

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** January-31-14 5:12 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 #355

## Carleton Masters Swimming Newsletter #355

Friday, January 31<sup>st</sup>, 2014

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

**Bcc:** Those Registered for Fall 2013, Winter 2014, and Alumni: 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (33 addresses), 8:10pm Whitecaps III (20 addresses), Saturday Only (12 addresses), Masters "Alumni" (34 addresses).

**"Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow it to an end requires Courage."** – Ralph Waldo Emerson

### Masters Program Notes and Cancellations

- The Winter session is underway and runs until **Fri Apr 11<sup>th</sup>**.
  - The only cancellations this term are the workouts on **Mon Feb 17<sup>th</sup>** (Family Day).
  - Apart from the Family Day cancellations, workouts run as usual during Reading Week.
- Here's the latest on the groups that are full or close:
  - The **7:30am and 6pm groups are full** – waitlists available.
  - The number of spots left in the other Winter groups is as follows:
    - Saturdays: 4 spots
    - 8:10pm Whitecaps: 8 spots
    - 7:10pm Whitecaps : 10 spots
    - 8:30am Earlybirds: 16 spots

### Swimmer Notes

#### Swimmer Updates:

- Congratulations to **Amir Banihashemi** (8:30am Earlybirds) and **Atefeh** on the birth of their second daughter, **Dana**. Dana was born at 5:22am on **Fri Jan 24<sup>th</sup>**, weighing 4.01 kg and measuring 55cm long. Dana and her Mom are both doing well.

- **François Parent** (6pm Whitecaps) is pleased to report that he and **Iryna** are getting married in Prague on **June 29<sup>th</sup>** at the beautiful Průhonice Castle: <http://www.zamekpruhonice.cz/wedding-in-the-chateau/>. We look forward to seeing the photos!

- Best wishes to **Hilary March** (6pm Whitecaps) who is moving to Napanee this weekend.

- We have found the "Man from Atlantis"! **Tony Michel** (7:30am Earlybirds) lives on Atlantis Avenue.

- **Active Carleton students** are invited to participate in a study being done by some Carleton students for their Masters thesis. The survey takes 10-15min to complete and you will be entered in a draw to win \$50. Here's the link: <http://carletonfoodchoices.weebly.com/>.

- **Jaring Timmerman** of Winnipeg became the first ever competitor in the 105-109 Masters age category when he completed 50m free and 50m back at the Catherine Kerr Meet in Winnipeg on Fri, Jan 24<sup>th</sup>. Great to see so much good

press for Masters Swimming and Jaring!: <http://globalnews.ca/news/1100056/104-year-old-trains-for-world-record-swim/>;  
<http://www.winnipegfreepress.com/arts-and-life/life/health/making-a-splash-241934451.html>;  
<http://www.cbc.ca/news/canada/manitoba/jaring-timmerman-age-104-sets-2-world-swimming-records-1.2510764>;  
<http://www.swimmingworldmagazine.com/lane9/news/Masters/37582.asp?q=Jaring-Timmerman-Becomes-First-105-Year-Old-Masters-Swimmer-in-History>.

- A big thank you to **Theresa Wallace** (x-Carleton Masters) who wrote a nice article about me for the “high brow” Guardian web site. And, yes, it is amusing that the editor chose a breaststroke photo ☺ :  
<http://www.theguardian.com/lifeandstyle/the-swimming-blog/2014/jan/16/masters-swimmer-lynn-marshall-canada>.

- On June 7-8<sup>th</sup> 2014, **Alex Joubert** (Coach) will be participating in the Enbridge Ride to Conquer Cancer. He is doing this in support of his father who was diagnosed with melanoma over the summer, and is now doing well. He is hoping to raise \$2500 and would like your support! [Here is the link to his fundraising page](#).

- **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:

- Ontario Open Water Swimmer Kim Lumsden: [http://openwaterpedia.com/index.php?title=Kim\\_Lumsdon](http://openwaterpedia.com/index.php?title=Kim_Lumsdon)
- An Example of Great Swimming Sportsmanship: <http://www.today.com/news/swimming-champ-9-gives-trophy-hospitalized-rival-2D11745905>
- Anyone Want to Try an “Ice Mile”? : <http://www.theguardian.com/lifeandstyle/the-swimming-blog/2014/jan/07/ice-mile-swimming-test-planet>
- Cold Sea Swimming May Add Years to Your Life: <http://www.dailymail.co.uk/health/article-2385191/Sea-swimming-add-years-life.html>
- Seven Ways to Swim Fearlessly: <http://swimswam.com/7-ways-swim-fearlessly-2014/>
- What Successful People do in the Morning: <http://smallbusiness.yahoo.com/advisor/want-success-fix-mornings-124459953.html>
- Eight Fitness Myths Debunked: <http://shine.yahoo.com/healthy-living/8-fitness-myths-debunked-160400758.html>

**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. Thanks to **Ellen Pazdzior** (6pm Whitecaps) for her recent donation. We now have a few triathlon latex caps (50c), as well as a large number of silicone caps (\$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.

### Winter 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; Monday: **Alex**; Tuesday: **Lynn**; Thursday: **Alex/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 web site)

Exceptions will be noted here.

#### **Fin Days:**

Mon Feb 3<sup>rd</sup>

Mon Mar 10<sup>th</sup>

#### **Time Trials:**

Tue Feb 11<sup>th</sup> / Wed Feb 12<sup>th</sup>: 400fs or IM

Tue Feb 25<sup>th</sup> / Wed Mar 26<sup>th</sup>: two 50s choice

Thu Mar 6<sup>th</sup> / Fri Mar 7<sup>th</sup>: 100 choice

Thu Mar 20<sup>th</sup> / Fri Mar 21<sup>st</sup>: 200 choice

Tue Mar 25<sup>th</sup> / Wed Mar 26<sup>th</sup>: 800 / 1500fs

Thu Apr 10<sup>th</sup> / Fri Apr 11<sup>th</sup>: relays

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

<http://carletonmasters.tripod.com/mastplanwint14.pdf>.

Here are the Winter weekday attendance statistics to date. If you notice any errors or omissions, please let me know!

**6pm Whitecaps** (Jan 2-30<sup>th</sup>; 13 workouts): range: 17-33; average: 25.5

Perfect Attendance: **Cam D, Joanne D, Mike L, Peter L**

Missed 1 Workout: **Deb L, Debby W, Don W, Nicole D**

Missed 2 Workouts: **Bill W, Gi W, Lina V, Marg E, Siobhan M**

**7:10pm Whitecaps** (Jan 2-30<sup>th</sup>; 13 workouts): range: 4-20; average: 14.5

Perfect Attendance: **Jordan M**

Missed 1 Workout: **Joanie C**

**8:10pm Whitecaps** (Jan 2-30<sup>th</sup>; 13 workouts): range: 3-11; average: 7.5

Missed 2 Workouts: **Andrew D, Erin M, Lynn B**

**7:30am Earlybirds** (Jan 3-31<sup>st</sup>; 13 workouts): range: 19-29; average: 24.8

Perfect Attendance: **Bruce B, Chris M, Jeremy C, Kim F, Susan N-Y, Zoe P**

Missed 2 Workouts: **Kathy C, Mike M, Robert F, Scott W**

**8:30am Earlybirds** (Jan 3-31<sup>st</sup>; 13 workouts): range: 8-22; average: 16.7

Perfect Attendance: **Claire O, Masa O**

Missed 1 Workout: **Colette K, Penny E**

## **Ask the Coach**

**Dear Coach:** I've signed up for the Nepean Winterlude meet. I've never raced in a 50m (Long Course) pool before. Any tips? New LC Swimmer

Dear N.L.C. Swimmer: Carleton has a Long Course swim on Wednesday evening, Thursday morning, and Thursday lunch time. If you've never swum in a 50m pool, it's worth giving it a try before the meet. As you get fewer turns, your times will be a bit slower long course. Just be careful to count your lengths correctly and, if you do any backstroke, don't get the false start rope mixed up with the flags!

**Dear Coach:** I got disqualified in an event in a recent meet for an improper turn. What can I do to ensure that this doesn't happen again. DQ Swimmer

Dear D.Q. Swimmer: My recommendation is to never ever do an improper push off, turn, or finish in workout. Even if you are swimming easy, make sure you do everything legally. When we are nervous and/or tired in a race, we will revert to our bad habits. If you don't have any bad habits, you are less likely to make a mistake in a meet.

**Dear Coach:** What should I do if I have mistimed my turn and either have to glide in or do a short stroke? Learning to Turn

Dear L.t. Turn: As you get more experienced, you will learn to adjust your stroke further from the wall so that this never happens. The usual rule of thumb is to go short (i.e. take the extra short stroke) on a turn, but long (i.e. glide in) on the finish.

**Dear Coach:** Will we learn flip turns? New Swimmer

Dear N. Swimmer: For those who want to learn flip turns, we can do a clinic space/time permitting. However, there are prerequisite clinics that you must do first, i.e. push offs, then open turns, then flip turns. Just ask for details.

**Dear Coach:** [After a set of broken 200 IMs, of which the last was **25**, 10sec rest, **50**, 10sec rest, **50**, 10sec rest, **50**, 10sec rest, **25**.]

**Swimmer #1:** That was great! I was able to swim a lot faster than usual on those IMs. Those extra 10 seconds rest made all the difference!

**Swimmer #2:** Should a 10 second rest allow me to swim faster? It didn't seem to make any difference for me.

Dear Swimmer #2: Most people will find a 10 second break to be helpful. However, your mileage may vary!

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 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.**

Sat-Sun Feb 8-9<sup>th</sup> Quebec City LC Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=15578>

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

Fri-Sun Feb 14-16<sup>th</sup> La Salle LC Masters Meet, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15601>

Sat Feb 15<sup>th</sup> Nepean LC Masters Meet <http://www.mastersswimmingontario.ca/events/nepean-masters-long-course-swim-meet/>

Sat Mar 1<sup>st</sup> Cote St-Luc, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15142>

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.

Sun Mar 9<sup>th</sup> Milton Masters Meet (not yet sanctioned) <http://www.mastersswimmingontario.ca/events/milton-masters-a-c-spring-splash/>

Sat Mar 15<sup>th</sup> Dollard-des-Ormeaux, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15251>

Fri-Sun Mar 28-30<sup>th</sup> Ontario Provincials, Windsor <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championships-2014/> and <http://2014provincialchampionships.com/>

Sat Apr 5<sup>th</sup> All Out Swim LC, Toronto <http://www.mastersswimmingontario.ca/events/all-out-swim-2014/>

Fri-Sun Apr 11-13<sup>th</sup> Quebec Provincials, Ste- Foy <https://registration.swimming.ca/MeetInfo.aspx?meetid=14653>

Sun May 4<sup>th</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-3rd-annual-swim-meet/>

Fri-Mon May 16-19<sup>th</sup> Nationals, Windsor <http://cmsc2014.ca/>  
Sat Jun 7<sup>th</sup> Longueuil LC, Montreal (TBC)  
Jul 27<sup>th</sup> – Aug 10<sup>th</sup> FINA World Aquatic Championships, LC Parc Jean-Drapeau (outdoors) and other pools, Montreal  
<http://finamasters2014.org/home/> (under construction); Time Standards:  
[http://www.fina.org/H2O/index.php?option=com\\_content&view=article&id=2229&Itemid=1082](http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082)  
Oct 29<sup>th</sup> – Nov 2<sup>nd</sup> Barbados Masters Meet and Open Water Festival <http://www.mastersswimmingontario.ca/barbados-open-water-festival-2014/>

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

### Sat-Sun Jan 18-19<sup>th</sup> Carleton Invitational Water Polo Tournament

**Heather McBurney** (7:30am Earlybirds) played in her first water polo tournament in many years. Her team won 2 of three games. Congratulations, **Heather!**

### Sun Jan 19<sup>th</sup> Rock 'n' Roll Arizona Marathon (2887 participants)

Congratulations to **Christian Cattan** (7:30am Earlybirds) for beating his goal time by nearly 30min! Full results at: <http://running.competitor.com/cgiresults?eld=44&eild=168&seld=533>.

**Christian Cattan** (7:30am Earlybirds; 30-34): 351<sup>st</sup> overall and 50<sup>th</sup> in category in 3:33:20

### Sat Jan 25<sup>th</sup> Frost and Fire Winter Triathlon, Wakefield (2.5k snowshoe, 9.5k ski, 5k run; 39 participants)

**Lucie Boudreau** (8:30am Earlybirds) was Carleton's only participant. Despite a 20 year age group, of which she falls near the high end, she managed a 3<sup>rd</sup> place finish. Awesome job, **Lucie!** Full results at: <http://www.sportstats.ca/>.

**Lucie Boudreau** (8:30am Earlybirds; 40-59): 18<sup>th</sup> overall, 7<sup>th</sup> woman and 3<sup>rd</sup> in 1:55:21.9

### Sat Jan 25<sup>th</sup> Pointe-Claire Long Course Masters Swim Meet

There were five Carleton swimmers in attendance, but **Sandy Lawson** (7:30am Earlybirds) was unfortunately not able to race due to a skiing injury. Congratulations to **Jamie** on setting a club record in 50 fly. 50 fly was a good event for Carleton swimmers, as **Natalie** did a PB in that event! **Robin** did very well in her first meet in her new age group – very close to the Club Record in the 400fs. All the Carleton swimmers achieved World Masters qualifying times. Full results are here: <https://www.swimming.ca/meetreport.aspx?mid=15673> and here: <http://mymsc.ca/ShowMeet.jsp?id=633>. Here are the women relaxing after their swims: <http://carletonmasters.tripod.com/14photo/>. Updated club records are here: <http://carletonmasters.tripod.com/140125.Records.pdf>.

**Natalie Aucoin** (40-44; 8:30am Earlybirds): 1<sup>st</sup> 50fl (34.45 PB); 2<sup>nd</sup> 100fl (1:23.34); 4<sup>th</sup> 200fs (2:54.42)

**Lynn Marshall** (50-54; Coach): 1<sup>st</sup> 100fs (1:06.64), 200fs (2:20.37), 400fs (4:50.24), 100fl (1:13.90), 200fl (2:38.11)

**Robin Henderson** (55-59; 7:30am Earlybirds): 2<sup>nd</sup> 200fs (3:33.99), 400fs (7:19.90)

**Jamie Chalmers** (70-74; 7:10pm Whitecaps): 1<sup>st</sup> 50fs (37.68), 50bk (52.55); 2<sup>nd</sup> 200fs (3:51.22), 400fs (9:07.79), 50fl (55.93 Club Record)

### Sat Jan 26<sup>th</sup> Technosport Masters Meet, U of Ottawa

Four Carleton swimmers participated: **Harley, Jim,** and **Jamie**, competing for Carleton, and **Larry** competing for Technosport, in his first meet in some time. Kudos to **Jamie** for swimming in Montreal on Saturday afternoon/evening and then at Ottawa U at 6am on Sunday! Official results are not yet available, but it looks like **Harley** and **Jamie** each set a club record. (Club records will be updated when we have the official times.) Here are some rough times:

**Harley Gifford** (7:30am Earlybirds; 55-59): 50bk (40), 50br (50), 100IM (1:25: club record, subject to ratification)

**Jim Lee** (7:30am Earlybirds; 55-59): 100bk (1:48), 100br (1:57), 100fl (2:06)

**Jamie Chalmers** (7:10pm Whitecaps; 70-74): 50fs (37), 50bk (51), 100fl (2:21: club record, subject to ratification), 100IM (1:55)

### 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 **Jan 11<sup>th</sup>**).

**Christian Berger** (Statistician) believes that he now has all the 2013 meets included in his rankings and kindly sent me the Carleton Masters summary. (Apologies to those who train with us but do not compete for Carleton Masters, as they are not included.) There are 18 short course events and 17 long course events, thus each swimmer may be listed up to 35 times.

Here are all those who made the Top 20 rankings, including the number of events and summary of placings:

**Lynn Marshall** (Coach; 50-54): **35**: 1<sup>st</sup> x 16; 2<sup>nd</sup> x 4, 3<sup>rd</sup> x 4, 4<sup>th</sup> x 2, 6<sup>th</sup>, 7<sup>th</sup> x 3, 9<sup>th</sup>, 10<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>

**Jamie Chalmers** (7:10pm Whitecaps; 70-74): **31**: 2<sup>nd</sup> x 2, 3<sup>rd</sup> x 3, 4<sup>th</sup> x 3, 5<sup>th</sup> x 2, 6<sup>th</sup> x 4, 7<sup>th</sup> x 2, 8<sup>th</sup> x 3, 9<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> x 2, 13<sup>th</sup> x 3, 17<sup>th</sup> x 2, 18, 19<sup>th</sup> x 2

**Carolyn Odecki** (6pm Whitecaps; 55-59): **15:** 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> x 2, 7<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup> x 3, 12<sup>th</sup> x 2, 14<sup>th</sup>, 16<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>  
**Angela Davis** (7:30am Earlybirds; 65-69): **11:** 2<sup>nd</sup>, 6<sup>th</sup> x 2, 8<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup> x 2, 14<sup>th</sup> x 2, 17<sup>th</sup>  
**Luz Osorio** (6pm Whitecaps; 25-29): **6:** 3<sup>rd</sup>, 4<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>  
**Lina Vincent** (6pm Whitecaps; 60-64): **6:** 3<sup>rd</sup>, 5<sup>th</sup> x 2, 6<sup>th</sup>, 8<sup>th</sup>, 20<sup>th</sup>  
**Sean Dawson** (6pm Whitecaps; 25-29): **5:** 3<sup>rd</sup> x 2, 6<sup>th</sup>, 9<sup>th</sup>, 14<sup>th</sup>  
**Mark Blenkinsop** (8:30am Earlybirds; 30-34): **5:** 4<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup>  
**Natalie Stern** (8:30am Earlybirds; 18-24): **4:** 5<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>  
**Tony Revitt** (8:30am Earlybirds; 40-44): **4:** 9<sup>th</sup>, 14<sup>th</sup>, 16<sup>th</sup>, 19<sup>th</sup>  
**Andrea Zarins** (6pm Whitecaps; 25-29): **3:** 3<sup>rd</sup>, 6<sup>th</sup>, 11<sup>th</sup>  
**François Descouens** (8:30am Earlybirds; 30-34): **3:** 11<sup>th</sup>, 18<sup>th</sup>, 20<sup>th</sup>  
**Natalie Aucoin** (8:30am Earlybirds; 40-44): **2:** 14<sup>th</sup>, 18<sup>th</sup>  
**Harley Gifford** (7:30am Earlybirds; 55-59): **2:** 15<sup>th</sup>, 16<sup>th</sup>  
**Julie Mouris** (6pm Whitecaps; 25-29): **2:** 16<sup>th</sup> x 2  
**Paola Osorio** (6pm Whitecaps; 25-29): **2:** 18<sup>th</sup>, 19<sup>th</sup>

## Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am Feb 10; Mar 17, 31

### 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

### Winter Masters Swimming Programs, Barcodes and Prices

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 change for this year are that the 8:10pm group is now three times per week (rather than two). 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>. Note that pro-rated prices are now available.

**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 (full: waitlist available)

**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): Coaches: M: Alex; Tu: Lynn; Th: Lynn/Alex; barcode 6667; cost \$142+HST

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

**8:10pm Whitecaps 3:** 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex; 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 ([lynmarshall@sympatico.ca](mailto:lynmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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