

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Monday, July 26, 2021 2:49 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 #557

Carleton Masters Swimming Newsletter #557

Monday, July 26th, 2021

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2020 Part 1 and Part 2, Winter 2021, and Alumni: 7:30am Earlybirds I (48 addresses), 9am Earlybirds II (21 addresses), 6:00pm Whitecaps I (49 addresses), 8pm Whitecaps II (27 addresses), Saturday Only (2 addresses), Alumni (81 addresses).



Carleton University Masters team got back in the pool after many months of lockdown. Finning their way to greater wellness in the 7:30am Earlybirds Lane 8 are from left coach **Lynn Marshall**, **Candace Newman**, **Jake Graham**, and **Ursula Scott**. Photo by **Heloise Emdon**. **Heloise** posted this in the Facebook group: "Did You Swim Today?". Check it out here: <https://www.facebook.com/groups/307563589265700/>.

Masters Swimming Program Notes

- The remainder of the "Winter" session is running from Monday July 19 to Saturday September 11.
 - Note that **the Saturday workouts on July 31 are at 9am-10am and 10:15am-11:15am, respectively (45 minutes later than normal)**.
 - There are **no workouts on Monday August 2** (Civic Holiday).
 - There is still space in most groups: contact me for more information.

- Information on the Fall session, starting likely Monday September 13, will be communicated later. The times that will be offered are not yet finalized.

Swimmer Notes

Swimmer Updates:

- I hope that everyone is enjoying the Olympics!
- Good luck to **Jake Graham** (7:30am Earlybirds) who is doing the Gatineau Sprint Triathlon on Saturday! How fun and amazing to do a real (non-virtual) race!!
- **Sam Hersh** (7:30am Earlybirds) was featured in the July 20 Opinion section of the Ottawa Citizen: City of Ottawa Lacks Vision and Leadership on Budget: <https://ottawacitizen.com/opinion/hersh-city-of-ottawa-lacks-vision-and-leadership-on-budget>.
- **Harley Gifford** (7:30am Earlybirds) recommends the Netflix series “Head Above Water” about Australian swimmers leading up to the Olympics. Here’s the trailer: https://www.youtube.com/watch?v=_fHWGbQIGek.
- Masters Swimming Ontario celebrates 50 Years of Masters Swimming: <https://www.mastersswimmingontario.ca/50-years-of-masters-swimming-50-an-de-natation-des-maitres/>.
- **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
- **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>
- Check out the **Ottawa Riverkeeper 20 for 20 Challenge**: <https://ottawariverkeeper.ca/events/20-for-20-challenge>
- Parking is free on campus for the Summer term. There will be a charge for parking starting September 1. If you have a year-long Athletics membership, you can get free parking, except on weekdays between 9am and 5pm – contact the Welcome Centre for details. Please note that there is significant road work going on near the main entrance of the Carleton Campus: <https://carleton.ca/transportationplan/university-messages/>.
- A reminder to all swimmers that there is a **different** COVID screening form for each activity at Athletics: <https://athletics.carleton.ca/covid-screen/>.
- Members may book the Fitness Centre and Member Swims here: <https://rec.carleton.ca/booking>. Here is the member swim schedule: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

“Fun” Aquatic-Related Links:

- This Man just Jumped into Lake Michigan for the 365th Day in a Row: <https://www.cbc.ca/radio/asithappens/as-it-happens-the-tuesday-edition-1.6066307/this-man-just-jumped-into-lake-michigan-for-the-365th-day-in-a-row-1.6066334>
- It’s Cold in the Ocean but It’s Hotter Inside Sea Otters: <https://www.nytimes.com/2021/07/08/science/otters-muscles-heat.html>
- Did a Cuttlefish Write This?: <https://www.nytimes.com/2021/07/09/science/cuttlefish-cognition-cephalopods.html>
- What Regular Swimming Does for the Body and Mind: <https://www.cnn.com/2021/07/16/health/swimming-covid-blues-weight-loss-wellness/>
- The World’s ‘Loneliest Whale’ Can Teach Us a Lot if We Listen to it, Says Filmmaker: <https://www.cbc.ca/radio/asithappens/as-it-happens-the-friday-edition-1.6100931/the-world-s-loneliest-whale-can-teach-us-a-lot-if-we-listen-to-it-says-filmmaker-1.6100933>
- What Happens When the Coach Isn’t Looking: <https://twitter.com/duoswim/status/1416835773106737152>

News and Other Links:

- Help stop FINA from banning large caps for black swimmers: <http://chnq.it/KS5zkY9RKr>
- At the Tokyo Olympics, Canada's Swim Team is Taking a Deep Dive into the Data Pool [thanks to **Heloise Emdon** (7:30am Earlybirds)]: <https://www.theglobeandmail.com/sports/olympics/article-2021-olympics-canadas-swim-team-penny-oleksiak/>
- A Hot Fitness Trend Among Olympians: Blood Flow Restriction: <https://www.nytimes.com/2021/07/21/sports/olympics/athletes-blood-flow-restriction.html>
- Lifting Weights? Your Fat Cells Would Like to Have a Word: <https://www.nytimes.com/2021/07/21/well/move/weight-training-fat.html>
- Study says Thousands of Canadian Girls not Committed to Playing Sports Post-COVID: <https://www.cbc.ca/sports/canadian-girls-sport-covid-19-study-1.6101546>
- How to Slay Your MBA Like an Olympian [Ed. Note: Features Modern Pentathlete, **Melanie McCann**, who did her swim training at Carleton]: <https://www.macleans.ca/education/olympians-elite-athletes-doing-mba/>
- Are You 'You' or 'I' When You Talk to Yourself During Workouts?: <https://www.triathlete.com/training/are-you-you-or-i-when-you-talk-to-yourself-during-workouts/>

“Continued” Winter Session Information

Dates: Monday July 19 to Saturday September 11; No workouts: Monday August 2 or Monday September 6.

The usual pool allocations and coaches are as follows:

7:30-8:45am Earlybirds: Whole Pool: **Lynn**

6:00-7:15pm Whitecaps: Whole Pool: **Sean** and **Mark**

8:15-9:15am Saturdays (Jul 31 and Sept 4: 9-10am): Shallow End; rotating coach schedule

9:30-10:30am Saturdays (Jul 31 and Sept 4: 10:15-11:15am): Shallow End; rotating coach schedule

Any changes will be noted here.

Sean is coaching for **Lynn** on **Friday July 30**.

Sean is coaching for **Lynn** on **Saturday July 31**.

Sean is coaching for **Lynn** on **Wednesday August 4**.

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanwint21.pdf>.

Here are the attendance statistics for the continuation of the session. If there are any errors, please let me know.

7:30am Earlybirds: July 19-26 (4 workouts); range: 25-32; average: 29.8

Perfect Attendance: **Candace Newman, Debby Whately, Eleanor Fast, Harley Gifford, Isla Paterson, Karen Jensen, Kevin Fox, Larry Durr, Luciara Nardon, Ralph Siemsen, Renate Hulley, Sam Hersh, Seán Kelly, Steve Dods, Tony Michel, Ursula Scott**

6:00pm Whitecaps: July 19-22 (3 workouts); range: 29-34; average: 31.3

Perfect Attendance: **Christian Cattan, Danielle Le Saux-Farmer, Don Wells, Fred Woo, Jean-Francois Jacques, Joanie Conrad, Jocelyn Pender, John Clarke, Julie Valet, Kelly Biggs, Kevin Graham, Margaret Janse van Rensburg, Marshall Perrin, Nathan Fudge, Ogi Gutovic, Sheila Kealey, Stephane Raynaud, Zoltan Csepregi**

8:15am Saturdays: July 24 (1 workout); range: 13-13; average: 13.0

Perfect Attendance: **Bicki Westerheide, Cathy Gardner, Don Wells, Ian Lorimer, Isla Paterson, Jim Farmer, Joanie Conrad, Kyle Robbins, Liliane Cardinal, Lynn Marshall, Margaret Janse van Rensburg, Nathan Fudge, Nicole Le Saux**

9:30am Saturdays: July 24 (1 workout); range: 9-9; average: 9.0

Perfect Attendance: **Chris Clement, Debby Whately, Isaac Fierro Marquez, Karen Jensen, Konstantin Petoukhov, Mariette Kenney, Mary Donaghy, Ogi Gutovic, Zoltan Csepregi**

Ask the Coach

Hey Coach: No running on the deck! And you are supposed to go around the deck in a clockwise direction!! And you should have used quotes not underlining in your main set description!!! 7:30am Lane 7

Not-so-Dear 7:30am Lane 7: Oouf! Tough crowd! I missed you, too ;-)!

Dear Coach: I hope you will repeat the stroke-focused practices you held in January. I found them extremely useful and felt I was progressing, but I've probably forgotten everything by now. Out-of-Practice Swimmer

Dear O-o-P. Swimmer: We will repeat the formal drill sets at the beginning of the Fall session. Usually we do these in September, January, and May. That said, you are more than welcome to ask for stroke tips and drill suggestions at any time!

Dear Coach: I am enjoying Carleton Masters and I'm wondering if I'll be able to sign up again for the Fall? New Carleton Swimmer

Dear N.C. Swimmer: Registration for Carleton Masters is always first-come-first-served. The details on the Fall session and when registration starts will be in the newsletter once they are available. Just make a note in your calendar of the registration start date/time and you will be able to get a spot!

Dear Coach: I've been doing some open water swimming and now with being back in the pool, I have a sore shoulder (pain in the front). Do you think that is just from over-use? Sore Swimmer

Dear S. Swimmer: It's more likely to be a technique issue. Pain in the front of the shoulder often results from an underwater stroke where the wrist swings out wider than the elbow. That puts pressure on the elbow and shoulder and can lead to pain in one or both joints. Ask your coach to check your technique.

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.

Until Aug 31: MSO Virtual Open Water Swim Challenge: 250m, 500m, 750m, 1k, 1.5k, 3k, 5k, 10k: register by Aug 22: <https://ms.mastersswimmingontario.ca/> (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/>: 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

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/>

Mar 26-27, 2022 Ontario Masters Provincials, Etobicoke

May 20-22, 2022 Canadian Masters Championships, Quebec City

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

Starting August 9: likely weekdays 4:30-5:30pm.

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

Continued “Winter” Session:

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**)

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.

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://athletics.carleton.ca/covid-screen/>.
- 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.
- 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) until August 31. Parking passes or payment are required starting in September.

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/se/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!).

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>