

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, November 27, 2020 5:23 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 #540

Carleton Masters Swimming Newsletter #540

Friday, November 27th, 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 (23 addresses), 6:45pm Whitecaps I (42 addresses), 8pm Whitecaps II (22 addresses), Saturday Only (2 addresses), Alumni (76 addresses).

"Just keep going when it's tough. Just keep going when it's long." - Maxime Lagace

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.
- We hope to run some interim workouts between the Fall and Winter sessions: stay tuned!
- There are no details available yet on the Winter term. When available, the information will be communicated via this newsletter.

Swimmer Notes

Swimmer Updates:

- The Welcome Centre staff ask that you give yourself a couple of extra minutes and please be patient while they check your name against the list of those who have completed the COVID screening. Thank you!

- Despite intense lobbying from a certain rabble-rousing faction, **Don & Joanie** (6:45pm Whitecaps) will not be hosting (neither physically, nor virtually) the Master's Festive Gathering this year; they hope to re-establish the tradition again next year.

- **Tue Dec 1** is Giving Tuesday. On that date, Carleton University matches charitable donations given to many projects and funds. the Carleton Swim Team is again raising funds for the team. Here's the Facebook event:

<https://www.facebook.com/events/772282123629078> and the donation link:

<https://futurefunder.carleton.ca/campaigns/ravens-swim-team-3/>. In addition, the team welcomes donations to the **Tom Anzai** Memorial Swimming Bursary <https://futurefunder.carleton.ca/giving-fund/tom-ansai-swimming-bursary-giving/>. There are many other good causes available here: <https://futurefunder.carleton.ca/>. Your support is greatly appreciated!

- **Melanie Heroux** (9am Earlybirds) participated in six back-to-back time trials at her Special Olympics swim practice on Sun Nov 14. She won the "best finisher" award for her 100IM. Congratulations, **Melanie!**

- **Sheila Kealey** (Earlybirds, uOttawa Nordic Ski Coach) organized a push-up competition for Nordic Ski Teams: <https://twitter.com/skeila/status/1331727676969771009>.

- Do you like to swim long distances and/or want to do a crazy end of 2020 or start of 2021 set such as 100x100m? On each of **Sun Dec 27** and **Sat Jan 2**, the Nepean Sportsplex pool will be hosting a **four-hour public swim**. More details soon! (The Sportsplex reopens on Dec 12.)

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

- 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:

- Cute Otter: <https://twitter.com/MontereyAq/status/1323791502498148352>
- Canada's Hair Freezing Contest: <https://www.youtube.com/watch?v=ytJ2m4vKBNE>
- Dog Jumps in Water to Scare off Shark: <https://www.dailymail.co.uk/news/article-8944299/Kelpie-named-Tilly-chases-shark-beach-Haggerstone-Island.html>
- A Group of Strangers Save Stranded Baby Orca in BC: <http://majesticanimals.net/this-baby-orca-was-stuck-and-crying-for-hours-but-a-group-of-strangers-saves-him>
- See Otter Captures Horn Shark: <https://twitter.com/SeaOtterSavvy/status/1327640988450361344>
- "Dolphin Ratheesh" Swims 10km with Hands and Feet Bound: <https://swimswam.com/adventure-swimmer-dolphin-ratheesh-swims-10km-with-both-hands-and-legs-bound/>

News and Other Links:

- **Caeleb Dressel** Three Crazy Fast World Records at the ISL (International Swimming League): 100 fly: <https://www.youtube.com/watch?v=1c0OW3wgAl0&feature=youtu.be>; 100IM: <https://www.youtube.com/watch?v=fG4cr7RUdo&feature=youtu.be>; 50 free: <https://www.youtube.com/watch?v=dIYFFbhWKcA&feature=youtu.be>
- **Nicholas Santos**: Competing in the International Swim League at 40: <https://www.facebook.com/internationalswimmingleague/videos/2491571654476569/>
- **Chris Nikic**, 21, Becomes First Ironman Finisher with Down Syndrome: <https://www.nytimes.com/2020/11/16/sports/ironman-triathlon-down-syndrome.html>
- **Ryan Lochte** 23.3 50 fl k: <https://www.youtube.com/watch?v=v442IXFSFrI>
- 244m Underwater Swim!/: <https://www.youtube.com/watch?v=eRoTBCIqW7c>
- What is Static Stretching: <https://stretchcoach.com/articles/static-stretching>
- What is Dynamic Stretching: <https://stretchcoach.com/articles/dynamic-stretching/>
- When 2020 Sucks the Life Out of You: <https://www.fastrunning.com/fast-10/2020/erika-kelly/when-2020-sucks-the-life-out-of-you/31040>
- How to Avoid Overtraining and Burnout in Sport, Work, and Life: <https://www.precisionhydration.com/performance-advice/performance/how-to-avoid-overtraining-and-burnout/>
- The Link Between Muscle Fibre Types and Your Body's Response to Training: <https://www.runnersworld.com/news/a34511108/link-between-muscle-fiber-types-and-training-study/>
- Mask Exemption for Indoor Exercise Unwarranted [Ed Note: Except for Swimming ;-)]: <https://www.cbc.ca/news/canada/saskatoon/mask-exemption-for-indoor-exercise-unwarranted-says-researcher-1.5789484>

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 16**.

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

Adrian is coaching 7:45-8:45am for **Lynn** on **Sat Nov 28**.

Lynn is coaching 9-10am for **Sean** on **Sat Dec 5**.

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. My apologies to the 9am Earlybirds with perfect attendance as the previous newsletter said that they had all missed one workout!

7:45am Earlybirds: Nov 2-27 (12 workouts); range: 24-32; average: 28.3

Perfect Attendance: **Andrew Rolleston, Angela Davis, Ann Bortolotti, David Caughey, Eleanor Fast, Ellen Pazdzior, Liliane Cardinal, Margaret Janse van Rensburg, Ruth Fawcett, Susan Hulley, Susan Nevitt-Yelle, Ursula Scott**

9am Earlybirds: Nov 2-27 (12 workouts); range: 12-18; average: 15.2

Perfect Attendance: **Cori Dinovitzer, Debby Whately, Luciara Nardon, Ralph Siemsen, Robin Henderson**

6:45pm Whitecaps: Nov 2-26 (12 workouts); range: 25-31; average: 27.3

Perfect Attendance: **Christian Cattan, Emilia Kedzierski, Joanie Conrad, Karen Jensen, Konstantin Petoukhov, Mars Nienhuis, Nicole Delisle, Stephanie Le Saux-Farmer**

8pm Whitecaps: Nov 2-26 (12 workouts); range: 9-13; average: 11.2

Perfect Attendance: **Kelly Biggs, Nathan Fudge**

7:45am Saturdays: Nov 7-21 (3 workouts); range: 14-18; average: 16.3

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 7-21 (3 workouts); range: 14-16; average: 14.7

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

Ask the Coach

Dear Coach: Sometimes during workout the lifeguards use the spray gun (fogger) to clean near the pool. The fumes are very strong and make me feel sick. Can something be done about this? Unhappy Swimmer

Dear U. Swimmer: I apologize that this happened. The staff has been asked to avoid using the fogger when there are swimmers in the pool. They do have to do some cleaning during the swims, but should only use the small spray bottles and spray onto the cloth, not into the air. If this happens again, please let the coach know immediately. Thank you!

Dear Coach: I noticed some coat racks on deck this morning. Are those for us? Attentive Swimmer

Dear A. Swimmer: As you have observed, the staff is working on a solution for coats and boots on the deck. More information soon! One recommendation is to bring a plastic bag to put your boots in. That makes them easier to carry, and is also less messy for you and the pool deck.

Dear Coach: My pull buoy is asymmetrical – one side is thicker than the other. Which way up should it go? Puzzled Swimmer

Dear P. Swimmer: The thicker side should be up, so that the pull buoy is less likely to pop out. Thus for free, fly, and breast, the wider part is towards your front, and for backstroke, towards your back.

Dear Coach: Why do we do sculling? Curious Swimmer

Dear C. Swimmer: When we swim, our arm movements are made up of a front to back motion combined with a side to side motion. Sculling is practicing the side to side motion, which teaches us what coaches call “feel for the water” which is being aware of the best angle to move the hand through the water to get maximum propulsion.

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 12-Dec 20: Virtual Western Masters Championships: <https://ms.mastersswimmingontario.ca/web/schedule.php> (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/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.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

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