

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: June 21, 2024 12:42 PM
To: 'Colin Adams'; 'Steve Baird'; 'Jennifer McPhee'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #636

Carleton Masters Swimming Newsletter #636

Friday, June 21, 2024

To: Carleton Masters Coaches / Staff (11 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).

"Try and fail, but don't fail to try." – John Quincy Adams

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.
- **There are no workouts on Monday July 1 (Canada Day).**
- The Summer session runs from **Tuesday July 2** to **Saturday August 31**.
 - There is still space in all groups. A reminder that the only groups running in the Summer session are the 7:35am Earlybirds (9 lanes), 6pm Whitecaps, and 12:15pm Saturdays.

Swimmer Notes

- Congratulations to **Coach Adrian Finn** who got married last week!

- Congratulations to **Jennifer McPhee** who is taking over from **Steve Baird** as Carleton's Aquatics Coordinator!

- **Renate Hulley** (8:40am Earlybirds) is a member of Art Lending of Ottawa. They are having a show tomorrow, **Saturday June 22 from 10am to 4pm** at the Jim Durrell Recreation Centre, 1265 Walkley Road. Parking and admission are free and there are door prizes. You can read more about the show and Renate's work here:

<https://www.artlendingofottawa.ca/>, here: <https://www.artlendingofottawa.ca/renate-hulley> and here: <https://renatehulley.wordpress.com/>.

- Ottawa's River House is open for the season: <https://ncc-ccn.gc.ca/places/ncc-river-house>.

- **Katie Macdonald** (7:35am Earlybirds) owns an Airbnb cottage not too far from Ottawa. She is kindly offering \$100 off a stay for Carleton Masters swimmers. Details here:

https://www.airbnb.ca/rooms/43542793?locale=en&set_bev_on_new_domain=1717429837_MzYxMWE3MTMxMWJl, and you can contact her at: kmacdon3@gmail.com.

- **June** is Participaction's Community Challenge: https://www.participaction.com/programs/community-challenge/?utm_campaign=Community_Challenge. Anyone may sign up as an individual. If there is support, I can sign up Carleton Masters and report our numbers for each workout.

- 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>.

Aquatic-Related Links:

- Swimming Helps Reduce Stress?! [thanks to **Jennifer Glassman** (7:35am Earlybirds)]:

<https://www.facebook.com/reel/1538048037094659>

- This American Life Podcast: A Day at the Beach [thanks to **Heloise Emdon** (7:35am Earlybirds), who recommends Act One about an older lifeguard]: <https://www.thisamericanlife.org/714/day-at-the-beach>

- At 80, He's the Oldest Working Lifeguard in Ontario: **Michael Olsen**, 80, and **Bruce McNicoll**, 64, Recently Got Re-Certified [Ed. Note: On the topic of older lifeguards, this is from last year]: <https://www.cbc.ca/player/play/video/1.6743309>

- US Swimmer **Gary Hall Sr.** Recalls His 'Greatest Honor' at the Olympics and Making History with His Son:

<https://people.com/swimmer-gary-hall-sr-olympics-memories-exclusive-8660439>

- 'Super Cute' Stowaway Demands A Free Ride From College Rowing Team: <https://www.thedodo.com/daily-dodo/super-cute-stowaway-demands-a-free-ride-from-college-rowing-team>

News and Other Links:

- Longevity Strategies for Your Daily Life, From Blue Zone Tips to Cultivating Positive Personality Traits:

<https://www.everythingzoomer.com/health/2023/08/28/longevity-strategies-for-your-daily-life/>

- Muscles in Knots? Here's How to Loosen Them Up: https://www.nytimes.com/2024/05/14/well/move/muscle-pain-knots.html?unlocked_article_code=1.sk0.9SLy.heQkswmc_8FC&smid=url-share

- **Morrie Markoff**, Listed as Oldest Man in the U.S., Dies at 110: https://www.nytimes.com/2024/06/11/us/morrie-markoff-dead.html?unlocked_article_code=1.0E0.wmgb.Wsu0wFwLeXNI&smid=url-share

- Think Fast: The Mental and Cognitive Benefits of Running: <https://newsroom.carleton.ca/story/running-mental-cognitive-benefits/>

- Muscle Is Important for Good Health – Here's How to Maintain It After Middle Age:

<https://everythingzoomer.com/health/2024/05/15/muscle-is-important-for-good-health-heres-how-to-maintain-it-after-middle-age/>

- **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.

Adrian coached the **6pm and 7:15pm Whitecaps** for **Sean** on **June 17**.

Mark coached the **6pm and 7:15pm Whitecaps** for **Paddy** on **June 18**.

Mark is coaching the **6pm and 7:15pm Whitecaps** for **Sean** on **June 24**.

Sean is coaching the **6pm and 7:15pm Whitecaps** for **Paddy** on **June 25**.

Thanks to all those who participated in the time trials on Wed Jun 12 and Mon Jun 17. The results (fastest and improvements) will be in the end-of-term newsletter!

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. Apologies to **Konstantin Petoukhov** (6pm Whitecaps) for missing him last time from the perfect attendance list last time (he has now missed one workout).

7:35am Earlybirds: May 6 to June 21 (21 workouts); range: 16-31; average: 26.0
Perfect Attendance: **Margaret Janse van Rensburg, Pauline Phelan**

8:40am Earlybirds: May 6 to June 21 (21 workouts); range: 14-28; average: 21.5
Missed 1 Workout: **Susan Hulley**

6:00pm Whitecaps: May 6 to June 20 (21 workouts); range: 16-30; average: 22.1
Perfect Attendance: **Don Wells, Matthew Sinclair**

7:15pm Whitecaps: May 6 to June 20 (21 workouts); range: 6-15; average: 11.1
Perfect Attendance: **Joel Meredith**

8:15am Saturdays: May 4 to June 15 (7 workouts); range: 19-27; average: 23.6
Perfect Attendance: **Audrey Belanger Baur, Christine Bogie, Cori Dinovitzer, Margaret King, Mikayla Jensen-Large**

Ask the Coach

Dear Coach: Are all the pace clocks on the pool deck and walls synchronized? Now I Can See

Dear N.I.C. See: Congratulations on your new prescription swimming goggles! Yes, the pace clocks are (or should be) synchronized. If you ever notice that one is out of synch, just let your coach know.

Dear Coach: I enjoyed the short and long distance time trials. How can I get a record of my times? New Morning Swimmer

Dear N.M. Swimmer: Glad you enjoyed them! I put all the times into a spreadsheet. After you receive the end-of-term newsletter, just send me an email and I can send you an excerpt with your data.

Dear Coach: How many dolphin kicks am I permitted to do off the wall in freestyle? Working On My Turns

Dear W.O.M. Turns: A lot 😊 ! In butterfly, backstroke, and freestyle you are permitted to kick underwater for up to 15m. To be exact, your head must break the surface by the 15m mark. In fly, you must do dolphin kicks. In back and free you may do flutter and/or dolphin kicks. In backstroke, you must stay on your back. Breaststroke is different in that there is no distance limit, but as you are only permitted one dolphin kick, one underwater pull, and one breaststroke kick, getting further than 15m would be a challenge.

Dear Coach: I've seen the younger kids at Carleton practicing straight-arm freestyle. Would you recommend that? Old Dog, New Tricks!

Dear O.D.N. Tricks!: Straight-arm freestyle involves keeping the arms straight or straight-ish in both the recovery and the propulsive phases of the stroke. This technique is used successfully only for short distances. For Masters swimmers, I would recommend it for younger sprinters as it is harder on the joints, but feel free to experiment. You can read a bit more here: <https://www.swimoutlet.com/blogs/guides/how-when-to-swim-straight-arm-freestyle>.

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>.

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!

June 6-7, 24 Miles in 24 Hours Swim, Wilkes-Barre, Pennsylvania

Here's **Tom Heyerdahl** (8:40am Earlybirds)'s report on this grueling event!

I'd like to thank you all for your support for my "24 in 24" attempt. I accomplished 12 miles in 12 hours. My mini goals were 10 k, and 16 km, so to do more than 18 km for my longest swim in 12 hours is acceptable. Honestly, I'm disappointed that I didn't make the 16 Mile (25 km) or 24 mile (38 km). The pool deck was intensely hot, and my sweat wasn't cooling me. The water temp was 27+°. It wasn't until my 12th mile that I realized I hadn't been able to pee for 12 hours. (No urination at breaks despite consuming 9 litres of water/carbmix/electrolytes.) This, along with upper back pain was cause for concern. Stopping was the right decision.

It took 5 litres of water/electrolytes and 3 hours before things returned to "normal". (5 hours sleep and more fluids helped.)

18 km is my furthest distance yet, and to do it in a pool in intense heat is an accomplishment. My nutrition worked well, but more Electrolytes might be an idea for next year. (Also my open turns are still a skill in development, which really degraded over the 792 turns).

It was lovely to swim between **Nadine Bennett** and **Mary Stella**, most distance swims are done alone. I can't express how extreme, and wonderful the event was. All the swimmers 13 soloists, (and may relay swimmers) are incredible, stubborn, beautiful people.

Thanks again for the support and the donations. The CYC is a vital resource for inner city kids in the heart of Wilkes-Barre Pennsylvania. The soloists had the support of roughly 20 kids from the daycare at the finish.

I can put the heat in the context that the fundraiser was for a new HVAC system.

June 8-9 Lachine Dragon Boat Festival

Several Carleton swimmers are members of the Bytowne club that participated in this event, as well as another one in May. They are also participating in the Ottawa Dragon Boat Festival this weekend. Results next time!!

June 14-16 USA Water Polo Pacific Northwest Junior Olympics Qualification Tournament

Here's **Mike Wheatley** (7:35am Earlybirds)'s report on the event. Congratulations to **Mike, Lilly, Coulsen** and all the other team members on earning their trip to California in July!

All the Ottawa Titans (playing with Bainbridge Water Polo from Washington state) have punched their tickets for the main (Junior Olympics (JO's)) tournament in San Jose in July. The 16U girls went undefeated in their 3 matches earning a berth in the Championship Division - **Maddie Eibner** and **Danan Burke** also joined **Lilly Wheatley** (Earlybirds Alumna) in the 5 x 18U games which also went well, earning a spot in the Classic Division.

16U boys were the only category in the Qualification tournament where one team would face elimination due to the JO allocations. **Ketan Naik** and **Coulson Wheatley** (Earlybirds) and our young 16U squad had a couple of challenging games against older bigger teams but rallied hard and earned the final berth with a few nail-biter one goal games, one loss and two wins in the final minutes. Coach **Mike Wheatley** (Earlybirds) earned a few more grey hairs but we're headed to California in July to play in Classic Division Games.

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 **June 18**).

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/>