

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: June-11-16 2:09 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 #419

Carleton Masters Swimming Newsletter #419

Saturday, June 11th, 2016

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2015, Winter 2016, Spring 2016, and Alumni: 7:30am Earlybirds I (47 addresses), 8:30am Earlybirds II (40 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (37 addresses), Saturday Only (2 addresses), Masters "Alumni" (39 addresses)

"The sky is not the limit ... I am." – T. F. Hodge

Masters Program Notes and Cancellations

- The Spring session runs until **Sat Jul 2nd**.
 - There are **no workouts on Fri Jul 1st** (Canada Day).
 - Saturday swimmers please note that the **Sat Jul 2nd workout is at 12:15pm** (not 8:15am)!
- Registration is open for both Spring and Summer (details near the end of the newsletter).
 - The Spring 7:30am group is full. A wait list is available. Let me know if you are on the wait list.
 - The Spring 6pm group is getting close to full.
 - There is space in all groups for Summer.

Women's Locker Room Thefts Resolved

The Department of University Safety has completed the follow-up on the thefts from the Women's Change Room. While these incidents have been resolved, due to the large number of users of the facility, all swimmers are encouraged to keep their valuables safe and secure while at Carleton Athletics.

Swimmer Notes

Swimmer Updates:

- **Sheila MacLean** (6pm Whitecaps) is moving to Halifax at the end of June. We wish her well in her new position, and hope that she'll drop by for a swim if she's visiting Ottawa in the future!

- Thanks to **Melanie Heroux** (8:30am Earlybirds) for bringing her Ontario and Canadian Special Olympics medals to the pool on Mon Jun 6th. Very impressive hardware collection! Melanie also asked me to let you know about the "Cops and Cowboys" event being held on **Thu Jun 16th**. This is a Special Olympics Fundraiser where police officers serve meals at Lone Star restaurants. A good excuse for an evening out!

- **Sarah Zhang** (6pm Whitecaps) works in an exercise physiology lab at U of Ottawa. Here's an opportunity to get involved:

"We are currently looking for older participants (55+ yo) to come in and participate in our research. Our research looks at different responses and performances in the heat, with an emphasis on more vulnerable populations (chronically ill, aging, etc.). All our participants receive a free aerobic fitness test as well as body composition analysis, which we give in a fitness report as compensation. The testing would take place in July most likely."

If anyone is interested, please e-mail Sarah at szhan139@uottawa.ca.

- Please welcome **Meagan Michie** (7:30am Earlybirds, 6pm Whitecaps, Saturday) to Carleton Masters. She would like to tell you a bit about herself and her disability:

“Hi – I am Meagan Michie and I recently joined the Carleton Masters Swim Club. I am 26 years old and I have been involved in the sport of swimming since I was 6 years old. I competed for Canada in the 2011 Para Pan Am Games in Guadalajara and was a member of Canada’s National Para Swimming Team in 2010 and 2011. I also swam in the 2011 and 2015 World Special Olympic Games. I won four gold medals in the 2011 World Special Olympic Games and 3 medals in 2015. I thought it may be helpful for you to know a bit about me and my disability. I have a genetic disorder called Prader-Willi Syndrome. I was born with this disorder and it is caused because a very small part of one of my chromosomes is missing. It is a very unusual rare disorder. People with this disorder are petite, have small hands and feet, have poor coordination and are not very strong. Another difference in people with Prader-Willi Syndrome is that we are always hungry – we crave food all the time and are never full. Most people with the disorder become very fat and often die from obesity. There is nothing that anyone can do about this. There is no pill or cure that can be given to people with this disorder to fix their hunger. I am always hungry and if you leave food around I will probably take it and eat it. I can’t help myself. Even though my brain doesn’t work the way it is supposed I try very hard to do the right thing. Sometimes I mess up and I regret it when I do. You can help by understanding that I have Prader-Willi Syndrome and can’t do anything about it. Thanks for listening and thanks for understanding. Most importantly, thanks for the opportunity to swim with the Carleton Masters. - Meagan Michie”

- If you have ever attended the **Canadian Masters Swim Championships** or might do so in the future, please complete this (fairly short) **survey** by **Fri Jun 24th**: <http://mastersswimmingcanada.com/index.php/2016/06/03/nationals-survey/>.

- **Reminder: Deadline Sunday: Mary Lou Davies** (8:30am Earlybirds) has been in touch with **Margaret Dibben King** (8:30am Earlybirds)’s family in the UK. They are going to donate \$200 to Carleton Masters swimming – a very nice gesture. Also, Mary Lou has offered to send a collection of our thoughts and memories to Margaret’s family. If you would like to participate, please send Mary Lou (marylou.davies1@gmail.com) an e-mail with your memories by **Sun Jun 12th**. The family had a service for Margaret in England on Jun 8th.

- **Carleton Masters Golf Outing: Jim Lee** (7:30am Earlybirds)’s golf outing on **Sun Jun 5th** was rained out! Those who were planning to attend will likely play on **Sun Jun 26th** and/or the weekend of **Jul 23rd**. If anyone else is interested in joining them, let **Jim** know (jrlee0609@gmail.com). **Francois Jacques** (7:30am Earlybirds) was the winner of the free passes.

- The 13th FINA World Short Course Championships are being held in Windsor, ON from **Dec 6-11th, 2016**. (This is **not** a Masters event!) Details here: <http://www.finawindsor2016.com/>. If anyone is interested in attending as a spectator, as a Canadian swimmer, you can purchase tickets before they go on sale to the general public. Tickets start at just \$12. Use the promo code CANSWIM here: <http://www.finawindsor2016.com/content/tickets> before July 1st.

- While I didn’t set any World Records at the Masters swimming competition in Montreal last weekend, I was able to pick up my (nine) World Record certificates for January and February from Christian Berger, the Masters Statistician: <http://mastersswimmingcanada.com/index.php/2016/06/03/nationals-survey/>.

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



News and Links:

- We’re Training too Much ☺ ! **Ed Moses** Qualifies for US Olympic Trials at age 35 After Two Workouts in Four Years!: <https://swimswam.com/ed-moses-qualifies-olympic-trials-2-practices-4-years/>
- Caffeine Helps Performance for Some, but Slows Others: <http://www.runnersworld.com/sweat-science/caffeine-speeds-some-slows-others>
- 99 Year Old Atlanta Swimmer Competes in 100-104 Age Category: <http://www.ajc.com/news/lifestyles/health/99-year-old-atlanta-swimmer-completes-swim-and-set/nrbXf/>
- Swimming Canada’s Strange New Road Map: <https://coachrickswimming.com/2016/05/27/swimming-canadas-strange-new-road-map/>

- Why I Miss the Pools and Pool Rules of America:

<http://www.npr.org/sections/goatsandsoda/2016/05/29/479365947/why-i-miss-the-pools-and-pool-rules-of-america>

- Five Reasons to Keep Swimming into Adulthood: <https://www.swimmingworldmagazine.com/news/5-reasons-to-just-keep-swimming-into-adulthood/>

- Recommended Book: *My Olympic Story – Rome 1960* by **Jeff Farrell**: <https://www.amazon.com/My-Olympic-Story-Rome-1960/dp/069227619X>

- Dryland Training Philosophy: The Importance of Holistic Picture in Coaching Swimming:

<http://santaswim.blogspot.ca/2016/05/the-importance-of-holistic-picture-in.html>

- Another Dryland Training Philosophy: Animal Flow: <http://www.animalflow.com/>

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.

Spring Session Information

Dates: Mon May 2nd to Sat Jul 2nd; excluding Mon May 23rd, Fri Jul 1st.

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 (except: 10:45am on May 21st; and 12:15pm on Jul 2nd): Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

I coached for **Claudia** on **Sat May 28th**. **Sean** coached for **Mits** on **Tue May 31st**.

Sean coached for **Claudia** (who was coaching for me!) on **Sat Jun 11th**.

Sean is coaching for **Mits** on **Tue Jun 14th**. **Mits** is coaching for **Sean** on **Thu Jun 16th**.

Fin Day:

Thu May 26th / Fri May 27th

Time Trials:

Thu Jun 2nd / Fri Jun 3rd: timed 400fs or IM (apologies that this was missing last time!)

Tue Jun 7th / Wed Jun 8th: 200 choice

Mon Jun 13th: 800 / 1500fs

Thu Jun 23rd / Fri Jun 24th: 50 and 100 choice

Wed Jun 29th / Thu Jun 30th: fun day (relays)

This information and more can be found with the Spring/Summer workout themes

at: <http://carletonmasters.tripod.com/mastplansprsum16.pdf>.

Congratulations to all those who did the **400 time trial** on **Thu Jun 2nd / Fri Jun 3rd**. There were **7** improvements, all in 400 free. The leader was **Claire Owen** (7:30am Earlybirds) with a 24.2 second improvement! The full list follows:

400fs (7)

Claire Owen (7:30am Earlybirds) 24.2
Fiona Hill (7:30am Earlybirds) 8.9
Seema Akhtar (6pm Whitecaps) 7.8
Nancy Manning (8:30am Earlybirds) 6.9
Andrea Zarins (6pm Whitecaps) 5.2
Harley Gifford (7:30am Earlybirds) 1.9
Miguel Chavez (7:30am Earlybirds) 1.9

Thanks to those who participated in the **200 time trials** on **Tue Jun 7th / Wed Jun 8th**. There were **9** improvements. The largest were 11.9 seconds in 200 free by **Randi Karstad** (7:30am Earlybirds) and 9.7 seconds in 200 breast by **Fay Hjartarson** (8:30am Earlybirds). The full list of improvements follows:

200fs (4)

Randi Karstad (7:30am Earlybirds) 11.9
Nancy Manning (8:30am Earlybirds) 5.6
Matt Czapalay (7:30am Earlybirds) 1.7
Ursula Scott (7:30am Earlybirds) 0.4

200bk (2)

Melanie Heroux (8:30am Earlybirds) 6.0
Harley Gifford (7:30am Earlybirds) 5.2

200br (2)

Fay Hjartarson (8:30am Earlybirds) 9.7
Lisa Meyer (8:30am Earlybirds) 1.5

200IM (1)

Brad Shapansky (7:30am Earlybirds) 1.5

Here are the weekday attendance statistics to date. Those with the best attendance will receive certificates.

7:30am Earlybirds: May 2nd to June 10th (17 workouts); range 18-29; avg.: 23.1

Perfect Attendance: **Bruce B, Harley G, Robin H, Ursula S**

Missed 1 Workout: **Francois J**

Missed 2 Workouts: **Claire O, Justin K, Mike M, Natalie A, Susan H**

8:30am Earlybirds: May 2nd to June 10th (17 workouts); range 14-22; avg.: 17.6

Missed 1 Workout: **Nancy M, Rod H**

Missed 2 Workouts: **Bob T, Colleen H**

6pm Whitecaps: May 2nd to June 9th (17 workouts); range 16-27; avg.: 21.3

Perfect Attendance: **Don W**

Missed 1 Workout: **Luz O**

Missed 2 Workouts: **Bill W, Deb L, Marg E, Mike L, Peter L, Sarah Z**

7:10pm Whitecaps: May 2nd to June 9th (17 workouts); range 6-13; avg.: 10.4

Missed 2 Workouts: **Joanie C**

Ask the Coach

Dear Coach: How straight should my arms be in freestyle? Perfecting My Technique

Dear P.M. Technique: On the arm recovery (when the arms are in the air) the arms can be bent or straight as long as the forearms and hands are relaxed. On the underwater stroke, unless you are focusing on super short sprints, bending your arm will improve your efficiency. The elbows should be fairly near the surface and the forearms at an angle, so that the wrists are slightly inside the elbows. Ask your coach to have a look at your stroke if you'd like some pointers.

Dear Coach: I'm still confused as to when I should stop for a break. Yesterday you said to do 25, 50, 75, and 100, and I thought that should be continuous, but I was wrong. The other day you said to do 2 x 100IM and I thought I should stop between 100s, but I was wrong. Help, Please!

Dear H. Please!: If you're unsure, please ask. However, a hint is the grid with the pace times. It will list the pace time for each distance, and thus indicate when you should stop. Yesterday, there was a pace time for each of 25, 50, 75, and 100. The other day, it was a 200 broken into 2x100IMs and the pace time was for a 200.

Dear Coach: When we did the set of 5 x 200s going from A stroke to B stroke, can you go over how we should have done it if A stroke was free and B stroke IM? Confused Swimmer

Dear C. Swimmer: Sure. As you say the set was 5 x 200 and you picked two strokes, A and B. A was swum at a moderate pace and B fast. The first 200 was all A, the second 150A+50B, the third 100A+100B, the fourth 50A+150B, and the last all B. For IM ("B"), you swim the strokes corresponding to where in the 200 you are, i.e. 1st 50 fly, 2nd 50 back, 3rd 50 breast, 4th 50 free. Thus, the set would be swum like this:

	50 #1	50 #2	50 #3	50 #4
200 #1:	fs mod	fs mod	fs mod	fs mod
200 #2:	fs mod	fs mod	fs mod	fs fast
200 #3:	fs mod	fs mod	br fast	fs fast
200 #4:	fs mod	bk fast	br fast	fs fast
200 #5:	fl fast	bk fast	br fast	fs fast

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 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.**

- Sat Jun 18th Coupe de Montreal Masters Meet <https://swimming.ca/en/meet/19609/>
- Sat Jun 25th 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 16th Bring on the Bay 3k Open Water Swim (MSO Registration not required) <http://bringonthebay.com/>
- Sat Jul 23rd Technosport 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 6th 750m, 1.5k, and 4k Riverkeeper Swim or Relay, Aylmer (MSO registration not required) <https://www.events.runningroom.com/site/?raceId=13280>
- Sat Aug 6th 4km Open Water Swim Orillia (MSO registration not required) Child Advocacy Fundraiser <http://www.cacsimcoemuskoka.ca/page/swim-city-register>
- Sun Aug 7th 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 13th Technosport 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 27th to Tue Aug 31st Swimming at the Americas Masters Games, Vancouver (Note: This event is not sanctioned. Thus, it is open to everyone, no MSO registration is required, but your times don't count towards records, statistics, etc.): <https://www.americasmastersgames2016.com/>
- Sat Nov 19th 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.)

Sat May 28th H2O Open Dragon Boat Festival, Montreal

Congratulations to the **Sportchicks** women's team, which includes many Carleton Masters Swimmers, on gold in the 1000m and silver (by 0.8 behind Montreal Elite) in the 500m. Full results here:

http://media.wix.com/ugd/a7d05f_55e5972a947142bbb31bdcaf2c2ad0ab.pdf.

Sat May 28th and Sun May 29th Ottawa Race Weekend

If I missed you (or anyone you know participated), please let me know! Congratulations to everyone for their great runs under difficult circumstances – a very hot weekend. **Sheila** won her category in the 5k! **Nicole** and **Christian** did PBs in the half. **Jordan** was 5th in his category in a very competitive half, and **Mike** was 10th in his category.

5km (9313 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=29490>

Sheila Kealey (8:30am Earlybirds; 50-54): 91st overall, 15th woman and 1st in category in 20:34.9

10km (13016 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=29491>

Cory Fraser (7:30am Earlybirds; 20-24): 328th overall, 274th man and 42nd in category in 42:57.9

Marshall Perrin (6pm Whitecaps; 60-64): 5604th overall, 3006th man and 83rd in category in 1:05:54.0

Half-Marathon (14427 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=29493>

Jordan Monnink (8:30am Earlybirds; 25-29): 11th overall, 11th man, and 5th in category in 1:16:45.7

Mike Lau (6pm Whitecaps; 50-54): 206th overall, 192nd man, and 10th in category in 1:29:55.8

Konstantin Petoukhov (6pm Whitecaps; 30-34): 355th overall, 320th man, and 57th in category in 1:33:14.2

Nicole Mikhael (7:10pm Whitecaps; 30-34): 392nd overall, 45th woman, and 13th in category in 1:33:49.6

Christian Cattan (7:10pm Whitecaps; 35-39): 450th overall, 390th man, and 63rd in category in 1:34:52.8

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 1513th overall, 313th woman, and 11th in category in 1:45:37.9

Sat Jun 4th Longueuil LC Masters Meet, Montreal

Official results are not yet available, so here's approximately how we did:

Jamie Chalmers (7:30am Earlybirds; 70-74): 200br (5:57), 50fl (1:02), 100fl (2:38), 200fl (5:59)

Lynn Marshall (Coach; 55-59): 50fs (30.79 Ontario Record), 200fs (2:19.5 Canadian Record), 50bk (37.5 Ontario Record), 100fl (1:12.38 Canadian Record), 200IM (2:39.95(?) possibly a Canadian Record)

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 **June 9th**).

Private and Semi-Private Masters Swim Lessons

Here's the schedule for June. The schedule for July and August will likely be similar, but may include some later evening times.

Afternoons:

Monday 5:00-6:00pm

Tuesday 4:00-5:00pm

Wednesday 5:00-6:00pm

Thursday 4:00-5:00pm

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

Spring/Summer Masters Swimming Programs, Barcodes and Prices

Registration is open 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 2nd to Sat Jul 2nd; no workouts Mon May 23rd or Fri Jul 1st

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 21st 10:45-11:55am; and Jul 2nd 12:15-1:25pm (shallow): Coaches: **rotating schedule**; barcode 11258; cost: \$35+HST

Summer 2015: Mon Jul 4th to Sat Sept 3rd; no workouts Mon Aug 1st

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 3rd 8:15-9:25am (shallow): Coaches: **rotating schedule**; barcode 11259; cost: \$35+HST

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?

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>