

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Thursday, November 25, 2021 1:21 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 #567

Carleton Masters Swimming Newsletter #567

Thursday, November 25th, 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 (38 addresses), Saturday Only (4 addresses), Alumni (55 addresses).

"To excel, get comfortable being uncomfortable. Be willing to respond to adversity." – Rose Lavelle

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.
- All Masters groups are full for Fall. Wait lists are available.
- **Information on the Winter session is below.** Note that registration starts at noon on Monday December 6. **All the groups filled quickly for Fall, so make a note of the registration start time to be sure to get a spot in the group(s) of interest!**

Winter Program Information

Dates: Monday January 3 to Thursday April 14, excluding Monday February 21. **Registration starts at noon on Monday December 6.**

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. Note that the Earlybirds 2 group is 5 minutes earlier than in the Fall term.

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

Earlybirds 2: Mon/Wed/Fri **8:40-9:40am** deep end: \$170 + HST

Whitecaps 1: Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: \$185 + HST

Whitecaps 2: Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: \$174 + HST

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

Swimmer Notes

Swimmer Updates:

- **Tuesday November 30** is Giving Tuesday. On that date Carleton will match funds donated up to about \$900,000. Thus, it is recommended that any donations be made early in the day. Here are some causes that may be of interest:

- Carleton Ravens Varsity Swim Team: The team is thriving under **Coach Pierre Lafontaine**. We are fundraising to reduce the swimmers' cost of the trip to the OUA Championships: <https://futurefunder.carleton.ca/campaigns/ravens-swim-team-4/>

- **Tom Anzai** Memorial Swimming Bursary: Tom Anzai helped found the Carleton Varsity Swim Team and was a pillar in the Ottawa Swim Coaching community until his untimely death: <https://futurefunder.carleton.ca/giving-fund/tom-ansai-swimming-bursary-giving/>

- **Phil Boland** Memorial Scholarship:

For those wishing to give on Giving Tuesday, please consider a contribution to the Phil Boland Memorial fund. Phil is the son of **Natalie Aucoin** (8:45am Earlybirds) and **Rick Boland** and sister of **Brigitte Boland**. This fund was established by friends and family to remember Phil for his love of learning, kindness to others and passion for Japanese language and culture.

Phil Boland was a fourth-year student at Carleton University, majoring in bioinformatics with a minor in Japanese when he passed away on November 18, 2019 from a sudden cardiac arrest due to a genetic heart condition.

His family chose this endowed scholarship for undergraduate students who shared Phil's passion for, and are studying a minor in Japanese Studies.

You can read more about Phil and the scholarship at: <https://futurefunder.carleton.ca/giving-fund/phil-boland-memorial-fund/>

Your support is greatly appreciated!

- After a 10-10 tie on Tuesday November 16, the Carleton Men's Waterpolo team squeaked out a 10-9 win against uOttawa on November 23. Congrats to Coaches **Zoltan Csepregi** (6pm Whitecaps) and **Bill Meyer** (7:35am Earlybirds), and the team.

- Swimming Canada is holding an online auction including some race suits from the Olympics: <https://www.swimauction.ca/>.

- 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:

- Into the Depths of an Untapped Sport: Finding Peace in the Open Water: <https://www.si.com/more-sports/2021/11/19/cold-open-water-swimming>

- Here's Exactly What Olympian, **Katie Ledecky**, 24, Eats In A Day: <https://www.womenshealthmag.com/food/a37993818/katie-ledecky-diet/>

- Rare Antarctic Penguin Accidentally Travels 3,000km to New Zealand: <https://www.bbc.com/news/world-asia-59257495>

- This Looks Challenging: Swimming with High Fives: <https://www.facebook.com/watch/?v=4982217691812884&ref=sharing>

- Distance Swimming Strategy: A Few Options to Consider: <https://www.swimmingworldmagazine.com/news/distance-swimming-strategy-a-few-options-to-consider>

News and Other Links:

- Unmatched Aerobic Performance Increase in Weeks Instead of Years?!: <https://www.endurancesportswire.com/powerful-new-metric-pushes-aerobic-performance-beyond-vo2max/>

- Over 50? These Fitness Tricks Will Add Years to Your Life, Trainer Says: <https://www.eatthis.com/news-over-50-fitness-tricks-for-longevity/>

- The Uncertainty of Aging and Athletics: <https://www.trailrunnermag.com/training/trail-tips-training/the-uncertainty-of-aging-and-athletics>

- Fitness: Strapped for Time but Need a Workout? Try an Exercise Snack: <https://montrealgazette.com/health/diet-fitness/fitness-strapped-for-time-but-need-a-workout-try-an-exercise-snack>

- Why Goal Setting is Important for Endurance Athletes Plus Tools and Tips: <https://www.trainingpeaks.com/blog/goal-setting-endurance-athletes/>

- 300 Minutes a Week of Moderate Exercise May Help Ward Off Cancer: <https://www.nytimes.com/2021/11/17/well/move/exercise-cancer.html>

- The Only Training Technique That Truly Keeps You Reaching New Goals: <https://www.yahoo.com/lifestyle/only-training-technique-truly-keeps-203500181.html>

- A Neuroscientist Shares the 4 Brain-Changing Benefits of Exercise: <https://www.cnbc.com/2021/10/22/neuroscientist-shares-the-brain-health-benefits-of-exercise-and-how-much-she-does-a-week.html>

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.

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 24 (31 workouts); range: 23-37; average: 28.1

Perfect Attendance: **Eleanor Fast**

Missed 1 Workout: **Ann Bortolotti**

8:45am Earlybirds: September 13-November 24 (31 workouts); range: 19-32; average: 25.6

Missed 1 Workout: **Debby Whately, Luciara Nardon**

6:00pm Whitecaps: September 13-November 23 (31 workouts); range: 19-32; average: 25.8

Perfect Attendance: **Cameron Dawson, Jennifer Murdock, Konstantin Petoukhov, Nicole Delisle**

Missed 1 Workout: **Joanne Dawson, Matthew Sinclair**

7:15pm Whitecaps: September 13-November 23 (31 workouts); range: 17-26; average: 20.7

Perfect Attendance: **Kelly Biggs, Seana Biggs**

Missed 1 Workout: **Gary Cousens**

8:15am Saturdays: September 11-November 20 (10 workouts); range: 18-29; average: 25.6

Perfect Attendance: **Liliane Cardinal**

Missed 1 Workout: **Cori Dinovitzer, Ian Lorimer, Jennifer Murdock, Lynn Marshall, Mariette Kenney, Mary Donaghy, Zoltan Csepregi**

Ask the Coach

A follow up from last time:

Dear Coach: Following the long distance swim, I would be interested in knowing the tricks that swimmers use to keep track of their lengths, especially the fast swimmers that actually manage to swim the whole ~~nine~~ 1500 yards meters. Maybe you can put out a call for tricks and compile them for a subsequent issue? Swimmer Who Lost Count

Dear S.W.L. Count: Great idea! Please send in your tips and I'll include a summary next time. How do you count (meters, lengths, 50s, 100s)? And how do you keep track? One of the most unusual was from a woman, Gwen, who used to swim with us. She always did the 800m and did 50m for each member of her family (husband, kids, grandkids) which numbered 16. She almost never miscounted except once she was 50m short – I teased about who she wasn't speaking to at the time ;-).

Here are two (very different) suggestions:

From **Carolyn Odecki** (6pm Whitecaps): To count lengths, I sing "The Ants Go Marching" in my head. One arm stroke for each beat. I do an "ant" per 50, so 10 ants means I have done 500m. A 1500 would be 10 ants times 3. I find that

changing up what the ants stopped to do helps me to keep track of where I am. The ants go marching 4 by 4.... the little one stopped to shut the door. Or check the score, or clean the floor, etc.

From **David Moore** (6pm Whitecaps): For length counting you can't beat the Form Swim goggles. I've had mine for over a year now and they are truly remarkable. Tech geek's solution anyway. I realize they do a bunch of things you should be able to do in your head but there are some great features. With the right watch they tell you distance in open water, can be paired with real time heart rate, and can report time and metrics in a heads up display while you swim.

Dear Coach: Do you think it will be possible to get any lane swims longer than 1hr 15min next term? Long Distance Swimmer

Dear L.D. Swimmer: I've passed along your request.

Dear Coach: I'd like to improve my butterfly. Do you have any tips? Still a Caterpillar

Dear S.a. Caterpillar: Either ask your coach to give you a few tips, or request a clinic. In the mornings, we can use the dive tank for clinics during the last 15 minutes of workout.

Dear Coach: Why do we do partner pulls (one swimmer uses their arms and their partner holds their ankles and uses their legs)? Curious Swimmer

Dear C. Swimmer: Partner pulls get you to work on body position and streamline, as well as power and strength. They are also a good team building activity and are something a bit different, and, I hope, fun!

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.

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/> (SO registration required)

Dec 4 Quebec Cup Meet 2: details TBA [cancelled?] (SO registration required)

Dec Etobicoke Masters Meet: details TBA (SO registration required)

Dec 12 B-Train Shake off the Dust, Brewer Pool, Ottawa: <https://ms.mastersswimmingontario.ca/web/schedule.php> (MSO registration required)

Jan 8 Quebec Cup Meet 3: Sherbrooke: <https://www.swimming.ca/en/meet/36490/> (SO registration required)

Jan 22 Cote St Luc, Montreal: <https://www.swimming.ca/en/meet/36591/> (SO registration required)

Jan 29 Quebec Cup Meet 4: Drummondville: <https://www.swimming.ca/en/meet/36115/> (SO registration required)

Feb 12 Nepean Masters Winterlude Meet: <https://ms.mastersswimmingontario.ca/web/schedule.php> (SO registration required)

Feb Burlington Masters Meet: details TBA (SO registration required)

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

Mar 6 Wilnot Masters Meet: details TBA (SO registration required)

Mar 12 Quebec Cup Meet 6: Dollard-des-Ormeaux: <https://www.swimming.ca/en/meet/36412/> (SO registration required)

Mar 26-27, 2022 Ontario Masters Provincials, Etobicoke (SO registration required)

Apr 22-24 Quebec Masters Provincials: details TBA (SO registration required)

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/> (SO registration required)

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

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!)

November 12 Swim Ontario Virtual Masters Rankings

Congratulations to **Liliane Cardinal** (7:35am Earlybirds). She sent in her 800 time trial time and is the only swimmer in the November 12 virtual rankings to have swum an event that long! First in her age group and first overall!! Great job,

Liliane: <http://swimontario.com/uploads/MastersVirtualRankingsNovember12.pdf>

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 **Nov 18th**).

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/>.

Carleton Ravens Gear: Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity swim 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 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.)

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!).

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

lynnmar@sce.carleton.ca

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