

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Tuesday, June 8, 2021 6:36 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 #554

Carleton Masters Swimming Newsletter #554

Tuesday, June 8th, 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).

“The key to success is to focus on goals, not obstacles.”

Masters Swimming Program Notes

- Under the Reopening Ontario guidelines, indoor pools and recreation facilities fall into Step 3. Thus, unless those plans change, **Carleton Athletics is closed until approximately July 26.**
- We have a tentative update on the “Winter” Masters Session – see next paragraph: **Action required!**
- I will continue to send the newsletter every two weeks.

Carleton Masters Continued “Winter” Session

In the hope that the pool reopens by **Monday July 26**, we are planning a continuation of the Winter session for the dates below, assuming that there is sufficient interest. Those currently registered for Winter would be automatically included, unless they indicate otherwise. Those who do not wish to continue the session would get a refund for that part of the term. Any available spots would be opened for new registrations. For now, we are gauging interest and would like you to **add your name to the appropriate column(s) in this [Google Sheet](#)** indicating whether you are a “yes” or a “no” for the group(s) you are currently registered in for the dates below. Please complete the sheet by **Friday June 18**. If this goes ahead as planned, the Fall session would start on **Monday September 20**. More details will be provided nearer the time.

Swim Dates: Monday July 26 to Saturday September 18

Earlybirds 1: Mon/Wed/Fri 7:45-8:45am whole pool (includes August 2 and September 6 from **9:45-10:45am**)
Earlybirds 2: Mon/Wed/Fri 9:00-10:00am deep end (includes August 2 and September 6 from **11:00am-noon**)
Whitecaps 1: Mon/Tue/Thu 6:45-7:45pm whole pool (includes August 2 and September 6 from **4:45-5:45pm**)
Whitecaps 2: Mon/Tue/Thu 8:00-9:00pm shallow end (includes August 2 and September 6 from **6:00-7:00pm**)
Saturday: 7:45-8:45am shallow end (includes July 31 and August 4 at the same time)
Saturday: 9:00-10:00am shallow end (includes July 31 and August 4 at the same time)

Swimmer Notes

Swimmer Updates:

- Congratulations to **Andrea Chandler** (Whitecaps)'s son **Stuart Chandler-Bass** (former Child Safety Supervision member) for being a member of the Reach for the Top National Championship winning team
<https://ottawacitizen.com/news/masters-of-trivia-glebe-high-schoolers-capture-reach-for-the-top-national-championship/>

- Best wishes to **Tatjana Molitor** (Whitecaps) and her family who are returning to Germany after seven years in Canada. We'll miss you!

- Previously I mentioned that TritonWear Chief Scientist **Megan Holtzman** (Earlybirds) was going to be featured on a SwimSwam podcast. Here it is: <https://swimswam.com/dr-megan-holtzman-chief-scientist-at-tritonwear/>.

- **June 5** was National Health and Fitness Day in Canada. If you didn't get a chance to get a workout of some sort in on that date, no one will mind if you do it now and "back date" it! ☺ <https://showyourmoves.ca/index.php/national-health-fitness-day-week/>

- **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.

- 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>.

- 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/>.

- **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_VxZhURTBUTUIwQk9ENURKMlc4M0MzS1MwRUFUWCQIQCN0PWcu

- Public Swim: https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO_VxZhUQkdCRDVLVlpBOVNLUIVUMTg5QjIIST1dLQIQIQCN0PWcu

- 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:

- Drone Video Shows Endangered Right Whales 'Hugging' In Cape Cod Bay:

<https://boston.cbslocal.com/2021/05/07/right-whales-hugging-video-cape-cod-bay/>

- Keep the Sun out of Your Eyes While Swimming Backstroke: <https://twitter.com/duoswim/status/1401581100846260225>

- 47-Year-Old Indian Woman Swims Palk Strait Between Sri Lanka and India:

<https://indianexpress.com/article/cities/hyderabad/at-47-telangana-woman-swims-across-the-palk-strait-7240074/>

- Ten Most Bizarre Aquatic Creatures Discovered: <https://www.youtube.com/watch?v=3zK5PtBy4EU>

- Why These Torontonians Have Embraced Open-Water Swimming in the Beaches: <https://torontolife.com/city/some-people-swim-25-kilometres-at-a-time-why-these-torontonians-have-embraced-open-water-swimming-in-the-beaches/>

- "Spirit Orcas" Preview: <https://www.youtube.com/watch?v=gq6uvE1jW7c>. This little documentary will air on June 3 in Canada and will be available a week later online.

News and Other Links:

- The Longevity Benefit of a Physically Demanding Job: <https://www.nytimes.com/2021/06/02/well/move/work-exercise-heart-disease-cancer.html>

- Athletes Sue Stanford over Decision to Eliminate 11 Varsity Sports Teams:

<https://www.stanforddaily.com/2021/05/12/athletes-sue-stanford-over-decision-to-eliminate-11-varsity-sports-teams/>

- The Complicated Link Between Sleep and Injury: <https://www.outsideonline.com/2422300/sleep-injury-risk-research-2021>

- The Reason Behind the Runner's High Isn't What You Might Think:

<https://www.runnersworld.com/news/a35589334/science-behind-the-runners-high-study/>

- Why Eating Protein Before Bed May Benefit Your Workout: <https://www.podiumrunner.com/nutrition/why-eating-protein-before-bed-may-benefit-your-workout/>

- The Effects That Two Weeks of Detraining Can Have on Your Body:

<https://www.runnersworld.com/news/a35459136/effects-of-detraining-study/>

- How Much Exercise Do You Need for Better Heart Health?: <https://www.nytimes.com/2021/02/17/well/move/exercise-heart-health.html>

Ask the Coach

Dear Coach: Why do we do “progressive” descends? Curious Swimmer

Dear C. Swimmer: First, for those who haven't heard that term, a progressive descend set is where you alternate doing one repeat faster, and the next a little slower, then faster, and a little slower, etc. The goal is to have the slightly slower on in between the speed of the last two swims, so that you are progressively getting faster in a “zig-zag” manner. We do that as training for being aware of your speed and using the pace clock. It's a very challenging set, and you should give yourself a pat on the back if you are close to succeeding!

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 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/>: Free (MSO registration required)

Jul 11-Jul 31: 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_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 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.

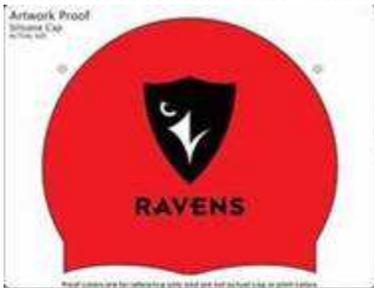
Students May Add Carleton Masters to their Co-Curricular Record

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/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>