

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: December 6, 2024 8:01 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 #649

Carleton Masters Swimming Newsletter #649

Friday, December 6, 2024

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2024 and Alumni: 7:35am Earlybirds I (46 addresses), 8:40am Earlybirds II (44 addresses), 6:00pm Whitecaps I (44 addresses), 7:15pm Whitecaps II (33 addresses), Saturday Only (13 addresses), Alumni (45 addresses).

"Eat well and sleep well. That will feed your nervous system and your psyche. As you get older, you look how you feel." – Francesca Annis

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.
- 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 has started. The 7:35am Earlybirds is full for Winter. There is still space in the other groups.

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: **Full:** Waitlist available.

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 **Carleton Masters Holiday Party** was held on **Sat Nov 23** at **Don Wells** and **Joanie Conrad's** (both 6pm Whitecaps and Saturdays). **Don** and **Joanie** say: "Thanks to all in attendance for their contributions to making this year's festive gathering such a success!"

- Congratulations to **Andrea Chandler** (8:40am Earlybirds) on the publication of her book: *Canada and Eastern Europe 1945-1991: Meeting in the Middle* published by Central European University Press: <https://ceupress.com/book/canada-and-eastern-europe-1945-1991>. The official book launch will be in January [thanks to **Isla Paterson** (8:40am Earlybirds) for the intel!].

- Congratulations to **Tom Heyerdahl** (8:40am Earlybirds) on completing his third ice mile. On **Sat Nov 30** he swam 1840m in 3.6C water!! Awesome job, Tom! To qualify as an ice mile, it must be at least 1609m in water below 5C, and, of course, no wetsuit!!

- From **Steve Papai**, City of Ottawa: Our annual 10k swim, 100 x 100s is scheduled for **Saturday Dec 28th from 6-10pm** at the Nepean Sportsplex. The pool will be set-up as Double ended Short Course. Swimmers on pace times between 1:55 to 2:15, will start at 6pm in the Deep end. Swimmers on pace times 1:30 to 1:50, will start at 7pm in the shallow end. The admission fee is the regular City of Ottawa LANE SWIM fee. Fees can be paid at the pool's Customer Service Desk on the day of the swim.

- Adults \$6.80
- Seniors \$5.25
- Students \$4.45
- NOTE – City of Ottawa Swim memberships will be accepted.

Help me organize swimmers in their appropriate lane speeds. To reserve a spot, please complete this FORM - [SPLX 100 x 100s 2024](#)

- **Sandra** and **Colin Kiviaho** (8:40am Earlybirds) are currently in New Zealand and sent this photo of a pool they were hoping to swim in – looks amazing: <https://www.dunedin.govt.nz/community-facilities/swimming-pools/st-clair-pool>.

Aquatic-Related Links:

- Swimming Bucket List: The Best Pools in the World for Lane Swimming: <https://still-busy-baking.ca/swimming-bucket-list-the-best-pools-in-the-world/>
- Swim Speed Drill: <https://www.facebook.com/reel/573496148667698>
- Swan Lake (in a River): <https://x.com/gunsrosesgirl3/status/1859844385246261720>
- Sailfish Can Swim at 68mph!: <https://x.com/oceana/status/1858908171911282766>
- Baby Seal Learning to Swim: <https://x.com/Rainmaker1973/status/1860200355411185858>

News and Other Links:

- While More Is Better, Even Moderate Amounts of Exercise May Reduce Risk for Common Heart Condition: <https://www.sciencedaily.com/releases/2024/11/241111155405.htm>
- Five Tips for Wintertime Triathlon Training: <https://triathlonmagazine.ca/training/5-tips-for-wintertime-triathlon-training>
- Six Signs that You are Obsessed with Triathlon: <https://triathlonmagazine.ca/training/6-signs-that-you-are-obsessed-with-triathlon>
- Ten High-Protein, All-Natural Snacks Every Athlete Should Try: <https://getouttheremag.com/10-high-protein-all-natural-snacks-every-athlete-should-try/>
- Five Minutes of Extra Exercise a Day Could Lower Blood Pressure: <https://www.sciencedaily.com/releases/2024/11/241106190302.htm>
- 'Brain Endurance' Training Promotes Healthy Aging: <https://www.sciencedaily.com/releases/2024/10/241011141059.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.

Paddy coached the **6pm Whitecaps** and **7:15pm Whitecaps** for **Sean** on **Monday November 25**.

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** (6pm Whitecaps) from the perfect attendance list!

7:35am Earlybirds: September 4 to December 6 (40 workouts); range: 19-33; average: 25.4

Perfect Attendance: **Bruce Brown**

8:40am Earlybirds: September 4 to December 6 (40 workouts); range: 17-29; average: 23.0

Perfect Attendance: **Isla Paterson**

6:00pm Whitecaps: September 3 to December 5 (40 workouts); range: 15-31; average: 23.0

Perfect Attendance: **Cameron Dawson**

7:15pm Whitecaps: September 3 to December 5 (40 workouts); range: 6-20; average: 13.2

Missed 5 Workouts: **Jesula Drouillard, Kelly Biggs**

8:15am Saturdays: September 7 to November 30 (13 workouts); range 24-34; average: 28.5

Perfect Attendance: **Audrey Belanger Baur, Christian Cattan, Joel Meredith**

Thanks to those who participated in the **short distance time trials on the morning of Monday November 25**. The results (most improved and fastest) will be in the end of term newsletter.

Ask the Coach

Dear Coach: I will be moving to Kingston in the Spring. Do you know if they have any Masters swim clubs? Avid Swimmer

Dear A. Swimmer: There are several Masters swim teams in Kingston. Here's a list of Ontario teams, just scroll down to Kingston: <https://ms.mastersswimmingontario.ca/web/clubDirectory.php>.

Dear Coach: Will there be any interim Masters Swim workouts between the Fall and Winter sessions? Keen Swimmer

Dear K. Swimmer: Yes. We are working on this. Details coming soon!

Dear Coach: There are sometimes swimmers in our lane who don't follow the workout. What should we do? Frustrated Swimmer

Dear F. Swimmer: Let your coach know if there is someone not following the workout. Often it is due to a misunderstanding, or a short-term injury. That said, everyone should keep in mind that swimmers join a Masters team to swim with a group! If your lane is not workout out due to the relative speed of the swimmers, discuss it with your coach.

Dear Coach: What is the benefit of doing time trials? New Swimmer

Dear N. Swimmer: Time trials are an opportunity to get a baseline of your performance. They also help you manage stress. In addition, doing short distance time trials is a great way to give a "shock" to your system. You will not improve if you always do the same thing, e.g. swim at the same speed. Working on your speed helps not only your short-distance speed, but your long-distance aerobic speed.

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/1xG03Eli1IWBnfjwuMmBTWQ84RfXfHrEBTgqv4XyB7wQ/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>.

December 8 Red vs. Blue Meet, Nepean (MSO registration or one-day registration required): **FULL!! (wait list available)**

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 25 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!

November 9 100% Pure Kona Coffee Half Marathon, Hawaii

Colin Kiviaho (8:40am Earlybirds) competed in this race, finishing fifth overall in 1:23:03. Awesome job, **Colin!!**

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 **December 6**).

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/lynymar/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

lynnmar@sce.carleton.ca

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