

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Monday, December 21, 2020 9:38 AM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #542

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Carleton Masters Swimming Newsletter #542

Monday, December 21st, 2020

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2020 Part 1 and Part 2: 7:45am Earlybirds I (42 addresses), 9am Earlybirds II (22 addresses), 6:45pm Whitecaps I (43 addresses), 8pm Whitecaps II (22 addresses), Saturday Only (2 addresses), Alumni (78 addresses).

"You, not events, have the power to make yourself happy or unhappy today." - Groucho Marx

Masters Swimming Program Notes

- The Fall Session Part 2 ran from **Mon Nov 2nd** to **Sat Dec 19th**.
- Details on the interim workouts (between the Fall and Winter sessions) can be found near the end of the newsletter. There are two spots left in group #2.
- Details on the Winter term session can be found below the interim information. There are spots available in the 8pm group.

Swimmer Notes

Swimmer Updates:

- I have not been receiving emails at this account since 1pm Saturday. Tech staff are working on it. If you need to get in touch urgently, better to use: lynnmarshall@sympatico.ca.

- Any changes due to Ford's announcement this afternoon will be communicated separately ☹ .

- Thanks to everyone who was able to participate in the **team photos**. Here's a [document](#) including all the photos with the names below them. I had to make the photos pretty small to fit on a page, so here are the [larger photos](#).

- Note that parking fees have been waived on the Carleton campus for the Winter term. Thus, not parking passes are needed and parking is free everywhere on campus until April 30.

- Congratulations to **Melanie Heroux** (9:00am Earlybirds) on being invited to help give a virtual talk on Jan 8 to a group of French students from France to talk about her experience working alongside a student who was completing her thesis studying Sexuality in People with Intellectual and Developmental Disabilities.

- As many of you have already heard, my 90-year-old father passed away on Thursday (Dec 17) after complications due to emergency surgery on Dec 8 to remove a tumour in his stomach. He was healthy up until this happened, so while it's a shock, I'm thankful that he had a long and active life. His father died at 64. My sister flew from Winnipeg to Victoria on Wednesday and arrived just in time to see dad. She's staying to help my mother with all the arrangements. There will be a graveside service on Tuesday (Dec 22), but my mother has asked that I wait to visit until later, as she'd like some help and company after my sister returns home. All the support and kind words have been greatly appreciated.

- 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** from 6-10pm. Details: <https://www.facebook.com/groups/ottawaopenwater>.

- MSO (Masters Swimming Ontario) is offering a virtual pool challenge (unofficial swim meets) every three weeks. Details in the "Masters Swimming Competitions" section below. Swim Canada Masters is also offering something similar – contact me for more details.

- Just a few **reminders** for everyone! Please keep your **mask** on until after the coach explains the warm up and you are about to hop in. If you arrive late, please join in with your lane-mates rather than starting from the beginning. Most of you are doing an excellent job of staying 2m apart on the pool deck. However, sometimes swimmers get too close while at the end of the lanes. Also, for the groups that are in half the pool, keep in mind that with only three lanes it is a challenge to find a lane that works for everyone. Please be respectful of the different speeds and pass carefully when needed. Thank you!!

- 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-Related Links:

- Exploding Whale 50th Anniversary: <https://www.youtube.com/watch?v=V6CLumsir34>

- Shivering Dublin Bay Swimmers Slighted for Their 'Fancy Fleeces':

<https://www.theguardian.com/world/2020/nov/25/shivering-dublin-bay-swimmers-slighted-for-fancy-ropes>

- Snow Doesn't Stop Group of Masters Swimmers from Taking to the Icy Waters of Lake Ontario:

<https://www.cbc.ca/news/canada/toronto/group-swimmers-lake-ontario-cherry-beach-coldest-swim-year-1.5824613> ;

<https://www.cbc.ca/player/play/1826604099677>

- How Swimmers See Coaches: <https://www.facebook.com/ssorokin2/videos/3608782939143190>

- After Swimming the Channel from England to France: <https://www.facebook.com/BBCOne/posts/3808198855867171>

- Humpback Whale Spotted Spouting Off on the Hudson River in Manhattan: <https://abc7ny.com/pets-animals/humpback-whale-spotted-spouting-off-in-the-hudson-river/8612878/>

News and Other Links:

- Westboro Beach Pavilion and Landscape Design:

https://www.youtube.com/watch?fbclid=IwAR1eTBiazgJeMfE2woFR3J2i_JGjVQEdoOoxIB607h8zpGVcr04e8FNKFu0&v=iBvfaaZNOw4&feature=youtu.be

- Winter Swimming: <https://fitisafeministissue.com/2020/12/17/winter-swimming-guest-post/>

- Does It Matter If You Use Free Weights or Exercise Machines to Strength Train?:

<https://www.runnersworld.com/news/a34820530/free-weights-vs-machines-study/>

- Debunking Stretching Hype Debunked: <https://stretchcoach.com/articles/debunking-stretching-hype-debunked>

- Nailing Your Nutrition Strategy for Endurance Performance: <https://www.youtube.com/watch?v=sETqMGxlbWQ>

- In It for the Long Haul: Mental Toughness: <https://www.8020endurance.com/in-it-for-the-long-haul/>

- COVID-19 is Like Running a Marathon with No Finish Line; What Does Sports Science Say About How We Can Win it:

<https://www.theglobeandmail.com/opinion/article-covid-19-is-like-running-a-marathon-with-no-finish-line-what-does/>

- Do You Sweat When You Swim: <https://www.precisionhydration.com/performance-advice/hydration/do-you-sweat-when-you-swim/>

- How Does Your Brain Respond When You Hold Your Breath: <https://www.outsideonline.com/2419160/breath-holding-research-2020>

- 7 Tips for Swimming Backstroke Faster: <https://www.yourswimlog.com/how-to-swim-faster-backstroke/>

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:

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

Lynn coached 9-10am for **Sean** on **Sat Dec 19**.

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

7:45am Earlybirds: Nov 2-Dec 18 (21 workouts); range: 22-32; average: 27.4

Perfect Attendance: **Angela Davis, Ann Bortolotti, Eleanor Fast, Liliane Cardinal, Margaret Janse van Rensburg, Ruth Fawcett, Susan Hulley**

9am Earlybirds: Nov 2-Dec 18 (21 workouts); range: 12-18; average: 15.5

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

6:45pm Whitecaps: Nov 2-Dec 17 (21 workouts); range: 23-31; average: 25.8

Perfect Attendance: **Emilia Kedzierski, Joanie Conrad, Konstantin Petoukhov, Mars Nienhuis, Nicole Delisle, Rachel Bennett, Stephanie Le Saux-Farmer**

8pm Whitecaps: Nov 2-Dec 17 (21 workouts); range: 9-13; average: 11.0

Missed 1 Workout: **Fred Woo, Kelly Biggs, Nathan Fudge**

7:45am Saturdays: Nov 7-Dec 19 (7 workouts); range: 14-18; average: 15.6

Perfect Attendance: **Christian Cattan, Cori Dinovitzer, France Saint-Denis, Ian Lorimer, Joanie Conrad, Liliane Cardinal, Margaret Janse van Rensburg, Mary Donaghy, Stephanie Le Saux-Farmer**

9am Saturdays: Nov 7-Dec 19 (7 workouts); range: 14-16; average: 14.9

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

The only time trials held were the distance free time trials for the morning groups. Here are the top 3 and improved swimmers:

Top 3-ish in Each Event

	Name	Group	Gender	Time
400fs				
1	Melanie Heroux	EB2	F	15:15
(1/0)				
800fs				
1	Marie-Eve Racette	EB1	F	18:06
2	Claude Tellier	EB1	F	18:57
3	Liliane Cardinal	EB1	F	19:24
4	Ann Bortolotti	EB1	F	19:30
x	Mark Blenkinsop	Ch	M	10:58
1	Bob Tipple	EB2	M	18:38
2	Steve Dods	EB1	M	21:49
(6/2)				
1500fs				

x	Lynn Marshall	Ch	F	20:00
1	Margaret Janse van Rensburg	EB1	F	25:02
2	Cheri Reddin	EB1	F	26:03
3	Natalie Aucoin	EB2	F	26:07
1	Mike Wheatley	EB1	M	21:35
x	Mark Blenkinsop	Ch	M	21:47
2	Kevin Fox	EB1	M	21:57
3	David Caughey	EB1	M	24:54
4	Harley Gifford	EB1	M	24:56
(16/11)				

Those Who Improved

	Name	Group	Gender	Imp	Imp/100m
800fs					
1	Flo Kellner	EB2	F	40.0	5.0
(1/0)					
1500fs					
1	Kevin Fox	EB1	M	107.0	7.1
2	Ralph Siemsen	EB2	M	10.0	0.7
(0/2)					

Interim Session Information

Group 1: Dec 21-23 8:15-9:15am: Deep End: **Lynn**
 Group 2: Dec 21-23 5:30-6:30pm: Whole Pool: **Sean**
 Group 3: Dec 28-29 6:45-7:45pm: Whole Pool: **Sean**; Sat Jan 2 9:45-10:45am: **Sean**
 Group 4: Dec 28-29 6:45-7:45pm: Whole Pool: **Sean**; Sat Jan 2 11:00am-12:00noon: **Lynn**

Workout themes, etc., can be found here: <https://carletonmasters.tripod.com/mastplanwint21.pdf>.

Winter Session Information

Dates: Mon Jan 4th to Sat Apr 17th. No workouts: Mon Feb 15th, Fri Apr 2nd, Sat Apr 3rd, Mon Apr 5th.

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

Workout themes, etc., can be found here: <https://carletonmasters.tripod.com/mastplanwint21.pdf>.

Ask the Coach

Dear Coach: My elbow gets sore when I do fly. Any tips? Butterfly Swimmer

Dear B. Swimmer: This usually happens when you apply power with your wrist wider than your elbow. That position puts strain on both the elbow and shoulder. Practice one arm fly making sure to keep the elbow wider than the wrist and then gradually build up to full stroke fly.

Dear Coach: When should I start applying power in the freestyle pull? Working on My Freestyle

Dear W.o.M. Freestyle: At the front of the stroke you should concentrate on stretching forward and “catching” as much water as you can. As you move your arm through the water, the power will increase as will the speed at which your arm moves. You want to ensure that you are pushing the water with your hand and forearm, rather than sliding your arm through the water. The more resistance the better as that means you are pushing more water backwards which will propel you forward.

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.

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: \$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

Interim Workouts Information

Registration is underway. On-line registration link: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74>.

1: Mon Dec 21, Tues Dec 22, Weds Dec 23: 8:15-9:15 AM; 18 spots; \$15 + HST: Full: waitlist available

2: Mon Dec 21, Tues Dec 22, Weds Dec 23: 5:30-6:30 PM; 36 spots; \$15 + HST: 2 spots left

3: Mon Dec 28, Tues Dec 29: 6:45-7:45 PM; Sat Jan 2: 9:45-10:45 AM; 18 spots; \$15 + HST: Full: waitlist full

4: Mon Dec 28, Tues Dec 29: 6:45-7:45 PM; Sat Jan 2: 11:00 AM-12:00 PM; 18 spots; \$15 + HST: Full: waitlist full

Winter Term Information

Registration is underway. On-line registration link: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74>

Swim Dates: Jan 4 to Apr 17; excluding Mon Feb 15, Fri Apr 2, Sat Apr 3, Mon Apr 5:

Earlybirds 1: Mon/Wed/Fri 7:45-8:45am whole pool (capacity 36): \$164+HST (price reduced due to Oct 21 cancellation): Full: waitlist available

Earlybirds 2: Mon/Wed/Fri 9:00-10:00am deep end (capacity 18): \$164+HST (price reduced due to Oct 21 cancellation)): Full: waitlist available

Whitecaps 1: Mon/Tue/Thu 6:45-7:45pm whole pool (capacity 36): \$172+HST): Full: waitlist available

Whitecaps 2: Mon/Tue/Thu 8:00-9:00pm shallow end (capacity 18): \$172+HST: 8 spots left

Saturday: 7:45-8:45am shallow end (capacity 18): \$64+HST): Full: waitlist available

Saturday: 9:00-10:00am shallow end (capacity 18): \$64+HST): Full: waitlist available

General Masters Information:

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 and Winter terms, so parking passes are not required.

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

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 and saunas remain closed. There are now six showers available in each of the men's and women's change room, plus two in the gender inclusive room.
- 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>