

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** October 11, 2024 2:31 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 #645

## Carleton Masters Swimming Newsletter #645

Friday, October 11, 2024

**To:** Carleton Masters Coaches / Staff (10 addresses)

**Bcc:** Those registered for Fall 2024 and Alumni: 7:35am Earlybirds I (45 addresses), 8:40am Earlybirds II (44 addresses), 6:00pm Whitecaps I (43 addresses), 7:15pm Whitecaps II (30 addresses), Saturday Only (13 addresses), Alumni (48 addresses).

"Press on. Nothing in the world can take the place of persistence." – Ray Kroc

## 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)**.
  - Carleton's Fall convocation will be on **Saturday November 9**. Parking lot 5 will likely be closed to Athletics users. Anyone with a valid permit for Lot 5 may park in any other legal spot on campus free of charge.
  - **Monday November 11**, Remembrance Day, is **not** a Carleton holiday. Workouts run as usual on that date.
- The **6pm Whitecaps**, **7:35am Earlybirds**, **8:40am Earlybirds**, and **Saturday** groups are full. Wait lists are available. Please let me know if you are on a wait list. There is still space in the 7:15pm Whitecaps.
  - Full details on Fall Masters can be found near the end of the newsletter in the "Notes and Reminders" section.

## Swimmer Notes

- **Earlybirds and Whitecaps Swimmers:** A reminder that **Tue Oct 15 / Wed Oct 16 is fin day**. I know that some of you like to bring your own fins and/or socks!

- Great job by the **Earlybirds** swimmers this morning with their challenge 25m with no (or very few) breaths! Kudos to **Jeremie Lanctot** and **Gi Wu** (8:40am Earlybirds) who were not content with 25m, so they both did 50m fly without breathing!! Very impressive!

- **Susan Hulley** (8:40am Earlybirds) reports that her Mother, **Renate Hulley** (8:40am Earlybirds), is recovering well from her open heart surgery and is now walking around the block up to twice daily!



- **Luciara Nardon** (8:40am Earlybirds) sends this report on her recent swim trip – sounds like it was amazing!:

“I just came back from a swim camp in Madeira Island (Portugal) organized by [Swim Together](#). We swam in Atlantic water for 6 days, between 2.7-3.5Km per day, in the most amazing settings, including the nature reserve of Desertas Islands. I am attaching a photo of me and the group in the water. For a quick video of one of our swims see [here](#). I was very impressed with this organization and am happy to chat if anyone is interested in knowing more.”



- And an update from **Peter Konecny** (6pm Whitecaps) – I am jealous of these lovely vacations!

“All right - it's finally summer vacay time! This year in Albania. Did a 10k race today in the city of Elbasan. A little wiped from a 20 hour trip here so not really a 'race' but did ok. Only 3 Albanians beat me 🤔 [Ed. Note: See Race Results section]. Then a drive to Vlora on the coast. A great swim in the Ionian Sea followed by lots of beer and raki watching the sun set.”



- **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/>.

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

- Hippo Demonstrates a Backstroke Start: <https://x.com/swimswamnews/status/1830617027398279411>
- Sea Otter Helping to Clean the Pool: <https://www.facebook.com/reel/1255402185826672>
- The "Butt Flop" Drill for Backstroke Starts: <https://www.youtube.com/watch?v=VYjtKNkkzi4>
- How to Swim Modern-Day Breaststroke: <https://www.youtube.com/watch?v=loBCYYEJcqk>
- A Pygmy Hippo Is Stealing Hearts (and Biting Zookeepers): [https://www.nytimes.com/2024/09/24/style/moo-deng-baby-pygmy-hippo-thailand.html?unlocked\\_article\\_code=1.OU4.JLW-.ZezZ5e4PFgYv&smid=url-share](https://www.nytimes.com/2024/09/24/style/moo-deng-baby-pygmy-hippo-thailand.html?unlocked_article_code=1.OU4.JLW-.ZezZ5e4PFgYv&smid=url-share)
- Mesmerizing Dolphins: <https://x.com/buitengebieden/status/1840512631029059777>

### **News and Other Links:**

- A 25-Minute Strength Workout for Beginners: [https://www.nytimes.com/2024/09/25/well/move/beginners-short-strength-workout.html?unlocked\\_article\\_code=1.OU4.iPlo.sfTLYhWPfPVj&smid=url-share](https://www.nytimes.com/2024/09/25/well/move/beginners-short-strength-workout.html?unlocked_article_code=1.OU4.iPlo.sfTLYhWPfPVj&smid=url-share)
- A Beginner's Guide to the Weight Room: [https://www.nytimes.com/2024/09/25/well/move/beginners-weights-exercise.html?unlocked\\_article\\_code=1.OU4.gQHt.Fi0lpzYRtlvN&smid=url-share](https://www.nytimes.com/2024/09/25/well/move/beginners-weights-exercise.html?unlocked_article_code=1.OU4.gQHt.Fi0lpzYRtlvN&smid=url-share)
- Anti-Aging Enthusiasts Are Taking a Pill to Extend Their Lives. Will It Work?: [https://www.nytimes.com/2024/09/24/well/live/rapamycin-aging-longevity-benefits-risks.html?unlocked\\_article\\_code=1.OU4.jK7U.FSO-FwocbR6Y&smid=url-share](https://www.nytimes.com/2024/09/24/well/live/rapamycin-aging-longevity-benefits-risks.html?unlocked_article_code=1.OU4.jK7U.FSO-FwocbR6Y&smid=url-share)
- Memory Loss Isn't the Only Sign of Dementia: [https://www.nytimes.com/2024/09/26/well/mind/dementia-signs-symptoms.html?unlocked\\_article\\_code=1.OU4.K9z6.mifX1pmKwRy9&smid=url-share](https://www.nytimes.com/2024/09/26/well/mind/dementia-signs-symptoms.html?unlocked_article_code=1.OU4.K9z6.mifX1pmKwRy9&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/>.

## 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. Apologies for saying that **Richard Arsenault** had missed two workouts last time – he still has perfect attendance! Also, the previous attendance statistics were for the first four weeks (not two as indicated by the dates).

**7:35am Earlybirds:** September 4 to October 11 (17 workouts); range: 21-33; average: 26.8

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

**8:40am Earlybirds:** September 4 to October 11 (17 workouts); range: 19-29; average: 24.2

Perfect Attendance: **Bob Tipple, Cori Dinovitzer, Isla Paterson, Sandy Wooley**

**6:00pm Whitecaps:** September 3 to October 10 (17 workouts); range: 18-31; average: 23.7

Missed 1 Workout: **Christian Cattan**

**7:15pm Whitecaps:** September 3 to October 10 (17 workouts); range: 10-20; average: 13.7

Perfect Attendance: **Richard Arsenault**

**8:15am Saturdays:** September 7 to October 5 (5 workouts); range 26-31; average: 28.8

Perfect Attendance: **Audrey Belanger Baur, Christian Cattan, Christine Rivas, Joel Meredith, Lisha Liu, Lynn Marshall, Mariette Kenney, Mike Lee, Natalie Aucoin, Nicole Delisle**

## Ask the Coach

**Dear Coach:** How do I know how many lengths to do of each stroke in an IM? Do I always start with fly? New IMer

Dear N. IMer: A regular IM is split up into quarters: fly, then back, then breast, then free. In a 25m pool (like we use for Masters), the first number will tell you how many lengths of each stroke to do. For example, a 200IM would be 2 lengths (or 50m) each of fly, back, breast, and free. Sometimes we do reverse IM. A 400 rev IM dr would be 400m reverse IM drill, so you would do 4 lengths (or 100m) each of free drill, then breast drill, then back drill, then fly drill.

**Dear Coach:** I'm getting elbow pain during my freestyle catch. Any suggestions? Swimmer's Elbow Swimmer

Dear S.E. Swimmer: Usually pain in the elbow or shoulder is from entering with or sliding the hand wider than the elbow, which puts strain on both those joints. Keep your catch narrower to see if that helps, and ask your coach to have a look.

**Dear Coach:** Can you please review passing etiquette as our lane is struggling with it? Some say that you shouldn't pass at the wall, or you should only pass at the wall, and that you should tap toes, or not tap toes. We are confused! Lane Five

Dear L. Five: Sure, and don't hesitate to ask for more details or clarifications at the pool. Ideally, everyone in the lane should have a "mental picture" of where everyone else is, to avoid surprises and collisions. You should always be aware when someone is getting close to passing you. When someone is coming up behind you, you indicate to them that you are aware that they are approaching by moving towards the middle of the lane or towards the lane rope. Ideally, you move to the middle of the lane if you will arrive at the wall first, and towards the lane rope if the person passing will. However, if you guess wrong, the two of you should be pretty close when you get to the wall, and it should still work out. The person in the middle of the lane will do their turn as far to the other side of the lane as they can, so that the other person still has space to turn. While the person being passed, should make it easy for the person passing, the person passing should only pass if it is safe to do so. Passing in the middle of the lane or at the wall is fine. You only need to touch someone's feet if you think they are not aware that you are trying to pass.

## 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!

### October 5, Marathon Skampa 10km Run, Albania

Great job by **Peter**, especially as he was tired from this travels! Full results: <https://www.smfsports.gr/skampa2024/>.  
**Peter Konecny** (6pm Whitecaps; M60+): 4<sup>th</sup> overall, 4<sup>th</sup> man, and 1<sup>st</sup> in category in 39:56.23

### 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 **October 9**).

## 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: **Full: wait list available**

**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/seo/ccr/>.

**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/>