

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: November 8, 2024 4:56 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 #647

Carleton Masters Swimming Newsletter #647

Friday, November 8, 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 (33 addresses), Saturday Only (13 addresses), Alumni (47 addresses).

"The best motivation always comes from within." – Michael Johnson, Olympic sprinter

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 (tomorrow)**. 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>.

- An update from **Melanie Heroux** (8:40am Earlybirds) from last week. Last I heard, she still had no power! Sending good vibes her way.

"Hi Folks! Apologies for not providing and/or giving any news over the last little while here, as things have been especially busy after I've been away, giving some talks about people with Disabilities (with a few more scheduled for next week as well), and then I don't know if anyone heard about "Two Injured in Alta Vista Apartment", well, for those that don't know, I can confirm THAT'S THE BUILDING WHERE BOTH MY MOM AND I LIVE, but thankfully no injuries reported among tenants and residents. And I wasn't actually there at the time, however my mom was, and so when got home, that's when I was advised and informed by my mom, that BOTH PARAMEDICS AND FIRST RESPONDERS CAME AND MADE A TRULY SPECIAL KNOCK AT MY DOOR JUST TO MAKE SURE I WAS WELL, AND THAT EVERYTHING

WAS OK. Anyhow, we still remain with power, with no set time-line and/or frame as to when it might be restored, however we do have water, though. Anyhow, like I said, physically I'm doing very well, mentally though, I do admit I'm emotionally drained and exhausted, and not doing great, so am hoping to reach out to the Ottawa Distress Center today, as I just simply haven't been able too until now."

- Congratulations to **Tom Heyerdahl** (8:40am Earlybirds) on being selected to Canada's Team for the Ice Swimming World Championships in Molveno, Italy in January! (I love that one of the team members is from Coldwater, ON 😊 !)



- Carleton's annual United Way **Polar Bear Dip** is taking place on **Thu Nov 14 from 2:30-4:00pm at Mooney's Bay Beach**. Contact Garrett.Stewart@carleton.ca if you have any questions. Registration is officially closed, but I'm sure it would be fine to just show up!

- uOttawa is doing a study on Athletic Identity and they are looking for adult athletes, as per the below. For those who don't like QR codes the web link is: <https://www.surveymonkey.ca/r/AdultsAthleticIdentity>.

PARTICIPANTS NEEDED FOR STUDY ON ATHLETIC IDENTITY

We are looking for adult athletes who:

1. Are 25 years old and above (no maximum age limit)
2. Registered with a sport club/team, or for a sport event
3. Practice/train in order to prepare for competition
4. Personally identify as athletes

What will be required of participants?

1. Scan the QR code below to complete a short (3-5 min.) online survey that asks about demographic and sport-related info
2. If eligible, you will be emailed and asked to participate in a single 45-75 min. interview, either online or in-person, where you will answer questions about your identity as an adult athlete

FOR MORE INFO, PLEASE CONTACT:

✉ derrick.motz@uottawa.ca

Participation is voluntary, anonymous, and confidential. This study has been reviewed for ethical acceptability and approved by the Research Ethics Board at the University of Ottawa.



SCAN THE QR CODE
FOR MORE INFO

- 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** (Sambeaumontstidwill@gmail.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 😊.

- 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:

- At 97, this Nepean Sportsplex Aquafit Regular, **Lisbeth Mousseau**, says Pool Time Makes for a Long and Healthy Life [thanks to **Ruth Fawcett** (8:40am Earlybirds)]: <https://www.cbc.ca/news/canada/ottawa/97-year-old-celebrates-birthday-with-aquafit-regulars-1.7371535>

- 102-year-old American, **Maurine Kornfeld**, Wins 100m Backstroke at 2024 Summer Nationals: <https://x.com/MastersSwimming/status/1847303122995007676>

- American **Kate Douglass** Crushes Her 200m Breaststroke World Record (SCM) in 2:12.72!!: <https://x.com/kylesockwell/status/1851987969189519848>

- Swiss **Noe Ponti** World Record in 50m Butterfly (SCM) 21.50: <https://x.com/WorldAquatics/status/1853025941452194003>

- Cold Kayaking!: <https://x.com/WaterIsScary/status/1847095757314175455>

- Huge Manta Ray: <https://x.com/AMAZINGNATURE/status/1852595516170731628>

News and Other Links:

- Exercise in Pregnancy Might Lower Baby's Odds for Asthma Later: <https://www.usnews.com/news/health-news/articles/2024-10-14/exercise-in-pregnancy-might-lower-babys-odds-for-asthma-later>

- Could Certain Genes Help You Slim Down?: <https://www.usnews.com/news/health-news/articles/2024-10-11/could-certain-genes-help-you-slim-down>

- Ten Hot Topics in the World of Nutrition Right Now: <https://triathlonmagazine.ca/nutrition/10-hot-topics-in-the-world-of-nutrition-right-now/>

- Four Nutrition Trends Shaping the World of Long-Course Triathlon: <https://triathlonmagazine.ca/nutrition/4-nutrition-trends-shaping-the-world-of-long-course-triathlon/>

- **Julia Hawkins**, American Masters Sprinter, Dies at Age 108: https://www.nytimes.com/2024/10/23/sports/julia-hawkins-dead.html?unlocked_article_code=1.VU4.5dV6.cQ9sgAbDwmb&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, take a photo or scan and 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 (with a bit of help from **Lynn**) coached the **6:00pm and 7:15pm Whitecaps** for **Sean** on **Monday October 28**.

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

Adrian coached the **6:00pm and 7:15pm Whitecaps** for **Paddy** on **Tuesday November 5**.

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 November 8 (28 workouts); range: 19-33; average: 25.9
Perfect Attendance: **Bruce Brown**

8:40am Earlybirds: September 4 to November 8 (28 workouts); range: 17-29; average: 23.0
Perfect Attendance: **Isla Paterson**

6:00pm Whitecaps: September 3 to November 7 (28 workouts); range: 15-31; average: 23.3
Missed 2 Workouts: **Christian Cattan**

7:15pm Whitecaps: September 3 to November 7 (28 workouts); range: 8-20; average: 13.4
Missed 3 Workouts: **Kelly Biggs**

8:15am Saturdays: September 7 to November 2 (9 workouts); range 24-34; average: 28.8
Perfect Attendance: **Audrey Belanger Baur, Christian Cattan, Joel Meredith, Lynn Marshall, Natalie Aucoin**

Ask the Coach

Dear Coach: Can we do a clinic in the EB2 group on freestyle head position and breathing? New Swimmers

Dear N. Swimmers: Certainly. As discussed, make a request before you get in for warm-up and we'll recruit a small group and do a clinic near the end of workout in the dive tank.

Dear Coach: How should I hold the kickboard when doing backstroke kick? Working on My Kick

Dear W.o.M. Kick: Unless you are working on keeping your knees from coming out of the water, in which case holding a board over your knees is ok, you should **not** use a board for backstroke kick. If possible, you should put your arms in a streamlined position. If that's not comfortable, put them at your sides. In the case where you are doing 25m back kick and need to bring the board with you (e.g. 100IM kick, or 300IM (25k. 25dr. 25p)), then you want to hold the board so that it is mostly out of the water, either above your head or by your side. In either case, hold the board at the corner so that most of it is in the air). Do not hold the board over your chest or stomach as that encourages poor body position.

Dear Coach: Can you review the fly timing for both kicking and breathing? Improving My Fly

Dear I.M. Fly: You are permitted to do as many fly kicks per stroke as you like, and Masters swimmers are also permitted to do one breaststroke kick per stroke. Ideally, you want to do two fly kicks per stroke, one as your hands enter the water above your head, and one as the hands pass under your hips. The timing mentioned in the previous sentence refers to

the down phase of the kicks. You want to initiate your breath (ideally every second stroke) as you start the kick under your hips, and then get your head back in the water before the hands enter the water.

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/>. Note that due to a new system, this link is not accurate (yet!). If you need to find meet packages, look here for Ontario:

<https://docs.google.com/spreadsheets/d/1xG03Eli1WBnfjwuMmBTWQ84RfXfHrEBTgiv4XyB7wQ/edit?gid=1189075859#gid=1189075859>, and here for

Quebec: https://docs.google.com/spreadsheets/d/1jTV5t_HJfBgaUimKIMGbQqv7hYOxvUyR4P6RGu_92MY/edit?gid=0#gid=0.

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, **Riviere du Loup** (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!

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 **November 7**).

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).

Happy lengths!
Lynn

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