

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: August 19, 2022 3:53 PM
To: 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #587

From: Lynn Marshall <>
Sent: August 19, 2022 3:51 PM
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>
Subject: Carleton Masters Swimming Newsletter #587

Carleton Masters Swimming Newsletter #587

Friday, August 19th, 2022

To: Carleton Masters Coaches / Staff (8 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 (47 addresses).

"Let no one or anything stand between you and the difficult task, let nothing deny you this rich chance to gain strength by adversity, confidence by mastery, and success by deserving it." – Harlow Curtice

Masters Swimming Program Notes

- The Summer session started on Saturday July 2 and runs until **Saturday September 3**.
 - Note that Whitecaps will be in the **shallow end on Monday August 22**, and then in the **deep end for the last five workouts** of the session.
 - Saturday swimmers please note that **Colonel By Drive will be closed the morning of Saturday September 3** due to a triathlon.
- Full details of the **Summer** session can be found near the end of the newsletter under "Notes and Reminders".
- Registration for **Fall** Masters has started. (Registration for Winter will be later in the year.) Full details of the Masters Programs offered can be found in "Notes and Reminders" near the end of the newsletter.
 - There are currently just 5 spots left at 7:35am and 9 spots at 6:00pm.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Konstantin Petoukhov** (Whitecaps) on having written a chapter in a book that has just been published. The book is "Victims' Access to Justice", edited by **Pamela Cox** and **Sandra Walklate** (New York: Routledge), and his chapter is titled ' "I Want Your Tears and I Want Them to be Real" Exploring the Construction of 'Ideal' and 'Non-ideal' Victims in the Independent Assessment Process for Indian Residential School Abuse'.

- **Melanie Heroux** (8:40am Earlybirds) reports that the follow-up appointment with her neurologist after her brain surgery and MRI went very well. She no longer needs to have annual MRI's or have regular neurologist appointments! Fantastic news, **Melanie!**

- Once again this year **Melanie Heroux** (8:40am Earlybirds) will be participating in the Law Enforcement Torch Run for Ontario Special Olympics to be held on September 15. You can sponsor her here: <https://letrontario.crowdchange.ca/13814/page/25195>.

- **Melanie Heroux** (8:40am Earlybirds) also reports that all Special Olympics Sports are in need of additional coaches. Anyone interested in getting involved with coaching Special Olympics swimming with the Orleans Riptides (**Melanie's** other swim team), please email orleans.riptides@gmail.com. For other sports, check out the Special Olympics website: <http://ottawa.specialolympicsontario.ca/>.

- More Than 200 Swimmers take to the Ottawa River for the Ottawa Riverkeeper 1.5k and 4k Races: <https://ottawacitizen.com/news/local-news/more-than-200-swimmers-take-to-the-ottawa-river-for-return-of-fundraiser-from-pandemic-hiatus>. The Carleton swimmers that I saw on the results are included in the "Race Results" section below. If I missed anyone, please let me know!

- Swimming to raise funds for neurodegenerative disease Research, Canadian **Sean Nuttall** completed a double-crossing of Lake Ontario: 100km swim in 43 hours, one of the longest swims on record!: <https://www.seanswims.org/> (donation link included) and <https://torontosun.com/news/local-news/making-waves-marathon-swimmer-finishes-100-km-journey-for-brain-research>

- French Article on Montreal Masters swimmer: **Roberto Figueroa**, "As Fast as a Fish in Water": <https://online.fliphtml5.com/rfiuj/ddoy/?fbclid=IwAR0I3mQ-XgtpRaOFXCFnVeJ2KIlguQAq3NOKF9CGuz2-9kHpzWle fsSeMQ#p=16>

- **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 final results (latest results underlined): **1st** 50 breast (51.59); **2nd** 100 free (1:29.14); **3rd** 50 back (47.48); **3rd** 100 back (1:45.92); **5th** 50 free (38.64). 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 final results (latest results underlined): **1st** 3km Open Water (35:35); **1st** 4 x 200 free relay (7:40.91, Olivier's split swimming third: 1:56.25); **3rd** 200 free (1:56.14); **4th** 1500 free (16:06.27); **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/.

- 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:

- Romanian 17-year-old **David Popovici** Breaks 100 Freestyle World Record in 46.86 (Breaking **Cesar Cielo**'s 46.91 from 2009, Swum in a Now Illegal "Super Suit"): <https://swimswam.com/david-popovici-goes-46-86-breaks-cielos-13-year-old-100-free-world-record/> and <https://www.stateofswimming.com/shiny-suit-slayer-david-popovici/>
- Duel in the Pool Begins with Bondi Beach Battle [thanks to **Ruth Fawcett** (7:35am Earlybirds)]: <https://www.theguardian.com/sport/2022/aug/19/duel-in-the-pool-begins-with-bondi-beach-battle>
- American Swim Brothers, **Joe and John Zemaitis**, Wrap up Ultimate Swim-A-Thon, Swim 10K in All 50 States in 25 Days: <https://www.usaswimming.org/news/2022/08/16/swim-brothers-wrap-ultimate-swim-a-thon-swim-10k-in-all-50-states-in-30-days>
- The University of Waterloo Warriors Alliance Group Runs Learn to Swim Program: <https://athletics.uwaterloo.ca/news/2022/6/14/general-the-alliance-runs-learn-to-swim-program.aspx>
- 99-Year-Old **Willard Lamb** Shreds Record Book at USMS Summer Nationals; Breaks Several Marks in Single Swim: <https://www.swimmingworldmagazine.com/news/99-year-old-willard-lamb-shreds-record-book-at-usms-summer-nationals-breaks-several-marks-in-single-swim/>
- **Sally Minty-Gravett** has Completed at Least One Channel Swim in Each of the Past Six Decades: <https://www.itv.com/news/channel/2022-08-08/sally-minty-gravett-completes-cross-channel-swim-for-6th-time-in-6-decades>
- A Hot Start for Cold Water Swimming: <https://www.timescolonist.com/islander/summer-months-the-perfect-time-to-start-cold-water-swims-5667770>
- Turtles Helping a Friend: <https://twitter.com/Lyricalswordz/status/1547005306223345664>
- Nice Looking Pool, but Those Walls in the Middle Look Dangerous!: <https://twitter.com/duoswim/status/1547204762990526464>
- Monterey Bay Penguin Cam: <https://twitter.com/MontereyAq/status/1547627013833310212>

News and Other Links:

- Canadian **Connor Emeny**, 26, becomes Youngest Person (by 6 Years) to Complete an Ironman on Each of Six Continents: <https://triathlonmagazine.ca/personalities/canadian-becomes-youngest-person-to-complete-an-ironman-on-six-continents>
- The Basics of Fitness: A Program for Everyone: <https://thegrowtheq.com/the-basics-of-fitness-a-program-for-everyone/>
- New Lab-Based Evidence Suggests Electrolyte Intake can Help Reduce Cramps: <https://www.precisionhydration.com/performance-advice/hydration/sodium-intake-cramping-study/>
- Muscle Strengthening Lowers Risk of Death from All Causes, Study Shows: <https://www.theguardian.com/society/2022/feb/28/muscle-strengthening-lowers-risk-of-death-from-all-causes-study-show>
- Here's How Many Minutes Of Exercise Per Week Could Help Extend Your Life: https://www.huffpost.com/entry/study-ideal-weekly-exercise-amount_1_62f2b756e4b0ee32ad776785

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.

Adrian coached on **Saturday August 13**.

Sean coached all three **Whitecaps** workouts the **week of August 15**.

The **Whitecaps** workout was in the **deep** end on **Tuesday August 16**.

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

Mark is coaching all three **Whitecaps** workouts the **week of August 22**.

The **Whitecaps** workouts will be in the **deep** end on **Tuesday August 23** and **Thursday August 25**.

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

Mark is coaching all three **Whitecaps** workouts the **week of August 29**.

The **Whitecaps** workouts will be in the **deep** end all three workouts the **week of August 29**.

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! Apologies to **Liliane** for missing her from the Saturday attendance list last time!

7:35am Earlybirds: July 4 to August 19 (20 workouts); range: 16-40; average: 26.6

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

Missed One Workout: **Liliane Cardinal, Steve Dods, Susan Hulley**

6:00pm Whitecaps: July 4 to August 18 (20 workouts); range: 16-27; average: 20.7

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

12:15pm Saturdays: July 2 to August 13 (6 workouts); range: 7-13; average: 9.8

Perfect Attendance: **Elaine Yardley**

Missed One Workout: **Jim Farmer, Liliane Cardinal**

Ask the Coach

Dear Coach: Can you please review the timing in butterfly? And are all kicks the same size/power? Working on My Fly

Dear W.o.M. Fly: The Masters butterfly rules permit zero or one breaststroke kick per stroke, and as few or as many fly kicks per stroke as you like. As far as efficiency goes, it's best to do two fly kicks (and no breaststroke kicks) per stroke. There should be one kick at the top of the stroke (as your arms enter the water) and the second as your arms go under your hips. The timing in the previous sentence refers to the down part of the kick. The up part of the kick is also important. Both kicks should be equally powerful. Here's a good article on fly from US Olympian Gary Hall Senior (note that he refers to the kicks in the opposite order of the above): https://theraceclub.com/aqua_note/three-great-tips-for-a-faster-butterfly/.

Dear Coach: How do I judge when to start my freestyle flip turn so that I'm the correct distance from the wall? You mentioned previously that my toes should be pointing up is this required? Improving My Flip Turns

Dear I.M.F. Turns: It depends on how fast you are swimming. The higher your speed and momentum, the earlier you will start your turn. It all comes down to practice. As you learn, err on the side of caution and turn a little too soon, vs. a little too late. Ideally your toes should point up when your feet hit the wall. That means that you focus only on the forward somersault part of the turn up until your feet hit the wall, and then add the twist onto your side/front after you leave the wall. This also saves time, as the twist takes extra time as you turn, but not as you leave the wall. That said, it is not a rule that your toes must point up. In freestyle, the only requirement is to touch the wall with some part of your body.

Dear Coach: How does the swimming timing system work, for example at the Olympics and World Championships? Curious Swimmer

Dear C. Swimmer: Most large swimming competitions use an electronic timing system, consisting of a starting signal, timing pads in the water at the end of each lane, and an electronic display. The starting signal starts the timing system. The timing pad detects, via sensors, when the swimmer touches the pad/wall and displays the time on the electronic timing board. Most electronic timing pads have a "plunger backup", i.e. a manual system pressed by an official that is connected to the electronic timing system, in case the timing pad malfunctions. Many meets also use manual stopwatches as a back up system. Pages 8 and 9 of this document have some images:

<https://www.swimming.ca/content/uploads/2019/10/Introduction-to-Swimming-Officiating-Clinic-October-8-2019-Q.pdf>.

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/>

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 14 Ottawa Riverkeeper 4k Open Water Swim (116 participants)

Great swim everyone!! Full results: <https://runninggoattiming.com/wp-content/uploads/2022/08/2022-Riverkeeper-Swim-the-Ottawa-4K-Results-Overall.pdf>.

Tim Kilby (Coach; M55-59): 9th overall; 8th male, and 1st in category in 1:03:38

Ingrid Hagberg (Whitecaps; F30-34): 23rd overall; 6th female, and 1st in category in 1:09:45

Margaret King (Earlybirds; F60-64): 46th overall; 19th female, and 1st in category in 1:17:37

Dawn Walsh (Earlybirds; F55-59): 96th overall; 55th female, and 6th in category in 1:33:20

Christiane Wilke (Earlybirds; F40-44): 106th overall; 63rd female, and 7th in category in 1:44:00

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 **August 19**).

Private and Semi-Private Masters Swim Lessons

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

Fall Session

Registration for Fall Masters Swimming is underway. 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> 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/>.

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>