

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: May 11, 2024 1:11 PM
To: 'Colin Adams'; 'Steve Baird'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #633

Carleton Masters Swimming Newsletter #633

Saturday, May 11, 2024

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2023, Winter, Spring, Summer 2024 and Alumni: 7:35am Earlybirds I (58 addresses), 8:40am Earlybirds II (50 addresses), 6:00pm Whitecaps I (59 addresses), 7:15pm Whitecaps II (48 addresses), Saturday Only (10 addresses), Alumni (40 addresses).

"Start today. You won't be successful tomorrow, but you'll be one step closer than yesterday." – Naomi Linsco

Masters Swimming Program Notes

- The Spring session started on **Saturday May 4** and runs until **Saturday June 29**.
 - Saturday swimmers: A reminder that **the Saturday May 18 workout is from 10:45-11:55am**.
 - Weekday swimmers: There **will** be workouts on **Monday May 20**. **For the morning groups, the workouts are one hour later than usual. For the evening groups, the workouts are one hour earlier than usual.**
 - Details on the dates and programs can be found in the "Notes and Reminders" section near the end of the newsletter.
- Registration for both the Spring and Summer sessions is underway.
 - The 7:35am Earlybirds and 6pm Whitecaps are full for Spring. Wait lists are available. Please let me know if you are on a wait list.

Swimmer Notes

- Carleton's Spring Convocation will be from **Monday June 17 to Friday June 21, with ceremonies at 9am, noon, and 3pm**. During these times, parking in Lot 5 will be restricted to convocation attendees. Those with a Lot 5 parking pass may park for free in any other legal spot on campus.

- **Sam Beaumont-Stidwill** (6pm Whitecaps) is cycling in the Jack Ride for mental health. You can sponsor **Sam** here: <https://jack.akaraisin.com/ui/jackride2024/p/6ccfd64566b54a3893114b3bde3624b1>

Aquatic-Related Links:

- 'Underwater Bicycle' Propels Swimmers Forward at Superhuman Speed [thanks to **Ralph Siemsen** (8:40am Earlybirds)]: <https://newatlas.com/marine/seabike-swimming-propeller/>

- Be part of the Canadian Olympic and Paralympic Team Announcement (Apply by May 12): <https://community.swimming.ca/>

- 'I was speechless': **Katie Ledecky** awarded the Presidential Medal of Freedom:

<https://www.worldaquatics.com/news/3993719/katie-ledecky-award-us-presidential-medal-of-freedom-world-aquatics-joe-biden-paris-2024-olympics>

- Canadian **Bob Knuckey**, 76-year-old Ironman World Champion, Recovering from Bike Crash in Arizona: <https://triathlonmagazine.ca/personalities/76-year-old-ironman-world-champion-recovering-from-bike-crash-in-arizona/>
- U.K. Tabloids Abuzz with Canadians' 'Loch Ness Monster' Photo: <https://www.cbc.ca/news/canada/british-columbia/loch-ness-monster-sighting-canada-1.7182933>
- New Way to Exit the Pool: <https://www.instagram.com/p/C3pMHPkITq1/>

News and Other Links:

- How Exercise Strengthens Your Brain: https://www.nytimes.com/2024/04/02/well/mind/exercise-mental-health-cognition.html?ugrp=m&unlocked_article_code=1.ik0.XUBg.CswbeOxpVX55&smid=url-share
- This Test Might Be the Best Way to Track Fitness and Longevity: https://www.nytimes.com/2024/04/11/well/move/what-is-vo2-max-fitness.html?ugrp=m&unlocked_article_code=1.j00.p5oj.Ti6CbrFazWUU&smid=url-share
- Why Are Younger Adults Developing A-Fib?: https://www.nytimes.com/2024/04/23/well/live/afib-atrial-fibrillation.html?unlocked_article_code=1.nk0.9BJT.FwZZtPHILl3&smid=url-share
- Why You Should Add Some Sprints Into Your Workout: https://www.nytimes.com/2024/04/23/well/move/sprints-running-workout.html?unlocked_article_code=1.nk0.7nYC.MosQOXcU4TNJ&smid=url-share
- New Study Bolsters Idea of Athletic Differences Between Men and Trans Women: https://www.nytimes.com/2024/04/23/world/europe/paris-olympics-transgender-athletes.html?unlocked_article_code=1.nE0.hWu2.qzKnMonZolwr&smid=url-share

- **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, 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/>.

Spring Session Information

Dates: Wednesday May 1 to Saturday June 29; Monday May 20 workouts are one hour later than usual for the morning groups, and one hour earlier than usual for the evening groups.

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: Mon/Tue: Shallow; Thu: Deep: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow; Thu: Deep: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

8:15-9:25am Saturdays (10:45-11:55am on May 18): Shallow End: rotating coach schedule

The Saturday workouts on **May 4** and **May 11** were in the **deep** end. We will be back to the shallow end for May 18 and beyond.

The **Saturday May 18** workout is from **10:45-11:55am**.

The **Monday May 20** workouts are **one hour later for the morning** groups and **one hour earlier for the evening** groups.

Further details and changes will be noted here.

Special Sets:

Thu/Fri May 30/31: fin day
Thu/Fri June 6/7: short distance time trials: a.m.: lanes 1 – 3
Tue/Wed June 11/12: short distance time trials: a.m.: lanes 4 – 6
Mon June 17: 1500/800 free time trial
Thu/Fri June 27/28: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum24.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: May 6 to 10 (3 workouts); range: 24-28; average: 26.3
Perfect Attendance: **Bryan Morris, Cheri Reddin, Chris Clement, Christine Rivas, Coulson Wheatley, Francois Jacques, Heather Morrison, Jennifer Glassman, Kevin Woodley, Margaret Janse van Rensburg, Maria Charron, Mike Wheatley, Pauline Phelan, Shealagh Pope, Sigi Johnson, Thomas Foth, Ursula Scott, Wendy Gifford**

8:40am Earlybirds: May 6 to 10 (3 workouts); range: 26-28; average: 27.0
Perfect Attendance: **Andrea Chandler, Cori Dinovitzer, Debby Whately, Flo Kellner, Isla Paterson, Kathleen Beall, Ken Johnson, Luciara Nardon, Marie-Odile Junker, Mary-Lou Dunnigan, Melanie Heroux, Paddy Mallia, Ralph Siemsen, Sandra Kiviaho, Sandy Wooley, Tom Heyerdahl**

6:00pm Whitecaps: May 6 to 9 (3 workouts); range: 20-30; average: 26.0
Perfect Attendance: **Adam Vieira, Adrian Finn, Christiane Wilke, Derek Woodard, Don Wells, Ellie Shermer, Juliette Pons, Konstantin Petoukhov, Marshall Perrin, Matthew Sinclair, Pete Volney, Peter Lithgow, Rachel Bennett, Sebastien Robillard-Cardinal, Shauna Ironside**

7:15pm Whitecaps: May 6 to 9 (3 workouts); range: 10-11; average: 10.3
Missed 4 Workouts: **Elaine Yardley, Joel Meredith, Nick Yung**

8:15am Saturdays: May 4 to 11 (2 workouts); range: 20-27; average: 23.5
Perfect Attendance: **Audrey Belanger Baur, Christine Bogie, Cori Dinovitzer, Francois Jacques, Homero Martinez, Isla Paterson, Jennifer Murdock, Jesula Drouillard, Karen Jensen, Margaret King, Mariette Kenney, Mikayla Jensen-Large, Natalie Aucoin, Sam Holmstrom, Stephanie Le Saux-Farmer**

Ask the Coach

Dear Coach: I came across this “Sneaky IM” set that I thought you might like to try:
Sneaky IM set:
4 x 25 fly
4 x 50 back
4 x 75 breast (or 25fs/br/fs)
4 x 100 IM
- Earlybirds Swimmer

Dear E. Swimmer: Thanks for the suggestion – I’ll add this in next month!

Dear Coach: I missed the first morning workout. What were the drills I missed? Morning Swimmer

Dear M. Swimmer: The first workout the freestyle drills focused on head position, body position, and body roll. In a nutshell, when you are not breathing, look at the bottom of the pool (as if you had a tennis ball under your chin). When turning to breathe, turn the head with the shoulders (don’t lift the top of your head). You can always ask your coach for some feedback and/or tips.

Dear Coach: I am still struggling with the arm movement in freestyle. What are some key things to focus on? New Swimmer

Dear N. Swimmer: I recommend focusing on just one thing at a time, though you can vary the focus each 25, 50, or 100, if you wish. First, ensure that you start by stretching the hand forward above the shoulder (not above the head). From

there, think of keeping the fingers pointed towards the bottom of the pool, with the elbow staying near the surface. Again, don't hesitate to ask your coach for suggestions and feedback at workout.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2024), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$50**. For both, it's **\$65**. 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/>. (I will add detailed links below when available, if I remember!) Details on MSO meets can be found here: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

May 18 Early Bird Triathlon at Carleton U <https://www.somersault.ca/s/early-bird>

May 24-26 Canadian Masters Swimming Championships, Windsor (SO registration required)

<https://www.swimming.ca/en/events-results/events/2024-speedo-canadian-masters-championships/>

June 30 to August 25 Quebec 5km and 10km Open Water Circuits <https://fnq.ca/circuit-deau-libre-2024/>

July 13 Bring on the Bay 3km and 1.5km Open Water Swims, Ottawa <https://bringonthebay.com/>

July 13-14 Ontario Open Water Championships, Gravenhurst (SO registration required)

August 10 Traversee du Lac Simon (Outaouais) 500m, 2km, 4km, 12km, relays

<https://www.facebook.com/events/1041186130447023>; <https://www.traverseelacsimon.com/>

August 17 Traversee du Lac Nicolet 500m, 1k, 2.5k, 5km relay <https://hydrosports.ca/>

August Canadian Open Water Festival, Welland (SO registration required)

November 6-10 Barbados Open Water Festival 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!

Sunday March 17 Special Olympics Time Trial Swim Meet, Brockville

Congratulations to **Melanie** on her swims!

Melanie Heroux (8:40am Earlybirds; swimming for SO Nepean Sharks): 100 free 3:17.41, 100 back 3:26.50, 50 fly 1:50.84, 100 IM 3:42.53

Monday April 15 Boston Marathon

Congratulations to **Jesula** for competing and finishing despite being injured! Good luck for the Ottawa Marathon! Full results: <https://results.baa.org/2024/?pid=search>

Jesula Drouillard (7:15pm Whitecaps; F55-59): 16196th overall, 6019th woman, and 242nd in category in 3:59.48 (gun: 4:01.22)

Saturday April 27 Merrickville Heritage Classic 10k Run (97 participants)

Congratulations to **Susan** on winning her age group, and best of luck for the Ottawa Marathon! Full results:

<https://sportstats.one/en-CA/results/140356>

Susan Nevitt-Yelle (7:35am Earlybirds; F60-64): 13th overall; 4th woman, and 1st in category in 50:51

Saturday May 4 Defi Sportif Montreal Special Olympics Swim Meet

Congratulations again to **Melanie**! Thank you for bringing your medals to the pool on Monday! Fantastic results and a great tune up for the Provincials coming up at the end of the month! Full results: <https://defisportif.com/wp-content/uploads/2024/05/Resultats-Natation-Defi-Sportif-2024.pdf>

Melanie Heroux (8:40am Earlybirds; swimming for SO Nepean Sharks): 1st 100 fly (4:18.30), 100IM (3:35.33); 2nd 100 back (3:14.22)

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 **May 9**).

Notes and Reminders

Carleton Masters Spring/Summer Programs

Registering online 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 4 to Saturday June 29; Monday May 20 workouts are one hour later for the morning groups and one hour earlier for the evening groups.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$112+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$115+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$108+HST

Saturdays: 8:15-9:25am, except 10:45-11:55am on May 18; Coaches: Rotating Schedule; \$56+HST

Summer Session: Tuesday July 2 to Saturday August 31; no workouts Monday July 1 or Monday August 5.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$120+HST

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$56+HST

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

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule:

Monday 4:00-5:00pm and 5:00-6:00pm

Tuesday 3:30-4:30pm and 4:30-5:30pm

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

Please e-mail me for more details.

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 parking in Lot 5. However, between 10am and 4pm Monday to Friday, you must use the hot spot code to register for two hours free parking. (We hope that use of the hot spot will soon be eliminated.)

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 / Aquasport Discount for Carleton Masters Swimmers: Aquasport (2730 Iris Street) is under new management, now being run by Team Aquatic Supplies. We receive a 20% discount on regularly priced merchandise until the end of August 2024. 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

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Club website: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>