

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: October 25, 2024 4:22 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 #646
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Carleton Masters Swimming Newsletter #646

Friday, October 25, 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 (32 addresses), Saturday Only (13 addresses), Alumni (48 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**.
 - 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

- The annual Pot Luck and BYOB **Carleton Masters Holiday Party** will be held on **Sat Nov 23 starting at 6:30pm** at **Don Wells and Joanie Conrad's** (both 6pm Whitecaps and Saturdays), 376 Hamilton Ave South. Full details: <https://www.sce.carleton.ca/faculty/lynnmar/masters/Festive%202024.pdf>.

- This sounds quite interesting: <https://www.edmundfitzgeraldswim.org/>. I hear they are looking for replacement swimmers for legs 1 and 11.

- Students and those who know or work with students may be interested in this exciting news, and are encouraged to vote!: Athletics will be holding **a student referendum on Nov 12 and 13 about an expansion to the fitness centre**. This is phase 1 of the new Wellness Hub (new pools are in phase 2).

The proposal is to have a new multi-floor fitness centre almost three times the current one, and also include four rooms for fitness classes, etc.

The new building will take three to four years, and thus only those currently in first (and maybe second) year would benefit. However, all current students can vote.

Students currently pay \$120 per term for access to Athletics. The referendum is to add \$39/term only AFTER the new building is completed. The new fee would also include fitness classes (yoga, etc.).

Athletics is looking for student-athletes to help out in promoting voting in the referendum. Athletics needs 15% of students (4500) to vote for the referendum to be valid, and a majority of those who vote to be in favour to proceed.

More details here:

<https://www.sce.carleton.ca/faculty/lynnmar/swimteam/Athletics%20Expansion%20Fitness%20Center%20-%20Training%20version.pdf>.

- **Sam Beaumont Stidwill** (S.B-Stidwill@hotmail.com) a Varsity Swim Alumnus as well as a Carleton Masters swimmer is organizing a Movember team to do a 6km* swim in support of men's mental health. If you are interested in participating please reach out to **Sam** or sign up here: <https://ca.movember.com/team/2472316>.

* I'm sure the distance can be adjusted for those who prefer a shorter distance 😊.

- **Tom Heyerdahl** (8:40am Earlybirds) joined **Nadine Bennett** and some other swimmers for multi-day Northumberland Strait training sessions. Maybe he can send in some details and pictures?!

- We may have a couple of extra Jolyn Brandon-style black suits (size 28 and 30) and bikini tops (size M) with the Carleton logo. Please reach out if you are interested. Note that these are quite pricey due to the brand and the customization: \$130 for the suits and \$75 for the tops.

- **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:

- How to Swim Modern-Day Backstroke: https://www.youtube.com/watch?v=9Rnaz_bt3hI

- Seal Negotiating for a Bigger Fish: <https://x.com/AMAZINGNATURE/status/1845027956260852173>

- How to Swim Modern-Day Butterfly: <https://www.youtube.com/watch?v=rBJy6VZa8wA>

- The Ocean is Full of Weird Creatures: <https://x.com/WaterIsScary/status/1845434814142296313>

- Making Flip Turns Fun: <https://x.com/duoswim/status/1845941516755157383>

- **Antony James**, 2012 British Olympic Swimmer Found Guilty of Raping Teenagers:

<https://www.bbc.com/news/articles/c62rm768njyo>

News and Other Links:

- Fifty Things to do in the Outaouais this Autumn: <https://indd.adobe.com/view/b4310896-9639-42c0-a72f-78514c2d5cd1?startpage=4>

- Two Athletes Die During Age-Group Sprint Races at World Triathlon Championships in Spain:

<https://triathlonmagazine.ca/news/two-athletes-die-during-age-group-sprint-races-at-world-triathlon-championships-in-spain/>

- What Can Your 'Training Load' Tell You About Your Fitness?: https://www.nytimes.com/2024/09/21/well/move/training-load-apple-watch-garmin.html?unlocked_article_code=1.Rk4.WAdk.LwyZBAkU64Uk&smid=url-share

- **Ryan James Wedding**, 2002 Canadian Olympic Snowboarder Charged in Connection with Cocaine Bust, Alleged Murders: <https://www.cbc.ca/news/canada/toronto/ryan-james-wedding-fbi-investigation-1.7355177>

- **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.

Mark coached **6:00pm and 7:15pm Whitecaps** for **Paddy** on **Tuesday October 15**.

Paddy is coaching **6:00pm and 7:15pm Whitecaps** for **Sean** on **Monday October 28**.

Adrian is coaching **6:00pm and 7:15pm Whitecaps** for **Mark** on **Thursday October 31**.

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 25 (22 workouts); range: 21-33; average: 26.4
Perfect Attendance: **Bruce Brown, Ken Johnson**

8:40am Earlybirds: September 4 to October 25 (22 workouts); range: 17-29; average: 23.2
Perfect Attendance: **Bob Tipple, Isla Paterson**

6:00pm Whitecaps: September 3 to October 24 (22 workouts); range: 18-31; average: 23.5
Missed 2 Workouts: **Christian Cattan**

7:15pm Whitecaps: September 3 to October 24 (22 workouts); range: 10-20; average: 13.7
Missed 1 Workout: **Richard Arsenault**

8:15am Saturdays: September 7 to October 19 (7 workouts); range 24-31; average: 27.6
Perfect Attendance: **Audrey Belanger Baur, Christian Cattan, Joel Meredith, Lynn Marshall, Natalie Aucoin**

Ask the Coach

Dear Coach: How should we approach swimming 25m without breathing? Do we hold our breath, or breathe out slowly? Wanna Swim 25m Without Breathing

Dear W.S.2.W. Breathing: You should hold your breath until you are nearly at the end of the 25m, and only exhale when the end is in sight.

Dear Coach: And a similar question on doing a breathing pattern for freestyle pull. How should we approach breathing every 9? Working on Breath Control

Dear W.o.B. Control: To breath every 9, hold your breath for about 7, and breathe out on the last two.

Dear Coach: In the set that we did the other day, when both the regular swimming and the 50s easy were on pace times, what should we do if the lane doesn't stay together? Lane With Varying Speeds

Dear L.W.V. Speeds: Ideally, we want the lane to stay together (with some exceptions for the fastest and not-so-fast lanes – you know who you are!). As long as most swimmers are making the pace time, then those who are not should skip 50m when they are lapped and join back in with the group. If many are not making the pace time, then talk to the coach.

Dear Coach: Why are some of my lane-mates so good at kicking? What are they doing that I'm not doing? Struggling Kicker

Dear S. Kicker: We all have strengths and weaknesses. You'll likely find that you are better than those lane-mates at pulling (as your swim is a similar speed, as you are in the same lane)! That said, things to think about include keeping your toes pointed and turned in, focus on kicking both up and down and from your hips. Ask your coach to have a look for more tips!

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 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)

July 12 Bring on the Bay 1.5k and 3k swims <https://bringonthebay.com/>
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!

August 31 Canadian Half Ironman Distance, Ottawa

Great job by **Jake** – a significant improvement! Full results:

<https://sportstats.one/results/142023?focus=4451&type=pid?focus=4451&type=pid>

From **Jake**:

“The amusing thing was the swim course was 1600 not 1900 m, so the swim time makes me look a lot faster! Other than that, I improved my time from my last year’s half I did in Geneva NY where I had 8:15. If I did adjust against my Garmin swim time, I would add 7 minutes to that time.”

Jake Graham (7:35am Earlybirds; M40-44): 54th overall; 40th man, and 4th in category in 7:45:50 (36:14 swim)

October 19 World Triathlon Age-Group Championships Torremolinos-Andalucia

Great job by **Colin**, given challenging circumstances! Full results:

https://triathlon.org/results/result/2024_world_triathlon_age_group_championships_torremolinos/635407

Colin Kiviaho (8:40am Earlybirds; M45-49): 82nd in category in 2:33:04 (28:27 swim)

Report from **Sandra Kiviaho** (8:40am Earlybirds):

Only seems appropriate to follow up on Colin’s race at the World Triathlon Championships.

For us sport is everything. We live, breathe and dream sport (literally). We both like to move and to try to improve. One of us is faster.

We both understand how much sport brings to us. It gives us a challenge, it makes us happy, it gives us energy and is our life. We have made so many wonderful friends through various sports. It is our everything.

But sometimes sport can be frustrating or disappointing.

Colin woke up race day not feeling right. I encouraged him hoping it was just the world stage. Getting him to the start line was painfully slow. Usually he is super excited. These were signs. Anyway, he had an excellent swim. His first ocean race! But his bike splits for the laps were a little slower. And when he started the run it just wasn’t his race. Half way through the run he said something was off and he wasn’t feeling well. He did end up finishing with some run/walk. Not the time he wanted. But that’s sport. It gives a lot but it’s not perfect.

Post-race Colin picked up his bike and then spent the next 8 hours violently ill with food poisoning. So I am super glad he listened to his body during the race.

I am amazed how his not ideal race didn’t get him down. Once he got sick he understood why he didn’t have it. And although he must be disappointed from all the training he has done. he just moved on. I am super proud of him because his positive attitude is what makes him an extraordinary athlete and person.



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 23**).

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/se0/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).

Happy lengths!

Lynn

lynnmar@sce.carleton.ca

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