

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: August 20, 2024 9:37 AM
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 #641

Carleton Masters Swimming Newsletter #641

Tuesday, August 20, 2024

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2024 and Alumni: 7:35am Earlybirds I (39 addresses), 8:40am Earlybirds II (24 addresses), 6:00pm Whitecaps I (38 addresses), 7:15pm Whitecaps II (10 addresses), Saturday Only (6 addresses), Alumni (1 address); plus Fall 2023, Winter 2024, Spring 2024, Summer 2024, Fall 2024, and Alumni: 7:35am Earlybirds I (31 addresses), 8:40am Earlybirds II (27 addresses), 6:00pm Whitecaps I (23 addresses), 7:15pm Whitecaps II (41 addresses), Saturday Only (14 addresses), Alumni (40 addresses).

"A plan is what, a schedule is when. It takes both a plan and a schedule to get things done." – Peter Turla

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 Fall session runs from **Tuesday September 3 to Saturday December 21**.
 - Registration is underway. The **7:35am Earlybirds is full** – wait list available. The **6pm Whitecaps has 1 spot** remaining. A wait list will be available after it fills. Please **let me know if you are on a wait list!** I will determine who can be accommodated after I return from vacation on Labour Day.
 - Full details on Fall Masters can be found near the end of the newsletter in the "Notes and Reminders" section.

Swimmer Notes

- **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!

- Note that I will be out of town with limited email access from August 22 to September 2. Any questions re: Fall wait lists, etc., will be answered when I return. I will send the end-of-term newsletter a few days late.

- 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:

- Swimming Canada: **Black, Smith** and **Gawlik-Bucar** Recognized for their dedication to Masters Swimming: <https://www.swimming.ca/en/news/2024/07/22/black-smith-and-gawlik-bucar-recognized-for-their-dedication-to-masters-swimming%e2%80%af/>

- The History of Synchronized Swimming Is More Than Esther Williams, Review of "Swimming Pretty" by Vicki Valosik [Ed. Note: I borrowed the book from the Ottawa Library]: https://www.nytimes.com/2024/06/29/arts/synchronized-swimming-history-valosik.html?unlocked_article_code=1.CE4.lrn1.DkYrjSeETanP&smid=url-share

- As She Turns 100, Ottawa's **Mirandy Collins** Still Swimming Happily Through Life [thanks to **Lisa Hans**]: <https://ottawacitizen.com/news/local-news/100-mirandy-collins-swimming>

- Any Body Can Be a 'Swimmer's Body,' But the Term Has a Specific Meaning When Talking About Elite Swimmers: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/what-does-swimmers-body-mean>

- POV: Coach Explained the Next Set While You Still Had Water in Your Ears: <https://www.facebook.com/reel/277726958695622>

- Whale Lifts Kayakers onto its Back: <https://www.facebook.com/watch?v=829613119065804>

News and Other Links:

- Want to Increase Your Fitness? Take a Rest Day: https://www.nytimes.com/2024/07/10/well/move/rest-days-gym-fitness.html?unlocked_article_code=1.6k0.xNBH.Nhxbla4hKwIz&smid=url-share

- Stretching After Exercise Isn't Actually Doing What You Think It's Doing: <https://qz.com/quartz/1349404/stretching-after-exercise-isnt-actually-doing-what-you-think-its-doing>

- Try this Simple and Easy Race-Week Stress Reducer Before Your Next Triathlon:

<https://triathlonmagazine.ca/training/try-this-simple-and-easy-race-week-stress-reducer-before-your-next-triathlon>

- Seven Weight Lifting Myths Women Need to Stop Believing: <https://www.hercampus.com/school/c-of-c/7-weight-lifting-myths-women-need-stop-believing/>

- **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 (see workout themes)

Further details and changes will be noted here.

My apologies that there was no coach on Saturday August 10. Thank you to those including **Karen Jensen** and **Sheila Kealey** who helped write a great main set, and to **Mary Donaghy** for taking attendance!

Paddy coached **Whitecaps** for **Sean** on **Monday August 12.**

Adrian coached **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.**

Congratulations to all those who participated in the morning time trials on Wednesday August 14, Monday August 19, and those who will do so tomorrow, Wednesday August 21. The results and improvements will be summarized in the end-of-term newsletter.

Special Sets:

Tue/Wed July 30/31: fin 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.

7:35am Earlybirds: July 3 to August 19 (20 workouts); range: 30-39; average: 34.0
Perfect Attendance: **Bruce Brown, Nancy Luitwieler**

6:00pm Whitecaps: July 2 to August 19 (20 workouts); range: 14-25; average: 18.2
Missed 2 Workouts: **Elaine Yardley, Seana Biggs**

12:15pm Saturdays: July 6 to August 17 (7 workouts); range: 11-17; average: 14.4
Perfect Attendance: **Mariette Kenney**

Fall Session Information

Dates: Tuesday September 3 to Saturday December 31; no workouts Monday September 2 or Monday October 14.

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: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

8:15-9:25am Saturdays: Shallow End: rotating coach schedule (see workout themes)

Further details and changes will be noted here.

Special Sets:

Tue/Wed October 15/16: fin day

Mon November 4: 1500.800 time trial

Thu/Fri November 14/15: fin day

Mon November 25: short distance time trials

Thu/Fri December 19/20: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanfall24.pdf>.

Ask the Coach

Dear Coach: I find that my legs really sink when I swim freestyle. With a pull buoy I am **much** faster. What am I doing wrong? New Swimmer

Dear N. Swimmer: All body types have advantages and disadvantages in the pool! However, finding a good body position is key to success for everyone. Look down towards the bottom of the pool, and ensure that both ears are underwater (except when you breathe). You want to feel as if you are holding a tennis ball under your chin. Ideally your butt will be partly out of the water. If it is still low, then try pushing down a bit with your chest. We will be doing lots of drills in September, so you'll have a chance to work on your body position then!

Dear Coach: When I push off the wall, I try to keep my toes pointed and pigeon-toed. I notice that this means that my toes or feet overlap each other during the push off. Is that ok? Working On My Turns

Dear W.O.M. Turns: Yes, that is absolutely fine. Your toes should be very close together or overlapping when you push off, and remain close together if you do dolphin kicks before surfacing.

Dear Coach: Do swimming events have pace bunnies? My current pacing method is to follow whoever is in front of me. How can I learn to pace better? Another New Swimmer

Dear A.N. Swimmer: No, no pace bunnies in swim races 😊 ! Your current "lemming" approach is not ideal, as if the person in front of you doesn't pace well, you will not either. You want to try to get used to using the pace clock and getting a "feel" for what your different paces feel like. Ideally you want to have at least four speeds: easy, moderate, firm, and fast. Practice makes perfect! Even elite swimmers don't always get their pacing correct.

Dear Coach: I'm trying to decide whether to sign up for the 7:35am Earlybirds or the 8:40am Earlybirds as I'm not sure which group will have a lane best suited for my speed. What do you recommend? Improving Swimmer

Dear I. Swimmer: [Ed. Note: This was sent before the 7:35am group filled up!] I don't yet know the lane speeds for the two groups, as that will be determined once the groups are full (or just before the start of term). However, as the 7:35am group will likely fill up, I'd recommend signing up for that one. Switching from 7:35am to 8:40am shouldn't be a problem, but moving from 8:40am to 7:35am would be difficult if it is full with a wait list.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2025), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$65**. For both, it's **\$80**. 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 24 Rideau Speedeaus SwimEAUThon 1500m individual or team fundraiser, 9am-noon Crestview Pool

<https://www.rideauspeedeaus.com/swimeauthon>

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

November 30 EOMAC Semi-Serious Meet, Etobicoke (SO registration required)

December 15 Holiday Classic, Collingwood (SO registration required)

December 15 IM Fast, Toronto Pan-Am Sports Centre (SO registration required)

December 29 EOMAC 100 x 100 Etobicoke (SO registration required)

February 1 ROC Masters Meet, Clarington (SO registration required)

February 16 Burlington Winter Splash (SO registration required)

March 9 Swim for the Heart, 1500 LCM, Etobicoke (SO registration required)

March 23 Stephen Forsey Invitational, Markham Pan-Am Centre (SO registration required)

April 25-27 Swim Ontario Masters Championships, Markham Pan-Am Centre (SO registration required)

May 17-19 Canadian Masters Swimming Championships, Saskatoon (SO registration required)

June 29 Worlds Warm-Up LC Meet, Etobicoke (SO registration required)
August World Masters Aquatic Championships, Singapore (SO registration required)
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 20 Challenge Quebec Olympic Triathlon

Great job by **Jake** on a challenging course! Full results: <https://sportstats.one/results/141673>

Jake Graham (Saturdays; M40-44): 552nd overall, 323rd man, and 34th in category in 3:53:41 (swim 40:11)

Here's his race report:

The swim was a little bonkers. We were swimming in the docking area with very tight turn buoys surrounded yachts. There were 12 buoys we had to turn! We went in and back out of the slips and lots of bottle necking. I seeded myself too far back so I kept getting caught with people who were going slow around the buoys and floating on their backs. I had a tricky time as I was have cramps as I came in late the night before. And I bumped into a swimmer who decided to flip on their back. After bumping in my both legs cramped. I then had to bail and float on my back to get my legs to loosen up ! I was successful but my left calf was cramping, so swimming with one leg.

The bike was beautiful along the highway but boy the headwind was tough, it would slow us down on average by 8 km/h. It was really hot, so the run was tough, I had to switch to run walking as I was redlining. So 3:53 was still within range. Not the greatest but I will take it. All in all a fun time and Quebec City was beautiful during the summer.

August 17 Lake Ontario Swim Team (LOST) 3.8k Swim Race, Lake Ontario, Oakville

Great job by **Margaret** – it was a very wavy swim!! Full results: <https://results.raceroster.com/v2/en-US/results/pasvqu426yqesd5s/results?subEvent=208820&page=1>

Margaret Janse Van Rensburg (7:35am Earlybirds; F30-39 Wetsuit): 14th overall, 5th female, and 2nd in category in 1:18:32



August 18 Peasantman Olympic-ish Triathlon (1.6k/47k/10.5k), Penn Yan, NY

Peter reports that there were 40-50kph winds, some rain and high humidity that made for interesting times. Well done! Full results: <https://scorethis-results.com/ResultsMS.php?raceid=20240818PSNT>

Peter Konecny (6pm Whitecaps; M60-64): 4th overall, 4th man, and 1st in category in 2:40:51 (30:21 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 **Aug 13**).

Notes and Reminders

Carleton Masters Fall Programs

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/>.

Carleton Masters Summer Programs

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/>.

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.

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

Lessons are currently all booked, but a cancellation list is available.

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.

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/>.

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

lynnmar@sce.carleton.ca

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