

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: July 3, 2022 6:07 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 #583

Carleton Masters Swimming Newsletter #583

Sunday, July 3rd, 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 (58 addresses), 8:40am Earlybirds II (49 addresses), 6:00pm Whitecaps I (49 addresses), 7:15pm Whitecaps II (44 addresses), Saturday Only (8 addresses), Alumni (45 addresses).



Congratulations to the Bytown Super C (Age 60+) Women for placing first overall in the Women's 500m Race at last weekend's Ottawa Dragon Boat Festival, ahead of all the younger teams! This team includes **Carolyn Odecki** (6pm Whitecaps; back row, green cap), **Debby Whately** (8:40am Earlybirds; back row next to **Carolyn**), and **Colette Kenney** (8:40am Earlybirds; front row, second from right).

Masters Swimming Program Notes

- The Spring session ended Thursday June 30.
- The Summer session started on Saturday July 2 and runs until Saturday September 3.
 - **The regular Saturday workout on July 9 is cancelled** as a power outage was planned.
- **As the Athletics power outage on Saturday July 9 has been cancelled, we are running a "Masters-Palooza" event from 11am to 1pm. This is free for all Masters swimmers registered for any group for Spring and/or Summer – details below.**
 - **** Please sign up by Wednesday July 6th ****
- Full details of the Summer session can be found near the end of the newsletter.
- The Summer 7:35am Earlybirds group has one spot remaining, and the Summer Whitecaps has two.

Masters-Palooza: Saturday July 9: 11am to 1pm: Deadline to sign up is Wednesday July 6th

Sean, Tim and myself will be coaching. All Carleton Masters swimmers registered for any Masters group(s) in Spring and/or Summer are welcome to attend at no charge. We will offer three 40 minute "stations", as well as a two hour workout for those who would like to get in a long swim. Potential "stations" include: video recording (and feedback), turns, starts, stroke clinics (fly, back, breast, and/or free), time trials, a short workout (length of one "station" vs. the full two hours), etc., and you may also suggest "stations". If you are interested, please sign up using this Google sheet: <https://docs.google.com/spreadsheets/d/1K727ZLiz61gG06qIbob2BH6nxp2nP6Im0FZqU6FzgSs/edit?usp=sharing>, specifying the stations you are interested in from 1 to n, where 1 is the one of most interest. If you have difficulties accessing the Google sheet, please send me your information by email.

Swimmer Notes

Swimmer Updates:

- If you participate in any races or events, please let me know. There are so many different events in the summer that I can't keep track 😊 !
- The mask mandate has been lifted, but masks are still recommended indoors, except while swimming.
- The club discount for Aquasport (now run by Team Aquatic Supplies) has finally been set up. See the details in the "Notes and Reminders" section. You need to show the card for an in-store discount.
- 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>.

Aquatic-Related Links:

- Get Weather and Water Quality for 8000 Beaches [thanks to **Martin B** (7:35am Earlybirds)]: <https://www.theswimguide.org/>
- Coach Rescues U.S. Artistic Swimmer from Bottom of Pool at World Championships: <https://www.cbc.ca/sports/olympics/summer/aquatics/artistic-swimming/artistic-swimming-worlds-hungary-anita-alvarez-andrea-fuentes-1.6498625>
- Beach Animals: <https://twitter.com/wonderofscience/status/1541057441663688706>
- Outdoor Pool by the Sea: <https://twitter.com/duoswim/status/1541134560003489792>
- Turtle Mom Swims with Baby: https://twitter.com/Laughs_4_All/status/1541141861049434112
- The debate about Washington, D.C.'s greatest athlete is over: It's **Katie Ledecky**: <https://www.washingtonpost.com/sports/olympics/2022/06/27/katie-ledecky-washington-dc-greatest-athlete/>
- Victoria Harbour Ferries "Dancing": <https://twitter.com/ratemyskyperoom/status/1541221652268126209>

News and Other Links:

- Ottawa resident turns 108 two days after Canada's birthday: <https://ottawa.ctvnews.ca/ottawa-resident-turns-108-two-days-after-canada-s-birthday-1.5967121>
- 91 and 94-year-old Dance Couple: <https://twitter.com/TheFigen/status/1541164338295316481>
- Brief Exercise After 70 Can Ward Off Heart Disease: <https://www.thetimes.co.uk/article/brief-exercise-after-70-can-ward-off-heart-disease-d6r3lllq7>
- Exercising Right After Vaccination Can Boost Immune Response: <https://newatlas.com/health-wellbeing/exercise-after-vaccine-boost-immune-response-covid-influenza/>
- Runners Take Note: Glucosamine-Chondroitin May Help You Live Longer: <https://www.outsideonline.com/health/running/training-advice/science/runners-take-note-glucosamine-chondroitin-may-help-you-live-longer/>
- 5 Ways to Mentally Prepare For Your Next Race: <https://www.outsideonline.com/health/running/racing/race-strategy/5-ways-to-mentally-prepare-for-your-next-race/>

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

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

Any changes will be noted here.

Sean coached the 7:15pm group on **Monday June 27**.

Adrian coached the 6pm group for **Sean** on **Thursday June 30**.

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>.

Congratulations for those with perfect attendance for the Spring Session: **Angela Davis** (7:35am Earlybirds), **Derek Woodard** (7:35am Earlybirds), **Don Wells** (6pm Whitecaps), **Homero Martinez** (Saturdays), **Isla Paterson** (8:40am Earlybirds and Saturdays), **Joanie Conrad** (Saturdays), **Margaret Janse van Rensburg** (8:40am Earlybirds), **Marie-Odile Junker** (8:40am Earlybirds), **Mariette Kenney** (Saturdays), **Mary Donaghy** (Saturdays), **Natalie Aucoin** (Saturdays), **Nicole Delisle** (Saturdays), **Renate Hulley** (8:40am Earlybirds), **Sandy Lawson** (Saturdays), **Seana Biggs** (7:15pm Whitecaps), **Stephanie Le Saux-Farmer** (Saturdays).

7:35am Earlybirds: May 30 to June 29 (14 workouts); range: 22-30; average: 24.9

Perfect Attendance: **Angela Davis, Derek Woodard**

8:40am Earlybirds: May 30 to June 29 (14 workouts); range: 13-21; average: 17.4

Perfect Attendance: **Isla Paterson, Margaret Janse van Rensburg, Marie-Odile Junker, Renate Hulley**

6:00pm Whitecaps: May 30 to June 30 (15 workouts); range: 12-24; average: 18.3

Perfect Attendance: **Don Wells**

7:15pm Whitecaps: May 30 to June 30 (15 workouts); range: 10-20; average: 14.1

Perfect Attendance: **Seana Biggs**

8:15am Saturdays: May 28 to June 25 (5 workouts); range: 14-19; average: 16.2

Perfect Attendance: **Homero Martinez, Isla Paterson, Joanie Conrad, Mariette Kenney, Mary Donaghy, Natalie Aucoin, Nicole Delisle, Sandy Lawson, Stephanie Le Saux-Farmer**

Summer Session Information

Dates: Saturday July 2 to Saturday September 3. No workouts Saturday July 9 (MastersPalooza), Monday August 1 (Civic Holiday).

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and 2 lanes Shallow: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: **Sean** and **Mark**

12:15-1:25pm Saturdays: Shallow End; rotating coach schedule

Any changes will be noted here.

Special Sets:

Tue/Wed July 26/27: fin day

Tue/Wed Aug 9/10: 800/1500 free time trial

Thu/Fri Sept 1/2: fun day

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

Attendance statistics will be included here next time.

Ask the Coach

Dear Coach: I have difficulties getting my arms out of the water in the fly recovery. Do you have any suggestions? Struggling Flyer

Dear S. Flyer: Ask your coach for some tips. Usually this happens if you are not finishing your stroke, or if you are keeping your head too high. You can also experiment with the arm recovery position, e.g. palms up vs. palms down.

Dear Coach: How high should I keep my elbows in the freestyle recovery? A Freestyler

Dear A. Freestyler: This is a bit of personal choice as to what is most comfortable. The key thing is to keep the forearms relaxed. How much you bend your arms is less important.

Dear Coach: On the hand entry in freestyle is it better to reach as far as possible above the water or to slide the hands into the water before reaching full extension? Another Freestyler

Dear A. Freestyler: For most, it is better to slide the hand in. The key thing is to ensure that the air bubbles have dissipated before your start the propulsion phase of the stroke. Again, ask your coach to have a look and offer some tips.

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 mostly in Ontario and Quebec.

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

July 16 Ottawa Bring on the Bay Open Water Swims: 1.5k and 3k <https://bringonthebay.com/>

July 16-17 Swim Ontario Open Water Championships <https://www.swimontario.com/athletes/competitions/ontario-open-water-championships/>

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>

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!)

June 22-25 World's Toughest and Alluring Marathon Paddling Race: 715km from Whitehorse to Dawson City, Yukon

Congratulations to **Heather McBurney** (Earlybirds) who was part of team "Every Child Matters" that finished 29th in 50:23:11 – that is a ***long*** race!! Full details: <https://www.yukonriverquest.com/>.

June 25 Mont Tremblant 5i50 Triathlon (1.5k/40k/10k, 717 participants)

Congratulations to **Jake** who would have been first overall if it was a prediction race. His goal: 4:02. His time: 4:02!! Great job on a very hot day! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=116459>.

Jake Graham (7:35am Earlybirds; 35-39): 581st overall; 342nd man; and 44th in category in 4:02:38.9 (swim: 33:32.8)

June 26 Mont Tremblant 70.3 Triathlon (1.93k/91.45k/21.08k; 1992 participants)

Congratulations to **Tony** who beat his goal by 38 minutes (target 6 hours, time 5:22)! Amazing in the heat and humidity. Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=116458>.

Tony Revitt (8:40am Earlybirds; 45-49): 305th overall; 289th man; and 37th in category in 5:22:00.0 (swim 26:29)

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 **June 24**).

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

Summer Session

Registration is open. Masters swimmers must have a valid membership for all sessions that they attend. Carleton students who are not taking courses during the 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>.

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 (1 spot left)

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean and Mark; \$118+HST (2 spots left)

Masters Swimming COVID Protocols

- The mask mandate has been lifted, but masks are recommended indoors, except when swimming. Use of hand sanitizer and physical distancing are recommended.
- We suggest 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/se/ccr/>.

Aquasport Discount for Carleton Masters Swimmers: Aquasport (2730 Iris Street) is under new management, now being run by Team Aquatic Supplies. We receive a 20% discount on regularly priced merchandise until the end of August (and hope to renew again for next season). When ordering on-line (<https://team-aquatic.com/>) use the code on the card. When shopping in person, show a copy of this [discount card](#).

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.)

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

lynmar@sce.carleton.ca

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