

Carleton Masters Swimming Newsletter #656

Friday, February 21, 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 (42 addresses), Saturday Only (19 addresses), Alumni (39 addresses).

"That is what learning is. You suddenly understand something you've understood all your life, but in a new way."
– Doris Lessing

Masters Swimming Program Notes

- The Winter session runs from **Monday January 6 to Tuesday April 8.**
- 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

- Congratulations to **Tom Heyerdahl** (8:40am Earlybirds) who is featured in the latest "Beyond the Possible" podcast episode: "Beyond Cold: Lessons from Ice Swimmer **Tom Heyerdahl**":
<https://www.youtube.com/watch?v=vCyXBnYU9TQ>.

- **Natalie Aucoin** (7:35am Earlybirds) would like to get a large group of Carleton swimmers to attend the OlymPink meet at the Brewer pool on April 5. If you are interested, let me know and I'll put you in touch with her! It's a great meet for beginners as all the events are short distance. Here's a recent article from the Globe and Mail on this fundraiser event:

Breast cancer fundraiser makes waves

OlymPINK events bring together Olympians, survivors to swim in support of treatment

PAUL WALDIE

PITCHING IN

The organizer: Andrea Douglas

The pitch: Launching OlymPINK

The cause: Funding breast cancer treatment

After being diagnosed with breast cancer at the age of 54, Andrea Douglas went through surgery, four rounds of chemotherapy, 21 days of radiation and years of hormone-blocking drugs. But she also threw herself into exercise and advocacy work on issues related to breast cancer.

She'd taken up swimming before the diagnosis and one day while sitting around the pool, the conversation turned to starting a fundraiser.

"We figured there were walks and there were runs and there were bike rides, but we didn't



Former Olympian and swim coach Andrea Smith, left, and breast cancer survivor Andrea Douglas organize OlymPINK in Ottawa.

know of any swim type of activities," Ms. Douglas recalled from her home in Ottawa. "So we started to work on that."

They organized the first OlymPINK Masters Challenge in 2018

at Ottawa's Brewer Pool. The event attracted not only competitors but several Olympians as well, including Ms. Douglas's coach, Andrea Smith, who competed at the 1996 Games. Ms.

Smith lost her mother-in-law to breast cancer and she "pulled a few strings, got a bunch of other Olympians to come," added Ms. Douglas.

The swim meet draws around 200 competitors each year and includes a ceremony at the half-way point when a breast cancer survivor swims in a lane with an Olympian.

OlymPINK events have been held in 2018, 2019 and 2023, and they've raised around \$278,000 in total so far. The money has helped pay for an ultrasound room and machine at the Ottawa Hospital's Rose Ages Breast Health Centre, and fund programs run by the Ottawa Cancer Foundation. All of this year's proceeds – the meet is on April 5 – will go to the foundation to support its community hub, which provides a range of services.

Ms. Douglas, 64, said her health is fine and she has been thrilled to see so much support for the foundation, which relies entirely on donations. "If people like me don't get involved and support the very important services that they provide, then we're in trouble."

pwaldie@globeandmail.com

- **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.crowdfunder.ca/90871/page/275199>.

Aquatic-Related Links:

- Humpback Whale Swallows Kayaker Whole – Then Spits Him Out [Thanks to **Carolyn Odecki** (6pm Whitecaps)]:

<https://www.youtube.com/watch?v=muOBrsm5DPc>; Man Describes Being Swallowed by Whale:

<https://www.bbc.com/news/articles/cly50k8zypmq>; Dad Films as Son is Swallowed and Spat Out by Whale:

<https://x.com/AMAZINGNATURE/status/1889904778408280420>

- **Summer McIntosh** Becomes Second Female Swimmer to Break 8:10 in LC 800m Freestyle with 9:09.86:

<https://swimswam.com/summer-mcintosh-becomes-second-female-swimmer-to-break-810-in-the-800-free-with-an-809-86/>

- 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>

- Triathlon Open Water Swimming Race Sim: <https://www.facebook.com/reel/578023164770051>

- Five Dryland Core Workouts for Faster Swimming: <https://www.yourswimlog.com/dryland-core-workouts-for-swimmers/>

- Six Things (Other than Racing) that Make You a Triathlete: <https://triathlonmagazine.ca/training/6-things-other-than-racing-that-make-you-a-triathlete/>

- There's Always One!: <https://x.com/buitengebieden/status/1880903099965120839>

- Can't Hit the Pool? Use Resistance Bands to 'Swim' at Home: <https://triathlonmagazine.ca/training/cant-hit-the-pool-use-resistance-bands-to-swim-at-home/>

News and Other Links:

- Relative Energy Deficiency in Sport (RED-S): Scientific, Clinical, and Practical Implications for the Female Athlete: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9724109/>

- **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 **Paddy** on **Tuesday February 11**.

Malcolm coached the **6pm and 7:15pm Whitecaps** for **Mark** on **Thursday February 13**.

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 February 21 (20 workouts); range: 22-37; average: 29.0
Perfect Attendance: **Bruce Brown, Margaret Janse van Rensburg**

8:40am Earlybirds: January 6 to February 21 (20 workouts); range: 21-32; average: 26.6
Perfect Attendance: **Megan Holtzman, Ralph Siemsen, Renate Hulley**

6:00pm Whitecaps: January 6 to February 20 (20 workouts); range: 10-33; average: 22.5
Perfect Attendance: **Don Wells, Konstantin Petoukhov**

7:15pm Whitecaps: January 6 to February 20 (20 workouts); range: 9-21; average: 15.0
Missed 2 Workouts: **Rachel Wang, Richard Arsenault**

8:15am Saturdays: January 11 to February 15 (6 workouts); range 27-32; average: 39.5

Perfect Attendance: **Cori Dinovitzer, Don Wells, Francois Jacques, Ian Lorimer, Jesula Drouillard, Jim Farmer, Luciara Nardon, Miguel Mejicano Quintana, Nicole Le Saux, Ray Jin Her, Sam Holmstrom**

Ask the Coach

Dear Coach: Why is the hot water availability for showers after swimming so unreliable? Frustrated Swimmer

Dear F. Swimmer: Here's the latest update: "We are well aware of the ongoing challenges with hot water and unfortunately there is no easy isolation to the issue or in resolving the problem. Chief among the issues is how sporadic it happens. The university maintenance group as well as Athletics own contracted maintenance vendor has been working through the issue. One repair was completed a couple of weeks ago and another this week. The issue is not with producing hot water but the water which is heated by steam and then sent into the distribution network. The challenge is isolating the issue and then trying to resolve it. We are hopeful that the recent repairs will bring us one step closer to resolving what is affecting the hot water distribution."

Dear Coach: I'd love to get some advice on how to structure strength training alongside swimming so that I can get the most out of both. I currently do strength work four mornings per week (before swimming on swim days). Is this the best way to balance it, or do you have other suggestions. I also came across these articles that I wanted to share:

- Strength Training Exercises for Swimmers Outside of the Pool: <https://theraceclub.com/2018/05/15/strength-training-exercises-for-swimmers-outside-of-the-pool/>
- The Race Club Strength Training for Swimmers: https://theraceclub.com/aqua_note/trc-strength-training-for-swimmers/

Are these exercises that you would recommend? Very Keen Swimmer

Dear V.K. Swimmer: Thanks for sharing those links. In a recent newsletter there was some information on working with strength coaches at Carleton. While I am a qualified swim coach, I'm not a qualified strength coach, so I will just share some suggestions, and recommend an expert for more details. In a perfect world (e.g. pro athlete) we would want to separate the sport training from the strength training (e.g. morning and afternoon/evening). However, that's not realistic for most. When doing them one after another, it's generally better to do the most important one (to you) first. Thus, if swimming is your focus, you would ideally do that one first. As being able to stretch out is important for swimming, many find that swimming right after strength training is a struggle as strength training can make you tight. That said, it's also not a great idea to do static stretching before aerobic exercise. Bottom line is, go with what fits your schedule. Important mobility exercises for swimmers include ankle flexibility and shoulder flexibility as those can greatly hamper your ability to swim fast. Muscles to focus on include lats and triceps. Half squat jumps are good for starts and turns. The exercises recommended in the articles above are good, too. Swimmers want to have long and lean muscles, so 3 sets of 8 to 10 reps is about right for most.

Dear Coach: Can you review the backstroke arm movement? Working on Backstroke

Dear W.o. Backstroke: Of course. Common errors in backstroke involve the arm entry position, timing, and underwater pull. You want to ensure that your arms enter the water at 11 o'clock and 1 o'clock. Crossing over (above the head or even the opposite shoulder) is common – ask your coach to let you know if your entry position is correct. Just like in freestyle, we want the recovering arm to be 3/4 of the way around before the top arm starts moving. Most find this much harder to do in backstroke! Finally, you want to bend your elbow during the underwater pull, so that your arm is in a "V" shape with the elbow down and the fingers pointing diagonally up towards the water surface, not towards the bottom of the pool. That position will give you more power in your pull.

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 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) <https://form.jotform.com/250334223783251>

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)

<https://form.jotform.com/243528406847262>

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)

<https://www.swimontario.com/athletes/competitions/2025-ontario-masters-swimming-championships/>

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

July 26 – August 22 World Masters Aquatic Championships, Singapore (SO registration required): Open Water Swim: July

26-27; Pool Swimming: August 7-14: If you are planning to attend the Worlds Masters in Singapore there is a WhatsApp

channel you can join: <https://chat.whatsapp.com/Km9BOI8WGjWdKwg9vq39xR>

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 15-16 Gatineau Loppet

Congratulations to **Sheila**, **Sandra**, and **Colin** on their races! And great job by **Sheila** racing 50k on consecutive days!!

And podium finishes for **Sheila** and **Sandra**! If anyone else took part, please let me know!

February 15: 27k Classic Ski

Full results: <https://sportstats.one/results/143060>

Sandra Kiviaho (8:40am Earlybirds; F45-49): 88th overall; 25th woman, 2nd in age category in 2:19.10

February 15: 50k Classic Ski

Full results: <https://sportstats.one/results/143059>

Colin Kiviaho (8:40am Earlybirds; M50-54): 42nd overall, 39th man, 7th in age category in 3:18.51

Sheila Kealey (7:35am Earlybirds; F60-64): 63rd overall, 8th woman, 1st in age category in 3:27:47

February 16: 50k Skate Ski

Full results: <https://sportstats.one/results/143063>

Sheila Kealey (7:35am Earlybirds; F60-64): 73rd overall, 9th woman, 1st in age category in 3:19.55

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 19**).

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/>