

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** November-01-15 12:03 PM  
**To:** Fran Craig; Steve Baird; Blake Christie; Brian Hill; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby  
**Subject:** Carleton Masters Swimming Newsletter #403

## Carleton Masters Swimming Newsletter #403

Sunday, November 1<sup>st</sup>, 2015

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

**Bcc:** Those registered for Fall 2015 and Alumni: 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (38 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (3 addresses), Masters "Alumni" (40 addresses)

"Genius is more often found in a cracked pot than in a whole one." – E. B. White

### Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 19<sup>th</sup>**.
- The Fall 7:30am and 6pm groups are full. Wait lists are available. There are just 2 spots left at 8:30am, and 7 spots at 7:10pm. (Still lots of room on Saturdays.) Please let me know if you are on a wait list.

### Note to Whitecaps Swimmers

As most of you prefer the deep end, the 6pm Whitecaps will remain in the deep end on Tuesdays and Thursdays. Here's an update from **Steve Baird** (Aquatics Coordinator):

October 31, 2015: Lynn and I have reviewed feedback concerning the evening environment around the pool and facility, recently brought forward by Whitecaps swimmers and coaches. We will continue to discuss with ROCS Executive and Senior coaches areas of concern, problem solving strategies and ways to make some improvements. I am confident that with positive communication and a few changes, things will be better for everyone. Masters Swimming, along with its many loyal and long-time Members, are a very important part of the Carleton Aquatics program. Thank-you for your feedback!

### Masters Swimming Ontario Suspension Ended!

It took longer than I was promised, but the suspension has ended. Here's a link to the Swim Canada letter making it official: <https://edmontonmasters.files.wordpress.com/2015/10/masters-ontario-restoration-20151021.pdf>. Thanks to **Jamie Chalmers** (7:30am Earlybirds) and **Jian-Lok Chang** (6pm Whitecaps) for keeping me updated!

### Masters Swimming Ontario (MSO) Registration

If you would like to enter any Masters swimming competitions this season, you must register with Masters Swimming Ontario as a member of Carleton University Masters. The cost is **\$38** (cheque or cash payable to me, Lynn Marshall) for all meets between now and the end of 2016. Payment can be given directly to me or any of the other coaches. If you are registering with MSO as a Carleton Masters swimmer for the first time, I also need:

- name (as you would like it on swim meet programs and results)
- gender
- date of birth
- full address (including postal code) and phone number

Those registered with MSO as a Carleton Masters swimmer for 2014-2015, your current registration is good until December 31<sup>st</sup>, but if you renew now you won't forget!

### Swimmer Notes

## Swimmer Updates:

- **Lost at the Pool:** Please let me know if you have leads on any of these items:

- Sat Oct 17<sup>th</sup> after 8:15am Saturday Masters in the Women's Change Room: diamond earring
- Fri Oct 30<sup>th</sup> after 7:30am Earlybirds deep end (fast lane): black and red Speedo hand paddles
- Fri Oct 30<sup>th</sup> after 8:30am Earlybirds deep end (dive tank?): necklace with small cross

- **Date for Your Calendar:** The annual Carleton Masters Festive Gathering Potluck / BYOB will be held starting at **6:30pm Sat Nov 28<sup>th</sup>** at **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (7:10pm Whitecaps)'s house, **376 Hamilton Ave South**. Full details here: <http://carletonmasters.tripod.com/festive2015.pdf>.

- Thank you to **Isabelle Fradette** (8:30am Earlybirds) for bringing Halloween candy to the Fri Oct 30<sup>th</sup> 8:30am Earlybirds workout. Thanks also to **Coach Mits** for bringing Halloween chocolate to the Sat Oct 31<sup>st</sup> 8:15am workout.

- Congratulations to **Shauna Ironside** (Earlybirds/7:10pm Whitecaps) and **Andrew Geddes** on the arrival of their second son, **Hugh Alexander Ironside Geddes** who flew into the world on **Wed Oct 21<sup>st</sup>**, just before midnight after a short 3hr labour. He weighed a healthy 8lbs12oz, with a full head of brown hair. His big brother **Bennett** has been helpful and (mostly) patient as they all settle into their new life as four.

- Congratulations to **Robert Fabes** (7:30am Earlybirds) on his promotion to Vice President, General Counsel, and Corporate Secretary of Canada Post. We hope that someone takes over his old job soon, so that he can come for a swim!

- Congratulations also to **Fouad Hejazi** (x-Earlybirds) for defending his Masters thesis in Engineering Physics in February and is now working for a consulting company in Toronto.

- **David Fry**, who coached in Nova Scotia for 40 years, recently passed away from cancer:

<http://thechronicleherald.ca/sports/1318287-successful-swimming-coach-david-fry-loses-battle-to-cancer>. He coached **Sheila MacLean** (6pm Whitecaps) when she swam for the Dartmouth Crusaders in the late 1970s, and other Masters swimmers who swam for Dalhousie will also remember him. Thanks to **Sheila** for bringing this to my attention.

- Special Olympics Ontario – Ottawa Division is holding the first annual Norm McEwen Fundraiser Bowl-a-thon to raise funds. You can sponsor **Mélanie Héroux** (8:30am Earlybirds), or participate in the bowling for \$20 per person, or attend the event to purchase crafts, pastries, and/or raffle tickets. The event is **10am-4pm Sun Nov 22<sup>nd</sup>** at the Walkley Bowling Centre, 2092 Walkley Road. More details here: <http://ottawa.specialolympicsontario.ca/>.

- Masters Swimming Canada is hosting its first annual speaker series in Toronto on **Sat Nov 7<sup>th</sup>**:

<https://www.mastersswimmingontario.ca/events/msc-1st-annual-speaker-series-november-7-2016/>. The next day, **Sun Nov 8<sup>th</sup> at 9:30am** is the Masters Swimming Canada AGM: [http://mymsc.ca/Features/201509/2015AGMNotice\\_en.pdf](http://mymsc.ca/Features/201509/2015AGMNotice_en.pdf).

- 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 on Sundays from 4:30-5:30pm. The workout is at the Bob MacQuarrie pool except for January and February, when it will be at the Ray Friel pool. Please pass this on to anyone else who may be interested. For more details, contact coach **Kristin Kernohan** at [kristinkernohan@gmail.com](mailto:kristinkernohan@gmail.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:

- **Anthony Housefather**, the former mayor of Cote St Luc (a Masters swimmer responsible for their fast new pool), won **Pierre Trudeau's** old riding of Mount Royal in Montreal in the Federal Election [thanks to **Jamie Chalmers** (7:30am Earlybirds) for this]: <http://globalnews.ca/news/2272005/liberal-anthony-housefather-elected-in-mount-royal/>
- Swim in the Paris Metro?!: <http://www.wired.com/2014/02/paris-subway-remodels/>
- A Fun Swimming T-shirt [thanks to **Robin Henderson** (7:30am Earlybirds)]: <https://teespring.com/ykyasw>
- Race Starts could give some Athletes an Unfair Advantage [from **Sheila Kealey**]: <http://www.sciencedaily.com/releases/2015/10/151028123651.htm>
- Nine Weird Skills Acquired from Swimming: <http://www.swimmingworldmagazine.com/news/9-weird-skills-acquired-from-swimming/>
- 53 Thoughts During your First Open Water Swim: <http://www.active.com/triathlon/Articles/53-Thoughts-You-Have-During-Your-First-Open-Water-Swim.htm?lyrisid>
- Six Fitness Tips from a Ravens Coach: <http://athletics.carleton.ca/2014/6-fitness-tips-ravens-coach/>
- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/10/31/this-week-in-food-health-and-fitness-27/>

**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.

## Fall 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/Thursday: **Sean**; Tuesday: **Mits**

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

Exceptions will be noted here.

**Sean** coached for **Mits** on **Tue Oct 20<sup>th</sup>**, and for **me** on **Mon Oct 26<sup>th</sup>**. I coached for **Sean** on **Thu Oct 29<sup>th</sup>**.

### Fin Days:

Tue Oct 27<sup>th</sup> / Wed Oct 28<sup>th</sup>

Thu Nov 26<sup>th</sup> / Fri Nov 27<sup>th</sup>

### Time Trials:

Thu Oct 15<sup>th</sup> / Fri Oct 16<sup>th</sup>: 400fs or IM

Thu Oct 22<sup>nd</sup> / Fri Oct 23<sup>rd</sup>: two 50s choice

Mon Nov 2<sup>nd</sup>: 200 choice

Tue Nov 17<sup>th</sup> / Wed Nov 18<sup>th</sup>: 800 / 1500fs

Tue Dec 1<sup>st</sup> / Wed Dec 2<sup>nd</sup>: 100 choice

Thu Dec 17<sup>th</sup> / Thu Dec 18<sup>th</sup>: fun day (relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall15.pdf>.

Thanks to those who participated in the **400 free or IM time trial on Thu Oct 15<sup>th</sup> / Fri Oct 16<sup>th</sup>**. The morning improvements were included last time. Congratulations to **Isaac**, the only evening swimmer to improve:

**400fs (1)**

**Isaac Fierro Marquez** (6pm Whitecaps) 0.5

Congratulations to those who participated in the **50m time trials on Thu Oct 22<sup>nd</sup> / Fri Oct 23<sup>rd</sup>**. Here are the improvements, led by **Malika** (7:30am Earlybirds) and **Mary Lou** (8:30am Earlybirds), each with a 1.2 second improvement (50fs and 50bk, respectively):

#### **50fs (6)**

**Malika Shaath** (7:30am Earlybirds) 1.2  
**Jennifer Chisholm** (7:30am Earlybirds) 1.0  
**Josh Gladstone** (7:30am Earlybirds) 0.9  
**Jordan Monnink** (8:30am Earlybirds) 0.7  
**Dawn Walsh** (8:30am Earlybirds) 0.4  
**Miguel Chavez** (7:30am Earlybirds) 0.0 (tied best)

#### **50bk (3)**

**Mary Lou Davies** (8:30am Earlybirds) 1.2  
**Matthew Tucciarone** (7:30am Earlybirds) 0.8  
**Harley Gifford** (7:30am Earlybirds) 0.8

#### **50br (1)**

**Lisa Meyer** (8:30am Earlybirds) 0.5

#### **50fl (1)**

**Sylvia Williams** (7:10pm Whitecaps) 0.8

Here are the weekday attendance stats to date. Note that due to a phone malfunction, the evening attendance for Oct 5<sup>th</sup> and 8<sup>th</sup> has been lost. The morning Oct 26<sup>th</sup> attendance will be added next time. Those with the best attendance will receive certificates. Let me know of any errors!

**7:30am Earlybirds:** Sept 9-Oct 30<sup>th</sup> (excluding Oct 26<sup>th</sup>); 21 workouts; range: 17-28; average: 23.4  
Perfect Attendance: **Bruce B, Christian C, Jessica T, Margaret K, Susan N-Y, Ursula S**  
Missed 1 Workout: **Jamie C**

**8:30am Earlybirds:** Sept 9-Oct 30<sup>th</sup> (excluding Oct 26<sup>th</sup>); 21 workouts; range: 19-32; average: 26.8  
Perfect Attendance: **Amir B, Colleen H, Lorne M, Mark B**  
Missed 1 Workout: **Bill G, Rod H**

**6pm Whitecaps:** Sept 8-Oct 29th (excluding Oct 5, 8<sup>th</sup>); 20 workouts; range: 19-32; average: 23.8  
Perfect Attendance: **Francois P, Joanne D,**  
Missed 1 Workout: **Cam D, Don W, Nicole D**

**7:10pm Whitecaps:** Sept 8-Oct 29th (excluding Oct 5, 8<sup>th</sup>); 20 workouts; range: 10-21; average: 14.9  
Perfect Attendance: **Lynn B**

## **Ask the Coach**

**Dear Coach:** My 50m time trial times were slower than last time, even though my 400 was faster. What do you recommend to get faster at short distances? Would a weight lifting / dry land program help? Disappointed Swimmer

Dear D. Swimmer: First, remember that not all days are good days (in the pool). If there was just a small variation, it could be that you had a good day last time we did 50s, and not so much this time. While a dry land program wouldn't help, and is good for your bones if your only aerobic exercise is swimming, the best way to get faster at sprinting in the pool is to do more sprinting. Your body adapts to the load you put on it. The majority of our training is aerobic. To get the anaerobic training necessary for sprinting, it's important when we swim fast, to swim really fast – and get out of your comfort zone! Working on starts and turns will help, too.

**Dear Coach:** I am a beginner but I would like to enter a meet just for fun. How do I know I am ready, what do I need to know, and which one(s) are 'beginner friendly'? What are the benefits of participating in a meet? Are there meets that Carleton attends routinely? Curious Swimmer

Dear C. Swimmer: Excellent!! If you wait until you are “ready”, you may never enter a meet. Dive in and give it a try! I'd suggest a local meet as your first one. There are meets coming up at Brewer Park and Ottawa U that will be fairly small meets with other first time racers and a supportive atmosphere. There are usually some Carleton swimmers at local meets, with a larger contingent at meets that start later in the day! The key things to learn ahead of time are the rules for the events you want to compete in. Ask me or other swimmers who compete for a list of things to bring (e.g. warm clothes to wear on deck, deck footwear, lots of towels, water bottle, snacks, etc.). Most swimmers find that they swim faster at a meet than in time trials in practice. You get a chance to make new friends, and some meets serve food afterwards! Details on signing up with MSO (required to enter competitions) is at the top of the newsletter (and below).

**Dear Coach:** I'm going to be travelling and will have access to a 25yd pool. If I usually do 100s free on 2:00 and 100s IM on 2:10 in the Carleton (25m) pool, what pace times should I use in a 25yd pool. Going Imperial

Dear G. Imperial: A yard is 0.9144m, and 1m is 1.09yd. However, things are a little more complicated as you get slightly more turns for the same distance in a yards pool. When converting from yards to meters, the usual conversion is 12-13%. Either way, assuming you want to have a round number for your pace time, it works out to about 10 seconds difference. Thus, I'd recommend 100s free on 1:50 and 100s IM on 2:00. Let us know how that works out. (Those times should be slightly easier than the meters times.)

## 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 available: cost \$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, gender, 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/en/events-results/live-upcoming-meets/>, select Quebec and the month of interest, then select the appropriate meet to get more info. If it says “sanctioned” the meet package should be available.

Here's a list of tentative and confirmed upcoming competitions in Ontario and Quebec. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with “TBC”. More meets and more details will be added as the information become available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

Sun Nov 8<sup>th</sup> Technoport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technoport-invitational-november-8-2015/> and [http://www.technoport.ca/technoport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technoport.ca/technoport_swim_and_triathlon_club/short-course-invitational-swim-meet/)

Sun Nov 8<sup>th</sup> Etobicoke Masters Meet <http://www.mastersswimmingontario.ca/events/semi-serious-nov-8-2015/>

Sun Nov 15<sup>th</sup> Cote St-Luc Masters Meet, Montreal <https://www.swimming.ca/en/meet/18297/>

Thu Nov 19<sup>th</sup> Elliot Lake Masters Meet (TBC)

Sat Nov 21<sup>st</sup> Swim Ottawa Meet, Brewer Pool (date confirmed; details TBA)

Sun Nov 22<sup>nd</sup> Coupe de Quebec, Claude Robillard Pool LC, Montreal (TBC)

Sat Dec 5<sup>th</sup> Montreal Nord Masters Meet <https://www.swimming.ca/en/meet/18260/>

Sun Dec 6<sup>th</sup> Technoport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technoport-invitational-december-6-2015/> and [http://www.technoport.ca/technoport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technoport.ca/technoport_swim_and_triathlon_club/short-course-invitational-swim-meet/)

Sat-Sun Dec 5-6<sup>th</sup> Ste-Foy Masters Meet (TBC)

Sun Dec 6<sup>th</sup> Clarington Masters Meet (TBC)

Sun Dec 13<sup>th</sup> North York Pentathlon <https://www.mastersswimmingontario.ca/events/north-york-gators-pentathlon-dec-13-2015/>

Sun Jan 17<sup>th</sup> U of T Masters Meet (TBC)

Sun Jan 17<sup>th</sup> Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-41st-annual-scy-swim-meet-january-17-2016/>

Sat-Sun Jan 23-24<sup>th</sup> Pointe Claire Masters Meet (TBC)

Sat-Sun Feb 6-7<sup>th</sup> Quebec City LC Masters Meet <https://www.swimming.ca/en/meet/18523/>

Sun Feb 7<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-7-2016/> and [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)  
Sun Feb 7<sup>th</sup> Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2016-february-7-2016/>  
Sat-Sun Feb 13-14<sup>th</sup> La Salle Masters Meet, Montreal (TBC)  
Sun Feb 21<sup>st</sup> Nepean LC Masters Meet <https://www.mastersswimmingontario.ca/events/2016-nepean-masters-long-course-swim-meet-february-21-2016/>  
Sat Feb 27<sup>th</sup> Riviere-du-Loup Masters Meet (TBC)  
Sun Feb 28<sup>th</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/5th-annual-thornhill-invitational-swim-meet-february-28-2016/>  
Sun Mar 6<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-6-2016/> and [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)  
Sat Mar 19<sup>th</sup> Dollard-des-Ormeaux, Montreal (TBC)  
Fri-Sun Apr 1-3<sup>rd</sup> Ontario Provincials Markham Pan-Am Pool <https://www.mastersswimmingontario.ca/events/2016-ontario-masters-swimming-championship-april-1-3-2016/>  
Fri-Sun Apr 15-17<sup>th</sup> Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>  
Sun Apr 17<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-april-17-2016/> and [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)  
Sat Apr 23<sup>rd</sup> All Out Swim LC, Toronto (TBC)  
Fri-Mon May 20-23<sup>rd</sup> Nationals (TBC)  
Sat Jun 4<sup>th</sup> Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>  
Sat Jun 25<sup>th</sup> Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>  
Sat Jul 23<sup>rd</sup> Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>  
Sat Aug 13<sup>th</sup> Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>  
Sat Aug 14<sup>th</sup> Elma Couture Open Water Swim, Welland <https://www.mastersswimmingontario.ca/events/elma-couture-open-water-swim-aug-14-2016/>

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

### **Tue-Sun Aug 11-16<sup>th</sup> FINA Masters World Championships, Kazan, Russia**

Apologies to **Jamie Chalmers** (7:30am Earlybirds) for not noticing that his 50fs (36.00) was a club record. The updated records can be found here: <http://carletonmasters.tripod.com/150816.Records.pdf>.

### **Sun Oct 25<sup>th</sup> Rattle Me Bones 10k Wishbone Run (686 participants)**

Congratulations to **Susan** and **Margaret** on their great times and top 5 finishes. **Margaret's** times was also a PB! Full results here: <https://www.sportstats.ca/display-results.xhtml?raceid=28000>.

**Susan Nevitt-Yelle** (7:30am Earlybirds; 50-59): 98<sup>th</sup> overall, 17<sup>th</sup> woman and 4<sup>th</sup> in category in 47:58.5

**Margaret King** (7:30am Earlybirds; 50-59): 115<sup>th</sup> overall, 20<sup>th</sup> woman and 5<sup>th</sup> in category in 49:00.1

### **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 **Oct 29<sup>th</sup>**).

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

For Fall, lessons are available at the following times:

Monday 9:40-10:40am

Friday 9:40-10:40am

Additional lunch-time/afternoon/evening lessons will be available in December.

#### **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

### 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. 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

**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

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