

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, February 12, 2021 4:13 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 #545

Carleton Masters Swimming Newsletter #545

Friday, February 12th, 2021

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2020 Part 1 and Part 2, Winter 2021, and Alumni: 7:45am Earlybirds I (43 addresses), 9am Earlybirds II (23 addresses), 6:45pm Whitecaps I (48 addresses), 8pm Whitecaps II (23 addresses), Saturday Only (2 addresses), Alumni (78 addresses).

"Talent sets the floor, character sets the ceiling." – Bill Belichick

Masters Swimming Program Notes

- Carleton Athletics will reopen on **Wed Feb 17!!**: <https://athletics.carleton.ca/2021/carleton-athletics-facilities-will-reopen-next-week/>.
- The Winter Masters programs will start **Wed Feb 17** (mornings), **Thu Feb 18** (evenings), and/or **Sat Feb 20** (Saturdays).
- Fees will be refunded for the Group 3 and Group 4 Interim swims. Note that this has not been done yet due to the stay at home order.
- All memberships will be reactivated effective Wed Feb 17.
- Fees will be unchanged for the Winter Masters term, as it has been extended to **Tue Jun 1**. If the extended dates don't work for you, let me know and we'll work out a pro-rated price. Details on the new dates in the next section.
- Please review the COVID protocols near the end of the newsletter. New for the Winter term is that there will be coat racks and boot trays available on the pool deck.
- The fitness centre and member swims will likely also open Wed Feb 17, but online bookings will not be available until about Tuesday noon due to the need to confirm the exact details.

Carleton Masters New Winter Session Dates

Registration is underway. On-line registration link: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74>. Note that a few spots are now available in the weekday morning groups, plus several in the 8pm evening group. Online it will show full, but get your name on the waitlist if you want a spot and let me know that you've done so.

Swim Dates: Feb 17 to Jun 1; excluding Fri Apr 2, Sat Apr 3, Mon Apr 5, Mon May 24:

Earlybirds 1: Mon/Wed/Fri 7:45-8:45am whole pool (capacity 36): \$164+HST: 1 spot left

Earlybirds 2: Mon/Wed/Fri 9:00-10:00am deep end (capacity 18): \$164+HST: 2 spots left

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: 9 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

Swimmer Notes

Swimmer Updates:

- **Melanie Heroux** (9:00am Earlybirds) is participating in the Special Olympics Ontario Virtual Polar Plunge this year. If you would like to sponsor **Melanie**, here is the link:

<https://secure.e2rm.com/registrant/FundraisingPage.aspx?registrationID=4853042>.

- Burlington Masters Swimmer, **Dave Richards**, passed away at age 74:
https://www.facebook.com/permalink.php?story_fbid=3807861535940763&id=100001508633834.

- Want to have your say on the future of municipal parks and recreational facilities in Ottawa? Check out this link for information on the upcoming consultation sessions and surveys as Ottawa works on a Parks and Recreation Facilities Master Plan: <https://ottawa.ca/en/news/have-your-say-future-municipal-parks-and-recreation-facilities>.

- 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. Both the fixed and swing bridges on Hogs Back are now open to traffic.

- 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:

- Pop Star, **Cody Simpson**, Wants to be an Olympic Swimmer [thanks to **Martin B** (7:45am Earlybirds)]: - <https://www.nytimes.com/2021/01/31/sports/olympics/cody-simpson-olympics.html>
- **Jessica Long**, Paralympic Swimmer, Super Bowl Commercial: <https://www.youtube.com/watch?v=Pr3jR2keirk>
- Saint Louis Zoo Penguins visit the Polar Bears: <https://www.facebook.com/watch/?v=761720331428140>
- **James Fike** Hits Lifetime Best in 200yd Breaststroke at Age 39 [Ed Note: There are currently competitions in the US?!]: <https://swimswam.com/fike-swim-founder-james-fike-hits-lifetime-best-200-br-in-lewisville-at-age-39/>
- The Goldfish Invasion of Hamilton Harbour: <https://www.macleans.ca/society/environment/the-goldfish-invasion-in-hamilton-harbour/>
- "Your Body Thinks it Will Die, but it Won't": Hamilton's Winter Swimmers Making a Splash in Lake Ontario: <https://www.thespec.com/news/hamilton-region/2021/02/08/your-body-thinks-it-will-die-but-it-wont-hamiltons-winter-swimmers-making-a-splash-in-lake-ontario.html>
- **Kristina Makushenko** Underwater 360 Degree Walk: <https://www.youtube.com/watch?v=V4fYa9ZsS34>

News and Other Links:

- Footage Shows Moment Swimmer Rescued from the Bristol Channel: <https://www.itv.com/news/westcountry/2021-02-01/dramatic-footage-shows-moment-swimmer-is-rescued-from-the-bristol-channel>
- Yoga for Masters Swimmers: <https://swimswam.com/yoga-for-masters-swimmers-preventing-injury-with-the-help-of-yoga/>
- How Bad is it Really to Never Stretch: <https://www.livestrong.com/article/13729930-importance-of-stretching/>
- The Case Against Stretching: <https://www.outsideonline.com/2408467/case-against-stretching-flexibility-research>
- Five Full-Body Stretches You Can Do Every Day: <https://www.livestrong.com/article/13729538-best-full-body-stretches-every-day/>
- Why You're Tired All the Time: <https://www.outsideonline.com/2418310/why-youre-tired-all-time>
- To Strength Train Right, Trust Your Feelings: <https://www.outsideonline.com/2418229/strength-training-effort-research>
- Ten Tips to Get Mentally Tough: <https://www.trainingpeaks.com/blog/10-tips-to-get-mentally-tough/>
- Why Hard Training Makes You More Impulsive: <https://www.outsideonline.com/2403076/overtraining-mental-effects-research>
- How Does Your Brain Process Feelings of Fatigue?: <https://www.runnersworld.com/news/a34039210/how-your-brain-processes-fatigue-study/>
- These Will Be the Biggest Health Trends of 2021: <https://www.outsideonline.com/2419974/biggest-health-trends-2021-predictions>
- Can 4 Seconds of Exercise Make a Difference?: <https://www.nytimes.com/2020/12/30/well/move/can-4-seconds-of-exercise-make-a-difference.html>
- New Science on Caffeine for Endurance Athletes and Ultrarunners: <https://trainright.com/benefits-caffeine-endurance-athletes-ultrarunners/>

Winter Session Information

Dates: Wed Feb 17th to Tue Jun 1st. No workouts: Fri Apr 2nd, Sat Apr 3rd, Mon Apr 5th, Mon May 24th.

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

Any changes will be noted here.

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanwint21.pdf>.

Ask the Coach

Dear Coach: Do you know anything about simulating the 3 stroke breathing pattern on dryland? Just curious because most breathing exercise in a meditation or relaxation context talk about the "box" pattern (4 secs in, 4 secs out). I was curious if there was any research on that. Curious Swimmer

Dear C. Swimmer: I don't know about any research, but I found this short video on swimming specific yoga where the instructor says that focusing on a 3-dimensional breathe helps make breathing more efficient for swimmers. He doesn't suggest any number of seconds for the in/out though. Check out the description and the video:
<https://www.youtube.com/watch?v=UprtPCWjTUg>.

Dear Coach: I am very disappointed to see in your latest email newsletter what can be described as a propaganda for using humans for experimenting with unproven medical treatment which is mRNA "vaccine". We may agree or disagree how much in the past vaccines have helped humans and how harm and injuries they have caused. But there is absolutely no doubt that the so called mRNA vaccine is unproven medical treatment. Why is this in the newsletter for the healthiest members of our society, members of the masters swimming club? Would you post the counter-position in the next newsletter? First thing that everyone should ask is why there is no liability for any Covid vaccine? Why have the existing treatments for Covid have been pushed aside in favor of vaccines?

Here is what everyone should know about the unproven mRNA medical technology
<https://vaccinechoicecanada.com/in-the-news/dear-police-healthcare-workers-and-first-responders-re-covid-19-vaccine-concerns/>
<https://www.youtube.com/watch?v=sxR7MDwSowo>
<https://www.youtube.com/c/VaccineChoiceCanada/videos>

Ask The Experts - about Covid-19 Vaccine
https://brandnewtube.com/watch/ask-the-experts-covid-19-vaccine-now-banned-on-youtube-and-facebook_glsNohSleSgfz2J.html

Dr. Christiane Northrup about the Covid RNA vaccine and what to do!
<https://www.bitchute.com/video/0j07OvAk0bXG/>

The Future of Vaccines (Youtube video was removed - Youtube is vaccine manufacturer!)
<https://www.bitchute.com/video/m51ZtL95kKdc/>

Focus on Fauci (Official Event)
<https://www.bitchute.com/video/epvN8mJu86kJ/>
<https://www.globalresearch.ca/video-focus-on-fauci/5733711>

DR JUDY MIKOVITS: HOW COVID-19 'VACCINES' MAY DESTROY THE LIVES OF MILLIONS
<https://www.bitchute.com/video/kbKCIIEYQMCaT/>
Sinisa

Dear Sinisa: Thank you for your input. Everyone is entitled to their opinion. However, is there any scientific evidence from peer reviewed articles to support your position? Note that I plan to get the vaccine as soon as it is available to me ☺

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!)

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

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_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 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.
- Please bring your clothes on to the pool deck. There will be coat racks and boot trays available for the Winter term.
- 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

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