

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: January 31, 2025 12:30 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 #654

Ed. Note: Some swimmers have been complaining about the format of the newsletter, so I'm also including a link to a pdf version: [newsletter654.pdf](#). Please let me know if this works well.

Carleton Masters Swimming Newsletter #654

Friday, January 31, 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 (41 addresses), Saturday Only (19 addresses), Alumni (39 addresses).

"Perseverance is not a long race; it is many short races, one after the other." – Walter Elliot

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 are 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

- **Sandy Wooley** (8:40am Earlybirds) went to Chamonix in France for a ski trip a couple of weeks ago. She says that it was an amazing experience, with incredible skiing and awesome food! Unfortunately, she fell and dislocated her shoulder while skiing so she'll be out of the pool for a while.



- From **Rick Hellard** (Lane 1, 8:40am Earlybirds): "Hi all.

To anyone who also rides on Zwift, and has the time, I lead a semi-social group ride every Wednesday morning from 6-7:30 AM that is free to join. I describe it as semi-social because we tend to work hard, but also use the chat function.

It's a banded ride, so the group sticks together no matter the terrain, effort, or ability. As long as you keep pedaling, you cannot get dropped.

In order to join the ride invite list, you have to follow me on Zwift. My Zwift handle is Rick Hellard ROC Swimming/Zone3sports. Search me out, follow me, then let me know that you would like to be invited. I will add you to the list and you will get the invitation each week. You can always ignore the invitations, or not show up, but at least it's an option for another 90min ride.

The witty banter is worth the early wake up."

- **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 .

- **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>.

- We did the “**Man from Atlantis**” drill with the Earlybirds groups on Monday. I promised the link to the trailer of the show, for those who are not familiar with it. Check out from 20 to 36 seconds here: https://www.youtube.com/watch?v=dMsSEdwa2_4. And thank you to Margaret Janse van Rensburg (7:35am Earlybirds) for this link to Harry Potter doing the “new age” Man from Atlantis: https://youtube.com/watch?v=G_0EcnQdHkg&si=ktWLqTr7UDOEQibX.

Aquatic-Related Links:

- Seven Weird and Unique Triathlons We're Totally Signing Up For in 2025 [Ed. Note: Ottawa's Winterlude Triathlon makes the list!]: <https://www.triathlete.com/culture/news/7-weird-and-unique-triathlons-were-totally-signing-up-for-in-2025/>

- Butterfly in a Flume: <https://www.facebook.com/reel/419915627199076>

- The Math of Swimming: <https://www.youtube.com/watch?v=Cyjyh4hTrOo>

- The Terrifying Beauty of the Ocean: <https://x.com/VertigoWarrior/status/1879406388457398632>

- How to Swim Perfect Freestyle in 2025 [Ed. Note: It's a bit of a sales pitch but the advice is good!]:

<https://www.youtube.com/watch?v=wrHL1igBhOg>

- What is the 'Official' Unofficial Fourth Discipline of Triathlon?: <https://triathlonmagazine.ca/training/what-is-the-official-unofficial-fourth-discipline-of-triathlon/>

News and Other Links:

- Twenty-One of the Best Ways to Spend a Snowy Winter Day in Canada: <https://getouttheremag.com/21-of-the-best-ways-to-spend-a-snowy-winter-day-in-canada/>

- Blue Monday Beaters: Five Outdoor Adventures Perfect for Tackling the Winter Blues: <https://getouttheremag.com/blue-monday-beaters-5-outdoor-adventures-perfect-for-tackling-the-winter-blues/>

- Could the U.S. Pulling out of the WHO put Canadians at Risk?: <https://www.cbc.ca/news/health/us-who-withdrawal-canada-1.7440256>

- How Cold is Too Cold to Exercise Outdoors?: <https://www.cbc.ca/player/play/video/9.6619646>

- **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.

Nick coached the **6pm and 7:15pm Whitecaps** for **Sean** on **Monday January 27**.

Malcolm coached the **6pm and 7:15pm Whitecaps** for **Mark** on **Thursday January 30**.

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. Apologies to **Konstantin Petoukhov** (6pm Whitecaps) for missing him from the perfect attendance list last time!

7:35am Earlybirds: January 6 to 31 (12 workouts); range: 22-37; average: 30.3

Perfect Attendance: **Bruce Brown, Bryan Morris, Christine Rivas, Margaret Janse van Rensburg, Miguel Mejicano Quintana, Ursula Scott**

8:40am Earlybirds: January 6 to 31 (12 workouts); range: 22-32; average: 27.4

Perfect Attendance: **Isla Paterson, Janine Debanne, Luciara Nardon, Megan Holtzman, Ralph Siemsen, Renate Hulley, Susan Hulley**

6:00pm Whitecaps: January 6 to 30 (12 workouts); range: 18-33; average: 23.7

Perfect Attendance: **Don Wells, Joanie Conrad, Konstantin Petoukhov, Rachel Bennett**

7:15pm Whitecaps: January 6 to 30 (12 workouts); range: 9-21; average: 15.3

Perfect Attendance: **Richard Arsenault**

8:15am Saturdays: January 11 to 25 (3 workouts); range 29-32; average: 31.0

Perfect Attendance: **Adrian Finn, Cori Dinovitzer, Danielle Schneiderman, Don Wells, Ethan So, Francois Jacques, Homero Martinez, Ian Lorimer, Jesula Drouillard, Jim Farmer, Joanie Conrad, Joel Meredith, Luciara Nardon, Mariette Kenney, Miguel Mejicano Quintana, Mike Sowka, Nicole Le Saux, Ray Jin Her, Rebekah Schneiderman, Sam Holmstrom**

Ask the Coach

Dear Swimmers: As it's the start of a new term, here are some reminders on lane etiquette:

Lane Etiquette

Here are a few tips to ensure that you and your lane-mates all have a good swim.

- Ensure that you know what direction your lane-mates are swimming in (clockwise or counter-clockwise) before you start.
- Swim in a circle during warm-up, even if your lane isn't busy at the start of workout (there will often be late arrivals).
- If you arrive late, join in with the others in your lane, rather than starting at the beginning of the warm up.
- Keep a minimum 5 second gap between swimmers, except when passing.
- If you are catching up to the person in front of you, pass or ask to go ahead on the next repeat.
- **Pass only when it is safe to do so.** Your lane-mates should be aware of where you are, but if you suspect a lane-mate doesn't know that you want to pass, just tap lightly on his/her feet.
- Do your turns in the middle of the lane (on the cross on the wall), to avoid collisions with those behind you.
- If you stop at the wall during warm up, ensure that you move to a corner of the lane, so that those swimming can turn in the middle.
- During the main set, the lane should follow the set provided (correct distances and pace times, e.g. 4 x 50 is not a straight 200).
- If you need to make modifications to the workout due to injury, etc., ensure that your lane-mates are aware, and, if appropriate, move to a different lane.
- During the main set, ensure that everyone in your lane has space to finish at the wall at the end of each repeat. This may mean moving away from the wall if you're in a busy lane.

- If you get lapped in the main set, skip a 50 and join back in with your lane-mates.
- If you are not happy with the speed of your lane (too fast or too slow), please let your coach know, but keep in mind that we only have 6 lanes!
- Put all your equipment away neatly in the appropriate location after your swim. (Ask if you're not sure where something goes.)
- Keep an eye on the time, and exit the water promptly at the end of your workout.
- If there are any issues with lane etiquette in your lane, please let your coach know.

Dear Coach: I sometimes attend Carleton's lane and public swims and find that the lifeguards do not do a great job of asking swimmers to move lanes, when needed. There are often people swimming very slowly in the fast or medium lanes without paying attention to the others in the lane. Frustrated Lane Swimmer

Dear F.L. Swimmer: Thanks for this. I have passed along your feedback to Jennifer McPhee, the Aquatics coordinator.

Dear Coach: Lately I've been struggling with my breathing in freestyle. It feels rushed. Any suggestions? Out of Breath Freestyler

Dear O.o.B. Freestyler: Ensure that you are turning and not lifting your head when you breath. Keep the corner of your goggles in contact with the water. Start turning your head as soon as your hand starts moving. You should have almost completed your inhale by the time your hand exits the water. When you turn your head back to neutral, you should see the opposite hand starting its stroke.\

Dear Coach: Why do we do broken swims? Wondering Swimmer

Dear W. Swimmer: When training for competition, swimmers need to know what the pace they want to race at feels like. By breaking up a swim into pieces with short-ish rest intervals, a swimmer can learn what it feels like to go at the speed desired for their entire race.

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>.

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!

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

Tom Heyerdahl (8:40am Earlybirds) competed for Team Canada! Great job, **Tom**!! Full results:

<https://www.iisamolveno2025.it/results-by-date/>.

Tues Jan 14 - 500 freestyle: 138th in 12:59.08

Wed Jan 15 - 250 freestyle, 162nd in 6:13.64

Wed Jan 15 - 4x50 medley relay, 42nd in 3:18.40

Thu Jan 16 - 100 freestyle, 190th in 2:22.25

Fri Jan 17 - 1000 freestyle, 91st in 24:47.22

Sat Jan 18 - 50 freestyle, 184th in 1:02.53

January 25 Ottawa Swim Masters Meet, Brewer Pool

Great job everyone! There were three swimmers competing for Carleton, **Sam Hersh**, **Natalie Aucoin**, and **me**. In addition, **Melanie Heroux** and **Marika Holan-Stutz** competed for Special Olympics and **Marika's Mom**, **Viki Holan** (Summer Earlybirds), was coaching. Full meet results:

<https://ms.mastersswimmingontario.ca/web/stats/meets/meetResults.php>. Here's how the Carleton swimmers did:

Sam Hersh (7:35am Earlybirds; M30-34): **1st** 50m back (35.84); **2nd** 50m free (28.82), 200m back (2:38.63)

Natalie Aucoin (7:35am Earlybirds; F50-54): **1st** 50m free (36.83), 100m free (1:22.11), 50m fly (41.14), 100m fly (1:36.67)

Lynn Marshall (Coach; F60-64): **1st** 100m back (1:20.63), 100m breast (1:34.65), 100m fly (1:18.89), 200m IM (2:49.12)

Melanie Heroux (8:40am Earlybirds; F40-44 swimming for Nepean Sharks Special Olympics): **1st** 50m fly (1:55.59), 100m fly (4:49.00); 4th 100m free (3:20.47), 6th 50m free (1:26.18)

Marika Holan-Stutz (Summer Earlybirds; F18-24 swimming for Nepean Sharks Special Olympics): **1st** 100m free (2:03.88), 100m back (2:12.53), 100m breast (2:11.22), 50m fly (1:07.59)

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 31**).

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/>

Here's the attachment as a link for your review:

[newsletter654.pdf](#)

Add your comments and collaborate with others in real time. You don't need to download Acrobat or sign up to access the file.