

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, March 24, 2017 4:18 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 #440

Carleton Masters Swimming Newsletter #440

Friday, March 24th, 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 (30 addresses).

"Life is like riding a bicycle. To keep your balance, you must keep moving." -- Albert Einstein

Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 7th**.
- 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 follow. Registration for Spring and Summer Masters programs starts on **Fri Mar 31st**. Registration for other Carleton Athletics programs will start **Tue Apr 4th**.
 - Note that Coach **Mark** will be taking a break from coaching evenings for the Spring / Summer due to the imminent arrival of baby #2!

Spring/Summer Masters Swimming Programs, Barcodes, and Prices

Registration opens **8:30am Fri Mar 31st** 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 2017: Mon May 1st to Fri Jun 30th; no workouts Mon May 22nd or Sat Jul 1st

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 13182; cost: \$85.50+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 13183; cost: \$85.50+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: **Sean and Lynn**; barcode 13187; cost \$95.50+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: **Sean and Lynn**; barcode 13188; cost: \$85.50+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat, except: May 20th 10:45-11:55am (shallow): Coaches: **rotating schedule**; barcode 13185; cost: \$32+HST

Summer 2017: Tue Jul 4th to Sat Sept 2nd; no workouts Mon Jul 3rd, Mon Aug 7th, or Mon Sept 4th

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 13184; cost: \$198+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Weekdays: **Sean and Lynn**; Saturdays: **rotating schedule**; barcode 13189; cost \$108+HST

12:15pm Saturday Earlybirds ONLY: 12:15-1:25pm Sat (shallow): Coaches: **rotating schedule**; barcode 13186; cost: \$36+HST

Swimmer Notes

Swimmer Updates:

- Have you noticed the new pace clocks at the pool? In addition to a replacement portable clock near the change rooms, the clock behind the lifeguard chair has been fixed, and there is a new clock in the shallow end that also has an hour hand! A great improvement.
- **Jamie Chalmers** (7:10pm Whitecaps) and I attended the Masters Swimming Ontario (MSO) information session at the Nepean Sportsplex on **Sat Mar 18th**. The meeting wasn't particularly enlightening, except that it is clear that it isn't going to be easy to solve the current issues between MSO and Swim Ontario and Swim Canada. There will be another meeting this weekend at Provincials, but it appears that the likely short term solution is for all clubs will have to join Swim Ontario next year – details not clear at this point. A longer term solution could involve creating a Masters organization that reports to Aquatics Canada (rather than the current unclear relationship between Masters Swim Canada and Swim Canada). Aquatics Canada reports to FINA and Swim Canada along with the other aquatics sports bodies: diving, synchro, water polo, report to Aquatics Canada.
- 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**. (Note, so far no one has expressed interest.)
- **Steve Papai** (steve.papai@ottawa.ca) is organizing a \$10 Open Water swim (no lane ropes) at the Nepean Sportsplex **Sun Apr 30th 1:00-3:15pm**. This event is open to swimmers of all levels. E-mail **Steve** to sign up.
- The Carleton Masters web site (<http://carletonmasters.tripod.com/>) is a free site, so sometimes there is advertising. I've heard that some swimmers are seeing a pop up to claim a prize. I recommend blocking pop-ups and/or installing an ad blocker to avoid this. If you are having problems accessing the site and need a particular document, just let me know and I can send it by e-mail.
- 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:

- Masters Swimming 360+ 4 x 50 Freestyle Relay World Record [thanks to **Robin Henderson** (7:30am Earlybirds) and **Ruth Fawcett** (8:30am Earlybirds)]: <https://www.growingbolder.com/a-masterclass-in-active-longevity-3049779/>
- Saskatchewan Masters Athlete of the Year, Swimmer **Carl Waterer**: <http://www.sasksport.sk.ca/SportAwards/2016/CarlWaterer.html>
- Swimming with a Brand New (Prosthetic) Leg: <https://www.nytimes.com/2017/03/14/well/swimming-with-a-brand-new-leg.html>
- Correcting Open Water Swim Problems: <http://www.220triathlon.com/training/swim/9-open-water-swim-problems-and-how-to-put-them-right/11642.html>
- Recovering from a Poor Competition: <https://swimswam.com/the-big-meet-went-bad-now-what/>
- Runner **Ed Whitlock** Dies at 86: <http://runningmagazine.ca/ed-whitlock-dies-at-86/>;
<http://www.theglobeandmail.com/sports/more-sports/decorated-marathon-runner-ed-whitlock-dies-at-86/article34287252/>
- Five Healthy Eating Myths Dispelled [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <http://this.deakin.edu.au/culture/five-healthy-eating-myths-dispelled>
- Why Our Champions are Getting Older: <https://www.nytimes.com/2017/03/03/opinion/why-our-champions-are-getting-older.html>
- And Now for a Nude Lifeguard Reciting **Jane Eyre** [Ed. Note: The headline is too good to exclude from the newsletter!]: <https://www.theguardian.com/books/2017/mar/05/naked-boys-reading-book-group-nude>

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.

The **evening 800/1500 time trial** was moved to **Thu Mar 23rd** (instead of **Tue Mar 21st**) so that **Sean** could do the timing.

A lifesaving camp ran during March Break (**Mar 13-17th**) from 8:30am to 4:30pm. Thanks to the **8:30am Earlybirds** for their patience!

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

Thu Mar 23rd / 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 **200 time trial** on **Thu Mar 16th** and **Fri Mar 17th**. There were 11 swimmers who improved, led by **Liliane Cardinal** (7:30am Earlybirds) with a 32.7 second improvement in 200IM and **Jocelyn Pender** (6pm Whitecaps) with a 22.3 second improvement in 200fs. A full list of improvements follows:

200fs (6)

Jocelyn Pender	22.3	WC1
Jason Sokolowski	19.2	WC2
Sam Gamble	7.0	WC2
Justin Kernot	5.3	EB2
Kathryn Hrycusko	1.5	EB2
John Critch	0.4	WC2

200bk (1)

Melanie Heroux	2.4	EB2
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200fl (1)

Natalie Aucoin	4.1	EB2
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200IM (3)

Liliane Cardinal	32.7	EB1
David Moore	9.4	WC1
Konstantin Petoukhov	8.2	WC1

Congratulations to all who took part in the **800 and 1500 time trials** on **Wed Mar 22nd** and **Thu Mar 23rd**. There were 11 improvements and special mention to **Seema Akhtar** (6pm Whitecaps) on exactly tying her best time (that's consistency)! The improvements were led by **Jocelyn Pender** (6pm Whitecaps) with a whopping 2:47 improvement in 800fs, and **Christiane Wilke** (7:30am Earlybirds) with a huge 2:02 improvement in 1500fs. The full list of improvements:

800fs (2)

Jocelyn Pender	2:47	WC1
Roy Hanes	41.0	WC2

1500fs (9+1 tie)

Christiane Wilke	2:02	EB1
Mars Nienhuis	73.0	WC1
Alison Creba	52.0	EB2
Lisa Meyer	51.0	EB2
Derek Woodard	50.0	WC1
David Moore	44.0	WC1
Ruth Fawcett	35.0	EB2
Konstantin Petoukhov	26.0	WC1
Rachel Bennett	15.0	WC1
Seema Akhtar	tie	WC1

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 23rd (32 workouts: Mon Mar 13th and 20th to be included next time); range 20-35; average: 26.4

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

Missed 2 Workouts: **Don W, Joanie C, Konstantin P**

Missed 3 Workouts: **Rachel B**

Missed 4 Workouts: **Mars N, Peter Lithgow**

7:10pm Whitecaps: Jan 3-Mar 23rd (32 workouts: Mon Mar 13th and 20th to be included next time); range 6-20; average: 13.2

Missed 3 Workouts: **Steph LSF**

Missed 4 Workouts: **Sam G**

7:30am Earlybirds: Jan 4-Mar 24th (34 workouts) range 10-25; average: 19.6

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

Missed 4 Workouts: **Harley G**

8:30am Earlybirds: Jan 4-Mar 24th (34 workouts) range 14-28; average: 20.8

Missed 1 Workout: **Amir B**

Missed 2 Workouts: **Ruth F**

Missed 3 Workouts: **Chris W, Isla P**

Missed 4 Workouts: **Lisa M**

Ask the Coach

Dear Coach: I would like to request that the music be turned off during our swim sessions on Monday, Tuesday and Thursday between 6 and 7:10pm. Whitecaps Swimmer

Dear W. Swimmer: The speakers should be turned off in the deep or shallow end, depending on where the Masters are swimming. If this is not the case, just remind the coach to request that. The lifeguards like to have the music playing softly in the middle of the pool as it helps keep them alert. If there are further issues with this, just let me know. Thanks!

Dear Coach: What is IMO? Puzzled Swimmer

Dear P. Swimmer: IMO = IM Order. IM = Individual Medley. This means swum in IM order. For example 4 x 100 IMO would be 100 fly, 100 back, 100 breast, 100 free (with a break between 100s). Compare this to 4 x 100 IM, which would be 25fl+25bk+25br+25fs = 100IM x 4.

Dear Coach: Any suggestions for avoiding nerves while preparing for a time trial or competition? Nervous Swimmer

Dear N. Swimmer: Dealing with nerves in a positive way is an important skill for competition. Nerves are a normal part of your pre-race routine. First, you need to acknowledge that it is normal to feel nervous and understand that the nerves deliver adrenalin which helps performance. If you get too jittery, however, you can practice deliberately calming down (e.g. taking deep breaths, etc.). Also, in a longer event, you can deliberately hold back a bit at the beginning to get into the groove without expending all your nervous energy.

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 (that may be the same or different from your MSO number). 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.**

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

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

Sat Mar 25th Gatineau Invitational Distance Meet: <https://swimming.ca/en/meet/21021/>

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.)

Sun Feb 12th Arnprior Special Olympics Swim Meet

We now have **Melanie**’s official results for this meet. Congrats on the great swims!

Melanie Heroux (8:30am Earlybirds; 30-39): **1st** 50fl (1:46.68); **2nd** 100fs (2:54.13), 100IM (3:35.31); **3rd** 25fl (43.59)

Sat Feb 18th Gatineau Loppet 27km Classic Ski (280 participants)

Congratulations to **Lisa** on her podium finish! **Lisa** says that swimming helped her with double poling! Full results:

<https://www.sportstats.ca/display-results.xhtml?raceid=44191>.

Lisa Meyer (8:30am Earlybirds; 55-59): 36th overall; 4th woman and 2nd in category in 1:55:32.1

Sun Mar 5th Technosport Meet, U of Ottawa

I was Carleton’s only swimmer. Full results:

<https://www.mastersswimmingcanada.ca/ms/web/stats/meets/narrowMeet.php?MeetID=805>.

Lynn Marshall (Coach; 55-59): **1st** 50fs (30.50), 200fs (2:18.14), 50bk (35.66), 100fl (1:11.66), 100IM (1:15.78)

Sun Mar 12th Ottawa Special Olympics Swim Meet

More great results from **Melanie** – congratulations!

Melanie Heroux (8:30am Earlybirds; 30-39): **1st** 25fl (41.52), 50fl (1:39.83); **3rd** 100fs (2:55.00), 100IM (3:42.95), and their relay team was 2nd in the 4 x 50m free relay (3:59.01)

Sat Mar 18th Dollard-des-Ormeaux Masters Meet, Montreal

Sandy, Natalie, and **Brigitte** (**Natalie**’s daughter) participated and had some great swims! **Brigitte** hasn’t trained in a while, and **Natalie** was able to win two of their three head to head races! Results here:

<https://www.swimming.ca/en/meet/601008/?faction=70063>.

Brigitte Boland (x-Earlybirds; 18-24): **1st** 100fl (1:23.31); **2nd** 50fs (32.66), 50bk (41.18), 50fl (35.12); **3rd** 50br (46.59)

Natalie Aucoin (8:30am Earlybirds; 45-49): **2nd** 50fl (34.90), 200fl (3:15.41 **PB**); **3rd** 50fs (33.89), 100fl (1:20.95)

Sandy Lawson (7:30am Earlybirds; 50-54): **1st** 100bk (1:36.47), 200bk (3:21.05 **PB**); **2nd** 100fs (1:21.34); 4th 50br (52.75 **PB**)

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

Marty Raymond (Whitecaps alumnus) is the only swimmer swimming for Carleton Masters at Provincials. He registered with us to avoid the issues of being an unattached swimmer. However, those holding club records in the 55-59 age group (**Ian Lorimer, Harley Gifford**) don't need to worry as we've agreed that **Marty** won't be eligible for club records!

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 22nd**).

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.slowlitch.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>