month Solo Sailing Journey Using Only Celestial Navigation: <https://www.cbc.ca/news/canada/british-columbia/gabriola-man-ends-epic-round-the-world-sailing-journey-1.5655143>
- The Legend of **Cliff Young**: The 61 Year Old Farmer Who Won the World's Toughest Race: <https://elitefeet.com/the-legend-of-cliff-young/>

Ask the Coach

Dear Coach: Could you recommend the names of any certified personal trainers/nutritionists that do in-person consultations for a reasonable fee? Getting Fitter

Dear G. Fitter: Carleton does have personal trainers, who I believe are quite good. I'm not sure if they are able to work now, but I would think/hope that by September they would be able to. Here's the web page with the details: <https://athletics.carleton.ca/personal-training/>. There is both an email and phone number provided. If anyone else has other suggestions, please pass them along!

Dear Coach: I seem to have deleted the last newsletter. Can you please resend? Absent-Minded Swimmer

Dear A.-M. Swimmer: If you're not getting the newsletter regularly due to email issues, please get in touch. However, if you just want to look at an old newsletter that you can no longer locate, all the old newsletters can be found here: <http://carletonmasters.tripod.com/anewsletter.html>.

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 (lynmar@sce.carleton.ca).

Happy lengths!
Lynn

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