

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, January 16, 2021 3:31 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 #543

Carleton Masters Swimming Newsletter #543

Saturday, January 16th, 2021

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2020 Part 1 and Part 2, and Winter 2020: 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).

During the Pandemic: “I’m reconnecting with the beauty of nature. I am awake before sunrise nearly every day. I drive to the Forty Foot (where James Joyce’s “Ulysses” starts) and with other intrepid people plunge into the cold sea. Joyce described it as “snot green, scrotum tightening.” It is black to navy blue at this time and later reflects the hues of the sky. It is definitely a great place to be as the sun rises for a new day.” — Micaela Kuh, Dublin, Ireland

Masters Swimming Program Notes

- Thank you to all those who participated in the Group 1 and Group 2 Interim swims from Dec 21-23.
- Carleton Athletics remains closed during the Ontario stay-at-home order. Once we have information on the reopening, it will be circulated via this newsletter. I hope to see everyone soon!
- All memberships are currently on hold. Fees will be refunded for the Group 3 and Group 4 Interim swims. Fees will be pro-rated for the Winter term, or you can request a full refund.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Melanie Heroux** (9:00am Earlybirds) on doing a great job at her virtual talk on Jan 8 to a group of French students from France talking about her experience working alongside a student who was completing her thesis studying Sexuality in People with Intellectual and Developmental Disabilities. Both the original French presentation and **Melanie's** English translation can be found on her YouTube channel:

<https://www.youtube.com/channel/UCHmILh9KKZwRdtzyT3HFYeg>. Thanks to **Melanie** for sharing these presentations!

- 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.

- Parking fees have been waived on the Carleton campus for the Winter term. Thus, no parking passes are needed and parking is free everywhere on campus until April 30.

“Fun” Aquatic-Related Links:

- Swimming at Ontario Place on January 8th: Breakfast Television (4 parts): <https://www.bttoronto.ca/videos/nicole-is-live-at-ontario-place-1-of-4/>

- Toronto Island Resident Swims in Lake Ontario all Winter and Loves every Freezing Minute of It: <https://www.thestar.com/life/2021/01/01/toronto-island-resident-swims-in-lake-ontario-all-winter-and-loves-every-freezing-minute-of-it.html>

- Bluetits and Bluebells: Essex's Open Water Swimmers – A Photo Essay [thanks to **Ruth Fawcett** (7:45am Earlybirds)]: <https://www.theguardian.com/lifeandstyle/2020/dec/23/bluetits-and-bluebells-essexs-open-water-swimmers-a-photo-essay>

- Swimming FAST [Thanks to **Mary-Lou Dunnigan** (9:00am Earlybirds)]: <https://twitter.com/duoswim/status/1346880995757338631>
- Russian Woman Who Swam Under Siberia's Ice May Have Broken World Records: <https://www.cnn.com/2021/01/14/sport/russian-ice-swim-spt-scli-intl/index.html>
- World's Deepest Diving Pool Opens in Poland: <https://money.yahoo.com/worlds-deepest-diving-pool-opens-125420734.html>
- Can You Touch the Flags?: <https://twitter.com/duoswim/status/1349779170784653315>
- Victorian Bath House Uncovered Beneath Manchester Car Park: <https://www.theguardian.com/science/2021/jan/10/victorian-mayfield-bathhouse-uncovered-archaeologist-beneath-manchester-car-park>
- Swimming in the Snow: <https://www.facebook.com/authoritiesportsnews/videos/1774909339326256/>
- Ducklings Having Fun: <https://www.facebook.com/michael.mossin/videos/10158449100425342/>
- Swimming Documentary: "The Water is My Sky": Coming Spring 2021: <https://www.swimmingworldmagazine.com/news/the-water-is-my-sky-releases-first-trailer-for-swimming-documentary/>

News and Other Links:

- **Caeleb Dressel** Eyes Sub-20 50m Free in LZR Body-Suit [Ed. Note: He didn't manage it]: <https://olympics.nbcsports.com/2020/12/04/caeleb-dressel-world-record/>
- US Swimmer Michael Andrew Talks About His USRPT Training: https://www.youtube.com/watch?mc_cid=85ac7496e4&mc_eid=adc78a3ab5&v=sgCZBtg6b30&feature=youtu.be
- Retired US Swimmer and Olympic Gold Medalist, **Klete Keller**, in Mob that Stormed the Capitol: <https://swimswam.com/olympic-gold-medalist-in-us-capitol-during-clashes-video-appears-to-show/>; <https://www.nytimes.com/2021/01/12/sports/olympics/klete-keller-capitol-trump.html>
- Five Strength Exercises to Improve Swimming Performance: <https://www.swimmingworldmagazine.com/news/5-strength-training-exercises-to-improve-swimming-performance/>
- **Michael Cusack**, Who Helped Spark the Special Olympics, Dies at 64: https://www.washingtonpost.com/local/obituaries/michael-cusack-who-helped-spark-the-special-olympics-dies-at-64/2020/12/22/c6a7837e-446d-11eb-a277-49a6d1f9dff1_story.html
- Improving Your Balance to Prevent Falls: <https://www.nytimes.com/2020/12/14/well/live/elderly-balance-falls.html>
- How to Train Hard: <https://www.fastrunning.com/running-athletics-news/how-to-train-hard/31383>
- Why Genetics is a Poor Predictor of Athletic Talent: <https://runningmagazine.ca/the-scene/why-genetics-is-a-poor-predictor-of-athletic-talent/>
- 2020: A Year in Fitness Like No Other: <https://www.nytimes.com/2020/12/16/well/move/2020-fitness-exercise.html>

Winter Session Information

Dates: **Mon Jan 4th (TBA)** 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>. This document will be updated once we have a start date!

Ask the Coach

Dear Coach: What happens to our Carleton Athletics memberships while the facility is closed? New Member

Dear N. Member: Similar to the closure that started in March, 2020, all memberships are put on hold during the closure and will be automatically extended once the facilities reopen.

Dear Coach: Is it best to withdraw from the Winter term Masters or wait and see what happens? Weighing My Options

Dear W.M. Options: It is up to you. If you withdraw from the Masters group that you are registered in, you will get a full refund and your spot will be offered to someone on the wait list. Thus, when the pool reopens, you may not be able to get

a spot. Thus, if you do want to swim when the pool reopens, I'd recommend keeping your spot. Pro-rated prices will be calculated and partial refunds issued once the reopening date is known.

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.

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 **Dec 28th**).

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

Winter Term Information

Registration is underway. On-line registration link: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74>. Prices will be pro-rated and refunds processed once the start date is known.

Swim Dates: ~~Jan 4~~ TBA 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: 11 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/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>