

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: July 15, 2022 9:36 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 #584

Carleton Masters Swimming Newsletter #584

Friday, July 15th, 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 (59 addresses), 8:40am Earlybirds II (49 addresses), 6:00pm Whitecaps I (49 addresses), 7:15pm Whitecaps II (43 addresses), Saturday Only (8 addresses), Alumni (45 addresses).

"Without ambition one starts nothing. Without work one finishes nothing." – Ralph Waldo Emerson

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.
 - There will be **no workouts on Monday, August 1 (Civic Holiday)**.
- Full details of the Summer session can be found near the end of the newsletter.
- Both the Summer 7:35am Earlybirds group and the Summer 6pm Whitecaps group are full. There are waitlists available. Let me know if you are on a waitlist!

Swimmer Notes

Swimmer Updates:

- Thank you to coaches **Tim**, **Sean**, and **Mark** for their help with Masterspalooza and to all those swimmers who were able to attend! Thanks also to **Derek Woodard** (7:35am Earlybirds) and **Paddy Mallia** (7:35am Earlybirds / 6pm Whitecaps) for putting in and taking out the starting blocks.
- Best wishes to **Sandy Wooley** (7:35am Earlybirds) for a quick recovery from appendectomy surgery taking place today!
- 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 😊 !
- Traversee du Lac Tremblant (August 2 to 7) is looking for volunteers:
<https://www.traverseelactremblant.ca/en/volunteers/>.
- The mask mandate has been lifted, but masks are still recommended indoors, except while swimming.
- 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:

- Swim Canada Raffle Tickets to attend FINA World Cup in Toronto: <https://www.swimming.ca/en/sweepstakes/>
- **Kayla Sanchez** Switches Allegiance from Swimming for Canada to Philippines:
<https://www.cbc.ca/sports/olympics/summer/aquatics/swimming/kayla-sanchez-switches-swimming-allegiance-1.6513313>

- Obstacle Course Swimming [thanks to **Mary Lou Dunnigan** (Earlybirds)]: <https://twitter.com/swimmerproblems/status/1544462467862040576>
- Ottawa Public Swims and Classes Cancelled due to Lifeguard Shortage: <https://www.cbc.ca/news/canada/ottawa/city-of-ottawa-lifeguard-shortage-learn-to-swim-classes-cancelled-july-2022-1.6505290>
- Man Survives 18 Hours at Sea by Clinging on to Football (Soccer Ball) lost by Boys on Beach: <https://metro.co.uk/2022/07/14/man-survives-18-hours-at-sea-by-clinging-on-to-football-lost-on-beach-16997110/>
- **Abby Fairman** Makes the Swim Across Lake Erie from Canada to North East, PA: <https://www.yourerie.com/news/international/woman-makes-the-swim-across-lake-erie-from-canada-to-north-east-pa/>
- **Becky** Plans to Swim 20km Across Lake Erie Advocating for Girls in Sport: <https://sites.google.com/view/swimlikeagirl2022/home>
- Five Things to Know about the Brain-Eating Amoeba that Infected a Swimmer in Iowa: <https://www.npr.org/2022/07/11/1110819300/brain-eating-amoeba-iowa>
- A Truck-Sized, Alien-Looking Fish Swims Off The Coast Of British Columbia Every Summer: <https://www.cbc.ca/wildcanadianyear/videos/web-series-one/a-truck-sized-alien-looking-fish-lurks-off-the-coast-of-british-columbia-ev>
- A Pool with a (Sunset) View: <https://twitter.com/duoswim/status/1543270951416209412>
- Consider the Octopus: <https://www.theglobeandmail.com/canada/article-octopus-eating-meat-ethics/> (Full Documentary: <https://www.youtube.com/watch?v=1t7knX65gVM>)
- Sea Lions Riding Huge Waves: <https://twitter.com/gunsrosesgirl3/status/1543163446673522693>

News and Other Links:

- What Marathoners (and Badminton Players) Think About: <https://www.outsideonline.com/health/training-performance/what-marathoners-think-about/>
- A New Theory on Sudden Cardiac Deaths in Young Athletes: <https://www.outsideonline.com/health/training-performance/cardiac-deaths-young-athletes/>
- Winning Cycling Aerodynamics [Ed. Note: I don't recommend trying this!]: <https://twitter.com/Cienciaymas/status/1544940554408136704>
- Better Mental Health is a Walk in the Park: <https://research2reality.com/uncategorized/urban-greenspaces-mental-health-city-environment/>
- [Ed. Note: We can argue about whether or not this is a "sport", but interesting to hear about what **Joey Chestnut** had to overcome!]: From CBC Sports Buzzer: **Joey Chestnut battled adversity for his 15th Nathan's Hot Dog Eating championship**. No, seriously. The 38-year-old fractured his right leg in December and required two surgeries. He tore a tendon in the same leg recently, and entered [the] competition with a cast on his foot and crutches in hand. In May, he tested positive for COVID-19 and was forced to miss his usual tune-up events. Just a few weeks ago, his mother died. And during the contest itself, he made like a UFC fighter and took down some sort of protester. So you can understand why Chestnut *only* finished 63 hot dogs in 10 minutes, a number well below his world record of 76 set last July 4 but still 20 more than the second-place finisher.

Summer Session Information

Dates: Saturday July 2 to Saturday September 3. No workouts Saturday July 9 (MastersPaloosa), 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.

For the 6pm group, **Mark** coached on **Thursday July 7**, and **Sean** coached the other five workouts over the first two weeks.

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>.

Here are the attendance statistics for the term so far. Please let me know of any errors or omissions!

7:35am Earlybirds: July 4 to 15 (6 workouts); range: 25-40; average: 30.2

Perfect Attendance: **Bob Tipple, Bruce Brown, Cori Dinovitzer, Fiona Hill, Isla Paterson, Leila Guidolin, Renate Hulley, Susan Hulley**

6:00pm Whitecaps: July 4 to 14 (6 workouts); range: 21-27; average: 24.2

Perfect Attendance: **Christian Cattan, Don Wells, Gursharan Uppal, Kelly Biggs, Nathan Fudge, Richard Arsenault**

12:15pm Saturdays: July 2 (1 workout); range: 9-9; average: .0

Perfect Attendance: **Christian Cattan, Don Wells, Elaine Yardley, Ian Lorimer, Jim Farmer, Liliane Cardinal, Mariette Kenney, Nicole Le Saux, Stephanie Le Saux-Farmer**

Ask the Coach

Dear Coach: What beaches, lakes, rivers, etc., in the Ottawa are easily accessible and safe (from a water quality point of view) to swim in? Open Water Swimmer

Dear O.W. Swimmer: The City of Ottawa publishes water quality daily for its supervised beaches:

<https://www.ottawapublichealth.ca/en/public-health-services/beach-water-quality-results.aspx>. For these, you can also swim outside the markers though a bright cap and float are recommended. Other good beaches to swim at include O'Brien and Blanchet at Meech Lake. The NCC also has other beaches. Information on water quality is here: <https://ncc-ccn.gc.ca/places/swimming>. You can read about the NCC's open water swimming pilot project here: <https://ncc-ccn.gc.ca/places/open-water-swimming-at-ncc-lakes>. If readers have other suggestions, please let me know!

Dear Coach: How long should I stay underwater doing dolphin kicks on freestyle, backstroke, and butterfly? Working on My Kick

Dear W.o.M.K: Here's some calculations suggested by **Gary Hall** of the Race Club (Florida). Note that this is for a 25yd pool, so add about 10% for a 25m pool. This formula is for freestyle, but you can do exactly the same experiment for back and fly (but without the flutter kick for fly!). For most "mature" Masters swimmers the answer will be not to bother with the kicks 😊.

"Time yourself for a 25 dolphin kick on your stomach (streamline) under water. Then time yourself for 25 freestyle all out (no dolphin kicks off the wall). If you are more than 4 seconds slower kicking, forget dolphining off the wall, stick to flutter kicking and start swimming quickly. If you are between 2 and 4 seconds slower, take two dolphin kicks off the wall then start to swim. Between 1 and 2 seconds, do 3-4 dolphin kicks, then swim. Less than 1 second slower, or faster, stay down for the full 15 meters permitted, or as long as your aerobic capacity allows. Note that you should start your kick as soon as your toes leave the wall and keep the kicks tight."

Dear Coach: At the MastersPaloosa you gave me feedback on the catch and finish of my freestyle. Can you suggest videos showing what they should look like? A Freestyler

Dear A. Freestyler: The coaches are working on putting together a list of resources. In the meantime, here are two good videos. In this video, you can see **Florian**'s excellent high elbow position during the catch:

- **Florian Wellbrock** Swimming Freestyle: <https://twitter.com/swimmerproblems/status/1545423209692110850>

In this one, you can see how **Katie** keeps her fingers pointing towards the bottom (bending her wrist back) during the finish:

- **Katie Ledecy** Freestyle Under Water: <https://www.youtube.com/watch?v=DL0aOgOwwg&t=3s> (play it at a slow speed)

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!)

May 21 Ottawa Early Bird Long Triathlon, Carleton University (500m/24.6k/5k; 118 participants)

Missed this one – sorry **Jake**! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=114146>.

Jake Graham (7:35am Earlybirds; 35-39): 96th overall; 69th man; and 10th in category in 1:56:23.0 (10:44 swim)

July 2 Mike Collingwood Meech Lake Triathlon (1.2k/21.7k/6.4k; 306 participants)

Great races by **Sheila** and **Leila**! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=114665>.

Sheila Kealey (7:35am Earlybirds; 55-59): 28th overall; 7th woman; and 1st in category in 1:37:18.6 (20:02 swim)

Leila Ebrahimpoor (6pm Whitecaps; 45-49): 207th overall; 87th woman; and 14th in category in 2:33:41.3 (37:52 swim)

July 9 Sprint Triathlon de Gatineau (750m/20k/5k; 69 participants)

Congrats to **Jake** on the podium finish! Full results:

<https://www.athlinks.com/event/356916/results/Event/1022521/Course/2270082/Results>.

Jake Graham (7:35am Earlybirds; 35-39): 48th overall; 22nd man; and 3rd in category in 1:44:16 (19:22 swim)

July 10 Ironman 70.3 Muskoka (1.93k/90.71k/20.95k; 1731 participants)

Congratulations to **Margaret** on winning her age group!! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=114753>.

Margaret King (Earlybirds; 60-64): 396th overall; 65th woman; and 1st in category in 5:47:29.0 (33:33 swim)

July 10 Hintonburg 5k Run (282 participants)

Great job by **Sheila**, also winning her age group! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=116335>.

Sheila Kealey (7:35am Earlybirds; 50-59): 22nd overall; 7th woman; and 1st in category in 20:07

July 13 5k Farm Run, Ottawa (262 participants)

Great job by **Sheila**, as usual! Huge kudos to **Luz**!! She's been struggling with long COVID for two years, so this is an incredible achievement!!! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=116372>.

Sheila Kealey (7:35am Earlybirds; 50-59): 9th overall; 2nd woman; and 1st in category in 20:35

Luz Osorio (Whitecaps; 30-39); 99th overall; 50th woman; and 13th in category in 29:32

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

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 (full: waitlist available)

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

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/seo/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

lynnmar@sce.carleton.ca

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