

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: March 11, 2022 5:03 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 #574

Carleton Masters Swimming Newsletter #574

Friday, March 11th, 2022

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2021, Winter 2022, and Alumni: 7:35am Earlybirds I (50 addresses), 8:40am Earlybirds II (47 addresses), 6:00pm Whitecaps I (43 addresses), 7:15pm Whitecaps II (43 addresses), Saturday Only (8 addresses), Alumni (50 addresses).

“Success is the sum of small efforts, repeated day in and day out.” – Robert Collier

Masters Swimming Program Notes

- The Winter Masters programs run from Monday January 31 to Saturday April 30.
- For those who have not yet registered, there are a few spots left in these Winter Masters groups: 8:40-9:40am Mon/Wed/Fri EB2 and 7:15-8:15pm Mon/Tue/Thu WC2. Also, one spot just opened up in the Saturday group if anyone is interested!
- Near the end of the newsletter you will find full details on the Winter programs, information on Carleton’s cuScreen app (used to show your COVID-19 vaccination status, and for daily screening to access Carleton Athletics), as well as the Carleton Pool COVID protocols.

Swimmer Notes

Swimmer Updates:

- Condolences to **Isla Paterson** (8:40am Earlybirds) on the recent passing of her mother. Thank you to Isla for passing on her mother’s very interesting and inspiring obituary: <https://obituaries.basicfunerals.ca/obituary/Florence-Paterson>.

- Congratulations to **Sheila Kealey** (8:40am Earlybirds) for being selected as the OUA Nordic Skiing Coach of the Year for her work coaching the uOttawa Team: <https://twitter.com/uOttawaNordig/status/1501312772730023942>.

- A big thank you to the Masters swimmers who helped time at the Carleton Varsity meet vs. uOttawa at uOttawa on February 22nd: **Andrea Chandler** (8:40am Earlybirds), **Courtney Buchanan** (7:15pm Whitecaps), and **Jenna May Clune** (7:15pm Whitecaps). The Varsity team is at OUAs in Toronto right now (March 10 to 12). Live results here: <https://sidearmstats.com/toronto/swimming/>.

- Check out this Carleton University Food Science Alumni Spotlight of **Ingrid Hagberg** (6pm Whitecaps): https://twitter.com/CU_FoodScience/status/1500841198503739394

- On Monday April 4, wear something blue and yellow and swim in support of Ukraine. Organized by **Lynne Cox** on Facebook (<https://www.facebook.com/lynne.cox.12>).

- **Melanie Heroux** (8:40am Earlybirds) is participating in the 2022 Virtual Polar Plunge for Special Olympics Ontario is happening from February 14 to March 21. If you are interested in sponsoring her, here is the link: <https://soopolarplunge.crowdfunder.ca/2363/page/9842>.

- Ontario Universities, including Carleton University, will continue to require proof of vaccination until at least the end of the Winter term (end of April), despite the changes at the Provincial level as of March 1. Thus, use of cuScreen will continue for everyone's safety.

- Carleton encourages everyone to get their third dose of the COVID-19 vaccine. While the booster is not mandated for campus access at this time, those accessing campus may now submit proof of their third dose in cuScreen. More details here: <https://carleton.ca/covid19/cuscreen/vaccination-attestation/>.

- Athletics 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:

- University of Windsor Researcher Hopes a 'Smart' Beach can Prevent Drownings:

<https://www.cbc.ca/news/canada/windsor/university-of-windsor-researcher-beach-drowning-1.6373052>

- Three Reasons Why Swimming is Great for Joint Health: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/3-reasons-why-swimming-is-great-for-joint-health>

- These are the Brain-Boosting Benefits of Swimming, According to Health Experts:

<https://www.weforum.org/agenda/2021/08/why-does-swimming-enhance-your-brain-more-than-other-similar-forms-of-exercise>

- Top 10 Swimmer Pet Peeves: <https://www.swimmingworldmagazine.com/news/the-top-10-pet-peeves-that-swimmers-carry-into-the-pool/>

- Drone Footage of Sharks Swimming Through a School of Fish Near Bridgehampton, New York:

<https://twitter.com/wonderofscience/status/1475444385995104264>

- The Irish, Unlike Australians, Know that Beaches are not for Looking Good: <https://www.irishtimes.com/life-and-style/people/the-irish-unlike-australians-know-that-beaches-are-not-for-looking-good-1.4616017>

News and Other Links:

- 'Women Ultrarunners Age Like Fine Wine': **Camille Herron**, 40, Has Set Another World Record [thanks to **Susan Hulley** (8:40am Earlybirds)]: <https://www.nytimes.com/2022/02/27/sports/camille-herron-world-record.html>

- How to Get Paid to Walk: Download these Apps to Earn Money [thanks to **Bicki Westerheide** (6pm Whitecaps)]:

<https://www.tomsguide.com/how-to/how-to-get-paid-to-walk>

- The Suspect Science Used to Push Aspiring Olympians to Starve Themselves:

<https://www.theglobeandmail.com/canada/article-the-suspect-science-used-to-push-aspiring-olympians-to-starve/>

- Why Older Athletes Lose Explosive Power: <https://www.outsideonline.com/health/training-performance/aging-athletes-power-research/>

- Exercise Vigorously for 4 Seconds. Repeat. Your Muscles May Thank You:

<https://www.nytimes.com/2021/08/11/well/move/exercise-high-intensity-interval-training-hiit.html>

- What We Think We Know About Metabolism May Be Wrong: <https://www.nytimes.com/2021/08/12/health/metabolism-weight-aging.html>

- Ten Ways Aging Athletes Can Still Win: <https://philmaffetone.com/10-ways-aging-athletes-can-still-win/>

Winter Session Information

Dates: Monday January 31 to Saturday April 30; Workouts **will** run on February 21 (Family Day): morning and evening, April 15 (Good Friday): morning, and April 18 (Easter Monday): morning and evening: times one hour later than usual for morning groups and one hour earlier for evening groups.

The usual pool allocations and coaches are as follows:

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

8:40-9:40am 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 March 7**.

Special Sets:

Mon Mar 7: fin day

Thu/Fri Apr 7/8: fin day
Tue/Wed Apr 19/20: 1500/800 time trial
Thu/Fri Apr 28/29: "funner" day

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

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

Apologies to **Konstantin Petoukhov** (6pm Whitecaps) for missing him from the "Perfect Attendance" list in the previous newsletter.

7:35am Earlybirds: January 31-March 11 (18 workouts); range: 14-31; average: 23.9
Perfect Attendance: **Angela Davis, Cheri Reddin, Liliane Cardinal, Ursula Scott**

8:40am Earlybirds: January 31-March 11 (18 workouts); range: 12-23; average: 18.3
Perfect Attendance: **Debby Whately, Margaret Janse van Rensburg**

6:00pm Whitecaps: January 31-March 10 (18 workouts); range: 18-27; average: 22.2
Perfect Attendance: **Cameron Dawson, Christian Cattan, Don Wells, Joanie Conrad, Matthew Sinclair, Peter Lithgow**

7:15pm Whitecaps: January 31-March 10 (18 workouts); range: 14-24; average: 21.1
Perfect Attendance: **Elaine Yardley, Stephanie Le Saux-Farmer**

8:15am Saturdays: February 5-March 5 (5 workouts); range: 21-27; average: 24.2
Perfect Attendance: **Cheri Reddin, Christian Cattan, Debby Whately, Don Wells, Homero Martinez, Ian Lorimer, Jennifer Murdock, Joanie Conrad, Liliane Cardinal, Lynn Marshall, Mariette Kenney, Natalie Aucoin, Stephanie Le Saux-Farmer**

Ask the Coach

Dear Coach: Any idea who to complain to about the wading-pool sized potholes at the corner of Bronson and Sunnyside? Turning left into the University is a huge challenge! Pothole Slalom Champion

Dear P.S. Champion: The intersection is also risky for pedestrians. I've pass our concerns on to University

Dear Coach: I'm having trouble with the abbreviations you use in the workouts. Can you help? New Swimmer

Dear N. Swimmer: Please check out: <https://carletonmasters.tripod.com/key.txt>. If there are any missing abbreviations, just let me know and I'll add them.

Dear Coach: I'm looking for prescription swimming goggles to read my sports watch that counts laps. Any suggestions? Far-Sighted Swimmer

Dear F.-S. Swimmer: There are lots of options for prescription swim goggles. However the negative diopters (for short sightedness) are most common. There are positive diopters available, though, e.g. <https://www.aquagoggles.com/>. Here's an article that talks about prescription goggles and also has links to other brands that have positive diopters: <https://www.swimoutlet.com/blogs/guides/how-to-choose-prescription-goggles>.

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.

Here's a list of potential upcoming meets in Ontario and Quebec.

Mar 19 Quebec Cup Meet 6: Dollard-des-Ormeaux: <https://www.swimming.ca/en/meet/36412/> (SO registration required)
Mar 26-27, Masters Spring Forward Invitational, Etobicoke (SO registration required): Note: no longer considered to be a Provincial Championship: <https://drive.google.com/file/d/1aIVbZXkIQmv0MfYewUI-c7TAYvSzuOe/view>;
<https://www.swimming.ca/en/meet/36909/>

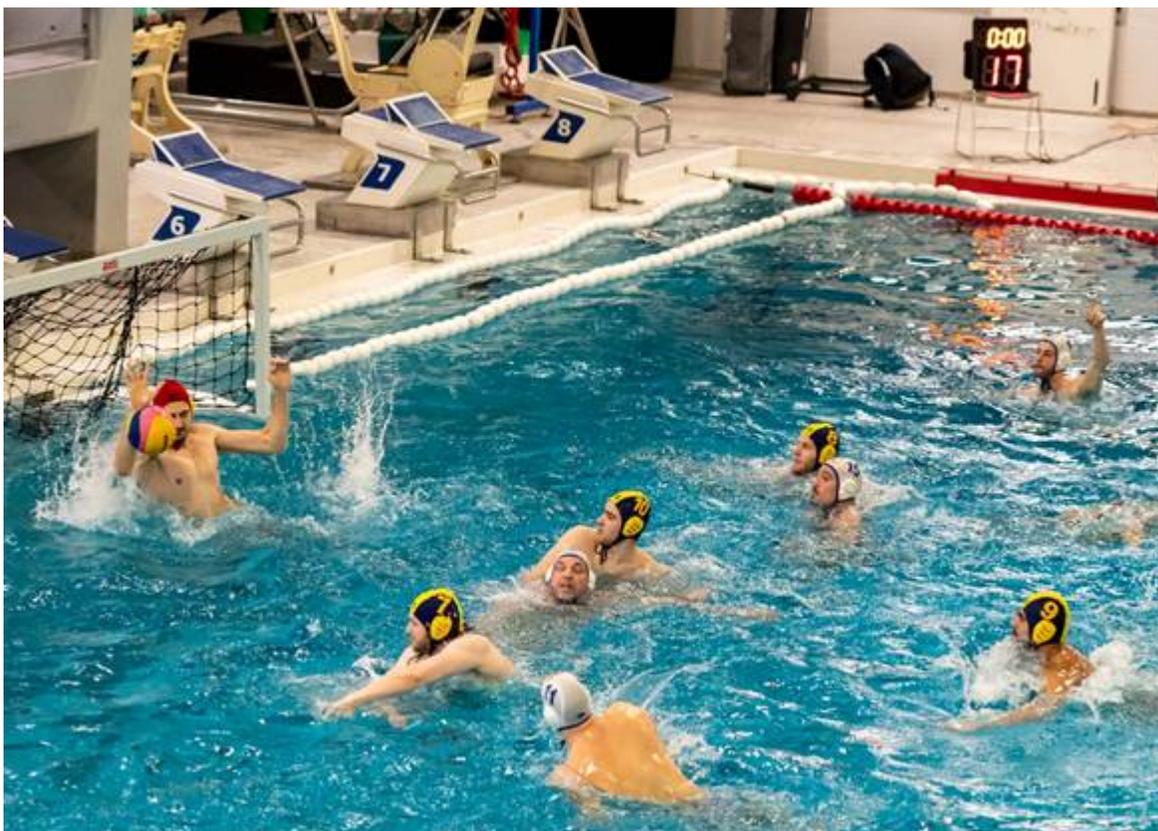
Apr 9 Drummondville Masters Meet: <https://www.swimming.ca/en/meet/36115/> (SO registration required)
Apr 22-24 Quebec Masters Provincial: <https://www.swimming.ca/en/meet/37169/> (SO registration required)
May 20-22 Canadian Masters Championships, Quebec City <https://www.swimming.ca/en/events-results/events/canadian-masters-championships/>; <https://www.swimming.ca/en/meet/36401/> (SO registration required)
Jun 11-12 Masters Swimming Ontario 50th Anniversary Meet (2020 Delayed MSO Provincial Championships), Nepean <https://ms.mastersswimmingontario.ca/web/schedule.php> (MSO registration required)
July 21-28 Pan American Masters, Medellin, Columbia (SO registration required)
https://www.clubassistant.com/club/form/select_sports.cfm?c=2164&msid=5
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>
Aug 2-11, 2023 FINA Masters World Championships (instead of 2021), Kyushu, Japan:
<https://www.swimmingworldmagazine.com/news/fina-confirms-new-dates-for-world-masters-championships-in-2023>
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!)

Friday-Sunday February 25-27: Senior Men's National Championship League Water Polo Tournament, Nepean

7:35am Earlybirds athletes **Ogi Gutovic** (Cap #11 with 6 goals) and **Zoltan Csepregi** (Cap #2 with 9 goals) competed with Ottawa United 1 in the first round of NCL games held in Ottawa over the weekend. Wins over Ottawa United 3 and DDO earned them a spot in the tournament final where they succumbed to the Toronto Jets 1, earning a silver medal. Details: <https://www.waterpolo.ca/division/1529/14117/standings>. Photo credit: **Mike Wheatley**.





Friday-Sunday March 4-6: Under 17 Women's National Championship League Water Polo Tournament, Markham

7:35am Earlybirds athlete **Mike Wheatley** (Coach) and alumnus **Lillian Wheatley** (Athlete) competed with Ottawa Titans-KW in the first round of 17U NCL games held in Markham over the weekend. Wins over CAMO, Capital Wave, Hamilton and Scarborough along with a tie against York Mavericks earned them a gold for the tournament and top standing in Eastern Canada. Details: <https://www.waterpolo.ca/division/1529/14105/standings>. Photo credit: **Mike Wheatley**.



Friday-Saturday March 4-5: Virtual Canadian Ski Marathon: Coureur des Bois Silver Event

Congratulations to **Marie-Eve Racette** and **Brian Lehmkuhl** (both 7:35am Earlybirds) on this monumental achievement! Here is Marie-Eve's race report:

This year, as last year, the CSM was virtual. This meant that you could pick your location and dates of completion. We, of course, chose the Gatineau Park, and decided on last week-end, when we felt that the conditions were going to be as good as they were going to get this year. We were doing the Coureur des Bois Silver event, which meant we needed to carry a 5kg pack. Of course, by the time you pack all your food, drinks and necessities for an overnight trip, the pack is much heavier than that.

Friday started out rather cold, near -20, but quickly warmed up, as March days do. The skiing conditions were glorious, with fast snow, perfectly groomed trails, blinding sunlight and brilliant blue skies. We started at P3 (Gamelin) and wended a circuitous way through the Park, in order to complete 60km of skiing before we reached Wakefield. We had one mishap, when Brian's left ski got caught in some ice on a downhill just after O'Brien, causing him to faceplant and impale his face on his own glasses. After some first aid and a field dressing, he continued on to Wakefield with a smile.

Saturday was just as glorious as Friday, and though we started out somewhat tired from the previous day's exertion, we were still able to enjoy ourselves. We were both wearing our backpacks with our CSM bibs and CSM hats, so we got lots of encouragement along the way from fellow skiers. I "crashed" at Gossip Corner, but after some warm, sweet tea and encouragement from Brian, I rallied and was able to carry on. We made it to Relais Plein-Air just as it was getting dark.

In all, we skied 120km carrying packs weighing 5kg and 10kg, respectively. Just last year, I wouldn't have thought I was capable of it, but I credit swimming with developing my strength and stamina. As for Brian, he did all the heavy lifting, logistically, physically and emotionally, and did it with a smile!

Having now completed Coureur des Bois Bronze and Silver, we have qualified to do the Gold level next year. That means performing the same ski, but camping outdoors overnight. If doing the virtual event, you may sleep in your own backyard, as long as you send in photographs of your setup. I'm not so keen on going for Gold, but we have a whole year to decide, thankfully.

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 **Jan 21st**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Wednesday 4:00-5:00pm

Wednesday 5:00-6:00pm

Thursday 3:45-4:45pm

Thursday 4:45-5:45pm

9:45am and 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/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.

Winter Program Information

Dates: Monday January 31 to Saturday April 30. Sessions **will** run on holidays: Family Day (morning and evening groups), Good Friday (morning groups), Easter Monday (morning and evening groups): times one hour later than usual for the morning groups and one hour earlier than usual for the evening groups. Some groups still have space available (see below). 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) or in person when Athletics reopens.

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.

As there are fewer workouts than originally planned, the prices have been adjusted, and the refund that will be credited to the accounts of those already registered is also given below.

Earlybirds 1: Mon/Wed/Fri **7:35-8:35am** deep end: Coach: **Lynn:** \$154.20 + HST (full: wait list available); refund: \$15.80 + HST

Earlybirds 2: Mon/Wed/Fri **8:40-9:40am** deep end: Coach: **Lynn:** \$154.20 + HST (5 spots available); refund: \$15.80 + HST

Whitecaps 1: Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: Coach: **Sean:** \$164 + HST (full: wait list available); refund: \$21 + HST

Whitecaps 2: Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: Coach: **Mark:** \$154.25 + HST (2 spots available); refund: \$19.75 + HST

Saturday: 8:15-9:25am shallow end: Coaches: **rotating schedule:** \$65 + HST (1 spot available); refund: \$5 + HST

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. Ask for more details.

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>