

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: September 13, 2024 6:34 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 #643

Carleton Masters Swimming Newsletter #643

Friday, September 13, 2024

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2024 and Alumni: 7:35am Earlybirds I (44 addresses), 8:40am Earlybirds II (40 addresses), 6:00pm Whitecaps I (42 addresses), 7:15pm Whitecaps II (28 addresses), Saturday Only (13 addresses), Alumni (29 addresses); plus Fall 2023, Winter 2024, Spring 2024, Summer 2024, Fall 2024, and Alumni: 7:35am Earlybirds I (9 addresses), 8:40am Earlybirds II (12 addresses), 6:00pm Whitecaps I (18 addresses), 7:15pm Whitecaps II (26 addresses), Saturday Only (9 addresses), Alumni (22 addresses).

"Sport is the way I express myself in so many different ways. When I am in the water, no one sees my disability. I am myself." – Curtis Lovejoy, Five Time US Paralympic swimmer

Masters Swimming Program Notes

- The Fall session runs from **Tuesday September 3 to Saturday December 21**.
 - There are **no workouts** on **Monday October 14 (Thanksgiving)**.
 - The **6pm Whitecaps**, **7:35am Earlybirds**, and **Saturday** groups are full. Wait lists are available. Please let me know if you are on a wait list.
 - Full details on Fall Masters can be found near the end of the newsletter in the "Notes and Reminders" section.

Swimmer Notes

- **Renate Hulley** (8:40am Earlybirds) had open heart surgery yesterday. She is doing well and we wish her all the best for a speedy recovery!

- **Larry Durr** (7:35am Earlybirds) is recovering from a broken hip. We hope to see him back at the pool soon.

- **Harley** and **Wendy Gifford** (7:35am Earlybirds) had a challenging summer. **Wendy** underwent surgery for liver cancer and is doing remarkably well and is back in the pool! The day that she was released from hospital was the same day that **Harley** had a knee replacement. Harley has just started doing short swims in the Carleton Fitness swims and we hope he'll be back with Masters soon.

- **Kevin Graham** (7:15pm Whitecaps) is scheduled to undergo a femoral osteotomy in a few weeks. That should straighten his leg and end his knees issues. It's a long recovery and he hopes to be back in the pool by January.

- **Melanie Heroux** (8:40am Earlybirds) has COVID 😞. We hope that she feels better soon.

- The Carleton Varsity team is hosting Laurier and Queens at a competition at the Carleton pool on **Saturday October 5 from 1:30 to 5:00pm**. We are recruiting officials and timers. If you are interested in helping and seeing some fast swimming, please let me know!

- Apologies to the swimmers who got grease on their arms from some dirty kickboards on Thursday evening. We're not sure how it happened, but Coach **Mark** has sorted out the dirty boards and they will be properly cleaned.

- The Ottawa Riverkeeper is holding a fundraiser: The Big River Give: <https://ottawariverkeeper.ca/campaign/campaign-donate/>

Aquatic-Related Links:

- **Luc Gagnon**, un Homme de 75 Ans, Nage 32,3 km en Tentant une Traversée du Lac Saint-Jean: <https://ici.radio-canada.ca/nouvelle/2101071/luc-gagnon-traversee-lac-saint-jean>

- Turkish Paralympic Swimmer, Sumeyye Boyaci, Has a Great Kick: https://www.linkedin.com/posts/femalequotient_s%C3%BCmeyye-boyac%C4%B1-is-a-turkish-paralympic-swimmer-activity-7234305470880956416-e_A7/

- German Adventurer, **Jonas Deichmann**, Sets New World Record With 106 Ironman-Distance Races in a Row ... And Is Still Going: <https://triathlonmagazine.ca/news/german-adventurer-sets-new-world-record-with-106-ironman-distance-races-in-a-row-and-is-still-going/>

- Make that 120 ... German Athlete Shatters World Record for Consecutive Ironman-Distance Races in a Row: <https://triathlonmagazine.ca/news/make-that-120-german-athlete-shatters-world-record-for-consecutive-ironman-distance-races-in-a-row/>

- **Rosie Wild**, The First Woman to Become a British Paratrooper Is on Her Way to Nice – As a Pro Triathlete: <https://triathlonmagazine.ca/personalities/the-first-woman-to-become-a-british-paratrooper-is-on-her-way-to-nice-as-a-pro-triathlete/>

- 'Otterly' Magical: Sea Otter Hitches Ride on B.C. Paddleboard: <https://www.westerlynews.ca/trending-now/video-otterly-magical-sea-otter-hitches-ride-on-bc-paddleboard-7490197>

News and Other Links:

- Do You Have Healthy Brain Habits?: https://www.nytimes.com/interactive/2024/09/03/well/mind/brain-health-quiz-dementia-depression-stroke.html?unlocked_article_code=1.IE4.M2-m.Tk9mNoo0ea7A&smid=url-share

- Five Ways to Improve Your Fitness on Vacation: https://www.nytimes.com/2024/08/09/well/move/workout-vacation-exercise.html?unlocked_article_code=1.Hk4.dkVs.SDYwz8vL-Lk&smid=url-share

- These 6 Exercises Are Fundamental to How You Move: https://www.nytimes.com/2024/08/28/well/move/range-of-motion-exercises.html?unlocked_article_code=1.Hk4.pOJp.62azaMdfDvZ_&smid=url-share

- Food to Help Counter Cognitive Decline, Including the Most Important Vitamin for Brain Health as We Age: <https://everythingzoomer.com/health/2023/06/12/what-we-can-eat-to-help-counter-cognitive-decline-including-the-most-important-vitamin-for-brain-health-as-we-ag>

- **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/>.

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>.

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: September 4 to 13 (5 workouts); range: 26-30; average: 27.6

Perfect Attendance: **Bruce Brown, Bryan Morris, Christine Rivas, Heloise Emdon, Jamie Chalmers, Julia Stratton, Julian Labrin, Ken Johnson, Margaret Janse van Rensburg, Mike Wheatley, Ray Anderson, Rocio Aranda-Rodriguez**

8:40am Earlybirds: September 4 to 13 (5 workouts); range: 21-28; average: 24.6

Perfect Attendance: **Bob Tipple, Colin Kiviaho, Cori Dinovitzer, Flo Kellner, Heather Bonas, Isla Paterson, Mary-Lou Dunnigan, Sandy Wooley, Susan Hulley, Wendy Gifford**

6:00pm Whitecaps: September 3 to 12 (5 workouts); range: 18-29; average: 24.0

Missed 2 Workouts: **Christian Cattan, Coulson Wheatley, Nathan Fudge, Nicole Delisle, Rachel Bennett, Shauna Ironside**

7:15pm Whitecaps: September 3 to 12 (5 workouts); range: 12-20; average: 14.2

Missed 2 Workouts: **Mike Sowka, Richard Arsenault**

8:15am Saturdays: September 7 (1 workout); attendance: 31

Perfect Attendance: **All 31 swimmers** (a list will be included next time)!

Ask the Coach

Dear Coach: Could you please put in your start of term lane etiquette information? Returning Swimmer

Dear R. Swimmer: Thanks for the reminder. Here it is:

Lane Etiquette

Here are a few tips to ensure that you and your lane-mates all have a good swim.

- Ensure that you know what direction your lane-mates are swimming in (clockwise or counter-clockwise) before you start.
- Swim in a circle during warm-up, even if your lane isn't busy at the start of workout (there will often be late arrivals).
- If you arrive late, join in with the others in your lane, rather than starting at the beginning of the warm up.
- Keep a minimum 5 second gap between swimmers, except when passing.
- If you are catching up to the person in front of you, pass or ask to go ahead on the next repeat.
- **Pass only when it is safe to do so.** Your lane-mates should be aware of where you are, but if you suspect a lane-mate doesn't know that you want to pass, just tap lightly on his/her feet.
- Do your turns in the middle of the lane (on the cross on the wall), to avoid collisions with those behind you.
- If you stop at the wall during warm up, ensure that you move to a corner of the lane, so that those swimming can turn in the middle.

- During the main set, the lane should follow the set provided (correct distances and pace times, e.g. 4 x 50 is not a straight 200).
- If you need to make modifications to the workout due to injury, etc., ensure that your lane-mates are aware, and, if appropriate, move to a different lane.
- During the main set, ensure that everyone in your lane has space to finish at the wall at the end of each repeat. This may mean moving away from the wall if you're in a busy lane.
- If you get lapped in the main set, skip a 50 and join back in with your lane-mates.
- If you are not happy with the speed of your lane (too fast or too slow), please let your coach know, but keep in mind that we only have 6 lanes!
- Put all your equipment away neatly in the appropriate location after your swim. (Ask if you're not sure where something goes.)
- Keep an eye on the time, and exit the water promptly at the end of your workout.
- If there are any issues with lane etiquette in your lane, please let your coach know.

Dear Coach: I've noticed that Whitecaps are now always in the shallow end. Is this the new arrangement? I always enjoyed the mixture of deep and shallow end, and now I can't ever dive in! Sincerely, Lurking in the Murky Depths

Dear L.i.t.M. Depths: For the past few years, from September to June, Whitecaps has been in the shallow end on Mondays and Tuesdays, and in the deep end on Thursdays. In the summer, it has been shallow end only for many years. You are correct that this year, it is shallow end only. That permits Aquatics to schedule an extra half hour of children's private swim lessons on Thursdays, and thus brings in extra revenue. If you are a Whitecaps swimmer and need to practice your dives, you are welcome to attend an Earlybirds workout. Another option is that the recreation swim on Mondays runs until 6pm (whole pool), so if you are Whitecaps 1, you could arrive a few minutes early and practice dives then.

Dear Coach: When I turn to start a new length, where on the wall should I do my turn? New Swimmer

Dear N. Swimmer: For all strokes except backstroke, as soon as it is safe to do so (i.e. the person in front of you has gone by), move to the opposite side of the lane and do your turn beside the cross. That way you can push straight off the wall. In backstroke as you can't easily see the person in front of you, to avoid collisions, turn on the cross.

Dear Coach: On breaststroke kick, is it better to keep the knees close together or fairly wide? Working on my Technique

Dear W.o.m. Technique: The important thing is to have your toes turned out at the start of the propulsive phase of the kick. If you can do that with your knees close together, that's great. However, many of us have to separate our knees to be able to turn the toes out. That said, the knees should never be wider than the feet.

Dear Coach: The Google calendar that I got when I signed up for the 7:15pm Whitecaps actually shows it starting at 7:25pm. Could you pass that along so that it is fixed for next time? Time Challenged Swimmer

Dear T.C. Swimmer: Thanks for letting us know. I will do so!

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>.

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!

September 7-8 Triathlon Esprit de Montreal

Congratulations to **Jennifer** and **Peter** on their races in very challenging conditions! From **Peter**: "Crazy weather in Sunday morning's race in Montreal. 6C and 30-40kph winds. Winter for a day!" **Peter** had a podium finish and **Jenn** did not one, but two races over the weekend!!

September 7 Olympic Triathlon (1.5k/50k/10k)

Full results: <https://sportstats.one/results/129157>

Jennifer McPhee (7:35am Earlybirds; F35-39): 489th overall; 94th woman, and 18th in category in 2:49:07 (29:35 swim)

September 8 Demi Esprit Triathlon (1.9k/92k/21.1k)

Full results: <https://sportstats.one/results/142006>

Jennifer McPhee (7:35am Earlybirds; F35-39): 227th overall; 41st woman, and 5th in category in 6:37:25 (37:38 swim)

September 8 Canadian Age Group Duathlon Championships (10.31k/40k/5.17k)

Full results: <https://sportstats.one/results/142011>

Peter Konecny (6pm Whitecaps; M60-64): 4th overall, 4th man, and 1st in category in 2:03:05

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 **September 2**).

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: **Full: wait list available**

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: **Full: wait list available**

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: **Full: wait list available**

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/se0/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**. I'm not sure if it will be renewed for this 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, 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/>