

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: January 17, 2025 3:37 PM
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 #653

Carleton Masters Swimming Newsletter #653

Friday, January 17, 2025

To: Carleton Masters Coaches / Staff (12 addresses)

Bcc: Those registered for Fall 2024, Winter 2025 and Alumni: 7:35am Earlybirds I (54 addresses), 8:40am Earlybirds II (50 addresses), 6:00pm Whitecaps I (50 addresses), 7:15pm Whitecaps II (38 addresses), Saturday Only (19 addresses), Alumni (39 addresses).

“Strength without flexibility is rigidity. Flexibility without strength is instability. Got to have both, in sport and in life.” – Brad Stulberg

Masters Swimming Program Notes

- The Winter session runs from **Monday January 6 to Tuesday April 8**.
 - There are **no workouts on Monday February 17** (Family Day). Apart from those cancellations, workouts run as usual during Carleton’s Reading Week.
- The **7:35am Earlybirds, 8:40am Earlybirds, 6pm Whitecaps, and Saturday** groups are full. Wait lists is available. There is still lots of space in the 7:15pm Whitecaps.
 - 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 **Katie Macdonald** (8:40am Earlybirds) on her pregnancy! Here’s the “cute little thing” so far (13 weeks):



- **Andrea Chandler** (8:40am Earlybirds and Saturdays), Professor in the Department of Political Science at Carleton University, wishes to announce the publication of her book ***Canada and Eastern Europe 1945-1991: Meeting in the Middle*** (Central European University Press, 2024). A book launch is scheduled for January 28, 2025 at Octopus Books on Third Avenue, likely 7 p.m. to 8 p.m. There will be refreshments.
<https://ceupress.com/book/canada-and-eastern-europe-1945-1991>

- **Coach Mark Blenkinsop** once again has honey! He and his wife, **Krista**, actually had a great harvest this year, so much so that he needed to make a special order for more bottles. The only size they have is the regular 500g bottles, and they are selling them for \$12 each. Mark is at the pool regularly on Wednesday morning (for Varsity practice) and Thursday evening (for Whitecaps). Otherwise, feel free to email him at mblenkin@math.carleton.ca.

- **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>.

- The organizer of this event asked me to pass along this information. The link to register is: <https://www.rdcdietitian.com/book-online>.



NUTRITION SEMINAR FEMALE MASTERS SWIMMERS THROUGH MENOPAUSE AND BEYOND

Date: Sunday, January 26, 2025
Time: 8:30AM - 10:00AM
Location: Ottawa U
Learning Crossroads building
Room C442

Register at:
www.rdcdietitian.com/book-online
Or text: 343-204-2159

Aquatic-Related Links:

- **Ellen Reynolds** Shatters 26 Individual Masters World Records (F60-64) in 2024: <https://swimswam.com/ellen-reynolds-shatters-26-individual-masters-world-records-in-2024/>
- Becoming a Stronger Swimmer with Paddle Workouts: <https://triathlonmagazine.ca/training/becoming-a-stronger-swimmer-with-paddle-workouts/>
- This or That: Swimmer Edition: <https://www.facebook.com/reel/912471903791085>
- Want to Ace Your Next Triathlon? Join a Masters Swim Club: <https://triathlonmagazine.ca/training/want-to-ace-your-next-triathlon-join-a-masters-swim-club/>

- Learning Flip Turns: <https://www.facebook.com/reel/2573972882798998>
- How and When to Use a Kickboard: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-and-when-to-use-a-kickboard>
- Butterfly:



News and Other Links:

- These Could Be the Worst Bike Lanes in the United States Right Now: <https://momentummag.com/americas-worst-bike-lanes/>
- New Study Provides Insight into Why COVID Vaccines Hit Some Harder Than Others: <https://www.sciencedaily.com/releases/2024/09/240904130849.htm>
- How Well Are You Aging? A Simple Balance Test Can Tell You in 30 Seconds: <https://www.aarp.org/health/healthy-living/info-2024/one-leg-balance-longevity-test.html>

- **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 2: 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>.

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: January 6 to 17 (6 workouts); range: 27-34; average: 32.0

Perfect Attendance: **Bruce Brown, Bryan Morris, Chris Clement, Christine Rivas, Ian Lorimer, Jennifer Glassman, Julian Labrin, Margaret Janse van Rensburg, Miguel Mejicano Quintana, Natalie Aucoin, Sam Hersh, Ursula Scott**

8:40am Earlybirds: January 6 to 17 (6 workouts); range: 23-32; average: 28.3

Perfect Attendance: **Isla Paterson, Janine Debanne, Lisa Meyer, Luciara Nardon, Megan Holtzman, Ralph Siemsen, Renate Hulley, Steve Dods, Stewart Schimdt-Haake, Susan Hulley**

6:00pm Whitecaps: January 6 to 16 (6 workouts); range: 18-33; average: 25.2

Perfect Attendance: **Adam Vieira, Don Wells, Joanie Conrad, Joel Meredith, Rachel Bennett**

7:15pm Whitecaps: January 6 to 16 (6 workouts); range: 12-21; average: 16.0

Perfect Attendance: **Jesula Drouillard, Rachel Wang, Richard Arsenault**

8:15am Saturdays: January 11 (1 workout); range 32-32; average: 32.0

Perfect Attendance: **Everyone who attended January 11!**

Ask the Coach

Dear Coach: I've been thinking about adding weight training to my training program, but I don't know where to begin. I'd heard that the Fitness Centre holds *women only* hours right after swimming (my swim group is Early Birds 2), and I'd like to try that out. However, I'd still need some help. Do you have any recommendations? Sincerely, Looking to Lift a Little

Dear L-to-L-a-L: Weight training has long been shown to be very beneficial in all regards, be it in the pool, or for overall health! Carleton's fitness centre is open Monday to Friday 6am-10:45pm and Saturday and Sunday 8am-8pm, with Women Only hours everyday from 10-11:30am. Carleton's certified trainers are well equipped to help individuals start and maintain strength training programs. In fact, some of the trainers have swimming backgrounds themselves, or have experience working with swimmers of all ages! All pricing information can be found on the [website](#) and any particular questions can be directed to lacey.thompson@carleton.ca. We should also add, the personal trainer we spoke to, Grace, is keen to work with you during the Women's Only hours! Feel free to contact her at gracedundas@cmail.carleton.ca.

[Ed. Note: Thanks to **Coach Mark** for the above research!]

Dear Coach: What is the minimum age for Masters Swimming? Curious Swimmer

Dear C. Swimmer: To compete internationally, it is 25. To compete in Canada, it is 18. To train with the Carleton Masters group, it is 14.

Dear Coach: I've been getting cramps in my feet and calves during swimming. What suggestions do you have? Cramping Swimmer

Dear C. Swimmer: The exact cause of cramps isn't completely understood. However, hydrating, potassium, and magnesium can help, as can doing some stretching and muscle rolling. Here's an article:
<https://www.mayoclinic.org/diseases-conditions/muscle-cramp/symptoms-causes/syc-20350820>

Dear Coach: Can you remind me of the timing for breaststroke? Improving My Breaststroke

Dear I.M. Breaststroke: Of course. Arms-breathe-kick-glide. Start in a streamline position, looking at the bottom of the pool with your ears between your arms. Start the out-sweep of the pull and then start lifting your head. At the same time, start the leg recovery (bend your knees). Once the propulsive phase of the arm motion is complete, then start the propulsive phase of the kick. And always glide between strokes in a tight streamline position.

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)

November 5-9 Barbados Open Water Festival <https://www.barbadosopenwaterfestival.com/>

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 30 Ice Mile

Tom Heyerdahl (8:40am Earlybird)'s third ice mile has been ratified! Here is his report:

On Saturday, November 30th, 2024 I successfully swam my 3rd IISA Ice Mile (defined as least 1,609 m in water temperatures lower than 5°C 41° F) in accordance with IISA requirements.

I swam in the Ottawa River at Windsurfer's Beach in Britannia Park, Ottawa, Ontario, Canada. I started swimming at 7:47 a.m,

and swam 1.0625 miles (1,710 metres) in 52 minutes, 30 seconds in 3.63° C water temperature and -3.2° windchill.

Training

This third ice mile was difficult because the Autumn had been so unseasonably warm, that the water temperatures stayed well above 5° until the 25th of November! In late October I swam 3600 m in 10.5° as training. I completed my official qualifier on the 23rd of November in 6.3° water. The weekend following my 3.63° ice mile, the water was just above 0°. This is the first year where the temperatures have snapped down so quickly. (Most of us would prefer 4.5-5.0° water for our ice mile. But I listen to my body and my team, and work with what I'm given.

This year I had a qualifying attempt that was so windy and wavy that my team stopped me on the last lap. That is the first time I've had to practice trusting my team when they said to stop. Once I stood up, I was able to see the winds were over 40 kph, with waves around 3 feet high, and I was glad they had made the call. The next attempt was routine and successful.

To complete an IISA ice mile, a swimmer must get an EKG, get a thorough physical by a GP, and complete a qualifying swim. I successfully qualified for the attempt on November 23th, in 6.3° C water, swimming 1600 m .

The Team

So on Monday, November 30th, I was supported by:

Susan McKay - Certified L1 IISA Observer

(OWS triple crown)

Sarah Dobbin - IISA L1 Crew Chief/Witness

Mayra Guitierrez- Medical Officer (cert. CPR)

Colin Smith - second to the swimmer

Silke Reichrath- IISA L1 videographer IISA L1

Mike Vanderveer (8:40am Earlybirds) - stoke count/extraction

Louise - photographer

The Day

The 9.5 laps was planned, the 3.6° was intense as I entered, but I followed my routine of splashing my vagus nerve x 3, lunging to my neck x 3, face dip with blowing bubbles x 3 , and then I started swimming. The water was flat, and progress was good, but by the second lap my goggles were seriously foggy. I put up with it on the third lap, but decided to wait until the beginning of the third lap (a point closest to The Observer) to flip on my back without touching bottom and pull my goggles out from my head to clear the fog with thoroughly numb fingers. Luckily, it worked! I had no vision issues on the next 6.5 laps of 180 m.

The Recovery

After I tapped the buoy to finish, and took 5 extra strokes, I flipped on my back because of the cramp in my left calf which had been with me for the last thirty minutes of the swim.

I was a little wobbly getting out of the water due to uneven sand and not being able to feel my legs. I was still able to walk clear of the waters edge unassisted, under my own power.

My first words were : "it's a little bit cold!" which lightened the mood of the team.

The Team was brilliant with covering me with my Dryrobe initially, and then dressing me outside the car.

The warm up was intense arms shaking and feeling it in my core, but no core involuntary crunches. The shaking took about 50 minutes.

Many thanks to the team. (After IISA ratified the swim I was back on the IISA World's top ten oldest male ice milers! (#9 Woot!))

Exit <https://youtu.be/TCoEA6s4DUU?feature=shared>

Recovery <https://youtu.be/JVsZp3iwl90?feature=shared>

January 13-19 International Ice Swimming Association 6th World Championships, Molveno, Italy

Tom Heyerdahl (8:40am Earlybirds) is currently competing for Canada. This is his schedule:

Tues Jan 14- 500 freestyle

Wed Jan 15- 250 freestyle, 4x50 medley relay

Thu Jan 16- 100 freestyle,

Fri Jan 17- 1000 freestyle

Sat Jan 18- 50 freestyle

He has been posting updates on Facebook for those who want to follow along. I'll put a summary in the next newsletter. Events are being livestreamed at: <https://internationaliceswimming.com>.

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 **January 13**).

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: **Full: Wait list available.**

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/>