

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** August-02-15 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 #397

## Carleton Masters Swimming Newsletter #397

Sunday, August 2<sup>nd</sup>, 2015

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

**Bcc:** Those registered for Fall 2014, Winter 2015, Spring 2015, Summer 2015, and Alumni 7:30am Earlybirds I (52 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (29 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (8 addresses), Masters "Alumni" (25 addresses)

**"We don't stop playing because we grow old; we grow old because we stop playing." – George Bernard Shaw**

### Masters Program Notes and Cancellations

- A reminder that there are **no workouts on Mon Aug 3<sup>rd</sup>** (Civic Holiday).
- The Summer session runs until **Sat Sept 5<sup>th</sup>**.
  - The weekday groups (7:30am and 6pm) both include Saturdays.
- Saturday workouts are from **12:15-1:25pm for July, August, \*\*and Sept 5<sup>th\*\*</sup>**.
  - **Note that due to a pool schedule change, the Sat Sept 5<sup>th</sup> workout is now at 12:15pm, not 8:15am.**
- For Summer, there are currently **2** spaces left in the Saturday only groups. The 7:30am and 6pm groups are full – wait lists available (be sure to let me know if you're on the wait list!). Full details on Summer registration can be found near the end of the newsletter.
- **Registration for Fall and Winter starts Tuesday** – details below. The 7:30am and 6pm groups tend to fill quickly.

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

Registration opens for both Fall and Winter on **Tue Aug 4<sup>th</sup>**. 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 not run this year due to low registration. 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 2015: Tue Sept 8<sup>th</sup> to Sat Dec 19<sup>th</sup>; no workouts Mon Oct 12<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10100; cost: \$140+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10101; cost: \$140+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10106; cost \$156+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10108; cost: \$140+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10102; cost: \$58+HST

#### **Winter 2016: Mon Jan 4<sup>th</sup> to Fri Apr 8<sup>th</sup>; no workouts Mon Feb 15<sup>th</sup>, Fri Mar 25<sup>th</sup>, Mon Mar 28<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10103; cost: \$127+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10104; cost: \$127+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10107; cost \$146+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10109; cost: \$130+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10105; cost: \$50+HST

## Swimmer Notes

### Swimmer Updates:

- A very big thank you to **Alex Joubert** for all his coaching over the past few years! Due to being very busy with his studies at Algonquin, **Alex** will not be coaching this coming year.
- **Robert Fabes** (7:30am Earlybirds) is currently racing in Penticton at **Ultraman Canada**, August 1<sup>st</sup> to 3<sup>rd</sup>. There is a live stream and some videos here: <http://ultra520kcanada.com/>.
- **Natalie Aucoin** (7:30am Earlybirds) and **Jamie Chalmers** (7:30am Earlybirds) will be representing Carleton Masters at the FINA Masters World Championships in Kazan later this month. Here's hoping for lots of personal bests and stress free travel!
- Thanks again to all those who came out to support me in the Pan Am Torch Relay, and to **Sean Kelly** for the photo included here: <http://charlatan.ca/2015/07/carleton-professor-carries-pan-am-torch-in-relay/>.
- **Residence Move-in Weekend:** On **Sat Aug 29<sup>th</sup>** and **Sun Aug 30<sup>th</sup>** students will be moving into residence and traffic on campus (and Bronson, turning into campus from both north and south) will likely be crazy. Also, the **entrance to campus at Colonel By will be closed**. Those swimming or working out on those two days may prefer to walk, cycle, or take public transit (O-Train is your best bet). If you choose to drive, it may be better to park at Brewer.
- The Orleans Riptides Special Olympics Swim Team, of which **Mélanie Héroux** (8:30am Earlybirds) is a member, is looking for an additional volunteer coach for their workouts next season. The season runs from mid-October until early May and they have one workout per week at the Bob MacQuarrie Pool in Orleans on Sundays from 4:30-5:30pm. Please pass this on to anyone else who may be interested. For more details, contact **Mélanie Héroux** at: [saku\\_fan@hotmail.com](mailto:saku_fan@hotmail.com).
- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps. 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! Caps are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. This is what the caps look like:



### News and Links:

- Fifty-eight-year-old **Marilyn Korzekwa** Northumberland Strait Double Crossing: <http://www.ctvnews.ca/canada/woman-58-swims-3-province-double-crossing-of-northumberland-strait-1.2488355>
- **Bill May**: First Man to Win World Champs Synchro Gold [Aside: about 10 years ago he set a Quebec Provincial Record in 1500 free, swimming for Montreal's A Contre Courant]: <http://www.dailyjournal.net/view/photos/db511bde0f094aa4b1d52828bd087766/714852184807>
- From 1930: Women Free to Swim without Fear of Arrest: <http://www.theguardian.com/lifeandstyle/2015/jul/24/women-free-to-swim-serpentine-1930>
- Man does 50 Iron-distance Triathlons in 50 Days!: <http://www.couriermail.com.au/sport/more-sports/james-lawrence-has-just-put-his-body-through-more-pain-than-anyone-should-ever-endure/story-fnii0hmo-1227457651957>
- Dos and Don'ts of Eating on Taper: <http://www.swimmingworldmagazine.com/news/4-dos-and-2-donts-of-eating-on-taper/>
- Dryland Exercises for Swimmers: <http://www.lifeasaninvestment.com/body/dryland-exercises-for-swimmers-crawl/>
- Injured, Underperforming: Check your Diet: <http://jennifersygo.com/blog/sports-nutrition-update-tired-injured-and-underperforming-in-your-sport-your-diet-might-be-the-cause/>

- Snacks to Boost your Energy:

[http://www.canadianliving.com/health/health\\_and\\_wellness\\_club/snacks\\_that\\_boost\\_your\\_energy.php](http://www.canadianliving.com/health/health_and_wellness_club/snacks_that_boost_your_energy.php)

- Should Athletics Drop Separate Gender Events?: <http://www.sportsnet.ca/more/should-athletics-drop-separate-gender-events/>

- Leaked IAAF doping files reveal 'extraordinary extent of cheating': <http://www.bbc.com/sport/0/athletics/33749208>

- Cycling to Extremes (too much exercise may damage your heart): <http://velonews.competitor.com/cycling-extremes>

- Mental Toughness: <http://www.ironman.com/triathlon/news/articles/2015/07/mental-toughness.aspx>

- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/07/24/this-week-in-food-health-and-fitness-19/>  
and <http://www.sheilakealey.com/2015/08/01/this-week-in-food-health-fitness-2/>

**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.

## Summer Session Information

The usual pool allocations and coaches are as follows:

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

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

12:15pm Saturdays (8:15am Sept 5<sup>th</sup>): Usually Shallow End; rotating coach schedule (see bulletin board / web site)  
Exceptions will be noted here.

**Sean** is coaching for **me** on **Mon Aug 10<sup>th</sup>**, **Wed Aug 12<sup>th</sup>**, and **Fri Aug 14<sup>th</sup>**. **Mits** is coaching for **Sean** on **Mon Aug 17<sup>th</sup>**, and **Sean** is coaching for **Mits** on **Tue Aug 18<sup>th</sup>**.

### Fin Day:

Tue Aug 6<sup>th</sup> / Wed Aug 7<sup>th</sup>

### Time Trials:

Mon Jul 13<sup>th</sup>: 400fs or IM

Mon Jul 27<sup>th</sup>: 50 choice and 100 choice

Tue Aug 11<sup>th</sup> / Wed Aug 12<sup>th</sup>: 800 / 1500fs

Tue Aug 18<sup>th</sup> / Wed Aug 19<sup>th</sup>: 200 choice

Thu Sept 3<sup>rd</sup> / Fri Sept 4<sup>th</sup>: fun day (relays)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum15.pdf>.

Thanks to those who participated in the **50 and 100 time trials on Mon Jul 27<sup>th</sup>**. The biggest improvements were by **Roy Hanes** with a 5.9 second improvement in 50fs, and **Matthew Tucciarone** with 6.4 seconds in 100bk. Five swimmers improved in both 50m and 100m: **Bob Tipple**, **Jamie Chalmers**, **Mary Lou Davies**, **Miguel Chavez**, and **Roy Hanes**. The list of all improvements follows:

#### 50fs (5)

**Roy Hanes** (6pm Whitecaps) 4.1

**Ethan Dufour** (7:30am Earlybirds) 2.2

**Marshall Perrin** (6pm Whitecaps) 2.1

**Bob Tipple** (7:30am Earlybirds) 0.9

**Mary Lou Davies** (7:30am Earlybirds) 0.4

#### 100fs (5)

**Roy Hanes** (6pm Whitecaps) 5.9

**Mary Lou Davies** (7:30am Earlybirds) 5.0  
**Miguel Chavez** (7:30am Earlybirds) 4.0  
**Gillian Massel** (6pm Whitecaps) 2.0  
**Bob Tipple** (7:30am Earlybirds) 1.8

**50bk** (1)  
**Jamie Chalmers** (7:30am Earlybirds) 0.7

**100bk** (3)  
**Matthew Tucciarone** (7:30am Earlybirds) 6.4  
**Tony Michel** (7:30am Earlybirds) 1.4  
**Jamie Chalmers** (7:30am Earlybirds) 1.2

**50br** (1)  
**Miguel Chavez** (7:30am Earlybirds) 3.1

**100IM** (2)  
**Martin B** (6pm Whitecaps) 7.2  
**Ethan Dufour** (7:30am Earlybirds) 2.9

Here's the weekday attendance summary for the term, so far. Those with the best attendance will receive a certificate at the end of the term. If you notice any errors, please let me know.

**7:30am Earlybirds** (July 6-31<sup>st</sup>; 12 workouts; range: 23-35; average: 28.8)  
Perfect Attendance: **Christian C, Jamie C**  
Missed 1 Workout: **Bruce B, Heather McB, Margaret DK, Susan H**

**6:00pm Whitecaps** (July 6-23<sup>rd</sup>; 9 workouts; range: 21-31; average: 25.4)  
Perfect Attendance: **Dave G, Martin B, Titia K**  
Missed 1 Workout: **Deb L, Elaine Y, Isaac FM, Mars N, Mike L, Mindy F, Monica F, Roy H**

## Ask the Coach

**Dear Coach:** What's a good time for an open water swim? My Time Was Slow!

Dear M.T.W. Slow!: Normally, your time in open water should be a little slower than your time for the same distance in a pool (say 5sec/100m or so). However, there are many factors in play: was the swim course accurate?, did you swim in a straight line?, did you wear a wet suit?, was drafting allowed and did you draft?, was there a current or waves?, was the water temperature very hot or very cold?. All those can make for a time that is very different (usually much slower, but possibly much faster) than your pool time. The best thing is to talk to other swimmers and find out how their times compared to what they expected.

**Dear Coach:** My knees have been sore lately. I'm not sure if it's from swimming or not. If it is swimming, what strokes are likely to hurt the knees? Sore Knees

Dear S. Knees: If it's swimming, it's likely that breaststroke is the culprit. I'd suggest substituting fly kick for breast kick in workout to see if that helps. (Of course, that's not legal in a race!)

**Dear Coach:** What's a good target for the number of strokes per length in freestyle? Working on my Distance Per Stroke

Dear W.o.m.D.P. Stroke: It depends! The number of strokes varies greatly depending on one's height, speed, kick, etc. It also varies greatly for one person depending on whether he/she is focusing on dps (distance per stroke) at a warm up speed, swimming normally, sprinting, etc. Let's assume that we count "1" for each arm, then a very good dps for an average swimmer when focusing on dps is below 15 strokes per length. When swimming normally, an average swimmer should be below 25 strokes per length. Your mileage (strokes) may vary!

**Dear Coach:** How can I reduce my distance per stroke (dps)? Want Longer Strokes

Dear W.L. Strokes: To reduce the number of strokes per length (without compromising your speed), here are some things to work on: better turns (if you can stay underwater longer, you will need fewer strokes at the surface), stretching out in front and finishing your stroke, rolling more so that you are spending more time on your side, keeping a more streamlined body position, and kicking more effectively. Ask your coach for some tips!

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2015-2016 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. 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.**

July and August Several Open Water Swims near Toronto: <http://canaquasports.com/>

Aug 5-16<sup>th</sup> World Masters Swimming Championships, Kazan, Russia <http://masters.kazan2015.com/en>

Sun Aug 9<sup>th</sup> Welland Open Water Swims <http://www.mastersswimmingontario.ca/events/elma-couture-open-water-swim-august-9-2015/>

Sat Aug 15<sup>th</sup> Riverkeeper (Escape from Aylmer-traz) 4km swim <http://www.ottawariverkeeper.ca/theme-event/6480/>

Sat Aug 15<sup>th</sup> Technosport Meech Lake 4k Swim <http://www.mastersswimmingontario.ca/events/technosport-4k-open-water-swim-august-15-2015/> (MSO registration not required)

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

### Sat July 11<sup>th</sup> Bring on the Bay 3km Swim (648 participants)

(Updated to include 3 swimmers I missed [\*\*] -- apologies!) Congratulations to all the Carleton swimmers (do let me know if I missed anyone!). Great job by **Tim** in winning his age group, and to **Penny** for 2<sup>nd</sup> place, and **Lindsay** for 3<sup>rd</sup>. **Bill W** and **Mary Lou** were also in the top 5, and **Robert** in the top 10! Full results at: <https://www.sportstats.ca/display-results.xhtml?raceid=22829>. Here's how the Carleton swimmers did:

**Tim Kilby** (Coach; 50-59 no wetsuit): 23<sup>rd</sup> overall; 18<sup>th</sup> man and 1<sup>st</sup> in category in 43:13.4

\*\* **Lindsay Buckingham** (6pm Whitecaps; 20-29 no wetsuit): 69<sup>th</sup> overall; 25<sup>th</sup> woman and 3<sup>rd</sup> in category in 48:07.3

\*\* **Robert Fabes** (7:30am Earlybirds; 50-59 wetsuit): 87<sup>th</sup> overall; 52<sup>nd</sup> man and 8<sup>th</sup> in category in 49:08.7

**Bill Westcott** (6pm Whitecaps; 50-59 no wetsuit): 90<sup>th</sup> overall; 53<sup>rd</sup> man and 4<sup>th</sup> in category in 49:10.4

\*\* **Harley Gifford** (7:30am Earlybirds; 50-59 wetsuit): 145<sup>th</sup> overall; 78<sup>th</sup> man and 15<sup>th</sup> in category in 53:31.5

**Gi Wu** (6pm Whitecaps; 30-39 no wetsuit): 275<sup>th</sup> overall; 142<sup>nd</sup> man and 14<sup>th</sup> in category in 1:00:26.1

**Joanie Conrad** (7:10pm Whitecaps; 50-59 no wetsuit): 366<sup>th</sup> overall; 188<sup>th</sup> woman and 14<sup>th</sup> in category in 1:06:15.5

**Tony Michel** (7:30am Earlybirds; 40-49 no wetsuit): 385<sup>th</sup> overall; 186<sup>th</sup> man and 15<sup>th</sup> in category in 1:07:20.7

**Cori Dinovitzer** (7:30am Earlybirds; 50-59 no wetsuit): 431<sup>st</sup> overall; 226<sup>th</sup> woman and 17<sup>th</sup> in category in 1:10:11.4

**Mary Donaghy** (7:30am Earlybirds; 50-50 no wetsuit): 445<sup>th</sup> overall; 234<sup>th</sup> woman and 19<sup>th</sup> in category in 1:11:21.7

**Penny Estabrooks** (8:30am Earlybirds; 70+ wetsuit): 492<sup>nd</sup> overall; 267<sup>th</sup> woman and 2<sup>nd</sup> in category in 1:16:50.9

**Mary Lou Davies** (7:30am Earlybirds; 60+ wetsuit): 529<sup>th</sup> overall; 301<sup>st</sup> woman and 5<sup>th</sup> in category in 1:26:05.9

### Sat July 25<sup>th</sup> Technosport "3km" Swim (24 participants)

**Kevin N** participated in this swim that was **\*\*much\*\*** longer than advertized! Full results here:

[http://www.technosport.ca/results/technosport\\_meet\\_results\\_25\\_07\\_15.pdf](http://www.technosport.ca/results/technosport_meet_results_25_07_15.pdf).

**Kevin Nelson** (6pm Whitecaps): 22<sup>nd</sup> overall; 13<sup>th</sup> man and 3<sup>rd</sup> in category in 1:19:01

### Sun July 26<sup>th</sup> Melmerby Sprint Distance Triathlon, Nova Scotia (750m/23k/5k; 41 participants)

Congratulations to **Cory** for his age group win and a top 5 overall finish! Full results here:

<http://www.atlanticchip.ca/events/results-show.php?result=2471>.

**Cory Fraser** (7:30am Earlybirds; 20-29): 5<sup>th</sup> overall, 5<sup>th</sup> man and 1<sup>st</sup> in category in 1:21:45 (13:20 swim)

### **Sat Aug 1<sup>st</sup> National Capital Sprint Triathlon** (500m/20k/5k; 169 participants)

Carleton swimmers took 3 of the top 5 spots, and **Tony** and **Andrew** had the fastest 2 swims!! Full results at:

<https://www.sportstats.ca/display-results.xhtml?raceid=26647>. If I missed anyone who participated in any of the National Capital events, do let me know!

**Tony Revitt** (8:30am Earlybirds; 40-44): 2<sup>nd</sup> overall, 2<sup>nd</sup> man, and 2<sup>nd</sup> in category in 1:06:39.2 (9:27 swim)

**Andrew Dechamplain** (8:30am Earlybirds; 20-24): 3<sup>rd</sup> overall; 3<sup>rd</sup> man, and 1<sup>st</sup> in category in 1:06:53.3 (9:50 swim)

**Aaron Holtzman** (8:30am Earlybirds; 40-44): 5<sup>th</sup> overall; 5<sup>th</sup> man, and 3<sup>rd</sup> in category in 1:09:04.4 (12:19 swim)

### **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 **June 23<sup>rd</sup>**).

### **Private and Semi-Private Masters Swim Lessons**

For July and August, lessons are available at the following times:

Mon-Fri 12:30-1:30pm

Mon-Thu 4:30-5:30pm or 5:00-6:00pm

Wed 6:00-7:00pm

Wed 7:00-8:00pm

Mon, Tue, Thu 7:10-8:10pm

#### **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.

### **Reminders**

#### **Summer Masters Swimming Programs, Barcodes and Prices**

Registration is open for Summer. 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>.

#### **Summer 2015: Mon Jul 6<sup>th</sup> to Sat Sept 5<sup>th</sup>; no workouts Mon Aug 3<sup>rd</sup>**

**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 9384; cost: \$98+HST

**6:00pm Whitecaps:** 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (shallow): Coaches: Evenings: Mon/Thu: **Sean**; Tue: **Mits**; Saturdays: **rotating schedule**; barcode 9389; cost \$110+HST

**12:15pm Saturday Earlybirds ONLY:** 12:15-1:25pm Sat, except 8:15-9:25am Sept 5<sup>th</sup> (shallow): Coaches: **rotating schedule**; barcode 9386; cost: \$34+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 ([lynmarshall@sympatico.ca](mailto:lynmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynmarshall@sympatico.ca](mailto:lynmarshall@sympatico.ca) (or for quicker response: [lynmar@sce.carleton.ca](mailto:lynmar@sce.carleton.ca))

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