

Lynn Marshall

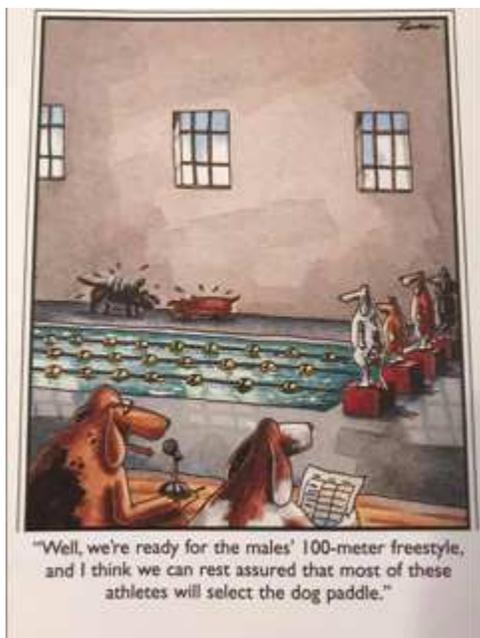
From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Monday, May 10, 2021 5:38 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #552

Carleton Masters Swimming Newsletter #552

Monday, May 10th, 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).



Thanks to **Marie-Eve Racette** (7:45am Earlybirds) for sending me the above cartoon. And, yes, freestyle means any stroke ;-)!

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:

- **Michael Norris** (8pm Whitecaps) is also on the executive of the Rideau Speedeaus Swim Club. He has very kindly let me know that they have put together a free open water swimming safety session with some speakers from the Lifesaving Society and MSO (Masters Swimming Ontario). The session is at **7pm Wed May 12** and is free and open to all. The link to the Facebook event is: <https://www.facebook.com/events/2852210874993438>. And here's the [link](#) to join the session, if you are not on Facebook. Thanks very much to **Michael** for sharing this!

- Congratulations to Chief Scientist **Megan Holtzman** (Earlybirds) on the release of the all new TritonWear Swimming App: <https://twitter.com/meganholtzman/status/1390646945639768066>. **Megan** is also going to be on a SwimSwam podcast later this month and I'll pass on the details once available.

- Please note that there will be significant road work on the Carleton Campus near the main entrance starting today, **Mon May 10**: <https://carleton.ca/transportationplan/university-messages/>.

- Congrats to local swimmer, **Bob!**

Gatineau's **Robert Landriault** Tops 2020 – 2021 Global Swim Series Global Rankings (Male Wetsuit): <https://www.openwaterswimming.com/robert-landriault-tops-2020-2021-global-swim-series-global-rankings-male-wetsuit>

- New Swim Ottawa and Carleton Varsity Coach, **Pierre Lafontaine**, was recently interviewed by **Jason** of <https://oceanjunction.com/> where he talks about building a club, community, and team for success. Check it out here: <https://www.youtube.com/watch?v=m19Vpgx-alk>.

- Check out the Swim Ontario Masters Spotlight Webinar Series: http://swimontario.com/news_detail.php?id=3442. There is a link at the bottom to the YouTube videos of each webinar. They cover everything from stroke technique, nutrition, dryland training, and open water swimming tips.

- **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_VxZhURTBUTUIwQk9ENURKMic4M0MzS1MwRUFUWCQIQCN0PWcu

- Public Swim: https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO_VxZhUQkdCRDVLVlpBOVNLUIVUMTg5QjIST1dLQIQIQCN0PWcu

- Fitness Centre: https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMNtLT9-YP6tCnrNLn1WD_opUMVFLMk5ZNzVOQkdUVFdhTIFVOExHNTthDRyQIQCN0PWcu

- 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:

- Photographer Captures Shots of Fish Trapped Inside Jellyfish: <https://mymodernmet.com/fish-in-jellyfish-inception-tim-samuel/>

- Swimming (and Other Sports) at the Airport: <https://www.facebook.com/watch/?v=866711517390873>

- I Swim: Short Wild Swimming Film: <https://www.youtube.com/watch?v=OV2uRT4fTXA>

- The Monkeys Have Taken Over This Pool at a Resort in India During Lockdown:

<https://twitter.com/RexChapman/status/1390676792160268295>

- Beluga Whale Sighting in Nova Scotia: <https://www.facebook.com/125199444795924/posts/780407375941791/?d=n>

News and Other Links:

- The Importance of Body Acceptance in Sports: <https://www.alltides.com/en/swimming>

- A Swimming Family: Meet the Six Sweeney Siblings to Swim at Power 5 College Programs:

<https://www.swimmingworldmagazine.com/news/a-swimming-family-meet-the-six-sweeney-siblings-to-swim-at-power-5-college-programs/>

- How Fit Are You?: <https://medium.com/in-fitness-and-in-health/how-fit-are-you-3e7f8c16c22e>

- Fitness: Missing the Motivation of Group Exercise? You're Not Alone: <https://ottawacitizen.com/health/diet-fitness/fitness-missing-the-motivation-of-group-exercise-youre-not-alone/>
- Exercise Blocks Pain, But Only For Believers: <https://www.outsideonline.com/2419431/exercise-pain-perception-research>
- Tips on Improving Your Breaststroke Pull by **Cody Miller**: <https://twitter.com/swimiller/status/1383019874092515329>
- Are All Sports Shutdowns Necessary?: <https://torontosun.com/sports/special-report-are-all-sports-shutdowns-necessary>

Winter Session Information

Information will be posted here when available.

Ask the Coach

Dear Coach: Do you have any experience or advice on swimming whilst tied to a wall in a smaller pool? I'm looking into it (as we're getting a pool!) and it seems like there are two main "systems" for anchoring yourself: using a waist strap/harness, or using feet/ankle straps. I have to think the waist strap would lead to a more natural technique, but maybe more likely to cause discomfort/rubbing. Restless Swimmer

Dear R. Swimmer: Lucky you to get getting a pool!! I don't have much experience with this myself. I've done a bit with a bungee cord and a waist band and didn't find it too uncomfortable (but never did it for long). That said, it is over a one-piece suit for a female. I've heard that having your feet attached is not natural for most, so would recommend the waist strap. I've also heard that most swimmers find it rather monotonous, so short sessions are best, for example HIIT-like training. Please report back on your experience!

Dear Coach: In breaststroke and butterfly, I know that I have to touch the wall with both hands. However, how do I ensure that I reach the wall at the end/start of a stroke, rather than part way through? And if I'm going to be half way through a stroke, do I glide or take a short stroke? N.5 Strokes Per Length

Dear N.5 S.P. Length: Wall timing is a challenge. In an ideal world, you note your distance to the wall as you approach the flags and adjust your stroke length so that the timing works out correctly. If that doesn't work out, then if it's a turn take a short half-stroke, and if it's the finish, then glide (an extra-long stroke).

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.

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/>: Free (MSO registration required)

Jun 20-Jul 10: 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 **Feb 18th**).

Private and Semi-Private Masters Swim Lessons

Potential Schedule: Mon to Thu 11:45am-12:45pm 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_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.
- 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/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>