

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: December 14, 2024 5:08 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 #650

Carleton Masters Swimming Newsletter #650

Saturday, December 14, 2024

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2024, Winter 2025 and Alumni: 7:35am Earlybirds I (51 addresses), 8:40am Earlybirds II (48 addresses), 6:00pm Whitecaps I (47 addresses), 7:15pm Whitecaps II (34 addresses), Saturday Only (16 addresses), Alumni (41 addresses).

"Surround yourself with people who lift you up and ignore those who try to bring you down." – Shannon MacMillan

Masters Swimming Program Notes

- The Fall session runs from **Tuesday September 3 to Saturday December 21.**
- The Winter session starts on **Monday January 6.**
- The **7:35am Earlybirds** group is full for Winter. A wait list is available (but is already very long!). The **Saturday, 8:40am Earlybirds**, and **6pm Whitecaps** groups are getting close to full.
 - Full details on the Winter Masters Programs can be found near the end of the newsletter in the "Notes and Reminders" section.
- **We will be running some interim workouts between the Fall and Winter sessions.** Details in the next section.

Carleton Masters Holiday Interim Workouts

There will be seven interim workouts offered between the end of the Fall session and the beginning of the Winter session. These are open to those registered for Fall and/or Winter Masters. Carleton Masters swimmers may also bring a guest. Each swimmer will purchase a Masters drop-in fee swim pass (\$7) at the Welcome Centre and give the receipt to the coach on deck.

Interim Schedule:

Mon Dec 23: 6:00-7:15pm (deep)
Fri Dec 27: 5:30-6:45pm (shallow)
Sat Dec 28: 8:15-9:30am (deep)
Tue Dec 31: 7:35-8:35am (deep)
Thu Jan 2: 7:35-8:35am (deep)
Fri Jan 3: 7:35-8:35am (deep)
Sat Jan 4: 8:15-9:30am (4 lanes shallow)

Themes and coaches will be finalized soon. Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

Swimmer Notes

- 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](#)

Aquatic-Related Links:

- Why the Secret to Icelandic Happiness Lies in Their Pools [thanks to **Sigi Johnson** (7:35am Earlybirds)]:

<https://www.bbc.com/reel/video/p08ljdqv/why-the-secret-to-icelandic-happiness-lies-in-their-pools>

- Emperor Penguin Chicks Learn to Swim, Starting with a 50 foot Cliff Dive!:

<https://x.com/Rainmaker1973/status/1859831676463087877>

- Some "Fun" Paddle Drills: <https://x.com/duoswim/status/1861182487394734583>

- Incredible Canadian Hot Springs That Deserve a Spot on Your Bucket List: <https://getouttheremag.com/incredible-canadian-hot-springs-that-deserve-a-spot-on-your-bucket-list/>

- Meet **Vanya**, the 5-year-old Swimming Sensation!: <https://x.com/WorldAquatics/status/1867504534538289296>

News and Other Links:

- Cheering for an Ironman legend in Nice: **Missy LeStrange**, 72: <https://triathlonmagazine.ca/feature/cheering-for-an-ironman-legend-in-nice/>

- Good Physical Fitness from Childhood Protects Mental Health:

<https://www.sciencedaily.com/releases/2024/10/241015141618.htm>

- Unexpected Finds: The Weirdest Things Spotted in Bike Lanes: <https://momentummag.com/here-are-the-strangest-things-ever-seen-in-a-bike-lane/>

- Five High-Energy Granola Recipes for Athletes and Outdoor Adventurers: <https://getouttheremag.com/5-high-energy-granola-recipes-for-athletes-and-outdoor-adventurers/>

- Reducing Daily Sitting May Prevent Back Pain: <https://www.sciencedaily.com/releases/2024/10/241002104547.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 December 13 (43 workouts); range: 17-33; average: 25.0
Perfect Attendance: **Bruce Brown**

8:40am Earlybirds: September 4 to December 13 (43 workouts); range: 17-29; average: 22.8
Perfect Attendance: **Isla Paterson**

6:00pm Whitecaps: September 3 to December 12 (43 workouts); range: 14-31; average: 22.9
Perfect Attendance: **Cameron Dawson**

7:15pm Whitecaps: September 3 to December 12 (43 workouts); range: 6-20; average: 13.0
Missed 5 Workouts: **Kelly Biggs**

8:15am Saturdays: September 7 to December 13 (15 workouts); range 24-34; average: 28.1
Perfect Attendance: **Audrey Belanger Baur, Christian Cattan, Joel Meredith**

Ask the Coach

Dear Coach: I have cut my feet a couple of times on the bulkhead. Any suggestions? Injured Swimmer

Dear I. Swimmer: As you have discovered (the hard way) the bottom edge of the bulkhead is very sharp. When you stop at the bulkhead, be sure to carefully lift your feet up to push off, so that you don't catch them on the underside. When turning at the bulkhead, ensure that your feet hit the black cross on the wall which is not slippery (unlike the white part).

Dear Coach: I've noticed that some swimmers kick quite a lot when using a pull buoy. Is that ok or it is cheating? Confused Swimmer

Dear C. Swimmer: Ideally, you should not kick when doing pull. Some swimmers have a hard time keeping their feet still. A band around the ankles (in addition to a pull buoy) can help with this.

Dear Coach: I know I asked this before, but will there be any interim workouts this year? Impatient Swimmer

Dear I. Swimmer: Yes! Details are near the top of this newsletter.

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>.

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 28 Nepean Sportsplex 100 x 100 (details in "Swimmers Notes")
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!

December 8 Red vs. Blue Swim Meet, Nepean Sportsplex

Congratulations to **Margaret** and **Melanie** on some great swims! And congratulations to **Melanie** for being on the winning Blue team! Full results: <https://ms.mastersswimmingontario.ca/web/stats/meets/meetResults.php>.

Melanie Heroux (8:40am Earlybirds; F40-44; Blue Team and Orleans Riptides Special Olympics Team): **3rd** 50 fly (1:47.85); 4th 100 IM (3:30.41); 5th 50 back (1:36.62); 7th 50 free (1:30.52); 8th 100 free (3:14.56)

Margaret Janse van Rensburg (7:35am Earlybirds; F30-34; Red Team): **2nd** 50 back (42.38), 100 back (1:30.07), 100 breast (1:46.56), 50 kick (49.22); **3rd** 50 breast (51.19); 4th 50 fly (39.91), 100IM (1:30.56); **2nd** 4 x 50 free relay (relay split: 36.66)

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 10**).

Notes and Reminders

Carleton Masters Winter 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:

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: Wait list 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/>.

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/se/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/>