

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: July 12, 2024 2:25 PM
To: 'Colin Adams'; 'Jennifer McPhee'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #638

Carleton Masters Swimming Newsletter #638

Friday, July 12, 2024

To: Carleton Masters Coaches / Staff (11 addresses)

Bcc: Those registered for Fall 2023, Winter, Spring, Summer 2024 and Alumni: 7:35am Earlybirds I (67 addresses), 8:40am Earlybirds II (50 addresses), 6:00pm Whitecaps I (62 addresses), 7:15pm Whitecaps II (48 addresses), Saturday Only (14 addresses), Alumni (41 addresses).

"Challenges aren't sent to destroy you, they are sent to strengthen you." – Dan Cohen

Masters Swimming Program Notes

- The Summer session runs from **Tuesday July 2 to Saturday August 31**.
 - **There are no workouts on Monday August 5 (Civic Holiday).**
- A reminder that the only groups running in the Summer session are the 7:35am Earlybirds (9 lanes), 6pm Whitecaps, and 12:15pm Saturdays.
- The 7:35am Earlybirds and 6pm Whitecaps are full. Waitlists are available. Please let me know if you are on a waitlist!

Swimmer Notes

- Thank you to **Ruth Fawcett** (7:35am Earlybirds) for passing along this link to **Anne Griffith** (8:40am Earlybirds)'s interview on CBC's Ottawa Morning from this morning. **Anne** is discussing the Bring on the Bay Race where she'll be towing **Amelia** tomorrow: <https://www.cbc.ca/listen/live-radio/1-100-ottawa-morning/clip/16081004-bring-bay-race>. Good luck to **Anne** and **Amelia**, and everyone else racing tomorrow!

- **Philip Kaisary** (Whitecaps) has not been swimming with Carleton Masters for a few years, but will be back in the Fall. In the meantime, he has published a book: From Havana to Hollywood: Slave Resistance in the Cinematic Imaginary: <https://sunypress.edu/Books/F/From-Havana-to-Hollywood>.

- **July 21 to 27** is National Drowning Prevention Week. This year, the Lifesaving Society Ontario is focusing on non-fatal drowning: <https://www.lifesavingsociety.com/media/407203/ontariononfataldrowningreport2023-20231020.pdf>.

- Are you interested in trying out dragon boat? The Bytown Dragon Boat Club has crews for all age groups and are especially looking to fill out our new Senior D (aged 69+) and Para teams. Newcomers are welcome to try out a practice. Visit <https://www.bytowndbc.ca> to learn more. Carleton students can check out the Carleton Dragon Boat Club on Facebook: <https://www.facebook.com/groups/532745783732775>. You can read the club's race report near the end of the newsletter for information on their exciting recent events.

- **Nathan Fudge** (6pm Whitecaps) owns a cottage that would be great for any open water swimmers who love clean, cool, and calm waters. It is available for much of August. Check it out here: <https://www.cottagesincanada.com/41030>.

- **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.

- 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:

- Plan B For The Olympic 10K Marathon Swim: <https://dailynewsopenwaterswimming.com/plan-b-for-the-olympic-10k-marathon-swim/>

- 10 Days in Paris: The Swimming Life of U.S. Olympian **Katie Grimes** [Ed. Note: She hopes to race 13.8k in total!]:

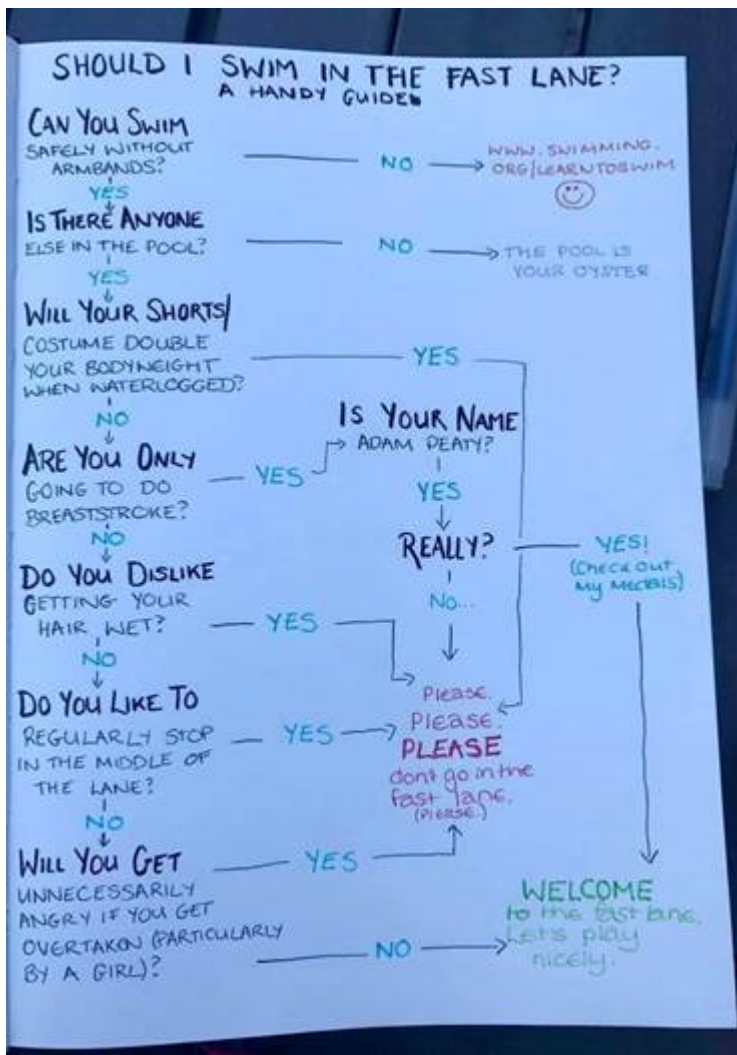
<https://dailynewsopenwaterswimming.com/10-days-in-paris-the-swimming-life-of-olympian-katie-grimes/>

- It's not **Aly van Wyck Smart**'s first rodeo: <https://twitter.com/SwimmingCanada/status/1807475514304544835>

- Clarification on **Ross Edgley**'s Yukon River Swim: Not an Official Open Water Swimming Record:

<https://www.openwaterswimming.com/clarification-on-ross-edgleys-yukon-river-swim-not-an-official-open-water-swimming-record/>

- Should I Swim in the Fast Lane during a Public Swim (British Edition)?:



News and Other Links:

This Olympics Could Be the Hottest Yet. Here's How Athletes Are Preparing:

https://www.nytimes.com/2024/07/06/well/move/paris-olympics-heat-training.html?unlocked_article_code=1.5U0.BBlu.e4rWt2bM-wX1&smid=url-share

- Competitive Eaters Are Just Like Us. Give or Take a Dozen Hot Dogs:

https://www.nytimes.com/2024/07/03/dining/chestnut-kobayashi-competitive-eaters.html?unlocked_article_code=1.4U0.JR-W.lGtFHZ8Klp7p&smid=url-share

- The Beauty of Embracing Aging: https://www.indianagazette.com/opinion/charles-blow-the-beauty-of-embracing-aging/article_6755bb7a-274f-11ef-a447-976eb3759ba0.html

- **Lionel Sanders** Proves That Shaving Your Legs and Arms Makes You Faster:

<https://triathlonmagazine.ca/training/lionel-sanders-proves-that-shaving-your-legs-and-arms-makes-you-faster/>

- 90 Year-Old **Flo Meiler** Breaks Pole Vault World Record: <https://www.facebook.com/reel/440747138873434>

- 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/>.

Summer Session Information

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

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and 3 lanes Shallow End: **Lynn**

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

12:15-1:25pm Saturdays: Shallow End: rotating coach schedule

Further details and changes will be noted here.

Blake is coaching the **12:15pm Saturday** workout for **Adrian** on **Saturday July 13**.

Adrian is coaching the **12:15pm Saturday** workout for **Blake** on **Saturday August 3**.

These changes have been made to the Workout Themes document.

Special Sets:

Tue/Wed July 30/31: fin day

Thu/Fri August 8/9: short distance time trials: a.m.: lanes 1 – 3

Mon August 12: short distance time trials: a.m.: lanes 4 – 6

Tue/Wed August 13/14: short distance time trials: a.m.: lanes 7 – 9

Tue/Wed August 20/21 (and Thu/Fri August 22/23?): 1500/800 free time trial

Thu/Fri August 29/30: 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: July 3 to 12 (5 workouts); range: 32-37; average: 34.6

Perfect Attendance: **Bob Tipple, Bruce Brown, Cheri Reddin, Cori Dinovitzer, Harley Gifford, Isla Paterson, Mike Mopas, Nancy Luitwieler, Nicole Le Saux, Paul Buzuloiu, Steve Dods, Susan Hulley, Ursula Scott**

6:00pm Whitecaps: July 2 to 12 (5 workouts); range: 19-25; average: 21.0

Perfect Attendance: **Derek Woodard, Don Wells, Kelly Biggs, Marshall Perrin, Nicole Delisle, Seana Biggs**

12:15pm Saturdays: July 6 (1 workout); range: 14-14; average: 14.0

Perfect Attendance: **Cameron Dawson, Christian Cattan, Danielle Schneiderman, Dave Cavana, Homero Martinez, Ian Lorimer, Mariette Kenney, Nicole Delisle, Nicole Le Saux, Rebekah Schneiderman, Runchen Zhao, Sheila Kealey, Stephanie Le Saux-Farmer, Susan Hulley**

Ask the Coach

Dear Coach: I have an Athletics Senior (55+) membership. I read that those with a Senior Ravens Membership cannot join the Saturday Masters group. Is that true? It seems somewhat ageist? Whitecaps Senior Swimmer

Dear S. Swimmer: There are several different Senior memberships and the names are confusing. You can have an All-Inclusive Senior Membership, a Morning-Only Senior Membership, a Swim-Only Senior Membership, or a Senior Ravens Membership. The all-inclusive version is good at all times, as is the swim-only (but only for the pool). The morning-only is good 6:00-11:30am every day, and the senior ravens is good only Monday to Friday 6:00am to 1pm. As you swim with Whitecaps, you do not have the Senior Ravens Membership, so you may join the Saturday Masters. More details here: <https://athletics.carleton.ca/memberships/>.

Dear Coach: How should I push off the wall in backstroke? Working on My Turns

Dear W.o.M. Turns: Whenever you push off the wall in backstroke, you should be on your back. As with the other strokes, you want to be submerged (vs. at the surface), and you want to have your arms above your head in a streamlined position. Some swimmers push off on their back with their hands at their sides. As well as being less streamlined and slower, it's also a bit dangerous as having your arms up protects your head (from someone coming the other direction) at a time when you are moving quickly.

Dear Coach: What is the correct body position in breaststroke? A Breaststroker

Dear A. Breaststroker: Breaststroke has changed a lot over the years. In the 1970s swimmers had to keep part of the head above the water at all times except during the turns. Now that is no longer required, and most good breaststrokers rotate along the short axis, similar to butterfly. You want to keep your neck straight and rock your body forwards and backwards, so that you are in a streamlined position for the glide, but drop your hips and raise your shoulders during the first part of the stroke. Here are a couple of videos that you may find helpful:

<https://www.youtube.com/watch?v=8l71Gax54K4>, <https://www.youtube.com/watch?v=3aofS2pF6A0>.

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 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 22-23 Mont Tremblant Triathlons

June 22 5150 (Olympic) Distance

Great job by **Julie** who finished on the podium for her age group!! Full results: <https://sportstats.one/results/140936>

Julie Batson Nott (6pm Whitecaps; F60-64); 659th overall, 186th female, and 2nd in category in 3:10:39 (swim 26:01)

June 23 70.3 (Half Ironman) Distance

I included **Colin** and **Sandra** last time, but omitted **Mars** and **Margaret** who both had great races. Congratulations to **Margaret** on a podium finish!!

It was so wet and stormy that the swim was shortened for some and cancelled for others! Great job in horrible conditions!! Full results: <https://www.ironman.com/im703-mont-tremblant-results>.

Colin Kiviaho (7:35am Earlybirds; M45-49): 128th overall, 109th man, and 4th in category in 4:33:39 (swim 23:09)

Margaret King (Saturday Earlybirds; F60-64): 1195th overall, 223rd woman, and 3rd in category in 5:58:37 (swim 23:52)
Sandra Kiviaho (7:35am Earlybirds; F45-49): 1348th overall, 272nd woman, and 22nd in category in 6:10:30 (swim 23:19)
Mars Nienhuis (Whitecaps; F30-34): 1734th overall, 419th woman, and 58th in category in 7:19:30 (swim 24:19)

Here's **Mars'** race report:

Bucket list item achieved!! So grateful to share that after two years of training and last year's heartbreaking cancellation due to wildfire smoke, I finally had the chance to cross that finish line. A massive thank you to my incredible cheer squad, not only for braving Sunday's torrential rain, but also for your support and encouragement throughout the entire training process. It was a roller coaster, and I could not have done it without you. Here's to pushing ourselves to our limits, and setting the stage for more fantastic adventures to come.



July 6 Gatineau Olympic Distance Triathlon

Well done both **Colin** and **Sandra**! Good to see that **Sandra** got the swim win this time 😊 ! Full results: <https://www.athlinks.com/event/356916/results/Event/1084985/Results>.

Colin Kiviaho (7:35am Earlybirds; M45-49): 28th overall, 26th man, and 4th in category in 2:11:23 (swim 30:33)

Sandra Kiviaho (7:35am Earlybirds; F45-49): 131st overall, 28th woman, and 6th in category in 2:39:51 (swim 28:01)

Here's **Sandra's** race report:

Short Olympic Race Report - Gat Tri

- [x] Pretty good forecast.
- [x] Swim - First 50m toe in mouth
- [x] Swim - Seeing Colin in transition. Since he started 3 min before, I knew I had beat him 🤪
- [x] Bike - Grinning ear to ear - fastest bike ever for me - technical course and I avg 31km/hr!!
- [x] Run - Skunk crossing right in front of me. Hot, but got it done!

Post race

Very competitive race with Military Championships and World Championships.

- [x] Today was my day! PB by over 5min.
- [x] 6th out of 11 in my age. Very proud!!
- [x] Colin, pb by 1.5 min on course, and was 4th in his old age.



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 **July 1**).

Notes and Reminders

Carleton Masters Summer Program

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:

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/se0/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

lynnmar@sce.carleton.ca

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