

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Tuesday, May 25, 2021 12:05 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 #553

Carleton Masters Swimming Newsletter #553

Tuesday, May 25th, 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 Evelyn Simpson (Whitecaps) for sending in this joke!

Masters Swimming Program Notes

- Under the Reopening Ontario guidelines, indoor pools and recreation facilities fall into Step 3. Thus, unless the plans change, **Carleton Athletics is closed until approximately August**. Updates on the Carleton Pool and Masters Swimming will be provided once more details are available.
- Details on refunds for the Winter session will be provided soon.
- I will continue to send the newsletter every two weeks.

Swimmer Notes

Swimmer Updates:

- **Pierre Lafontaine**, Head Coach of the Varsity Swim Team and of Age Group Team Swim Ottawa, will have a grade 12 swimmer from North Bay joining Swim Ottawa in September. Pierre is looking for a host family for this swimmer. She has her own car, and is a straight A student on the student council. If you are interested or know of anyone who is, please contact Pierre: Pierre@lafontainesportsconsulting.com.

- **Melanie Heroux** (9:00am Earlybirds) is participating in the Virtual Law Enforcement Torch Run for Special Olympics Ontario. If you would like to sponsor her, here is the link: <https://give.specialolympicsontario.com/torchrun/campaigns/melanie-heroux-2/>.

- I know that many of you have or are keen to start swimming in open water. Meech Lake is a popular destination. Due to conflicts between property owners and swimmers last season, the NCC has introduced a pilot project to reduce conflict. For those in Quebec who can swim there now, and those in Ontario who need to wait until we're free to visit Quebec, please check out and follow the guidelines here: <https://ncc-ccn.gc.ca/places/open-water-swimming-at-ncc-lakes>.

- The "half-time" show of the May Carleton Athletics and Advancement "Thursday Night Live" Episode 3, The Grad Show features the swim team: hosted by graduating swimmer **Logan Marks**, and including an interview of new Head Coach, Pierre Lafontaine, and some history of the team by me. The swimming-focused part starts at 29:30 and runs until 43:34 of: <https://www.youtube.com/watch?v=SAGdEDkHuBY>.

- If any Carleton students or staff would like to contribute to the upcoming Carleton Community Cookbook, check out this link: <https://i.carleton.ca/hr/community-cookbook-recipe-collection-form/>.

- Please note that there will be significant road work on the Carleton Campus near the main entrance over the coming weeks: <https://carleton.ca/transportationplan/university-messages/>.

- 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_opUMVFLMk5ZNzVOQkdUVFdHTIFVOExHNThDRyQIQCN0PWcu

- 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:

- Rescuers Save Small Whale Trapped in the Thames: <https://www.reuters.com/world/uk/rescuers-save-small-whale-stranded-thames-2021-05-10/>

- Two Sea Lions "Sailing": <https://blog.pawsplanet.me/22704/>

- Swimming Outdoors: Don't Win a Darwin Award: <https://fitisafeministissue.com/2021/05/14/swimming-outdoors-dont-win-a-darwin-award/>

- 'Extinct Fossil Fish' Dating Back 420 Million Years Found Alive in Madagascar: <https://www.newsweek.com/extinct-fossil-fish-dating-back-420-million-years-found-alive-madagascar-1591688>

- Jim Pevitt has MS and his Friends Ensure he Gets his Daily Swim:

<https://www.facebook.com/watch/?v=300829731667281>

- Goslings Make it Over the Falls to Join Parents: <https://twitter.com/BlacksWeather/status/1394627121788727302>

- Ten Baby Otter Photos that Can Fix Even the Worst Day: <https://beopeo.com/10-baby-otter-photos-that-can-fix-even-the-worst-day/>

News and Other Links:

- Record-Setting Centenarian Cyclist Robert Marchand Dies at 109: <https://cyclingmagazine.ca/sections/news/record-setting-centenarian-cyclist-robert-marchand-dies-at-109/>
- Floating +Pool Secures Spot in New York's East River: <https://www.swimmingworldmagazine.com/news/floating-pool-secures-spot-in-new-york-citys-east-river/>
- The Plot to Kill the Olympics: <https://www.outsideonline.com/2422385/plot-kill-olympics>
- Open Water Returns to Meech Lake in NCC Pilot Project: <https://ottawacitizen.com/news/local-news/open-water-swimming-returns-to-meech-lake-in-ncc-pilot-project>
- Mental Preparation: Swimming is Mental by **Cody Miller**: <https://www.youtube.com/watch?v=UkuRbfPv39Q>
- Eighty is the New Sixty: Turning 80!: <https://www.nytimes.com/2021/05/17/well/family/jane-brody-birthday.html>
- Open Water Swimming: Tips to Tame the Anxiety Beast [by **Julia Aimers** (Earlybirds)]: <https://pbest.ca/blog/126403/Open-Water-Swimming-Tips-to-Tame-the-Anxiety-Beast>

Ask the Coach

Dear Coach: Can you please circulate the attached update on the proposed National Aquatic Complex (NAqC) to your swimmers? Peter John Lawrence (peter.lawrence@naqc.ca)

Peter: Done.

Below please find Peter's update. Note that **Bill Meyer** is a long time Carleton water polo player and coach and Carleton Masters swimmer.

"Thank you once again for your valuable supporting letter. We are so pleased to have received a total of 30 letters from such an eminent and dynamic group of sports minded people and organisations like you and yours.

We are making steady progress still!

In case you have not had a prior opportunity, please consider visiting our website: <https://naqc.ca/>.

Location.

NCC have offered us three locations in the Ottawa area, and we have selected the Hurdman Rd site as the prime opportunity. This site is adjacent to and on the North side of the Hurdman Rd LRT station and our NAqC plan is to build a 400,000 square foot facility on 14 acres of that land.

NCC is clearing the concern environmentally for any possible contamination since the site may have been a waste dump or landfill many years ago. The plan is for NCC and NAqC to complete an MOU/LOI once it is confirmed that the site is clear or can be remediated. I expect to have another zoom meeting shortly with the Director of Real Estate at NCC.

Promotional Video.

On another subject, one of our Governors, the gold medal Olympic athlete Carolyn Waldo, has agreed to be the voice on the narrative for a new 2 - 3-minute video that is being put together. This video is being created by a Mr. Charlie Pinkerton, who is the editor and photographer plus other responsibilities, for the Ottawa Annual Sports Awards events and for the Ottawa based publication the **Ottawa Sports Pages**.

Charlie and Kathleen Murphy, who is our NAqC Director of Design and Planning, are working together on the narrative with Carolyn and on the video content.

The Business Plan and Supporting Studies:

To date, we have addressed many aspects that contribute to the Feasibility Study and to the Business Plan. These supporting studies include but are not limited to: -

1. Analysis of present aquatic facilities (Ottawa has 29 indoor and outdoor pools that are aging). This **'facility analysis'** shows the shortage of servicing the community. A community that is growing and is now over 1,000,000 people. The last major pool that was built was in 1972 when Ottawa's population was 320,000 people. Our Director of Design and Planning, Kathleen Murphy, completed this study.
2. The **Economic Impact Assessment** EIA with great input and support from Ottawa city tourism director for strategic sports hosting. Mr. Bill Myers, an Olympic athlete, together with Kathleen Murphy, have contributed to this study. However, we are still short of estimating the effect regarding the total \$ millions potentially benefiting Ottawa.
3. The **potential energy costs and savings** including addressing the protection and control of heat loss and evaporation from the pools. This extensive study was completed by Doctor Ben freestone, who is the NAqC Director of Energy Systems.
4. The all-encompassing technical overview with respect to **computing and AI systems** covers many aspects including: - asset management, life cycle tracking, attendance by users, tenants and employees. Our Director of Info and Data Systems, Bosko Vukojevic completed this and Bosko is also a member of the Board of Directors.

Stage One Funding: -

Our objective for the studies etc. includes, of course, the seed funding for Stage One. This first stage is the formal development of a professionally executed Feasibility Study and Business Plan. Stage Two will include the total funding for the project, which we estimate now will be in excess of \$200 million. The final amount is to be determined during creation of the Stage One Business Plan.

In this respect to funding, we understand that the recent Federal Government budget April 2021, includes an amount of \$300 million for infrastructure development at a community level. This commitment from the Federal Government is the best for arts, culture and recreation that we have had in years.

Part of the reason to update you and thank you again for your support was to ask for input regarding your personal and your organisation's experience, knowledge and connections within the federal hierarchy. We would appreciate an introduction to any Federal Government contacts that you could offer plus any guidance and input regarding the best method for approaching the Federal Departments for financial support, for either Stage One or Stage Two, to help this world-class state of the art and technically advanced facility funded and built.

City of Ottawa Funding.

We understand that the City of Ottawa has identified just over \$40 million for either the renovation of a present pool facility or for the construction of a new pool. This amount of \$40 million could add dramatically to our NAQC project development. It would be appreciated if you have any suggestions or advice, which could guide us to secure that amount of money towards the NAQC project."

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_VxZhURTBUTUlWQk9ENURKMlc4M0MzS1MwRUFUWCQIQCN0PWcu.

- 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.

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>