

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: May 1, 2022 2:06 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 #578

Carleton Masters Swimming Newsletter #578

Sunday, May 1st, 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 (44 addresses), Saturday Only (9 addresses), Alumni (49 addresses).

WHY SWIMMING SHOULD BE PART OF YOUR WORKOUT

LOWERS RISK OF DIABETES

"Aerobic exercise and resistance training, alone or in combination, improves blood sugar control in patients with type 2 diabetes."

- University of Maryland



FULL BODY WORKOUT

Swimming targets the muscles in your legs, abdomen, shoulders and arms, enabling you to build up muscle strength and tone.



REST DAY

Swimming gives your body a break from higher-impact activities such as basketball, running, and weightlifting. By generating a balanced workout routine, athletes avoid injury by allowing their body time to heal, while still getting in a workout

WEIGHT LOSS



"People who consistently swim strenuously enough to be out of breath when they finish and elevate their heart rate do burn calories and lose weight, the key is to push yourself"

- Jane Moore, M.D.

INCREASED FLEXIBILITY



50%

lower death rate to those who swim on a regular basis



IMPROVES MENTAL

GREAT FOR PREGNANT WOMEN

Exercising while pregnant is not only good for the expecting mother, but it is also good for the unborn baby. "Water exercises involve no impact, overheating is unlikely, and swimming face down promotes



Masters Swimming Program Notes

- The Winter Masters program ran from Monday January 31 to Saturday April 30, and will continue from Saturday May 21 to Friday May 27.
- **The Carleton pool will be closed from May 1 to May 20 for annual maintenance.**
- Information on the Winter Make-Up, Spring and Summer sessions follows. **Note that the morning workouts will be at the same time as this term, not 5 minutes earlier as per the previous newsletter. The corrected times are listed below.**
- Groups that are getting close to full: Spring 7:35am Earlybirds: **3** spots; Summer 7:35am Earlybirds: **7** spots; Summer 6:00pm Whitecaps: **10** spots

Winter Make-Up, Spring and Summer Sessions

The pool will reopen on **Saturday May 21**. Masters swimmers must have a valid membership for all sessions that they attend. Carleton students who are not taking courses during the Spring/Summer need to purchase a membership. There are special deals on Summer memberships for students and non-students:

<https://athletics.carleton.ca/memberships/summer-memberships/>. The details below can also be found on our web site: <https://carletonmasters.tripod.com/index.html#schedSpringSummer>. Starting in May, proof of vaccination will not be required, but the mask mandate remains in place. In addition, we will use just the normal (“front”) doors to enter and exit the changerooms from the pool deck. Note that the morning groups will start 5 minutes earlier.

Winter Make-Up Workouts

As the Winter session was shortened, **the** first week of workouts will be Winter “Make-Up” workouts offered free of charge to all those registered for Winter. Your make-up workouts correspond to the group(s) that you are currently registered in:

Saturdays: Saturday May 21 10:45-11:55am

Earlybirds 1: Monday May 23 8:30-9:30am, Wednesday May 25 **7:35-8:35am**, Friday May 27 **7:35-8:35am**; Coach: Lynn

Earlybirds 2: Monday May 23 9:35-10:35am, Wednesday May 25 **8:40-9:40am**, Friday May 27 **8:40-9:40am**; Coach: Lynn

Whitecaps 1: Monday May 23 5:00-6:10pm, Tuesday May 24 6:00-7:10pm, Thursday May 26 6:00-7:10pm; Coaches: Sean and Mark

Whitecaps 2: Monday May 23 6:15-7:15pm, Tuesday May 24 7:15-8:15pm, Thursday May 26 7:15-8:15pm; Coaches: Sean and Mark

Spring Session

Registration for the Spring Session starts noon Wednesday April 20. The Spring Session runs from May 28 to June 30:

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$28+HST

Earlybirds 1: Monday/Wednesday/Friday **7:35-8:35am**; Coach: Lynn; \$60+HST

Earlybirds 2: Monday/Wednesday/Friday **8:40-9:40am**; Coach: Lynn; \$60+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean and Mark; \$68+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean and Mark; \$64+HST

Summer Session

The registration start date for the Summer Session will be announced nearer the time. The Summer Session runs from July 2 to September 3, with no workouts on July 9 or August 1:

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$62+HST

Earlybirds 1: Monday/Wednesday/Friday **7:35-8:35am**; Coach: Lynn; \$112+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean and Mark; \$118+HST

Swimmer Notes

Swimmer Updates:

- A group of Carleton swimmers will attend the June MSO Meet at the Nepean Sportsplex (details in the Masters Swimming Competitions section below). If you are interested in attending, the first step is to register with MSO (Masters Swimming Ontario). Cost is \$20, payable to me by e-transfer, and I need your details (address, phone number, date of birth). Send me an email for more details.

- Last June, I participated in the Carleton “Ravens for Mental Health” Team for the Virtual 5km “Run” for Women, but did it as a swim in Meech Lake. Some of you said that you were interested in joining me for a 5km swim this year. If so, you can sign up by clicking “Join Lynn’s Team” (i.e. the “Ravens for Mental Health” team) on this web page:

http://run.convio.net/site/TR/Events/General?px=1129750&pg=personal&fr_id=1287. Ensure that you sign up for the virtual event. Cost is \$40 and we need to complete the swim by Sunday June 5. Any questions, let me know.

- Update from **Tim Scapillato** of the National Capital Open Water Swimmers Alliance (NCOWSA) on the NCC's Open Water Swim Program for 2022:
"In a nutshell, it is the same as last year. They are extending the pilot project for another season. So to refresh your memories before you start your open water swimming season:
 - You are advised to swim within the designated swim corridors. If you swim outside the corridors, you should remain within 30 metres of a shoreline.
 - You must wear a brightly coloured swim cap and/or pull a swim buoy to enhance your visibility in the water.
 - You are also advised to avoid loud conversations in the early morning hours. The Blanchet parking lot will continue to be closed until 7:00 am, with O'Brien opening at 5:30 am.
 - Those who are accompanying swimmers on a SUP or in a canoe or kayak cannot launch from either beach area at any time. We tried to get the NCC to consider allowing this outside of supervised beach hours, but they weren't willing to change this rule.
 - The NCC will continue to monitor and collect data, presumably to help them formulate a permanent framework starting in the following season. There will be more consultations over the coming winter (if the current one ever ends!) as they work to develop a new program.We will keep you posted on any further developments."

- There was a question in the newsletter a while back about the state of the intersection at Bronson and Sunnyside. You'll be pleased to hear that work will be done on that intersection and surrounding area soon:

Significant Roadway Work Update: University Dr./Bronson Ave. Intersection

Facilities Management and Planning wants to advise the campus community that the work to complete the area of University Drive from Bronson Avenue to Parking Lot 18 begins on April 26. This work is expected to be completed by June 3 and will include landscaping, as well as completing the sidewalks and bike paths along University Drive. In addition, the City of Ottawa will begin paving Bronson Avenue around the intersection of University Drive and Sunnyside Avenue on May 10. Completion is expected by June 3. This project will complete the upgrades to the Bronson Avenue entrance to campus, with enhanced protected pedestrian/cyclist crossings and pathways, as well as the additional left-hand turn lane (going northbound) and the roundabout near Parking Lot 7, as outlined in Carleton's Transportation Plan.

- On the recommendation of Ottawa Public Health, **Carleton will be maintaining the mandatory [COVID-19 Mask Policy](#) until further notice.** Note that proof of vaccination will no longer be required to access campus after 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/>. Note that the Fitness Centre remains open during the pool closure.

Aquatic-Related Links:

- Wakeboarding with Dolphins in the Sea of Cortez [thanks to **Carolyn Odecki** (6pm Whitecaps)]: <https://www.flixy.com/wakeboarding-with-dolphins-in-the-sea-of-cortez.htm>
- Video of Men's 200 Breaststroke at the 1936 Olympics (when bringing your arms out of the water wasn't yet illegal, and led to the development of butterfly): <https://twitter.com/kylesockwell/status/1516894979100053504>
- Oceanside Pools in Sydney, Australia: <https://www.facebook.com/MSDSwimming/photos/a.121024961297957/5226502420750160/>
- A Seal Makes Himself at Home at a Beach Resort: <https://twitter.com/TG22110/status/1519485810155925504>
- Penguin Changes Its Mind About a Cold Swim: <https://twitter.com/FredSchultz35/status/1519686708618485760>

News and Other Links:

- British Columbian **John Hillman**, 103, to Walk 103 Laps of Retirement Home to Raise Funds for Save the Children Canada: <https://www.saanichnews.com/community/photos-veteran-oak-bay-charitable-inspiration-john-hillman-honoured-at-103/> and <https://www.cheknews.ca/chek-upside-oak-bay-centenarian-preparing-for-third-fundraising-walk-1016730/>
- At 119, She Was a Symbol of How to Live With Wit and Vitality: <https://www.nytimes.com/2022/04/27/world/asia/kane-tanaka-japan-worlds-oldest-person.html>
- How Much do Warm-Ups and Cool-Downs Matter to a Workout?: <https://www.theglobeandmail.com/life/health-and-fitness/article-warm-up-cool-down-exercise-workout/>
- The Best Time of Day to Exercise: <https://www.nytimes.com/2021/01/27/well/move/the-best-time-of-day-to-exercise.html>
- Five Simple Recovery Tips: <https://www.trainingpeaks.com/blog/5-simple-recovery-tips/>
- The Power of Habit: <https://www.fastrunning.com/running-athletics-news/the-power-of-habit/32359>
- How Heavy Should You Be Lifting? Weight Training for Endurance Athletes: <https://www.trainingpeaks.com/blog/heavy-lifting-endurance-athletes/>

- How Exercise Affects Your Appetite: <https://www.nytimes.com/2021/11/24/well/move/exercise-appetite-weight.html>

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 **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 29 (39 workouts); range: 14-31; average: 22.3

Missed One Workout: **Ursula Scott**

8:40am Earlybirds: January 31-April 29 (39 workouts); range: 10-23; average: 17.9

Missed Two Workouts: **Luciara Nardon, Renate Hulley**

6:00pm Whitecaps: January 31-April 28 (39 workouts); range: 15-27; average: 20.6

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

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

7:15pm Whitecaps: January 31-April 28 (39 workouts); range: 12-24; average: 19.4

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

8:15am Saturdays: February 5-April 30 (13 workouts); range: 15-28; average: 21.7

Perfect Attendance: **Homero Martinez, Mariette Kenney**

Winter 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 | EB1 | F | 1500fs | 21:05 | 384 |
| 2 | Laura MacMillan | EB2 | F | 1500fs | 21:52 | 344 |
| 1 | Steve Kennedy | WC1 | M | 1500fs | 19:15 | 398 |
| 2 | Dave Lapins | EB1 | M | 1500fs | 20:24 | 335 |
| 3 | Nathan Fudge | WC2 | M | 1500fs | 20:41 | 321 |

| | | | | | | |
|---|-------------|-----|---|--------|-------|-----|
| 4 | Tony Revitt | EB2 | M | 1500fs | 20:42 | 320 |
|---|-------------|-----|---|--------|-------|-----|

Most Improved Swimmers:

| P1 | Name | Group | Gender | Event | Imp | Imp/100m |
|----|-----------------------------|-------|--------|--------|-------|----------|
| 1 | Jennifer Glassman | EB1 | F | 800fs | 105.0 | 13.1 |
| 2 | Jocelyn Pender | EB1 | F | 1500fs | 145.0 | 9.7 |
| 3 | Flo Kellner | WC2 | F | 400fs | 16.0 | 4.0 |
| 4 | Margaret Janse van Rensburg | EB1 | F | 1500fs | 35.0 | 2.3 |
| 1 | Gary Cousens | EB2 | M | 800fs | 37.0 | 4.6 |
| 2 | Dean Laplonge | EB2 | M | 1500fs | 56.0 | 3.7 |
| 3 | Etienne Pilon | WC1 | M | 1500fs | 44.0 | 2.9 |
| 4 | Christian Cattan | EB2 | M | 1500fs | 25.0 | 1.7 |

Fastest Three Swimmers Per Event:

| | Name | Group | Gender | Time |
|---------------|--------------------------|-------|--------|-------|
| 400fs | | | | |
| 1 | Flo Kellner | EB2 | F | 12:24 |
| 2 | Renate Hulley | EB2 | F | 14:00 |
| 1 | Steve Dods | EB2 | M | 10:45 |
| (2/1) | | | | |
| 800fs | | | | |
| 1 | Andrea Katz | WC1 | F | 16:45 |
| 2 | Rocio Aranda | WC2 | F | 16:58 |
| 3 | Ann Bortolotti | EB1 | F | 17:49 |
| 1 | Gary Cousens | WC2 | M | 17:35 |
| (11/2) | | | | |
| 1500fs | | | | |
| 1 | Fiona Stewart | EB1 | F | 21:05 |
| 2 | Laura MacMillan | EB2 | F | 21:52 |
| 3 | Stephanie Le Saux-Farmer | WC2 | F | 24:13 |
| 4 | Gillian Massel | WC2 | F | 24:15 |
| 1 | Steve Kennedy | WC1 | M | 19:15 |
| 2 | Dave Lapins | EB1 | M | 20:24 |
| 3 | Nathan Fudge | WC2 | M | 20:41 |
| 4 | Tony Revitt | EB2 | M | 20:42 |
| (25/22) | | | | |

Perfect Attendance:

Cameron Dawson (6:00pm Whitecaps), Homero Martinez (8:15am Saturdays), Konstantin Petoukhov (6:00pm Whitecaps), Mariette Kenney (8:15am Saturdays), Matthew Sinclair (6:00pm Whitecaps), Peter Lithgow (6:00pm Whitecaps), Stephanie Le Saux-Farmer (7:10pm Whitecaps)

Ask the Coach

Dear Coach: It seems that there are many membership types, and not all are listed in one place. Can you provide a summary of what is best for someone who just wants to swim Masters, and for someone who wants to swim Masters and use other facilities, such as the Fitness Centre? So Many Choices

Dear S.M. Choices: I'll do my best! It's quite complicated. First, current staff and students have a membership included. That said, students who are not taking courses in the Spring/Summer, **do** need to purchase a membership to use the facilities from May to August. For everyone else, here are the options that include swimming:

All-Inclusive: \$579+HST per year

Morning-Only: \$405+HST per year (valid for weekday morning and Saturday morning Masters)

Alumni: \$463+HST per year

Non-Carleton Student: \$492+HST per year

Swim Only: \$482+HST per year

Senior All-Inclusive (for age 55+): \$440+HST

Senior Raven's (for age 55+): \$159+HST per 4 month term (only includes weekday morning Masters; details:

<https://athletics.carleton.ca/fitness/senior-ravens/>)

Summer Specials (May-August): \$189+HST for adults; \$99+HST for students: must purchase by May 15 (details:

<https://athletics.carleton.ca/memberships/summer-memberships/>)

Dear Coach: Where is the best place to swim when Carleton is closed? Need My Swims

Dear N.M. Swims: Here's a list of Ottawa facilities with indoor pools: https://ottawa.ca/en/recreation-and-parks/recreation-facilities/facility-listing?f%5B0%5D=field_fa_facility_type%3A4211. Select the one(s) near you. If swims are listed under

"Schedules" then you can sign up as of 6pm for swims two days away. Here's the schedule for the Gatineau pools:

https://www.gatineau.ca/portail/default.aspx?p=activites_evenements_idees_sorties/activites_sport_loisir/activites_interieures/baignade. Drop-in adult fees are \$5.75 or \$6.50 (\$10 for wave pools) for Ottawa and \$10 for Gatineau.

Dear Coach: I'm going to be traveling. What's the best way to get information on pools in other cities? On The Road

Dear O.T. Road: The best resource is the crowd-sourced web page: <https://www.swimmersguide.com/>. Enter the address where you are staying and you'll get a list of the nearest pools. Best to phone to confirm the times.

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.

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-swimmage-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!)

April 22-24 Quebec Masters Swimming Provincial Championships, Sherbrooke

Liliane and I participated in this event. We each completed the sweep of Club Records for our age groups, with Liliane getting the 50 free and 100 breast records, and me getting the 100IM. There was no previous 100 breast record in the 70-74 age group, and the previous 50 free record was held by the late **Margaret Dibben King** (1:06.75 from 2002, 20 years ago!). For 60-64, the previous 100IM record was held by **Lina Vincent** (1:34.09 from 2012, 10 years ago). Full results: <https://live.swimrankings.net/33375/>. Updated Club Records: <https://carletonmasters.tripod.com/220424.Records.pdf>.

Our Results:

Liliane Cardinal (7:35am Earlybirds; 70-74): **2nd** 1500 free (37:02.98), 400 IM (12:06.64); **3rd** 400 free (9:33.65), 200 back (5:29.33); 4th 100 breast (2:51.71 Club Record); 5th 50 free (1:00.52 Club Record)

Lynn Marshall (Coach; 60-64): **1st** 200 free (2:18.45 Nat'l Record, 100 split 1:08.43 Nat'l Record, 50 split 33.50 Club Record), 100 back (1:17.32 Nat'l Record), 200 back (2:34.72 World Record [for a few hours – broken by a US Woman in B.C. later the same day!]), 100 split 1:16.40 Nat'l Record), 100 fly (1:14.45 Nat'l Record), 200 fly (2:45.31), 100 IM (1:18.47 Ont Record), 200IM (2:40.29 Nat'l Record, 50 split 34.85 Ont 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 **May 1**).

Private and Semi-Private Masters Swim Lessons

Spring Schedule coming soon!

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 (2 doses) to use the facilities. 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.

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

lynnmar@sce.carleton.ca

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