

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** March-22-16 1:52 PM  
**To:** Fran Craig; Steve Baird; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mark Blenkinsop; Mits Kachi; Sean Dawson; Tim Kilby  
**Subject:** Carleton Masters Swimming Newsletter #414

## Carleton Masters Swimming Newsletter #414      Tuesday, March 22<sup>nd</sup>, 2016

**To:** Carleton Masters Coaches / Staff (10 addresses)

**Bcc:** Those registered for Fall 2015, Winter 2016, and Alumni: 7:30am Earlybirds I (43 addresses), 8:30am Earlybirds II (40 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (34 addresses), Saturday Only (2 addresses), Masters "Alumni" (41 addresses)

**"Some people want it to happen, some wish it would happen, others make it happen." – Michael Jordan**

### Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 8<sup>th</sup>**.
- Don't forget the Easter cancellations: There are **no workouts on Fri Mar 25<sup>th</sup> or Mon Mar 28<sup>th</sup>**. For Saturday swimmers, there is a workout on **Sat Mar 26<sup>th</sup>**. Note that there are only a few public swims over Easter weekend – check the signs at the pool.
  - And, yes, Easter Monday is a pool holiday even though it's not a Carleton University holiday!
- The pool will be closed for annual maintenance from **Sat Apr 9<sup>th</sup> through Sun May 1<sup>st</sup>**, inclusive. The Spring session starts **Mon May 2<sup>nd</sup>**. Details on the Spring/Summer programs follow.

### Spring/Summer Masters Swimming Programs, Barcodes and Prices

Registration opens **8:30am Thu Mar 31<sup>st</sup>** for both Spring and Summer registration. 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. Saturdays are included in your weekday registration for Summer (but not for Spring). The information below is also on the web site: <http://carletonmasters.tripod.com/index.html#schedSpringSummer>.

#### Spring 2015: Mon May 2<sup>nd</sup> to Sat Jul 2<sup>nd</sup>; no workouts Mon May 23<sup>rd</sup> or Fri Jul 1<sup>st</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 11255; cost: \$82.50+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 11256; cost: \$82.50+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: **Tue: Mits; Mon/Thurs: Sean**; barcode 11260; cost \$95+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: **Tue: Mits; Mon/Thurs: Sean**; barcode 11261; cost: \$85+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat, except: May 21<sup>st</sup> 10:45-11:55am; and Jul 2<sup>nd</sup> 12:15-1:25pm (shallow): Coaches: **rotating schedule**; barcode 11258; cost: \$35+HST

#### Summer 2015: Mon Jul 4<sup>th</sup> to Sat Sept 3<sup>rd</sup>; no workouts Mon Aug 1<sup>st</sup>

**7:30am Earlybirds:** 7:30-8:30am MWF and 12:15-1:25pm Sat (MWF deep; Sat shallow):

Coaches: Weekdays: **Lynn**; Saturdays: **rotating schedule**; barcode 11257; cost: \$100+HST

**6:00pm Whitecaps:** 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Weekdays: **Sean**; Saturdays: **rotating schedule**; barcode 11262; cost \$112+HST

**12:15pm Saturday Earlybirds ONLY:** 12:15-1:25pm Sat, except: Sept 3<sup>rd</sup> 8:15-9:25am (shallow): Coaches: **rotating schedule**; barcode 11259; cost: \$35+HST

### Swimmer Notes

### Swimmer Updates:

- Thanks to **Mark Blenkinsop** (Coach) for bringing his son **Lyndon** to the 8:30am workout on Fri Mar 18<sup>th</sup>. It was great to see both of you!

- The 9<sup>th</sup> Annual Bushtukah Women's SWEET Event is being held **Sun Apr 10<sup>th</sup>**: <http://bushtukah.com/events/april-10-2016-9th-annual-bushtukah-s-w-e-e-t-event/>.

- Congratulations to **Andrew Dechamplain** (8:30am Earlybirds) on getting a job in Toronto, starting April 11<sup>th</sup>. Best of luck and we'll miss you!

- For those who are interested in **coaching** (swimming, Special Olympics, and a variety of other sports), here's a great opportunity to get a very good deal on a coaching course. Most courses are regularly \$300 and are being offered for \$75. However, they are in **Toronto from May 6<sup>th</sup> to 8<sup>th</sup>**. Details here: <http://www.coachesontario.ca/superclinic/>. Please pass this along to anyone else who may be interested.

- Starting **Fri Apr 1<sup>st</sup>**, a new swipe card system is being introduced between the second floor of the Carleton Ice House and the Norm Fenn Gym Building. This is to increase security and ensure that only members are using the facilities. It is recommended that you carry your membership card with you at all times (except in the pool!).

- Yoga class after the 8:30am Earlybirds swim? Please contact **Mary Lou Davies** (8:30am Earlybirds, [marylou.davies1@gmail.com](mailto:marylou.davies1@gmail.com)) if you are interested in a 1hr yoga class at 10am on Wednesdays, starting in September

- **Carleton University Relay for Life**: This was a Canadian Cancer Society Fundraiser held in the Carleton Fieldhouse from **7pm Fri Mar 11<sup>th</sup> to 7am Sat Mar 12<sup>th</sup>**. The Carleton pool lifeguards team raised \$2150!! Here is their [team page](#). Thanks to everyone who donated!

- **Lisa Hans** (x-Whitecaps) is coordinating a team from the Royal Ottawa Hospital to participate in the Run for Women on **Sun May 8<sup>th</sup>** in support of the Women's Mental Health Program at the Royal. You can do 5k or 10k, and walking is fine! Any women interested in participating can go here: <http://www.runforwomen.ca/?s=15505>, and click "Register Now" next to the Teams of 5 or more. Lisa's team's name is "Track Attackers" and the team password is jav24juy. For more information, contact Lisa: [lhans@rohcg.on.ca](mailto:lhans@rohcg.on.ca).

- The Orleans Riptides Special Olympics Swim Team, of which **Mélanie Héroux** (8:30am Earlybirds) is a member, is looking for an additional volunteer coach for their workouts next season. The season runs from mid-October until early May and they have one workout per week on Sundays from 4:30-5:30pm at the Bob MacQuarrie pool. Please pass this on to anyone else who may be interested. For more details, contact coach **Kristin Kernohan** at [kristinkernohan@gmail.com](mailto:kristinkernohan@gmail.com).

- Carleton University Whitecaps swim caps, great for training and competition are available for \$5 each:



## News and Links:

- CBC's Nature of Things Talks Swimming [thanks to **Brad Shapansky** (7:30am Earlybirds)]: The swimming segment starts at the second white dot (about 21:30) of the top video, and there's a second short swimming video lower down. IMO, to make it more fair in his race against **Mark Spitz**, **Paul Beidermann** shouldn't have been allowed to wear goggles!: <http://www.cbc.ca/natureofthings/episodes/the-equalizer>

- Go Big or Go Home: **Victor Davis**: <http://www.yourswimlog.com/go-big-or-go-home-victor-davis/>

- **Michael Phelps** Under Armour Ad: <http://www.adweek.com/adfreak/michael-phelps-returns-one-last-swim-under-armours-haunting-new-ad-170054>

- USA Swimming 100 Years Ago: <http://www.ishof.org/assets/1916-one-hundred-years-ago-in-swimming.pdf>

- Things Swimmers do to Make Other Swimmers Crazy: <http://www.yourswimlog.com/things-swimmers-do-make-other-swimmers-crazy/>

- 17 Ways to Drive your Coach Nuts: <https://swimswam.com/17-ways-drive-swim-coach-nuts/>
- How to Burn More Calories when you Swim: <http://myswimpro.com/blog/index.php/2016/01/25/5-ways-to-burn-more-calories-when-you-swim/>
- Things about Open Water Swimming that You Don't Want to Know: <http://loneswimmer.com/2016/02/03/twenty-two-things-about-open-water-swimming-that-you-dont-want-to-know/>
- Ten Things about Breaststroke: <https://swimswam.com/10-things-about-breaststroke/>
- Six Reasons to Avoid Competition (Sarcasm!): <http://idealisticisabel.com/2016/02/10/6-reasons-to-avoid-registering-for-competition/>
- SwimBot Swim Coach: <http://www.gizmag.com/swimbot-swimming-coach/41745/>
- Adult Neurogenesis May Be Increased by Sustained Aerobic Exercise: <http://neurosciencenews.com/hippocampus-neurogenesis-exercise-3607/>
- GIFs for Healthy Eating and Working Out: <http://athletics.carleton.ca/2016/16-thoughts-that-sum-up-eating-healthy-and-working-out/>
- Paralympian **Benoit Huet** Inspires Blue Jay's **Russell Martin** to Swim: <http://www.sportsnet.ca/baseball/mlb/pool-plate-paralympic-swimmer-impacted-russell-martin/>
- He's 104, What's Your Excuse: <https://www.facebook.com/WeRHumanity/videos/960630127361966/>

**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.

## Winter Session Information

Dates: Mon Jan 4<sup>th</sup> to Fri Apr 8<sup>th</sup>, excluding Mon Feb 15<sup>th</sup>, Fri Mar 25<sup>th</sup>, Mon Mar 28<sup>th</sup>.

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

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

8:15am Saturdays: Shallow End; rotating coach schedule (TBD)

Exceptions will be noted here.

### Fin Days:

Mon Feb 1<sup>st</sup>

Thu Mar 10<sup>th</sup> / Fri Mar 11<sup>th</sup>

### Time Trials:

Tue Feb 9<sup>th</sup> / Wed Feb 10<sup>th</sup>: 400fs or IM

Tue Feb 23<sup>rd</sup> / Wed Feb 24<sup>th</sup>: two 50s choice

Thu Mar 3<sup>rd</sup> / Fri Mar 4<sup>th</sup>: 100 choice

Thu Mar 17<sup>th</sup> / Fri Mar 18<sup>th</sup>: 200 choice

Tue Mar 22<sup>nd</sup> / Wed Mar 23<sup>rd</sup>: 800 / 1500fs

Thu Apr 7<sup>th</sup> / Fri Apr 8<sup>th</sup>: fun day (relays)

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

at: <http://carletonmasters.tripod.com/mastplanwint16.pdf>.

**Mits** coached for **Sean** on **Mon Mar 21<sup>st</sup>**. **Sean** is coaching for **Mits** on **Tue Mar 22<sup>nd</sup>**. **Chanelle** is coaching for **me** on **Fri Apr 1<sup>st</sup>**.

Thanks to those who participated in the **100 time trial** on **Thu Mar 3<sup>rd</sup> / Fri Mar 4<sup>th</sup>**. Details on the improvements for the morning swimmers were in the last newsletter. The biggest improvement was 6.4 seconds by **Jennifer Murdock** (6pm Whitecaps) in 100fs. A list of all the evening improvements follows:

#### **100fs (5)**

**Jennifer Murdock** (6pm Whitecaps) 6.4

**Rachel Bennett** (6pm Whitecaps) 4.6

**Sylvia Williams** (7:10pm Whitecaps) 4.4

**Lisa Tauskela** (7:10pm Whitecaps) 2.0

**Isaac Fierro Marquez** (6pm Whitecaps) 0.7

#### **100br (1)**

**Bill Westcott** (6pm Whitecaps) 1.2

The **200 time trial** was held on **Thu Mar 17<sup>th</sup> / Fri Mar 18<sup>th</sup>**. Congratulations to those who participated! There were 14 improvements, led by **Mariette Kenney** (7:10pm Whitecaps) who improved her 200fs by a whopping 26.1 seconds! Here are all the improvements:

#### **200fs (13)**

**Mariette Kenney** (7:10pm Whitecaps) 26.1

**Mary Lou Davies** (8:30am Earlybirds) 12.6

**Julia Aimers** (8:30am Earlybirds) 11.7

**Colleen Hyslop** (8:30am Earlybirds) 10.8

**Sylvia Williams** (7:10pm Whitecaps) 9.4

**Lisa Meyer** (8:30am Earlybirds) 8.3

**Mars Nienhuis** (6pm Whitecaps) 4.5

**Lorne Monti** (8:30am Earlybirds) 3.9

**Tracey McGrath** (7:30am Earlybirds) 3.8

**Paul McCullough** (6pm Whitecaps) 2.1

**Lindsay Buckingham** (6pm Whitecaps) 1.0

**Isaac Fierro Marquez** (6pm Whitecaps) 0.3

**Bill Gregg** (8:30am Earlybirds) 0.1

#### **200bk (1)**

**Sandy Lawson** (7:30am Earlybirds) 1.2

Here are the weekday attendance statistics for the term to date. If you notice any errors or omissions, please let me know! Those with the best attendance will receive certificates.

**6pm Whitecaps:** Jan 4-Mar 21<sup>st</sup>; 33 workouts; range: 8-31; average: 25.0

Perfect Attendance: **Cam D, Joanne D, Konstantin P, Rachel B**

Missed 3 Workouts: **Don W**

Missed 4 Workouts: **Debby W, Iain McD, Peter L**

**7:10pm Whitecaps:** Jan 4-Mar 21<sup>st</sup>; 33 workouts; range: 3-19; average: 12.8

Missed 3 Workouts: **Christian C**

**7:30am Earlybirds:** Jan 4-Mar 21<sup>st</sup>; 33 workouts; range: 13-28; average: 21.8

Missed 3 Workouts: **Bruce B, Harley G, Jessica T, Tracey McG**

Missed 4 Workouts: **Ursula S**

**8:30am Earlybirds:** Jan 4-Mar 21<sup>st</sup>; 33 workouts; range: 12-26; average: 20.3

Perfect Attendance: **Bill G, Colleen H**

Missed 4 Workouts: **Isla P**

## **Ask the Coach**

**Dear Coach:** Can you clarify what you mean about keeping my head down for the last 5m? Is this on all strokes? On every length? Improving My Time Trials

Dear I.M.T. Trials: When you are finishing a freestyle or butterfly swim, especially a sprint, you shouldn't breathe for the last 5m (from the flags to the wall). You will have lots of time to breathe after you finish! By not breathing your stroke will be smoother and you'll have a faster time. Again, this is on free and fly, and on the last length only.

**Dear Coach:** Should I always use a kick board when we are doing kick? Learning "The Rules"

Dear L.T. Rules: Most swimmers prefer to use a kick board for fly, breast, and free kick. However, it is not mandatory. If you choose to go without a board, try not to use your arms when you breathe. For backstroke a board isn't needed, and shouldn't be used unless you are doing just 25m of backstroke kick and need your board on the next length. In that case, hold the board in one hand and keep it (mostly) out of the water (at your side, or if you prefer having your arms above your head, then above your head). Note that when you are using a kick board, your head should be out of the water and looking straight ahead. Hold the board at the very top, not at the sides or bottom. Ask your coach for a demo, if needed!

**Dear Coach:** I'd like a summary of my time trials. Can you send me one? Keeping Track of My Statistics

Dear K.T.o.M. Statistics: I can send you a summary at any time. However, if you ask during a term, the summary will **not** include the time trials for the current term. Thus, it's best to ask after the end of term newsletter comes out, as your summary will then include the term that just ended.

**Dear Coach:** What is IMO? New Swimmer

Dear N. Swimmer: This was in the "Ask the Coach" section of the last newsletter:  
<http://carletonmasters.tripod.com/newsletter413.html>.

**Dear Coach:** Is it possible to buy that swim lane bedding from the picture at the top of the last newsletter? Neat Idea

Dear N. Idea: Apparently, yes! Here's the link: <https://www.snurkbeddengoed.nl/en/product/pool>.

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016 is now available: cost \$38.** Note that you must register with MSO before the **due date** of the entry for your first competition. If you have not registered with MSO and Carleton Masters before, I need the following: name, gender, date of birth, address, phone number. If you have registered with us in the past few years, I just need to know if any of your information has changed. You may pay by e-transfer, 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/en/events-results/live-upcoming-meets/>, select Quebec and the month of interest, 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 in Ontario and Quebec. 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.**

Fri-Sun Apr 1-3<sup>rd</sup> Ontario Provincials Markham Pan-Am Pool <https://www.mastersswimmingontario.ca/events/2016-ontario-masters-swimming-championship-april-1-3-2016/>

Fri-Sun Apr 15-17<sup>th</sup> Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>

Sun Apr 17<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-april-17-2016/> and [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)

Sun May 1<sup>st</sup> Perth Meet <http://www.mastersswimmingontario.ca/events/perth-stingrays-masters-swim-meet-may-1-2016/>

Sun May 8<sup>th</sup> Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-regrets-roc-masters-invitational-may-8-2016/>

Fri-Mon May 20-23<sup>rd</sup> Nationals, Etobicoke <http://www.mastersswimmingontario.ca/events/2016-canadian-masters-swimming-championships-may-20-to-may-23-2016/>

Sat Jun 4<sup>th</sup> Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>

Sat Jun 25<sup>th</sup> Technosport 2k Open Water Swim, Meech Lake (MSO Registration not required)  
<https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>

Sat Jul 16<sup>th</sup> Bring on the Bay 3k Open Water Swim (MSO Registration not required) <http://bringonthebay.com/>  
Sat Jul 23<sup>rd</sup> Technoport 2k Open Water Swim, Meech Lake (MSO Registration not required)  
<https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>  
Sat Aug 7<sup>th</sup> Elma Couture Open Water Swim, Welland <http://www.mastersswimmingontario.ca/elma-couture-open-water-swim-aug-7-2016/elma-couture-open-water-swim-aug-7-2016>  
Sat Aug 13<sup>th</sup> Technoport 2k Open Water Swim, Meech Lake (MSO Registration not required)  
<https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>  
Sat Aug 27<sup>th</sup> to Tue Aug 31<sup>st</sup> Swimming at the Americas Masters Games, Vancouver (Note: Event may or may not be sanctioned – check before you enter! If it is not sanctioned, your times don't count towards records, statistics, etc.):  
<https://www.americasmastersgames2016.com/>  
Sat Nov 19<sup>th</sup> Swim Ottawa Willy Lee Meet, Brewer Pool <http://www.mastersswimmingontario.ca/events/annual-willy-lee-invitational-nov-19-2016/>

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

### Sun Feb 21<sup>st</sup> Nepean Long Course Masters Meet

Update: Apologies to **Ian Lorimer** for neglecting to include his 400fs split in his 800fs as a new Club Record. That time of 6:52.79 has been added to the 55-59 club records: <http://carletonmasters.tripod.com/160306.Records.pdf>.

### Sun Feb 28<sup>th</sup> Thornhill Masters Meet, Markham

The official results are now available: <http://mymsc.ca/ShowMeet.jsp?id=869>.

**Jamie Chalmers** (7:30am Earlybirds; 70-74): **1<sup>st</sup>** 50fs (38.88), 50bk (48.84), 100IM (1:59.86); **2<sup>nd</sup>** 200fs (3:56.71), 100bk (1:48.82)

**Lynn Marshall** (Coach; 55-59): **1<sup>st</sup>** 200fs (2:13.58 World Record; 100 split 1:06.15 Ontario Record), 100bk (1:12.87 Canadian Record), 200br (3:04.00 Canadian Record), 50fl (33.41 Ontario Record), 200fl (2:36.88 Canadian Record; 100 split 1:13.36 Canadian Record)

### Sun Mar 6<sup>th</sup> Technoport Masters Meet, U of Ottawa

**Harley** was Carleton's only swimmer. Full results here: <http://mymsc.ca/ShowMeet.jsp?id=876>. The club records have been updated with his exact 100bk time: <http://carletonmasters.tripod.com/160306.Records.pdf>.

**Harley Gifford** (7:30am Earlybirds; 60-64): **1<sup>st</sup>** 50fs (32.75), 100bk (1:22.49 Club Record); **2<sup>nd</sup>** 100fs (1:14.84),

### Sat Mar 19<sup>th</sup> Special Olympics Swim Meet, Richcraft Pool, Kanata

**Mélanie Héroux** (8:30am Earlybirds) was Carleton's representative at this meet. She was swimming for her Special Olympics Swim Club, the Orleans Riptides. This was an all day meet and **Mélanie** did very well, including a personal best in 50m butterfly! The spectators were commenting on how much her technique has improved! Congratulations, **Mélanie!**

**Mary Lou Davies** (8:30am Earlybirds) was also at the meet as a volunteer coach. It's very nice of **Mary Lou** to donate her time to this worthy cause!

**Mélanie Héroux** (8:30am Earlybirds; 30-34): **2<sup>nd</sup>** 25fl (44.47 PB); **3<sup>rd</sup>** 100IM (3:29.02); **4<sup>th</sup>** 100fs (2:45.70); **7<sup>th</sup>** 50fs (1:15.76)

### Sun Mar 20<sup>th</sup> Etobicoke Heart and Stroke Foundation 1500 LC Meet

**Jamie** and **Lynn** were Carleton's two swimmers at this event which raised over \$2000 for the Heart and Stroke Foundation. Full results here: <http://mymsc.ca/ShowMeet.jsp?id=882>.

**Jamie Chalmers** (7:30am Earlybirds; 70-74): **2<sup>nd</sup>** 1500fs (38:03.35; 800 split 18:46.00; 400 split 9:39.34)

**Lynn Marshall** (Coach; 55-59): **1<sup>st</sup>** 1500fs (18:46.00 World Record; 800 split 10:00.26; 400 split 4:55.77)

### 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://www3.sympatico.ca/chberger/#canada> (last update **Mar 15<sup>th</sup>**).

### Private and Semi-Private Masters Swim Lessons

For Winter lessons are usually available: Monday 9:40-10:40am.

Additional times may be available during Reading Week and April exams.

**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.

## Notes and Reminders

### Carleton Masters Swim Team Photos:

Fall 2015 Evening groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec17whitecaps.pdf>.

Fall 2015 Morning groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec18earlybirds.pdf>.

There are some old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

We have identified **19** current swimmers in the old photos: **Joanie Conrad** (7:10pm Whitecaps), **Cam Dawson** (6pm Whitecaps), **Joanne Dawson** (6pm Whitecaps), **Sean Dawson** (then child safety supervision; now Coach), **Nicole Delisle** (6pm Whitecaps), **Cori Dinovitzer** (Summer 7:30am Earlybirds), **Fiona Hill** (7:30am Earlybirds), **Karen Jensen** (7:30am Earlybirds), **Tim Kilby** (Coach), **Mike Lau** (6pm Whitecaps), **Sandy Lawson** (7:30am Earlybirds), **Peter Lithgow** (6pm Whitecaps), **Lynn Marshall** (Coach), **Carolyn Odecki** (6pm Whitecaps – on sabbatical), **Lina Vincent** (6pm Whitecaps), **Jose Vivanco** (7:10pm Whitecaps), **Don Wells** (6pm Whitecaps), **Bicki Westerheide** (7:10pm Whitecaps), and **Debby Whately** (6pm Whitecaps). Also **Derek Baas** is in an old photo, and his wife, **Andrea Chandler** (6pm Whitecaps), swims now. Did we miss anyone else?

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Registration is open for 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. As usual, Saturdays are **not** included in your weekday registration for Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

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**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10103; cost: \$127+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10104; cost: \$127+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10107; cost \$146+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10109; cost: \$130+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10105; cost: \$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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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

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