

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, March 10, 2017 2:34 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 #439

Carleton Masters Swimming Newsletter #439

Friday, March 10th, 2017

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2016, Winter 2017, and Alumni: 7:30am Earlybirds I (47 addresses), 8:30am Earlybirds II (43 addresses), 6pm Whitecaps I (51 addresses), 7:10pm Whitecaps II (29 addresses), Saturday Only (11 addresses), Masters Alumni (29 addresses).



Thanks to Martin and Titia (7:10pm Whitecaps) for sending this photo of their favourite pool near Tampa. Titia is wearing her Carleton Masters cap!

Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 7th**.
 - When the information on the Spring and Summer programs is available, it will be posted here.
- The 6pm and 7:30am groups are full for Winter. There are wait lists available. Please let me know if you are on a wait list.
 - There are just 5 spots at 8:30am.
- **The Carleton pool is closed for maintenance from Sat Apr 8th to Sun Apr 30th, inclusive.**
- The Spring session will start **Mon May 1st**.
- Details of the Spring/Summer Masters programs will be included in the next newsletter. Registration for Spring and Summer Masters programs will start on **Fri Mar 31st**. Registration for other Carleton Athletics programs will start **Tue Apr 4th**.

Competitive Swimmer Notes

The notes in this section apply to those who are registered with MSO (Masters Swimming Ontario) and attend Masters swimming competitions. There were a lot of them this time, thus the separate section! If you want more details on any of these, let me know.

- MSO is organizing an information session at the Nepean Sportsplex, Hall E, **Sat Mar 18th 1-4pm** to discuss the issues currently facing MSO. I plan to attend. If anyone else is interested, you are welcome to join me! RSVP: b_zirger@mastersswimmingontario.ca.

- MSO is organizing a Special General Meeting at the Ontario Provincials, **Sat Mar 25th** after the meet session ends at the Markham Pan Am Center (Room TBA) to discuss the options for MSO moving forward. If anyone is attending Provincials, please let me know. It would be great to have a representative of our club at this meeting!

- The Thornhill Masters who are organizing Provincials (**Mar 24-26th, Markham**) are looking for timers. If you are attending and have family or friends who would be interested, please contact: meetmanager@thornhillmultisport.com. Timers get free food!

- **Liliane Cardinal** (7:30am Earlybirds) and I are coordinating the club entry for the **Sat Apr 1st LC Meet in LaSalle** (Montreal). If you want to attend, please send me your SCCM registration number, events, entry times, and payment (cash, cheque, e-transfer) by **Sat Mar 18th**.

Swimmer Notes

Swimmer Updates:

- Date for Your Diary: As we haven't done this for a while, all are invited to a dinner at the **Lone Star (780 Baseline Rd.)** about **7:45pm Thu Mar 16th** (after the 6pm Whitecaps workout). They don't accept reservations, so we will just get tables as they become available.

- The Ottawa Senators are having a Swimmers' Night on **Tue Apr 4th 7:30pm** vs. the Detroit Red Wings. Tickets for swimmers, friends, and family are **\$45** and include an Ottawa Senators swim cap. Deadline to let me know if you are interested, the number of tickets, and payment (cash, cheque, e-transfer) is **Sat Mar 25th**.

- **Melanie Heroux** (8:30am Earlybirds) was again the first one to jump in at the Annual Polar Plunge in support of Special Olympics on **Sat Mar 4th**. **Melanie** has raised \$510 of her \$600 goal and is still accepting cash donations at the pool, and you can also sponsor her on-line until the end of the month: <https://secure.e2rm.com/registrator/FundraisingPage.aspx?registrationID=3669080&langPref=en-CA>.

- 10th Annual Bushtukah S.W.E.E.T. Night (Sporty Women Empowering Evening of Tips and Advice) **Sun Apr 9th 6:15-9:15pm**: <http://bushtukah.com/events/10th-annual-bushtukah-s-w-e-e-t-night/>

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



- For those who prefer silicone caps, Carleton Varsity swim caps are available as a fundraiser for the Varsity team for **\$15** each:



News and Links:

- Why Swimming Is So Good For You: <http://time.com/4688623/swimming-pool-health-benefits/>
- Wild Sea Swimming in Her 60s: <https://www.theguardian.com/society/video/2017/feb/13/wild-sea-swimming-in-my-60s-erases-problems-being-child-again-video>
- **Karlyn Pipes** Breaks Six Masters World Records in Europe in January: <http://www.swimmingworldmagazine.com/news/karlyn-pipes-breaks-six-fina-masters-world-records-in-europe/>
- How Much Pee is in our Swimming Pools? [thanks to Kevin Graham (7:30am Earlybirds)]: <https://www.theguardian.com/science/2017/mar/01/how-much-pee-is-in-our-swimming-pools-new-urine-test-reveals-the-truth>
- Just Keep Swimming – Through Pee, Band-Aids and Human Hair: <https://www.theguardian.com/commentisfree/2017/mar/02/swimming-pee-public-pools>
- The Inner Demons of Elite Swimming: <https://www.theguardian.com/sport/2017/feb/17/olympic-swimming-loneliness-isolation-pressure-inner-demons>
- Toy for the Pool [thanks to **Brad Shapansky** (7:30am Earlybirds)]: <http://www.swimsmooth.com/platysens-marlin-swim-meter.php>
- Five Motivational Quotes from Coaches: <https://www.swimmingworldmagazine.com/news/5-motivational-quotes-from-great-coaches-for-championships/>
- Lift 100 Tons in a Day? Why Not!: <https://www.wsj.com/amp/articles/lift-100-tons-in-day-sure-why-not-1487505600>
- How to Grow Old Like an Athlete: <https://www.weforum.org/agenda/2017/02/healthspan-vs-lifespan>
- The Sleep Cure: The Fountain of Youth May Be Closer Than You Ever Thought: <http://time.com/4672988/the-sleep-cure-fountain-of-youth/>
- Banking Sleep Can Stave Off Exhaustion: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/banking-sleep-ahead-of-time-can-stave-off-exhaustion-study-shows-health/article34120978/>

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: Tue Jan 3rd to Fri Apr 7th; excluding Mon Feb 20th.

The usual pool allocations and coaches are as follows:

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

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

6pm Whitecaps: Mon: Shallow End; Tue/Thu: Deep End: Mon/Thu: **Sean**; Tue: **Mark**

7:10pm Whitecaps: Shallow End: Mon/Thu: **Sean**; Tue: **Mark**

8:15am Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Mark coached for **Sean** on **Thu Mar 2nd** and **Mon Mar 6th**.

Fin Days:

Mon Jan 30th

Thu Mar 9th / Fri Mar 10th

Time Trials:

Tue Feb 7th / Wed Feb 8th: timed 400fs or IM

Tue Feb 21st / Wed Feb 22nd: 2 timed 50s

Thu Mar 2nd / Fr Mar 3rd: 100 choice

Thu Mar 16th / Fri Mar 17th: 200 choice

Tue Mar 21st / Wed Mar 22nd: 800 / 1500fs

Thu Apr 6th / Fri Apr 7th: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint17.pdf>.

Thanks to those who participated in the **100 time trial** on **Thu Mar 2nd** and **Fri Mar 3rd**. There were 14 improvements. The largest improvement was an incredible 27.6 seconds in 100fs by **Flo Kellner** (8:30am Earlybirds). A list of all improvements follows.

100fs (9)

Flo Kellner	27.6	EB2
Cori Dinovitzer	6.6	WC1
Derek Woodard	4.1	WC1
Konstantin Petoukhov	3.3	WC1
Ruth Fawcett	2.7	EB2
Bill Gregg	2.7	EB2
Mars Nienhuis	2.6	WC1
Christiane Wilke	2.6	EB1
David Moore	1.6	WC1

100bk (2)

Matthew Tucciarone	7.5	EB1
Harley Gifford	1.6	EB1

100br (1)

Francois Jacques	0.4	EB1
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100fl (1)

Luz Osorio	1.1	WC1
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100IM (1)

Kevin Graham	0.9	EB1
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Here are the weekday attendance statistics for this term to date. If you notice any mistakes, please let me know! Those with the best attendance will receive certificates early next term.

6pm Whitecaps: Jan 3-Mar 9th (28 workouts); range 21-35; average: 26.7

Perfect Attendance: **Cam D, Joanie C, Joanne D, John H**

Missed 2 Workouts: **Don W, Konstantin P, Peter Lithgow**

Missed 3 Workouts: **Rachel B**

7:10pm Whitecaps: Jan 3-Mar 9th (28 workouts); range 6-20; average: 13.1

Missed 2 Workouts: **Sam G** (Apologies to **Sam** for saying he'd missed two workouts last time, when his attendance was still perfect!)

Missed 3 Workouts: **Steph LSF**

7:30am Earlybirds: Jan 4-Mar 10th (28 workouts) range 14-25; average: 20.8

Missed 1 Workout: **Christiane W, Liliane C**

8:30am Earlybirds: Jan 4-Mar 10th (28 workouts) range 16-28; average: 21.5

Missed 1 Workout: **Amir B, Chris W, Ruth F**

Missed 3 Workouts: **Isla P**

Ask the Coach

Dear Coach: Hypothetically speaking, if you were to plan a pace strategy for your first-ever 800 meter freestyle time trial what would it be?

Almost Drowned During the 400

Dear A.D.D.t. 400: Most swimmers tend to go out too fast in longer swims, so my recommendation is to err on the side of caution, especially the first time. You want to reach half way feeling like finishing is not going to be an issue. I suggest trying to speed up every time you've halved what's left. That helps with the counting and can help keep you motivated. Ideally, you want to keep the splits about the same throughout, but as we tend to slow down, attempting to speed up keeps things closer to constant. Thus, for an 800, try to speed up at the 400, 600, 700, 750, and 775. Good luck!

Dear Coach: I keep missing the sign up date for Masters and ending up on the wait list. How can I avoid this? Tardy Swimmer

Dear T. Swimmer: You can sign up for both Fall and Winter Masters in early August, and for both Spring and Summer Masters in late March / early April. The program information and registration start dates are in the newsletter once they are available. You can also check on the web site for that information: <http://carletonmasters.tripod.com/>. For the most popular groups it's best to sign up for both Fall and Winter at the same time, and for both Spring and Summer at the same time.

Dear Coach: Are the club records short course or long course? What conversion is used? Record Setting Swimmer

Dear R.S. Swimmer: The club records are meters, either short course or long course. No conversion is used. This is for historical reasons and would be impossible to change at this point!

Dear Coach: When I swim backstroke, should I keep my body horizontal or roll from side to side? Backstroke Swimmer

Dear B. Swimmer: Your body should be horizontal in that your head and feet should be about the same depth. However, as you swim, you should roll from side to side around your spine, except that your head should stay still. The roll on backstroke is similar to the roll in freestyle.

Dear Coach: What is a legal backstroke to breaststroke turn in IM? Penalized in the Time Trial

Dear P.i.t.T. Trial: You must touch the wall on your back and leave the wall on your front. You are not permitted to do a flip turn, and you are not permitted to turn over before you reach the wall.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016-2017 (September 2016 to August 2017) costs \$35.** 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**).

If you plan to compete in sanctioned competitions outside Ontario, you can pay \$2 to join SCCM (Swim Canada Competitive Masters) and register with Swim Canada via this link:

<https://form.swimming.ca/machform/view.php?id=18366>. You will then get a registration number that is in the national

database. Note that you can still sign up as a member of CAPS, but you must use the new registration number for meets outside Ontario.

Full details on all Ontario Masters competitions can be found at:

<https://ms.mastersswimmingontario.ca/web/schedule.php>.

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 Mar 18th Dollard-des-Ormeaux Meet, Montreal <https://swimming.ca/en/meet/19965/>

Fri-Sun Mar 24-26th Ontario Provincial Masters Meet, Thornhill, Markham

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=802>

Sat Apr 1st LaSalle Long Course Meet, Montreal <https://swimming.ca/en/meet/20824/>

Sun Apr 9th Milton Masters Meet <http://ms.mastersswimmingontario.ca/web/schedule.php>

Apr 21-30th World Masters Games, Auckland, New Zealand <http://www.worldmastersgames2017.co.nz/>

Sat-Sun Apr 22-23rd Quebec Provincial Masters Meet, Montreal, Claude-Robillard <https://swimming.ca/en/meet/19951/>

Sun Apr 30th Perth Masters Meet <http://ms.mastersswimmingontario.ca/web/schedule.php>

Sat May 6th Barrie Masters Meet <http://ms.mastersswimmingontario.ca/web/schedule.php>

Sun May 7th Clarington, Bowmanville <http://ms.mastersswimmingontario.ca/web/schedule.php>

Fri-Sun May 12-14th Canadian Masters Nationals, Quebec City <https://www.mastersswimmingcanada.ca/WP/en/msc-nationals/>

Sat Jun 3rd Longueuil LCM Meet, Montreal <https://swimming.ca/en/meet/19898/>

Aug 7-20th FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina.org/content/17th-fina-world-masters-championships> (Open Water Swimming: Aug 10-12th; Pool Swimming: Aug 14-20th)

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

Sat Feb 18th Gatineau Loppet 51km Classic Ski (384 participants)

Apologies to **Sheila** for missing her last time! She made the podium: **2nd** woman overall – fantastic! Check out the great photo here: <https://www.facebook.com/sheila.kealey/posts/10154219554782301>.

Congratulations to **Margaret** on a great result! Full results here: <https://www.sportstats.ca/display-results.xhtml?raceid=44190>.

Sheila Kealey (8:30am Earlybirds; 50-54): 30th overall, **2nd** woman, and **1st** in category in 3:10.:26.2

Margaret King (7:30am Earlybirds; 55-59): 186th overall, 22nd woman, and **2nd** in category in 4:19:31.6

Sat Feb 25th Nepean Long Course Winterlude Swim Meet

There were 12 Carleton swimmers at this meet. In addition, **Malika (Queeny) Shaath** (x-Earlybirds) swam in her first meet for Orleans Masters, and **Fouad Hejazi** (x-Earlybirds), now in Mississauga, swam unattached. **Bill Westcott** (6pm Whitecaps) was coaching Nepean Masters. There were lots of great swims. Congratulations to **Liliane** on her club record! Unofficial results here (the men’s medley relay is currently shown as free):

<http://nmsc.org/winterlude/documents/results.pdf>. Updated club records:

<http://carletonmasters.tripod.com/170225.Records.pdf>.

Justin Kernot (8:30am Earlybirds; 20-24): **1st** 50fs (28.12), 100fs (1:01.68), 200IM (2:35.01)

Matthew Tucciarone (7:30am Earlybirds; 25-29): **1st** 50bk (41.30 LC PB), 100bk (1:32.42 PB); **2nd** 100fs (1:16.80); 4th 50fs (33.80)

Jian-Lok Chang (6pm Whitecaps; 30-34): **1st** 50fs (25.96), 100fs (57.40), 50bk (29.15)

Gi Wu (6pm Whitecaps; 30-34): **3rd** 50fs (29.49), 50fl (36.02)

Sean Dawson (Coach; 30-34): **1st** 200fs (2:12.80), 50fl (29.81); **2nd** 50fs (27.27), 100fs (1:00.91)

Mark Blenkinsop (Coach; 35-39): **1st** 200fs (2:27.24), 800fs (10:54.90), 100br (1:28.74 PB); **2nd** 50fl (30.16)

Sam Gamble (7:10pm Whitecaps; 35-39): **1st** 50br (37.80), 200br (3:13.02); **2nd** 800fs (12:02.25 PB)

Megan Holtzman (8:30am Earlybirds; 40-44): **2nd** 100fs (1:27.99); **3rd** 800fs (14:36.59)

Chris Whitehead (8:30am Earlybirds; 45-49): **1st** 50br (43.91), 100br (1:41.31 PB); **2nd** 50fs (32.05 PB), 200IM (3:15.00); 4th 100fs (1:17.98)

Lynn Marshall (Coach; 55-59): **1st** 50fs (30.67 Ontario Record), 800fs (9:44.76 Ontario Record), 200bk (2:41.29), 200IM (2:41.51)

Harley Gifford (7:30am Earlybirds; 60-64): **1st** 50fs (31.85 LC PB), 50bk (38.05 LC PB), 100bk (1:26.94), 200IM (3:17.97)
Liliane Cardinal (7:30am Earlybirds; 65-69): **2nd** 800fs (19:14.80), 100br (2:36.38 Club Record); **3rd** 200IM (5:16.69)
Men's 4 x 50 Medley Relay 120+ **Jian-Lok (29.42), Sam (38.17), Justin (29.70), Sean (26.66): 1st** 2:03.95
Men's 4 x 50 Free Relay 160+ **Harley (33.04), Matthew (36.00), Chris (31.71 PB), Gi (30.47): 2nd** 2:11.22

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 **March 9th**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Monday and Friday 9:35-10:35am

Monday 4:30-5:30pm

More times available during the Spring and Summer terms.

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

Winter Masters Swimming Programs, Barcodes and Prices

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>.

Winter 2017: Tue Jan 3rd to Fri Apr 7th; no workouts Mon Feb 20th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): barcode 12288; cost: \$132+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): barcode 12289; cost: \$132+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12292; cost \$148+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12294; cost: \$132+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: **rotating schedule**): barcode 12290; cost: \$52+HST

Aquasport Discount for Carleton Masters Swimmers:

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) They have two locations in Ottawa (2730 Iris Street in the West End and 2160 Montreal Road in the East) and several in Montreal. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

Carleton Masters Swim Team Photos:

Fall 2016 group photos (Saturday, Morning, Evening): <http://carletonmasters.tripod.com/fall16photos.pdf>.

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** (6pm Whitecaps), **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 a month'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>