

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: April 6, 2022 2:40 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #576

Carleton Masters Swimming Newsletter #576

Wednesday, April 6th, 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 (48 addresses), 6:00pm Whitecaps I (43 addresses), 7:15pm Whitecaps II (44 addresses), Saturday Only (8 addresses), Alumni (50 addresses).



I visited **Melanie Heroux** (8:40am Earlybirds) at the Civic on Tuesday and gave her the cards from the Earlybirds groups in person. More details on her surgery below in "Swimmer Notes".

Masters Swimming Program Notes

- The Winter Masters programs run from Monday January 31 to Saturday April 30. Note the **Easter weekend workout times**:
 - There are morning workouts on **Good Friday, April 15** but one hour **later** than usual: **8:35-9:35am for EB1 and 9:40-10:40am for EB2**.
 - Workout is at the **usual time for the Saturday group on April 16: 8:15-9:25am**.
 - There are both morning and evening workouts on **Easter Monday, April 18** but one hour **later** than usual for the morning groups and one hour **earlier** than usual for the evening groups: **8:35-9:35am for EB1, 9:40-10:40am for EB2, 5:00-6:10pm for WC1, and 6:15-7:15pm for WC2**.
- There is now one spot available in each of the 7:15-8:15pm Mon/Tue/Thu WC2, and the 8:15-9:25am Saturday groups. In addition, there are two spots available in the 6:00-7:10pm Mon/Tue/Thu WC1, and four spots available in the 8:40-9:40am Mon/Wed/Fri EB2 group.
- 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.

- The **Carleton pool will be closed from May 1 to May 20 for annual maintenance**. Information on the Spring session, starting after the pool reopens, will be available soon.

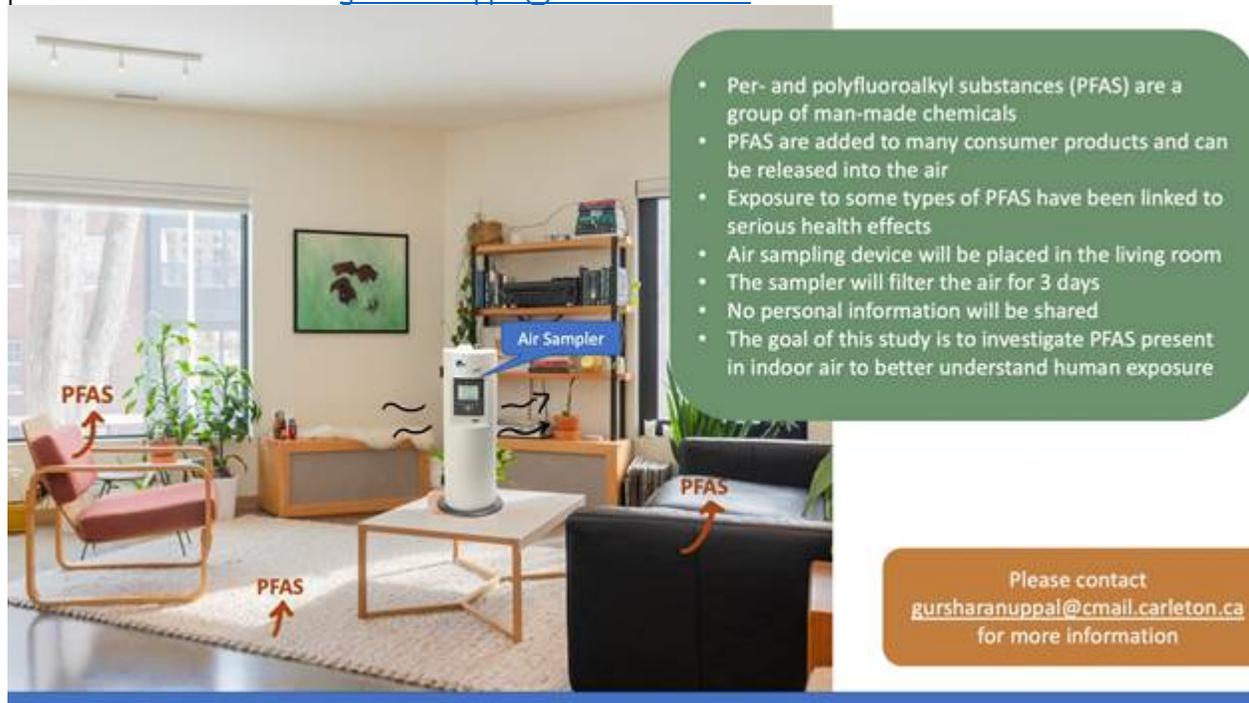
Swimmer Notes

Swimmer Updates:

- **Melanie Heroux** (8:40am Earlybirds) underwent Chiari decompression surgery last week, and is out of the ICU and will be on the 7th floor of the Civic Hospital in the Neurosurgery wing for a few more days of recovery. She says a big thank you to the Earlybirds swimmers for the cards. Melanie will be back swimming after she is completely recovered, likely in about six weeks.

- **Gursharan Uppal** (7:35am Earlybirds) asked me to pass this along: I am a MSc student studying pollutants called PFAS (per- and polyfluoroalkyl substances). PFASs initially used in non-stick coatings and waterproofing have now been expanded to be used in many consumer products ranging from non-stick cookware and food-packaging to cosmetics and carpeting. I am researching how the PFAS from these products can be released into the air.

To better understand PFAS exposure, we want to measure PFAS levels in the air we breathe. We are looking for people who would like to participate in having the air in their home sampled. If you are interested or would like to learn more, please send me an email at gursharanuppal@cmail.carleton.ca.



- The newly designed and constructed bridge over the O-Train tracks, near parking lot 18, has reopened to two-way traffic. This means that those who park in Lot 6 and Lot 18 are now able to turn left towards Bronson Ave. The rejuvenation of the bridge, as well as the new roundabout, are part of the [Carleton Transportation Plan](#) to improve traffic flow on campus.

- Ottawa's Westboro Beach to Close for the Summer: <https://ottawa.ctvnews.ca/ottawa-a-westboro-beach-to-close-for-the-summer-1.5825408>.

- I've been appointed to Carleton's Senate for a three-year term starting July 1: <https://carleton.ca/senate/2022/inside-senate-mar-25-2022/>.

- Carleton COVID Measures Update: At this time, following discussions with public health and other universities in Ontario, Carleton is not planning changes to [the measures we currently have in place](#), including current masking, vaccination and pre-screening requirements. As confirmed by the [Council of Ontario Universities](#), in order to minimize the disruption to our students, staff, faculty and university communities, Ontario's universities will maintain their [COVID-19 vaccination policies](#) and [mask policies](#) until April 30.

- Carleton currently plans to remove the mask and vaccine requirements as of May 1, but recommends that masks continue to be worn indoors. Full details: <https://carleton.ca/covid19/2022/message-from-the-president-and-covid-19-lead-vaccine-and-mask-requirements-suspended-starting-may-1/>.

- 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/>.

- Carleton University has been notified of construction delays on the LRT Trillium Line that services the university. As a result, the [O-Train Line 2 will remain closed](#) for at least the remainder of 2022. During this extended closure, [Line 2 buses](#) will continue to provide service between South Keys and Bayview Stations, with stops on Campus Avenue and University Dive at Carleton. The university is continuing discussions with the city to ensure appropriate levels of bus service to the Carleton campus during the 2022-2023 academic year. Students are encouraged to keep up-to-date with [bus service alerts from OC Transpo](#).

Aquatic-Related Links:

- Olympic Swimmer Joins Blood-Red Protest Performance in Front of Russian Embassy in Vilnius [thanks to **Marie-Odile Junker** (8:40am Earlybirds)]: <https://www.lrt.lt/en/news-in-english/19/1665143/olympic-swimmer-joins-blood-red-protest-performance-in-front-of-russian-embassy-in-vilnius>

- A Great Inspirational Swimming Video [thanks to **Mary-Lou Dunnigan** (Earlybirds)]: <https://twitter.com/kylesockwell/status/1508170234821320712>

- Former Synchronized Swimmer Named Canada's First Sport Integrity Commissioner: <https://www.theglobeandmail.com/canada/article-former-artistic-swimmer-named-canadas-first-sport-integrity/>

- Man in Distress Twice Rescued by Boater in South Carolina, and the Fatally Shot [Ed. Note: Don't attack your rescuers!]: <https://nationalpost.com/news/world/man-in-distress-twice-rescued-by-boater-in-south-carolina-then-fatally-shot>

- Thirty-Nine Thoughts Swimmers Have During the 200 Butterfly: <https://www.swimmingworldmagazine.com/news/39-thoughts-swimmers-have-during-the-200-butterfly/>

- A Look at the Movements Required for Strong Turns: <https://www.swimmingworldmagazine.com/news/a-look-at-the-movements-required-for-strong-turns/>

- The Fountain of Youth hasn't been Found — But Swimming may Come Close: <https://ideas.ted.com/swimming-brain-boost-science/>

- The Trans Swimmer Who Won Too Much: <https://www.newyorker.com/sports/sporting-scene/how-one-swimmer-became-the-focus-of-a-debate-about-trans-athletes>

News and Other Links:

- You Can Teach Yourself to Suffer Better: <https://www.outsideonline.com/health/training-performance/dealing-pain-discomfort/>

- The Amount of Leafy Greens You Need to Keep Your Heart Healthy: <https://www.runnersworld.com/news/a36474533/leafy-greens-for-better-heart-health-study/>

- How to Choose the Right Dose of Exercise for Your Brain: <https://www.outsideonline.com/health/training-performance/exercise-cognitive-function-research/>

- What is the Best Workout for Increasing VO2 Max?: <https://www.trainingpeaks.com/blog/what-is-the-best-workout-for-increasing-vo2-max/>

- The Longevity Benefit of a Physically Demanding Job: <https://www.nytimes.com/2021/06/02/well/move/work-exercise-heart-disease-cancer.html>

- When do Sports Stars Reach their Peak?: <https://www.puregym.com/blog/the-age-athlete-reach-peak-performance/>

- Exercise Affects Us All Differently. A New Study Could Finally Explain Why: <https://www.sciencealert.com/new-findings-could-explain-why-exercise-affects-us-all-differently>

- The Surprising Performance Benefits of Sipping a Pink Drink Pre-Run: <https://www.runnersworld.com/news/a36543241/performance-benefits-of-pink-drink-study/>

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.

Mark coached for **Sean** on **Monday March 28** and **Tuesday March 29**.

Sean coached for **Mark** on **Monday April 4**.

Mark is coaching for **Lynn** on **Friday April 22**.

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.

7:35am Earlybirds: January 31-April 6 (29 workouts); range: 14-31; average: 23.3

Perfect Attendance: **Liliane Cardinal, Ursula Scott**

Missed One Workout: **Heloise Emdon**

8:40am Earlybirds: January 31-April 6 (29 workouts); range: 12-23; average: 18.6

Missed One Workout: **Luciara Nardon, Margaret Janse van Rensburg, Renate Hulley**

6:00pm Whitecaps: January 31-April 5 (29 workouts); range: 16-27; average: 21.1

Perfect Attendance: **Cameron Dawson, Konstantin Petoukhov, Matthew Sinclair, Peter Lithgow**

Missed One Workout: **Christian Cattan, Don Wells, Joanie Conrad**

7:15pm Whitecaps: January 31-April 5 (29 workouts); range: 14-24; average: 20.7

Perfect Attendance: **Stephanie Le Saux-Farmer**

Missed One Workout: **Elaine Yardley**

8:15am Saturdays: February 5-April 2 (9 workouts); range: 18-27; average: 22.4

Perfect Attendance: **Christian Cattan, Don Wells, Homero Martinez, Jennifer Murdock, Joanie Conrad, Liliane Cardinal, Mariette Kenney**

Ask the Coach

Dear Coach: I heard that one of the morning swimmers is a physiotherapist. I'm having shoulder issues. Could you pass along his contact information? Sore Swimmer

Dear S. Swimmer: Of course: Tony Revitt (8:40am Earlybirds). He works at Carleton: <https://carletonsportmed.com/about-2/our-team/physiotherapists/tony-revitt/>, and at Glebe Health House: <http://www.glebehealthhouse.com/physiotherapy>.

Dear Coach: Where should I do my turns (e.g. on the side of the lane I'm swimming on, in the middle of the lane on the "cross", etc.)? Learning to Flip Turn

Dear L.t.F. Turn: Regardless of whether you are doing a flip turn or an open (non-flip) turn, you should cross over to the opposite side of the lane (space permitting) before doing your turn. This ensures that you can push straight off the wall and makes for a better turn, as well as ensuring that you won't bump into the person behind you.

Dear Coach: Why am I so bad at flutter kick? Breaststroke Swimmer

Dear B. Swimmer: To be good at flutter kick, you need to focus on pointing your toes and being pigeon-toed to reduce the resistance. Not many swimmers are good at both flutter kick and breaststroke kick, as breaststrokers tend to be good

at turning their toes out (“duck footed”) so have a harder time with turning their toes in. Working on ankle flexibility (extension) is helpful for both kicks.

Dear Coach: Sometime in the fall, an interesting excavation appeared in the men's locker room. Just wondering what the plan for it is? A Curious Archeologist

Dear A.C. Archeologist: I asked about this and have not received a reply, but “Mr. Archeologist” reports that the excavation has now been covered by a rubber mat!

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.

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 16 Ottawa Bring on the Bay Open Water Swims: 1.5k and 3k <https://bringonthebay.com/>
July 21-28 Pan American Masters, Medellin, Columbia (SO registration required)
https://www.clubassistant.com/club/form/select_sports.cfm?c=2164&msid=5
August 3-7 Traversee du Lac Tremblant Open Water Swims: 1k, 3k, 5k, 12k, and 12k team: <https://www.traverseelactremblant.ca/en/>
August 14 Ottawa Riverkeeper Open Water Swims: 1.5k and 4k <https://raceroster.com/events/2022/59495/riverkeeper-open-water-swimnage-en-eau-libre-garde-riviere>
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!)

March 26-27 Etobicoke Spring Forward Masters Meet

I was Carleton's only competitor. I was a bit disappointed as I missed the 200 fly world record by 1.15 seconds and the 200 back world record by 0.75 seconds. I got to try a backstroke start ledge for the first time, which was fun!

Updated club records: <https://carletonmasters.tripod.com/220327.Records.pdf>. Previous owners of the club records, as it's always fun to see the history: The 100m fly record belonged to **Ann Kilby** (Coach **Tim Kilby**'s mother) and was set at Nepean in 1999: 2:07.48. The breaststroke records all belonged to **Lina Vincent** and were set in 2012. The 50m breast was set at LaSalle in February in 48.48, and the 100m and 200m breast were from the Quebec Provincials in April in 1:44.77 and 3:46.40. There was no previous 200m fly or 400m IM records and the back records were mine from November.

Full results: <https://swimontario.com/liveresults/2022/MastersSpringForward/>. It was great to see **Kalis Rasmussen** going strong at age 98 (!), and **Christopher Smith** in a new age group at age 90!

Lynn Marshall (Coach; 60-64): 1st 200m back (2:36.59 National Record; 50 split: 39.24 Club Record, 100 split: 1:18.84 National Record), 200m breast (3:12.15 Ontario Record; 50 split: 45.52 Club Record, 100 split: 1:34.38 Club Record), 200m fly (2:42.40 National Record; 50 split: 35.90 Club Record, 100 split: 1:15.86 National Record), 400m IM (5:37.15 World Record; 50m fly split: 35.61 Ontario Record, 100m fly split 1:15.14 National Record)

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 **Apr 4**).

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 (3 spots available); refund: \$15.80 + HST

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

Whitecaps 2: Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: Coach: **Mark**: \$154.25 + HST (1 spot 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: Aquasport (2730 Iris Street) is under new management. I am working on contacting the new manager to renegotiate our discount. Stay tuned!

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>