

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, November 13, 2020 7:42 PM
To: Lynn Marshall
Subject: FW: Carleton Masters Swimming Newsletter #539

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, November 13, 2020 5:54 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 #539

Carleton Masters Swimming Newsletter #539

Friday, November 13th, 2020

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2020 Part 1 and Part 2: 7:45am Earlybirds I (41 addresses), 9am Earlybirds II (22 addresses), 6:45pm Whitecaps I (42 addresses), 8pm Whitecaps II (21 addresses), Saturday Only (2 addresses), Alumni (74 addresses).



Congratulations to **Steve Dods (7:45am Earlybirds)** on the arrival of his first grandchild, **Fredrik Peter Fyfe**, on Oct 22. **Fredrik** was doing flip turns before he was born, so he will be a great swimmer!

Masters Swimming Program Notes

- The Fall Session Part 2 runs from **Mon Nov 2nd** to **Sat Dec 19th**. Full details near the end of the newsletter.
 - There is one spot available in the 7:45am Saturday group.
 - The other groups are full, waitlists available.

Swimmer Notes

Swimmer Updates:

- **Christiane Wilke** (Earlybirds) and **Jennifer Evans** (former competitive swimmer), both Carleton Professors, were interviewed on CBC's "All in a Day" on Nov 3. They talk about the need to strengthen democratic process and institutions, and the letter they signed in the New Fascism Syllabus: How to Keep the Lights On in Democracies: An Open Letter of Concern by Scholars of Authoritarianism:

<https://twitter.com/jaanewilke/status/1323754380336812037>, <http://newfascismsyllabus.com/news-and-announcements/an-open-letter-of-concern-by-scholars-of-authoritarianism/>, <https://www.cbc.ca/listen/live-radio/1-92-all-in-a-day>.

- Coaching great, **Don Talbot**, recently passed away at age 87. As it's a small world, **Don** was **Robin Henderson's** (9am Earlybirds) former brother-in-law! <https://www.swimmingworldmagazine.com/news/passages-australias-don-talbot-a-giant-in-coaching-dies-at-87/>, <https://wwwos.nine.com.au/news/don-talbot-dead-australian-swimming-coach-passes-away-at-87/b1f0fcc6-e968-470c-953e-5ba657f3bd28>, <https://www.stateofswimming.com/don-talbot-legend-who-led-green-gold-past-stars-stripes-passes-away-at-87/>.

- Apologies to **Melanie** for getting this wrong last time. Here's the corrected announcement:

Listen to **Melanie Heroux** (9:00am Earlybirds) give a talk at Algonquin College **La Cité Collégiale** about being an adult living with an intellectual disability (en français):

https://www.youtube.com/watch?v=iyYR3_2OhGk&feature=youtu.be. Awesome job, **Melanie**!

- **Don Wells** (6:45pm Whitecaps) reports that Aquasport (Iris St., behind Ikea) has received a large shipment of pull buoys and asked him to pass on the news! Thanks, **Don**.

- MSO (Masters Swimming Ontario) is offering a virtual pool challenge (unofficial swim meets) every three weeks. Details in the "Masters Swimming Competitions" section below.

- Ottawa Area: NCC Consultation on Meech Lake [thanks to **Carolyn Odecki** (9am Earlybirds)]:

<https://www.mastersswimmingontario.ca/ottawa-area-ncc-consultation-on-meech-lake/>.

- We hope to soon have an update on a place to leave coats / boots as the weather gets colder.

- 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:

- Even at the Elite Level it's Hard to Count to 400m [face palm!]: <https://www.facebook.com/watch/?v=851809808894299>

- A Whopper of a Tale? Tram Runs Off Track, Lands on Whale Statue's Tail: <https://ottawacitizen.com/pmn/news-pmn/disaster-pmn/a-whopper-of-a-tale-tram-runs-off-track-lands-on-whale-statues-tail/wcm/b762c4a4-01e0-4724-923c-874651409c61>

- Building a Backyard Lap Pool Timelapse: <https://www.youtube.com/watch?v=NzUbmKJ7Rj4zIY>

- Morning Swimmers in the Faroe Islands, Well Preserved: <https://www.youtube.com/watch?v=06-fnbUdFrQ>

- Enjoying the Ocean in Galway, Ireland: <https://twitter.com/GalwayWalks/status/1321120078729981954>

- Exiting the Water After a 1km Swim in -2C Salt Water!:

<https://www.facebook.com/GlobalSwimmer/posts/3458024877646880>

- Five Life Lessons You Will Get From Swimming: <https://swimswam.com/5-life-lessons-will-get-swimming/>

- Canadian High Diver Extraordinaire **Lysanne Richard**: <https://getouttheremag.com/articles/4776/high-diver-extraordinaire-lysanne-richard>

- A Mask and a COVID Swimsuit?! [thanks to **Marie-Odile Junker** (7:45am Earlybirds); **Warning: NSFW**]:

<http://carletonmasters.tripod.com/VIDEO-2020-11-07-10-57-35.mp4>

News and Other Links:

- **Mike Bruner's** 10,000yd in Under 100 Minutes in 1976: <https://www.swimmingworldmagazine.com/news/swimming-world-presents-special-sets-a-really-special-set-mike-bruners-100-x-100-on-100/>

- Getting Older in Triathlon: It's a Cause for Celebration: <https://triathlonmagazine.ca/racing/getting-older-in-triathlon/>

- The Science of Cold Water Adaptation: An Academic Adventure:

<https://oregonlakebagging.wordpress.com/2020/10/25/the-science-of-cold-water-adaptation-an-academic-adventure/>

- Understanding the Dangers of Cold Water Shock: <https://outdoorswimmer.com/blogs/a-beginners-experience-of-cold-water-shock>
- What If There Is No Finish Line?: <https://www.podiumrunner.com/culture/what-if-there-is-no-finish-line/>
- Endurance Exercise Illuminates the Link Between Muscles and Health: <https://www.inverse.com/mind-body/study-illuminates-how-exercise-can-regenerate-the-body>

Fall Part 2 Session Information

Dates: Mon Nov 2nd to Sat Dec 19th.

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**
 8:00pm Whitecaps: Shallow End: **Mark**
 7:45am Saturdays: Shallow End; rotating coach schedule
 9:00am Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here:

Mark coached for **Sean** on **Mon Nov 2**, **Tue Nov 3**, and **Thu Nov 6**.

Tim coached for **Lynn** on **Sat Nov 7**.

Lynn is coaching 9-10am for **Adrian** on **Sat Nov 21**.

Lynn is coaching for **Tim** on **Sat Nov 28**.

Lynn is coaching 9-10am for **Adrian** on **Sat Dec 12**.

To avoid having swimmers too close together, we will **not** do any formal drill sets or time trials in the Fall Part 2 session, except for an informal optional timed 800/1500 for the morning groups on Mon Nov 9. Also, as equipment isn't available, there will be no "fin day".

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

<http://carletonmasters.tripod.com/mastplanfall20.pdf>.

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

7:45am Earlybirds: Nov 2-13 (6 workouts); range: 24-32; average: 28.3

Perfect Attendance: **Andrew Rolleston, Angela Davis, Ann Bortolotti, David Caughey, Eleanor Fast, Ellen Pazdzior, Harley Gifford, Liliane Cardinal, Margaret Janse van Rensburg, Marie-Odile Junker, Martin B, Mike Mopas, Mike Wheatley, Ruth Fawcett, Susan Hulley, Susan Nevitt-Yelle, Ursula Scott**

9am Earlybirds: Nov 2-13 (6 workouts); range: 12-17; average: 14.8

Perfect Attendance: **Cori Dinovitzer, Debby Whately, Flo Kellner, Luciara Nardon, Mark Blenkinsop, Melanie Heroux, Ralph Siemsen, Robin Henderson**

6:45pm Whitecaps: Nov 2-12 (6 workouts); range: 25-29; average: 27.3

Perfect Attendance: **Christian Cattan, Emilia Kedzierski, Gillian Massel, Joanie Conrad, Jonathan Critch, Karen Jensen, Konstantin Petoukhov, Mars Nienhuis, Nicole Delisle, Rachel Bennett, Sandy Lawson, Stephane Raynaud, Stephanie Le Saux-Farmer**

8pm Whitecaps: Nov 2-12 (6 workouts); range: 10-12; average: 11.3

Perfect Attendance: **Kelly Biggs, Nathan Fudge, Sebastien Robillard-Cardinal**

7:45am Saturdays: Nov 7 (1 workout); range: 14-14; average: 14.0

Perfect Attendance: **Christian Cattan, Cori Dinovitzer, David Caughey, Don Wells, France Saint-Denis, Ian Lorimer, Joanie Conrad, Kyle Robbins, Liliane Cardinal, Margaret Janse van Rensburg, Mary Donaghy, Mike Mopas, Nathan Fudge, Stephanie Le Saux-Farmer**

9am Saturdays: Nov 7 (1 workout); range: 14-14; average: 14.0

Perfect Attendance: **Bicki Westerheide, Cheri Reddin, Dawn Walsh, Debby Whately, Ellen Pazdzior, John Clarke, Karen Jensen, Mariette Kenney, Natalie Aucoin, Ogi Gutovic, Rob McCulloch, Sandy Lawson, Steve Kennedy, Zoltan Csepregi**

On **Mon Nov 9**, the morning groups did a “trial” distance free time trial. As this is the only time trial where swimmers stay in their usual lanes, I wanted to give it a try. It’s a bit challenging counting for lanes in both ends (for the earlier group), but it generally went well. Thank you to all the guinea pigs who participated ☺ . There were three improvements, led by **Kevin Fox** (7:45am Earlybirds) with a whopping 1:47 improvement in the 1500! The full list follows:

800 (1)

Flo Kellner	40.0	EB2
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1500 (2)

Kevin Fox	107.0	EB1
Ralph Siemsen	10.0	EB2

Ask the Coach

Dear Coach Follow-Up: A question that was asked some time ago was whether it was permitted to do a flip turn in breaststroke. The answer was that as you have to touch the wall with both hands first, it’s not very feasible or helpful. There is now an elite level swimmer, **Anastasia Gorbenko**, giving this a try in competition. Check it out: <https://swimswam.com/analyzing-anastasia-gorbenkos-breaststroke-flipturn/>.

Dear Coach: I’m having a hard time with using the pace clock effectively during workout. Can you help? New Swimmer

Dear N. Swimmer: Getting comfortable with pace clock math will help keep your lane together and on pace. Thank you to ROCS Coach **Amanda Macdonald** for allowing me to share this video that she created to help teach the ROCS swimmers to use the pace clock: <https://youtu.be/X596mUN1g1k>.

Dear Coach: When we did our 1500m time trial in the extra-wide lanes, how much further than usual did we actually swim? And how much further than 1500m is “usual” in a regular lane? Curious Swimmer

Dear C. Swimmer: It varies depending on where you swim in the lane, how straight you swim, and when you cross over to do your turns. Let’s estimate that in a regular lane we swim up and back about 1.25m apart, and in the extra-wide lanes about 2.5m. We’ll assume we swim perfectly straight and then cut over to the other side diagonally, starting at the flags (5m from the wall), basically following a parallelogram. For the “normal” case, using Pythagoras, the diagonal piece of each length would be $\sqrt{5^2+1.25^2} = 5.15\text{m}$, meaning that each length we’d actually swim 25.15m, or 1509m instead of 1500m. In the extra-wide lanes, the diagonal piece would be $\sqrt{5^2+2.5^2} = 5.6\text{m}$, thus 25.6m per length, or 1536m for a 1500. Thus, the extra-wide lanes add on about 27m, or just over a length. At a 2min/100m pace that would be a little over 30 seconds.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2021), the cost is **\$15**. To register with SO (Swim Ontario), the cost is **\$40**. For both, it’s **\$50**. Contact me for more details.

Nov 15-Dec 5: MSO’s Three-Week Not-Quite-Nationals Virtual Pool Challenge:

<https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/>: Free (MSO registration required)

Dec 6-Dec 26: MSO’s Three-Week Not-Quite-Nationals Virtual Pool Challenge:

<https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/>: Free (MSO registration required)

Dec 27-Jan 16: MSO’s Three-Week Not-Quite-Nationals Virtual Pool Challenge:

<https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/>: Free (MSO registration required)

Jan 17-Feb 6: MSO’s Three-Week Not-Quite-Nationals Virtual Pool Challenge:

<https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/> (continuing every three weeks) : Free (MSO registration required)

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 2 Information:

Swim Times: Nov 2 to Dec 19:

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): **1 spot available**

Saturday: 9:00-10:00am 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&category=baee845d-1e9c-4386-b0b3-6f17ff318fb9>.

Memberships: 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.

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_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.

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.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

lynnmar@sce.carleton.ca

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