

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, August 16, 2020 3:43 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 #532

Carleton Masters Swimming Newsletter #532

Sunday, August 16th, 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 (50 addresses).

“Age is no barrier. It’s a limitation you put on your mind.” – Jackie Joyner-Kersey

Masters Swimming Program Notes

- The Masters Trial is going ahead starting **August 17th**! More details below.
- No information is available yet on Fall/Winter Masters Swimming programs.

Masters Trial Updates

There is still room in the 3-week trial starting tomorrow. As of now, there are 12 spots for Mon/Wed, and 20 spots for Tue/Thu. If you are planning to sign up, please do so as soon as possible (**by 5pm today if you can**, especially for Mon/Wed), to ensure that you receive the required COVID SurveyMonkey questionnaire to complete each day before your swim.

Here are some further details and clarifications. Please also read through all the information in the section below this one (if you haven’t already done so), and don’t forget to wear a **face mask!**

- All memberships remain on hold. Thus, a membership is not required for the trial. Memberships will be restarted for the Fall session. Many of you have **credits** due to partial refunds of your Winter fees. Those credits will be sorted out for the Fall session, not for the trial.
- As memberships are on hold, your usual **parking** is also on hold. However, parking fees will ***not*** be enforced in Lot 5 until after Labour Day. Thus, you may park in Lot 5 for free during the trial.
- Those of you with **permanent lockers** who are participating in the August trial may access your permanent locker just once to remove your belongings. Lockers, including permanent lockers, may not be used during the trial. (Permanent locker rentals, like memberships, are on hold.)
- Those in the Masters trial will use only **Section A** (front section – there will be signs) of the men’s and women’s **locker rooms**. (The following group will use Section B.) As mentioned below, the men’s and women’s locker rooms will be locked at 5:15pm for cleaning. If you arrive late, you may access the deck via the gender inclusive locker room.
- Here are the **themes and coaches** for the trial: <http://carletonmasters.tripod.com/mastplanaugtrial20.pdf>. Lane assignments will be given to you upon arrival at the pool, as the class lists are still changing.

Masters Three-Week Trial Period

Please read all the details below, and ensure that you are willing and able to follow these rules before signing up. I’m very excited to be back on the pool deck and in the pool!!

Masters August Trial:

Mon and Wed 5:00-6:00pm: Aug 17 to Sept 2: \$55 + HST for 6 swims

Tue and Thu 5:00-6:00pm: Aug 18 to Sept 3: \$55 + HST for 6 swims

Register **on-line** here for one (or both) groups: <https://rec.carleton.ca/Program/GetProgramDetails?courseId=dd8465c8-7efe-4e07-9a37-9b7b944d8583&semesterId=349fbd72-7fb9-4043-a386-e80414d63f70>

Everyone should have an account. If you are not sure of your credentials, select “log in”, “local”, and “trouble logging in”. If that doesn’t work, create an account. If you encounter difficulties with the on-line system, please let me know.

General Information and COVID-19 Protocols:

- These sessions are for current/recent Carleton Masters swimmers only. Note that Carleton memberships are not required (everyone's membership remains on hold until the Fall session).
- A COVID waiver form needs to be completed during your online registration. In addition, a COVID screening form will be sent to you before each swim via SurveyMonkey. Pool staff / coaches will be checking with you that you have completed this at every session. If not, it will have to be done via your phone before your swim.
- Participants should shower before coming to the pool. It's recommended that you wear your swim suit to minimize locker room time.
- Showers and saunas will be closed. Some washroom sinks, toilets, and urinals will be unavailable. There will be no access to lockers. Bring your clothes and valuables onto the pool deck in a gym bag.
- Masks must be worn at all times inside the facility, except when getting in/out of the pool and while swimming. Use the provided hand sanitizer upon entry to the facility, and before and after your swim. Maintain physical distance of 6 feet at all times during the facility and your swim.
- Arrive at Alumni Hall no earlier than **4:45pm**. Enter the change rooms and access the pool deck via the regular entrances. The swims are from **5:00-6:00pm**. The men's and women's change rooms will be locked at **5:15pm** for cleaning. The toilet in the gender inclusive change room will be available during the entire swim. After the swim, you will exit the pool area and enter the change rooms via the back door landing and stairs. Exit the locker room by **6:15pm** to permit the next group to enter at that time.
- We will be using the entire pool with 6 double-wide lanes, three each in the deep and shallow end. There will be at most six people per double-wide lane. All lanes will swim counter-clockwise swimming up one black line and down the other. The coaches will provide guidelines on maintaining physical distancing within each lane. Each swimmer will be assigned a lane and will remain in that lane for all 6 swims.
- You may only attend the swims that you are registered for.
- No pool-owned equipment is available for the trial (kickboards, pull buoys, fins). You may bring your own equipment, except that snorkels are not permitted. Workouts will be designed so that “toys” are not required.
- There will be two coaches (one at each end).

If you have any questions about the above, just ask.

Swimmer Notes

Swimmer Updates:

- **Melanie Heroux** (8:30am Earlybirds) is participating in this year's (virtual) Special Olympics Law Enforcement Torch Run on or before Sept 19. Law enforcement and emergency services are one of Special Olympics' biggest sponsors. If you'd like to sponsor **Melanie**, here's the link: <https://give.specialolympicsontario.com/torchrun/campaigns/melanie-heroux/>.

“Fun” Aquatic Links:

- Northern Ontario Angler Saves a Moose: <https://northernontario.ctvnews.ca/northern-ontario-angler-recounts-daring-save-of-drowning-moose-1.5061854>
- The Traits Found in Six Different Types of Swimmers: <https://www.swimmingworldmagazine.com/news/the-traits-found-in-6-different-types-of-swimmers/>
- Challenging Breaststroke Drills!: <https://www.youtube.com/watch?v=biglK1Ez5QE>

News and Other Links:

- Swimmers Feeling Beached by New Meech Lake Parking Hours: <https://www.cbc.ca/news/canada/ottawa/meech-lake-swimmers-restrictions-gatineau-park-1.5686789>
- **Chloe McCardel** Aiming for Second Place On English Channel Crossings List with #35: <https://swimswam.com/chloe-mccardel-will-race-for-second-place-on-english-channel-crossings-list/>
- Swimming vs. Running: A Breakdown: <https://www.swimmingworldmagazine.com/news/swimming-vs-running-a-breakdown/>
- This 74-Year-Old Woman Went Viral for Her Incredible Fitness Transformation: <https://www.menshealth.com/fitness/a33555680/joan-macdonald-viral-fitness-transformation-workout-diet-advice/>
- Muscle Cramps and Spasms: <https://stretchcoach.com/articles/muscle-cramp/>

- Improving Our Relationship with Failure: <https://www.scienceofrunning.com/2020/07/improving-our-relationship-with-failure.html?v=47e5dceea252>
- Is Your Blood Sugar Undermining Your Workouts?: <https://www.nytimes.com/2020/07/29/well/move/blood-sugar-diet-foods-workouts-exercise-muscles.html>
- Science of Recovery: The Importance of Food, Hydration, and Sleep: https://www.precisionhydration.com/blogs/hydration_advice/science-of-recovery

Masters Swimming Competitions

All in-person competitions are cancelled or postponed until further notice.

Here are some virtual events:

- 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/>
- 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: 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: 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>

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>