

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, December 31, 2021 12:25 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 #569

Carleton Masters Swimming Newsletter #569

Friday, December 31st, 2021

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2021, Winter 2022, 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 (56 addresses).

"Challenges are what make life interesting; overcoming them is what makes life meaningful." – Joshua Marine

Masters Swimming Program Notes

- Happy New Year!
- The Fall session started **Monday September 13** and ran until **Saturday December 18** (instead of Wednesday January 22).
- The Carleton pool is closed from **Monday December 20** to **Sunday January 9**.
 - More details on reopening will be provided next week, the week of January 3.
- Due to this closure, the Fall session ended 4 days early, the interim workouts are cancelled, and the Winter session will start one week later than planned (to be confirmed). Fees will be adjusted / refunded for missed workouts.
- Information on the **Winter session** is also below.
 - I will be contacting those on the 7:35am wait list with an update soon!
- 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.

Winter Program Information

Dates: ~~Monday January 3~~ Monday January 10 (TBC) to Thursday April 14, excluding Monday February 21. **Registration is open.**

Online registration is recommended: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5>. 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: Coach: **Lynn**: \$170 + HST (full: wait list available)

Earlybirds 2: Mon/Wed/Fri **8:40-9:40am** deep end: Coach: **Lynn**: \$170 + HST (5 spots available)

Whitecaps 1: Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: Coach: **Sean**: \$185 + HST (1 spot available)

Whitecaps 2: Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: Coach: **Mark**: \$174 + HST (6 spots available)

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

Team Photos

Thank you to everyone who was able to be present for the team photos! You can check them out here: <https://www.sce.carleton.ca/faculty/lynnmar/masters/CarletonMastersPhotos2021.pdf>.

Swimmer Notes

Swimmer Updates:

- **Andrea Chandler** (8:45am Earlybirds) was interviewed on Global News Radio 460 Toronto on December 24, "What You Should Know about Russia Right Now": <https://twitter.com/ASusanChandler/status/1475531804186746889>.

- **David Caughey** (7:35am Earlybirds/Saturdays) is moving to Geneva at the end of 2021. If anyone has any tips on things to do or see, and/or swimming contacts (I passed along swimmersguide.com), please let **David** (david.e.caughey@gmail.com) know.

- Here's some great news from Coach **Mark Blenkinsop** about his son, **Linden**, pictured below after his first COVID vaccine:

At the beginning of December, my son Linden was released from Kawasaki disease - a rare heart disease that affected his coronary arteries, required ongoing care by a cardiologist, and an experience that has thoroughly traumatized the parents. He was hospitalized when he was 4 and a half months old and was diagnosed with the disease - this was the youngest case the CHEO staff recall treating. After a few weeks in the hospital he was released to the care of the cardiology department.

His care was fairly simple: Twice-annual cardiology imagining, and daily baby aspirin to act as a blood thinner. Roughly 85% of kids "grow out of it" because as they grow, all their body's proportions return to proper balance. For Linden, it was not appearing to be the case. The cardiologist did however point out that while Linden would be forbidden from taking up smoking and would have to exercise regularly, this would be the same advice he'd give anyone! The only difference is that Linden would be at increased associated risks, and would be on blood thinners his entire life. On the grand scheme of things the long term effects weren't too scary. For the aforementioned traumatized parents, though, the fear never goes away, and I have to admit that I never really wished to talk about it.

Then good news! At our previous appointment there was a significant change in his heart anatomy ratios, and our cardiologist was optimistic that he'd return to a normal balance. After his check almost a month ago, I'm happy to report that he's all clear. At almost 7, one of the first things the cardiologist recommended was a jab of Pfizer. Research over the past 2 years seems to suggest a strong correlation between COVID and Kawasaki, so getting Linden vaccinated was imperative, since he's already shown to be at greater risk of serious consequences from this kind of virus.

If anyone is interested: This similar disease which affects kids due to having had COVID is called MIS-C. I can say that COVID research giving us insight into Kawasaki is a positive, since previously very little was known about the virus which causes Kawasaki (it was the focus of a Grey's Anatomy episode which guest starred Sarah Chalke, the actress who played Elliot Reid on the comedy Scrubs, and it points out how little is known!). I'll take these discoveries as a silver lining while I pathetically fail to keep myself active in my basement at nights while the pool is closed.



- The Rideau Speedeaus Masters Swim Team www.rideauspeedeaus.com is looking to hire some new swim coaches for January. Their practices are all at UofO. The practices are Monday, Wednesday and Friday at 6:30pm, Thursdays at 7:30pm and Sundays at 11:30am. Pay starts at \$25/hr depending on experience. Anyone interested can submit their resume to info@rideauspeedeaus.com.

- **Matthew Sinclair** (6pm Whitecaps) is looking to sell his old Giant Cyclotron Indoor Bike Trainer, and Garmin 910XT with HRM. The Kijiji links are included below:

<https://www.kijiji.ca/v-view-details.html?adId=1591518201>

https://www.kijiji.ca/v-view-details.html?adId=1597684459&siteLocale=en_CA

- Once the building reopens, 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/>.

Aquatic-Related Links:

- Fancy a Dip? Cold Water Swimming: "You Just Feel Alive" [Thanks to **Andrea Chandler** (8:45am Earlybirds)]:

<https://twitter.com/BBCRadio4/status/1475368350645559298>

- Penn's **Lia Thomas** Opens Up on Journey, Transition to Women's Swimming: <https://swimswam.com/penns-lia-thomas-opens-up-on-journey-transition-to-womens-swimming/>

- **Ilya Shymanovich** Breaststroke is Unconventional But Legal: <https://www.swimmingworldmagazine.com/news/ilya-shymanovich-breaststroke-is-unconventional-but-legal/>

- Braving Pirates and Piranhas, 67-year-old **Martin Strel**, is Swimming the World's Most Dangerous Rivers:

<https://edition.cnn.com/travel/article/martin-strel-slovenia-distance-swimmer-spc-intl/>

- Deep Dive: **Neil Agius'** Latest Swim: 102km!!: <https://marathonswimstories.com/neil-agius-latest-swim/>

- Preparing for Cold and Ice Swimming: <https://www.wildbigswim.com/cold-ice-swimming>

- Lithuanian Creativity: A Christmas Tree Carved in a Frozen Lake: <https://lithuania.lt/top-10-news/lithuanian-creativity-a-christmas-tree-cut-on-a-frozen-lake/>

- It Takes a Certain Kind of Crazy to Go Surfing in December: <https://torontolife.com/city/it-takes-a-certain-kind-of-crazy-to-go-surfing-in-december/>

News and Other Links:

- Keeping Local Sport Spirit High During the Pandemic [Ed. Note: Featuring **Sheila Kealey** (Earlybirds/Whitecaps)]:

<https://ottawasportspages.ca/2021/12/16/high-achievers-gavin-leishman-sheila-kealey-never-too-old-for-a-sporting-experience/>

- How Staying Physically Active May Protect the Aging Brain: <https://www.nytimes.com/2021/12/01/well/move/exercise-brain-health-alzheimers.html>

- Exercising While Pregnant is Good for You and Your Baby, Too: <https://www.drstacysims.com/blog/exercising-while-pregnant-is-good-for-you-and-your-baby-too>

- Exercise for 3 Minutes, Every Half-Hour to Counter the Ill Effects of Sitting:

<https://www.nytimes.com/2021/09/08/well/move/work-breaks-sitting-metabolic-health.html>

- Scientists Figured Out How Much Exercise You Need to 'Offset' a Day of Sitting:

<https://www.sciencealert.com/scientists-figured-out-how-much-exercise-you-need-to-offset-a-day-of-inactivity>

- High Air Quality Index: Is it Safe to Exercise Outside?: <https://www.trainingpeaks.com/blog/high-aqi-safe-to-exercise-outside/>

- How Exercise May Help Keep Our Memory Sharp: <https://www.nytimes.com/2021/08/25/well/move/exercise-brain-memory-benefits.html>

- Reggie Miller: Athletes Are Not Robots: <https://trainright.com/reggie-miller-athletes-are-not-robots/>

Fall Session Information

Dates: Monday September 13 to **Saturday December 18** ~~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.

Mark coached for **Sean** on **Tuesday December 14**.

The session ended on **Saturday December 18** instead of **Wednesday December 22** due to the Carleton Athletics pandemic shutdown.

Special Sets:

Tue/Wed Oct 19/20: fin day

Mon Nov 8: 1500/800 time trial

Thu/Fri Nov 18/19: fin day

Thu/Fri Dec 16/17 ~~Tue/Wed Dec 21/22~~: "funner" day

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

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

7:35am Earlybirds: September 13-December 17 (41 workouts); range: 17-37; average: 26.9
Missed 2 Workouts: **Ann Bortolotti, Eleanor Fast, Liliane Cardinal**

8:45am Earlybirds: September 13-December 17 (41 workouts); range: 17-32; average: 24.2
Missed 1 Workout: **Debby Whately**

6:00pm Whitecaps: September 13-December 16 (41 workouts); range: 18-32; average: 24.9
Perfect Attendance: **Cameron Dawson, Konstantin Petoukhov, Nicole Delisle**
Missed 1 Workout: **Jennifer Murdock**

7:15pm Whitecaps: September 13-December 16 (41 workouts); range: 13-26; average: 20.0
Missed 3 Workouts: **Nathan Fudge**

8:15am Saturdays: September 11-December 18 (14 workouts); range: 18-29; average: 25.1
Missed 1 Workout: **Cori Dinovitzer, Ian Lorimer, Jennifer Murdock, Lynn Marshall, Mary Donaghy**

Fall Session Awards

Normally there are awards at the end of each term for best attendance, most improved swimmers, fastest swimmers, and relays. Once again, due to COVID, the only timed swims this term were the 800/1500.

Fastest Swimmers:

| P1 | Name | Group | Gender | Event | Time | Points |
|----|--------------------------------|-------|--------|--------|-------|--------|
| 1 | Fiona Stewart | EB2 | F | 1500fs | 20:38 | 410 |
| 2 | Courtney Buchanan | WC1 | F | 1500fs | 21:38 | 355 |
| 3 | Laura MacMillan | EB2 | F | 1500fs | 21:51 | 345 |
| 1 | Jian-Lok Chang | WC1 | M | 1500fs | 20:30 | 330 |
| 2 | Nathan Fudge | WC2 | M | 1500fs | 20:38 | 323 |
| 3 | Mark Lebel | WC2 | M | 1500fs | 20:52 | 313 |
| 4 | Jonathan Critch | WC2 | M | 1500fs | 20:57 | 309 |
| 5 | Sam Hersh | EB1 | M | 1500fs | 21:07 | 302 |
| 6 | Isaac Fierro Marquez | WC1 | M | 1500fs | 21:55 | 270 |

Most Improved Swimmers:

| P1 | Name | Group | Gender | Event | Imp | Imp/100m |
|----|-----------------------------|-------|--------|--------|-------|----------|
| 1 | Seana Biggs | WC2 | F | 1500fs | 218.0 | 14.5 |
| 2 | Kelly Biggs | WC2 | F | 1500fs | 193.0 | 12.9 |
| 3 | Aline St-Laurent-Guérin | WC1 | F | 1500fs | 67.0 | 4.5 |
| 4 | Megan Holtzman | EB2 | F | 1500fs | 23.0 | 1.5 |
| 5 | Eleanor Fast | EB1 | F | 1500fs | 17.0 | 1.1 |
| 1 | Bob Tipple | EB2 | M | 800fs | 126.0 | 15.8 |

| | | | | | | |
|---|------------------------------|-----|---|--------|-------|-----|
| 2 | Sam Hersh | EB1 | M | 1500fs | 111.0 | 7.4 |
| 3 | Brian Lehmkuhl | EB1 | M | 1500fs | 66.0 | 4.4 |
| 4 | Sebastien Robillard-Cardinal | WC2 | M | 1500fs | 37.0 | 2.5 |
| 5 | Jonathan Critch | WC2 | M | 1500fs | 17.0 | 1.1 |
| 6 | Nathan Fudge | WC2 | M | 1500fs | 1.0 | 0.1 |

Fastest Three Swimmers Per Event:

| | Name | Group | Gender | Time |
|---------------|-------------------|-------|--------|-------|
| 400fs | | | | |
| 1 | Renate Hulley | EB2 | F | 18:00 |
| (1/0) | | | | |
| 800fs | | | | |
| 1 | Jocelyn Pender | EB1 | F | 17:05 |
| 2 | Heloise Emdon | EB1 | F | 17:20 |
| 3 | Liz MacNeill | WC2 | F | 18:12 |
| 3 | Susan Murray | WC2 | F | 18:12 |
| 1 | Edouard Michel | EB2 | M | 15:30 |
| 2 | Bob Tipple | EB2 | M | 15:50 |
| 3 | Gary Cousens | WC2 | M | 18:12 |
| 3 | Roy Hanes | EB2 | M | 19:43 |
| (15/6) | | | | |
| 1500fs | | | | |
| 1 | Fiona Stewart | EB2 | F | 20:38 |
| 2 | Courtney Buchanan | WC1 | F | 21:38 |
| 3 | Laura MacMillan | EB2 | F | 21:51 |
| 1 | Jian-Lok Chang | WC1 | M | 20:30 |
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| 5 | Sam Hersh | EB1 | M | 21:07 |
| (30/30) | | | | |

Perfect Attendance (All 6:00pm Whitecaps):

Cameron Dawson, Konstantin Petoukhov, Nicole Delisle

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

Any changes will be noted here.

Special Sets:

Mon Feb 7: fin day
Thu/Fri Mar 10/11: fin day
Tue/Wed Mar 22/23: 1500/800 time trial
Wed/Thu Apr 13/14: “funner” day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanwint22.pdf>.

Ask the Coach

Dear Coach: What are the rules for a backstroke turn? What’s the fastest way to do that turn? Improving My Turns

Dear I.M. Turns: On a backstroke open (non-flip) turn, you must touch the wall on your back and leave on your back. If you do a flip turn, you are permitted one stroke on your stomach before the flip turn, but must leave the wall on your back. For a backstroke finish or official split during a backstroke race, you must touch the wall on your back. Similarly, the backstroke to breaststroke turn is considered to be a backstroke finish so you must touch the wall on your back. If you have mastered a flip turn, that is the easiest and fastest way to turn in backstroke. Otherwise, for an open turn, it’s best to touch with your hand above your head but crossing over past the midline of your body, and then after touching the wall with that hand, spin (like a turtle on its back). To work on your backstroke open or flip turn, ask your coach for some tips.

Dear Coach: What angle should my hand be at during the underwater part of freestyle? Freestyle Swimmer

Dear F. Swimmer: After stretching forward with your arm above your shoulder, you want to point your fingers towards the bottom of the pool, keeping your elbow high and as stationary as possible (so that your hand and forearm are perpendicular to the direction you are going). After that part of the stroke (the catch), you want to move the hand and forearm back, keeping them perpendicular. Once the elbow is as far back as it will go, straighten the elbow while keeping the fingers pointing down (bending the wrist backwards), and then straighten the wrist, throwing the water towards your feet. Ask your coach to have a look at your stroke and offer suggestions.

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.

Note that, due to COVID, swim meets are currently on hold in Ontario and Quebec – check with the organizers before making plans!

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 Wilmot 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 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)
2022 Endurance Swim Challenge (100, 200, 300, 400 or 500 miles, and 500 mile team event): <https://www.active.com/other-endurance/virtual-events/endurance-swim-challenge-100-200-300-400-or-500-miles-and-500-mile-team-event-2022>
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!)

Sunday December 12 BTrain Meet at Brewer Pool, Ottawa

Three Carleton swimmers attended this competition. Congrats to **Seana, Nathan, and Steve** on their great swims! Full results: <https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=1145>. **Steve** set three 40-44 club records: <https://carletonmasters.tripod.com/211212.Records.pdf>. As the history of the club records is always interesting, here are the previous record holders: 200 free: **Don Wells** (6pm Whitecaps; 2004); 100 breast: **Steve Kennedy** (6pm Whitecaps; 2019 LC); 100 fly: **Tom Anzai** (2002).

Carleton Results:

Seana Biggs (7:15pm Whitecaps; 25-29): **3rd** 50 free (35.15), 50 fly (39.22)

Nathan Fudge (7:15pm Whitecaps; 40-44): **1st** 100 free (1:01.67); **2nd** 50 free (28.47), 200 free (2:21.59), 50 breast (37.62)

Steve Kennedy (6pm Whitecaps; 40-44): **1st** 50 free (26.79), 200 free (2:09.60 club record), 100 breast (1:15.23 club record), 100 fly (1:06.97 club record)

Saturday December 18 Swim Ontario Masters Virtual Rankings

Liliane was Carleton's only participant. Well done, Liliane – note that she was the only swimmer who attempted the very challenging 200 breaststroke! Full results: <http://www.swimontario.com/uploads/mastersvirtualrankingsdecember17.pdf>

Carleton Results:

Liliane Cardinal (7:35am Earlybirds; 70-74): **1st** 50 free (1:05.62), 50 breast (1:24.91), 100 breast (3:00.38), 200 breast (6:11.70)

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 **Dec 6th**).

Private and Semi-Private Masters Swim Lessons

Tuesday 9:40-10:40am

Tuesday 3:45-4:45pm

Tuesday 4:45-5:45pm

Thursday 3:45-4:45pm

Thursday 4:45-5:45pm

noon hour possibly available upon request

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/gr-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.

Winter Program Information

Dates: ~~Monday January 3~~ Monday January 10 to Thursday April 14, excluding Monday February 21. **Registration is open.**

Online registration is recommended: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5>. 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: Coach: **Lynn**: \$170 + HST (full: wait list available)

Earlybirds 2: Mon/Wed/Fri **8:40-9:40am** deep end: Coach: **Lynn**: \$170 + HST (5 spots available)

Whitecaps 1: Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: Coach: **Sean**: \$185 + HST (1 spot available)

Whitecaps 2: Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: Coach: **Mark**: \$174 + HST (6 spots available)

Saturday: 8:15-9:25am shallow end: Coaches: **rotating schedule**: \$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>