

## Lynn Marshall

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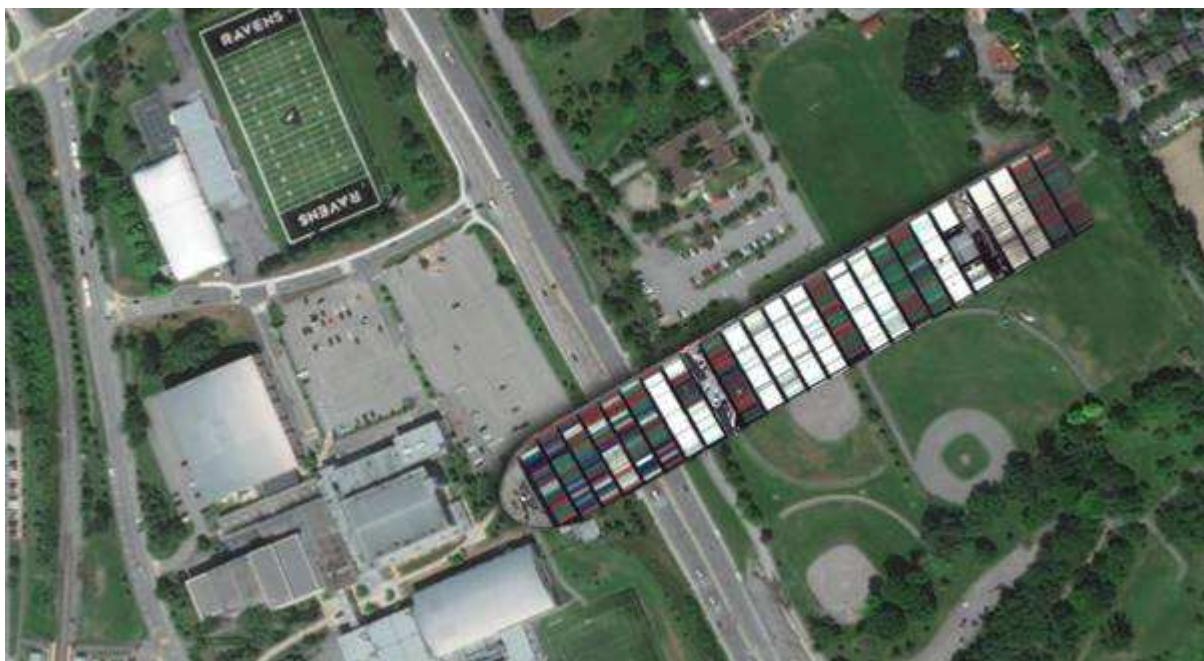
**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, April 2, 2021 11:43 AM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'  
**Subject:** Carleton Masters Swimming Newsletter #549

## Carleton Masters Swimming Newsletter #549

Friday, April 2<sup>nd</sup>, 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 (47 addresses), 9am Earlybirds II (21 addresses), 6:45pm Whitecaps I (47 addresses), 8pm Whitecaps II (27 addresses), Saturday Only (2 addresses), Alumni (75 addresses).



The Ever Given visits the Carleton Pool. (Perhaps the cause of the water main break?!)

### Masters Swimming Program Notes

- Due to the upcoming lockdown the **Carleton Athletics is closed until further notice**. Updates on the Carleton Pool and Masters Swimming will be provided once a reopening date is available.
- The Winter term was to run from Wed Feb 17 to Tue Jun 1: stay tuned for updates
  - Apologies to the morning group for the cancellations on Wed Mar 31 due to a water main break.
  - There are currently 2 spaces available in the 9:00am Weekday Earlybirds.
- I will continue to send the newsletter every two weeks.

### Swimmer Notes

#### Swimmer Updates:

- In November, **Melanie Heroux** was filmed by "Hors de Quebec" for their episode on Francophones in Ottawa with Disabilities. Some of the filming was at the Carleton pool. That episode (#20) has now aired and is available here: <https://www.qub.ca/tvaplus/tva/hors-quebec/saison-2/episode-20-une-communaute-accessible-a-ottawa-on-1039722173>. Great job, **Melanie!!**

- For future reference, just a reminder to all swimmers that there is a **different** COVID screening form for each activity at Athletics:

- Masters Swim: [https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO\\_VxZhURTBUUIwQk9ENURKMc4M0MzS1MwRUFWCQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO_VxZhURTBUUIwQk9ENURKMc4M0MzS1MwRUFWCQIQCN0PWcu)

- Public Swim: [https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO\\_VxZhUQkdCRDVLVlpBOVNLUIVUMTg5QjIST1dLQiQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO_VxZhUQkdCRDVLVlpBOVNLUIVUMTg5QjIST1dLQiQIQCN0PWcu)

- Fitness Centre: [https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMNtLT9-YP6tCnrNLn1WD\\_opUMVFLMk5ZNzVOQkdUVFdHTIFVOExHNThDRyQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMNtLT9-YP6tCnrNLn1WD_opUMVFLMk5ZNzVOQkdUVFdHTIFVOExHNThDRyQIQCN0PWcu)

- **Danielle Le Saux Farmer** (6:45pm Whitecaps) is performing in the show, Singulieres, in Quebec City from April 20 to June 30. Some performances will have an audience(!) and some will be virtual: <https://bordee.qc.ca/piece/singulieres/>.

- **Agatha Bartoszewicz** recently graduated from Carleton where she was a member of the Varsity Ravens swim team. Her father was recently diagnosed with pancreatic cancer and her family is raising funds to pay for his treatment: <https://www.gofundme.com/f/rajmund-fights-cancer>.

- Once the facility reopens, 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/>. Note that due to being in the "Red" zone, the Fitness Centre bookings have changed. There are a maximum of 10 people at a time, and sessions are 45 minutes long. In addition, you may book only three days ahead (instead of 6).

- 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:

- "Walruses" of Magadan: Portraits of Fierce Winter Swimmers in Russia's Far East [thanks to **Ruth Fawcett** (7:45am Earlybirds)]: <https://www.calvertjournal.com/features/show/12578/magadans-walruses-portraits-of-fierce-winter-swimmers-in-russias-far-east>

- The Ocean's Youngest Monsters are Ready for Glamour Shots:

<https://www.nytimes.com/2021/03/30/science/blackwater-photography-fish-larvae.html>

- Girl Rescues Baby Shark: <https://twitter.com/RexChapman/status/1376654477621665792>

- Olympic Swimmer, **Gail Roper**, Still at it at Age 91: <https://www.pressdemocrat.com/article/news/olympic-swimmer-still-at-it-at-age-91/>

- No Otter Left Behind: <https://twitter.com/RexChapman/status/1376153809198669835>

- Cornwall Woman Saves Dogs from Frigid Canal Waters: <https://ottawacitizen.com/news/local-news/cornwall-woman-saves-dogs-from-frigid-canal-waters>

- Marathon Swimming with Colleen Blair MBE (Immerse Hebrides & H2O Training):

<https://www.youtube.com/watch?v=KWJAtFK8Nmk>

- Beaver Finds its Way into Royal York Toronto TTC Subway Station: <https://www.blogto.com/city/2021/03/beaver-ttc-station-morning-commute-toronto/>

### News and Other Links:

- Long Spaceflights and Endurance Swimming can Temporarily 'Shrink the Heart':

<https://www.bbc.com/news/amp/science-environment-56559494>

- Too Much High-Intensity Exercise May Be Bad for Your Health:

<https://www.nytimes.com/2021/03/24/well/move/exercise-hiiit.html>

- Canada's Artistic Swimming Coach on Leave Amid Allegations:

<https://www.nytimes.com/2021/03/26/sports/olympics/gabor-szauder-artistic-swimming.html>

- Exercise vs. Diet? What Children of the Amazon Can Teach Us About Weight Gain:

<https://www.nytimes.com/2021/02/24/well/move/weight-gain-amazon.html>

- Improve Your Endurance by Knowing What Affects Your Heart Rate:

<https://us.humankinetics.com/blogs/excerpt/improve-your-endurance-by-knowing-what-affects-your-heart-rate>

## Winter Session Information

Dates: Wed Feb 17<sup>th</sup> to Tue Jun 1<sup>st</sup>. No workouts: Fri Apr 2<sup>nd</sup>, Sat Apr 3<sup>rd</sup>, Mon Apr 5<sup>th</sup>, Mon May 24<sup>th</sup>. Stay tuned for updates!

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:

**Wed Mar 31** workouts were **cancelled** due to water main break.

The pool is **closed from Fri Apr 2** until further notice. Updates will be provided once available.

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanwint21.pdf> (to be updated).

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

**7:45am Earlybirds:** Feb 17-Mar 29 (18 workouts); range: 20-29; average: 25.0

Perfect Attendance: **Ann Bortolotti, Ellen Pazdzior, Harley Gifford, Isla Paterson, Liliane Cardinal, Margaret Janse van Rensburg, Ursula Scott**

**9:00am Earlybirds:** Feb 17-Mar 29 (18 workouts); range: 10-14; average: 12.3

Perfect Attendance: **Bob Tipple, Cori Dinovitzer, Debby Whately, Luciara Nardon, Ralph Siemsen**

**6:45pm Whitecaps:** Feb 18-Apr 1 (19 workouts); range: 19-30; average: 24.1

Perfect Attendance: **Cameron Dawson, Don Wells, Joanie Conrad, Karen Jensen, Konstantin Petoukhov, Nicole Delisle**

**8:00pm Whitecaps:** Feb 18-Apr 1 (19 workouts); range: 7-14; average: 12.1

Perfect Attendance: **Kelly Biggs, Kevin Graham, Nathan Fudge**

**7:45am Saturdays:** Feb 20-Mar 27 (6 workouts); range: 12-16; average: 14.5

Perfect Attendance: **Cathy Gardner, Christian Cattan, David Caughey, Don Wells, Ian Lorimer, Joanie Conrad, Liliane Cardinal, Lynn Marshall, Margaret Janse van Rensburg**

**9:00am Saturdays:** Feb 20-Mar 27 (6 workouts); range: 14-17; average: 15.8

Perfect Attendance: **Bicki Westerheide, Cheri Reddin, Debby Whately, Ellen Pazdzior, Karen Jensen, Lillian Wheatley, Mary Donaghy, Mike Wheatley, Natalie Aucoin, Ogi Gutovic**

## Ask the Coach

**Dear Coach:** How good is the ventilation at the Carleton pool and pools in general? Do you think it's safe to swim? Worried Swimmer

Dear W. Swimmer: The Carleton pool ventilation is very good. Swimming Canada has a database of all clubs in Canada since the first reopening and with over 1,000,000 swimmer hours has 0 COVID cases resulting from swimmer to swimmer or swimmer to coach contact at the pool. Thus, swimming is a very safe COVID activity as long as everyone maintains their distance.

**Dear Coach:** I'm faster at freestyle with a pull buoy than without. What does that mean and how can I get faster without the pull buoy? Fast Puller

Dear F. Puller: The usual reasons for this are poor body position and/or poor or inefficient kick. If your body position is poor (i.e. legs hanging too low), the pull buoy will help by raising the hips and legs. If your kick is working against you or using too much energy, using a pull buoy means that you don't have to kick and thus makes you more efficient. Ensure

that your kicks are small and that your toes are pointed and slightly pigeon-toed. To improve your body position, push down with your face and chest to raise your hips and legs. Ask your coach for some tips.

**Dear Coach:** I'm returning to the pool after an injury. What do you recommend for easing back in? Recovering Swimmer

Dear R. Swimmer: Every injury and every swimmer is different. I suggest trying different strokes to see what works and what doesn't. And don't overdo it! Ask your coach for advice depending on the injury.

## 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.

Mar 21-Apr 10: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge:

<https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/>: Free (MSO registration required)

Apr 11-May 1: 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 28<sup>th</sup>**).

## 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

**Interim Cancelled Workouts:** 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.

### 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\\_VxZhURTBUlwlwQk9ENURKMc4M0MzS1MwRUFWCQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO_VxZhURTBUlwlwQk9ENURKMc4M0MzS1MwRUFWCQIQCN0PWcu).
- 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 place 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 [to be updated]**

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: 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: Full: waitlist available

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/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/lynmarshall/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](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

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