

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, February 26, 2021 5:15 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 #546

Carleton Masters Swimming Newsletter #546

Friday, February 26th, 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 (46 addresses), 9am Earlybirds II (20 addresses), 6:45pm Whitecaps I (48 addresses), 8pm Whitecaps II (25 addresses), Saturday Only (2 addresses), Alumni (76 addresses).

"Be willing to adapt because life won't go as planned." – Anonymous

Masters Swimming Program Notes

- The Winter term runs from Wed Feb 17 to Tue Jun 1.
 - There will be **no workouts Fri Apr 2, Sat Apr 3, nor Mon Apr 5** due to Easter.
 - There are currently 4 spaces available in the 9:00am Weekday Earlybirds (it may say full on-line but it isn't – get your name on the wait list and let me know if you are interested in a spot!), and 5 spots in the 8:00pm Whitecaps.
- Fees will be refunded for the Group 3 and Group 4 Interim swims. Note that this has not been done yet due to the staff still catching up after the stay at home order.

Swimmer Notes

Swimmer Updates:

- **Julie Mouris** (6:45pm Whitecaps) and **Jian-Lok Chang** (6:45pm Whitecaps) and recently got engaged. Congratulations to you both!!

- **Melanie Heroux** (9:00am Earlybirds) is accepting donations for the Special Olympics Ontario Virtual Polar Plunge until the end of February. Check out the video of her bath tub plunge here: <https://www.youtube.com/watch?v=eUbUvnX-BBE&t=1s>. If you would like to sponsor **Melanie**, here is the link: <https://secure.e2rm.com/registrator/FundraisingPage.aspx?registrationID=4853042>.

- If you use a hangar for your coat while at the pool, then, on your way out, please place the used hangar in the bin located near the pool deck exit.

- 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/>.

- 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.

- Registration for Carleton April Break Camps, Summer Camps, and Lifesaving Camps has started:
<https://athletics.carleton.ca/camps/>

“Fun” Aquatic-Related Links:

- **Ivy Elizabeth Russell**: Born in 1907: A swimmer, gymnast, wrestler, and weight lifter: Ahead of Her Time!: <https://www.facebook.com/PureStrengthAthletics/posts/256754799409150>
- Growing Old, Growing Cold: My Life as a Psychrolute: **Kathleen McDonnell**: <https://fb.watch/3TT5hVdEC0/> ; <http://www.kathleenmcdonnell.com/>
- “Always Dreamt of Skating on a Canal But Not Like This”: <https://twitter.com/TheFanChild/status/1360333390830915586>
- Boarding a Moving Cargo Ship: <https://fb.watch/3D00s4VkPG/>
- Vancouver Condo Glass-Bottomed Pool 200 Feet in the Air: <https://www.macleans.ca/longforms/luxury-condo-vancouver-pool/>
- A Teenage Diver in Toronto has been Cleaning up Trash at the Bottom of Humber Bay: <https://www.blogto.com/city/2021/02/teenage-diver-toronto-helps-clean-trash-bottom-humber-bay/>
- Turtle Says “See Ya Later, Alligator”: https://twitter.com/SJPeace_/status/1307328424181215232
- Surly Seal Spotted on Charlottetown Sidewalk Apprehended by Police: <https://www.cbc.ca/news/canada/prince-edward-island/pei-seal-police-cruiser-rescue-1.5922920>

News and Other Links:

- Canadian Triathlete **Paula Findlay** Back on Top and Looking Forward to More in 2021: <http://getouttheremag.com/articles/5076/triathlete-paula-findlay-back-on-top-and-looking-forward-to-more-in-2021>
- Ontario Runner’s Three Decades Long Streak Comes to an End: <http://getouttheremag.com/news/5087/ontario-runners-three-decades-long-streak-comes-to-an-end>; Here’s the Active Streak List: https://www.runeveryday.com/all_active_streaks.php
- Ultrarunner **Katie Asmuth** on Winning the Bandera 100K with a Broken Nose: <http://getouttheremag.com/articles/5078/ultrarunner-katie-asmuth-on-winning-the-bandera-100k-with-a-broken-nose>
- How Much Exercise Do You Need for Better Heart Health?: <https://www.nytimes.com/2021/02/17/well/move/exercise-heart-health.html>
- Endurance After 40: It’s Not Always Downhill: <https://www.nataliagomezg.com/post/endurance-after-40-it-s-not-always-downhill>
- Municipalities Can Open Facilities for Those with Medical Needs says Province: <https://ottawacitizen.com/news/local-news/municipalities-can-open-facilities-for-those-with-medical-needs-says-province>
- The Benefits of Moderate-Intensity Exercise for Your Metabolic Health: <https://www.runnersworld.com/news/a35352213/the-benefits-of-moderate-intensity-exercise-study/>
- How Understanding Your Motivation can Drive Your Performance: <https://www.precisionhydration.com/performance-advice/motivation/motivation-performance-training/>

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:

Sean coached for **Mark** on **Mon Feb 22**.

Sean coached for **Mark** on **Thu Feb 25**.

Lynn is coaching for **Sean** on **Mon Mar 1**.

Adrian is coaching for **Sean** on **Sat Mar 6**.

Sean is coaching for **Adrian** on **Sat Mar 13**.

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

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

7:45am Earlybirds: Feb 17-26 (5 workouts); range: 25-28; average: 26.6

Perfect Attendance: **Andrew Rolleston, Angela Davis, Ann Bortolotti, Cheri Reddin, Eleanor Fast, Ellen Pazdzior, Harley Gifford, Heloise Emdon, Isla Paterson, Liliane Cardinal, Margaret Janse van Rensburg, Mike Mopas, Mike Wheatley, Nicole Le Saux, Rob McCulloch, Sandy Lawson, Susan Nevitt-Yelle, Ursula Scott**

9:00am Earlybirds: Feb 17-26 (5 workouts); range: 10-14; average: 11.8

Perfect Attendance: **Bob Tipple, Cori Dinovitzer, Debby Whately, Flo Kellner, Luciara Nardon, Maggie King, Ralph Siemsen, Robin Henderson**

6:45pm Whitecaps: Feb 18-25 (4 workouts); range: 19-30; average: 24.5

Perfect Attendance: **Cameron Dawson, Christian Cattan, Don Wells, Emilia Kedzierski, Joanie Conrad, Karen Jensen, Kellen Scott, Konstantin Petoukhov, Matthew Sinclair, Nicole Delisle, Stephanie Le Saux-Farmer**

8:00pm Whitecaps: Feb 18-25 (4 workouts); range: 7-13; average: 10.5

Perfect Attendance: **Fred Woo, Kelly Biggs, Kevin Graham, Natasha Sacka, Nathan Fudge, Seana Biggs**

7:45am Saturdays: Feb 20 (1 workout); range: 16-16; average: 16.0

Perfect Attendance: **Cathy Gardner, Christian Cattan, Cori Dinovitzer, David Caughey, Don Wells, Ian Lorimer, Jim Farmer, Joanie Conrad, Kyle Robbins, Liliane Cardinal, Lynn Marshall, Margaret Janse van Rensburg, Mike Mopas, Nathan Fudge, Nicole Le Saux, Rob McCulloch**

9:00am Saturdays: Feb 20 (1 workout); range: 17; average: 17.0

Perfect Attendance: **Bicki Westerheide, Cheri Reddin, Chris Clement, Debby Whately, Ellen Pazdzior, John Clarke, Karen Jensen, Lillian Wheatley, Mariette Kenney, Mary Donaghy, Mike Wheatley, Natalie Aucoin, Ogi Gutovic, Sandy Lawson, Sean Dawson, Steve Kennedy, Zoltan Csepregi**

Ask the Coach

Dear Coach: I was planning to sign up for the Spring session which usually starts in May. How will that work this year? Spring Swimmer

Dear S. Swimmer: The Spring session is currently planned to run from about June 2 to 30. If you wish to start swimming in May, contact me then as there may be spaces in some groups at that time.

Dear Coach: My shoulder(s) are sore. Am I doing something wrong? Sore Swimmer

Dear S. Swimmer: If it's general muscle soreness, that's normal after a break from swimming. If it's a localized sharper pain, then that's possible. Pain in the front of the shoulder is usually from having the arms too wide in freestyle. Pain in the back of the shoulder can also be from a wide stroke, or from lack of body rotation. Ask your coach to look at your stroke.

Dear Coach: I'm working on keeping my elbows high on my freestyle catch. Where should my fingertips be in relation to my head? Freestyle Swimmer

Dear F. Swimmer: With our double-wide lanes, we are usually swimming on top of a black line. The line serves as a helpful guide. If you are swimming with your body and head on top of the black line, then your fingertips should point towards the bottom of the pool at about the width of the black line. During the catch phase, your elbow would be at the level of (or better yet, above) the top of your head, but to the side. Ask your coach for help, if this isn't clear!

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.

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.statscan.ca/#canada> (last update **Dec 28th**).

Private and Semi-Private Masters Swim Lessons

March and April Schedule: Mon to Thu 11:45am to 12:45am and 4:00-5:00pm: in the dive tank

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

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.
- Walk clockwise around the pool deck. Please bring your clothes on to the pool deck. There will be coat racks and boot trays available for the Winter term. Please placed used hangars in the bin at the exit from the pool deck.
- 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.

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.

Winter Session Details

Note that a few spots are available in the Earlybirds 2 and Whitecaps 2 groups. Online it may show full, but get your name on the waitlist if you want a spot and let me know that you've done so. On-line registration link:

<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74>.

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: Full: waitlist available

Earlybirds 2: Mon/Wed/Fri 9:00-10:00am deep end (capacity 18): \$164+HST: 4 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: 5 spots left

Saturday 1: 7:45-8:45am shallow end (capacity 18): \$64+HST: Full: waitlist available

Saturday 2: 9:00-10:00am shallow end (capacity 18): \$64+HST: Full: waitlist available

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>