

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: August 10, 2022 5:53 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 #586

Carleton Masters Swimming Newsletter #586

Wednesday, August 10th, 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 (9 addresses), Alumni (46 addresses).



Congratulations to **Mary Donaghy** (7:35am Earlybirds) and her daughter **Katie** (many years ago Whitecaps Child Safety Supervision) on **Katie's** marriage to **Greg Tonkin** on **Saturday July 30**. Left to right: **Michael Donaghy** (Mary's son), **Greg, Katie, Mary, Stephen Donaghy** (Mary's son). Photo credit: **Sandy Lawson** (7:35am Earlybirds).

Masters Swimming Program Notes

- The Summer session started on Saturday July 2 and runs until Saturday September 3.
- Full details of the Summer session can be found near the end of the newsletter.
- The Summer 7:35am Earlybirds and 6pm Whitecaps groups are officially full. However, due to vacations, we can squeeze in a few more swimmers, if you get your name on the wait list and let me know.
- Registration for Fall Masters will start at **noon on Monday August 15**. (Registration for Winter will be later in the year.) Details of the Masters Programs offered are in the paragraph below.

Fall 2022 Masters Swimming Programs

Registration for Fall Masters Swimming will start at **noon on Monday August 15**. Those planning to swim at 7:35am, 6:00pm, and/or Saturday are encouraged to sign up quickly so that you get a spot in the preferred group(s), as those programs tend to fill quickly. Registering on-line is recommended at: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5> (note that the programs will be visible nearer the registration start time). Alternatively, go to: rec.carleton.ca, then select "Aquatics", "Fall/Winter 2022/2023". You will need a valid membership to register on-line. If you wish to use an existing credit on your account, you must register by phone on in-person.

The Fall Session runs from **September 6 to December 23**, with no workouts on September 5 or October 10:

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$195+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$195+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean and Mark; \$210+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean and Mark; \$195+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$90+HST

Note that this information is also posted on our web site: <https://carletonmasters.tripod.com/>.

Swimmer Notes

Swimmer Updates:

Earlybirds swimmer in the news: "**Sam Hersh's** quest to bring a progressive municipal government to Ottawa": <https://thecjn.ca/perspectives/opinions/doorstep-postings-44/>.

- **Katie Xu**, who swam with the Earlybirds in the Summer of 2018, is representing Ontario in swimming at the Canada Games (Special Olympics Division): <https://www.swimontario.com/news/canada-games-team-feature-katie-xu/>. Her results so far: **1st** 50 breast (51.59); **2nd** 100 free (1:29.14), **3rd** 100 back (1:45.92). Full results: https://results.swimming.ca/2022_Canada_Summer_Games/.

- **Chantal Courchesne** (x-Earlybirds)'s younger son, **Olivier Risk**, 16, who swims with ROC Swimming at Carleton, and who won the Bring on the Bay 3k last month (37:42), is also representing Ontario at the Canada Games. Early next month he will race at the FINA World Junior Open Water Swimming Championships in the Seychelles: <https://ottawasportspages.ca/2022/07/25/high-achievers-olivier-risk-building-his-reputation-as-pool-open-water-swimmer/>. His results so far: **1st** 4 x 200 free relay (7:40.91, Olivier's split swimming third: 1:56.25); **5th** 800 free (8:36.59); **6th** 400 free (4:07.84); **8th** 200 fly (2:12.90). Full results: https://results.swimming.ca/2022_Canada_Summer_Games/.

- American **Willard Lamb** (age 99, swimming in the 100-104 age group) was the star of the recently completed United States Masters Swimming Long Course Championships in Virginia. He still dives off the block (vs. diving from the side or starting in the water). He started the competition swimming the 1500 free (42:27.06) setting four world (200, 400, 800, 1500) and six US Masters records (the previous four, plus 50 and 100). His total for the meet was 9 world and 12 US records!! Full results: <https://www.usms.org/events/national-championships/pool-national-championships/2022-pool-national-championships/2022-summer-national-championship/2022-summer-nationals-live-coverage>. And some videos and posts about **Willard**: <https://twitter.com/kylesockwell/status/1556673825047183360>, <https://twitter.com/MastersSwimming/status/1554873019335643138>, <https://swimswam.com/99-year-old-willard-lamb-sets-world-record-in-1500-freestyle-at-usms-nationals/>.

- The Rideau Speedeaus <https://www.rideauspeedeaus.com/> are looking to hire some new swim coaches for September. Their practices are generally weekday evenings at uOttawa (Monpetit Hall) with one practice on Sunday mornings (schedule TBD). Pay starts at minimum \$25/hr depending on experience. Anyone interested can contact coaching@rideauspeedeaus.com or call/text Dylan at 613-805-0179.

- A FINA Swimming World Cup will be held in Toronto at the Pan Am Sports Centre October 28-30. Volunteers for October 23 to 31 (including Level 1 to 3 Swimming Officials) may apply here: <https://form.jotform.com/SwimOntario/2022-fina-world-cup-volunteer>. Level 3 to 5 Swimming Officials for October 28 to 30 may also apply here: <https://form.jotform.com/SwimOntario/2022-fina-world-cup-official>. Full event tickets are now available with single-day tickets available soon: https://www.ticketmaster.ca/swimming-canada-natation-canada-tickets/artist/2708444?mc_cid=9aa751819e&mc_eid=d01bcdbbf8.

- Visit attractions and museums around the world virtually via Carleton's Internationalization web site: <https://carleton.ca/ci/internationalization-at-home/>

- 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 😊 !

- Starting **August 1**, pre-booking is no longer required for the Carleton Fitness Centre: <https://athletics.carleton.ca/2022/changes-coming-to-fitness-booking-system/>.

- 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.

- The mask mandate has been lifted, but masks are still recommended indoors, except while swimming.

Aquatic-Related Links:

- The World Premiere of "The Swimmers" is the Toronto International Film Festival 2022's Opening Night Gala film: <https://tiff.net/the-world-premiere-of-the-swimmers-is-tiff-2022s-opening-night-gala-film>

- Sea Lion Dances the Tango: <https://www.youtube.com/watch?v=duzzqvNdiy8>

- The Joy, and Science, of Cold-Water Swimming: <https://thewalrus.ca/cold-water-swimming/>

- Highest Infinity Pool in the World: <https://www.esquireme.com/culture/travel-culture/51623-how-to-swim-in-the-new-highest-outdoor-infinity-pool-in-the-world>

- Perfect Pool?: <https://twitter.com/swimmerproblems/status/1545802809970491400>

- "Swimming" Dog: <https://twitter.com/Puppieslover/status/1545837706013556743>

- Flathead Lake, Montana, the Clearest Water on Earth?:

<https://twitter.com/Sciencenature14/status/1546003809226444802>

- Underwater Dolphin Kicking: 5 Scientific Technique Tips: <https://www.swimmingworldmagazine.com/news/underwater-dolphin-kicking-5-scientific-technique-tips/>

- The Difference Between a 78F Pool and an 82F Pool:

<https://twitter.com/swimmerproblems/status/1546516363195387905>

- Sea Lions Chase Beach Goers off Their Turf in La Jolla, California:

<https://twitter.com/swimmerproblems/status/1546516363195387905>

- Whale Pictured Giving Birth at Sea in Rare Sighting: <https://www.newsweek.com/southern-right-whale-giving-birth-south-africa-1722547>

- A Whale Feeding: <https://twitter.com/TheFigen/status/1546936053910626305>

News and Other Links:

- **Dave Proctor**, Alberta Ultra-Marathoner, Sets New Record Running Across Canada in Under 68 Days:

<https://www.cbc.ca/news/canada/british-columbia/dave-proctor-cross-canada-record-run-1.6528459>

- **Bob Salem**: Person Pushes Peanut Up Pikes Peak with his Proboscis: <https://www.cpr.org/2022/07/15/colorado-springs-man-completes-pikes-peak-peanut-push/>

- Hollywood Legend **Norman Lear** Turns 100: <https://www.everythingzoomer.com/arts-entertainment/2022/07/27/norman-lear-turns-100-5-reasons-we-love-the-hollywood-legend/>

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/details will be noted here.

Lynn coached for **Adrian** on **Saturday July 30**.

Mark coached both Whitecaps workouts the week of **August 2**.

Sean coached Whitecaps on **August 8** and **9**.

Adrian is coaching on **Saturday August 13**.

Blake is coaching for **Adrian** on **Saturday August 20**.

Adrian is coaching for **Blake** on **Saturday August 27**.

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 August 10 (16 workouts); range: 23-40; average: 27.8

Perfect Attendance: **Bob Tipple, Bruce Brown**

Missed One Workout: **Hazem Abu Alteen, Isla Paterson, Liliane Cardinal, Renate Hulley, Steve Dods, Susan Hulley**

6:00pm Whitecaps: July 4 to August 9 (16 workouts); range: 18-27; average: 21.4

Perfect Attendance: **Kelly Biggs**

Missed One Workout: **Christian Cattan, Gursharan Uppal**

12:15pm Saturdays: July 2 to August 6 (5 workouts); range: 7-11; average: 9.0

Perfect Attendance: **Elaine Yardley**

Missed One Workout: **Jim Farmer, Mariette Kenney**

Congratulations to all those who participated in the distance freestyle time trials August 8, 9, and 10. There were four improvements in each of the 800 and 1500. The biggest improvements in each were by **Gary Cousens** (6pm Whitecaps) improving his 800 by 38 seconds, and **Hazem Abu Alteen** (7:35am Earlybirds) improving his 1500 by 2 minutes and 20 seconds (140 seconds)! All the improvements are listed below.

800 (4)

Gary Cousens	38.0	WC1
Marie-Eve Racette	17.0	EB1
Paddy Mallia	10.0	EB1
Jennifer Glassman	2.0	EB1

1500 (4)

Hazem Abu Alteen	140.0	EB1
Seanna Biggs	55.0	WC1
Jennifer Murdock	14.0	EB1
Jonathan Critch	2.0	WC1

Ask the Coach

Dear Coach: I'm working on my body roll and arm motion in backstroke. Do you have any more drills I can try? Improving My Backstroke

Dear I.M. Backstroke: Great question as I just came across this video the other day. Check it out and we'll try some of these as a group in the Fall: Want to Swim Like US Olympian **Matt Grevers**? Try These Four Backstroke Drills: <https://www.youtube.com/watch?v=m3PveLGWquY>.

Dear Coach: How much splash should I make when doing flutter kick with a board? Want to Improve My Kick

Dear W.t.I.M. Kick: A small amount of splash is good, but you don't want a lot of splash. You want your heels to come out of the water, but not your toes. Other things to think about with your flutter kick are keeping your feet extended and turned in (pointy toes, pigeon toes), and focus on kicking up (rather than down). Finally, keep the kick tight (small amplitude) and quick (fast tempo).

Dear Coach: How wide should my arms be in the underwater part of free and fly? What's the difference between the arms in free and fly? Working on my Freestyle and Butterfly

Dear W.o.m.F.a. Butterfly: Your arms should be about shoulder width with your wrists slightly inside your elbows. If your wrists are wider than your elbows it puts pressure on the shoulder and elbow joints. The main difference between the arms in free and fly (apart from them being together in fly but not in free 😊), is that in freestyle you want to separate the finish from the exit of the hand, whereas in fly you use the momentum of your finish to help with the arm recovery.

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/>
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>

November 6 Etobicoke Semi-Serious Meet (details TBC) SO registration required

December 18 IM Fast Meet, PanAm Pool, Scarborough (details TBC) SO registration required

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>

January 22 Susan Douglas Memorial Meet, Wilmot, ON (details TBC) SO registration required

March 25-26 Swim Ontario Masters Championships, Etobicoke (details TBC) SO registration required

May 20-22 Canadian Masters Swim Championships, Calgary (details TBC) SO registration required

July 15-16 Swim Ontario Open Water Masters Championships, Gull Lake, Gravenhurst (details TBC) SO registration required

August 2-11 FINA Masters World Championships, Fukuoka, Japan; SO registration required

<https://www.swimmingworldmagazine.com/news/fina-confirms-new-dates-for-world-masters-championships-in-2023>

Global Open Water Swim Series (Year Round) <https://globalswimseries.com/races/>

Race Results: (Please send in your results, and/or let me know if I missed anyone or any races!)

August 6 Subaru Triathlon Festival for Women, Grimsby, Sprint Triathlon (500m/20k/5k; 900 participants)

Congratulations to **Chris** on a great race! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=116121>.

Chris Clement (7:35am Earlybirds; F55-59): 348th woman and 36th in category in 1:45:35.0 (12:25 swim)

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

Fall Schedule

TBD – likely starting in October

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

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