

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, October 9, 2020 5:01 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 #536

Carleton Masters Swimming Newsletter #536

Friday, October 9th, 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 (37 addresses), 8pm Whitecaps II (18 addresses), Saturday Only (1 address), Alumni (69 addresses).

“Find the success inside your performance.” – Brent Hayden

Masters Swimming Program Notes

- The Fall Session Part 1 started on **Mon Sept 14th** and runs until **Sat Oct 31st**.
 - 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): The schedule and registration dates will be circulated in the newsletter as soon as they are available. Please be patient ☺ !

IMPORTANT: Carleton Athletics Closure Announcement

Carleton has just announced that the entire Athletics facility will be closed Sat Oct 10 until noon Tue Oct 13. Note that I've been informed that **it's very unlikely that Masters will be in on the evening of Tue Oct 13**, so unless you hear from me otherwise, assume no Masters until at least Wed Oct 14. I will provide an update on Tuesday as to the status of Masters going forward. Thanks for your patience at this challenging time. Here's the announcement from Athletics: <https://athletics.carleton.ca/2020/carleton-athletics-fitness-centre-closed-starting-october-10/>.

Swimmer Notes

Swimmer Updates:

- A few COVID-related reminders!
 - Please **wear your mask** at all times in the change room and on deck, except when swimming and getting in / out of the pool.
 - There is **no locker access** permitted. This includes permanent lockers.
 - Please **bring all your belongings on deck** so that the change room can be properly cleaned during your swim (i.e. don't leave clothes on benches, etc.)
- Note that we have some Masters swimmers with environmental sensitivities. Please avoid wearing scented products to the pool.
- Congratulations to **Andrea Zarins Dawson** (6:45pm Whitecaps) and Coach **Sean Dawson**. They are expecting their first child, a boy, in March!
- Coach David has been coaching many different groups between ROCS and Masters. To limit his contacts during this time of rising COVID cases, he is taking a break from coaching Masters. A big thank you to Coaches **Sean** (6:45pm) and **Mark** (8pm) for taking over the Tuesday evening coaching.

- **Isla Paterson** (9am Earlybirds) reports that she recently bumped into **Alan Hunt** (x-Earlybirds) and that he is doing well.
- Coach **David Thibodeau** is sharing his coming out story for National Coming Out Day on @YourCanPlayTeam Instagram on Sunday: <https://twitter.com/DavidSThibodeau/status/1314624709393346561>.
- For a bit of fun and relaxation, this year's Carleton Butterfly show (that's the insect, not the swim stroke!), has gone virtual. They have a live feed 10am-3pm until Sunday, plus virtual guided tours, etc.: <https://carleton.ca/biology/annual-butterfly-show/butterfly-show-schedule/>.
- The National Capital Commission (NCC) has announced that the Hog's Back swing bridge reopened to traffic on Oct. 5 at 3 p.m., after more than a year of it being closed for rehabilitation. Motorists can now access Hog's Back from Prince of Wales Dr., to Colonel By Dr. but the NCC said there will be temporary closures of 10 to 20 minutes, between 9 a.m. and 6 p.m., throughout October to allow crews to test the endurance of the bridge. In addition, Parks Canada continues 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 in December 2020 as planned.
- 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:

- Giant Jellyfish Looming in the Deep: https://twitter.com/MBARI_News/status/1313554991202930688
- The Joys of Cold Water Swimming: <https://www.standard.co.uk/lifestyle/wellness/benefits-of-cold-water-swimming-a4564391.html>
- The Pros and Cons of Swimming with a Hammerhead: <https://www.nytimes.com/2020/09/20/science/hammerhead-sharks-cephalofoil.html>
- Oregon Teacher Breaks World Record for Swimming While Juggling (Swuggling) [Thanks to Ruth Fawcett (7:45am Earlybirds)]: <https://www.cbc.ca/radio/asithappens/as-it-happens-friday-edition-1.5720730/oregon-teacher-breaks-world-record-for-swuggling-swimming-while-juggling-1.5719346>
- Hundreds of Great White Sharks Spotted Along Nova Scotia Coast: <https://ottawacitizen.com/news/hundreds-of-great-white-sharks-spotted-along-nova-scotia-coast-some-as-long-as-over-five-metres-marine-expert/>

News and Other Links:

- UCLA Masters Swimmer, **Andrea Ghez**, Wins Nobel Prize in Physics: <https://swimswam.com/ucla-masters-swimmer-andrea-ghez-wins-nobel-prize-in-physics/>
- **William 'Bill' Yorzyk**, 1956 Olympic Champion in 200 Butterfly (First Dolphin-Kick Version of Fly) Dies, Age 87: <https://www.swimmingworldmagazine.com/news/passages-william-bill-yorzyk-1956-olympic-champion-in-200-butterfly/>
- Two Metres or One: What is the Evidence for Physical Distancing in Covid-19?: Especially Figure 3 Infographic [thanks to **Susan Hulley** (7:45am Earlybirds)]: <https://www.bmj.com/content/370/bmj.m3223>
- Swimming: The Struggle to Stay Afloat: <https://www.stateofswimming.com/swimming-the-struggle-to-stay-afloat/>
- Swimmers in a Dangerous Time: <http://www.swim-diesel.com/2020/10/swimmers-in-dangerous-time.html>
- An "Awe" Walk May do Wonders for Your Well-Being: <https://www.nytimes.com/2020/09/30/well/move/an-awe-walk-might-do-wonders-for-your-well-being.html>
- 21 Things You Can Learn from the Best Swimmers on the Planet: <https://swimswam.com/21-pieces-of-advice-you-can-steal-from-the-most-successful-swimmers-on/>
- Exercise May Make it Easier to Bounce Back from Stress: <https://www.nytimes.com/2020/09/09/well/move/Exercise-stress-resilience.html>
- For Successful Aging, Pick Up the Pace or Mix It Up: <https://www.nytimes.com/2020/09/02/well/move/aging-exercise-walking-cycling.html>

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: **Sean** (**David** coached Tuesdays until Oct 6th)

8:00pm Whitecaps: Shallow End: **Mark** (**David** coached Tuesdays until Oct 6th)

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

Exceptions will be noted here:

Sean will be coaching 6:45pm Whitecaps for **David** on Tuesdays, effective **Oct 13th**.

Mark will be coaching 8:00pm Whitecaps for **David** on Tuesdays, effective **Oct 13th**.

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-Oct 9 (12 workouts); range: 24-30; average: 26.7

Perfect Attendance: **Ann Bortolotti, Cheri Reddin, Derek Woodard, Eleanor Fast, Ellen Pazdzior, Liliane Cardinal, Martin B, Mike Mopas, Mike Wheatley, Ruth Fawcett, Seán Kelly, Ursula Scott**

9am Earlybirds: Sept 14-Oct 9 (12 workouts); range: 11-17; average: 14.6

Perfect Attendance: **Cori Dinovitzer, Sean Dawson**

6:45pm Whitecaps: Sept 14-Oct 8 (12 workouts); range: 21-27; average: 25.0

Perfect Attendance: **Ingrid Hagberg, Joanie Conrad, Konstantin Petoukhov, Nicole Delisle, Rachel Bennett, Stephane Raynaud**

8pm Whitecaps: Sept 14-Oct 8 (12 workouts); range: 7-15; average: 10.1

Perfect Attendance: **Nathan Fudge**

7:45am Saturdays: Sept 19- Oct 2 (3 workouts); range: 15-16; average: 15.7

Perfect Attendance: **Andrea Chandler, Bicki Westerheide, Cheri Reddin, Don Wells, France Saint-Denis, Jim Farmer, Joanie Conrad, Mariette Kenney, Mary Donaghy, Mary-Lou Dunnigan, Nicole Le Saux, Stephanie Le Saux-Farmer**

Ask the Coach

Dear Coach: Why does the Carleton pool's hand sanitizer smell like tequila? Curious Swimmer

Dear C. Swimmer: Many distilleries are making hand sanitizer these days, so that could be why. Note that there's a rumour going around that it doesn't taste like tequila ☺ !

Dear Coach: My elbow has been sore after the last couple of swims. Any suggestions? Sore Elbow

Dear S. Elbow: Ask your coach to look at your strokes, especially freestyle. This can happen if your wrist swings out wider than your elbow in the underwater part of your freestyle stroke.

Dear Coach: Any suggestions on where to buy a kickboard and pullbuoy? Everywhere in town seems to be sold out. Unequipped Swimmer

Dear U. Swimmer: Coach **Sean** reports that Aquasport (near Ikea) is expecting a new shipment soon. **Ann Bortolotti** (7:45am Earlybirds) reports that she got great service from **Kevin Jones** at Team Aquatic supplies: <https://team-aquatic.com/pages/contact-us>. He says the best way to purchase supplies is to order online with the Carleton Masters 20% off coupon code (CAR110). He can also advise by phone: 1-888-259-7946 as to the best equipment for your needs. There's also Amazon and eBay.

Dear Coach: Will the facility be shut down? What is the schedule for November and December? When does registration start for the November/December session? Curious Swimmer

Dear C. Swimmer: I **promise** that any information related to these topics will be circulated via the newsletter or email in a timely manner. No need to email me to ask ;-) !

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): **Full:** waitlist available

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

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_VxZhURTBUTUIwQk9ENURKMIc4M0MzS1MwRUFUWCQIQCN0PWcu.

- 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

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