

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: August 9, 2024 12:46 PM
To: 'Colin Adams'; 'Jennifer McPhee'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #640

Carleton Masters Swimming Newsletter #640

Friday, August 9, 2024

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2023, Winter 2024, Spring 2024, Summer 2024 and Alumni: 7:35am Earlybirds I (67 addresses), 8:40am Earlybirds II (50 addresses), 6:00pm Whitecaps I (62 addresses), 7:15pm Whitecaps II (48 addresses), Saturday Only (15 addresses), Alumni (43 addresses).

"Not all exercise has to feel like work. Get outside and have some fun." – Layla Bennett

Masters Swimming Program Notes

- The Summer session runs from **Tuesday July 2 to Saturday August 31**.
 - **There will be no workouts on Monday September 2 (Labour Day).**
- A reminder that the only groups running in the Summer session are the 7:35am Earlybirds (9 lanes), 6pm Whitecaps, and 12:15pm Saturdays.
 - The 7:35am Earlybirds and 6pm Whitecaps are full for Summer. Waitlists are available. Please let me know if you are on a waitlist!
- The Fall session runs from **Tuesday September 3 to Saturday December 21**.
 - Details on Fall Masters and registration is below.

Carleton Masters Fall Programs

Registration starts at **9am on Tuesday August 13**. Registering online (<https://rec.carleton.ca/>, search for "Masters") is recommended unless you wish to use a credit on your account, then register by phone or in person.

Here are the details of the programs and dates:

Fall Session: Tuesday September 3 to Saturday December 21; no workouts Monday September 2 or Monday October 14.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$210+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$210+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$227+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$207+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$103+HST

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

Swimmer Notes

- Congratulations to **Tony Revitt** (7:35am Earlybirds). **Tony** has been a physiotherapist with the Canadian women's fencing team for the several years, so is partly responsible for **Eleanor Harvey's** bronze medal in foil in Paris!
- Palestinian Olympic Swimmer and Carleton grad **Yazan Al Bawwab** was recently interviewed on CBC radio [thanks to **Heloise Emdon** (7:35am Earlybirds)]: <https://www.cbc.ca/listen/live-radio/1-92-all-in-a-day/clip/16085356-swimming-team-palestine-olympic-games>.
- **Margaret Janse van Rensburg** (7:35am Earlybirds) recently got a new watch for tracking swimming (and other activities) and is no longer using her old galaxy watch. She'd like to give it to someone who might use it. It worked quite well for tracking pool swimming using a third party app called swim.com (make sure to turn on waterproof mode). Open water swimming didn't track. It works well connecting with Samsung phones with wifi/Bluetooth, but does not have GPS. Will gift with 2 usb chargers and the box. If anyone from our swim group would like it, they can contact her by email at margaretjansevanrens@gmail.carleton.ca.



- **Accessing Campus August 29 to September 1:** Note that students will be moving into residence from **Thursday August 29 to Sunday September 1**. In addition, Colonel By Drive will be closed on **Saturday August 31** for a triathlon. It is recommended that you use Stadium Way (by Athletics) to get to the pool!
- Are you interested in trying out dragon boat? The Bytown Dragon Boat Club has crews for all age groups and are especially looking to fill out our new Senior D (aged 69+) and Para teams. Newcomers are welcome to try out a practice. Visit <https://www.bytowndbc.ca> to learn more. Carleton students can check out the Carleton Dragon Boat Club on Facebook: <https://www.facebook.com/groups/532745783732775>. You can read the club's race report near the end of the newsletter for information on their exciting recent events.
- **Nathan Fudge** (6pm Whitecaps) owns a cottage that would be great for any open water swimmers who love clean, cool, and calm waters. It is available for much of August. Check it out here: <https://www.cottagesincanada.com/41030>.
- **Katie Macdonald** (7:35am Earlybirds) owns an Airbnb cottage not too far from Ottawa. She is kindly offering \$100 off a stay for Carleton Masters swimmers. Details here: https://www.airbnb.ca/rooms/43542793?locale=en&set_bev_on_new_domain=1717429837_MzYxMWE3MTMxMWJl, and you can contact her at: kmacdon3@gmail.com.

Aquatic-Related Links:

- Relive the Biggest Little Swims in Paris [thanks to **Evelyn Simpson** (Earlybirds)]: <https://www.nytimes.com/interactive/2024/08/03/sports/olympics/paris-2024-little-swimmers.html?smid=nytcore-android-share>
- Chaos Continues Around Olympic Triathlon as Belgian Team Withdraws from Mixed Relay Due to Sickness: <https://triathlonmagazine.ca/news/chaos-continues-around-olympic-triathlon-as-belgian-team-pulls-out-of-mixed-relay-due-to-sickness/>
- Another Triathlon Training Session Cancelled Due to High Pollution Levels in Seine [Ed. Note: The men's triathlon was held one day late when the pollution levels were down!]: <https://swimswam.com/another-triathlon-training-session-canceled-due-to-high-pollution-levels-in-seine/>
- No World Records Through Two Nights in Paris. Is the Pool in Paris Slow?: <https://swimswam.com/no-world-records-through-two-nights-in-paris-is-the-pool-in-paris-slow/>
- Toronto's Byron MacDonald Talks About the Paris Pool [Ed. Note: There were a few World Records set towards the end of the meet!]: https://twitter.com/Devin_Heroux/status/1818331482412200410
- China, Citing Tainted Burgers, Cleared Swimmers in a New Doping Dispute: https://www.nytimes.com/2024/07/30/us/politics/china-swimmers-doping-food.html?unlocked_article_code=1.E0.yL2Q.LkNli3ge36ok&smid=url-share
- Lifeguard Gets Cheers in the Olympic Pool (Retrieving a Cap): <https://www.facebook.com/reel/1423065165023700>
- Let the Theories Begin: Is the Paris 2024 Olympic Pool "Slow"?: <https://swimswam.com/let-the-theories-begin-is-the-paris-2024-olympic-pool-slow/>
- Why Some Olympic Swimmers Think About Math in the Pool: https://www.nytimes.com/2024/07/29/world/olympics/olympics-swimming-data-analytics.html?unlocked_article_code=1.-00.FikR.jgeOOH5hnLk&smid=url-share
- World Record 50m Obstacle Swimming (23.55)!: <https://www.youtube.com/watch?v=23xUdqOcP3s>
- World's Rarest Whale Washes Up on New Zealand Beach, Scientists Say: https://www.nytimes.com/2024/07/17/world/australia/spade-toothed-whale-new-zealand.html?unlocked_article_code=1.8E0.9H95.M50-s2ZlvSHb&smid=url-share
- What makes **Katie Ledecky** Great?: <https://www.sce.carleton.ca/faculty/lynnmar/masters/KatieLedecky.pdf>

News and Other Links:

- How the Olympics Break Athletes' Bodies: https://www.nytimes.com/2024/08/01/world/olympics/athlete-injuries.html?unlocked_article_code=1.k0.dA-g.pNWD105xxiJy&smid=url-share
- Southern Alberta Grandma, **DonnaJean Wilde**, 58, Breaks World Record for Longest Plank: 4:30:11: <https://edmonton.citynews.ca/2024/03/29/alberta-grandma-record-longest-plank/>
- These Nutrients Can Strengthen Aging Bones: https://www.nytimes.com/2024/07/22/well/eat/bones-strength-calcium-vitamin-d.html?unlocked_article_code=1.E0.a-th.930PrPE-0lj0&smid=url-share
- Our Favorite Nutrition Takeaways From 2024, So Far: https://www.nytimes.com/2024/07/03/well/eat/nutrition-food-tips-2024.html?unlocked_article_code=1.8U0.buiF.j3Lnv4t1611b&smid=url-share

- **Community Members Parking:** Most community memberships include a Lot 5 parking pass (<https://athletics.carleton.ca/memberships/>). As long as your parking information is on file with the Welcome Centre, members can enjoy up to 3 hours of parking in Lot P5 during the Fitness Centre's hours of operation. If you get a new car or new plate, let the Welcome Centre know so that your parking information can be updated. If you are erroneously issued a parking ticket in Lot 5, send me a copy and I'll get it cancelled for you. If necessary, I'll also get your plate information updated.

- **Permanent Lockers Available:** Permanent lockers are now available for 12-month rentals. Inquire at the Welcome Centre for availability and details.

- The Carleton Ravens Athletics App (<https://athletics.carleton.ca/mobile-app/>) is available on iOS and Android devices. The app allows users to view pool schedules, register for sessions, and subscribe to personalized push notifications including aquatics updates for any closures or schedule changes. The public swim schedule can also be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

Summer Session Information

Dates: Tuesday July 2 to Saturday August 31; no workouts Monday July 1 or Monday August 5.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and 3 lanes Shallow End: **Lynn**
6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)
12:15-1:25pm Saturdays: Shallow End: rotating coach schedule

Further details and changes will be noted here.

Adrian coached **Whitecaps** for **Mark** on **Thursday August 1**.

Paddy coached **Whitecaps** for **Mark** on **Thursday August 8**.

Paddy is coaching **Whitecaps** for **Mark** on **Thursday August 15**.

Paddy is coaching **Earlybirds** for **Lynn** on **Friday August 23, Monday August 26, Wednesday August 28, and Friday August 30**.

The **short distance time trials for lanes 1-3 and lanes 4-6 had their dates adjusted** as per the below (as I misread the calendar!).

Congratulations to all those who participated in the morning time trials on Wednesday and Friday. The results and improvements will be summarized in the end-of-term newsletter.

Special Sets:

Tue/Wed July 30/31: fun day

Tue/Wed August 6/7: short distance time trials: a.m.: lanes 1 – 3

Thu/Fri August 8/9: short distance time trials: a.m.: lanes 4 – 6

Tue/Wed August 13/14: short distance time trials: a.m.: lanes 7 – 9

Tue/Wed August 20/21 (and **Mon Aug 19**): 1500/800 free time trial

Thu/Fri August 29/30: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum24.pdf>.

Here are the attendance statistics for the term so far. Please let me know of any errors or omissions! Note that only the swimmer(s) with the best attendance **for each group** are listed below. Apologies to **Kelly Biggs** (6pm Whitecaps) for missing her last time, and for including her sister, **Seana Biggs** (6pm Whitecaps) by mistake!

7:35am Earlybirds: July 3 to August 9 (16 workouts); range: 30-37; average: 33.7
Perfect Attendance: **Bob Tipple, Bruce Brown, Nancy Luitwieler**

6:00pm Whitecaps: July 2 to August 8 (16 workouts); range: 14-25; average: 18.4
Missed 1 Workout: **Kelly Biggs, Seana Biggs**

12:15pm Saturdays: July 6 to August 3 (5 workouts); range: 11-17; average: 14.2
Perfect Attendance: **Mariette Kenney**

Ask the Coach

Dear Coach: Do you know if there are any lifeguard training courses just for adults? Want to Get Certified

Dear W.t.G. Certified: I don't know of any adult-only lifeguard courses but there is sometimes an older adult in the lifeguard courses at Carleton. Carleton's Fall course is Saturdays 3:00-7:30pm Sept 21 to Dec 7. You can find it here <https://rec.carleton.ca/Program/GetProgramDetails?courseId=986cabff-a09f-4f31-97e4-6f4657cded77> Registrations started Aug 7. Dovercourt does do an "Old Farts" lifeguard recertification course, but not the actual course: <https://www.dovercourt.org/aquatic-leadership/>.

Dear Coach: Why is **Summer McIntosh** so fast? Curious Swimmer

Dear C. Swimmer: Coach and commentator **Byron MacDonald** refers to her as a "generational talent". She has great genetics – her mother swam for Canada at the 1984 Olympics, finishing 9th in 200 butterfly. She is fairly tall and very lean, with long arms, so she has a good body type for swimming. She has awesome technique and great endurance and

loves training – a perfect storm. Her coach, **Brent Arckey**, in Sarasota has done a great job in her development by ensuring that her event program is suitable for her age and fitness. We are lucky to watch her swim! And she's only 17. Here's an article that make be of interest: What Makes Elite Swimmers Fast?: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/what-makes-elite-swimmers-fast>.

Dear Coach: Why do some swimmers faces look to be strange colours (white/pink) compared to their tanned bodies on TV during the Olympics? Another Curious Swimmer

Dear A.C. Swimmer: That's a good question. My guess would be that many of them train mostly outdoors and to avoid weird tan lines on their faces (from cap and goggles) they do a much better job with wearing sunscreen on their faces than on their bodies (when training), so their faces are paler. And we all know that those who appear (professionally) on camera are wearing tons of make-up, which the swimmers are not.

Dear Coach: Is it possible to leave the ladder in the lane closest to the gender neutral change room during the entire Earlybirds workout? Earlybird Swimmer

Dear E. Swimmer: Of course! Remind me if I forget. If I'm at the other end, ask the lifeguard by the bulkhead and one of the lifeguards can put it in for you.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2024), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$50**. For both, it's **\$65**. Contact me for more details.

Here's a list of upcoming meets and races mostly in Ontario and Quebec.

Details of Swim Ontario and Quebec meets can be found (after they are sanctioned) at <https://www.swimming.ca/en/events-results/live-upcoming-meets/>. (I will add detailed links below when available, if I remember!) Details on MSO meets can be found here: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

June 30 to August 25 Quebec 5km and 10km Open Water Circuits <https://fnq.ca/circuit-deau-libre-2024/>

August 10 Traversée du Lac Simon (Outaouais) 500m, 2km, 4km, 12km, relays

<https://www.facebook.com/events/1041186130447023>; <https://www.traverseelacsimon.com/>

August 11 Deep River 1.5km Cross River Swim <https://www.wateranddirt.ca/water/cross-river-swim/>

August 17 Traversée du Lac Nicolet 500m, 1k, 2.5k, 5km relay <https://hydrosports.ca/>

August 17 LOST Race and LOST Mile (3.8km and 1 mile 'sprint') Oakville, Ontario (GTA) <https://lostswimming.com/lost-race/>

August 18 Parry Sound 15k Ultra Swim and SwimRun Championships

<https://raceroster.com/events/2024/87564/mudskipper-canadian-individual-swimrun-championships-and-parry-sound-15k-ultra-swim>

August 24 Rideau Speedeaus SwimEAThon 1500m individual or team fundraiser, 9am-noon Crestview Pool

November 6-10 Barbados Open Water Festival www.barbadosopenwaterfestival.com

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!

July 24-28 Pan American Crew Club Dragon Boat Championships, Welland

Bytown was well represented and a lot of bling made it back to Ottawa!

Here are their results:

Carleton U24 brought back gold in the mixed small crew category and placed 6th in the open standard category.

The Bytown Dragons were decorated with gold in the Premier mixed small crew and came in 4th in open small crew.

Our SportChicks senior A fought fiercely for silver and the SportChicks B's earned gold.

The C's mixed standard and women standard won bronze and the Ship of Pain got gold in the open small category.

Congratulations to all!

July 27 Kingdom Swims, Newport, Vermont

Congratulations to **Cori Dinovitzer** (7:35am Earlybirds) who completed the 10 mile (16.09km) distance and to **Tom Heyerdahl** (7:35am Earlybirds) who completed the 25km Border Buster. Those are some very impressive swims!!! Details: <https://kingdomgames.co/kingdom-swim/>. Results will eventually be posted here: <https://longswims.com/events/kingdom-swim/>.

July 28 Multisport Canada Triathlon Series Kingston

Duathlon (4k run / 30k bike / 7.5k run)

Great job by **Peter** – second overall! Full results: <https://sportstats.one/results/141525>.

Peter Konecny (6pm Whitecaps; M60-69): 2nd overall, 2nd man, and 1st in category in 1:40:57

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 **July 1**).

Notes and Reminders

Carleton Masters Summer Program

Registering online is recommended unless you wish to use a credit on your account, then register by phone or in person.

Here are the details of the programs and dates:

Summer Session: Tuesday July 2 to Saturday August 31; no workouts Monday July 1 or Monday August 5.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$120+HST

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$56+HST

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Monday 4:00-5:00pm and 5:00-6:00pm

Some Tuesdays 3:30-4:30pm and 4:30-5:30pm

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.

General Masters Information:

- **Memberships:** To be able to swim with Masters, you need a membership good for the entire term. It must include pool access and be valid for the time of day when you will be swimming. The different membership options are listed here: <https://athletics.carleton.ca/memberships/>.
- **Parking:** Most community memberships include three hour parking in Lot 5.

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/>.

Team Aquatic Supplies 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 2024. 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, hoodies, and size 36 women's suits (\$20 each) 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), some silicone caps (\$2), as well as some brand new Speedo silicone caps and Speedo thick polyester 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.

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: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

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: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>