

Carleton Masters Swimming Newsletter #665

Friday, June 27, 2025

To: Carleton Masters Coaches / Staff (12 addresses)

Bcc: Those registered for Fall 2024, Winter 2025, Spring 2025, Summer 2025, and Alumni: 7:35am Earlybirds I (67 addresses), 8:40am Earlybirds II (53 addresses), 6:00pm Whitecaps I (55 addresses), 7:15pm Whitecaps II (42 addresses), Saturday Only (20 addresses), Alumni (41 addresses).

"Happy are those who dream dreams and are ready to pay the price to make them come true." – Leon Suenens

Masters Swimming Program Notes

- The Spring Masters Session runs from Saturday May 3 to Saturday June 28, inclusive.
 - The next newsletter will contain the end of Spring term time trials and attendance summary.
- The Summer Masters Session runs from Monday June 30 to Saturday August 30, inclusive.
 - Note that there are **no workouts on Tuesday July 1 or Monday August 4.**
 - A reminder that there are only three groups running in the Summer Session: 7:35am Earlybirds; 6:00pm Whitecaps; and **12:15pm** Saturdays.
 - Registration for the Summer Session is open – details below. There is currently space available in all three groups.

Summer Masters 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. Note that only some membership categories may be purchased online.

Here are the details of the programs and dates:

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/Nick, 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

- Congratulations to **Susan Nevitt-Yelle** (7:35am Earlybirds) and her husband **Jean-Denis Yelle** on successfully cycling from Bedoin to the top of Mont Ventoux in France. The last 16km is an average 9% grade (<https://climbfinder.com/en/climbs/mont-ventoux-bedoin/>), ending at 1910m in altitude! Very impressive!!



- **Anne Griffith** (8:40am Earlybirds) and her daughter, **Amelia**, are raising funds at Bring on the Bay again this year. Here's her note:

In two weeks I will once again be swimming Bring on the Bay for my daughter, Amelia. Last year was such an incredible success that I will be towing her behind me again. Not only did we raise \$13000 but Amelia loved napping while I slowly swam the bay. Bring on the Bay raises money for Easter Seals, which is important organization to our family. Amelia was accepted to receive assistance from Easter Seals and so our family will be closely tied to this organization until she is 18 years old. This year we were fortunate enough to have been accepted into an Easter Seals camp where all activities are designed for kids in wheelchairs. In order to give back to this organization, fundraising for Bring on the Bay is very important to us. Please consider signing up for the swim or even donating to a swimmer, like me! Thank you!

<https://secure.e2rm.com/p2p/fundraising/389476/participant/5453545/en-CA>



Aquatic-Related Links:

- "You Really Feel Invincible": The Impact of Open Water Swimming on Student Wellbeing [Ed. Note: Cites an article by **Margaret Janse van Rensburg** (7:35am Earlybirds), so it must be good!]: <https://www.sciencedirect.com/science/article/pii/S0272494425001379?via%3Dihub>
- He Swims Faster Than Most Swimmers with Only 1 Stroke [Thanks to **Gi Wu** (8:40am Earlybirds); Ed. Note: 50 yard breaststroke in 27.5!]: <https://youtube.com/shorts/70csCCJf-2g?si=3GWFFmQb2e1lILac>
- 17-Year Old UK Swimmer **Jacob Mills** Swims 50m Free Long Course in 21.9 [Thanks to **Tony Revitt** (7:35am Earlybirds); note the very wide stroke]: <https://www.facebook.com/reel/701432465679519>
- 'I'm The Hunted': **Summer McIntosh's** Record-Breaking Week Puts Competitors On Notice Ahead Of Worlds: <https://www.cbc.ca/sports/olympics/summer/aquatics/swimming/summer-mcintosh-canadian-swimming-trials-wrap-1.7560318>
- St. James Swim Team Losing Home Pool to Renovations Until 2026 as Winnipeg Faces Wave of Closures: <https://www.cbc.ca/news/canada/manitoba/winnipeg-st-james-civic-centre-pool-closure-1.7564938>
- Antarctic Gonate Squid Filmed for the First Time: <https://www.youtube.com/shorts/EdNmKNOxc28>

News and Other Links:

- Ottawa Sprinter, **Wendy Alexis**, Sets Her Fourth 70-74 Track World Record of 2025: <https://runningmagazine.ca/the-scene/canadian-sprinter-becomes-worlds-fastest-70-year-old/>
- Cleansing Smoothie Recipes to Fuel Spring Training: A Fresh Start for Athletes: <https://getouttheremag.com/cleansing-smoothie-recipes-to-fuel-spring-training-a-fresh-start-for-athletes/>
- Here are Thirty of the Most Beautiful Bicycle Routes in the World: <https://momentummag.com/here-are-30-of-the-most-beautiful-bicycle-routes-in-the-world/>
- Masters Sports: The Hidden Gem We Shouldn't Ignore: <https://swimswam.com/masters-sports-the-hidden-gem-we-shouldnt-ignore/>

- **Community Members Parking:** If you have an all-inclusive or Senior Ravens membership, there is no change to your parking process (ensure that your plate is on file at the Welcome Centre). However, for those with **Morning-only**, **Swim-only**, or a **Summer** membership, you must now **register with Hot Spot whenever you park at Athletics**. The link is: <https://hotspotparking.com/tapPoster/park/carletonU5>. For Morning-only use code: GYMAM. For Swim-only and Summer use code: GYM25.

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.

- Note that the full list of Carleton Athletics memberships can be found here: <https://athletics.carleton.ca/memberships/>. Only some categories of memberships may be purchased online.

- **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/>.

Spring Session Information

Dates: Saturday May 3 to Saturday June 28; no workouts Saturday May 17 or Monday May 19.

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/Nick** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark/Nick** (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 for **Sean** on **Monday June 16**.

Nick coached on **Thursday June 26**.

Special Sets:

Thu/Fri May 29/30: fin day

Thu/Fri June 5/6: short distance time trials (morning: lanes 1-3)

Tue/Wed June 10/11: short distance time trials (morning: lanes 4-6)

Monday June 16: 1500/800 time trial

Thu/Fri June 26/27: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum25.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 **Jesula Drouillard** (7:15pm Whitecaps) for missing her from the perfect attendance last time.

7:35am Earlybirds: May 5 to June 27 (23 workouts); range: 23-33; average: 27.1

Perfect Attendance: **Jennifer Glassman**

8:40am Earlybirds: May 5 to June 27 (23 workouts); range: 16-30; average: 23.9

Perfect Attendance: **Debby Whately, Susan Hulley**

6:00pm Whitecaps: May 5 to June 26 (23 workouts); range: 14-27; average: 21.0

Perfect Attendance: **Natalie Aucoin**

7:15pm Whitecaps: May 5 to June 26 (23 workouts); range: 4-16; average: 9.7

Perfect Attendance: **Jesula Drouillard**

8:15am Saturdays: May 3 to June 21 (7 workouts); range 22-31; average: 25.1

Perfect Attendance: **Francois Jacques, Homero Martinez, Lynn Marshall, Mariette Kenney**

Congratulations to all those who participated in the **800/1500 time trial**. The results (fastest, most improved, etc.) will be in the next newsletter!

Summer Session Information

Dates: Monday June 30 to Saturday August 30; no workouts Tuesday July 1 or Monday August 4. or Monday May 19.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and Three Lanes Shallow: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark/Nick** (sub: **Adrian**)

12:15-1:25pm Saturdays: Shallow End: rotating coach schedule (see workout themes)

Further details and changes will be noted here.

Mark is coaching for **Lynn** on **Monday June 30**.

Nick is coaching for **Sean** on **Monday June 30**.

Reminder: **No workout Tuesday July 1.**

Shane (Pool Staff) is coaching for **Lynn** on **Wednesday July 2**.

Paddy is coaching for **Lynn** on **Friday July 4**.

Nick is coaching for **Sean** on **Monday July 7**.

Special Sets:

Tue/Wed July 29/30: fin day

Tue/Wed August 5/6: short distance time trials (morning: lanes 1-3)

Thu/Fri August 7/8: short distance time trials (morning: lanes 4-6)

Tue/Wed August 12/13: short distance time trials (morning: lanes 7-9)

Tue/Wed/Fri August 19/20/22: 1500/800 time trial
Thu/Fri August 28/29: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum25.pdf>.

Ask the Coach

Dear Coach: It looks like the lane I'm in for the Summer Earlybirds will be super busy. Is there an option to use the other three lanes in the shallow end if lanes are super busy? Concerned Swimmer

Dear C. Swimmer: Usually with vacations, etc., everything works out fine. However, if there is an issue with your lane being very busy on any given day, just talk to the coach on deck. Often, we can move swimmers around to balance out the lanes. With the number currently registered, the 9 lanes we've been allocated should be sufficient, but the coach can discuss with the pool staff for an additional lane if necessary.

Dear Coach: Can you suggest some dryland exercises for those of us not registering for the summer session? Want To Keep In Shape

Dear W.T.K.I. Shape: First, even if you're not swimming at Carleton, I recommend getting in some outdoor swimming. There are lots of places in/near Ottawa to swim outdoors in the summer. Here are some links with some good dryland exercises. As with all exercise programs, you should consult a doctor before starting and/or start slowly!:

- Dryland Exercises to Improve Your Freestyle <https://www.usms.org/fitness-and-training/articles-and-videos/articles/dryland-exercises-to-improve-your-freestyle>

- Masters Swimming Dryland Training Program:

[https://www.gomotionapp.com/neesc/UserFiles/File/Masters%20Swimming%20Dryland%20Training%20Program%20\(1\).pdf](https://www.gomotionapp.com/neesc/UserFiles/File/Masters%20Swimming%20Dryland%20Training%20Program%20(1).pdf)

- Build Strength Like an Olympian: Swimming Dryland Exercises (US Masters Swimming):

<https://www.youtube.com/watch?v=fza8D3KdCew>

Dear Coach: Is there a trick for swimming with a band. I really struggled today! Band-Challenged Swimmer

Dear B-C. Swimmer: Experiment with different strokes. Some find backstroke easier than freestyle. For freestyle, really focus on pushing down your face and chest and keep your core tight so that your hips and legs stay (relatively) close to the surface. Use your momentum off the walls to maintain your speed. The faster you go, the easier it is to keep a good body position.

Dear Coach: I won't be able to swim this summer, but I want to sign up for Fall. When will I be able to do so? Keen Fall Swimmer

Dear K.F. Swimmer: As soon as the information is available it will be in the newsletter and posted on the web site.

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>.

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/Km9BOl8WGjWDKwg9vq39xR>
August 9 Traversee du Lac Simon 500m, 2k, 5k, 12k Swims <https://www.ms1inscription.com/traverseelacsimon2025>
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!

Thanks to **Megan Holtzman** (8:40am Earlybirds) and **Debby Whately** (8:40am Earlybirds) for their summaries below. Any errors are mine!

June 14 Lachine 200m Knockouts Dragon Boat Festival

This year's race in Lachine had much better weather than last. The Bytown Sportchicks (aged 40+ including **Megan Holtzman** (8:40am Earlybirds), **Debby Whately** (8:40am Earlybirds), and **Isabelle Fradette** (x-Earlybirds)) and the Bytown Super Cs (women 60+ incl **Colette Kenney** (x-Earlybirds)) raced. The Super Cs raced with just 16 of 20 paddlers due to other commitments and managed to keep pace with a senior C boat of 20 paddlers. Sportchicks made the A final but both crews were knocked out first in their finals, up against stiff competition.

June 21-22 Ottawa Dragon Boat Festival

Last weekend, several swimmers took to the water at the Ottawa Dragon Boat Festival. **Colette Kenney** (x-Earlybirds) paddled with the Super Cs and C-Surge small boat crew. **Carolyn Odecki** (6pm Whitecaps) steered the Super Cs and paddled with C-Surge. **Debby Whately** (8:40am Earlybirds) raced with the Super Cs and Gung Ho. **Isabelle Fradette** (x-Earlybirds) paddled with Sportchicks and Gung Ho. **Megan Holtzman** (8:40am Earlybirds) paddled with Sportchicks, and coached and drummed for the Painkillers (Ottawa Hospital Anaesthesia), which included **Natalie Aucoin** (6pm Whitecaps).

Bytown brought home the Sue Holloway Women's Trophy on Saturday morning. Gung Ho won the Mixed 500 m. Race and the A division Cup. C-Surge won the 10-man boat category.

A major storm swept through the site overnight, damaging docks, displacing motorboats, and scattering tents. Due to the delay and a heat warning on Sunday, organizers initially cancelled the 200m and 100m races. Fortunately, with milder conditions than expected, the 200m races were reinstated. Teams were allowed to mix paddlers, as many had already left.

The Super Cs and Sportchicks formed two mash-up crews — Thing 1 and Thing 2 — and welcomed veterans **Natalie Aucoin** (6pm Whitecaps) and **Dawn Walsh** (x-Earlybirds) back into the boat. After a dance party in marshalling, Thing 1 narrowly beat Thing 2 to take first place.

The Painkillers had an outstanding weekend, climbing into the Mixed B finals and winning the 200m Final B cup — an impressive result for a mostly new team with only five practices under their belt this year (and a total of 11 since the team started). Gung Ho placed 2nd in the Mixed A Final, where its experienced paddlers narrowly lost to a junior crew from Montreal.

June 22 Mont Tremblant 70.3 Triathlon

Fantastic job on a very hot day! Full results: <https://www.ironman.com/races/im703-mont-tremblant/results>

Colin Kiviaho (8:40am Earlybirds; M50-54): 103rd overall; 101st man; and 10th in category in 4:48:07 (34:03 swim)

Tony Revitt (7:35am Earlybirds; M): 296th overall; 283rd man; and 23rd in category in 5:07:09 (25:46 swim)

Sheila Kealey (7:35am Earlybirds; F60-64): 376th overall; 24th female; and 1st in category in 5:12:58 (34:09 swim)

Steph Carr (7:35am Earlybirds; F30-34): 629th overall; 70th female; and 13th in category in 5:28:07 (36:08 swim)

Sandra Kiviaho (8:40am Earlybirds; F45-49): 1545th overall; 303rd female; and 27th in category in 6:17:19 (34:42 swim)

Leila Mostaco-Guidolin (Earlybirds; Mixed Team with her husband and a colleague): 59th mixed team in 7:00:06 (Leila's swim: 38:25)

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: <https://www.statsman.ca/#canada> (last update **June 19**).

Notes and Reminders

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.

Summer Masters Session Details

Monday June 30 to Saturday August 30; no workouts Tuesday July 1 (Canada Day) or Monday August 4 (Civic Holiday).

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$127+HST: Full: Waitlist available

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark/Nick, Sub: Adrian; \$133+HST

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

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule:

Monday 4:00-4:40pm, 4:40-5:20pm, 5:20-6:00pm

Tuesdays 7:50-8:30am, 8:30-9:10am

Prices: Private: \$52.50 per lesson, plus HST; **Semi-Private** (2-3 swimmers; per swimmer): \$34 per lesson, plus HST.

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/>