

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: January 4, 2025 11:14 AM
To: 'Colin Adams'; 'Jennifer McPhee'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Malcolm Egan'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'; 'Nick Scott'
Subject: Carleton Masters Swimming Newsletter #652

Carleton Masters Swimming Newsletter #652

Saturday, January 4, 2025

To: Carleton Masters Coaches / Staff (12 addresses)

Bcc: Those registered for Fall 2024, Winter 2025 and Alumni: 7:35am Earlybirds I (53 addresses), 8:40am Earlybirds II (50 addresses), 6:00pm Whitecaps I (48 addresses), 7:15pm Whitecaps II (37 addresses), Saturday Only (19 addresses), Alumni (40 addresses).

"Sleep is the single most effective thing we can do to reset our brain and body health each day" – Dr. Matthew Walker

Masters Swimming Program Notes

- Thank you to all those swimmers who attended the interim workouts! We averaged **15** swimmers per workout – enough to cover the costs.
- The Winter session starts on **Monday January 6** for the weekday groups, and **Saturday January 11** for the Saturday group.
- The **7:35am Earlybirds** and **8:40am Earlybirds** groups are full. Wait lists is available. The **Saturday** (2 spots) and **6pm Whitecaps** (4 spots) groups are nearly full.
 - Full details on the Winter Masters Programs can be found near the end of the newsletter in the "Notes and Reminders" section.

Swimmer Notes

- Congratulations to the Carleton swimmers who participated in the **100 x 100s at the Nepean Sportsplex on December 28!** A summary of our experiences can be found in the Race Results section (below).

- On **December 24**, a **World Record Aquafit class of 350 participants** took place at the Nepean Sportsplex:
<https://www.youtube.com/watch?v=HVkGJp24xBk>.

- **Melanie Heroux** (8:40am Earlybirds) will be participating in the Ottawa Polar Plunge for Special Olympics on **March 1**. If you are interested in sponsoring her, here is the link: <https://soopolarplunge.crowdchange.ca/90871/page/275199>.

Aquatic-Related Links:

- Ottawa Father and Daughter, **Stephane** and **Karianne Cliché**, Lifeguarded at the Olympics:
<https://www.sce.carleton.ca/faculty/lynnmar/masters/lifeguardingolympics.png>

- Canada's **Jen Annett** Wins Ultraman World Title in Record-Setting Time: <https://triathlonmagazine.ca/racing/canadas-jen-annett-wins-ultraman-world-title-in-record-setting-time/>
- 25yd Breaststroke Pull Out in 16.99: <https://www.facebook.com/reel/1600664717994832>
- Penguin Goes Ice Swimming: <https://x.com/buitengebieden/status/1870215429198602476>
- Things Swimmers Never Say: <https://www.facebook.com/reel/2070261916723105>
- Swim Starts In The Pool and Open Water Through The Ages: <https://dailynewsopenwaterswimming.com/swim-starts-through-the-ages/>

News and Other Links:

- Travel Could Be the Best Defense Against Aging: <https://www.sciencedaily.com/releases/2024/09/240905121025.htm>
- Is Protein Powder a Scam?: https://www.nytimes.com/2024/12/16/well/eat/protein-powder-scams.html?unlocked_article_code=1.jE4.azW7.anA7Hq-IJLMM&smid=url-share
- Robotic Shorts Support People When Walking: <https://www.sciencedaily.com/releases/2024/11/241114125854.htm>
- The Best Recovery Drink and Smoothie Recipes for Active Lifestyles: <https://getouttheremag.com/best-smoothie-recipes-athletes/>

- **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/>.

Winter Session Information

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

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:

Thu/Fri February 6/7: short distance time trials

Tue/Wed February 25/26: fin day

Tue/Wed March 18/19: 1500/800 time trial

Thu/Fri March 27/28: fin day

Mon a.m./Tue April 6/7: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanwint25.pdf>.

Ask the Coach

Dear Coach: Is it possible to get a pro-rated price to attend just one day per week for the Masters weekday groups? Or is it possible to pay a drop-in fee to attend once per week? Busy Swimmer

Dear B. Swimmer: Unfortunately, no. While you may attend just once per week for a weekday group, you need to pay for all three sessions. Perhaps the Saturday group would work for you?

Dear Coach: I will be away for several weeks in the middle of the term. Is it possible to get a pro-rated price? Travelling Swimmer

Dear T. Swimmer: Unfortunately not. If you have to miss an extended period of time for medical reasons, a pro-rated price can be provided. However, if you are away for any other reason, a pro-rated price is not available.

Dear Coach: I want to get help with my technique. Is this possible? New Swimmer

Dear N. Swimmer: Yes, of course! We will be doing drills sets for the first four plus weeks of the Winter session in the weekday groups. This is a good time to ask your coach(es) for help. Of course, you can ask for feedback at any time. Don't be afraid to speak up and ask, as not all swimmers are interested in feedback!

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/1xG03Eli1IWbNfjwuMmBTWQ84RfXfHrEBTgiv4XyB7wQ/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>.

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 28 100 x 100m Nepean Sportsplex

Well, not a race, but this seemed to be the best place in the newsletter to report on this challenging event! **Cheri Reddin** (7:35am Earlybirds), **Dawn Walsh** (x-Earlybirds), **Megan Holtzman** (8:40am Earlybirds), and **Sarah Perron** (7:35am

Earlybirds) went on a 2:15 pace time. **Rachel Bennett** (6pm Whitecaps) went on a 1:50 pace time, and **I** went on a 1:30 pace time.



Cheri, Dawn, Janet Whitley, Sarah, Megan

From **Megan**:

It went well. I set 50 as my goal this year and had to leave by 8:15 to pick my mom up to bring her home (she is visiting for Christmas). I made it to 56 before that and felt like I stopped while I was ahead - I was just starting to feel a bit creaky in the shoulders.

It was a fun night swimming with Cheri and Dawn and the first 50 went by very quickly. I liked the vibe of the night. One of our lane mates gave us all little rubber duckies and I knew more people in the lane lists than I expected - from old Carleton lab buddies to outrigger paddling club friends.

I would do it again, maybe set 75 as my goal next year.

From **Sarah**:

It was challenging as I hadn't been able to swim much before due to sickness and an injury (I pinched a nerve in my shoulder, I imagine from all the coughing). I managed to get 52 or the 100s in and mostly cheered my friend who did the 100x100 for the first time!

From **Cheri**:



C CJ Reddin is with Megan Howell Jones Holtzman.

December 28 at 11:53 PM · 🧑🏻‍🧑🏻



100 X 100m (10 km) of swimming tonight!

I am recovering from a holiday cold/flu so I came with the intention of doing 5km, but my friend Dawn convinced me to do the whole thing! "Let's just keep swimming and see how it goes..." she said. So we kept going until the point where it would have been silly not to complete the challenge

Great to push your limits, catch-up with old friends in the swimming community and meet some new ones!



From **Rachel**:

This was my third year tackling the 100x100. Whereas last year I swam in a full lane, this year there were only three of us for the 1:50 pace. We started off with a plan of leaving about 10secs between ourselves to account for differences in swim speed, and stopping 1min after every 20 repeats for fueling. At 40 repeats, one of my lanemates and I agreed that we'd hit 50 and then start negotiating with ourselves on how many more we'd *actually* complete. Once I got to 70 repeats, I decided that I would stop at 80. While I would have liked to hit 100 again this year, my shoulders told me that they'd had enough!

From **Lynn**:

I've done this many times before, but have been struggling in training lately and it gets tougher both mentally and physically every year! Thus it was a moral victory to complete 100 x 100 @ 1:30, without resorting to doing pull (which is much easier than swim these days). 😊

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 28**).

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: **Full: Wait list available.**

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/>.

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

Winter Schedule:

Monday 4:00-5:00pm and 5:00-6:00pm or 4:30-5:30pm (depending on the week)

Tuesdays 4:30-5:30pm (occasionally 3:30-4:30pm)

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. Prices are going up in May.

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/>