

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Wednesday, August 02, 2017 12:45 PM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #449

Carleton Masters Swimming Newsletter #449

Wednesday, August 2nd, 2017

To: Carleton Masters Coaches / Staff (11 addresses)

Bcc: Those registered for Fall 2016, Winter 2017, Spring 2017, Summer 2017, and Alumni: 7:30am Earlybirds I (56 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (64 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (13 addresses), Masters Alumni (29 addresses).

"Friendships born on the field of athletic strife are the real gold of competition. Awards become corroded, friends gather no dust." – Jesse Owens

Masters Program Notes and Cancellations

- The Summer session runs until **Sat Sept 2nd**. There are **no workouts Mon Aug 7th** (Civic Holiday).
 - There **is** workout as usual on **Sat Aug 5th**.
- **Owen Saunders** (6pm Whitecaps) sends his apologies to the 7:30am Earlybirds for not being there to coach on Monday morning. A very big thank you to **Matthew Tucciarone** (7:30am Earlybirds) for coaching in our absence! Greatly appreciated.
- All Saturdays in Summer are 12:15-1:25pm, and are included for weekday swimmers.
- Details of the Summer programs can be found near the end of the newsletter. Only the 7:30am and 6pm groups, as well as Saturdays, run in summer.
 - Summer 6pm Whitecaps is **full**: wait list available. (Please let me know if you are on the wait list.)
- Registration for Fall and Winter starts **Wed Aug 9th**. All the details can be found below.

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration opens **Wed Aug 9th** for both Fall and Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. As usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

Fall 2016: Wed Sept 6th to Thu Dec 21st; no workouts Mon Oct 9th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 14262; cost: \$155+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 14263; cost: \$155+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 14268; cost \$170+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 14270; cost: \$155+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 14264; cost: \$62+HST

Winter 2017: Wed Jan 3rd to Sat Apr 14th; no workouts Mon Feb 19th, Fri Mar 30th, Mon Apr 2nd

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 14265; cost: \$140+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 14266; cost: \$140+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 14269; cost \$155+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 14271; cost: \$140+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 14267; cost: \$62+HST

Fall/Winter Coaching Update

To keep you up to date on our coaches, here are the changes to the coaching staff for Fall and Winter.

Owen Saunders (6pm Whitecaps) has been a sub-coach for both the Earlybirds and Whitecaps this summer. He is going on holiday for a couple of weeks and then will be heading back to Kingston where he will be a second year student at Queens University. Thanks to **Owen** for his coaching this summer!

Now that his son, **Hiroshi**, is turning one year old, **Mits Kachi** is going to return to the Saturday coaching rotation this Fall. Welcome back, **Mits**!

With a toddler, **Linden**, and a baby, **Lila**, there are not enough hours in the day for **Mark Blenkinsop** to coach in the evening this year, but he will continue to coach on Saturdays. Thanks, **Mark**!

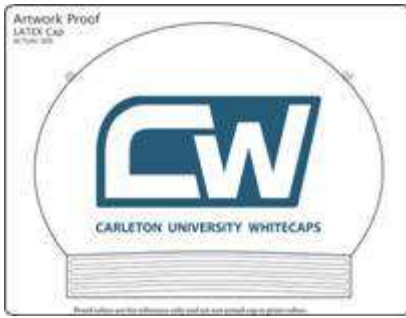
Sean Dawson has recently been accepted into an Executive MBA program – congratulations, **Sean**! So that he has time to excel in his studies, **Sean** will coach just one evening (**Thursday**) per week.

I am pleased to introduce **David Thibodeau** who will be coaching on **Monday** and **Tuesday** evenings. **David** is entering his second year of his Masters in Public Policy and Administration at Carleton and was on the Carleton Varsity team last year. He completed his undergraduate degree at the University of New Brunswick where he competed throughout the duration of his time there on the varsity swim team. **David** has been a competitive swimmer for 10 years and has competed at Age Group Nationals and Canada Games representing New Brunswick. **David** has been coaching for 5 years with FAST (Fredericton Aquanauts Swim Team) and is a certified level 1 swim coach.

Swimmer Notes

Swimmer Updates:

- Did you know that **two** Carleton swimmers are participating in the FINA World Masters Championships in Budapest in August? Best of luck to **Harley Gifford** (7:30am Earlybirds) and **Natalie Aucoin** (7:30am Earlybirds)! (**Sandy Lawson** [7:30am Earlybirds] isn't attending this year – my bad!)
- Best of luck also to the **Sportchicks Dragon Boat** teams competing at Nationals in Welland this weekend!
- Congratulations to **Bogdan Djerkovic** (6pm Whitecaps) who has been selected for Canada's U20 men's waterpolo team: <http://www.waterpolo.ca/News3498.aspx>.
- **MSO (Masters Swimming Ontario) Update:** Swimming Canada and Masters Swimming Canada are not budging on their stance of not allowing Masters Swimming Ontario to register Masters swimmers for competition or sanction meets. A Masters task force is working with Swim Ontario to figure out the process for Masters Clubs and Masters swimmers to register with Swim Ontario starting this Fall. MSO will continue to exist with its focus being on non-competitive Masters swimmers. I will provide updates as details become available.
- Researchers at the Human and Environmental Physiology Research Unit (HEPRU) of the University of Ottawa are currently recruiting participants aged 18 to 75 years to take part in an exercise study. At this time they are especially in need of older adults (aged 55-75 years) and individuals with type 2 diabetes and/or chronic hypertension. Qualifying volunteers will receive a VO2max test (gold standard in assessing aerobic fitness) and a body composition analysis (hydrostatic weighing technique) (\$650 value). These results will be provided to you upon completion of the experimental session. If you want to learn about your physical fitness and are interested in helping researchers at the University of Ottawa study the effects of exercise-induced heat stress in older adults and individuals with diabetes and/or chronic hypertension, call at 613-562-5800 ext. 4270 or email hepru@uottawa.ca, including your name, age and phone number.
- 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:

- Animation of **Michael Phelps** Racing Six Aquatic Animals in 60 Seconds: <http://time.com/4864457/michael-phelps-races-shark/>

- And **Phelps** vs a Simulated Shark Did Not Impress:

http://www.etonline.com/tv/222299_discovery_responds_to_phelps_vs_shark_backlash_says_their_promotion_wasn_t_misleading/

- **Charles Daniels**, born 100 years before **Phelps**, Developed Front Crawl: <https://www.si.com/more-sports/2017/07/20/michael-phelps-shark-freestyle-swimming>

- New Zealander Charlotte Brynn Completes 25 Mile Swim From Quebec to Vermont:

<https://www.swimmingworldmagazine.com/news/charlotte-brynn-completes-25-mile-swim-from-quebec-to-vermont/>

- 87 Year Old Judge Attempting to be Oldest to Swim From Alcatraz to San Francisco:

<http://www.abcactionnews.com/news/region-south-pinellas/st-petersburg/87-year-old-st-pete-judge-attempting-to-be-oldest-to-swim-from-alcatraz-to-san-francisco>

- Paris Opens Cleaned Up Canal to Swimmers [thanks to **Sandy Lawson** (7:30am Earlybirds)]:

<https://www.theguardian.com/cities/2017/jul/22/paris-queues-clean-canal-swimmers-villette-seine>

- Swimming in Snowdonia, Wales: A Time to Reflect [thanks to **Sandy Lawson** (7:30am Earlybirds)]:

https://www.theguardian.com/travel/2017/jul/20/wild-swimming-snowdonia-national-park-wales-vivienne-rickman-poole?CMP=Share_iOSApp_Other

- Seven Annoying Types of Swimmers [thanks to **Matthew Tucciarone** (7:30am Earlybirds)]:

<https://www.facebook.com/SwimmingMemes/videos/vb.544922132189695/1768214329860463/>

- SwimRun: Is This the Wildest Sporting Event Going?: <https://www.theguardian.com/lifeandstyle/the-running-blog/2015/nov/12/swimrun-is-this-the-wildest-sporting-event-going>

- **Joan Benoit Samuelson** Going for Sub 3:00 Chicago Marathon: World Record for Age 60+ Women:

<http://www.chicagotribune.com/sports/international/ct-joan-benoit-samuelson-chicago-marathon-20170720-story.html?ref=yfp>

- Synchronized Swimming Renamed Artistic Swimming: <https://swimswam.com/fina-renames-synchronized-swimming/>; if you don't like this (proposed?) change, sign this petition: <https://www.change.org/p/federation-internationale-de-natation-fina-our-sport-is-called-synchronized-swimming>

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$45 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 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.

Summer Session Information

Dates: Tue Jul 4th to Sat Sept 2nd; excluding Mon Aug 7th.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End (plus 2 lanes Shallow End as needed): **Lynn**

6pm Whitecaps: Shallow End: **Sean**

12:15pm Saturdays: Usually Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here:

Tim coached for **Blake** on **Sat Jul 22nd**.

Owen coached for **Sean** on **Tue Jul 25th**.

Owen coached for **me** on **Fri Jul 28th**

Matthew T coached for **me** on **Mon Jul 31st**.

Owen coached for **Sean** on **Tue Aug 1st**.

Sean is coaching for **me** on **Wed Aug 9th** and **Fri Aug 11th**.

Lynn is coaching for **Sean** on **Tue Aug 15th**.

Fin Day:

Thu Aug 3rd / Fri Aug 4th

Time Trials:

Mon Jul 10th: timed 400fs or IM

Mon Jul 17th: timed 50 and 100 choice

Tue Aug 10th / Wed Aug 11th: 800 / 1500fs

Tue Aug 15th / Wed Aug 16th: 200 choice

Thu Aug 31st / Fri Sept 1st: fun day (relays, etc.)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum17.pdf>.

Here are the weekday attendance statistics to date. If you notice any errors, please let me know.

6pm Whitecaps: July 4-Aug 1st (13 workouts): range: 20-31; average: 25.9

Perfect Attendance: **Christian C, Ingrid H, Peter Lithgow**

Missed 1 Workout: **Andrea C, Andrea Z, Joanie C, Stephanie LSF**

7:30am Earlybirds: July 5-Aug 2nd (13 workouts): range 20-30; average: 24.2

Perfect Attendance: **Bob T, Ursula S**

Missed 1 Workout: **Harley G, Justin K**

Ask the Coach

Dear Coach: Wow those swimmers at the World Championships are so fast! It was fun to watch. Motivated Swimmer

Dear M. Swimmer: Yes, the ones they show on TV are amazing. However, to encourage swimmers from emerging countries, not all the swimmers in attendance are as fast as the ones on TV. Here are the heat results for the women's 50 free: <http://omegatiming.com/File/Download?id=000111010A0201EB01FFFFFFFFFFFF01> – you'll see that the slowest was 40 seconds. Many Carleton Masters swimmers can do that!

Dear Coach: How can I figure out which direction my lane should go? Clockwise or Counter-Clockwise?

Dear C.o.C. Clockwise: If you are in the deep end, the lane next to the dive tank must go counter-clockwise to avoid backstrokers injuring themselves on the point (the corner where the dive tank meets the main pool). From there, the directions alternate. Thus the next lane is clockwise, etc. And, to keep things simple, the lanes in the shallow end go the same direction as they would if the pool was set up long course.

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**). Details for next year will be announced once they are available.

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. You can also look on the Masters Swimming Canada site, which should list competitions from all provinces, and is sometimes more helpful than the above: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>.

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.**

May 1st, 2017 to April 30th, 2018 Global Swim Series: <https://globalswimseries.com/races/>

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)

Sat Aug 12th Ottawa 4k Riverkeeper Swim (750m and 1.5km also available; MSO registration not required)

<http://www.ottawariverkeeper.ca/riverkeeper-4k/>

Sat Aug 12th Sun City 1k and 4k Swims, Orillia, fundraiser for Simcoe/Muskoka Child Advocacy Centre (MSO registration not required): <http://www.cacsimcoemuskoka.ca/sun-city-swim.html>

Sun Aug 13th Welland, ON 1k, 2.5k, 5k, and 10k Canadian Masters Championships Swims

<https://raceroster.com/events/2017/12135/canadian-masters-open-water-swimming-championships-at-the-welland-canal>

Sun Aug 20th Toronto Island Lake Swim <http://canaquasports.com/>

Sat Sept 9th Welland, ON SwimRun and 2.5k and 5k Swims <http://canaquasports.com/>

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

Sun Jul 9th St Andrews by the Sea Half Ironman, Bay of Fundy (227 participants)

Margaret King and **Susan Nevitt-Yelle** participated in this race and both did very well, despite a shortened swim! Congratulations!! Full results: <https://raceroster.com/results/7xex4br9m2svka6m>. **Margaret's** race report is below.

Margaret King (7:30am Earlybirds; 55-59): 70th overall, 13th woman, and **2nd** in category in 5:01:55 (5:30 for 300m swim)

Susan Nevitt-Yelle (7:30am Earlybirds; 55-59): 136th overall, 45th woman and **5th** in category in 5:36:30 (6:14 for 300m swim)

I was happy to do this race with Susan who came out of Tri "retirement" with great commitment and the always ready smile! Rev3tri put on a super race in St. Andrews-by-the-Sea N.B. despite a lack of cooperation by the weather in the morning. Heavy fog in Katie's Cove obscured all the buoys. Plan "B" finally let us in the water briefly once 3 buoys were brought in close enough to the shoreline to be visible - the 1.9 km swim shrunk considerably!

Luckily the 500 m heart-pumping run up hill to transition got the body warmed up and ready for action! (They actually have a separate award for this run to the fastest male and female!!) The 90km bike was challenging enough with hills leading out to St. Stephens and some headwinds up on the highway stretch. Roads overall were good and closed to traffic.

The 1/2 marathon took you through the friendly town of St. Andrews twice with some challenging hills at each turn around. No shortage of people encouraging you along the way. Susan and I enjoyed the scenic course.

Banquets held at the elegant Algonquin Resort were above average and plentiful. This race only awarded the first place finishers so by 1 minute I missed out on a huge basket of Ganong chocolates (maybe not a bad thing ☺)! Would recommend the race if you find yourself passing through St. Andrews and craving fresh seafood and a scenic race venue.

Sat Jul 15th Bring on the Bay Swims, Ottawa

As per the last newsletter, there were lots of Carleton swimmers and lots of great swims. It turns out that Carleton placed 8th overall as a team with 22 points:

https://www.facebook.com/permalink.php?story_fbid=10156433259073858&id=386144833857. Congratulations again to all the participants!

Sat Jul 29th National Capital Sprint Triathlon (131 participants)

Congratulations to **Nancy** on a great race and yet another win for her this summer! If anyone else participated, please let me know. Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=43870&status=results>.

Nancy Manning (8:30am Earlybirds; 60-64): 35th overall, 5th woman and 1st in category in 1:23:13.8 (13:58.7 500m swim)

Sat-Sun Jul 29-30th 41st Annual Lakeside Long Course Swim Meet, Louisville, Kentucky

I was Carleton's only swimmer. This is an amazing outdoor facility. I'd estimate that the 11 lane 50m pool was less than 20% of the total swimming area at this private club that used to be a quarry. I didn't swim well (water was warm, and backstroke outdoors is an adventure!) but I had a fun trip. You can check out some photos here:

<https://www.facebook.com/media/set/?set=a.10159244289495604.1073741844.669015603&type=1&l=0716533565>

. Here are the full results: <http://www.lakesideswim.com/wp-content/uploads/2017/07/invitational2017results.pdf>.

Lynn Marshall (Coach; 55-59): 1st 200fs (2:21.56), 1500fs (18:50.95), 100bk (1:21.25), 200fl (2:45.78), 200IM (2:44.99), 400IM (5:41.44)

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 29th**).

Private and Semi-Private Masters Swim Lessons

Summer Schedule:

Mon-Fri 11:30am to 12:30pm, and 12:30pm to 1:30pm

Mon-Thu 4:30 to 5:30pm, and 5:30 to 6:30pm

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

Summer 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. Saturdays are included in your weekday registration for Summer. The information below is also on the web site:

<http://carletonmasters.tripod.com/index.html#schedSpringSummer>.

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

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.) In Ottawa, they are located at 2730 Iris Street in the West End. (The Montreal Road location has closed.) There are also several locations 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.

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>