

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, November 5, 2021 2:16 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 #565

Carleton Masters Swimming Newsletter #565

Friday, November 5th, 2021

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2021, and Alumni: 7:35am Earlybirds I (43 addresses), 8:45am Earlybirds II (41 addresses), 6:00pm Whitecaps I (38 addresses), 7:15pm Whitecaps II (37 addresses), Saturday Only (4 addresses), Alumni (50 addresses).





Some lovely photos from **Doug Brubacher** (8:45am Earlybirds)'s October sailing adventure.

Masters Swimming Program Notes

- The Fall session started **Monday September 13** and runs until **Wednesday December 22**. Full details near the end of the newsletter.
 - Details on Carleton's cuScreen app (used to show your COVID-19 vaccination status, and daily screening to access Carleton Athletics), and the Carleton Pool COVID protocols are near the end of the newsletter.
- [Workouts run as usual on Remembrance Day: November 11.](#)
- All Masters groups are full for Fall. Wait lists are available.
- Information on the Winter session will be available in the mid-November/December timeframe.

Swimmer Notes

Swimmer Updates:

- **Christiane Wilke** (7:35am Earlybirds) swims in the Ottawa River on Halloween:
<https://twitter.com/jaanewilke/status/1454922002335215623>.

- Note that as a courtesy to swimmers with sensitivity to scents, please avoid wearing scented products at the pool. Thank you!

- **Rideau Canal Skateway Chalet Installation:** The National Capital Commission will be temporarily closing sections of the Queen Elizabeth Driveway and Colonel By Drive to motorists on Saturday, Nov. 6 and Sunday, Nov. 7. These closures are necessary to install the Rideau Canal Skateway changing and washroom facilities.

On Saturday, Nov. 6, from 5:15 a.m. to 1:30 p.m., Colonel By Drive (northbound and southbound lanes) will be closed between Daly Avenue and Hawthorne Avenue (Pretoria Bridge).

On Sunday, Nov. 7, from 5:45 a.m. to 11 a.m., Queen Elizabeth Driveway (northbound and southbound lanes) will be closed between Fifth Avenue and the Bank Street Bridge (Queen Elizabeth Place). From 10:45 a.m. to 2:30 p.m. Colonel By Drive (northbound and southbound lanes) will be closed between the Bronson Avenue Bridge and Hog's Back Road. On-ramp and off-ramp access at the Bronson Bridge will remain open.

Some sections of the Rideau Canal pathways may be closed for a short period during the installation. Users must comply with the flag persons' directives and proceed along designated detours.

- Carleton is hosting the Men's Soccer U Sports Championships November 18-21. More information and tickets here: <https://payments.carleton.ca/ravenstickets/2021-u-sports-mens-soccer-championship-passes/>

- You can read more about the road work at Bronson, University Drive, and Sunnyside, including the sidewalk detour and long term plan here: <https://carleton.ca/transportationplan/university-messages/>. Progress is being made!

- 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:

- Swimming Through Time: <https://artuk.org/discover/curations/swimming-through-time>
- Twelve Health Benefits of Swimming: <https://us8.campaign-archive.com/?u=a13a25a3d29ef9992e66c622b&id=20204173d6&e=e0d017ef58>
- Pool with a View: <https://twitter.com/duoswim/status/1444746788200718338>
- Ocean Depth Comparison: <https://www.youtube.com/watch?v=Q5C7sqVe2Vg>
- Swim with a View, Austria: <https://www.facebook.com/MSDSwimming/posts/4629972673736474>

News and Other Links:

- Canada's **Maggie Mac Neil** Named Best Female Athlete of Tokyo 2020: <https://www.cbc.ca/sports/olympics/summer/maggie-mac-neil-best-female-athlete-tokyo-2020-1.6223424>
- Fear on Cape Cod as Sharks Hunt Again: <https://www.nytimes.com/interactive/2021/10/20/magazine/sharks-cape-cod.html>
- **Courtney Paulk** Achieves Historic Double Triple Crown: <https://outdoorswimmer.com/news/courtney-paulk-achieves-historic-double-triple-crown>
- Yes, “Real Athletes” Eat Burritos (and Pizza, and Ice Cream, and Everything Else Delicious): <https://www.womensrunning.com/health/food/real-athlete-diet-includes-burritos/>
- What Should You Eat During the Hours Before Training and Races?: <https://www.precisionhydration.com/performance-advice/nutrition/final-pre-exercise-meal-carb-intake/>
- Why Fitter People Drink More Alcohol: <https://www.outsideonline.com/health/running/exercise-alcohol-research/>
- The Benefits of Daily Movement: <https://www.outsideonline.com/health/wellness/daily-movement-benefits-practice-groundedness-stulberg/>
- Science of Recovery: The Importance of Food, Hydration and Sleep: <https://www.precisionhydration.com/performance-advice/performance/science-of-recovery>
- Age Is Irrelevant When It Comes to Fitness: <https://www.outsideonline.com/health/wellness/exercising-same-as-meditation/>
- Four Yoga Poses to Optimize Your Thoracic Spine Mobility Which Will Help Your Swimming: <https://www.swimmingspecificyoga.com/thoracic-spine>

Fall Session Information

Dates: Monday September 13 to Wednesday December 22; No workouts: Monday October 11.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End: **Lynn**

8:45-9:45am Mon/Wed/Fri Earlybirds 2: Deep End: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Mon/Tue: Shallow End; Thu: Deep End: **Sean**

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow End; Thu: Deep End: **Mark**

8:15-9:25am Saturdays: Shallow End; rotating coach schedule

Any changes will be noted here.

Sean coached for **Mark** on Monday November 1.

The themes for the morning groups on Wednesday November 3 and Friday November 5 were swapped due to a special request.

Special Sets:

Tue/Wed Oct 19/20: fin day

Mon Nov 8: 1500/800 time trial

Thu/Fri Nov 18/19: fin day

Tue/Wed Dec 21/22: "funner" day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanfall21.pdf>.

Here are the attendance statistics for the term to date. If there are any errors, please let me know.

7:35am Earlybirds: September 13-November 5 (23 workouts); range: 23-37; average: 28.3
Perfect Attendance: **Ann Bortolotti, Eleanor Fast**

8:45am Earlybirds: September 13-November 5 (23 workouts); range: 20-32; average: 26.5
Perfect Attendance: **Ralph Siemsen**

6:00pm Whitecaps: September 13-November 4 (23 workouts); range: 20-32; average: 26.1
Perfect Attendance: **Cameron Dawson, Jennifer Murdock, Joanne Dawson, Konstantin Petoukhov, Matthew Sinclair, Nicole Delisle**

7:15pm Whitecaps: September 13-November 4 (23 workouts); range: 17-26; average: 21.2
Perfect Attendance: **Kelly Biggs, Nathan Fudge, Seana Biggs**

8:15am Saturdays: September 11-October 30 (7 workouts); range: 18-29; average: 25.1
Perfect Attendance: **Ian Lorimer, Jennifer Murdock, Liliane Cardinal, Lynn Marshall, Mary Donaghy, Zoltan Csepregi**

Ask the Coach

Dear Coach: I'd like to learn to do flip turns. Do you teach them? Freestyle Swimmer

Dear F. Swimmer: Just ask your coach for a clinic or some tips. For the morning group, I run a series of three clinics starting with open turns and also push-offs and flip turns.

Dear Coach: I get leg cramps during most workouts. What can I do to avoid that? Cramping Swimmer

Dear C. Swimmer: This is a challenge to deal with. Some people are more prone to them than others. It can be a combination of dehydration, lack of potassium and/or magnesium, other exercise you do (e.g. running and cycling), and/or muscle tightness. Here's an interesting article that may be of interest:

What Causes Muscle Cramps in Exercise: <https://www.mysportscience.com/post/what-causes-muscle-cramps-in-exercise>

Dear Coach: I'd like to get more feedback on my stroke technique. Improving Swimmer

Dear I. Swimmer: Just ask! All coaches are happy to give feedback. If you want more tips, just let your coach know.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2022), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$40**. For both, it's **\$50**. Contact me for more details.

Oct 31-Nov 20: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge:

<https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/>: Free (MSO registration required)

Nov 13 Quebec Cup Meet 1: ACC at Claude Robillard: <https://www.swimming.ca/en/meet/36140/>

Nov 21-Dec 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)

Nov 27 Brossard, Montreal Meet: <https://www.swimming.ca/en/meet/35905/>

Dec 4 Quebec Cup Meet 2: details TBA

Jan 8 Quebec Cup Meet 3: Sherbrooke: details TBA

Jan 29 Quebec Cup Meet 4: Drummondville: <https://www.swimming.ca/en/meet/36115/>

Feb 19 Quebec Cup Meet 5: Pointe Claire: <https://www.swimming.ca/en/meet/36116/>

Mar 12 Quebec Cup Meet 6: details TBA

Mar 26-27, 2022 Ontario Masters Provincials, Etobicoke

Apr 22-24 Quebec Masters Provincials: details TBA

May 20-22, 2022 Canadian Masters Championships, Quebec City <https://www.swimming.ca/en/events-results/events/canadian-masters-championships/>; <https://www.swimming.ca/en/meet/35953/>

FINA Masters World Championships 2022 (instead of 2021): <https://www.fina.org/node/160117>

Global Open Water Swim Series (Year Round; **Virtual Races** available): <https://globalswimseries.com/races/>

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 **Oct 30th**).

Private and Semi-Private Masters Swim Lessons

Tuesday 9:40-10:40am

Wednesday 11:30am-12:30pm

Wednesday 12:30-1:30pm (female only)

Wednesday 1:30-2:30pm (female only)

Thursday 3:45-4:45pm

Thursday 4:45-5:45pm

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

cuScreen

- Athletics community members must be 2 weeks post fully vaccinated to use the facilities. For Carleton staff/students, your second dose was required by October 1 so that you are considered fully vaccinated by October 15. After your second vaccination, you will submit your vaccination documents again.
- To access the pool, you must show your COVID screening with the green tick mark on your phone, and also swipe your member / campus card at the Welcome Centre. If your card does not swipe, the staff will make a note and get that resolved.
 - If you do not have a smart phone, show the paper screening form along with a paper copy of your vaccination records for admittance.
 - Please be polite to the Welcome Centre staff! They are just doing their job. Thank you!
- cuScreen details:
 - Proof of COVID-19 vaccination and a daily COVID-19 screening is required to access all buildings on the Carleton campus via cuScreen: <https://carleton.ca/covid19/cuscreen/>.
 - If you are not Carleton staff or student, instructions on how to **create your account** can be found under "Visitors" (<https://carleton.ca/covid19/wp-content/uploads/cuScreen-Instructions-for-Visitors-Final.pdf>). The instructions include the required registration code. Although it should be possible to create more than one profile per account, one account per person is recommended.
 - Click on "**Report your latest vaccination status**" to upload your proof of vaccination. Note that if you are fully vaccinated, you need to upload proof of **both** vaccinations, not just the second one. If you don't have pdf copies of your Ontario vaccinations, you can download them here: <https://covid-19.ontario.ca/covid-19-vaccine-booking-support#vaccination-receipts>. If you are fully vaccinated, you only need to do this once.
 - In addition to uploading your vaccination records, you will do a daily COVID screening using cuScreen. You will also check in and out of the buildings you access (e.g. Athletics) via QR location codes: <https://carleton.ca/covid19/cuscreen/qr-location-codes/>. If you don't have a smart phone, there is a paper

form available: <https://carleton.ca/covid19/cuscreen/paper-based-self-assessment/>. If you use the paper form, be sure to have a copy of your vaccination records and government photo ID with you, to show upon request.

Masters Swimming COVID Protocols

The changes from last term are bold and underlined.

- A mask must be worn, except when swimming. Use the hand sanitizer provided, and maintain a distance of 6 feet.
- The Welcome Centre will let you know when you may access the change room. We recommend that you wear your swim suit to the pool to limit time in the change room. Lockers are available for day use. There are showers available in all change rooms. The saunas remain closed.
- Walk clockwise around the pool deck. **Please use the correct doors to access and exit from the pool deck.** To enter the pool from the change rooms, please use the doors by the showers (the doors that were used pre-COVID to both enter and exit). When leaving the pool deck, exit through the door by the bulkhead, behind the guard chair.
- If you arrive early, please keep your distance from swimmers leaving the pool deck.
- Each lane will have a maximum of **six** swimmers.
- You may only attend the swims that you are registered for.
- **The masters equipment (kick boards and pull buoys, plus fins on fin days) will be available. However, swimmers must clean the pool-owned equipment they use both before and after use. Cleaning materials will be provided.**
- You may bring your own equipment, but no snorkels are permitted.

Fall Program Information

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

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 (full: wait list available)

Earlybirds 2: Mon/Wed/Fri **8:45-9:45am** deep end: \$170 + HST (full: wait list available)

Whitecaps 1: Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: \$180 + HST (full: wait list available)

Whitecaps 2: Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: \$170 + HST (full: wait list available)

Saturday: **8:15-9:25am** shallow end: \$70 + HST (full: wait list available)

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:** To park on campus, parking passes or payment is required. The member's free parking pass is good except for 10am to 4pm Monday to Friday.
- **Lockers:** Day lockers are now available for use while swimming. Permanent lockers are not available while physical distancing measures are in place.

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 annual fees to register Carleton Masters with Masters Swimming Ontario and Swim Ontario. We have a few triathlon latex caps (50c), as well as some brand new

Speedo silicone caps (\$5). 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>