

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, September 25, 2020 1:55 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 #535

Carleton Masters Swimming Newsletter #535

Friday, September 25th, 2020

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall Part 1 2020: 7:45am Earlybirds I (37 addresses), 9am Earlybirds II (18 addresses), 6:45pm Whitecaps I (36 addresses), 8pm Whitecaps II (18 addresses), Saturday Only (1 address), Alumni (19 addresses), and those registered for Fall 2019, Winter 2020, and Alumni: 7:30am Earlybirds I (18 addresses), 8:30am Earlybirds II (15 addresses), 6pm Whitecaps I (15 addresses), 7:10pm Whitecaps II (16 addresses), Saturday Only (2 addresses), Alumni (44 addresses).



A couple of other things you can do on/in water: **Doug Brubacher** (9am Earlybirds) was on a recent sailing trip, and **Bicki Westerheide** (6:45pm Whitecaps), **Carolyn Odecki**, **Lynn Marshall** (Coach), **Debby Whately** (9am Earlybirds), **Joanie Conrad** (6:45pm Whitecaps), and **Kim Kennedy** went tubing on the Ottawa River.

Masters Swimming Program Notes

- The Fall Session Part 1 started on **Mon Sept 14th**. Great to see everyone back in the pool.

- There are **no workouts on Sat Oct 10th or Mon Oct 12th** (Thanksgiving).
- All groups are **full**: wait lists available. Details on dates, prices, etc., can be found in the “Reminders” section.
- Information on Fall Session Part 2 (Nov 2 to Dec 19) is coming soon.

Swimmer Notes

Swimmer Updates:

- **Karen Jensen** (6:45pm Whitecaps) was featured in the news:

<https://www.thestar.com/opinion/contributors/2020/09/17/the-time-is-right-to-close-the-gender-pay-gap.html>.

- **Melanie Heroux** (9am Earlybirds) participated in the Global Virtual Torch Run to raise funds for Special Olympics. It's not too late to make a donation: <https://www.facebook.com/melanie.heroux.73/posts/10157259627911681>.

- 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/>.

“Fun” Aquatic Links:

- Losing the Franchise: A True Swimming Story: <https://swimswam.com/losing-the-franchise-a-true-story/>

- Swimming in History at Hever Castle, Where **Ann Boleyn** Lived [Thanks to **Martin B** (7:30am Earlybirds) who notes: I think this raises the bar on Meech Lake.]: <https://www.ft.com/content/fd31f151-d2e8-4045-98e7-0e61e227fac2>

- Swimming with Mirrors [Thanks to **Mary-Lou Dunnigan** (9am Earlybirds)]:

<https://twitter.com/MLou88/status/1308794621724635136>

- Why Do Swimmers Do That?: <https://www.swimmingworldmagazine.com/news/why-do-swimmers-do-that-specific-swimmer-habits-explained/>

- 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/>

- Sea Otter Awareness Week: <https://twitter.com/OregonZoo/status/1309200696944652288>

News and Other Links:

- Fifty Years Ago Indiana University Swimming Assembled the Greatest Team Ever, in Any Sport:

<https://www.indystar.com/story/sports/college/indiana/2020/08/30/1970-71-iu-swimming-led-mark-spitz-gary-hall-best-sports-team-ever-doc-councilman/3442996001/>

- 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/>

- Exercise May Boost Your Vaccine Response: <https://www.nytimes.com/2020/08/26/well/move/exercise-may-boost-your-vaccine-response.html>

- The Enduring Mystery of Muscle Cramps: <https://www.outsideonline.com/2416514/muscle-cramps-research-2020>

- How to Reboot Your Workout Routine: Part 7 (with links to previous 6) Why Recovery is the Key to Effective Exercise: <https://www.cnn.com/2020/08/31/health/recovery-workout-routine-wellness/index.html>

- Fitness: Does Ageism Keep Older Adults from Realizing Exercise Goals?: <https://montrealgazette.com/health/diet-fitness/fitness-does-ageism-keep-older-adults-from-realizing-exercise-goals>

- Mastering the Aging Process in Athletics: <https://www.athleticsweekly.com/performance/mastering-the-ageing-process-in-athletics-1039932250/>

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 coached for **David** on **Tue Sept 15th**.

Lynn coached on **Sat Sept 19th**. The Saturday coaching schedule has now been added to the workout themes.

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>.

Here are the attendance statistics for the session so far. If there are any errors, please let me know!

7:45am Earlybirds: Sept 14-25 (6 workouts); range: 25-30; average: 27.8
Perfect Attendance: **Angela Davis, Ann Bortolotti, Cheri Reddin, Derek Woodard, Eleanor Fast, Ellen Pazdzior, Jake Graham, Liliane Cardinal, Mike Mopas, Mike Wheatley, Ruth Fawcett, Sandy Lawson, Seán Kelly, Steve Dods, Susan Hulley, Susan Nevitt-Yelle, Ursula Scott**

9am Earlybirds: Sept 14-25 (6 workouts); range: 13-17; average: 15.2
Perfect Attendance: **Cori Dinovitzer, Debby Whately, Flo Kellner, Luciara Nardon, Mary-Lou Dunnigan, Melanie Heroux, Sean Dawson**

6:45pm Whitecaps: Sept 14-24 (6 workouts); range: 21-27; average: 24.8
Perfect Attendance: **Cameron Dawson, Don Wells, Ingrid Hagberg, Joanie Conrad, Joanne Dawson, Karen Jensen, Konstantin Petoukhov, Margaret Janse van Rensburg, Mars Nienhuis, Matthew Sinclair, Nicole Delisle, Rachel Bennett, Stephane Raynaud**

8pm Whitecaps: Sept 14-24 (6 workouts); range: 7-15; average: 10.5
Perfect Attendance: **Nathan Fudge**

7:45am Saturdays: Sept 19 (1 workout); range: 16-16; average: 16.0
Perfect Attendance: **Andrea Chandler, Bicki Westerheide, Cheri Reddin, Cori Dinovitzer, Dawn Walsh, Debby Whately, Don Wells, France Saint-Denis, Ian Lorimer, Joanie Conrad, Mariette Kenney, Mary Donaghy, Mary-Lou Dunnigan, Mike Mopas, Stephanie Le Saux-Farmer, Steve Kennedy**

Ask the Coach

Dear Coach: What's the best way to turn in the wide lanes to avoid collisions? Adjusting Swimmer

Dear A. Swimmer: Ideally you want to push off the wall in a straight line, so you should cross over to the far side before your turn, as long as it is clear to do so. The only stroke where it is safer to turn before you've crossed all the way over is backstroke, as you can't see ahead of you on that stroke (but can see behind you).

Dear Coach: How wide should my stroke be in freestyle? Improving Swimmer

Dear I. Swimmer: One advantage of our current wide lanes is that you spend a lot of time swimming on the black lines. The lines are the perfect width for you to use to check your stroke width. You want your hands to follow along the edge of the black lines as you do your freestyle. That will ensure that you are neither too wide nor too narrow when you swim freestyle.

Dear Coach: I did a fair amount of open water swimming in the summer and feel aerobically fit, but I'm swimming slower than before the shut-down. Any tips? Open Water Swimmer

Dear O.W. Swimmer: It's a challenge to keep up your speed in open water as it's easy to get lulled into a constant rhythm, or get distracted by the sights ☺. A good way to work on your speed is to focus on going really fast on short swims in the pool (e.g. 25m fast, or 25m fast within a 100m swim, etc.).

Masters Swimming Competitions

Information coming soon on MSO / SO registration for this season.

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.

Permanent Lockers: Are not currently available for use. You may access your locker just once to remove your belongings.

Account Credits: If you wish to apply a credit (e.g. Winter Masters refund) to your account, drop by the Welcome Centre.

COVID Protocols:

- A mask must be worn, except when swimming. Use the hand sanitizer provided, and maintain a distance of 6 feet.

- 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_VxZhURTBUTUlwQk9ENURKMc4M0MzS1MwRUFUWCQIQCN0PWcu.

- 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.

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

lynmar@sce.carleton.ca

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