

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** November-15-13 1:59 PM  
**To:** 'Fran Craig'; 'Steve Baird'; Alex Joubert; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; 'Tim Kilby'  
**Subject:** Carleton Masters Swimming Newsletter #349

## Carleton Masters Swimming Newsletter #349

Friday, November 15<sup>th</sup>, 2013

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those Registered for Fall 2013 and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (30 addresses), 6pm Whitecaps I (43 addresses), 7:10pm Whitecaps II (27 addresses), 8:10pm Whitecaps III (17 addresses), Saturday Only (6 addresses), Masters "Alumni" (38 addresses).

"Do you know that the harder thing to do and the right thing to do are usually the same thing? Nothing that has meaning is easy. "Easy" doesn't enter into grown-up life". – Robert Spritzel

### Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 21<sup>st</sup>**.
  - There are no further cancellations this term.
- Registration for both Fall and Winter Masters programs is underway (details at the end of the newsletter). Here are the groups with fewer than 15 spots left:
  - 6pm Fall: **full**: wait list available
  - 7:30am Fall: **full**: wait list available
  - 6pm **Winter**: 1 spot left
  - 7:30am **Winter**: 2 spots left
  - Saturdays Fall: 3 spots left
  - 8:10pm Fall: 7 spots left
  - 8:30am Fall: 11 spots left
  - 7:10pm Fall: 12 spots left

### Swimmer Notes

#### Swimmer Updates:

- Coming Soon!: The **Masters Annual Festive Potluck** is planned for the evening of **Sat Nov 23<sup>rd</sup>** at **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (7:10pm Whitecaps)'s, near the Civic Hospital. All welcome! Full details here: <http://carletonmasters.tripod.com/festive2013.pdf>.

- Congratulations to **Andrea Chandler** (6pm Whitecaps) on the publication of her book: *Democracy, Gender, and Social Policy in Russia: A Wayward Society*: <http://www.palgraveconnect.com/pc/doi/10.1057/9781137343215>.

- Congratulations to **Jamie Chalmers** (7:10pm Whitecaps) for currently being 8<sup>th</sup> in Canada (across all age groups and both genders) in the 2013 Canadian Masters Long Course Meters (LCM) rankings!

- Here's a video put together by **Natalie Aucoin** (8:30am Earlybirds): <http://youtu.be/kxcP-aQ3TQ>. It is from the Friday session of Masters Nationals in May (yes, it took a while!) and includes footage of the "Dream Team" both individual events and their relay. The Dream Team is **Francois Jacques** (7:30am Earlybirds), **Natalie**, **Sandy Lawson** (7:30am Earlybirds), and **Ian Lorimer** (7:30am Earlybirds).

- **Duane Leon** (7:30am Earlybirds) who broke both wrists just a couple of weeks into the fall term, reports that the surgery on his left wrist went well and now has a lot of hardware in it! The casts came off at the end of October and he has a lot of physio work to do, especially on the left wrist. He hopes to be back in the pool in January.

- Are you a Carleton employee with a parking pass for a parking lot other than P5 (Athletics)? If so, you can now get a special sticker for your parking pass that will allow you to park in P5 while you work out during the following times: weekdays: 7-9am, 11am-2:30pm (max 90min), and after 5pm, plus anytime on weekends. Details here: <http://carleton.ca/healthy-workplace/parking-athletics/>.

- Interested in some help with your fitness? **Nick Westcott** ([Nicolas.Westcott@carleton.ca](mailto:Nicolas.Westcott@carleton.ca)) is Carleton Athletics' new High Performance Centre's Strength and Conditioning Coach. He works with individual athletes and groups to develop strength programs to help you improve in your chosen sport(s). Details are here: <http://athletics.carleton.ca/facilities/rental-information/high-performance-centre/>.

Note that Carleton also offers personal training aimed at general fitness rather than high performance. Details on that can be found here: <http://athletics.carleton.ca/fitness/#personal-training>.

- **Penny Estabrooks** (8:30am Earlybirds) is not swimming this term due to a busy travel schedule, but she is still participating in a [Craft Show](#) on **Sat Nov 30<sup>th</sup> 1-4pm** at 94 Cameron. Check out the [cards](#) that she will be selling.

- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps that she ordered in time for Masters Nationals. Note that our official team name for swim meets is Carleton University Masters Whitecaps, and although for registration purposes Carleton calls only the evening groups "Whitecaps", that doesn't mean these caps are intended only for evening swimmers! **Carolyn** got extra caps printed so that everyone on the team can get one (or two!). They are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. A very big thank you to **Carolyn** and her daughter for doing this!! This is what the caps look like:



## News and Links:

- Sun Yang (1500m World Record holder) Suspended from Training/Competing for Driving without a License: <http://www.swimmingworldmagazine.com/lane9/news/world/36582.asp>

- Ryan Lochte Injured by Fan: [http://tracking.si.com/2013/11/05/ryan-lochte-fan-acl-injury/?sct=hp\\_t2\\_a6](http://tracking.si.com/2013/11/05/ryan-lochte-fan-acl-injury/?sct=hp_t2_a6)

- Ryan Lochte will not have Surgery: <http://www.swimmingworldmagazine.com/lane9/news/world/36611.asp>

- Fifteen Swimmer Stereotypes: Which One is You?: <http://swimswam.com/15-swimmer-stereotypes-fit/>

- Swim Q&A Open Water Swimming: <http://triathlete-europe.competitor.com/2013/10/29/swim-qa-cramps-buoys-swim-split-times>

- Breathing and Buoyancy in Open Water Swimming: <http://www.usms.org/articles/articledisplay.php?aid=2774>

- Five Masters World Records in Two Hours!:

<http://www.swimmingworldmagazine.com/lane9/news/Masters/36547.asp?q=Darian-Townsend-Makes-Masters-Swimming-Debut-With-Five-Short-Course-Meters-World-Records>

- Yoga Poses to Prevent Swimming Injuries: <http://www.active.com/swimming/Articles/4-yoga-poses-to-prevent-swimming-injuries.htm?page=1>

- Invisible Bike Helmet: <http://www.travelinggreener.com/cycling/invisible-bike-helmet-from-sweden/>

**Swim Suits for Sale:** The suits range in brand, style, and colour. Most prices are \$40 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 \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. Just a few silicone caps left at \$2. 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.

## Fall Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End: **Lynn**

7:10pm Whitecaps: Shallow End: Monday/Thursday: **Alex**; Tuesday: **Mits**

8:10pm Whitecaps: Shallow End: Monday/Thursday: **Alex**; Tuesday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

**Alex** will be coaching for me on the **morning of Mon Dec 16<sup>th</sup>**, due to my students' final exam.

### Fin Days:

Tue Oct 29<sup>th</sup> / Wed Oct 30<sup>th</sup>

Thu Nov 28<sup>th</sup> / Fri Nov 29<sup>th</sup>

### Time Trials:

Thu Oct 17<sup>th</sup> / Fri Oct 18<sup>th</sup>: 400fs or IM

Thu Oct 24<sup>th</sup> / Fri Oct 25<sup>th</sup>: two 50s choice

Mon Nov 4<sup>th</sup>: 200 choice

Tue Nov 19<sup>th</sup> / Wed Nov 20<sup>th</sup>: 800 / 1500fs

Tue Dec 3<sup>rd</sup> / Wed Dec 4<sup>th</sup>: 100 choice

Thu Dec 19<sup>th</sup> / Thu Dec 20<sup>th</sup>: relays

This information and more can be found with the Fall workout themes at:

<http://carletonmasters.tripod.com/mastplanfall13.pdf>.

Thanks to all who participated in the 200 time trials on **Mon Nov 4<sup>th</sup>**. The most improved was **Jordan Monnink** (7:10pm Whitecaps). He improved his 200fs by 16.6 seconds! **Deb Lee** (6pm Whitecaps) improved her 200fs by 12.2 seconds. A list of all improvements follows:

### 200fs (7)

**Jordan Monnink** (7:10pm Whitecaps) 16.6

**Deb Lee** (6pm Whitecaps) 12.2

**Matthew Tucciarone** (8:30am Earlybirds) 6.0

**Erin McLean** (7:10pm Whitecaps) 5.5

**Lee Storm** (6pm Whitecaps) 4.5

**Francois Jacques** (7:30am Earlybirds) 0.3

**Sandy Lawson** (7:30am Earlybirds) 0.3

### 200IM (3)

**Jim Lee** (7:30am Earlybirds) 3.6

**Ursula Scott** (7:30am Earlybirds) 1.8

**Masashi Kobayashi** (7:10pm Whitecaps) 0.7

Here are the weekday attendance statistics. Please let me know of any errors. The statistics will be updated throughout the term, with certificates awarded to those who maintain perfect weekday attendance:

**7:30am Earlybirds:** Sept 4-Nov 15<sup>th</sup> (31 workouts); range: 19-35; average: 25.0

Perfect Attendance: **Christian C, Susan N-Y**

Missed 1 Workout: **Scott W**

Missed 2 Workouts: **Brad S, Margaret K**

Missed 3 Workouts: **Bruce B, Chris M, Jim L, Ursula S, Zoe P**

Missed 4 Workouts: **Kevin G, Kim F**

**8:30am Earlybirds:** Sept 4-Nov 15<sup>th</sup> (31 workouts); range: 13-26; average: 20.2

Perfect Attendance: **Natalie A**

Missed 1 Workout: **Amir B**

Missed 3 Workouts: **Margaret DK, Masa O**

**6:00pm Whitecaps:** Sept 3-Nov 14<sup>th</sup> (31 workouts); range: 16-31; average: 24.9

Missed 2 Workouts: **Don W**

Missed 3 Workouts: **Deb L, Jian-Lok C, Nicole D**

Missed 4 Workouts: **Debby W, Peter L, Siobhan M**

**7:10pm Whitecaps:** Sept 3-Nov 14<sup>th</sup> (31 workouts); range: 7-20; average: 15.0

Missed 2 Workouts: **Joanie C**

Missed 3 Workouts: **Jordan M**

**8:10pm Whitecaps:** Sept 3-Nov 14<sup>th</sup> (31 workouts); range: 4-11; average: 7.5

Missed 4 Workouts: **Andrew D, Lynn B**

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2013-2014 is now open. Note that you must register with MSO before the **due date** of the entry for your first competition. You must register with MSO (as a Carleton Masters swimmer) if you want to enter any competitions (e.g. the Masters World Championships in Montreal next summer). The cost has gone up slightly: **\$38**. If you have not registered with MSO and Carleton Masters (or have not competed since 2008), I need the following: name, date of birth, address, phone number. If you have registered with us in the past five years, I just need to know if any of your information has changed. You may pay by cash or cheque payable to me (**Lynn Marshall**).

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/events/>.

For Quebec competitions see: <https://www.swimming.ca/MeetList.aspx>, select FNQ and Masters <show>, and the upcoming meets tabs, then the appropriate month or "season", then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming competitions, mostly in Ontario and Quebec, for 2013-2014. Links will be added to further information when available. More meets and more details will be added as the information become available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

Note that Etobicoke's November meet will not be held due to pool renovations

Sat Nov 23<sup>rd</sup> Swim Ottawa Meet, Brewer Pool <http://www.mastersswimmingontario.ca/events/fall-splash-2013/>

Sat-Sun Nov 23-24<sup>th</sup> Coupe de Quebec LC, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15071>

Sat Nov 30<sup>th</sup> Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/clarington-no-excuses-masters-meet/>

Sun Dec 1<sup>st</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-2/> and <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>

Sat Dec 7<sup>th</sup> Montreal Nord Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=14832>

Sat-Sun Dec 7-8<sup>th</sup> Ste-Foy Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=15386>

Sun Dec 8<sup>th</sup> North York Pentathlon <http://www.mastersswimmingontario.ca/events/north-york-gators-pentathlon-2/>

Sun Jan 19<sup>th</sup> Alderwood SCY Masters Meet

Sat Jan 25<sup>th</sup> Pointe Claire Masters Meet

Sat-Sun Feb 8-9<sup>th</sup> Quebec City LC Masters Meet

Sun Feb 9<sup>th</sup> Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2014/>

Sun Feb 9<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-3/> and <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>

Sat Feb 15<sup>th</sup> Nepean LC Masters Meet

Sat-Sun Feb 15-16<sup>th</sup> La Salle Masters Meet, Montreal

Sat Mar 1<sup>st</sup> Cote St-Luc, Montreal

Sun Mar 2<sup>nd</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-4/> and <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>

Note that Etobicoke's Annual 1500m Heart Swim, usually held in March, is cancelled for 2014 due to pool renovations

Sat Mar 15<sup>th</sup> Dollard-des-Ormeaux, Montreal

Fri-Sun Mar 28-30<sup>th</sup> Ontario Provincials, Windsor

Fri-Sun Apr 11-13<sup>th</sup> Quebec Provincials, Ste- Foy <https://registration.swimming.ca/MeetInfo.aspx?meetid=14653>  
Sat Apr 26<sup>th</sup> All Out Swim LC, Toronto  
Sun May 4<sup>th</sup> Thornhill Masters Meet  
Fri-Mon May 16-19<sup>th</sup> Nationals, Windsor <http://cmsc2014.ca/>  
Sat Jun 7<sup>th</sup> Longueuil LC, Montreal  
Jul 27<sup>th</sup> – Aug 10<sup>th</sup> 2014 FINA World Aquatic Championships, Parc Jean-Drapeau (outdoors) and other pools, Montreal  
<http://www.finamasters2014.org/>; Time Standards:  
<http://www.finamasters2014.org/files/pdf/Time%20standards%20Montreal%202014.pdf>

**Race Results:** (Please send in your results, and/or let me know if I missed anyone.)

### **Sat Nov 2<sup>nd</sup> Heather Saaltink Memorial 10 km Run, Cornwall** (112 competitors)

Congratulations to **Mike** on a podium finish. Full results at: <http://www.sportstats.ca>. This sounds like a great race. **Mike** says:

“There are no entry fee and it's free. Since the race is organized to commemorate a 22-year old university student killed by a drunk driver in 2008, the organizer asks the participants to make a charity donation. Next year, I will be back for chocolate milk, home-made chili and cookies that are served after the race.”

**Mike Lau** (6pm Whitecaps; 50-59): 12<sup>th</sup> overall, 11<sup>th</sup> man, and 2<sup>nd</sup> in age group in 38:48.

### **Sat Nov 9<sup>th</sup> Cote St Luc Masters Meet, Montreal**

Congratulations to **Jamie** on five out of five 1<sup>st</sup> places! Official results are here: <http://mymisc.ca/ShowMeet.jsp?id=601>.

**Jamie Chalmers** (7:10pm Whitecaps; 70-74): 1<sup>st</sup>: 50fs (38.30), 100fs (1:31.41), 50bk (49.74), 100bk (1:56.35), 50fl (56.51)

### **Sun Nov 10<sup>th</sup> Technosport Masters Meet, U of Ottawa**

Carleton had six swimmers at this competition: **François J, Harley, Ian, Jim L, Natalie**, and **Sandy**. Official results are not yet available but there were lots of good swims and club records. (The club records will be updated once we have the results!) You can also check out a couple of photos here: <http://carletonmasters.tripod.com/13photo/>.

**Natalie Aucoin** (8:30am Earlybirds; 40-44): PBs in all four swims!: 50fs (34.4), 50fl (35.5), 100fl (1:20), 100IM (1:27)

**Sandy Lawson** (7:30am Earlybirds; 45-49): PB in the 100IM and PB or close in 100fs: 100fs (1:17), 200fs (2:52), 100IM (1:31)

**Ian Lorimer** (7:30am Earlybirds; 50-54): 50fs (34), 100fs (1:17), 200fs (2:53)

**François Jacques** (7:30am Earlybirds; 50-54): PB in 100fs and a Club Record: 100fs (1:07), 100br (1:38), 100IM (1:27)

**Jim Lee** (7:30am Earlybirds; 55-59): Club Records in 100fs and 50bk, but alas, they were broken by Harley!: 100f (1:27.8), 50bk (51), 50fl (49), 100IM (?)

**Harley Gifford** (7:30am Earlybirds; 55-59): Club Records in all four swims!: 50fs (33.5), 100fs (1:13.5), 50bk (40.9), 100bk (1:30)

Dream Team Relay 4 x 50 FR 160+: **Natalie, Sandy, Ian**, and **François**: 2:16

### **2013 Statistics: Masters Swimming Canada Top 20, Records, etc.**

Check out the MSC statistics including the National Records and 2013 rankings, as well as previous years, top 20 (by gender and age group both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **Nov 12<sup>th</sup>**).

### **Ask the Coach**

**Dear Coach:** I missed all the butterfly drill days. Can you help? Want to Learn to Fly

Dear W.t.L.t. Fly: On any day that we're not doing a time trial or other special set, just ask at the beginning of workout for a fly clinic. We'll let up to five swimmers sign up and spend the last 15min of the workout in the diving well working on butterfly.

**Dear Coach:** How should I do an effective backstroke to breaststroke turn? An IMer

Dear A. IMer: For a legal back to breast turn you must touch the wall while on your back (preferably with your hand, although it is legal to finish with your head). You must then leave the wall on your stomach. It's best to spin quickly – ask your coach for a clinic or demo.

**Dear Coach:** My shoulder has been bothering me when I swim. What should I do? Shoulder Boo-boo

Dear S. Boo-boo: Ask your coach to look at your technique as that could be causing the problem. If that doesn't help, I recommend seeing your doctor. If physiotherapy is needed, I know a good "shoulder guy": Brian Christie who works at the Ottawa Sports and Health Centre, 613-737-4742. His manipulations are painful but effective.

## Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am Nov 18; Dec 9

Mon 7:15-8:15pm Dec 9

Tue 7:15-8:15pm Dec 10, 17

Fri 9:40-10:40am Dec 6

### 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.

## Reminders

### Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is available for both Fall and Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. The main changes for this year are that the 8:10pm group is now three times per week (rather than two), and the Fall term is one week longer. Note that, as usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

**Fall 2013: Tue Sept 3<sup>rd</sup> to Sat Dec 21<sup>st</sup>; no workouts Mon Oct 14<sup>th</sup>** (pro-rated prices now available)

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: Lynn; barcode 6660; cost: \$138+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: Lynn; barcode 6661; cost: \$138+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coach: Lynn; barcode 6666; cost \$155+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6668; cost: \$138+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6670; cost: \$138+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 6662; cost: \$54+HST

**Winter 2014: Tue Jan 2<sup>nd</sup> to Fri Apr 11<sup>th</sup>; no workouts Mon Feb 17<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: Lynn; barcode 6663; cost: \$126+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: Lynn; barcode 6664; cost: \$126+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coach: Lynn; barcode 6667; cost \$142+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: MTh: Alex (TBC); Tu: Mits; barcode 6669; cost: \$126+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex (TBC); Tu: Mits; barcode 6671; cost: \$126+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 6665; cost: \$46+HST

**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 two week's worth of workouts at a time. (Note that these are only the workouts that I coach.)

**Triathletes:** Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

**General Information:** Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

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 ([lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca) (or for quicker response: [lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca))

Club website: <http://carletonmasters.tripod.com>