

Lynn Marshall

Subject: Carleton Masters Swimming Newsletter #655

Link to pdf version:

Carleton Masters Swimming Newsletter #655

Sunday, February 9, 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).

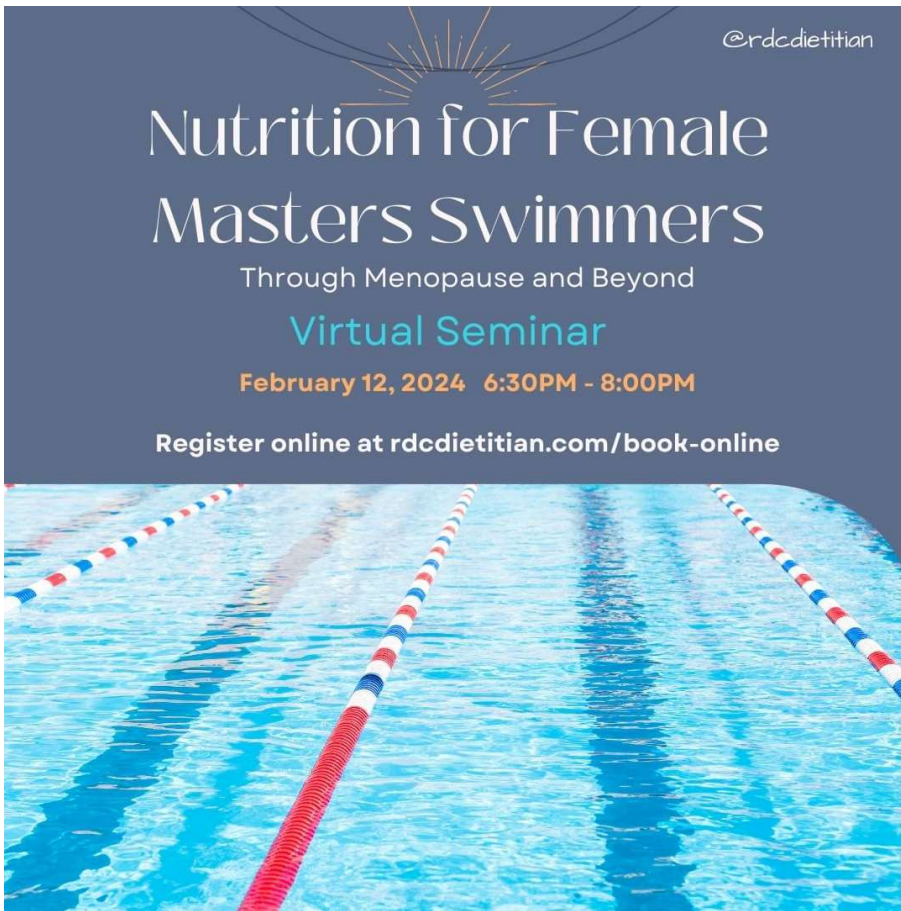
“Rest if you must, but don’t you quit.” – Edgar Guest

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

- **Note:** The newsletter is being sent several days early due to the date of the nutrition seminar mentioned below.
- Congratulations to our coaches **Nick** and **Malcolm** who competed at the Ontario University Athletics (OUA) Swim Championships this past weekend at the Markham Pan Am Pool. See the Race Results section.
- Thanks to the morning Masters who participated in Friday’s time trials. There were lots of improvements which will be summarized in the end-of-term newsletter.
- Best wishes to **Christian Berger** (Brossard Masters, Montreal) who does all the Canadian Masters swimming stats. He is currently recovering from a broken hip.
- **Deb Ozarko** swam with the Carleton Masters many years ago. She has sadly passed away:
<https://www.ottawacremationservice.ca/obituaries/Deborah-Christina-Ozarko>.
- **Rebekah De Couvreur** is doing another “Nutrition for Female Masters Swimmers: Through Menopause and Beyond” talk. This one is online from 6:30-8:00pm on **Wednesday February 12**. Registration link:
https://www.rdcdietitian.com/service-page/nutrition-for-female-masters-athletes?referral=service_list_widget.



- 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>.

Aquatic-Related Links:

- Australia’s Public Pool Class Divide [Thanks to **Margaret Janse van Rensburg** (7:35am Earlybirds)]: <https://www.theguardian.com/global/audio/2025/feb/03/australias-public-pool-class-divide-full-story-podcast>

- **Iris Cummings Critchell**, 104, Dies; ‘36 Olympic Swimmer Turned Aviator:

https://www.nytimes.com/2025/01/29/sports/iris-cummings-critchell-dead.html?unlocked_article_code=1.t04.nYDI.FLTiKnVko04R&smid=url-share

- French Athlete Goes Viral after Completing Triathlon with his Dog (CaniTriathlon):

<https://triathlonmagazine.ca/racing/french-athlete-goes-viral-after-completing-triathlon-with-his-dog/>

- 53.15 100m Free with No Dive and Open Turns in 1C Water (No Wetsuits)!!:

<https://www.facebook.com/reel/544427318056260>

- A Penguin Jumped on a Boat to Escape a Seal... So They Took Him to the Iceberg Where His Friends Were Waiting:

<https://x.com/buitengebieden/status/1885988940139610389>

- Five Harsh Realities of Triathlon: <https://triathlonmagazine.ca/training/5-harsh-realities-of-triathlon/>

News and Other Links:

- Top Fitness Finds to Help You Achieve Your 2025 Fitness Goals: <https://globalnews.ca/the-curator/10938717/fitness-goals-2025/>

- "You Feel Pretty Badass": Three Fitness Trends to Make Good on Your 2025 Fitness Goals:

<https://www.ctvnews.ca/edmonton/article/you-feel-pretty-badass-3-fitness-trends-to-make-good-on-your-2025-fitness-goals/>

- Fitness Professionals Predict Top Trends for 2025: <https://www.newswire.ca/news-releases/fitness-professionals-predict-top-trends-for-2025-870714614.html>

- Fatty Muscles Raise the Risk of Serious Heart Disease Regardless of Overall Body Weight:

<https://www.sciencedaily.com/releases/2025/01/250119230805.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/>.

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.

Adrian coached the **6pm and 7:15pm Whitecaps** for **Mark** on **Thursday February 6**.

Nick is coaching the **6pm and 7:15pm Whitecaps** for **Paddy** on **Tuesday February 11**.

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 **Nicole Delisle** (6pm Whitecaps and Saturdays) for missing her from the Saturday perfect attendance last time!

7:35am Earlybirds: January 6 to February 7 (15 workouts); range: 22-37; average: 29.7

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

8:40am Earlybirds: January 6 to February 7 (15 workouts); range: 22-32; average: 27.9

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

6:00pm Whitecaps: January 6 to February 6 (15 workouts); range: 18-33; average: 23.5

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

7:15pm Whitecaps: January 6 to February 6 (15 workouts); range: 9-21; average: 15.1

Missed 1 Workout: **Richard Arsenault**

8:15am Saturdays: January 11 to February 1 (4 workouts); range 27-32; average: 30.0

Perfect Attendance: **Adrian Finn, Cori Dinovitzer, Danielle Schneiderman, Don Wells, Francois Jacques, Ian Lorimer, Jesula Drouillard, Jim Farmer, Luciara Nardon, Mariette Kenney, Miguel Mejicano Quintana, Nicole Delisle, Nicole Le Saux, Ray Jin Her, Rebekah Schneiderman, Sam Holmstrom**

Ask the Coach

Dear Coach: Is the pool shutdown longer than usual this year? I see that the Winter session ends mid-week (Tuesday April 8). Isn't it usually closer to April 15? Puzzled Swimmer

Dear P. Swimmer: The shutdown was scheduled to run from Wednesday April 9 to Sunday May 4, inclusive. However, plans have changed slightly, and the pool will not close until Monday April 14. Thus we will be adding some "pay-as-you-go" workouts between Wednesday April 9 and Saturday April 12. Stay tuned!

Dear Coach: You said to stretch at the top of the arm motion in backstroke. How and in what direction? Improving Backstroker

Dear I. Backstroker: You want to enter the water pinkie first at 11 o'clock (or 1 o'clock) from there stretch your hand forward as if you were almost at the wall and were doing an extra stretch to touch it. You want to do that on every stroke. The hand stays near the surface as you extend. And it should pause until the other arm is 3/4 of the way around (pointing at the ceiling). Ask your coach to show you in person!

Dear Coach: I struggle with breaststroke kick. What principles should I be aiming for? How side should my knees be? What about my feet, etc.? Working on My Kick

Dear W.o.M. Kick: The recovery phase of the kick starts with the heels moving towards your butt. You will hinge at the hip, but try not to bring your knees too far forward as that creates drag. At the top of the recovery phase, flex your ankles and turn your toes out. If you can do that with your knees close together, that's great. However, it's more important to turn the toes out than to keep the knees together. From there you will push the water back with the soles of your feet. Think about going back rather than out. If you think about out, you will likely go too wide. You should accelerate through the kick and clap the sides of your feet together. Then you will point your toes and squeeze your butt (to raise your legs) during the glide phase. Ask your coach for feedback in person.

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 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/>
July 26-27 Ontario Open Water Provincials Gull Lake, Gravenhurst
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!

February 1 Nepean Long Course Winterlude Masters Meet, Nepean Sportsplex

Natalie and **I** were the two Carleton swimmers. In addition, **Jonathan Critch** (x-7:15pm Whitecaps) was swimming for the Rideau Speedeaus. Full results: <https://ms.mastersswimmingontario.ca/web/stats/meets/meetResults.php>. Here's how we did:

Natalie Aucoin (7:35am Earlybirds; F50-54): 1st 100m free (1:21.86), 200m free (2:58.25), 100m fly (1:38.13)

Lynn Marshall (Coach; F60-64): 1st 200m free (2:29.77), 800m free (10:39.13) -- (well, actually 900m – did a bonus 100!), 100m back (1:23.55), 50m breast (44.60), 200m fly (3:00.04)

February 7-9 OUA Swim Championships, Markham

Most of our coaches were in Markham this past weekend. **Mark**, **Andrew**, and **Paddy** were coaching, and **Nick** and **Malcolm** were swimming. This year the finals featured exhibition para-swimming events! Here's how they did:

Nick Scott (Coach; Men and Men's Para): Para: 1st 100 free (1:07.51), 100 fly (1:16.72); 2nd 100 back (1:19.25); Men's: 54th 50 free (31.80)

Malcolm Egan (Coach; Men): 33rd 50 breast (32.88), 34th 200 breast (2:42.18), 37th 100 breast (1:13.34), 50th 50 fly (31.26)

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 **February 2**).

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/>