

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, September 13, 2020 4:46 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 #534

Carleton Masters Swimming Newsletter #534

Sunday, September 13th, 2020

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall Part 1 2020: 7:45am Earlybirds I (36 addresses), 9:00am Earlybirds II (18 addresses), 6:45pm Whitecaps I (33 addresses), 8:00pm Whitecaps II (9 addresses), Saturday Only (1 address), **and those registered for Fall 2019, Winter 2020, and Alumni:** 7:30am Earlybirds I (19 addresses), 8:30am Earlybirds II (21 addresses), 6pm Whitecaps I (19 addresses), 7:10pm Whitecaps II (19 addresses), Saturday Only (2 addresses), Alumni (50 addresses).

"Patience and fortitude conquer all things." – Ralph Waldo Emerson

Masters Swimming Program Notes

- The Fall Session Part 1 will start on **Mon Sept 14th**: Looking forward to seeing everyone!!!
- Information on Fall Session Part 2 (Nov 2 to Dec 19) will be provided later.

Fall Masters Part 1 Information

Details of prices, registration information, etc., can be found in the "Reminders" section at the end of the newsletter.

A few spots are opening up for the **6:45pm MTuTh WC1** group – get your name on the waitlist if you are interested. There are also spots available in the **8:00pm MTuTh WC2** group.

The 7:45am MWF EB1 and 9:00am MWF EB2 groups are full (waitlists available). There is a **long waitlist for the 7:45am Saturday** group. At the current time, no additional spots are available.

Register/Waitlists available here: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74>.

We recognize that not all the **membership** issues have been sorted out yet. **Don't let that stop you from coming to your Masters swim group this week!** You can now talk to the Welcome Centre in person about any issues.

A reminder that **parking** is free for the Fall term.

For those with **permanent lockers**, you are permitted to access your locker just once (at your first swim) to remove any needed belongings.

If you wish to get a **credit** applied to your account from a previous term (e.g. Winter Masters refund), drop by the Welcome Centre.

Please remember to stay home if you are sick and to keep your distance at all times! This is critical to ensuring a safe environment for everyone.

Some notes on **COVID protocols**, including some slight changes from the Masters trial:

- A mask must be worn, except when swimming. Use the hand sanitizer provided, and maintain a distance of 6 feet.
- The **building is no longer locked** during the day, so you can enter into the lobby.

- Please **check in at the Welcome Centre** where the staff will confirm that you have done your COVID questionnaire **each day** that you swim: https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO_VxZhURTBUTUlwQk9ENURKMIc4M0MzS1MwRUFUWCQIQCN0PWcu.
- The Welcome Centre will let you know when you may access the change room. If you arrive late and/or the regular change rooms are locked, use the gender inclusive change room (second floor, next to the women's change room) to access the pool deck. We recommend that you wear your swim suit to the pool to limit time in the change room. Lockers, showers, and saunas remain closed.
- As there are now just **15 minutes between groups**, you may need to wait in the change room for the doors to the pool deck to be unlocked.
- All lanes will be double-wide, with a maximum of 6 swimmers per lane. Swim counter-clockwise **on** the black lines, crossing over before you turn. Stay 6 feet apart at all times – this may mean that some swimmers have to stop before they reach the wall.
- You may only attend the swims that you are registered for.
- No pool-owned equipment (kick boards, pull buoys, fins) is available. You may bring your own equipment, but no snorkels are permitted.

Swimmer Notes

Swimmer Updates:

- Members may book the Fitness Centre and Member Swims here: <https://athletics.carleton.ca/athletics-bookings/>. Here is the member swim schedule: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.
- 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>.
- 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!

"Fun" Aquatic Links:

- Seal Joins Family of Paddleboarders in West Sussex, UK: <https://www.facebook.com/TheIndependentOnline/posts/10158649970486636>
- Fun Swim Cross-Training: <https://www.instagram.com/p/CEbxI5Hgg5D/>
- We Can All Relate to this Alligator: When You're Too Tired to Climb Out of the Pool: <https://twitter.com/Relentlessbored/status/1298518581274185728>
- This is Why Whales Nap in an Upright Position: <https://wonderwhyca.wordpress.com/2020/08/29/this-is-why-whales-nap-in-the-upright-position/>
- The Age Old Debate: What is the Hardest Event in Swimming?: <https://www.swimmingworldmagazine.com/news/the-age-old-debate-what-is-the-hardest-event-in-swimming/>

News and Other Links:

- Book Review: Why We Swim, By **Bonnie Tsui** [thanks to **Ruth Fawcett** (7:45am Earlybirds)]: <https://www.nytimes.com/2020/04/14/books/review/why-we-swim-bonnie-tsui.html>
- Nadia, Butterfly: Nager Pour Qui, Pourquoi? [thanks to **Lucie Boudreau** (Alumni)]: https://plus.lapresse.ca/screens/2b230c05-c1f2-41b8-9ae6-396dfd385a2a_7C_0.html

- Swimmer **Rikako Ikee** (Featured in Olympic Video) Cuts A Dash On Race Comeback From Leukemia Fight: <https://www.stateofswimming.com/rikako-ikee-cuts-a-dash-on-race-comeback-from-leukemia-fight/>
- He Needed to Train: **David Duchovny's** Pool was Out There: <https://www.nytimes.com/2020/08/13/sports/olympics/rudy-garcia-tolson-david-duchovny-paralympics.html>
- Open Water Swimming Profile, Ontario's **Loren King**: <https://www.theswimguide.org/2020/07/27/open-water-swimmer-profile-loren-king/>
- Is Something Killing the Great Sturgeon of the Ottawa River?: <https://ottawasun.com/news/local-news/egan-is-something-killing-the-great-sturgeon-of-the-ottawa-river/>
- This 99-year-old Ontario Veteran Walked 100 km, Raising Tens of Thousands of Dollars to Fight COVID-19: <https://www.cbc.ca/news/canada/toronto/senior-veteran-newmarket-walk-covid-19-1.5709298>

Fall Part 1 Session Information

Dates: Mon Sept 14th to Sat Oct 31st; excluding Sat Oct 10th and Sat Oct 12th.

The usual pool allocations and coaches are as follows:

7:45am Earlybirds: Whole Pool: **Lynn**

9:00am Earlybirds: Deep End: **Lynn**

6:45pm Whitecaps: Whole Pool: Mon/Thu: **Sean**; Tue: **David**

8:00pm Whitecaps: Shallow End: Mon/Thu: **Mark**; Tue: **David**

7:45am Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here:

Adrian is coaching for **David** on **Tue Sept 15th**.

Lynn is coaching on **Sat Sept 19th**; the rest of the Saturday coaching rotation will be added soon.

To avoid having swimmers too close together, we will **not** do any formal drill sets or time trials in the Fall Part 1 session. Also, as equipment isn't available, there will be no "fin day".

This information and more can be found with the Fall Part 1 workout themes at:

<http://carletonmasters.tripod.com/mastplanfall20part1.pdf>.

Ask the Coach

Dear Coach: I'd like to improve my freestyle. Any suggestions? Freestyle Swimmer

Dear F. Swimmer: Just ask your coach anytime you want feedback on your technique (for any stroke). We're happy to help. Not all swimmers are focusing on stroke improvement, so be sure to ask for help if you are. Note that we will not be doing formal drill sets this term, due to the challenge of explaining drills and technique so that everyone can hear while all staying 6 feet apart.

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

Fall Masters Part 1 Information:

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): **Full:** waitlist available

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

Whitecaps 1: Mon/Tue/Thu 6:45-7:45pm whole pool (capacity 36): **Nearly Full** (some spots opening up): waitlist available

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

Saturday: 7:45-8:45am shallow end (capacity 18): **Full:** waitlist available

The fee for Saturday is \$28 + HST and the weekday groups are \$80 + HST. Registration:

<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74>.

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 the Welcome Centre in person or at 613-520-4480.

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.

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.slowlitch.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

lynnmar@sce.carleton.ca

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