

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** February-24-15 5:04 PM  
**To:** Fran Craig; Steve Baird; Alex Joubert; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby  
**Subject:** Carleton Masters Swimming Newsletter #385

## Carleton Masters Swimming Newsletter #385

Tuesday, February 24<sup>th</sup>, 2015

**To:** Carleton Masters Coaches / Staff (10 addresses)

**Bcc:** Those registered for Fall 2014, Winter 2015, and Alumni 7:30am Earlybirds I (48 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (26 addresses), 8:10pm Whitecaps III (15 addresses), Saturday Only (5 addresses), Masters "Alumni" (26 addresses)

**"Adversity causes some men to break; others to break records."** – William Arthur Ward

\*\*\* Congratulations to the "Dream Team": **Sandy Lawson (back)**, **Francois Jacques (breast)**, **Natalie Aucoin (fly)**, and **Ian Lorimer (free)** on setting a Masters National Record (subject to ratification!) by 40 seconds (!) in the 4x200 LC medley relay age group 200-239 (sum of swimmers' ages) at the Nepean Winterlude meet. \*\*\*

### Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 10<sup>th</sup>**.
- The only cancellations for the remainder of the Winter term are:
  - **Fri Apr 3<sup>rd</sup>** (Good Friday) and **Mon Apr 6<sup>th</sup>** (Easter Monday); the Saturday group does have a workout **Sat Apr 4<sup>th</sup>**.
- The 7:30am group is **full** with a wait list. The 6pm group has **2** spots left.
- Full details of the Winter groups can be found at the end of the newsletter.

### Swimmer Notes

#### Swimmer Updates:

- Congratulations to **Mark Blenkinsop** (8:30am Earlybirds) and his wife, **Krista**, on the arrival of their son, **Linden John Blenkinsop** (aka LL Cool J), on **Sat Jan 24<sup>th</sup>** at 8:40am weighing 8lb 11oz. Everyone is doing well!

- Condolences to **Ian Lorimer** (7:30am Earlybirds) on the passing of his father, **Jack**, on Feb 1<sup>st</sup>:  
<http://www.harrisfuneralhome.ca/obits.php?id=1462>.

- Last chance to donate: **Freezin' for a Reason:** On **Sat Feb 21<sup>st</sup>**, Ottawa's First Annual Polar Bear Plunge was held at TD Place. This was a Special Olympics fundraiser and Special Olympics Athlete Ambassador and Gold Medalist, **Melanie Heroux** (8:30am Earlybirds) participated. Here are some photos of her plunge:  
<https://www.dropbox.com/sh/qakrnlq90yd01ti/AACAJdmzW2XTPIbXITLIsO5a?n=212860753>. Donations are open for one more week, and she has raised \$1030 so far. You can read about the fundraiser here:  
<http://athletics.carleton.ca/2014/freezin-reason/>, and sponsor **Melanie** here:  
<https://secure.e2rm.com/registrant/FundraisingPage.aspx?registrationID=2656016&langPref=en-CA>. Also, if you visit the Special Olympics Floor Hockey web page: <http://www.specialolympics2015floorhockey.com/> and click the red button with the Scotia Bank logo, you can enter a free draw for a chance to win \$10,000 and other prizes. (Thanks to **Melanie** for this tip!)

- My sister, **Karina**, tells me that the remainder of the new pull-buoy straps are in the mail. Stay tuned...!

- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps that she ordered in time for Masters Nationals. Note that our official team name for swim meets is Carleton University Masters Whitecaps, and although for registration purposes Carleton calls only the evening groups "Whitecaps", that doesn't mean these caps are intended only for evening swimmers! **Carolyn** got extra caps printed so that everyone on the team can get one (or two!). They are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. A very big thank you to **Carolyn** and her daughter for doing this!! This is what the caps look like:



### News and Links:

- Athletes Bring Habits Behind the Wheel [thanks to my Dad for sending this]: <http://www.timescolonist.com/steve-wallace-athletes-bring-habits-behind-the-wheel-1.1767378>
- **Michael Phelps** gets Engaged (while still suspended): <http://bleacherreport.com/articles/2373408-michael-phelps-girlfriend-nicole-johnson-announce-engagement>
- 7 Tips for Getting to Early Morning Practice: <http://swimswam.com/wish-known-7-tips-getting-early-morning-practice/>
- Body Image Issues Make 500,000 UK Women Give up Swimming: <http://www.telegraph.co.uk/news/uknews/11378695/Body-image-worries-make-half-a-million-women-give-up-swimming.html>
- New Swimming Rules Summary: [http://www.osoa.ca/web/?page\\_id=204](http://www.osoa.ca/web/?page_id=204)
- Vertical Kicking Drill: [http://triathlon.competitor.com/2015/02/training/vertical-kicking-swim-drill\\_46046](http://triathlon.competitor.com/2015/02/training/vertical-kicking-swim-drill_46046)
- Avoiding Foot Cramps: <http://www.swimming.org/masters/swimfit-training-camp-avoiding-foot-cramp/>
- 8 Ways to Beat Open Water Nerves: <http://www.220triathlon.com/training/swim/8-ways-to-beat-open-water-nerves/9727.html>
- From **Sheila Kealey**: <http://www.sheilakealey.com/2015/02/13/week-food-health-fitness-42/>, and <http://www.sheilakealey.com/2015/02/20/week-food-health-fitness-43/>
- Carleton's "Gym Shorts" Series: Episode 4: Barbell Squat: <http://athletics.carleton.ca/2015/gym-shorts-episode-4/>, Episode 5: Bicep Curl: <http://athletics.carleton.ca/2015/gym-shorts-episode-5/>

**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

The usual pool allocations and coaches are as follows:

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

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

6pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; Monday/Thursday: **Sean**; Tuesday: **Mits**

7:10pm Whitecaps: Shallow End; Monday: **Sean**; Tuesday: **Mits**; Thursday: **Alex**

8:10pm Whitecaps: Shallow End; Tuesday: **Mits**; Thursday: **Alex**

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Thanks to **Sean** for coaching for me on **Fri Feb 13<sup>th</sup>**, and **Mon Feb 23<sup>rd</sup>**, as well as for **Blake** on **Sat Feb 21<sup>st</sup>**.

**Alex** will coach for **Sean** on **Thu Feb 26<sup>th</sup>**.

**Fin Days:**

Mon Feb 2<sup>nd</sup>

Thu Mar 12<sup>th</sup> / Fri Mar 13<sup>th</sup>

**Time Trials:**

Tue Feb 10<sup>th</sup> / Wed Feb 11<sup>th</sup>: 400fs or IM

Tue Feb 24<sup>th</sup> / Wed Feb 25<sup>th</sup>: two 50s choice

Thu Mar 5<sup>th</sup> / Fri Mar 6<sup>th</sup>: 100 choice

Thu Mar 19<sup>th</sup> / Fri Mar 20<sup>th</sup>: 200 choice

Tue Mar 24<sup>th</sup> / Wed Mar 25<sup>th</sup>: 800 / 1500fs

Thu Apr 9<sup>th</sup> / Fri Apr 10<sup>th</sup>: fun day (relays)

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

at: <http://carletonmasters.tripod.com/mastplanwint15.pdf>.

Thanks to all who participated in the **400 time trials** on **Tue Feb 10<sup>th</sup> / Wed Feb 11<sup>th</sup>**. There were lots of great swims and improvements, led by **Sylvia Williams** (7:10pm Whitecaps) and **Bill Gregg** (8:30am Earlybirds) who both improved by over 45 seconds! A full list of improvements follows.

**400fs (22):**

Sylvia Williams	50.0	WC2
Bill Gregg	48.8	EB2
Rocio Aranda	36.0	WC3
Colleen Hyslop	24.7	EB2
Miguel Chavaz	16.9	EB1
Jennifer Chisholm	16.4	EB1
Malika Shaath	13.4	EB1
Aaron Holtzman	13.1	EB2
Mike Mopas	11.1	EB1
Annemarieke Goldsmith	10.9	EB2
Jerome Cyr	10.3	EB2
Mike Kujawski	9.7	EB1
Jennifer Murdock	8.7	EB1
Fiona Hill	8.2	EB1
Megan Holtzman	7.1	EB2
Mary Lou Davies	7.1	EB2
Cynthia Nelson	6.6	WC3
Lindsay Buckingham	6.0	WC1
Ursula Scott	5.5	EB1
Paola Osorio	3.6	WC1
Jordan Monnink	1.1	EB2
Mark Blenkinsop	0.8	EB2

**400IM (1):**

Tony Revitt	9.9	EB2
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Here are the weekday attendance statistics to date. Please let me know if there are any errors. Those with the best attendance will receive certificates.

**7:30am Earlybirds** (Jan 5-Feb 20<sup>th</sup>; 20 workouts; range: 18-37; average: 25.4)

Perfect Attendance: **Bruce B, Harley G, Malika S, Mike M, Ursula S**

Missed 2 Workouts: **Margaret K**

**8:30am Earlybirds** (Jan 5-Feb 20<sup>th</sup>; 20 workouts; range: 16-24; average: 20.4)

Perfect Attendance: **Bill G**

Missed 1 Workout: **Colleen H**

Missed 2 Workouts: **Ethan D, Mark B**

**6:00pm Whitecaps** (Jan 5-Feb 19<sup>th</sup>; 20 workouts; range: 18-30; average: 24.8)

Perfect Attendance: **Cam D, Don W, Mike L**

Missed 1 Workout: **Deb L, Debby W, Joanne D**

Missed 2 Workouts: **Lina V, Nicole D**

**7:10pm Whitecaps** (Jan 5-Feb 19<sup>th</sup>; 20 workouts; range: 6-20; average: 13.3)

Perfect Attendance: **Joanie C**

**8:10pm Whitecaps** (Jan 5-Feb 19<sup>th</sup>; 14 workouts; range: 4-13; average: 7.2)

Perfect Attendance: **Lynn B**

## Ask the Coach

**Dear Coach:** I'd like to enter a competition. What special equipment do I need? Keen to Race

Dear K.t. Race: All you really need is a legal swim suit. Goggles and a cap are also recommended, but not required. And, it's always a good idea to bring shoes/sandals, lots of towels, and warm clothes, as it's easy to get cold when you are waiting between events. A legal swim suit for men is one piece that cannot extend above the navel or below the knee and the only legal fastening device is a drawstring. A legal swim suit for women is one or two pieces that cannot extend above or beyond the shoulder or below the knee. The pieces cannot overlap (e.g. you cannot wear one suit on top of another), and no fastening devices other than a drawstring are permitted (no zipper, clip, clasp, etc.). The material cannot be buoyant (like many triathlon suits). If you intend to wear anything other than a regular "speedo-style" suit, ask your coach for advice.

**Dear Coach:** I seem to have deleted the newsletter and I wanted to save one of the links, can you please re-send? Forgetful Swimmer

Dear F. Swimmer: All the newsletters are on the web site. Just go to <http://carletonmasters.tripod.com> (or Google Carleton Masters Swim Club) and click the "Newsletters" link in the upper left corner.

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2014-2015 is now open and cost is \$38. Note that you must register with MSO before the **due date** of the entry for your first competition. You must register with MSO (as a Carleton Masters swimmer) if you want to enter any competitions. If you have not registered with MSO and Carleton Masters (or have not competed since 2008), I need the following: name, date of birth, address, phone number. If you have registered with us in the past five years, I just need to know if any of your information has changed. You may pay by cash or cheque payable to me (**Lynn Marshall**).

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/events/>. For Quebec competitions see: <https://www.swimming.ca/MeetList.aspx>, select FNQ and Masters <show>, and the upcoming meets tabs, then the appropriate month or "season", 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, mostly in Ontario and Quebec, for 2014-2015. 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 Feb 28<sup>th</sup> Cote St-Luc, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=16830>

Sun Mar 1<sup>st</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-1-2015/>  
Sun Mar 1<sup>st</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-spring-invitational-swim-meet/>  
Sat Mar 14<sup>th</sup> Dollard-des-Ormeaux, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=16934>  
Sun Mar 15<sup>th</sup> EOMAC Heart Swim 1500m LC <http://www.mastersswimmingontario.ca/events/eomac-heart-swim-march-15/>  
Sun Mar 22<sup>nd</sup> Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-regrets-clarington-masters-invitational-swim-meet-march-22/>  
Thu-Sat Apr 2-4<sup>th</sup> Ontario Provincials, Etobicoke <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championship-2015/>  
Fri-Sun Apr 17-19<sup>th</sup> Quebec Provincials, Quebec City <https://registration.swimming.ca/MeetInfo.aspx?meetid=16436>  
Sun Apr 19<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational/>  
Sun Apr 26<sup>th</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/wp-content/uploads/2014/12/Thornhill-April-26-2015.pdf>  
Fri-Mon May 15-18<sup>th</sup> Nationals, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=17263>  
Sat Jun 6<sup>th</sup> Longueuil LC, Montreal (details TBD)  
Aug 5-16<sup>th</sup> World Masters Swimming Championships, Kazan, Russia <http://masters.kazan2015.com/en>

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

### **Sun Feb 1<sup>st</sup> Technosport Masters Swim Meet, U of Ottawa**

Official results for all 9(!) swimmers, including **me**, are now available here: <http://mymisc.ca/ShowMeet.jsp?id=761>. Here are my official times:

**Lynn Marshall** (50-54; Coach): 1<sup>st</sup>: 50br (41.62), 100br (1:29.24), 100fl (1:12.42), 100IM (1:17.18), 200IM (2:39.35), 400IM (5:28.61)

### **Sat-Sun Feb 7-8<sup>th</sup> Canadian Ski Marathon, Ottawa**

**Penny Estabrooks** (8:30am Earlybirds) completed several sections of the ski marathon on a very cold weekend. Well done, Penny!

### **Fri-Sun Feb 13-15<sup>th</sup> LaSalle Long Course Meet, Montreal**

I was Carleton's only swimmer, and CAPS placed 10<sup>th</sup> out of 23 clubs ☺. Official results are here:

<https://onedrive.live.com/?cid=b02d7f8d388e13c5&id=B02D7F8D388E13C5%21172&ithint=folder,&authkey=!AFUipKQip7tG4lq>. Here's how I did:

**Lynn Marshall** (50-54; Coach): 1<sup>st</sup>: 50fs (31.25), 100fs (1:06.46), 200fs (2:19.76), 1500fs (18:33.06), 50br (43.08), 400IM (5:35.15); 2<sup>nd</sup>: 50fl (34.10), 200IM (2:40.49)

### **Sat Feb 14<sup>th</sup> Keskinada Loppet, Ottawa**

**Margaret** and **Annemarieke** braved the 51k classic ski, while **Lucie** completed the 15k classic and made the podium! Well done to you all on another bitterly cold weekend!

**51k classic** (483 participants)

**Margaret King** (7:30am Earlybirds; 50-54): 238<sup>th</sup> overall, 28<sup>th</sup> woman, and 8<sup>th</sup> in category in 5:15:00

**Annemarieke Goldsmith** (8:30am Earlybirds; 55-59): 339<sup>th</sup> overall, 47<sup>th</sup> woman, and 7<sup>th</sup> in category in 6:07:58

**15k classic** (199 participants)

**Lucie Boudreau** (8:30am Earlybirds; 55-59): 80<sup>th</sup> overall, 30<sup>th</sup> woman, and 3<sup>rd</sup> in category in 1:41:08

### **Sat Feb 22<sup>nd</sup> Nepean Long Course Winterlude Swim Meet**

Eight Carleton swimmers participated. In addition **Chris Yordy** (Saturday Earlybirds) competed for the Rideau Speedeaus and was happy that his times improved. Official results are not yet available. However, here's a quick summary. **Jamie Chalmers** (7:30am Earlybirds; 70-74) is back racing with his broken toe taped to the one next to it (and a note from his doctor to be allowed to break the "no-tape" rule)! **Harley Gifford** (7:30am Earlybirds; 60-64) set club records in all of his events – congratulations on the move to a new age group!! **Robin Henderson** (7:30am Earlybirds; 55-59) set a club record in 800fs. **I** (Coach; 50-54) set a provincial record in 200br, and, the Earlybirds "Dream Team", **Sandy Lawson, Francois Jacques, Natalie Aucoin, and Ian Lorimer** set a **National record in the 4x200 medley relay!!!** Full details and results next time.

### **2014 Statistics Summary: Masters Swimming Canada Top 20, Records, etc.**



Check out the MSC statistics including the National Records and 2014 rankings, as well as previous years, top 20 (by gender and age group both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **Feb 19<sup>th</sup>**).

The final statistics are in, and the 2014 Top 20 is done (<http://www3.sympatico.ca/chberger/index7.html>), along with some historical data (<http://www3.sympatico.ca/chberger/index40.htm>). Here's the list of all the Carleton swimmers who made this year's Top 20. Congratulations, all!!

### Women:

**Luz Osorio** (6pm Whitecaps; 25-29): SC: 1<sup>st</sup>, 2<sup>nd</sup>, 5<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 14<sup>th</sup>, 2 x 18<sup>th</sup>; LC: 2 x 1<sup>st</sup>, 2 x 2<sup>nd</sup>, 8<sup>th</sup>, 9<sup>th</sup> [14 total]

**Paola Osorio** (6pm Whitecaps; 30-34): SC: 6<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>, 15<sup>th</sup>; LC: 6<sup>th</sup> [6 total]

**Natalie Aucoin** (8:30am Earlybirds; 40-44): SC: 15<sup>th</sup>, 17<sup>th</sup>; LC: 10<sup>th</sup>, 11<sup>th</sup>, 17<sup>th</sup> [5 total]

**Sandy Lawson** (7:30am Earlybirds; 45-49): SC: 20<sup>th</sup>; LC 16<sup>th</sup> [2 total]

**Lynn Marshall** (Coach; 50-54): SC: 10 x 1<sup>st</sup>, 3 x 3<sup>rd</sup>; 2 x 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>; LC: 9 x 1<sup>st</sup>, 2 x 2<sup>nd</sup>, 2 x 3<sup>rd</sup>, 2 x 4<sup>th</sup>, 6<sup>th</sup>, 9<sup>th</sup> [35 total]

**Carolyn Odecki** (6pm Whitecaps; 55-59): LC: 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 2 x 7<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup> [9 total]

**Angela Davis** (Earlybirds; 65-69): 6<sup>th</sup>, 3 x 8<sup>th</sup>, 11<sup>th</sup>, 14<sup>th</sup>, 18<sup>th</sup> [7 total]

### Men:

**Jian-Lok Chang** (6pm Whitecaps; 25-29): SC: 2<sup>nd</sup>, 4<sup>th</sup>, 2 x 5<sup>th</sup>, 20<sup>th</sup> [5 total]

**Sean Dawson** (Coach; 25-29): LC: 3<sup>rd</sup>, 4<sup>th</sup> [2 total]

**Mike Machum** (6pm Whitecaps; 25-29): LC: 18<sup>th</sup> [1 total]

**Francois Descouens** (Earlybirds; 30-34): LC: 19<sup>th</sup> [1 total]

**Mark Blenkinsop** (8:30am Earlybirds; 35-39): LC: 2 x 7<sup>th</sup>, 9<sup>th</sup>, 16<sup>th</sup> [4 total]

**Dave Bourdon** (7:30am Earlybirds; 45-49): LC: 17<sup>th</sup> [1 total]

**Francois Jacques** (7:30am Earlybirds; 50-54): LC: 16<sup>th</sup> [1 total]

**Harley Gifford** (7:30am Earlybirds; 55-59): SC: 2 x 10<sup>th</sup>, 19<sup>th</sup>; LC: 9<sup>th</sup>, 10<sup>th</sup>, 14<sup>th</sup> [6 total]

**Jamie Chalmers** (7:30am Earlybirds; 70-74): SC: 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 3 x 11<sup>th</sup>, 2 x 12<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 2 x 16<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>; LC: 3<sup>rd</sup>, 2 x 4<sup>th</sup>, 7<sup>th</sup>, 2 x 8<sup>th</sup>, 2 x 9<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 15<sup>th</sup>, 2 x 16<sup>th</sup>, 18<sup>th</sup> [29 total]

## Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Winter is:

Mon and Fri: 9:40-10:40am

Some evenings will likely be available during early April. Please let me know if you are interested in an afternoon / evening lesson.

### 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 the exact schedule and more details.

## Reminders

### 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. Note that the 8:10pm group will run only Tuesday and Thursday evenings (twice per week). As usual, Saturdays are **not** included in your weekday registration for Winter. Pro-rated prices are available, space permitting, after about a month of each term. The information below is also on the web site:

<http://carletonmasters.tripod.com>.

**Winter 2015: Mon Jan 5<sup>th</sup> to Fri Apr 10<sup>th</sup>; no workouts Mon Feb 16<sup>th</sup>, Fri Apr 3<sup>rd</sup>, Mon Apr 6<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 8645; cost: \$120+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 8646; cost: \$120+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 8649; cost \$140+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: Mon: **Sean**; Tue: **Mits**; Thu: **Alex**; barcode 8651; cost: \$124+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm TuTh (shallow): Coaches: Tue: **Mits**; Thu: **Alex**; barcode 8653; cost: \$88+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 8647; cost: \$45.50+HST

**Newsletter:** An e-newsletter (like this one) is sent out about every two weeks. If you have new lane-mates, please mention to them that they should give their e-mail address to their coach if they'd like to receive it.

**Suggestions for Workouts or Interested in Making up a Workout or a Set?:** If you have suggestions for the workouts (something you like that we never do, or something you dislike that we do too much!), or if you'd like to try making up a workout or a set in a workout, just talk to your coach.

**Interested in Copies of my Workouts?:** Are you interested in getting copies of my workouts ahead of time? Let me know. I usually e-mail out two week's worth of workouts at a time. (Note that these are only the workouts that I coach.)

**Triathletes:** Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

**General Information:** Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

Your input to this newsletter is most welcome, especially for the Swimmer Notes, Race Results and Ask the Coach sections! To be added to or removed from the receiver list, just let me know ([lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca) (or for quicker response: [lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca))  
Club website: <http://carletonmasters.tripod.com>