

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Tuesday, July 13, 2021 4:55 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 #556

## Carleton Masters Swimming Newsletter #556

Tuesday, July 13<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 (78 addresses).



**Natalie Aucoin** (7:45am Earlybirds) and **Ellen Pazdzior** (7:45am Earlybirds) on June 27, about to start cycling from Victoria to Ottawa!! The trip should take about two months. Go, **Nat!** Go, **Ellen!**

### Masters Swimming Program Notes

- We are getting close to reopening – next week!!! However, **note that the final approvals are still outstanding**. An update will be sent nearer the time to confirm or update the plan.
- There is some good news and some (perhaps) not so good news. The good news is that it looks like we will be able to move to 4 swimmers per single-lane (no more double-wide-lanes). The not so good news is that due to numbers and pool time availability, there are significant changes to the schedule – see below.
- Information on the Fall session, starting likely Monday September 13, will be communicated later. The times that will be offered are not yet finalized.

**\*\*UPDATED\*\* Carleton Masters Continued “Winter” Session: Awaiting Final Approval!**

**Dates: Monday July 19 to Saturday September 11**

Earlybirds **1 & 2**: Mon/Wed/Fri **7:30-8:45am** whole pool (**excludes** August 2 and September 6)  
Whitecaps **1 & 2**: Mon/Tue/Thu **6:00-7:15pm** whole pool (**excludes** August 2 and September 6)  
Saturday 1: **8:15-9:15am** shallow end (**includes** July 31 and September 4 but at a **different** time: **9:00-10:00am**)  
Saturday 2: **9:30-10:30am** shallow end (**includes** July 31 and September 4 but at a **different** time: **10:15-11:15am**)

**If I do not hear from you, I will assume that you are ok with the new times, i.e.:**

If you said that you wanted to continue/join Earlybirds 1 or Earlybirds 2, I will assume that the 7:30-8:45am time works for you.

If you said that you wanted to continue/join Whitecaps 1 or Whitecaps 2, I will assume that the 6:00-7:15pm time works for you.

If you said that you wanted to continue/join Saturday 1, I will assume that the 8:15-9:15am time (later on long weekends) works for you.

If you said that you wanted to continue/join Saturday 2, I will assume that the 9:30-10:30am time (later on long weekends) works for you.

**We recognize that these new times will not work for everyone. If you wish to add/change/cancel your participation, just let me know by email this week.** If you have any questions, just ask!

Once we have a complete list of registration changes, this will be processed by Athletics. Note that refunds will likely go onto your credit/debit card due to the inability to use a balance on your account when registering on-line.

## Swimmer Notes

### Swimmer Updates:

- **Aline St-Laurent-Guérin** (6:45pm Whitecaps) is going to Newfoundland for a couple of weeks. While she is there she is going to participate in the 5km Tickle Swim for Mental Health in the ocean! Check it out: [https://bos.etapestry.com/fundraiser/CanadianMentalHealthAssociati\\_6/TickleSwim/individual.do?participationRef=2408.0\\_26943516](https://bos.etapestry.com/fundraiser/CanadianMentalHealthAssociati_6/TickleSwim/individual.do?participationRef=2408.0_26943516)

- **Derek Woodard** (x-Whitecaps, Varsity Swim Team) is raising money for kids' cancer: *"I'm doing the great cycle challenge, raising funds to help the SickKids foundation fight against kids' cancer. The challenge is to ride my bike for a total of 200 km in the month of August. I may push my ride distance further depending on how my rides are in the next month. I'm very close to my fundraising goal, but I would like to see how much more I can get before the rides begin."* You can sponsor **Derek** here: <https://greatcyclechallenge.ca/Riders/DerekWoodard>

- **Melanie Heroux's** (9:00am Earlybirds) mother, **Kathryn Fournier**, is featured in: 'Old Wounds': Descendants of Families who lost Indian Status Launch Charter Challenge: <https://www.cbc.ca/news/politics/charter-challenge-bc-supreme-court-status-enfranchisement-1.6088049>

- Congratulations to **Melanie Heroux** (9:00am Earlybirds) for earning three medals, one of each colour, in a recent virtual Special Olympics competition:

GOLD MEDAL for the Balance Drills/Exercises

SILVER MEDAL for the Sit Up Challenge

BRONZE MEDAL for the Push-Up Challenge

- Check out the **Ottawa Riverkeeper 20 for 20 Challenge**: <https://ottawariverkeeper.ca/events/20-for-20-challenge>

- After 20 years as a Contract Instructor in Carleton's Department of Systems and Computer Engineering, I now have a full-time Instructor position!

- **July 18 to 24** is National Drowning Prevention Week in Canada. Stay safe in the water!

- 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/>.

- 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\\_VxZhURTBUTUlWQk9ENURKmic4M0MzS1MwRUFUWCQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO_VxZhURTBUTUlWQk9ENURKmic4M0MzS1MwRUFUWCQIQCN0PWcu)

- 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\\_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:

- John Swimming the English Channel ... Butterfly!?!: [https://www.facebook.com/watch/live/?extid=CL-UNK-UNK-UNK-AN\\_GK0T-GK1C&v=4081240228588193&ref=watch\\_permalink](https://www.facebook.com/watch/live/?extid=CL-UNK-UNK-UNK-AN_GK0T-GK1C&v=4081240228588193&ref=watch_permalink)

- Retired New Brunswick Carpenter Builds Custom Pirate Ship as Pandemic Project:

<https://www.cbc.ca/news/canada/new-brunswick/pandemic-project-ship-carpentry-1.6071576>

- When an Eel Climbs a Ramp to Eat Squid From a Clamp, That’s a Moray:

<https://www.nytimes.com/2021/06/22/science/moray-eels-eat-land.html>

- Wild swimming scientist Heather Massey: ‘Hypothermia is not a pretty sight’:

<https://www.theguardian.com/lifeandstyle/2021/jun/27/heather-massey-open-water-swimming-tips-dangers-hypothermia>

- San Francisco Man Describes Coming Face to Face with Shark and Being Bitten:

<https://www.sfgate.com/bayarea/article/shark-attack-Gray-Whale-Cove-California-Nemanja-16279556.php>

- Open Water Swimmer Profile: Catherine McKenna: <https://glowswimming.ca/2020/05/04/open-water-swimmer-profile-catherine-mckenna/>

- City of Fort Lauderdale Hosts Topping Out Ceremony For Historic Permanent High Diving Tower:

<https://www.swimmingworldmagazine.com/news/city-of-fort-lauderdale-hosts-topping-out-ceremony-for-historic-permanent-high-diving-tower/>

### News and Other Links:

- Reason to Ban Soul Cap from Olympics 'Incredibly Flawed,' says U of Guelph Swim Coach:

<https://www.cbc.ca/news/canada/kitchener-waterloo/racism-sports-university-guelph-swimming-carey-payne-1.6094707>

- 52-Year-Old Canadian Leah Goldstein Becomes First Woman to Win Solo (Cycling) Race Across America (4800km in 11 days 3 hours and 3 minutes!): <https://road.cc/content/news/cyclist-becomes-first-woman-ever-win-race-across-america-284445>

<https://www.cbc.ca/radio/asithappens/canadian-woman-cyclist-first-winner-race-across-america-1.6090653>

- “Let them Swim”: Yes, You can Safely Take a Dip in the Rideau River: <https://www.cbc.ca/news/canada/ottawa/rideau-river-safety-swimming-popularity-covid-19-1.6078815>

- Should you Breathe to Both Sides in Freestyle: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/should-you-breathe-to-both-sides-in-freestyle>

- Breaststroke Swimming: The Five Most Important Things: <https://www.youtube.com/watch?v=rVaXro6fcEQ>

- How to Design the Ultimate Interval Workout: <https://www.outsideonline.com/2424717/ultimate-interval-workout>

### Ask the Coach

**Dear Coach:** What will be the times for the groups in the Fall session? Planning Ahead

Dear P. Ahead: Unfortunately, we don’t have this information yet. It depends on COVID, Ottawa Health, etc.

**Dear Coach:** Do you have an update on parking at Athletics for Fall? Driving Swimmer

Dear D. Swimmer: Parking is free 24/7 until August 31, inclusive. From September 1, a parking pass or payment will be required. A reminder that with a full-year membership you get free parking, except between 9am and 4pm Monday to Friday. Contact the Welcome Centre for the form to complete to get your parking pass. For details on non-Athletics parking, see: <https://carleton.ca/parking/>.

### 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

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/>: Free (MSO registration required)

Aug 22-Sept 11: 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

Canagua Sports Various Open Water Races: <https://www.canaguasports.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**

**Schedule TBD!**

**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**

### **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](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 have a maximum of four swimmers.
- 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.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>