

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: November 22, 2024 5:10 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 #648

Carleton Masters Swimming Newsletter #648

Friday, November 22, 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 (43 addresses), 6:00pm Whitecaps I (44 addresses), 7:15pm Whitecaps II (33 addresses), Saturday Only (13 addresses), Alumni (47 addresses).

"Success is no accident. It is hard work, perseverance, studying, learning, sacrifice, and most of all, love of what you are doing or learning to do." – Pelé

Masters Swimming Program Notes

- The Fall session runs from **Tuesday September 3 to Saturday December 21**.
- The **6pm Whitecaps, 7:35am Earlybirds, 8:40am Earlybirds**, and **Saturday** groups are full for Fall. 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 the Fall Masters Programs can be found near the end of the newsletter in the "Notes and Reminders" section.
- **Hot off the Press!:** Details on the Winter Masters Programs are in the next section.

Carleton Masters Winter Programs

Full details of the Carleton Masters Swimming Winter Programs are below. Registration officially starts at **9am on Wednesday, December 4**. However, as that is during the EB2 swim, returning Masters swimmers (only) may register starting at **7am on Wednesday, December 4**.

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:

Winter Session: Monday January 6 to Tuesday April 8; no workouts Monday February 17.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$192+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$192+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$212+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$196+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$100+HST

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

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>.

- 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>.



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



SCAN THE QR CODE FOR MORE INFO

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.

- The Fitness Centre referendum passed: <https://charlatan.ca/carleton-students-vote-in-favour-of-athletics-centre-expansion/>

- **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.

Aquatic-Related Links:

- University of Alberta Ending Swim Program After This Season Amid 'Financial Challenges': <https://globalnews.ca/news/10836895/university-of-alberta-swim-program-ending/>

- If You Want to be a Really Good Swimmer (How to Hold Your Hand): <https://www.facebook.com/reel/1639592283261295>
- Quebec Inspiring Swimmer of the Month, **Martine Gonthier**, Age 73: <https://fnq.ca/2024/11/06/martine-gonthier-le-temps-na-pas-dage/>
- Rabbit Swimming: <https://x.com/AMAZINGNATURE/status/1854179765026009090>
- 'My Neighbour Knocked on My Door and Said There's a Cow in Your Swimming Pool': <https://www.mirror.co.uk/news/uk-news/my-neighbour-knocked-door-said-34126167>

News and Other Links:

- Eight Factors That Can Raise Your Heart Disease Risk: https://www.nytimes.com/2024/11/07/well/heart-disease-risk.html?unlocked_article_code=1.Y04.VF2b.opforjSdyvU1&smid=url-share
- Women Get Less Exercise Than Men. It's a Problem: https://www.nytimes.com/2024/11/11/well/move/exercise-gender-gap-caregiving.html?unlocked_article_code=1.ak4.yJEH.RvAcSjAYahjj&smid=url-share
- Robotic Shorts Support People When Walking: <https://www.sciencedaily.com/releases/2024/11/24/11241114125854.htm>
- Are Seed Oils Actually Bad for You?: https://www.nytimes.com/2024/11/09/well/eat/seed-oil-effects.html?unlocked_article_code=1.ak4.71Y-.A.86ta8lcun&smid=url-share
- The Seven Best Sports for Older Adults: <https://www.livestrong.com/article/13778783-best-sports-for-older-adults/>
- Sitting Too Long Can Harm Heart Health, Even for Active People: <https://www.sciencedaily.com/releases/2024/11/24/11241115124729.htm>

- **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.

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 22 (34 workouts); range: 19-33; average: 25.5
Perfect Attendance: **Bruce Brown**

8:40am Earlybirds: September 4 to November 22 (34 workouts); range: 17-29; average: 22.9
Perfect Attendance: **Isla Paterson**

6:00pm Whitecaps: September 3 to November 21 (34 workouts); range: 15-31; average: 23.2
Missed 4 Workouts: **Derek Woodard**

7:15pm Whitecaps: September 3 to November 21 (34 workouts); range: 8-20; average: 13.2
Missed 5 Workouts: **Jesula Drouillard, Kelly Biggs, Richard Arsenault**

8:15am Saturdays: September 7 to November 16 (11 workouts); range 24-34; average: 28.7
Perfect Attendance: **Audrey Belanger Baur, Christian Cattan, Joel Meredith**

Thanks to those who participated in the **long distance freestyle time trials on Monday November 4**. The morning groups will take advantage of having the whole pool to do their **short distance time trials on Monday November 25**.

Ask the Coach

Dear Coach: You said to take 10 seconds rest after each repeat. What do I do if my lane-mates have not yet arrived at that point? Learning Lane Etiquette

Dear L.L. Etiquette: If you are well ahead of them, you should start your next repeat after your 10 seconds is up. You will likely lap your lane-mates at some point. Those who are not keeping up should allow you to pass, and normally would then join in with you for the next repeat. If you would need to wait only a few seconds more to keep the lane together, then wait a few extra seconds.

Dear Coach: I am trying to follow the pace times, but not everyone in the lane is able to make them. Should we adjust the pace times in that case? Watching the Pace Clock

Dear W.t.P. Clock: Usually, the pace times should work for everyone in the lane. However, as long as most people are making them, you should follow the pace times and those who fall behind can jump back in if/when they get lapped. If the pace times are not working for the majority of the lane, then talk to the coach about adjusting them.

Dear Coach: What do I do if I am repeatedly catching up to the person in front of me during a workout. New Swimmer

Dear N. Swimmer: It is bad lane etiquette to start behind someone and then swim right on their feet. If you are catching up, you should ask to go ahead on the next repeat. If it is a long repeat, then you may choose to pass. Note that it is the responsibility of the person passing to ensure that it is safe 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/>. 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/1xG03Eli1IWBnfwuMmBTWQ84RfXfHrEBTgiv4XyB7wQ/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 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): **FULL!!**
 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 18**).

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/lynmar/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/>