

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Tuesday, August 24, 2021 5:40 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 #559

Carleton Masters Swimming Newsletter #559

Tuesday, August 24th, 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 (85 addresses).

"As much as talent counts, effort counts twice." – Angela Duckworth

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 September 4 are at 9:15am-10:15am and 10:30am-11:30am, respectively (1 hour later than normal).**
 - There are **no workouts on Monday September 6** (Labour Day).
 - There is still space in most groups: contact me for more information.
- Information on the Fall session, starting **Monday September 13**, is below.
- Registration for the Fall session will start **on Monday August 30 at 10:00am.**
- Information on COVID-19 vaccination status requirements for accessing Carleton Athletics will be provided soon.

Fall Program Information

Dates: Monday September 13 to Wednesday December 22, excluding Monday October 11.

Registration starts: Monday August 30 at 10:00am. Online registration is recommended: <https://rec.carleton.ca/>. You may also register by phone (613-520-4480) and in person.

As usual, you must be staff, student, or a community member to swim with Carleton Masters.

Earlybirds 1: Mon/Wed/Fri **7:35-8:35am** deep end: \$170 + HST

Earlybirds 2: Mon/Wed/Fri **8:45-9:45am** deep end: \$170 + HST

Whitecaps 1: Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: \$180 + HST

Whitecaps 2: Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: \$170 + HST

Saturday: **8:15-9:25am** shallow end: \$70 + HST

Swimmer Notes

Swimmer Updates:

- There is a lot happening on campus over the next while, some of which may affect your commute:
 - Starting on **Wednesday August 25** and lasting an estimated 10 days, a contractor will be drilling bore holes in Athletics Parking Lot 5.
 - Students are moving into residence **Wednesday September 1 to Sunday September 5 between 9am and 6pm.** There may be delays at the main entrance.
 - You can read more about the work at Bronson, University Drive, and Sunnyside, including the new sidewalk detour and long term plan here: <https://carleton.ca/transportationplan/university-messages/>.

- Parking is free on campus until the end of August. **There will be a charge for parking starting on or shortly after September 1.** If you have a year-long Athletics membership, you can get free parking, except on weekdays between 9am and 4pm – contact the Welcome Centre for details.

- Sad news that long time Canadian Coach and Masters Swimmer, **Cliff Barry**, has passed away:
https://swimontario.com/news_detail.php?id=3507.

- You might be interested in completing this survey on the pilot project at Meech Lake:
https://docs.google.com/forms/d/e/1FAIpQLSf-xrla-ojel6kidCe039Nk4T2fUEXjLtd_aSUUSJvdFk6XuA/viewform.

- Thanks to the evening swimmers for your patience with the noise and disruption while **Coach Mark** repaired the black boards, which are now much more stable! Thank you, **Mark!**

- Canadian swimmer, **Dara Lithwick**, swam Lac St-Pierre in Val-des-Monts (7km from tip to tail) on the weekend to fundraise for Love my Neighbour, a national movement for global vaccine equity inspired by Millennium Kids and Canadian faith communities, to gift forward vaccines to vulnerable populations around the world. Every donation of \$25 provides a 2-dose COVID-19 vaccine to a global neighbor. For more details or to donate:
<https://fundraise.unicef.ca/lovemyneighbour/swim-and-paddle-for-love-my-neighbour-nager-et-pagayer-pour-aime-ton-prochain>. Thanks to **Lisa Hans** for bringing this to my attention!

- **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>

- Masters Swimming Ontario celebrates 50 Years of Masters Swimming: <https://www.mastersswimmingontario.ca/50-years-of-masters-swimming-50-an-de-natation-des-maitres/>.

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

- 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:

- A New (Temporary) Swimming Pool by Carleton ;-): <https://ottawacitizen.com/news/broken-water-main-opens-sinkhole-on-bronson-near-carleton-university>

- British Diver, **Tom Daley**, Knitted Between Dives at the Olympics:
<https://www.usatoday.com/story/sports/olympics/2021/08/05/diver-tom-daley-makes-splash-knitting-crocheting-tokyo-olympics/5505941001/>, <https://mymodernmet.com/tom-daley-knitted-cardigan/>

- Seven-time Olympic Gold Medalist **Caeleb Dressel** Preparing his Pup for the Doglympics:
<https://twitter.com/SportsCenter/status/1426003672023117825>

- With Pools Closed During COVID-19 Lockdowns, Many Swimmers Took to the Open Water Instead:
<https://www.theglobeandmail.com/canada/article-with-pools-closed-during-covid-19-lockdowns-many-swimmers-took-to-the/>

- Drone View of College 4 x 100 free relay: <https://dronedj.com/2021/07/24/wild-fpv-video-at-swimming-pool-takes-the-plunge/>

News and Other Links:

- **Lewis Pugh**: The Climate Swim: No Ice, No Life: <https://lewispuhfoundation.org/news/no-ice-no-life>

- New Way to Swim Breaststroke? How **Tatjana Schoenmaker** Broke the 200m World Record: Analysis of several races by **Gary Hall Sr.** [thanks to **Heloise Emdon** (7:30am Earlybirds)]; Breaststroke Analysis starts at about 23 min:
<https://www.youtube.com/watch?v=EJHEn3N5Ejg>

- Winning Olympic Medals Associated with Increased Physical Activity in Hometown Youth:
<https://uwaterloo.ca/news/media/winning-olympic-medals-associated-increased-physical>

- A 70-Year-Old Bat Girl Lives Out Her 60-Year-Old Dream:
<https://www.nytimes.com/2021/06/29/sports/baseball/yankees-bat-girl-gwen-goldman.html>

- What We Think We Know about Metabolism May Be Wrong: <https://www.nytimes.com/2021/08/12/health/metabolism-weight-aging.html>
- How to Harness the Pain-Blocking Effects of Exercise: <https://www.outsideonline.com/2424363/exercise-pain-research-2021>

“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: 9-10am and Sept 4: **9:15-10:15am**): Shallow End; rotating coach schedule

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

Any changes will be noted here.

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

Here are the attendance statistics for the continuation of the session, up to the end of last week. If there are any errors, please let me know.

7:30am Earlybirds: July 19-August 20 (14 workouts); range: 22-34; average: 28.0

Missed 1 Workout: **Ann Bortolotti, Isla Paterson, Liliane Cardinal, Ralph Siemsen, Renate Hulley, Seán Kelly, Ursula Scott**

6:00pm Whitecaps: July 19-August 19 (14 workouts); range: 25-35; average: 29.9

Perfect Attendance: **Margaret Janse van Rensburg**

8:15am Saturdays: July 24-August 21 (5 workouts); range: 6-13; average: 9.6

Perfect Attendance: **Isla Paterson, Liliane Cardinal, Margaret Janse van Rensburg**

9:30am Saturdays: July 24-August 21 (5 workouts); range: 5-9; average: 7.2

Perfect Attendance: **Ogi Gutovic**

Ask the Coach

Dear Coach: I was watching all the breaststrokes at the Olympics, and there seems to have been a sequence change in their underwater. I know a fly kick was added in the early 2000's, but my understanding was that it was during the underwater pull. However, now I see them push off, fly-kick, and then arm pull. What has changed? What has been the evolution of the underwater? Are they going faster, farther, or both? Curious Swimmer

Dear C. Swimmer: In a nutshell, the dolphin kick was brought in to avoid the issue of body appearing to undulate during the underwater arm pull. However, the rule wasn't worded well as to when it had to happen and thus it could be done before, during, or after the arm pull. The rule has now been reworded to make this clear:

SW 7.1 *After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.*

Aside: If you're interested, here's the link to all the FINA swimming rules:

https://resources.fina.org/fina/document/2021/01/12/b3885f9b-630a-4390-861d-4e7f6031f4a4/2017_2021_swimming_16032018.pdf. And the Masters rules, as some are a bit different:

https://resources.fina.org/fina/document/2021/02/19/9998a198-f2ac-47c6-a36f-72e3aad37ca8/2017_2021_masters_11102017_new.pdf.

To go back to the original question: Coaches and swimmers have discovered that it's faster to do the fly kick **before** the arm pullout, which leaves us back with the same issue of body appearing to undulate ;-). There was also at least one guy who did his last stroke with a dolphin kick (as the judge is watching his hands at that point), but I haven't been able to find the video. That is illegal, if it's caught!

Dear Coach: When swimming freestyle, I have a glide phase when I swim at a moderate speed. Should that phase remain when I swim fast? Sprinting Swimmer

Dear S. Swimmer: Yes, even when swimming fast, there should be a (slight) glide phase in your freestyle. Without that, your stroke will shorten up and you will end up “spinning the wheels” without catching enough water to speed up. You will need to experiment to find the stroke rate that works best for you, as it does vary from swimmer to swimmer and also relates to the kick cadence and speed.

Dear Coach: I was checking my online account, and it seems that my membership hasn't yet been extended for the shutdown(s). Is that an oversight? Wondering Swimmer

Dear W. Swimmer: The new expiry dates are being added by staff, starting with those memberships that expire before the end of August. All memberships should be updated by the end of September. Thanks for your patience!

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)

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>:

Aug 15: Canaqua Sports Welland Open Water Swim and SwimRun Challenge

Aug 29: Canaqua Sports Huronia Open Water Swim and SwimRun Challenge

Sept 12: Canaqua Sports Welland Canal Open Water Swim

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 16 (when I can walk a bit better!): 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: 9:00-10:00am and September 4: **9:15-10:15am**)

Saturday 2: **9:30-10:30am** shallow end (**includes** July 31: 10:15-11:15am and September 4: **10:30-11:30am**)

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/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!).

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 (lynmar@sce.carleton.ca).

Happy lengths!
Lynn

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