

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** March-10-15 4:54 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 #386

## Carleton Masters Swimming Newsletter #386

Tuesday, March 10<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)

I am an athlete. I may not be the best, but that is what I strive to be. I may never get there, but I will never quit trying.

### 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>**.
- Due to pool schedule changes for March Break, the 6pm group will be in the **shallow end** on **Tue Mar 17<sup>th</sup>** and **Thu Mar 19<sup>th</sup>**. Apologies for the inconvenience.
- 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

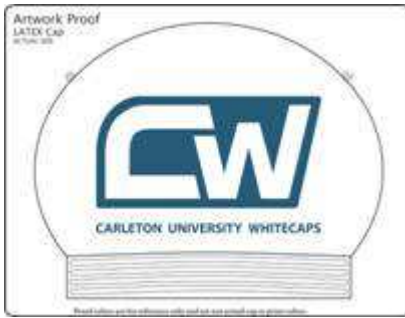
#### Swimmer Updates:

- The new pull-buoy straps made by my sister, **Karina**, have arrived, and the worst of the old straps have been replaced. If you find a pull-buoy in need of a new strap, just let one of the coaches know.

- **Melanie Heroux** (8:30am Earlybirds) is featured in this promotional video for the Special Olympics, put together by one of their sponsors, the Ottawa Police: <https://www.youtube.com/watch?v=l8BkNHGMlj4>.

- Thanks to all the Carleton Masters who sponsored **Melanie Heroux** (8:30am Earlybirds)'s participation in the Freezin' for a Reason, Special Olympics Fundraiser. **Melanie** has given a card and gift certificate for l'Occitane en Provence to the club in appreciation. I will share the certificate among those who donated.

- **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:

- Swimming Golf ("swolf") [some of you will recognize this drill; thanks to **Heather McBurney** (7:30am Earlybirds) for bringing this to my attention]: <http://www.getouttheremag.com/articles/3445/swolf-your-way-to-a-better-swim>
- Stop, Drop, Swim: <http://athletics.carleton.ca/2015/stop-drop-swim/>
- Training for Triathlons at an Older Age: <http://www.nytimes.com/2015/02/28/your-money/training-for-triathlons-at-an-older-age.html>
- One Twin Exercises, the Other Doesn't: <http://well.blogs.nytimes.com/2015/03/04/one-twin-exercises-the-other-doesnt/>
- More Swimming/Athlete Lists:
  - <http://www.swimmingworldmagazine.com/news/16-unspoken-swimmer-laws/>
  - <http://www.eattoperform.com/2015/01/04/10-things-the-best-athletes-do-that-you-dont/>
  - <http://www.swimmingworldmagazine.com/news/11-things-swimming-coach-tired-yelling/>
  - <http://swimswam.com/6-reasons-you-will-learn-to-love-your-early-am-practices/>
  - <http://swimswam.com/17-ways-drive-swim-coach-nuts/>
  - <http://swimswam.com/7-reasons-why-swimmers-should-do-yoga/>
- From **Sheila Kealey**: <http://www.sheilakealey.com/2015/02/27/week-food-health-fitness-44/>, and <http://www.sheilakealey.com/2015/03/06/this-week-in-food-health-and-fitness/>
- Carleton's "Gym Shorts" Series: Deadlift: <http://athletics.carleton.ca/2015/gym-shorts-episode-6/>; Bench Press: <http://athletics.carleton.ca/2015/gym-shorts-episode-7/>

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

Note that the **6pm group** will be in the **shallow** end on **Tue Mar 17<sup>th</sup>** and **Thu Mar 19<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>.

There were lots of great swims in the **50 time trials** on **Tue Feb 24<sup>th</sup> / Wed Feb 25<sup>th</sup>**. There were huge improvements by **Kristine Sanderson** (7:10pm Whitecaps) with a whopping 18.9 seconds in 50bk. **Fay Hjartarson** (8:30am Earlybirds) improved by 8.8 seconds in 50fs. **Bill Gregg** (8:30am Earlybirds) improved by 7.8 seconds in 50br, and **Ursula Scott** by 7.2 in 50fl. Six swimmers improved in both their 50s: **Fay, Bill, Aaron Holtzman** (8:30am Earlybirds), **Jordan Monnink** (8:30am Earlybirds), **Kristen Balogh** (8:10pm Whitecaps), and **Malika Shaath** (7:30am Earlybirds).

**50fs (14)**

Fay Hjartarson	8.8	EB2
Colleen Hyslop	2.4	EB2
Scott Willard	1.7	EB1
Aaron Holtzman	1.7	EB2
Bill Gregg	1.4	EB2
Sylvia Williams	1.4	WC2
Marshall Perrin	1.0	WC2
Jordan Monnink	0.9	EB2
Mars Nienhuis	0.7	WC1
Miguel Chavaz	0.4	EB1
Malika Shaath	0.3	EB1
Sheila MacLean	0.3	WC1
Erin McLean	0.2	WC3
Kristen Balogh	0.1	WC3

**50bk (4)**

Kristine Sanderson	18.9	WC2
Kevin Graham	2.2	EB1
Jennifer Murdock	1.5	EB1
Anne Trepanier	0.5	EB2

**50br (10)**

Bill Gregg	7.8	EB2
Paul Scully	3.5	EB2
Fay Hjartarson	3.4	EB2
Pam Dilawri	2.3	EB2
Aaron Holtzman	1.8	EB2
Mike Halasz	1.8	WC2
Rocio Aranda	1.1	WC3
Malika Shaath	0.9	EB1
Jerome Cyr	0.4	EB2
Kristen Balogh	0.4	WC3

**50fl (3)**

Ursula Scott	7.2	EB1
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Jordan Monnink	1.0	EB2
Kim Fever	0.3	EB1

Thanks to all who participated in the **100 time trials on Thu Mar 5<sup>th</sup> / Fri Mar 6<sup>th</sup>**. There were lots of improvements, led by wife/husband duo **Megan and Aaron Holtzman** (8:30am Earlybirds) with improvements of 8.6 and 6.4 seconds, respectively, in 100IM. Also improving by over 5sec was **Jordan Monnink** (8:30am Earlybirds) with a 5.4 second improvement in 100fs.

**100fs (10)**

Jordan Monnink	5.4	EB2
Andrew Dechamplain	4.9	EB2
Bill Gregg	4.2	EB2
Deb Low	2.6	WC1
Mars Nienhuis	2.0	WC1
Sam Buffam	1.4	EB1
Lynn Brodsky	1.1	WC3
Mike Mopas	0.8	EB1
Erin McLean	0.4	WC2
Sylvia Williams	0.2	WC2

**100bk (1)**

Sandy Lawson	1.5	EB1
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**100IM (5)**

Megan Holtzman	8.6	EB2
Aaron Holtzman	6.4	EB2
Malika Shaath	3.4	EB1
Robin Henderson	1.3	EB2
Marshall Perrin	0.7	WC2

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-Mar 9<sup>th</sup>; 27 workouts; range: 18-37; average: 25.1)

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

Missed 1 Workout: **Ursula S**

Missed 3 Workouts: **Christian C, Margaret K**

Missed 4 Workouts: **Miguel C, Robin H**

**8:30am Earlybirds** (Jan 5-Mar 9<sup>th</sup>; 27 workouts; range: 15-24; average: 20.3)

Missed 1 Workout: **Bill G**

Missed 2 Workouts: **Colleen H, Ethan D**

Missed 3 Workouts: **Mark B**

Missed 4 Workouts: **Rod H**

**6:00pm Whitecaps** (Jan 5-Mar 5<sup>th</sup>; 26 workouts; range: 18-30; average: 24.9)

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

Missed 1 Workout: **Debby W, Don W, Joanne D**

Missed 2 Workouts: **Deb L**

Missed 3 Workouts: **Nicole D**

Missed 4 Workouts: **Marg E, Peter L, Siobhan M**

**7:10pm Whitecaps** (Jan 5-Mar 5<sup>th</sup>; 26 workouts; range: 6-20; average: 14.0)

Perfect Attendance: **Joanie C**

Missed 3 Workouts: **Gillian M**

**8:10pm Whitecaps** (Jan 5-Mar 5<sup>th</sup>; 18 workouts; range: 4-13; average: 7.2)

Perfect Attendance: **Lynn B**

Missed 3 Workouts: **Erin M**

Missed 4 Workouts: **Manuel L**

## Ask the Coach

**Dear Coach:** I struggle with breaststroke as my kick is weak, despite your coaching techniques and watching videos online. Are there some dry land training exercises that might help? Struggling Breaststroker

Dear S. Breaststroker: The breaststroke kick is a real challenge if your hips, knees, and feet don't naturally turn out. If you are able to master ballet position #1 (heels together, toes pointing in 180 from each other), it would help, but likely isn't realistic. While you definitely want to keep working on the kick, improving your breaststroke turns, and working on the arms will likely give you a bigger bang for the buck.

**Dear Coach:** When will registration start for the Spring and Summer Masters sessions? Keen Swimmer

Dear K. Swimmer: As you know, the Winter session ends on **Fri Apr 10<sup>th</sup>**. Then the pool will then be closed for annual maintenance for about three weeks, likely re-opening **Mon May 4<sup>th</sup>**. The Spring session will start when the pool re-opens and details will be announced shortly before the Spring/Summer registration start date of **Wed Apr 1<sup>st</sup>**.

## 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 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.)

## Thu-Sat Feb 20-22<sup>nd</sup> Ultraman Florida

Congratulations to **Julie Paquette** (who did the 100 x 100s with some Carleton swimmers on **Jan 3<sup>rd</sup>**) for being the top woman at Ultraman Florida. **Robert Fabes** (7:30am Earlybirds) was part of her support crew. Well done!!

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

As per the last newsletter, eight Carleton swimmers participated. There were lots of personal bests and records set. In addition, everyone placed in the top 3. Once again, many congratulations to the "Dream Team" for their **National Record** (also a club record) in the 200-239 4x200 medley relay: **Sandy, Francois, Natalie, and Ian! Harley** set four club records in four events in his new 60-64 age group (50fs, 100fs, 50bk, and 100bk). **Robin** and **Ian** each set a club record in the 55-59 age group (800fs and 50fl, respectively, and I set an Ontario record in 50-54 200br. The updated club records are here: <http://carletonmasters.tripod.com/150228.Records.pdf>. Full results are available here: <http://mymsc.ca/ShowMeet.jsp?id=766>. Here are our times and places:

**Natalie Aucoin** (8:30am Earlybirds; 40-44): **1<sup>st</sup>** 100fl (1:26.73), 200IM (3:16.05); **2<sup>nd</sup>** 200fs (2:48.42)

**Sandy Lawson** (7:30am Earlybirds; 50-54): **1<sup>st</sup>** 100fs (1:17.91), 200fs (2:53.46); **2<sup>nd</sup>** 800fs (13:06.00); **3<sup>rd</sup>** 100bk (1:37.09 PB)

**Lynn Marshall** (Coach; 50-54): **1<sup>st</sup>** 400fs (4:48.83), 100bk (1:17.74), 200bk (2:39.22), 200br (3:12.17 PB, Ontario Record), 200fl (2:37.86)

**Robin Henderson** (7:30am Earlybirds; 55-59): **1<sup>st</sup>** 200fs (3:32.44 PB), 800fs (14:55.65 Club Record); **3<sup>rd</sup>** 200IM (4:20.42)

**Francois Jacques** (7:30am Earlybirds; 50-54): **2<sup>nd</sup>** 50fs (32.25), 100br (1:35.09); **3<sup>rd</sup>** 100fs (1:10.76 PB), 200fs (2:48.42)

**Ian Lorimer** (7:30am Earlybirds; 55-59): **1<sup>st</sup>** 100fs (1:14.79), 200fs (2:54.72), 50fl (38.00 Club Record); **2<sup>nd</sup>** 50fs (32.68)

**Harley Gifford** (7:30am Earlybirds; 60-64): **1<sup>st</sup>** 50bk (38.17 Club Record), 100bk (1:24.81 PB, Club Record); **2<sup>nd</sup>** 50fs (32.92 Club Record), 100fs (1:14.25 Club Record)

**Jamie Chalmers** (7:30am Earlybirds; 70-74): **2<sup>nd</sup>** 50bk (51.66), 100fl (2:37.50); **3<sup>rd</sup>** 800fs (20:08.20), 100bk (1:58.11), 200IM (2:45.60)

**Dream Team (Sandy, Francois, Natalie, Ian): 1<sup>st</sup>** 2x400 Medley Relay (3:29.03 [PB], 3:33.16, 3:32.60, 2:53.21: 13:28.00 National Record and Club Record)

## Sat Feb 28<sup>th</sup> Cote Saint Luc, Montreal, Masters Meet

**Jamie Chalmers, Bill Westcott** (swimming for Nepean), and I were Carleton's three representatives at the Cote Saint Luc meet. Congratulations to Jamie on setting two club records 1500fs and his 800fs split, as well as a personal best in the 1500. The updated club records are here: <http://carletonmasters.tripod.com/150228.Records.pdf>. The full results are here: <http://cotesaintlucaquatics.com/images/Competitions/cslmasters/index.html>. And here's how we did:

**Jamie Chalmers** (7:30am Earlybirds; 70-74): **1<sup>st</sup>** 100fs (1:29.02), 1500fs (33:58.66 PB, Club Record; 800 split: 18:14:30, Club Record), 100fl (2:32.62), 100IM (1:58.31); **2<sup>nd</sup>** 100bk (1:57.50)

**Lynn Marshall** (Coach; 50-54): **1<sup>st</sup>** 1500fs (18:07.61), 50bk (35.45), 200bk (2:33.95), 50fl (33.19); **2<sup>nd</sup>** 50fs (30.34)

**Bill Westcott** (6pm Whitecaps; 55-59; swimming for Nepean): **1<sup>st</sup>** 100br (1:21.54), 100IM (1:13.90)

## 2015 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>** – note that this is still the 2014 data, the only change is that the historical 1997-2014 summary has been added; the first installment for 2015 should be up soon).

## 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.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](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>