

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: May 24, 2024 12:50 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 #634

Carleton Masters Swimming Newsletter #634

Friday, May 24, 2024

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2023, Winter, Spring, Summer 2024 and Alumni: 7:35am Earlybirds I (59 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).

"A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties." – Harry Truman

Masters Swimming Program Notes

- The Spring session started on **Saturday May 4** and runs until **Saturday June 29**.
 - 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

- Congratulations to **Steve Baird** (Carleton Aquatics Coordinator) on his retirement at the end of this month!

- Best of luck to **Melanie Heroux** (8:40am Earlybirds) who is competing this weekend at the Special Olympics Provincial Games in Kitchener-Waterloo! You can follow along here: <https://games.specialolympicsontario.com/>.

- Congratulations to Aunt **Isla Paterson** (8:40am Earlybirds)! Her niece, **Aly Van Wyk-Smart**, qualified for Canada's Paralympic Swimming Team for Paris: <https://twitter.com/SwimOntario/status/1792365891302092823>!

- If you competed in the Earlybird Triathlon/Duathlon/Swim-Cycle/Run events at Carleton on May 18 and I don't have your results (yet), please send them in! Also, if you are participating in the Ottawa Race Weekend and haven't told me, please let me know! Good luck to all those racing!!

- From **Anne Griffith** (8:40am Earlybirds):

For the third year in a row, I will be swimming the Bushtakuh Bring on the Bay 3km Open Water Swim and raising money for Easter Seals on behalf of **Amelia**. My two-year (2022 & 2023) fundraising total was over \$15000 and I can't wait to keep adding to that with your help!

This year will be extra special as I received approval to pull **Amelia** behind me in a small dinghy (providing her health and the weather cooperate). We trained last year, getting up to 2.4 km, and she loves it! One of her favourite spots to play or nap.

Over the past year, **Amelia** has been using a manual pediatric wheelchair at her weekly physiotherapy visits to CHEO to increase her independence. Once she's a little bigger, we will purchase one specifically designed for her and will be requesting financial assistance from Easter Seals. As well, Easter Seals is helping our family by funding incontinence supplies as we are unable to potty train **Amelia**.

Thank you for donating to this amazing cause and supporting our family 😊. Here's the link:

<https://secure.e2rm.com/p2p/fundraising/386897/participant/5413487/en-CA>.

Also, **May 26 to June 1 is National AccessAbility Week** and Wednesday is red shirt day!



- For those interested in swimming in the **Bring on the Bay 1.5k and 3k** event on **July 13** (early bird price until **May 31!**), details are here: <https://bringonthebay.com/register/>. When you sign up you may select a team: Carleton University Masters is listed, and Team MeMe is **Anne's** team to support **Amelia**.

- Breastroker **David Wilkie** has passed away at age 70 from cancer. We will now do the "memorial" **David Wilkie** breaststroke drill. [Thanks to **Sandy Lawson** and **Natalie Aucoin** (7:35am Earlybirds) for bringing this to my attention.] Obituary: <https://www.theguardian.com/sport/2024/may/23/david-wilkie-obituary>.

- 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 on **May 25**. You can sponsor **Sam** here: <https://jack.akaraisin.com/ui/jackride2024/p/6ccfd64566b54a3893114b3bde3624b1>

Aquatic-Related Links:

- Swimming Canada's towering ambitions are on full display at Olympic trials [thanks to Evelyn Simpson (8:40am Earlybirds)]: https://www.theglobeandmail.com/sports/olympics/article-swimming-canadas-towering-ambitions-are-on-full-display-at-olympic/?intcmp=gift_share

- Freesowl Open Water Swimming Backpack Kickstarter: <https://www.youtube.com/watch?v=YiR6b2nz-Vk>

- Competitive Swimming Gave Me the Skills That I Needed to Succeed: Colonel **Sarah Heer**: <https://www.swimontario.com/news/competitive-swimming-gave-me-the-skills-that-i-needed-to-succeed/>

- An Unusual Sponsorship: American Rapper **Flavor Flav** Backing US Women's Water Polo Team to Paris: <https://swimswam.com/american-rapper-flavor-flav-backing-us-womens-water-polo-to-paris/>
- Chinese Doping Scandal Roils Olympic Swimming: The Latest, and What it Means for Paris: <https://theathletic.com/5469492/2024/05/08/chinese-doping-scandal-olympic-swimming/>
- Trailer: Young Woman and the Sea [Ed. Note: The story of **Gertrude Ederle**]: <https://www.youtube.com/watch?v=7tNvrYzPUrk>
- The Cold-Water Way Women Are Thriving in Menopause: <https://www.triathlete.com/culture/news/the-cold-water-way-women-are-thriving-in-menopause/>
- Monkey Pool Party: <https://twitter.com/buitengebieden/status/1778119651555152029>

News and Other Links:

- If You Want to Get Stronger, Routine Is the Enemy: https://www.nytimes.com/2024/05/09/well/move/weight-lifting-strength-training-progressive-overload.html?unlocked_article_code=1.tE0.sjns.mCA_sm39Vil-&smid=url-share
- When Is the Best Time to Work Out?: https://www.nytimes.com/2024/05/04/well/move/workout-exercise-morning-evening.html?unlocked_article_code=1.pU0.-FR8.6vRx8TSQJu1I&smid=url-share
- When the Last Thing You Want to Do Is Exercise: https://www.nytimes.com/2022/01/19/well/move/habits-motivation-exercise.html?unlocked_article_code=1.pU0.a2FK.R8sTsTCS832A&smid=url-share
- The Secret to a Sustainable Workout Habit: https://www.nytimes.com/2024/03/21/well/move/workout-accountability-partner-trainer.html?unlocked_article_code=1.pU0.DFxV.LQdKR5WVvFdf&smid=url-share
- Struggling with Motivation? A Sports Psychologist Helps You Stay in the Game: <https://triathlonmagazine.ca/training/struggling-with-motivation-a-sports-psychologist-helps-you-stay-in-the-game/>

- **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

Further details and changes will be noted here.

The **Saturday May 18** workout was from **10:45-11:55am**, and **long course**.

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

Mark coached the **Monday May 20 5pm and 6:15pm Whitecaps** evening workouts for **Sean**.

Due to changes to **Paddy's** schedule, **Adrian** will be coaching **Saturday July 20 and Saturday August 17**, and **Tim** will coach **Saturday August 31**. **Paddy** will coach **Saturdays June 8 and June 15**. (These changes have been made to the workout plan below.)

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 24 (9 workouts); range: 16-31; average: 26.2

Perfect Attendance: **Jennifer Glassman, Margaret Janse van Rensburg, Pauline Phelan, Shealagh Pope, Thomas Foth**

8:40am Earlybirds: May 6 to 24 (9 workouts); range: 14-28; average: 22.3

Perfect Attendance: **Flo Kellner**

6:00pm Whitecaps: May 6 to 23 (9 workouts); range: 16-30; average: 23.3

Perfect Attendance: **Don Wells, Matthew Sinclair**

7:15pm Whitecaps: May 6 to 23 (9 workouts); range: 6-15; average: 11.3

Perfect Attendance: **Joel Meredith**

8:15am Saturdays: May 4 to 18 (3 workouts); range: 20-27; average: 22.3

Perfect Attendance: **Audrey Belanger Baur, Christine Bogie, Cori Dinovitzer, Isla Paterson, Jennifer Murdock, Jesula Drouillard, Karen Jensen, Margaret King, Mariette Kenney, Mikayla Jensen-Large, Natalie Aucoin**

Ask the Coach

Dear Coach: I have trouble seeing the pace clock and I don't know if I'm actually descending. Any tips? Far-Sighted Swimmer

Dear F-S. Swimmer: Being able to see and use the pace clock is a very important part of improving your swimming! Prescription goggles are wonderful. However, they are easier to find for the near-sighted. I use the Speedo optical goggles. For far-sighted swimmers, it's a bit more challenging to find a cost-effective solution, but I believe that the Sporti goggles are quite good. Here's a link: <https://www.amazon.ca/Sporti-Antifog-Positive-Optical-Goggle/dp/B09RQQ8B14/>.

Dear Coach: I'd like to get more feedback on my stroke. Is that possible? New Swimmer

Dear N. Swimmer: Just ask your coach whenever you want feedback. We are happy to help. Not everyone is interested in feedback, so asking is the best way to ensure that you get the amount of feedback you want!

Dear Coach: I struggle with the breaststroke kick. Any suggestions? Not A Breaststroker

Dear N.A. Breaststroker: Honestly, breaststroke kick is the most challenging skill to learn if it doesn't come naturally. Some swimmers really struggle to keep their hips level, and/or to flex their ankles and turn out their toes. For the recovery phase of the kick you want to bring your heels towards your butt, keeping your knees fairly close together. From there, you need to flex your ankles and turn your toes out. Most good breaststrokers have a narrow kick, but if you need to widen your knees to point your toes out, that will generally give you more power. You then want to accelerate through the kick thinking about kicking back (not kicking out). The feet should clap together, and you then point your toes and squeeze your butt on the glide.

Dear Coach: What is IM? Another New Swimmer

Dear A.N. Swimmer: In the context of our Masters workouts, IM is Individual Medley, sometimes referred to as just Medley. IM is made up of one quarter butterfly, one quarter backstroke, one quarter breaststroke, one quarter freestyle. If you followed along with Canada's Olympic and Paralympic Trials, **Summer McIntosh** set a new World Record in the 400IM in 4:24.38.

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 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 7 Collingwood Terminals 1k, 3k, 5k Swims and 12k Swim/Run Challenge

<https://raceroster.com/events/2024/84585/collingwood-terminals-open-water-swim-and-swimrun-challenge>

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)

<https://www.swimming.ca/en/meet/41099/>

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

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

August 11 Deep River 1.5km Cross River Swim <https://www.wateranddirt.ca/water/cross-river-swim/>

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

August 18 Parry Sound 15k Ultra Swim and SwimRun Championships

<https://raceroster.com/events/2024/87564/mudskipper-canadian-individual-swimrun-championships-and-parry-sound-15k-ultra-swim>

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!

May 18 Early Bird Triathlon and Duathlon at Carleton U

Please let me know if you participated! Full results: <https://sportstats.one/event/ottawa-early-bird>.

Long Duathlon (5k run / 30k bike / 2.5k run; 23 competitors)

Great job, **Jake**!

Jake Graham (7:35am Earlybirds; M40-44): 20th overall; 15th man, and 2nd in category in 2:04:22.

Swim Cycle (500m swim / 30k bike; 18 competitors)

Congrats to **Sam** on a podium finish!!

Sam Holmstrom (Saturdays; F30-34): 8th overall; 3rd woman, and 1st in category in 1:29:44.

May 18 Thousand Islands Half Marathon (151 competitors)

Congratulations to **Peter** on a fantastic race! Full results:

<https://runsignup.com/Race/Results/68489/?resultSetId=257135#resultSetId-458410;perpage:100>.

Peter Konecny (6pm Whitecaps; M60-64): 2nd overall, 2nd man, and 1st in category in 1:25:35 (1:25:33)

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 24**).

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 (full: wait list available)

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 (full: wait list available)

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/>