

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Wednesday, November 22, 2017 11:41 AM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; David Thibodeau
Subject: Carleton Masters Swimming Newsletter #457

Carleton Masters Swimming Newsletter #457 2017

Wednesday, November 22nd,

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, and Alumni, 7:30am Earlybirds I (43 addresses), 8:30am Earlybirds II (29 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (30 addresses), Saturday Only (8 addresses), and Masters Alumni (32 addresses).

"You've got to get to the stage in life where going for it is more important than winning or losing." – Arthur Ashe

Masters Program Notes

- The Fall session started **Wed Sept 6th** and runs until **Thu Dec 21st**.
 - There are no further cancellations planned for this term:
- Registration for both Fall and Winter is available. Program details can be found near the end of the newsletter.
 - The 7:30am and 6pm groups are **full** for Fall, with wait lists available. Let me know if you are on a wait list.
 - There is just **one** spot left in the Winter 6pm group! (A wait list will be available once it fills.)

Swimmer Notes

Swimmer Updates:

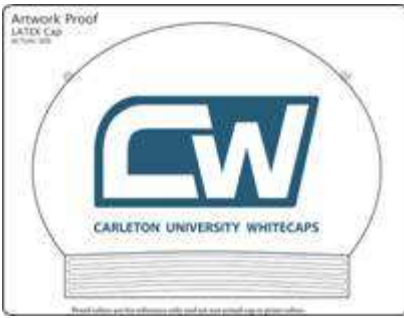
- **Final Reminder!**: The annual **Carleton Masters Festive Gathering** will be held at and **Don Wells** and **Joanie Conrad's** (both 6pm Whitecaps) on **Sat Nov 25th** starting at 6:30pm. It's potluck and BYOB. Full details here: <http://carletonmasters.tripod.com/festive2017.pdf>.

- The Carleton Varsity Swim Team is again raising funds on Giving Tuesday, **Tue Nov 28th**, when Carleton will match all donations (up to a maximum of \$2000 per donation) starting at 12:01am until they have matched \$250,000. Last year the matching funds ran out by about 9am! There is no minimum donation, and all contributions will be greatly appreciated, especially early in the day! Alumni and friends will receive a token of the team's appreciation -- contact me to arrange this! Details here: <https://futurefunder.carleton.ca/project/ravens-swim-team/>. You can also join our Facebook event: <https://www.facebook.com/events/1815978118695724/>.

- **Mélanie Héroux** (8:30am Earlybirds) participated in the 3rd Annual Norm MacEwen Bowl-a-Thon for Special Olympics on **Sun Nov 19th**. You can still sponsor her on-line here: <https://secure.e2rm.com/registrator/FundraisingPage.aspx?registrationID=4003272&langPref=en-CA>.

- Here's the Fall Masters Swimming Canada Newsletter: <https://www.mastersswimmingcanada.ca/WP/wp-content/uploads/2017/11/MS-C-News-Fall-17-EN.pdf>.

- 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:

- Brossard, Quebec, Banning Nudity in Change Rooms: <http://www.ctvnews.ca/canada/amid-complaints-quebec-town-forbids-nudity-in-pool-locker-rooms-1.3675902>
- Bearded Newfoundlanders Make Mermaid Calendar for Charity: <https://www.facebook.com/BuzzFeedCanada/videos/1961930677415222>
- Open Water Swimming: The Sport that Women are Quietly Dominating: <http://nymag.com/scienceofus/2016/09/the-obscure-endurance-sport-women-are-quietly-dominating.html>
- For Butterfly and Breaststroke: Use Your Head: <http://theraceclub.com/aqua-notes/butterfly-breaststroke-use-head/>
- 21 Ways to Know You are a Swimmer: <https://swimswam.com/21-ways-know-swimmer/>
- Checklist for Athletes to Enhance Sleep: <https://ylmsportscience.com/2016/02/28/checklist-for-athletes-to-consider-to-enhance-sleep-by-ylmsportscience/>
- Why Sculling Drills Matter: <http://www.usms.org/articles/articledisplay.php?aid=3257>
- Strong Freestyle Kick Mechanics: <https://swimswam.com/strong-freestyle-kick-mechanics-really-matter/>
- The Battle of Brains vs. Brawn (Thinking Makes you Slower): <https://www.nytimes.com/2017/10/25/well/move/the-battle-of-brains-vs-brawn.html>
- One Scientist's Quest for the Exercise Pill: <https://www.bloomberg.com/news/features/2017-10-17/one-scientist-s-marathon-quest-for-the-exercise-pill>
- Triathlete Types: <https://www.active.com/triathlon/articles/the-types-of-triathletes-everyone-knows/>

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.

Fall Session Information

Dates: Wed Sept 6th to Thu Dec 21st; excluding Mon Oct 9th, plus free interim workout Tue Sept 5th 6:00-7:15pm.

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/Tue: **David**; Thu: **Sean**

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

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

Exceptions will be noted here.

Sean coached for **David** on **Mon Nov 13th**.

David coached for **Sean** on **Thu Nov 16th**.

Sean is coaching for **David** on **Mon Dec 11th**.

David is coaching for **Sean** on **Thu Dec 14th**.

Fin Days:

Tue Oct 24th / Wed Oct 25th

Thu Nov 23rd / Fri Nov 24th

Time Trials:

Thu Oct 12th / Fri Oct 13th: timed 400fs or IM

Thu Oct 19th / Fri Oct 20th: 2 timed 50s

Mon Oct 30th: 200 choice

Mon Nov 13th: 800 / 1500fs

Tue Nov 28th / Wed Nov 29th: 100 choice

Wed Dec 20th / Thu Dec 21st: "funner" day (e.g. relays)

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

at: <http://carletonmasters.tripod.com/mastplanfall17.pdf>.

Congratulations to those who participated in the **800/1500 time trial on Mon Nov 13th**. There were 17 improvements! The biggest improvements were in the 1500: 2:06 by **Bryn Livingstone** (7:30am Earlybirds), 2:01 by **Peter Lapner** (6pm Whitecaps), and 1:58 by **John Halloran** (6pm Whitecaps). The biggest improvement in the 800 was 34 seconds by **John Weston** (7:30am Earlybirds). A full list follows:

800fs (4)

John Weston	34.0	EB1
Claude Tellier	26.0	EB1
Liliane Cardinal	14.0	EB1
Fay Hjartarson	2.0	EB2

1500fs (13; improvements listed in seconds)

Bryn Livingstone	126.0	EB1
Peter Lapner	121.0	WC1
John Halloran	118.0	WC1
Derek Woodard	83.0	WC1
Mars Nienhuis	42.0	WC1
Myriam Saboui	22.0	EB1
Konstantin Petoukhov	19.0	WC1
Jonathan Critch	17.0	WC2
Lisa Sharp	10.0	WC2
Gillian Massel	10.0	WC2
Christian Cattan	9.0	WC1

Alison Creba	6.0	EB2
Mark Blenkinsop	2.0	EB2

Weekday Attendance:

Here is the weekday attendance so far for this term. Please let me know of any errors or omissions!

7:30am Earlybirds: Sept 6-Nov 22nd (33 workouts): range 15-32; average: 23.5

Perfect Attendance: **Christiane W, Liliane C**

Missed 1 Workout: **Eleanor F, Ursula S**

Missed 2 Workout: **Harley G**

Missed 3 Workouts: **Bruce B**

8:30am Earlybirds: Sept 6-Nov 22nd (33 workouts): range 9-23; average: 17.3

Missed 2 Workout: **Melanie H**

Missed 3 Workouts: **Adrian F**

6pm Whitecaps: Sept 7-Nov 21st (31 workouts: Mon Oct 2nd is excluded): range: 15-32; average: 25.4

Perfect Attendance: **Derek W, Konstantin P, Mars N**

Missed 1 Workout: **Joanie C, Sydney S**

Missed 2 Workouts: **Peter Lithgow, Riley S**

Missed 2 Workouts: **Cam D**

7:10pm Whitecaps: Sept 7- Nov 21st (31 workouts: Mon Oct 2nd is excluded): range: 5-19; average: 13.8

Missed 3 Workouts: **Stephanie LSF**

Ask the Coach

Dear Coach: Can you please remind everyone about good lane etiquette? Frustrated Swimmer

Dear F. Swimmer: Good lane etiquette is especially important during the 1500 time trial. Sometimes when two swimmers are very close in speed, it's better to have them in separate lanes. This is because if two people are equally matched, the person leading has to work much harder than the person behind. This is why it often seems like people speed up after you pass them. It's so much easier swimming behind someone than ahead, even with a 5-10 second gap! Let me know ahead of time if you have a request to be in separate lanes. Here's the lane etiquette summary:

Lane Etiquette

Here are a few tips to ensure that you and your lane-mates all have a good swim.

- Ensure that you know what direction your lane-mates are swimming in (clockwise or counter-clockwise) before you start.
- Swim in a circle during warm-up, even if your lane isn't busy at the start of workout (due to late arrivals).
- If you arrive late, join in with the others in your lane, rather than starting at the beginning of the warm up.
- Keep a minimum 5 second gap between swimmers, except when passing.
- Pass only when it is safe to do so. Your lane-mates should be aware of where you are, but if you suspect a lane-mate doesn't know you want to pass, just tap lightly on his/her feet.
- Ensure that you do your turns in the middle of the lane, to avoid collisions with those behind you.
- If you stop at the wall during warm up, ensure that you move to a corner of the lane, so that those swimming can turn in the middle.
- During the main set, ensure that everyone in your lane has space to finish at the wall, which may mean moving away from the wall if you're in a busy lane.
- If you get lapped in the main set, skip a 50 and join back in with your lane-mates.
- If you are not happy with the speed of your lane (too fast or too slow), let your coach know, but keep in mind that we only have 6 lanes!.
- Put all your equipment away neatly in the appropriate location after your swim. (Ask if you're not sure where something goes.)
- Keep an eye on the time, and exit the water promptly at the end of your workout.

Dear Coach: Further to your question on the flip turn from last time, are those instructions just for learning to flip, or is it something that even advanced swimmers do? Still Learning to Flip

(Here's the question from last time:

Dear Coach: What should your arms do on a flip turn? Learning to Flip

Dear L.t. Flip: To do an efficient flip turn you want to be pushing (not pulling) the water. As you come into the wall, take your second last stroke and stop with your arm extended by your leg. Take your last stroke, and end with that arm by your leg. Turns your hands so they are palm down and push hard, bending the elbows as you do so. This will make your flip efficient. Ask for a clinic, if needed!)

Dear S.L.t. Flip: While advanced swimmers may not realize that they are doing this, as the motion is so ingrained, yes, they are doing this. Note that when you push your arms, the arms actually move very little. It's the body that moves around the arms. Both arms should stay underwater (don't twist to the side). Here's a video of Ryan Lochte doing a flip turn. From :18 to :20 you'll see the movement I'm talking about: https://www.youtube.com/watch?v=EJ2HhVID8_w.

Dear Coach: Is it better to do weights on the same days or different days from swim practice? And is it better to do body weight exercises or use free weights or machines? Improving Swimmer

Dear I. Swimmer: In a perfect world, it's good to spread out the workouts. However, fitting them in at a convenient time for your schedule is important. If you chose to do both on the same day, then whichever workout comes first will likely be the best, so if swimming is your focus, then do that first. As for body weight, free weights, or machines, all are good. Most gyms can provide a basic workout guideline. It's important to be sure that you do the exercises carefully and avoid injury. There are also resources on the web, e.g.: <http://www.swimming.org/masters/grant-turners-gym-workouts-for-swimmers/>.

Masters Swimming Competitions

This year, you have several options for registration for competitions:

1. You can still register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times are not accepted by MSC (e.g. for the Top 20 rankings) and are not recognized by FINA. This costs **\$25** for Sept 1st to Aug 31st. This registration can be done quite quickly, so it doesn't have to be done very far in advance of the competition you are interested in. (You can also pay a \$5 registration fee for each MSO-sanctioned competition that you enter, but then you would not be swimming for Carleton Masters.)
2. If you wish to compete outside Ontario, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$75** for Sept 1st to Aug 31st. Registration several weeks in advance of the meet deadline is required, as you will not be eligible to compete until your registration has been processed by SO.
3. You can register with both MSO and SO. This costs **\$90** for Sept 1st to Aug 31st.

Note that the Carleton Masters club code is CARMA (no longer CAPS as that is being used by a team in Calgary).

For all of the above, if you haven't registered before, please send me your name, gender, date of birth, address and phone number. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**). Note that the above costs include a contribution to the club registration fee.

Many Ontario meets, including most local meets, will likely be MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals in Calgary, then SO registration is required.

For MSO competitions see: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

For Ontario SO competitions and Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select the province and the month of interest, then select the appropriate meet to get more info. Masters meets are identified as "Masters" under meet type. 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 becomes 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/>
 Sun Dec 3rd Technoport Time Trial, U of Ottawa (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sun Dec 3rd MSO Symposium and Fun Meet at McMaster University (no official times) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Dec 9th Montreal-Nord Masters Meet <https://swimming.ca/en/meet/21536/>
 Sat Dec 9th North York Gators Masters Meet (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Dec 16th Nepean Red vs. Blue Meet (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Jan 13th Longueuil Masters Meet (Short Course) <https://swimming.ca/en/meet/21537/>
 Sun Jan 21st Alderwood 25yd Meet, Toronto (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Feb 3rd Magog Masters Meet <https://swimming.ca/en/meet/21538/>
 Sun Feb 4th Technoport Time Trial, U of Ottawa (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sun Feb 11th Burlington Masters Meet (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Feb 17th Pointe-Claire Masters Meet (TBC)
 Sat-Sun Feb 24-25th Coupe de la Capitale, Quebec City (Long Course) <https://swimming.ca/en/meet/21539/>
 Sun Feb 25th Thornhill Masters Meet, Stephen Forsey Invitational <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sun Mar 4th Technoport Time Trial, U of Ottawa (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Mar 17th DDO Masters Meet <https://swimming.ca/en/meet/21541/>
 Fri-Sun Mar 23-25th MSO Provincials, Nepean (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Mar 31st LaSalle Masters Meet (LC) <https://swimming.ca/en/meet/22660/>
 Fri-Sun Apr 20-22nd Quebec Provincials, Universite de Laval <https://swimming.ca/en/meet/21443/>
 Sat-Mon May 19-21st Canadian Nationals, Calgary <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>
 Sat Jun 2nd Longueuil Masters Meet (Long Course) <https://swimming.ca/en/meet/21406/>

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

Sat Nov 18th Willy Lee Meet, Brewer Pool, Ottawa

There were 14 Carleton swimmers at the meet: 13 swimming for Carleton and one for B-Train. Great to see so many Carleton swimmers there! Congratulations to everyone on great swimming, and to **Harley** on his club record. Here are the preliminary results: <http://www.anzai.com/docs/Willy%20Lee%202017%20results-no-200ch.pdf>. (I guessed on the placings for the 200s, as they're not yet split out into strokes.) And the updated club records: <http://carletonmasters.tripod.com/171118.Records.pdf>. Here's how everyone did:

Liz Chretien (7:10pm Whitecaps; 25-29): 1st 50fs (34.87), 100bk (1:28.49), 200IM (3:15.95); 2nd 50fl (41.79)
Luz Osorio (6pm Whitecaps; 30-34): 1st 50fs (30.01), 50bk (35.55), 50br (40.84), 50fl (32.70)
Paola Osorio (6pm Whitecaps; 30-34): 1st 200fs (2:28.87)
Jian-Lok Chang (6pm Whitecaps; 30-34): 1st 50fs (25.27), 50bk (27.64), 50br (32.93), 50fl (27.68)
Christiane Wilke (7:30am Earlybirds; 35-39): 1st 100fs (1:30.57), 200fs (3:20.91), 100br (2:06.76); 3rd 50fs (41.61)
Philip Kaisary (6pm Whitecaps; 35-39): 2nd 50fs (35.04), 200fs (3:08.97); 4th 100fs (1:27.84), 50fl (51.37)
Megan Holtzman (8:30am Earlybirds; 40-44): 2nd 100bk (1:46.29), 100fl (2:04.75); 3rd 200fs (3:15.05), 100br (1:59.43)
Natalie Aucoin (8:30am Earlybirds; 45-49): 1st 50fl (37.33), 200IM (3:16.09); 2nd 50fs (35.60); 3rd 100fs (1:20.57)
Chris Whitehead (8:30am Earlybirds; 45-49): 1st 200IM (3:14.45); 2nd 100fs (1:17.92); 4th 50fs (33.57)
Sandy Lawson (7:30am Earlybirds; 50-54): 1st 50bk (45.11); 2nd 50br (51.16), 200IM (3:18.97); 3rd 50fs (36.69)
Robin Henderson (7:30am Earlybirds; 55-59): 1st 50bk (1:02.14); 2nd 100fs (1:37.03), 50br (57.80)
Lynn Marshall (Coach; 55-59): 1st 50fs (30.85), 50br (40.96), 50fl (34.03), 200IM (2:37.33)
Harley Gifford (7:30am Earlybirds; 60-64): 1st 50fs (33.63), 100fs (1:10.26 Club Record); 50bk (37.43), 100bk (1:19.69)
 Swimming for B-Train:
Cheri Reddin (Saturday; 45-49): 2nd 50bk (47.23), (?) 200IM (3:28.20); 4th 50fs (39.73), 50fl (43.47)

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 **Nov 20th**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Mon and Fri 9:35-10:35am

Early evenings may also be available.

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**Fall/Winter Masters Swimming Programs, Barcodes and Prices**

Registration is open 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 2017: 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: **Full: wait list available.**

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: **Full: wait list available.**

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 2018: 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: **Almost full!**

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

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 and recent 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>