

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Thursday, September 10, 2020 6:43 AM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #533

Carleton Masters Swimming Newsletter #533

Thursday, September 10th, 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 (27 addresses), Saturday Only (2 addresses), Alumni (62 addresses).

“The five S’s of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit.” – Ken Doherty

Masters Swimming Program Notes

- The Masters Trial started **Mon Aug 17th** and ran until **Thu Sept 3rd**.
- The Fall session Part 1 will start on **Mon Sept 14th**: details below. **Registration opens 8am TODAY!**

Fall Masters Part 1

Due to membership issues, online **registration for Fall Masters Part 1 starts this morning at 8am without the membership requirement**. As per the below, a membership is required to swim with this group, but due to the current membership issues, it is not required to get your spot!

The fee for Saturday is \$28 + HST and the weekday groups are \$80 + HST. We are still working out the coaches!

Fall Masters Part 1 Swim Times: Sept 14 to Oct 31 (excluding Oct 10 and 12):

Earlybirds 1: Mon/Wed/Fri 7:45-8:45am whole pool (capacity 36)

Earlybirds 2: Mon/Wed/Fri 9:00-10:00am deep end (capacity 18)

Whitecaps 1: Mon/Tue/Thu 6:45-7:45pm whole pool (capacity 36)

Whitecaps 2: Mon/Tue/Thu 8:00-9:00pm shallow end (capacity 18)

Saturday: 7:45-8:45am shallow end (capacity 18)

Memberships: Some of you have had your memberships successfully restarted and others not yet. Some of you need to purchase new memberships and only morning-only and Senior memberships are available online (and only one month or one year). To be able to swim with Masters, you need a membership good for the entire term, and for the time of day when you will be swimming. The different membership options are listed here:

<https://athletics.carleton.ca/memberships/>. (Senior, Winter Walking, and Squash memberships do not give access to Masters swimming.) If you need to restart or start a membership, please contact Hary: Hary.Shanmuganathan@carleton.ca or 613-520-2600 x8441.

Credits: If you register online for Masters, the credit on your account from Winter Masters refund, if any, will **not** be automatically applied.

Parking: Parking is free for everyone on campus (all parking lots, all day) for the Fall term, so parking passes are not required for the Fall term.

COVID Protocols: For Part 1 these will be the same as for the Masters Trial. See previous newsletters, link in the upper left here: <http://carletonmasters.tripod.com/>. By signing up, you are agreeing to those.

Fall Session Part 2: Nov 2 – Dec 19: Details later!

Swimmer Notes

Swimmer Updates:

- Members may book the Fitness Centre and member swims here: <https://athletics.carleton.ca/athletics-bookings/>.
- As of Sept. 9, all OC Transpo buses coming onto Carleton's campus will resume the regular route around campus with stops on Campus Ave. (in front of MintoCASE) and University Dr. at the Athletics complex. In October, the OC Transpo bus route on campus will be adjusted with the anticipated completion of the extension of Raven Road onto Bronson Ave. For more information about bus routes to Carleton, please see the OC Transpo website at: <https://www.octranspo.com/en/plan-your-trip/service-changes/#NewRoutes>.
- The NCC's Hog's Back swing bridge rehabilitation closure has been extended until October 1: <https://ncc-ccn.gc.ca/news/hogs-back-swing-bridge-rehabilitation-continues-until-august-28-2020>. In addition, Parks Canada is continuing its work on the Hog's Back fixed bridge, accessed from Riverside Drive, which remains closed to vehicle traffic. The fixed bridge is expected to reopen at the end of December 2020 as planned: <https://www.pc.gc.ca/en/lhn-nhs/on/rideau/visit/infrastructure/ottawa/hogs-back>.
- Congratulations to **Cori Dinovitzer** (Earlybirds/Whitecaps) for meeting her summer swimming goal on August 30th. As all her planned summer marathon swim races were cancelled, she swam 14.2 km from the Vimy Memorial Bridge (Strandherd – Armstrong Bridge in Barrhaven) to the Boat launch at Hogs Back Falls. The water was chilly but not as cold as the head wind she swam into the whole way. And, of course, no wet suit. Awesome job, **Cori!!**
- I met my goal of swimming 200km outdoors in August: <https://www.facebook.com/lynn.marshall.16503/posts/10164495775725604>
- Those who swim in open water, especially Meech Lake, may want to join the NCOWSA (National Capital Open Water Swimming Association): <https://www.facebook.com/groups/1021485418297680>.
- **Peter John Lawrence** asked that I pass this along to everyone: He's organizing a drive to build a National Aquatic Centre in the Ottawa region. They are now running a campaign to show evidence of "enthusiasm and support" by asking you to show your interest by donating (a minimum of) \$1 (to show that you are a real person!) here: <http://naqc.ca/support-us/>. Thanks for your support!
- Here's the latest from **Coach David Thibodeau**: <https://www.sportsforsocialimpact.com/post/sport-and-community>

"Fun" Aquatic Links:

- Paddleboarding on a Kanata Street During August 16 Storm: <https://twitter.com/PriyaSreeraman/status/1295106344236851207>
- Nice Pool: <https://www.facebook.com/MSDSwimming/posts/3371385286261892>
- Sea Otter Pup Swim Training: <https://twitter.com/MontereyAq/status/1298390947068223488>
- Humpback Whales Surprise Father and Daughter Fishing in Newfoundland: <https://twitter.com/CBCNews/status/1298356978389901312>
- Otter Jumps Onto Boat Escaping Orca With Seconds To Spare: https://www.youtube.com/watch?v=jeyXRF_1FOE
- 16 Unspoken Swimmer Laws: <https://www.swimmingworldmagazine.com/news/16-unspoken-swimmer-laws/>

News and Other Links:

- When Pools Closed Due to COVID-19, this BC Youth Swim Team Jumped in the Ocean: <https://www.cbc.ca/news/canada/british-columbia/winskill-dolphins-swim-in-ocean-1.5711209>
- **Chloe McCardel** Completes 35th English Channel Crossing: <https://swimswam.com/chloe-mccardel-successfully-completes-her-35th-english-channel-crossing/>
- Police Divers Find Body of Missing Swimmer in St Marys Quarry: <https://www.stratfordbeaconherald.com/news/local-news/police-dive-teams-search-for-missing-snorkeler-at-st-marys-quarry/>
- Swimmer Suffers Spinal Cord Injury in River Diving Accident: <https://swimswam.com/towson-swimmer-reagan-martin-suffers-spinal-cord-injury-in-diving-accident/>
- Swimming and Reading: Two Summer Activities that Go Great Together: <https://www.nytimes.com/2020/08/21/books/swimming-and-reading-two-summer-activities-that-go-great-together.html>

- 'The Weight of Gold' Is a Wake-up Call for Olympics Fans: <https://www.theringer.com/2020/8/11/21363666/the-weight-of-gold-michael-phelps-olympian-stories>
- Sharkbanz Technology in Action [Ed. Note: It's an ad, but interesting]: <https://www.youtube.com/watch?v=ZnA8BnMFlxo&feature=youtu.be>
- High Fat Diets Still Don't Boost Endurance: Study: <https://www.outsideonline.com/2416226/high-fat-diet-endurance-study>
- Sitting all Day May Increase Risk of Dying from Cancer: <https://www.nytimes.com/2020/06/24/well/move/sitting-sedentary-exercise-cancer-risk.html>
- Endurance Training Could Counteract the Harmful Effects of Sitting for Too Long: <https://www.runnersworld.com/news/a33501475/endurance-training-effects-of-sitting-study/>

August Three-Week Trial

Thank you to everyone who participated in the August Masters trial. There were **17** swimmers with perfect attendance!

Monday/Wednesday: **Cathy Crawley, Christiane Wilke, Derek Woodard, Eleanor Fast, Karen Jensen, Nicole Delisle, Ruth Fawcett, Sean Kelly, Susan Hulley, Ursula Scott**

Tuesday/Thursday: **Andrea Chandler, Graham Archibald, Jamie Chalmers, Kevin Graham, Konstantin Petoukhov, Liliane Cardinal, Ogi Gutovic**

Ask the Coach

Dear Coach: Will we be able to use Carleton equipment (kick boards, pull buoys, fins) during the Fall session? Wondering Swimmer

Dear W. Swimmer: It is unlikely that we can use Carleton equipment, especially at the start of the Fall session. At this time, we cannot predict when it will be permitted to use the pool equipment. As mentioned previously, you may bring your own (except no snorkels). If you wish to purchase your own kick board, pull buoy, etc., there are reasonable prices on Amazon/eBay, etc. I believe that Aquasport is now open (and don't forget to ask for the Carleton Masters discount: 15% on regularly priced items). **Coach Sean** has also negotiated an online coupon code with <https://team-aquatic.com/> of: **car110**, which gives 20% off regular priced merchandise (thanks, Sean!).

Dear Coach: Where should we do our turns when swimming in the large double-wide circles? Confused Swimmer

Dear C. Swimmer: It does take a bit of getting used to! It's best to cross over as soon as the person in front of you has turned, and do your turn at/near the black line you'll be swimming on after your turn.

Dear Coach: Are we swimming further each length with the double-side lanes? Counting My Meters

Dear C.M. Meters: Yes, you are definitely swimming a little further with the wide lane – about 1m per length!

Masters Swimming Competitions

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/se0/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>