

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** May 29, 2022 11:01 AM  
**To:** 'Lynn Marshall'  
**Subject:** FW: Carleton Masters Swimming Newsletter #580

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**From:** Lynn Marshall <>  
**Sent:** May 29, 2022 10:59 AM  
**To:** 'Steve Baird' <steve.baird@carleton.ca>; 'Mark Blenkinsop' <mblenkin@math.carleton.ca>; 'Blake Christie' <blakechristie@hotmail.com>; 'Sean Dawson' <seanrdawson@me.com>; 'Adrian Finn' <adrianfinn@rogers.com>; 'Mits Kachi' <mitskachi@gmail.com>; 'Tim Kilby' <Timothykilby@hotmail.com>; 'Lynn Marshall' <lynnmar@sce.carleton.ca>; 'David Thibodeau' <David.Thibodeau@unb.ca>  
**Subject:** Carleton Masters Swimming Newsletter #580

## Carleton Masters Swimming Newsletter #580

Sunday, May 29<sup>th</sup>, 2022

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

**Bcc:** Those registered for Fall 2021, Winter 2022, Spring 2022, Summer 2022, and Alumni: 7:35am Earlybirds I (54 addresses), 8:40am Earlybirds II (49 addresses), 6:00pm Whitecaps I (48 addresses), 7:15pm Whitecaps II (44 addresses), Saturday Only (8 addresses), Alumni (46 addresses).

**"Work is doing it. Discipline is doing it every day. Diligence is doing it well every day." – Dave Ramsey**

### Masters Swimming Program Notes

- The Winter make-up workouts ran from Saturday May 21 to Friday May 27.
- The Spring session started on Saturday May 28 and runs until Thursday June 30.
- Full details of the Spring, and Summer sessions can be found near the end of the newsletter.
- These groups are getting close to full: Spring 7:35am Earlybirds: **1** spot; Summer 7:35am Earlybirds: **2** 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 are no longer necessary. In addition, we will use just the normal ("front") doors to enter and exit the changerooms from the pool deck, and cleaning of pool equipment before and after use is not required.

### 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. Once you are registered with MSO, you will be able to pay for and select your event for the meet. Note that the meet registration deadline has been extended until **June 3** (individual entries) and June 6 for relays. Coach **Mark** will be doing the relay entries. If you have family or friends who want to volunteer at the meet (no experience necessary), fill out this form: <https://forms.gle/4anoio9g497u3u4P7>. Swimmers and volunteers are encouraged to attend the free social event on Saturday: <https://forms.gle/i93bVyxFBok9MwKN7>.

- Congratulations to **Bill Meyer** (7:35am Earlybirds) on being featured in the May/June Ottawa Faces Magazine: “Olympic Athlete to Real Estate Leader in Ottawa, **Bill Meyer’s** Story of Discipline and Commitment”: <https://facesmag.ca/olympic-athlete-to-real-estate-leader-in-ottawa-bill-meyers-story-of-discipline-and-commitment/>.

- We wish **Luciara Nardon** (8:40am Earlybirds) a quick recovery after recent surgery to set a broken wrist sustained in a gardening accident.

- Please let me know if you participated in the **Ottawa Race Weekend**. I’ll include the Carleton Masters results in the next newsletter. Similarly, if you participated in the Early Bird Triathlon, please pass along your results. I’d love it if you keep me posted over the summer about any races that you do!

- 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>.

- 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 year 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. The deadline to register is May 31. (I did my swim at Carleton this past week.)

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

- What I Learned From 100 Days of Swimming [thanks to **Ian Lorimer** (7:35am Earlybirds)]:

<https://www.theglobeandmail.com/life/first-person/article-100-days-of-swimming/>

- Elephant Seal: <https://twitter.com/Humanforscale/status/1525434755902504960/photo/1>

- Puppy with Unorthodox Pool Exit: <https://twitter.com/brenomenology/status/1525651322749562880>

- Very Young Water Skier: <https://twitter.com/TheFigen/status/1529494395095076866>

- He Went into Cardiac Arrest While Swimming: These Emergency Responders Saved Him:

<https://www.hawaiinewsnow.com/2022/05/16/he-went-into-cardiac-arrest-while-swimming-these-emergency-responders-saved-him/>

- Confessions of a Reluctant Masters Swimmer: 5 Reasons every Triathlete should Join a Masters Swim Program:

<https://triathlonmagazine.ca/training/confessions-of-a-reluctant-masters-swimmer/>

- In a Dramatic Change, Whales are Now Hanging Around in San Francisco Bay:

<https://www.sfchronicle.com/climate/article/Here-s-why-whales-have-started-hanging-around-17172353.php>

- Nature Takes over Abandoned Industrial Building and Adds a Rooftop Pool:

<https://twitter.com/Urbanexplorerrrs/status/1527944814142300160>

- Three (US) Champions Swimming Fast at Ages 50, 60, and 70: <https://swimswam.com/three-champions-swimming-fast-at-ages-50-60-and-70/>

### **News and Other Links:**

- Celebrating a Canadian Road Racing Record — at 95 Years of Age: <https://ottawacitizen.com/sports/other-sports/celebrating-a-canadian-road-racing-record-at-95-years-of-age/>

- World’s Oldest Woman Celebrates 128<sup>th</sup> Birthday: <https://metro.co.uk/2022/05/15/worlds-oldest-woman-celebrates-128th-birthday-16647121/>

- Fitness: How Can Athletes Break Out of a Slump?: <https://ottawacitizen.com/health/diet-fitness/fitness-how-can-athletes-break-out-of-a-slump>

- Dutch Runner, **Jo Schoonbroodt**, 71, Breaks **Ed Whitlock’s** M70 Marathon World Record:

<https://runningmagazine.ca/sections/runs-races/dutch-runner-breaks-ed-whitlocks-m70-marathon-world-record/>

- More Evidence a Mediterranean Diet Improves Depression: <https://www.theglobeandmail.com/life/health-and-fitness/article-beck-more-evidence-a-mediterranean-diet-improves-depression/>

## **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**

Any changes will be noted here.

**Sean** coached for **Mark** on **Monday May 23**.

Here are the attendance statistics for the entire. If there are any errors, please let me know. Note, however, that the attendance awards were given out for the main part of the term, ending in April.

**7:35am Earlybirds:** January 31-April 29 and May 23-27 (42 workouts); range: 14-31; average: 22.0  
Missed One Workout: **Ursula Scott**

**8:40am Earlybirds:** January 31-April 29 and May 23-27 (42 workouts); range: 8-23; average: 17.4  
Missed Two Workouts: **Renate Hulley**

**6:00pm Whitecaps:** January 31-April 28 and May 23-26 (42 workouts); range: 9-27; average: 19.9  
Perfect Attendance: **Konstantin Petoukhov, Peter Lithgow**  
Missed One Workout: **Christian Cattan, Matthew Sinclair**

**7:15pm Whitecaps:** January 31-April 28 and May 23-26 (42 workouts); range: 8-24; average: 18.8  
Perfect Attendance: **Stephanie Le Saux-Farmer**

**8:15am Saturdays:** February 5-April 30 and May 21 (14 workouts); range: 15-28; average: 21.3  
Perfect Attendance: **Mariette Kenney**

## 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.

**Lynn** will be away **Friday June 10, Monday June 13, Wednesday June 15, and Friday June 17**. Sub-coaches to be announced!

### 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

**Update:** The following appeared in the previous newsletter:

**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!

**Mark Nadon** (Assistant Manager, Fitness and Wellness Programs / Group Fitness) has now updated the membership information to a more complete and understandable table: <https://athletics.carleton.ca/memberships/>.

**Dear Coach:** I haven't signed up for the current session, but would like to continue getting the newsletter. Is that ok? Busy Swimmer

Dear B. Swimmer: Unless you request otherwise, you will remain on the newsletter list until the Fall. At that time, anyone not registered will be given the option to stay on the distribution list.

**Dear Coach:** When I swim freestyle, should my back be arched or not? Freestyle Swimmer

Dear F. Swimmer: You want to be as streamlined as possible when swimming (all strokes), so for both freestyle and backstroke (the long-axis strokes) you want to keep your spine straight, and thus avoid arching your back. Those with a large natural arch in their back should focus on tilting the pelvis forward and keeping tension in the abs to keep the lower back straight.

**Dear Coach:** What arm angle and width should I aim for in the backstroke arm entry? Backstroke Swimmer

Dear B. Swimmer: You want to enter at 11 o'clock pinky first. Then stretch, bend the elbow to catch the water, keeping the palm facing the wall you are swimming away from, with the fingers pointing to the side. Bend the wrist back on the finish, and most find it easiest to exit with the thumb.

## 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 upcoming meets and races in Ontario and Quebec.

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-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>

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!)

## May 20-22 Canadian Masters National Championships, Laval, Quebec City

Congratulations to **Liliane** for her great results! Full results: <https://live.swimrankings.net/32758/#>. Liliane improved her 100 free club record from Nationals in 2019 (from 2:25.07 to 2:14.75). Updated club records: <https://carletonmasters.tripod.com/220522.Records.pdf>.

Here's how she did:

**Liliane Cardinal** (7:35am Earlybirds, 70-74): 4<sup>th</sup> 400 free (9:36.78, 100 split: 2:14.75 club record), 800 free (20:00.47), 200 back (5:42.93), 100 fly (3:13.52), 200IM (5:34.42), 400IM (11:52.80); 5<sup>th</sup> 1500 free (37:18.95)

## May 21 Ottawa Early Bird Triathlon, Carleton University

Congratulations to **Tony** and **Rick** on their podium finishes. If anyone else participated, please let me know!

**Long Triathlon** (500m/24.6k/5k; 188 participants)

\* Note that the leaders were given incorrect instructions and thus their run was less than 5k.

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=114146>

**Tony Revitt** (8:40am Earlybirds, 45-49): 2<sup>nd</sup> overall, 2<sup>nd</sup> male and 2<sup>nd</sup> in category in 1:06:50 (swim 7:35)

**Long Swim Cycle** (500m/24.6k; 21 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=114150>

**Rick Hellard** (7:35am Earlybirds, Open): 1<sup>st</sup> overall, 1<sup>st</sup> male and 1<sup>st</sup> in category in 56:29 (swim 8:43)

## 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 15**).

## 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

### Spring and Summer Sessions

Registration is open for both sessions. 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>. Register online here:

<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5>.

### Spring Session

The Spring Session runs from May 28 to June 30. No workouts July 1.

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

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

## Masters Swimming COVID Protocols

- A mask must be worn, except when swimming. Use the hand sanitizer provided, and maintain a distance of 6 feet.

- 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.
- While lanes may have more than six swimmers, a maximum of six will be maintained where possible.
- 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.
- 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.

### 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>