

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, January 30, 2021 7:14 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 #544

Carleton Masters Swimming Newsletter #544

Saturday, January 30th, 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).

To Do Today: "Pay attention to the details and the big picture will take care of itself." – Georges St-Pierre

Masters Swimming Program Notes

- 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:

- I was interviewed as part of the Carleton Ravens Women in Sport Series:

<https://twitter.com/CURavens/status/1350493865833361410>.

- The Hogs Back fixed bridge reopened Jan 15: <https://twitter.com/RideauCanalNHS/status/1350189563067686914>.

- 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.

- 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.

"Fun" Aquatic-Related Links:

- Smiths Falls Man Takes Cold Water Dips to Put Stress on Ice: <https://ottawa.ctvnews.ca/smith-falls-man-takes-cold-water-dips-to-put-stress-on-ice-1.5289300>

- Press Secretaries to Both **Joe Biden** and **Jill Biden** both Swam in College: <https://www.swimmingworldmagazine.com/news/jen-psaki-new-white-house-press-secretary-was-swimmer-at-william-mary/>, <https://www.swimmingworldmagazine.com/news/michael-larosa-former-seton-hall-swimmer-named-press-secretary-for-jill-biden/>

- Masters World Records: The 11 Records That Remain From the 20th Century:

<https://www.swimmingworldmagazine.com/news/masters-world-records-the-10-records-that-remain-from-the-20th-century/>

- 25 Signs of a Swimmer – Without Saying So: <https://www.swimmingworldmagazine.com/news/25-signs-of-a-swimmer-without-saying-so/>

- Puppy and Goose: <https://www.youtube.com/watch?v=ooedHavdNic>

- **Jonas Deichmann** Swims 450km Unassisted: <https://swimswam.com/deichmann-completes-450km-swim-to-set-wr-for-longest-unassisted-swim/>
- Meet **Cath Pendleton** the Merthyr Mermaid: <https://fb.watch/2D9AYPVu5r/>
- School Went Online This Year, Including MIT's Swimming Test: <https://www.wsj.com/articles/school-went-online-this-year-including-mits-swimming-test-11609249878>
- Swimming in Very Cold Water Keeps Me Sane: <https://www.nytimes.com/2021/01/01/style/cold-water-swimming-benefits.html>
- DIY Swimming Pool in Five Days by Canadian Paralympian, **Danielle Kisser**: <https://youtu.be/VsyDe3pKyjU>

News and Other Links:

- CBC Radio: What it Takes to Swim an Ice Mile [Ed. Note: featuring **Aimee Jones** (x-Whitecaps)]: <https://www.cbc.ca/player/play/1847168067989>
- A New Book by Swimmer and Multiple Olympic Medalist, **Gary Hall Sr.** "Winning Life's Gold Medal": https://www.amazon.ca/Winning-Lifes-Gold-Medal-Valuable-ebook/dp/B08S9ZYJM7/ref=sr_1_1?encoding=UTF8&dchild=1&keywords=Winning+Life%27s+Gold+Medal%3A+Ten+Valuable+Life+lessons+from+the+Olympic+Games&qid=1611110124&s=digital-text&sr=1-1
- Free Spirited Solo Paddler **Audrey Sutherland** Did the Most Important Things: <https://www.adventure-journal.com/2020/03/free-spirited-solo-paddler-audrey-sutherland-did-the-most-important-things/>
- The Growing Case Against Stretching: <https://philmaffetone.com/the-growing-case-against-stretching/>
- Rethinking the Cross-Training Paradox: <https://www.outsideonline.com/2419022/rethinking-cross-training-paradox>
- The Secrets of the World's Fastest Marathon Runners: <https://www.runnersworld.com/uk/training/marathon/a34713916/the-secrets-of-the-worlds-fastest-marathon-runners/>
- How Exercise Might Affect Immunity to Lower Cancer Risk: <https://www.nytimes.com/2020/11/11/well/move/how-exercise-might-affect-immunity-to-lower-cancer-risk.html>
- Recovery: The Secret Weapon: <https://philmaffetone.com/recovery-the-secret-weapon/>
- Can the Mind Wander to a Personal Best?: <https://www.fastrunning.com/training/performance/can-the-mind-wander-to-a-pb/31109>
- Swimming Math: Why Technique Trumps Fitness in Swimming: <https://pbest.ca/blog/121710/Swimming-Math-Why-Technique-Trumps-Fitness-in-Swimming>

Information on the mRNA COVID-19 Vaccines

Nicole Le Saux (7:45am Earlybirds) is an infectious disease doctor and has kindly provided this useful information on the COVID-19 vaccines. Thank you, **Nicole!**

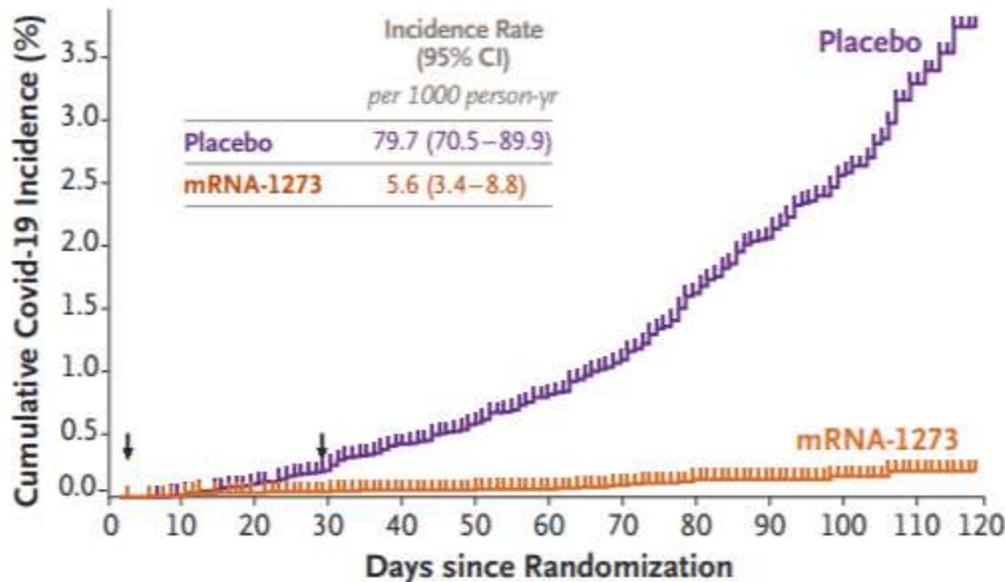
A brief summary about the mRNA COVID-19 vaccines to ensure that people understand this type of vaccine and its brilliant efficacy in the clinical trials.

Usual (past and current) vaccines involve making a protein that is similar to what is on the bacteria or virus (pathogen). Once injected into a human, the person's cells take up the foreign protein and we make antibodies using our own mRNA (have the recipes for proteins our cells make) and hope these antibodies will be specific enough to work. We have lots of mRNA in our cells that make the ton of other necessary proteins to keep us alive. Scientists just exploited this to help us make antibodies.

First, the scientists decoded the spike proteins on COVID-19 so they knew exactly what proteins they wanted to block. They then used that code to work backwards and made the recipe (specific mRNA) that could be used to make the proteins in our own cells. They then wrapped the mRNA in a lipid nanoparticle (fatty envelope) so that it could penetrate our cells. Brilliant! The mRNA does not enter the nucleus of the cell (where are individual genetic code is) so it cannot "genetically modify" us nor change our cells in any way.

In terms of side effects, this vaccine is generally well tolerated similar to other vaccines such as flu, tetanus, whooping cough vaccines. Rare (so far 11.1 per million doses administered) reports of anaphylaxis or allergic reactions have been reported but this is still under investigation. Some may be fainting from anxiety so that number may change.

The BIG news is that this works. This is even better than the poliovirus vaccine developed to combat polio that was devastating healthy children and adults in the 1950s. Here is a great graph that illustrates the number of cases of COVID that were detected in the patients who did not have the mRNA vaccines (placebo) compared to those who had the two doses of vaccine (NEJM December 31, 383(27): 2603-15). Pretty impressive and you do not have to be a statistician to figure this one out.



So in summary this is state of the art technology which allows your own cells to produce antibodies to the virus. It has the usual side effects of vaccines and it works! This is what we should be celebrating.

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: While we are out of the pool is there anything I can do to maintain my swimming? Specifically, are there any outdoor sports I can do which replicate any parts of my swimming strokes? I can only keep jumping up and down, and stretching my bands for so long. Missing My Swimming

Dear M.M. Swimming: Classic cross-country skiing is great exercise and uses many of the swimming muscles. Here's a great link [Thanks to Coach **Mark Blenkinsop**]: <https://360swim.com/blog/cross-country-skiing-winter-alternative-to-improve-swimming>.

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/>: Free (MSO registration required)

Feb 7-27: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge: <https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/>: Free (MSO registration required)

Feb 28-Mar 20: 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!)

2020 Canadian Masters Top 20 Results

Congratulations to **Robin Henderson** for being the only Carleton swimmer to make the Canadian Top 20 in 2020. **Robin** made the Top 20 in six long course events, including third in 400 free!

- **Robin Henderson** (9:00am Earlybirds; 60-64): LC: 3rd: 400 free; 8th: 100 breast; 9th: 200 free; 10th: 50 breast; 12th: 100 free; 14th: 50 free

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.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

lynmar@sce.carleton.ca

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