

Carleton Masters Swimming Newsletter #657

Friday, March 7, 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 (40 addresses).

"Give yourself a mental edge by shutting off outside influences and trusting in your ability and experience." – Marion Morrissey

Masters Swimming Program Notes

- The Winter session runs from **Monday January 6 to Tuesday April 8**.
- There will be **interim workouts** from **Wednesday April 9 to Saturday April 12**. Details below.
- The **pool will be closed for maintenance from Monday April 14 to Friday May 2**, inclusive.
- The **Spring Masters Sessions start Saturday May 3**. Details on the Spring and Summer sessions and registration start date are below.
- The **7:35am Earlybirds, 8:40am Earlybirds, 6pm Whitecaps, and Saturday** groups are full for the **Winter** term. 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.

End of Winter Term Extra Workouts

The pool was originally scheduled to close for maintenance at the end of day on Tuesday April 8. That has now been changed to end of day on Sunday April 13. Thus we are offering some **pay-as-you-go workouts from April 9 to 12**. These workouts are open to those registered for Winter and/or Spring/Summer Masters programs. However, registered swimmers may bring a friend. The **drop-in fee for all swimmers is \$7+HST**.

Here are the dates and times:

Wed Apr 9 7:35-8:35am (deep)

Wed Apr 9 8:40-9:40am (deep)

Thu Apr 10 6:00-7:10pm (shallow)

Fri Apr 11 7:35-8:35am (deep)

Fri Apr 11 8:40-9:40am (deep)

Sat Apr 12 8:15-9:25am (shallow)

Spring / Summer Masters Programs

Registration for the Spring and Summer Masters programs starts at **9am on Wednesday April 9**.

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:

Spring Session: Saturday May 3 to Saturday June 28; no workouts Saturday May 17 (Early Bird Triathlon) or Monday May 19 (Victoria Day).

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$113+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$113+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$122+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$113+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$61+HST

Summer Session: Monday June 30 to Saturday August 30; no workouts Tuesday July 1 or Monday August 4.

Earlybirds: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$127+HST

Whitecaps: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$133+HST

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$69+HST

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

Swimmer Notes

- Great job by **Andrea Chandler** (8:40am Earlybirds) in her interview on Global News: **Trump Attacks on Zelenskyy 'Not Helpful' to Peace Process in Russia-Ukraine War:** Expert: <https://globalnews.ca/video/11030799/trump-attacks-on-zelenskyy-not-helpful-to-peace-process-in-russia-ukraine-war-expert>

- Best wishes to **Christine Rivas** (7:35am Earlybirds) for a quick recovery from hip resurfacing surgery.

- **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.

- **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 .

Aquatic-Related Links:

- Canadian Swim Star **Summer McIntosh** Making Big Changes as She Eyes Even More Gold in L.A. 2028:

<https://www.cbc.ca/sports/olympics/summer/aquatics/swimming/summer-mcintosh-coaching-change-brent-arkey-bob-bowman-feb28-1.7469874>

- Acadia University Announces Permanent Pool Closure Effective June 15, 2025: <https://www2.acadiu.ca/about-acadia/newsroom/news-reader-page/acadia-university-announces-permanent-pool-closure-effective-june-15-2025.html>

- Canadian **Desirae Ridenour** Storms to First Career World Triathlon Cup Victory:

<https://www.triathloncanada.com/canadian-desirae-ridenour-storms-to-first-career-world-triathlon-cup-victory/>

- Perfect Flip Turns with **Caeleb Dressel**: <https://www.youtube.com/watch?v=Y4cDXisd6vw>

- Teen Who Drowned at Winnipeg Pool 'Paid With His Life' for Changes at City Facilities, Family Says:

<https://www.cbc.ca/news/canada/manitoba/adam-sereda-paul-city-review-1.7467303>

- Check That Your Arms Don't Cross the Centre Line with This Drill [Ed. Note: Works really well for backstroke, too!]:

<https://www.facebook.com/reel/547090191542524>

News and Other Links:

- Canadian Ultrarunner **Mathieu Blanchard** Finishes Epic 600-km Yukon Ultra: <https://getouttheremag.com/canadian-ultrarunner-mathieu-blanchard-finishes-epic-600-km-yukon-ultra/>

- The Five Best Fuel-Up Breakfast Options for Outdoor Adventurers: <https://getouttheremag.com/the-5-best-fuel-up-breakfast-options-for-outdoor-adventurers/>

- The Top Five Winter Hikes in the Canadian Rockies: <https://getouttheremag.com/the-top-5-winter-hikes-in-the-canadian-rockies/>

- Fitfluencers: Why You Shouldn't Listen to Training Advice from Internet Personalities:

<https://triathlonmagazine.ca/training/fitfluencers-why-you-shouldnt-listen-to-training-advice-from-internet-personalities/>

- **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 March 7 (26 workouts); range: 20-37; average: 28.6

Perfect Attendance: **Bruce Brown, Margaret Janse van Rensburg**

8:40am Earlybirds: January 6 to March 7 (26 workouts); range: 18-32; average: 25.3

Perfect Attendance: **Megan Holtzman**

6:00pm Whitecaps: January 6 to March 6 (26 workouts); range: 10-33; average: 22.6

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

7:15pm Whitecaps: January 6 to March 6 (26 workouts); range: 9-21; average: 14.6

Missed 2 Workouts: **Richard Arsenault**

8:15am Saturdays: January 11 to March 1 (8 workouts); range 25-32; average: 29.0

Perfect Attendance: **Don Wells, Francois Jacques, Ian Lorimer, Nicole Le Saux, Sam Holmstrom**

Ask the Coach

Dear Coach: Why is there an extra fee for the last few workouts of the Winter session? Didn't we already pay for the full term? Curious Swimmer

Dear C. Swimmer: The pool was originally scheduled to close for annual maintenance on Wednesday April 9, so the cost for the session was calculated on a per-workout basis with an end date of April 8. As the pool is now open a few more days, we are adding pay-as-you-go sessions for those who want the extra swims.

Dear Coach: Why isn't Whitecaps in the deep end on Thursdays anymore? I liked having one swim per week in the deep end. Whitecaps Swimmer

Dear W. Swimmer: If Masters runs in the shallow end on Thursdays, it is possible to run a group of additional 30-minute kids' lessons from 5:30-6:00pm. (These have to be in the shallow end due to the swim levels of the kids.) Thus, to help the pool generate more revenue, the coaches agreed to the change. If an evening swimmer is planning on entering a competition or needs to practice dives for another reason, you are welcome to attend a morning workout for that purpose.

Dear Coach: I recommend adding a rating bar / feedback link to the end of the newsletter. That said, the newsletters are great. Earlybirds Swimmer

Dear E. Swimmer: Thanks for the suggestion and the feedback. Maybe over the summer when I have a bit more time!

Dear Coach: I'm going to be away and I'm afraid that I'll miss the registration for Spring Masters. Do we know yet when registration will start? Keen Swimmer

Dear K. Swimmer: The details are now available and can be found near the top of this newsletter. As per the above, registration will start at 9am on April 9.

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/1xG03Eli1IWBnfjwuMmBTWQ84RfXfHrEBTgqv4XyB7wQ/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>.

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/Km9BOI8WGiWdKwg9vq39xR>

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 23 Coupe du Quebec des Maitres Manche 5, Pointe-Claire, Montreal

Great job by **Natalie**, Carleton's only swimmer. I was planning to attend and entered a month early to get a spot in the 1500m. However, they selected the competitors by random draw rather than the usual first-come-first-served ☹️! Full results: <https://drive.google.com/file/d/1LY3lzl0iSVrK6tjNsl49xEWmn5nUZRCV/view>.

Natalie Aucoin (7:35am Earlybirds; F50-54): 4th 50 free (35.37), 100 free (1:20.79); 5th 100 fly (1:30.56), 100IM (1:32.19)

February 23 Viking Loppet, Morin-Heights, Quebec

Great job by **Sandra** and **Colin Kiviaho** (8:40am Earlybirds). Sounds like an epic adventure! Here's **Sandra's** race report.

"My goal for 2025 is don't wait. If I have been wanting to see someone, do something, etc, the time is now. About a decade ago we did the Viking Loppet! We'd always wanted to go back. It's at Morin Heights. On Saturday, we did a recon of the course. We forgot how many hills there were to climb- only possible to get up with herringbone. We knew the race was going to be tougher than expected. Then we woke to about 5" of new snow and they weren't able to re-groom the course.

So, off we went to do that fun thing we call racing...I just love the small community events. Meeting strangers from all over who come for various reasons to race. People sharing ski stories, talking about the course and laughing about the little (but big) things in life.

My race was 20 km. 2 laps of 10km. I think the downhills were worse than the uphill. A few hills just drop straight down and zip around an unknown corner - and you have skinny skis on. One volunteer said I looked good as I started to go down the drop. She must have laughed when I squealed at the bottom.

It was a pretty fun race. I was first female until this university girl passed me. Then I just chased her until almost the end of the first lap. Then after a technical sketchy downhill, I lost track of her. It was fun while it lasted.

The second lap seemed to zip by, I guess because I knew some of the course. I tried to pass a kid doing a shorter race on wide uphill and ended up with my ski stuck in a snow bank and my face near the ground. Not a race strategy I will repeat. Finally nearing the end I passed the two guys I had been chasing. And then the race was done. Second female, first in my age group. Followed by coffee, cheese and warm soup.

Colin and Coach Petr raced the 30km. Colin was 5th overall and 2 in his age group. He also has a few stories to tell. Thanks to all the volunteers that made this event possible."

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 **March 6**).

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/se0/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/>