

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, October 23, 2020 3:15 PM
To: Lynn Marshall (lynnmar@sce.carleton.ca)
Subject: FW: Carleton Masters Swimming Newsletter #537

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, October 23, 2020 1:24 PM
To: 'Steve Baird' <steve.baird@carleton.ca>; 'Mark Blenkinsop' <mark_blenkinsop@yahoo.ca>; 'Blake Christie' <blakechristie@hotmail.com>; 'Sean Dawson' <seanrdawson@me.com>; 'Adrian Finn' <adrianfinn@rogers.com>; 'Mits Kachi' <mitskachi@gmail.com>; 'Tim Kilby' <Timothykilby@hotmail.com>; 'Lynn Marshall' <lynnmar@sce.carleton.ca>; 'David Thibodeau' <David.Thibodeau@unb.ca>
Subject: Carleton Masters Swimming Newsletter #537

Carleton Masters Swimming Newsletter #537

Friday, October 23rd, 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 (84 addresses).

"Continuous effort — not strength or intelligence — is the key to unlocking our potential" - Liane Cardes

Masters Swimming Program Notes

- The Fall Session Part 1 started on **Mon Sept 14th** and runs until **Sat Oct 31st**.
 - All groups are **full**: wait lists available. Details on dates, prices, etc., can be found in the "Reminders" section.
- The Fall Session Part 2 runs from **Mon Nov 2nd** to **Sat Dec 19th**. The schedule and registration start date/time are below. Thanks for your patience.

Memberships

It is required that you have an Athletics membership (or be Carleton staff or student) to swim with Carleton Masters. For Fall Part 2 registration, the online system will only permit you to register if your membership is currently valid. If your card has been swiping successfully at Athletics, you are good to go. You can also check your online account under "Memberships". If your membership is not currently active, you will need to get that done before you can register. For those who have been swimming in Fall Part 1, if you discover any issues with your membership, ensure that your membership is reactivated as of Sept 14.

Fall Masters Part 2 Information:

The only schedule change is the addition of a second Saturday morning group from 9:00-10:00am. **Registration starts Mon Oct 26 at 4:00pm**. Note that a **valid membership is required** to register (see above). Registering online is preferred at: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=baee845d-1e9c-4386-b0b3-6f17ff318fb9>. You may also register in person or by phone (613-520-4480).

Swim Times: Nov 2 to Dec 19:

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)
****NEW**** Saturday: 9:00-10:00am shallow end (capacity 18)
The fee for Saturday is \$28 + HST and the weekday groups are \$80 + HST.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Melanie Heroux** (9:00am Earlybirds) for being named the **Female Athlete of the Year** for her Special Olympics Swim Team!!!
- Apologies to the Wednesday Earlybirds swimmers who missed their workout due to the power outage. Normally I would have emailed you ahead of time, but as the outage also affected the Engineering buildings, I couldn't access my email or email received lists ☹ ! Those affected will get a free interim swim during the break between the Fall and Winter Masters sessions.
- From Coach **David Thibodeau**: <https://www.sportsforsocialimpact.com/post/sdg-7-affordable-and-clean-energy>
- The new Raven Road extension to Bronson Avenue officially opened on Sun Oct 18 for OC Transpo buses and emergency vehicles only.
As a bus-only roadway, the Raven Road extension is closed to cars, pedestrians and cyclists. The Ottawa Police Service will monitor the new roadway and will issue fines of \$260 accordingly.
Two new bus stops will be added on Raven Road near University Drive for Routes 10 and 111. A third stop will be added to University Drive just south of Stadium Way, near the Carleton Fieldhouse for Routes 7 and 10. With additional stops now serving the campus, stops on Bronson Avenue, between University Drive and Raven Road will not be in service.
Bus Service to Carleton Campus:
 - Four bus routes provide direct service to Carleton University campus, Routes 7, 10, 111 and Line 2 buses.
 - Only Route 7 will continue to both enter and exit the campus from University Drive at Bronson.
 - Routes 10, 111 and Line 2 buses will use either University Drive or Raven Road to enter or exit the campus, depending on their direction of travel. Trips heading south enter the campus using University Drive, travel on Campus Avenue and exit using Raven Road. Trips heading north enter the campus using Raven Road, travel on University Drive and exit at University and Bronson Avenue.
- 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:

- Can Kangaroos Swim?: https://www.youtube.com/watch?v=aK8_090B9nY
- Paddling in a Pool Without a Boat: <https://www.facebook.com/100000471047673/videos/5182106008481716/>
- What Makes a Pool Fast?: <https://www.swimmingworldmagazine.com/news/what-makes-a-pool-fast/>
- Winter Swimming Stubbornness: <https://medium.com/postcardsfromthepool/winter-swimming-stubbornness-131c03f69fff>

News and Other Links:

- Could Cold Water Hold a Clue to a Dementia Cure? [thanks to **Bicki Westerheide** (6:45pm Whitecaps)]: <https://www.bbc.com/news/health-54531075>
- Men's 200 Fly Record Breakers Through the Years: <https://www.youtube.com/watch?v=DHTaVBHIUvA>
- 102 Year Old Man Runs 100m: <https://www.facebook.com/getvertime/videos/3865345973492901/>
- Exercise-Associated Muscle Cramps: <https://www.trainingpeaks.com/blog/exercise-associated-muscle-cramps/>
- How to Prevent Muscle Cramps from Sidelining You During Training or Racing: <https://www.runnersworld.com/news/a34329819/strength-training-muscle-cramps-relationship-study/>
- What's Better for Your Heart Health: Aerobic Exercise or Resistance Training?: <https://www.runnersworld.com/news/a34273435/how-to-train-to-lose-fat-study/>
- The Best Exercise for Seniors is High-Intensity Interval Training, Study Says: <https://www.goodnewsnetwork.org/best-exercise-seniors-high-intensity-training/>
- Will Beets Make You Faster?: <https://www.trainingpeaks.com/blog/will-beets-make-you-faster/>

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:

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! Apologies to **Cameron Dawson** (6:45pm Whitecaps) and **Margaret Janse van Rensburg** (6:45pm Whitecaps) for missing their names last time.

7:45am Earlybirds: Sept 14-Oct 23 (16 workouts: no workout Oct 21: power outage); range: 24-30; average: 26.1
Perfect Attendance: **Ann Bortolotti, Cheri Reddin, Ellen Pazdzior, Liliane Cardinal, Martin B, Mike Wheatley, Ruth Fawcett, Seán Kelly, Ursula Scott**

9am Earlybirds: Sept 14-Oct 23 (16 workouts: no workout Oct 21: power outage); range: 10-17; average: 14.0
Perfect Attendance: **Sean Dawson**

6:45pm Whitecaps: Sept 14-Oct 22 (17 workouts); range: 20-29; average: 24.8
Perfect Attendance: **Ingrid Hagberg, Joanie Conrad, Konstantin Petoukhov, Margaret Janse van Rensburg, Nicole Delisle, Rachel Bennett, Stephane Raynaud**

8pm Whitecaps: Sept 14-Oct 22 (17 workouts); range: 7-15; average: 10.2
Perfect Attendance: **Nathan Fudge**

7:45am Saturdays: Sept 19- Oct 17 (4 workouts); range: 15-17; average: 16.0
Perfect Attendance: **Andrea Chandler, Bicki Westerheide, Cheri Reddin, Don Wells, France Saint-Denis, Jim Farmer, Joanie Conrad, Mariette Kenney, Nicole Le Saux, Stephanie Le Saux-Farmer**

Ask the Coach

Dear Coach: I'm on the wait list for Fall Part 1. Will I automatically get a spot in Fall Part 2 or will I remain on the wait list? New Carleton Swimmer

Dear N.C. Swimmer: Registration is always first-come-first-served and there is no carry over from Fall Part 1 to Fall Part 2. Everyone interested in swimming in Fall Part 2 can register starting at **4pm** Mon Oct 26.

Dear Coach: When swimming should I breathe in through my mouth and out only through my nose? New Swimmer

Dear N. Swimmer: When inhaling, you breathe in mostly through your mouth and also a bit through your nose (unless you wear a noseclip). For the exhale, you do need to exhale a bit through your nose (so that water doesn't enter), but it's important to also breathe out through your mouth, or you will very quickly get very out of breath. Try running with your mouth shut on the exhale, and I think you'll find it doesn't work. Same for swimming.

Dear Coach: What's the rule for touching the wall in breaststroke? Is it different at the end of a breaststroke swim compared to the middle? Learning My Turns

Dear L.M. Turns: For both breaststroke and fly, you must touch the wall with both hands simultaneously and not overlapping. It is the same rule for both turns and the finish. Ask your coach for some tips!

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 Ravens 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 Ravens, 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 (lynmar@sce.carleton.ca).

Happy lengths!
Lynn

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