

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** May 15, 2022 11:47 AM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'  
**Subject:** Carleton Masters Swimming Newsletter #579

## Carleton Masters Swimming Newsletter #579

Sunday, May 15<sup>th</sup>, 2022

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those registered for Fall 2021, Winter 2022, and Alumni: 7:35am Earlybirds I (55 addresses), 8:40am Earlybirds II (49 addresses), 6:00pm Whitecaps I (48 addresses), 7:15pm Whitecaps II (43 addresses), Saturday Only (8 addresses), Alumni (46 addresses).



Congratulations to **David Lapins** (7:35am Earlybirds, holding banner), **Ogi Gutovic** (7:35am Earlybirds, to the right of Dave), and **Zoltan Csepregi** (7:35am Earlybirds, second from right) on winning the Senior Men's National Water Polo Championships with the Ottawa Titans from April 29 to May 1:

<https://www.facebook.com/193992167322377/posts/5010834568971422/?d=n>. Awesome job guys!!

## Masters Swimming Program Notes

- **The Carleton pool is closed from May 1 to May 20 for annual maintenance.**

- The Winter make-up workouts run from Saturday May 21 to Friday May 27. The Spring session starts on Saturday May 28.
- Information on the Winter Make-Up, Spring, and Summer sessions follows.
- These groups are getting close to full: Spring 7:35am Earlybirds: **3** spots; Summer 7:35am Earlybirds: **4** spots; Spring 6:00pm Whitecaps: **9** spots; Summer 6:00pm Whitecaps: **9** spots
- Masks are still required, but proof of vaccination and use of the cuScreen App is no longer necessary. In addition, we will use just the normal (“front”) doors to enter and exit the changerooms from the pool deck.
- The **Saturday May 21** workout is at a later time (10:45am) due to the Somersault Early Bird Triathlon. For those attending the workout, access campus via the Bronson entrance, as **Colonel By Drive will be closed for the triathlon.**

## 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>.

### 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; Coach: Sean

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 and Summer Sessions is underway. 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; Coach: Sean \$68+HST

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

### Summer Session

Registration for the Spring and Summer Sessions is underway. 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.

- On the recommendation of Ottawa Public Health, **Carleton will be maintaining the mandatory [COVID-19 Mask Policy](#) until further notice.** Note that use of cuScreen and proof of vaccination is no longer be required to access campus. The usual doors from the change rooms to the pool deck will now be used for both entrance and exit.

- Here is the public swim schedule: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>. Swims are now available to the general public, as well as to members. Note that it is no longer necessary to pre-book swim spots ahead of time. Pre-booking is still required for the Fitness Centre: <https://rec.carleton.ca/booking>.

- Congratulations to **Melanie Heroux** (8:40am Earlybirds) who has been awarded a gold medal by her Special Olympics Swim Team for her ongoing positive attitude and bravery during her recovery from brain surgery! We look forward to seeing her back in the pool soon!

- Here's an interview with **Andrea Chandler** (8:40am Earlybirds) discussing the Russian Ukrainian War: <https://twitter.com/pdaniel2553/status/1522651212348284936>.

- A great story from **Harley Gifford** (7:35am Earlybirds): "Thought I'd share a swimming story with you ... along the lines of 'Wakeboarding with Dolphins in the Sea of Cortez' from the Aquatic Links in the previous newsletter. It looks like that video was shot in the same area where I have my winter house. I was out fishing with friends when that pod of dolphins came through the channel, there were literally hundreds, if not thousands, of dolphins on the move. The dolphins were leaping and flipping and playing in the bow wave ... an amazing sight. I (a little nervously) dove into the water and spent 10 minutes or so 'swimming' with the dolphins, they were very curious and completely surrounded me but stayed about 10 feet away. The noise of their voices underwater and the sounds of their breathing above water was surreal. It was an incredible experience. One of the strangest and unexpected part of the swim, and it took me awhile to figure it out in all the excitement and motion, was that the normally clear water was filled with small brown 'flakes'!"

- Carleton will hold two weeks of convocation ceremonies this June: June 13-17 for 2020 and 2021 graduates, and June 20-24 for 2022 graduates. It is likely that Parking Lot 5 will be closed to Athletics users during these dates.

- 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](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** (in a pool or open water). Any questions, let me know.

- **Note: The buoys are now there!** 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.

### **Aquatic-Related Links:**

- How the Pool Deep End is Formed [Thanks to **Ralph Siemsen** (8:40am Earlybirds)]: <https://xkcd.com/2616/>

- Five Things about the Montreal Minke Whale and Why Saving it isn't Easy: <https://ottawacitizen.com/pmn/news-pmn/canada-news-pmn/five-things-about-the-montreal-minke-whale-and-why-saving-it-isnt-easy/wcm/d66c1533-3cae-4544-a441-40ce9ef70151>
- Butterfly – Breaststroke Drill: <https://twitter.com/goswim/status/1520750198196215809>
- Waterman, a Movie about Hawaiian Swimmer and Surfer **Duke Kahanamoku**: <https://watermanthemovie.com/>
- **Adam Peaty's** Breaststroke is Probably Faster than Your Freestyle: <https://twitter.com/kylesockwell/status/1523352026113089536>
- 60m Scuba Diving Training Pool in Dubai: <https://deepdivedubai.com/>
- Pool on a Mountain Top in Hunan: <https://twitter.com/ljsjngs/status/1524318393830199298>
- World Record Flashback: When **David Wilkie** Wowed the World in 200 Breaststroke at 1976 Olympics [Ed. Note: I attended a clinic where **David Wilkie** demonstrated the drill that we do.]: <https://www.swimmingworldmagazine.com/news/world-record-flashback-when-david-wilkie-wowed-the-world-in-200-breaststroke-at-1976-olympics/>

## News and Other Links:

- British Columbian **John Hillman**, 103, Completed His 103 Laps of Retirement Home to Raise Funds for Save the Children Canada: <https://www.saanichnews.com/news/103-year-old-oak-bay-veteran-hopes-for-surge-of-donations-to-help-children-of-ukraine/>
- The Surprising Brain Benefits of Exercising with Others: <https://www.vox.com/22846265/exercise-brain-benefits-health-supplements-alzheimers>
- Timing of Caffeine Intake in Long Races: <https://www.mysportscience.com/post/2016/08/02/timing-of-caffeine-intake-in-long-races>
- Five Reasons You Should Get a Training Plan: <https://www.trainingpeaks.com/blog/5-reasons-you-should-get-a-training-plan/>
- Five Things Aging Runners Need To Do In Your 50s, 60s, and Beyond [Ed. Note: These also apply to swimmers]: <https://trainright.com/tips-for-aging-runner-ultramarathoner-50-60-70/>
- Exercise May Protect Your Brain Even if You Have Signs of Dementia, Study Finds: <https://www.cnn.com/2022/01/10/health/exercise-brain-health-protein-study-wellness/index.html>
- Rundown? Underperforming? Research Shows You're Likely Undernourished: <https://www.drstacysims.com/blog/underperforming-research-shows-you-re-likely-undernourished>
- Health and the Elderly: <https://www.thenews.com.pk/print/386774-health-and-the-elderly>

## Winter Make-Up Workouts

Dates: Saturday May 21 to Friday May 27.

Pool allocation and coaches:

Saturdays: Saturday May 21 10:45-11:55am: LC, Whole Pool: **Sean**

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

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

Whitecaps 1: Monday May 23 5:00-6:10pm, Tuesday May 24 and Thursday May 26 6:00-7:10pm; Mon/Tue: Shallow End; Thu: Deep End: **Sean**

Whitecaps 2: Monday May 23 6:15-7:15pm, Tuesday May 24 and Thursday May 26 7:15-8:15pm; Mon/Tue: Shallow End; Thu: Deep End: Mon: **Sean**, Tue/Thu: **Mark**

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplansprsum22.pdf>.

## Spring Session Information

Dates: Saturday May 28 to Thursday June 30. No workouts Friday July 1 (Canada Day).

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: Mon: **Sean**; Tue/Thu: **Mark**

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

Any changes will be noted here.

## Special Sets:

Thu/Fri June 2/3: fin day

Wed/Thu June 29/30: fun day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplansprsum22.pdf>.

## Ask the Coach

**Dear Coach:** Thanks for trying to clarify membership options. Prior to getting your newsletter, I had similarly tried to understand the options, with little success. One would think it should be possible to provide a clearer picture, perhaps in a table format, e.g. who is eligible, what access is available (facilities, parking, programs, payment options) and not. In our case, we would seem to be eligible for regular, senior all inclusive, and swim only? A particular mystery is how CU Fit fits in, e.g. does every type pay extra or do some include? I think it would be worthwhile for the Welcome Centre to put some effort into providing greater clarity. It would probably reduce staff interaction and transaction times and foster better relations with members and wannabes. Long-Time Member

Dear L-T. Member: I have passed along your suggestion!

**Dear Coach:** Do you have a list of the drills that you do. I have trouble remembering good ones to do during warm up? Working on My Technique

Dear W.o.M. Technique: If the names of the drills is enough to help, just ask to be added to the list of those who get the workouts. I don't have a written description of the drills, as it needs the demonstration to go with the words. If you want to work on a particular part of a stroke, just ask your coach for a suggested drill.

**Dear Coach:** When swimming backstroke, what part of my hand should exit the water first, and same for entry? Wanna-Be Backstroker

Dear W-B. Backstroker: In backstroke, you finish the stroke under your hip, and then slide your hand out thumb first. For the entry, you want to enter at 11 o'clock, with your pinky (little finger) first.

## 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)

May to October Canaqua Canadian Swim and Swim/Run Series <https://www.canaquasports.com/>

June 11-12 Masters Swimming Ontario 50<sup>th</sup> 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](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>

August 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!)

## 2021-2022 Global Swim Series

Congratulations to the Canadians who rocked it in the 2021-2022 Global Swim Series, including Gatineau's **Bob Landriault** who won the men's wetsuit series for the second year in a row!

<https://globalswimseries.com/2021-22-season-concludes-global-champions-announced/>

## 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/Summer Schedule

Monday 4-5pm

Monday 5-6pm

Tuesday 4-5pm

Tuesday 5-6pm

**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

### Masters Swimming COVID Protocols

- 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.
- The regular doors to the pool deck will be used for both entry and exit.
- 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 at all times, except from 10am to 4pm Monday to Friday.
- **Lockers:** Day lockers are now available for use while swimming.

### 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](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

[lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)

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