

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, June 25, 2021 6:37 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 #555

## Carleton Masters Swimming Newsletter #555

Friday, June 25<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).



### 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.**
- Thank you to all of those who have expressed interest in the delayed finish of the “Winter” Masters Session (see below). Subject to Ottawa Public Health and Carleton Athletics / COVID Committee regulations, it’s a “go”.
  - **If you haven’t yet had a chance to respond (yes or no), just send me an email.**
  - Currently there is space available in all groups.
  - If you are interested in joining a group that you are not registered in for the remainder of this session, just let me know.
  - Refunds will be processed at a later date for those who do not wish to continue the session.
  - Information on the Fall session, starting likely Monday September 20, will be communicated later.

### 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. 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 but at a different time: **9:45-10:45am**)

Earlybirds 2: Mon/Wed/Fri 9:00-10:00am deep end (includes August 2 and September 6 but at a different time: **11:00am-noon**)

Whitecaps 1: Mon/Tue/Thu 6:45-7:45pm whole pool (includes August 2 and September 6 but at a different time: **4:45-5:45pm**)

Whitecaps 2: Mon/Tue/Thu 8:00-9:00pm shallow end (includes August 2 and September 6 but at a different time: **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:

- The Carleton Fitness Centre has moved outside but is currently only available to staff/students. There are also outdoor fitness classes for students only. Check them out here: <https://rec.carleton.ca/booking>.
- Parking is free on campus for the Summer term. Please note that there is significant road work going on near the main entrance of the Carleton Campus: <https://carleton.ca/transportationplan/university-messages/>.
- Check out the new Carleton Cookbook: <https://newsroom.carleton.ca/wp-content/uploads/Carleton-Cookbook-2021.pdf>
- **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\\_VxZhUQkdCRDVLVipBOVNLUIVUMTg5QjIST1dLQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO_VxZhUQkdCRDVLVipBOVNLUIVUMTg5QjIST1dLQIQCN0PWcu)
  - Fitness Centre: [https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMNtLT9-YP6tCnrNLn1WD\\_opUMVFLMk5ZnZVOQkdUVFdHTIFVOExHNThDRYQIQCN0PWcu](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:

- The ICE Swimming Series Episode #1: Heart and Hypothermia in The ICE with **Ram Barkai** and **Dr. Otto Thaning**: <https://www.youtube.com/watch?v=JXQwA5nebfE>
- Humpback Whales have been Spotted "Bubble-Net Feeding" in Australia: <https://theconversation.com/humpback-whales-have-been-spotted-bubble-net-feeding-for-the-first-time-in-australia-and-we-have-it-on-camera-157355>
- What is the Hardest Event in Long Course Swimming: <https://www.swimmingworldmagazine.com/news/what-is-the-hardest-event-in-long-course-swimming/>
- Dolphins Purposely Getting "High" on Pufferfish: <https://www.youtube.com/watch?v=msx3BAhleQg>
- Monster Muskie in Rideau River by Burritts Rapids: <https://twitter.com/twitandrewking/status/1403090808849539075>
- Cape Cod Man Swallowed by Humpback Whale: <https://www.capecodtimes.com/story/news/2021/06/11/humpback-whale-catches-michael-packard-lobster-driver-mouth-proviencetown-cape-cod/7653838002/>
- US Swimmer Sierra Schmidt's Olympic Trials Warm-Up Dance: <https://www.youtube.com/watch?v=JfT59wBSQME&t=315s>

### News and Other Links:

- Meech Lake Swimming Discussion: CBC All in a Day: <https://www.cbc.ca/listen/live-radio/1-92-all-in-a-day/clip/15849934-meech-lake-residents-open-water-swimmers-respond-nccs>
- Des Relations Encore Tendues entre Plaisanciers et Nageurs au Lac Meech [Ed. Note: With quotes from **Tom McGee's** daughter, **Andrea**]: <https://ici.radio-canada.ca/nouvelle/1801277/lac-meech-parc-de-la-gatineau-natation-plaisanciers-relations-tendues>

- How AI is Helping Power Performance in the Pool [thanks to **Martin B** (7:45am Earlybirds), **Isla Paterson** (7:45am Earlybirds), and Alumnus **Tony Pidkalenko**]: <https://www.theglobeandmail.com/business/article-how-ai-is-helping-power-performance-in-the-pool/>; <https://www.formswim.com/>  
- Running vs. Swimming: Whose Heart Reigns Supreme [thanks to **Martin B** (7:45am Earlybirds)]: <https://www.swimmingworldmagazine.com/news/running-vs-swimming-whose-heart-reigns-supreme/>  
- **Chad Hundebly**, Former English Channel Record Holder, Dies at 50: <https://www.swimmingworldmagazine.com/news/passages-chad-hundebly-ishof-honor-open-water-swimmer-dies-at-50/>  
- **Ron Hill**, Running and Sportswear Legend (Who Ran at least a Mile every Day for 52 Years and 39 Days) Dies at 82: <https://www.mub.eps.manchester.ac.uk/science-engineering/2021/06/03/ron-hill-the-manchester-graduate-who-became-a-running-and-sportswear-icon/>

## Ask the Coach

**Dear Coach:** I heard that Ottawa outdoor pools are open. How does swimming there work? Keen Pool Swimmer

Dear K.P. Swimmer: Here's the info: <https://ottawa.ca/en/recreation-and-parks/swimming#outdoor-pools-summer-only>. Booking opens at 6pm for swims two days ahead (e.g. Friday evening for Sunday swims).

**Dear Coach:** Where do you recommend for open water swimming? Open Water Swimmer

Dear O.W. Swimmer: There are lots of great places to swim locally. Meech Lake is a favourite and there's also Lac Leamy on the Quebec side. On the Ontario side there's Mooney's Bay on the Rideau and Britannia, Westboro, and Petrie Island Beaches on the Ottawa River. Check out the water quality before you go: <https://www.ottawapublichealth.ca/en/public-health-services/beach-water-quality-results.aspx>. Swim with a buddy (see cartoon at the top). Wear a bright swim cap and use a bright swim float.

## 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.

MSO Virtual Open Water Swim Challenge: Details coming soon

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/>: Free (MSO registration required)

Aug 1-Aug 21: 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/>: postponed to 2022

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 18<sup>th</sup>**).

## 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](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.

### 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](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

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