

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** September 27, 2024 5:08 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 #644

## Carleton Masters Swimming Newsletter #644

Friday, September 27, 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 (44 addresses), 6:00pm Whitecaps I (43 addresses), 7:15pm Whitecaps II (30 addresses), Saturday Only (13 addresses), Alumni (47 addresses).

"Of course it's hard, it's supposed to be hard. If it's easy, everyone would do it. Hard is what makes it GREAT."

## 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 just over two weeks ago. She is now home and is doing brief walks with a walker and enjoying visits from friends and family. Thank you to **Ruth Fawcett** (8:40am Earlybirds) for organizing the Earlybird swimmers in signing a card for Renate, which she greatly appreciated, and thanks also to **Susan Hulley** (8:40am Earlybirds) for regular updates on how her mother is doing!



- While living in the UK, **Joel Meredith** (6pm Whitecaps) swam with **Tim Denyer**, who is featured, along with his coach, **Mark Rickhuss**, in this short film: <https://twoswimmers.co.uk/>.

- **Eden Almong-Goldreich** (7:15pm Whitecaps) will be returning to the pool in the Winter term. In the meantime, he has recently climbed Mt Kilimanjaro! He says that the swimming helped. He notes: " My O2 levels were great all the way up and almost no elevation symptoms even after 5500m which is quite unusual. Not to mention my back which did quite well even with my old injury. Our total hike time was 9 days with full gear so not easy on the lower body." Awesome!! He's the one in the middle in black with a yellow "thumbs up".



- **Heather Bonas** (8:40am Earlybirds) works for Boccia Canada and they're hosting the Canadian Championships in November. She is looking for volunteers to help with the Canadian National Boccia Championships November 14-18. The tournament will take place at the RA Centre just a 5 min drive from Carleton. Swim in the morning, volunteer in the afternoon! If you're interested and available, please fill out this form: <https://bocciacanada.sidelinelearning.com/forms/12/register>. To learn more about the Championships, please visit the website: <https://bocciacanada.ca/en/boccia/programs/canadian-boccia-championships/>.

- Update from **Aline St-Laurent-Guérin** (x-Whitecaps): "Last year I didn't end up swimming because I was pregnant (had a baby boy in April) and this year we all moved to the Philippines for my husband's work (we just moved recently which is why it took me a while to get back to you). So, unfortunately I won't be swimming with the club for the next few years but will be looking for a place to swim here in Manila instead. Thanks for all your coaching and Sean's too. I had a great time with the club!"



- Congratulations to **Janine Debanne** (8:40am Earlybirds) on being elected to Carleton's Senate for a three-year term. (I'm starting the last year of my three-year term, so we are serving together for one year.)

- Public service note from **Christiane Wilke** (6pm Whitecaps): I renewed my permanent locker and found out that they don't send invoices or renewal notices. But they will clear out unpaid lockers by the end of the month. Swimmers who are renting permanent lockers might want to call the Welcome Centre to check on the payment status of their locker.

- 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!

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

### **Aquatic-Related Links:**

- How the Breaststroke Pull Has Evolved: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-the-breaststroke-pull-has-evolved>

- Underwater Rock Paper Scissors: Win You Get to Breathe; Lose You Stay Underwater: <https://www.tiktok.com/@herdswimdive/video/7024098029783485742>

- How to Swim Modern-Day Freestyle: <https://www.youtube.com/watch?v=BQW9Zw0CsQ8>

- Fun Core Exercise to Try in the Pool: <https://www.facebook.com/reel/3779832232287622>

- Three Drills to Improve Your Breaststroke Distance Per Stroke: <https://www.youtube.com/watch?v=SfIJ3AJDYFM>

- Things That Aren't Olympic Swimming Events That Feel Like They Should Be:

<https://www.facebook.com/reel/454953540741260>

### News and Other Links:

- Weight Gain and Aging: An Explanation and Solution: [https://www.huffpost.com/entry/weight-gain-and-aging-an-explanation-and-solution\\_b\\_58b310a3e4b0e5fdf61973b9](https://www.huffpost.com/entry/weight-gain-and-aging-an-explanation-and-solution_b_58b310a3e4b0e5fdf61973b9)

- Older Athletes Might Hold Key to Slower Aging:

[https://enewspaper.readingeagle.com/infinity/article\\_popover\\_share.aspx?guid=34ea5294-dc9f-4622-83c4-92a56385abbe&share=true](https://enewspaper.readingeagle.com/infinity/article_popover_share.aspx?guid=34ea5294-dc9f-4622-83c4-92a56385abbe&share=true)

- **Olivia Rodrigo** Sleeps 13 Hours a Night on Guts World Tour: Is Too Much Sleep Bad for You?:

<https://www.usatoday.com/story/life/health-wellness/2024/08/19/olivia-rodrigo-sleeps-13-hours-guts-tour-is-too-much-sleep-bad/74862143007/>

- **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.

**Paddy** coached the **6pm and 7:15pm Whitecaps** for **Mark** on **Thursday September 26**.

### 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. Apologies for missing **Cameron Dawson** and **Joanne Dawson** from the perfect attendance list for the 6pm Whitecaps last time!

**7:35am Earlybirds:** September 4 to 13 (5 workouts); range: 24-30; average: 26.7

Perfect Attendance: **Bruce Brown, Christine Rivas, Julian Labrin, Ken Johnson, Margaret Janse van Rensburg**

**8:40am Earlybirds:** September 4 to 13 (5 workouts); range: 21-29; average: 24.5  
Perfect Attendance: **Bob Tipple, Colin Kiviaho, Cori Dinovitzer, Heather Bonas, Isla Paterson, Sandy Wooley**

**6:00pm Whitecaps:** September 3 to 12 (5 workouts); range: 18-31; average: 23.6  
Missed 2 Workouts: **Christian Cattan**

**7:15pm Whitecaps:** September 3 to 12 (5 workouts); range: 10-20; average: 13.2  
Missed 2 Workouts: **Richard Arsenault**

**8:15am Saturdays:** September 7 to 21 (3 workouts); range 26-31; average: 28.7  
Perfect Attendance: **Audrey Belanger Baur, Christian Cattan, Christine Rivas, Emily Mahoney, Joel Meredith, Lisha Liu, Luciara Nardon, Lynn Marshall, Mariette Kenney, Mike Lee, Natalie Aucoin, Nicole Delisle, Nicole Le Saux, Patricia Deek, Rebecca Plumadore**

## Ask the Coach

**Dear Coach:** Will there be a new discount at Aquasport for this season? Shopping Swimmer

Dear S. Swimmer: Thank you for your patience. I finally got the new card – the link is below and here: <https://www.sce.carleton.ca/faculty/lynnmar/swimteam/Carleton%202025.jpg>. Note that if you bought something there earlier this month, they will give you a retroactive discount if you show the card.

**Dear Coach:** I know that I can, in theory, breathe anytime, but what is the correct breathing pattern in backstroke? Improving My Backstroke

Dear I.M Backstroke: You want to inhale when both arms are underwater, as there is less chance of inhaling water. I find breathing every two strokes (i.e. once per arm cycle) works best, and I inhale just before the back arm exits the water.

**Dear Coach:** Can you review long-axis vs. short-axis strokes, as well as how much rotation there should be? Working on Rotation

Dear W.o. Rotation: Freestyle and backstroke are long-axis strokes as we rotate around our spine (the long axis). Breaststroke and butterfly are short-axis strokes as we rotate around our waist (short-axis). For freestyle and backstroke, you want to rotate between about 30 and 45 degrees about the long-axis. For breaststroke and butterfly rotate between 15 and 45 degrees. That said, more buoyant swimmers may struggle with getting their hips down in breaststroke. It's important to ensure that the feet (heels) don't break the surface in breaststroke. Ask your coach for feedback if you're not sure how much you should rotate.

## 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](http://www.barbadosopenwaterfestival.com)

November 9 Coupe du Quebec des Maitres Manche 1, St-Hyacinthe, Montreal (SO registration required)

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

November 30 Coupe du Quebec des Maitres Manche 2, Claude-Robillard, Montreal (SO registration required)

December 8 Red vs. Blue Meet, Nepean (MSO registration or one-day registration required)

December 14 Coupe du Quebec des Maitres Manche 3, Montreal-Nord (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)

January 25 Coupe du Quebec des Maitres Manche 4, Drummondville (SO registration required)  
January 26 (TBC) Swim Ottawa Masters Meet, Brewer Pool, Ottawa (MSO registration or one-day registration required)  
January 26 Ted Roach Memorial SCY Meet, Alderwood, Toronto (MSO registration or one-day registration required)  
February 1 Winterlude LCM Meet, Nepean (MSO registration or one-day registration required)  
February 1 ROC Masters Meet, Clarington (SO registration required)  
February 16 Burlington Winter Splash (SO registration required)  
February 23 Coupe du Quebec des Maitres Manche 5, Pointe-Claire, Montreal (SO registration required)  
March 9 Swim for the Heart, 1500 LCM, Etobicoke (SO registration required)  
March 15 Coupe du Quebec des Maitres Manche 6, Mont-Tremblant (SO registration required)  
March 23 Stephen Forsey Invitational, Markham Pan-Am Centre (SO registration required)  
April 5 OlymPink Masters Challenge, Brewer Pool, Ottawa (MSO registration or one-day registration required)  
April 25-27 Swim Ontario Masters Championships, Markham Pan-Am Centre (SO registration required)  
April 25-27 Championnat Quebecois des Maitres, Drummondville (SO registration required)  
May 17-19 Canadian Masters Swimming Championships (LCM), 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 3-8 Club Crew Dragon Boat World Championships, Ravenna, Emilia-Romagna, Italy

Thank you to **Debby Whately** (8:40am Earlybirds) for kindly providing this summary!

There were 6 teams representing Bytown DBC at the Club Crew World Championships for Dragonboat. Senior A women (40 and over), Senior B women (50 and over), Senior C Women (60 and over), Senior C Mixed, Senior C Men and U24/Carleton University Mixed boat. Senior A women had **Megan Holtzman** (8:40am Earlybirds), **Isabelle Fradette** (x-Earlybirds), and **Cheri Reddin** (7:35am Earlybirds); Senior B women had **Megan** drumming (not old enough to paddle!) with **Isabelle**, **Cheri** and **Debby**; Senior C women had **Debby**, **Colette Kenney** (x-Earlybirds) and **Carolyn Odecki** (6pm Whitecaps), with **Megan** drumming; Senior C Mixed had **Colette** with **Carolyn** steering; Senior C Men had **Carolyn** steering.

Senior A won 2 silver (500m. and 200m) and narrowly missed 3rd place in the 2K. Senior B were solid Gold in all distances with commanding leads in all their wins including 15 seconds in the 2K Senior C women got Gold in 2K and silver in 200m and 500m. Senior C Mixed performed admirably and came very close to medalling by making all their finals. The C men won bronze in the 2K and were also close to medalling in the other distances. The U24/Carleton team was a new team who gained a lot of experience at their first CCWCs. They made it to finals in the 200m and 500m races and gave an excellent performance in the 2K by passing some boats (boats leave at staggered times, rather than use lanes so you can possibly pass boats as you do 2 loops of a 500m course). We were all pleased with Bytown's success.

### September 8 Ironman Wisconsin, Madison WI

Congratulations to **Eren** on a great race. From the Team Triumph Newsletter: "Even all the way down in Wisconsin at the Ironman, they had crazy, windy weather and cool temperatures! **Eren** executed her race beautifully. She had a strong swim, maintained great discipline on the bike by holding back to save her legs, and continued on to have an excellent marathon, passing 8 people in her age category en route to the finish line! **Eren** has now completed the Boston Marathon, IM 70.3 Mt Tremblant, IM 70.3 Muskoka and IM Wisconsin all in one season!!"

Full results: <https://www.ironman.com/im-wisconsin-results>.

**Eren Perez** (6pm Whitecaps; F30-34): 318<sup>th</sup> overall, 53<sup>rd</sup> woman, and 12<sup>th</sup> in category in 12:37:05 (1:14:39 swim)

### September 22 Ottawa Army Run

Great job by **Luz**! Full results: <https://sportstats.one/results/142176>

**Luz Osorio** (6pm Whitecaps: F 35-39): 873<sup>rd</sup> overall, 242<sup>nd</sup> woman, and 35<sup>th</sup> in category in 55:22

### 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 27**).

## 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/seocccr/>.

**Team Aquatic Supplies Discount for Carleton Masters Swimmers:** Aquasport (2730 Iris Street) is run by Team Aquatic Supplies. We receive a 15% discount on regularly priced merchandise until the end of August 2025. 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](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

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