

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, April 16, 2021 5:30 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 #550

## Carleton Masters Swimming Newsletter #550

Friday, April 16<sup>th</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 (76 addresses).



**Freedive Utila** is at **Freedive Utila**.

1 hr · Utila, Honduras · 🌐

Liv kicked off her Advanced Freediver course with a MASSIVE 6 minute and 2 second static breath-hold! We're fairly certain she has gills. Congrats Liv 🙌🏻

Our next Beginner Freediver course starts Monday at 2pm. Sign up by emailing [freediveutila@gmail.com](mailto:freediveutila@gmail.com) or send us a DM

#freedive #freediveutila #freediving #diving #onebreath #freeyourself #apnea #apneatotal #utilaisland #honduras #static #staticapnea #mermaid



Huge congratulations to **Olivia Jensen-Large** (x-Whitecaps), daughter of **Karen Jensen** (6:45pm Whitecaps), who has retired from Artistic (Synchro) Swimming and found a new sport that she loves: freediving! A breath hold of 6:02 is incredible!!!

### Masters Swimming Program Notes

- Due to the stay-at-home order **Carleton Athletics is closed until at least May 20**. 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.**
- I will continue to send the newsletter every two weeks.

## Swimmer Notes

### Swimmer Updates:

- Tweedsmuir Avenue is still celebrating front-line workers at 7pm every day. **Debby Whately** (9:00am Earlybirds) and her husband, Randy, participate. Here's the link to the National with the story of the one year anniversary, starting at 42:45. Debby didn't make the cut, but Randy is shown at 44:08: <https://www.cbc.ca/player/play/1879813699585>.

- Thanks to **Isla Paterson** (7:45am Earlybirds) for sending this information for those with a disability requiring physical therapy in a pool:

Under the current shutdown restrictions, a facility for indoor or outdoor sports and recreational fitness activities may, but is not required to, open solely for the purpose of allowing use of the facility by persons with a disability, within the meaning of the *Accessibility for Ontarians with Disabilities Act, 2005*. As such, the city has made the decision to offer swims for this purpose at the Nepean Sportsplex during the current shutdown. Clients are required to provide written documentation upon check-in at the facility, indicating the requirement for physical therapy in a swimming pool from a regulated health professional to be granted admission. The swim schedule will include the following sessions: Monday to Friday 9:30-10:30am and Tuesday/Thursday 5-6pm. The 50-meter pool and the 25-meter pool will be made available, with the temperature of the 25-meter pool elevated to 90°F for those that require warm water therapy.

- **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/>.

- 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\\_VxZhURTBUTUlwQk9ENURKMlc4M0MzS1MwRUFUWCQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO_VxZhURTBUTUlwQk9ENURKMlc4M0MzS1MwRUFUWCQIQCN0PWcu)

- 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\\_opUMVFLMk5ZNzVOQkdUVFdhHTIFVOExHNThDRyQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMNtLT9-YP6tCnrNLn1WD_opUMVFLMk5ZNzVOQkdUVFdhHTIFVOExHNThDRyQIQCN0PWcu)

- 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/>.

- 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:

- Penguin Escapes Killer Whales: <https://www.youtube.com/watch?v=Ljx-czk4B80&t=7s>

- Fort Lauderdale Aquatic Centre 27m Dive Tower (A North American First) Sequence Rendering: Installation is Planned for a Month starting March 29: <https://www.youtube.com/watch?v=MNGcW7xtF9k>

- Shark Deterrent Wetsuits: <https://ed.ted.com/lessons/kqXKpm5e>

- New Ice Swimming World Record: 3750m: <https://www.facebook.com/IISA.IceSwimming/posts/4101839126502764>

- Why Does Swimming in Cold Water Make You Feel Good? [Thanks to **Gi Wu** (7:45am Earlybirds)]:

<https://outdoorswimmer.com/blogs/why-does-swimming-in-cold-water-make-you-feel-good>

- Quebec High Diver Makes Massive 22-Metre Dive into a Hole in Frozen Quarry Lake:

<http://getouttheremag.com/articles/5113/quebec-high-diver-makes-massive-22-metre-dive-into-a-hole-in-frozen-quarry-lake>

- Croatian Diver Holds Breath Underwater for Nearly 25 Minutes, Breaks own Guinness World Record:

<https://www.pennlive.com/life/2021/04/croatian-diver-holds-breath-underwater-for-nearly-25-minutes-breaks-own-guinness-world-record.html>, <https://www.ladbible.com/news/interesting-diver-breaks-record-after-holding-breath-for-almost-half-an-hour-20210331>

- Dolphins Prank Paddle Boarder for the Fun of It: <http://pawsworld.me/hm3208/>

### News and Other Links:

- Pool Water Inactivates COVID-19 in 30 Seconds: <https://www.stateofswimming.com/the-vortex-april-12-11-shoma-sato-tops-the-rush-of-swim-speed-in-past-week/>
- Using Heatmaps to Improve Your Swimming [thanks to **Brad Shapansky** (previously with Earlybirds)]: <http://www.feelforthewater.com/2021/03/using-heatmaps-to-improve-your-swimming.html>
- COVID-19 Exercise Slump has Hit Women Harder: <https://www.healthing.ca/diseases-and-conditions/coronavirus/covid-19-exercise-slump-has-hit-women-harder>
- NBC to Premiere Documentary on **Michael Phelps**: <https://www.swimmingworldmagazine.com/news/nbc-to-premiere-michael-phelps-documentary-to-mark-100-days-to-tokyo-olympics/>
- Workout Frequency the Most Important Factor in Strength Gains for Women: <https://newsroom.unsw.edu.au/news/health/workout-frequency-most-important-factor-strength-gains-women>
- Three Mobility Exercises for Swimmer's Shoulder: <https://www.yourswimlog.com/swimmers-shoulder-mobility-exercises/>

## Winter Session Information

Information will be posted here when available.

## Ask the Coach

**Dear Coach:** Do you have a link about the 1,000,000 swimmer hours in the Swimming Canada database? Curious Swimmer

Dear C. Swimmer: I can't find a link with that exact statistic. However, check out the first link under "News and Other Links" above, as well as these links: <https://medical.mit.edu/covid-19-updates/2020/08/indoor-pool>, <https://www.stateofswimming.com/how-swimming-canada-coped-on-the-slopes-of-coronavirus-performance-boss-john-atkinson-on-lessons-for-a-sport-frozen-out-by-covid/>, <https://swimswam.com/hpc-ontario-group-fully-returned-to-training-after-covid-19-closure/>, and <https://www.swimming.ca/en/news/2021/03/25/open-letter-from-our-ceo-ahmed-el-awadi/>.

**Dear Coach:** When I push off the wall, what kick is legal, and what kick is faster? Working on My Turns

Dear W.o.M. Turns: For this newsletter, I'll focus on free, back, and fly. We'll cover breaststroke turns next time. For freestyle, backstroke, and butterfly, the rule is that your head has to break the surface at or before 15m from the wall. This isn't an issue for most of us, but it is good to know the rules. Thus, you can kick underwater for up to 15m. For butterfly, all kicks must be fly (dolphin) kicks. For free and backstroke, kicks may be free (flutter) or fly (dolphin) or a mixture of both. For back, you must be on your back (i.e. rolled less than 90 degrees towards your side). For fly, you must be on your front (i.e. rolled less than 90 degrees towards your side). For free you may be on front, back, or side. For elite swimmers, dolphin kick is fastest and they spend a lot of time training dolphin kick and turns, and, especially for shorter distances, stay underwater for close to the maximum distance. For Masters swimmers, your mileage may vary. You want to figure out which kick works best for you (and it could be different on your back, compared to your front). You also want to determine what distance underwater works best for you. This will depend on the stroke and distance. All this said, working on your underwater work is a very good workout as it involves holding your breath and using your large leg muscles.

## 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.

Apr 11-May 1: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge:

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

May 2-29: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge: <https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/>: Free (MSO registration required)

May 30-Jun 19: 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)

Aug 13-15: Traversee du Lac Tremblant: <https://www.traverseelactremblant.ca/en/>

Canaqua Sports Various Open Water Races: <https://www.canaquasports.com/open-water-races.html>

Global Open Water Swim Series (Year Round; **Virtual Races** available): <https://globalswimseries.com/races/>

FINA Masters World Championships 2022 (instead of 2021): <https://www.fina.org/node/160117>

**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**

**Potential 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\\_VxZhURTBUTUlwQk9ENURKMIc4M0MzS1MwRUFUWCQIQCN0PWcu](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 [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/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 ([lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

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