

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: December-04-14 4:33 PM
To: Fran Craig; Steve Baird; Alex Joubert; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #378

Carleton Masters Swimming Newsletter #378

Thursday, December 4th, 2014

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2014 and Alumni 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (34 addresses), 6pm Whitecaps I (41 addresses), 7:10pm Whitecaps II (23 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (4 addresses), Masters "Alumni" (28 addresses)



Thanks to **Lucie Boudreau** (8:30am Earlybirds) for sending this.

Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 20th**.
- The Winter session starts on **Mon Jan 5th**.
- The 6pm and 7:30am groups are getting close to full for Winter. Register soon to avoid disappointment!
 - Winter 7:30am Group: 12 spots left
 - Winter 6pm Group: 17 spots left
- We may run some interim workouts during the two weeks between the Fall and Winter terms. Please see below.
- Full details on the Fall and Winter programs can be found near the end of the newsletter.

Potential Interim Workouts

Last year's workouts between the Fall and Winter sessions were not very well attended. This year we will only go ahead with some interim workouts if we have an average of 16 swimmers per workout (and a coach available!). The tentative schedule is:

Mon Dec 22nd 6:00-7:15pm

Tue Dec 23rd 6:00-7:15pm
Sat Dec 27th noon-1:15pm
Mon Dec 29th 6:00-7:15pm
Tue Dec 30th 6:00-7:15pm
Sat Jan 3rd noon-1:15pm

If we proceed with the above schedule, the workouts will be available to all Carleton Masters swimmers with a current membership at a cost of **\$4.85** per workout. (Note that a morning-only membership **is** valid for the evening swims as they are all on "reduced hours" days.) Carleton Masters swimmers may also bring a guest to each workout, again at a cost of **\$4.85**. If you will attend any/all of these workouts, please sign up by **Wed Dec 10th** at: <http://tinyurl.com/kzavp3r>.

Swimmer Notes

Swimmer Updates:

- A very big thank you to **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (7:10pm Whitecaps) for once again hosting the Carleton Masters Holiday Party on **Sat Nov 29th**. As usual, it was wonderful to see so many people there and it was a fantastic feast!

- Thanks also to **Sean Dawson** (Coach) for his imaginative and challenging "Sports Day in Canada" Multi-Sport workout on **Sat Nov 29th**.

- A free "Hour of Code" for children is being offered by Carleton's Virtual Ventures on **Sat Dec 13th 1-2pm**. This is part of a week-long global event introducing coding to all ages and skill levels. Details and registration here: <http://carleton.ca/vv/2014/hour-code/>.

- **Masters Pull Buoys**: You may have noticed that some of our pull buoys are not staying together very well as the bands that hold them together are stretched. Aquam has discontinued our pull buoys and no longer sells replacement bands, so my seamstress sister, **Karina**, is going to be making some new polyester bands. We should have those by January. In the meantime, your patience is appreciated!

- **Hot Water Update** (Thu Nov 29th): As you may be aware, we have been experiencing intermittent issues with our hot water supply. Please be advised that a purchase order has been issued for a new hot water system that will substantially increase the volume of hot water availability. The replacement unit is a special order and as such we expect the delivery and install to take a minimum of 4 weeks. In the interim, our facilities plant is doing what it can to ensure the current unit is working to full capacity. Your patience in this matter is appreciated.

- **Jeanne Carlsen** (55-59), an Alberta Masters distance swimmer who set 4 individual World Masters Records and numerous Canadian Masters Records, passed away from pancreatic cancer on **Tue Nov 25th**. She was optimistic to the very end, and even swam in a meet less than a month before she died. While her times were well off her best, not many would manage these times when healthy: 50fs 36; 100fs: 1:19; 200fs 2:53; 400fs 6:15. The fundraiser will go ahead in her memory: <https://albertacancer.ca/Jeanneswimteam2015>. I will be doing 100 x 100m swim over the holidays to raise money for pancreatic cancer. If you'd like to join me, let me know, or you may make a contribution at this link: <http://albertacancer.ca/jeanneteamlynn>. Tentative date is **Sat Jan 3rd** and others participating (so far): **Sandy Lawson**, **Robert Fabes**, and **Francois Jacques** (all 7:30am Earlybirds).

- **Andrea Chandler** (6pm Whitecaps) and **Derek Baas** (x-Whitecaps) younger son, **Stuart**, has been cast as a bear cub in Ballet Jorgen's Ottawa productions of the Nutcracker at Centrepointe Theatre at 1pm and 4pm on **Dec 13th**, and at the Shenkman Arts Centre at 7pm on **Dec 14th**, and at 1:30pm and 7pm on **Dec 15th**. Ticket information here: http://centrepointetheatre.ca/en/events_tickets/december2014/nutcracker/ and http://shenkmanarts.ca/en/calendar_calendrier/december_decembre_2014/nutcracker_cassenoisette/index.htm.

- Carleton Athletics is now offering **PD Day Sports Camps**: <http://athletics.carleton.ca/camps/march-break/pd-day-camps/>.

- **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:

- Inspiring: 86 Year Old Gymnast Johanna Quaas: <https://www.youtube.com/watch?v=W2bOED5LzZw>
- Thank Your Muscles for Your Good Mood: <http://touch.metro.us/lifestyle/thank-your-muscles-for-your-good-mood/zsJnkb---0bGOQLZTfuTI/>
- Why We Choke Under Pressure: http://www.huffingtonpost.com/2014/11/07/why-we-choke-under-pressu_n_6096916.html
- Ages Ending with "9": Popular Years for First Marathons and Extramarital Affairs?!: <http://www.runnersworld.com/general-interest/first-marathons-and-extramarital-affairs>
- 99% Effort Level: <http://swimcoachingblog.com/2014/11/14/ninety-nine-percent/>
- Six Fitness Tips from a Ravens Coach: <http://athletics.carleton.ca/2014/6-fitness-tips-ravens-coach/>
- From **Sheila Kealey**: <http://www.sheilakealey.com/2014/11/21/week-food-health-fitness-31/>, <http://www.sheilakealey.com/2014/11/28/week-food-health-fitness-32/>
- Swim Smooth has been named a Partner with ITU (International Triathlon Union), thanks to **Brad Shapansky** (7:30am Earlybirds) for this one: <http://www.feelforthewater.com/2014/11/announcing-swim-smooths-partnership.html>
- Swim Smooth's **Paul Newsome** Explains CCS (Critical Swim Speed) for Triathletes, thanks again to **Brad** for this one: <https://www.youtube.com/watch?v=U51oZfl3i2E>. (In a nutshell, natural sprinters should work on endurance, and natural distance swimmers on sprinting!)

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. We now have a few triathlon latex caps (50c), as well as some 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.

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; Monday/Tuesday: **Sean**; Thursday: **Mits**

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

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

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

Exceptions will be noted here.

Fin Days:

Tue Oct 28th / Wed Oct 29th

Thu Nov 27th / Fri Nov 28th

Time Trials:

Thu Oct 16th / Fri Oct 17th: 400fs or IM

Thu Oct 23rd / Fri Oct 24th: two 50s choice

Mon Nov 3rd: 200 choice

Tue Nov 18th / Wed Nov 19th: 800 / 1500fs
Tue Dec 2nd / Wed Dec 3rd: 100 choice
Thu Dec 18th / Thu Dec 19th: fun day (relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall14.pdf>.

Thanks to **Sean** for coaching for **Mits** on **Thu Dec 4th**, and here's hoping that **Mits'** head cold clears up soon!

Lynn will be coaching for **Sean** on **Mon Dec 15th**, as **Sean** has his office party that evening.

Apologies to **Jerome Cyr** (8:30am Earlybirds). He had the second largest improvement in the 1500m swim on Thanks **Tue Nov 18th / Wed Nov 19th**, and I missed his name last time. Here's the updated list of 1500 improvements with him included:

1500fs (13)

Manuel Lebron (8:10pm Whitecaps) 3:17

Jerome Cyr (8:30am Earlybirds) 1:58

Aaron Holtzman (8:30am Earlybirds) 1:49

Mike Halasz (7:10pm Whitecaps) 1:17

Kim Fever (7:30am Earlybirds) 47

Harley Gifford (7:30am Earlybirds) 27

Matthew Tucciarone (6pm Whitecaps) 25

Malika Shaath (7:30am Earlybirds) 24

Kevin Graham (7:30am Earlybirds) 21

Bill Westcott (6pm Whitecaps) 19

Brad Shapansky (7:30am Earlybirds) 11

Mike Mopas (7:30am Earlybirds) 5

Rocio Aranda (8:10pm Whitecaps) 4

Jennifer Murdock (7:30am Earlybirds) 1

Thanks to all who participated in the 100m time trials on **Tue Dec 2nd / Wed Dec 3rd**. There were 10 improvements with the biggest being 6.5 seconds by **Lucette Laflamme** (8:10pm Whitecaps) in 100fs. Next was **Aaron Holtzman** (8:30am Earlybirds), who improved by 5.6 seconds in 100IM, and then **Andrew Dechamplain** (8:10pm Whitecaps), who improved by 3.8 seconds in 100fs. The full list of improvements follows:

100fs (7)

Lucette Laflamme (8:10pm Whitecaps) 6.5

Andrew Dechamplain (8:10pm Whitecaps) 3.8

Erin McLean (7:10pm Whitecaps) 1.8

Jeremy Cotton (7:30am Earlybirds) 1.5

Mike Mopas (7:30am Earlybirds) 0.4

Rocio Aranda (8:10pm Whitecaps) 0.3

Jennifer Murdock (7:30am Earlybirds) 0.2

100br (1)

Bill Westcott (6pm Whitecaps) 0.5

IM (2)

Aaron Holtzman (8:30am Earlybirds) 5.6

Chris Kent (8:30am Earlybirds) 0.1

Here is the weekday attendance to date. Please let me know of any errors! Those with the best attendance will be recognized with certificates.

6pm Whitecaps: Sept 2-Dec 2nd (39 workouts): range 15-33; avg.: 23.7

Perfect Attendance: **Deb L**

Missed 2 Workouts: **Peter L**

Missed 4 Workouts: **Cam D, Don W, Joanne D, Nicole D**

7:10pm Whitecaps: Sept 2-Dec 2nd (39 workouts): range 7-18; avg.: 12.9

Missed 1 Workout: **Joanie C**

8:10pm Whitecaps: Sept 2-Dec 2nd (27 workouts): range 4-13; avg.: 8.4

Missed 2 Workouts: **Manuel L**

Missed 3 Workouts: **Lynn B**

7:30am Earlybirds: Sept 3-Dec 3rd (39 workouts): range 22-34; avg.: 26.2

Perfect Attendance: **Bruce B, Harley G, Mike M**

Missed 3 Workouts: **Brad S, Jennifer M**

8:30am Earlybirds: Sept 3-Dec 3rd (39 workouts): range 14-26; avg.: 20.7

Perfect Attendance: **Penny E**

Missed 2 Workouts: **Amir B**

Missed 3 Workouts: **Mark B**

Missed 4 Workouts: **Colleen H, Pam D**

Ask the Coach

Dear Coach: I have shoulder pain after I swim and when I sleep. Could I be doing something wrong? What do you recommend. Sore Shoulder

Dear S. Shoulder: First, ask your coach to look at your technique. There are some tips to avoid shoulder strain. Also, avoid butterfly if your shoulder is sore as that will likely make it worse. If the pain is persistent, it is worth seeing an Athletic Therapist. I recommend Brian Christie, Ottawa Sport and Health Centre, 2615 Lancaster Road, 613-737-4742.

Dear Coach: Why do we scull? Going Nowhere Fast

Dear G.N. Fast: When we move our hands through the water, there are two aspects to every movement, a front to back motion and a side to side motion. Most swimmers grasp the former more easily. Sculling focusses on the side to side motion and teaches what we call "feel for the water", i.e. being able to have your hand in the most optimal position for generating forward motion while moving the hands side to side.

Dear Coach: I'm going to be moving to Rome for a couple of years. How can I find a Masters team to swim with? Want to Keep Swimming

Dear W.t.K. Swimming: Lucky you!! As a first resource, I'd recommend <http://www.swimmersguide.com/>. While that web site is more intended for those travelling to somewhere for only a short time, it will help you get a list of all the pools (for which details have been entered) in Rome (<http://www.swimmersguide.com/selectfacility.aspx?cid=4270>). From there you can click each pool for more information, and there is also a column indicating the teams using the pool, and there are several that have a Masters team training there. With any luck, that information will help you find the web sites for some Masters teams.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2014-2015 is now open and cost is \$38. 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). 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 2014-2015. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". 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 Dec 6th Montreal Nord Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=16978>
Sun Dec 7th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-december-7-2014/>
Sun Dec 7th North York Pentathlon <http://www.mastersswimmingontario.ca/events/gators-pentathlon/>
Sun Dec 7th Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-excuses-clarington-masters-invitational-swim-meet-december-7-2014/>
Sun Jan 18th U of T Masters Meet <http://www.mastersswimmingontario.ca/events/u-of-t-january-18/>
Sun Jan 18th Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-40th-annual-scy-swim-meet/>
Sat Jan 24th Pointe Claire Masters Meet (TBC)
Sun Feb 1st Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-1-2015/>
Sat-Sun Feb 7-8th Quebec City LC Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=16699>
Sun Feb 8th Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2015/>
Sat-Sun Feb 14-15th La Salle Masters Meet, Montreal (TBC)
Sat Feb 21st Nepean LC Masters Meet <http://www.mastersswimmingontario.ca/events/winterlude-2015/>
Sun Mar 1st Cote St-Luc, Montreal (details TBD)
Sun Mar 1st Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-1-2015/>
Sun Mar 1st Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-spring-invitational-swim-meet/>
Sat Mar 14th Dollard-des-Ormeaux, Montreal (details TBD)
Thu-Sat Apr 2-4th (or Apr 3-5th) Ontario Provincials, Etobicoke <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championship-2015/>
Fri-Sun Apr 17-19th Quebec Provincials, Quebec City <https://registration.swimming.ca/MeetInfo.aspx?meetid=16436>
Sun Apr 19th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational/>
Sat Apr 25th or Sun Apr 26th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-4th-annual-swim-meet-april-25/>
Sat Apr 25th All Out Swim LC, Toronto (TBC)
Fri-Mon May 15-18th Nationals, Montreal (details TBD)
Sat Jun 6th Longueuil LC, Montreal (details TBD)

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

Sat Nov 22nd Coupe de Montreal Masters Meet

Congratulations to **Jamie** on his good swims. He missed the club record in 400fs by just 1 second! Full results: <http://mymsc.ca/ShowMeet.jsp?id=716>.

Jamie Chalmers (7:30am Earlybirds; 70-74): 1st 50fs (37.05), 100fs (1:30.41), 200fs (3:56.09), 400fs (8:12.78), 50br (1:01.09)

Sat Nov 22nd Swim Ottawa Brewer Willy Lee Invitational Masters Meet

There were eight Carleton swimmers at the Brewer meet this year. As well as the individual events, we participated in two exhibition relays, organized by **Sandy**. Congratulations to **Claire Robinson** (x-Earlybirds) for doing so well in her first meet. We look forward to seeing her back in the Carleton pool in January! The men outdid the women, setting a total of 8 club records to zero! **Jian** set four club records (in 4 events), in his first meet swimming for Carleton. (Previously he competed for Edmonton, although he trains with the 6pm group.) **Francois** set 3 records and 2 PBs (in 4 events), just missing a 4th record. And **Harley** set 2 records and 2 PBs (in 3 events), just missing a 3rd record. **Natalie** also set 2 PBs. Full results: <http://www.anzai.com/docs/wl%202014%20DRAFT%20results%20-%20nov%2025.pdf>, and <http://mymsc.ca/ShowMeet.jsp?id=717>. Updated club records: <http://carletonmasters.tripod.com/141122.Records.pdf>. **Jian's** 50m back (check out the underwater work): <https://www.facebook.com/video.php?v=568418983258138&set=vb.155002374599803&type=2&theater>. Here are our times:

Harley Gifford (7:30am Earlybirds; 55-59): 1st: 100fs (1:13.16 PB), 100bk (1:21.97 club record and PB), 50fl (38.88)

Francois Jacques (7:30am Earlybirds; 50-54): 1st: 100br (1:32.18); 2nd: 100fs (1:07.03 club record and PB), 50br (39.46 club record); 3rd: 50fs (29.84 club record and PB)

Lynn Marshall (Coach: 50-54): 1st: 50bk (35.03), 200bk (2:33.57), 50br (41.62), 50fl (33.59)

Dawn Walsh (8:30am Earlybirds; 50-54): **1st**: 100bk (1:36.62); **2nd**: 200fs (3:07.33); **3rd**: 50fl (43.00)
Sandy Lawson (7:30am Earlybirds; 45-49): **1st**: 200fs (2:54.57); **2nd**: 100fs (1:17.55); **3rd**: 50fl (45.50); **4th**: 50fs (36.55)
Claire Robinson (Earlybirds; 45-49): **3rd**: 50fs (34.79), 100fs (1:17.97)
Natalie Aucoin (8:30am Earlybirds; 40-44): **1st**: 100fl (1:20.21 PB); **3rd**: 100fs (1:15.78 PB), 50fl (34.53)
Jian-Lok Chang (6pm Whitecaps; 25-29): **1st**: 50bk (28.18 club record), 100bk (59.77 club record), 200br (2:39.17 club record), 50fl (27.30 club record)

Sun Nov 23rd Philadelphia Marathon (10333 finishers)

Congratulations to **Mike** and **Lucie** on their great results! This was **Lucie's** final event for this year's TriRudy award. Full results at: <http://live.xacte.com/templates/philadelphiamarathon.com/for-runners/race-results>

Mike Lau (6pm Whitecaps, 50-54): 636th overall, 568th man and 34th in age group in 3:11:48 (3:10:47)

Lucie Boudreau (8:30am Earlybirds; 55-59): 4185th overall, 1286th woman and 14th in category in 4:01:24

Sat Nov 29th TriRudy Awards

Congratulations to **Lucie Boudreau** (8:30am Earlybirds) on her second TriRudy award for completing the Winterlude Triathlon, the Gatineau Loppet, the Rideau Lakes Bike Tour, an Ironman, and a marathon all in 2014.

Sun Nov 30th Ottawa Cyclocross Awards

Congratulations to **Lisa Meyer** (8:30am Earlybirds) and **Lucie Boudreau** (8:30am Earlybirds) on their season cyclocross results, calculated based on the best 6 results out of 10 races. Both **Lisa** and **Lucie** are in the Women's C (50-59) category. **Lisa** was first in the category with 120 points (the maximum as she won six races), while **Lucie** was 5th with 57 points. Congratulations!!

2014 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and 2014 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 24th**).

Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Fall is:

Mon and Fri: 9:40-10:40am

Some evenings will likely be available in December. Please let me know your availability if you'd like to do a December lesson.

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 the exact schedule and more details.

Reminders

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is open 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. Note that the 8:10pm group will run only Tuesday and Thursday evenings (twice per week). As usual, Saturdays are **not** included in your weekday registration for Fall/Winter. Pro-rated prices are available, space permitting, after about a month of each term. The information below is also on the web site:

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

Fall 2014: Tue Sept 2nd to Sat Dec 20th; no workouts Mon Oct 13th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 8642; cost: \$142+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 8643; cost: \$142+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Sean**; Thu: **Mits**; barcode 8648; cost \$160+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon: **Sean**; Tue: **Alex**; Thu: **Mits**; barcode 8650; cost: \$142+HST

8:10pm Whitecaps 3: 8:10-9:10pm TuTh (shallow): Coaches: Mon/Tue: **Alex**; Thu: **Mits**; barcode 8652; cost: \$100+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 8644; cost: \$56+HST

Winter 2015: Mon Jan 5th to Fri Apr 10th; no workouts Mon Feb 16th, Fri Apr 3rd, Mon Apr 6th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 8645; cost: \$120+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 8646; cost: \$120+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Sean**; Thu: **Mits**; barcode 8649; cost \$140+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon: **Sean**; Tue: **Alex**; Thu: **Mits**; barcode 8651; cost: \$124+HST

8:10pm Whitecaps 3: 8:10-9:10pm TuTh (shallow): Coaches: Tue: **Alex**; Thu: **Mits**; barcode 8653; cost: \$88+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 8647; cost: \$45.50+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).

Happy lengths!
Lynn

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

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