

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** November-29-15 2:35 PM  
**To:** Fran Craig; Steve Baird; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mark Blenkinsop; Mits Kachi; Sean Dawson; Tim Kilby  
**Subject:** Carleton Masters Swimming Newsletter #405

## Carleton Masters Swimming Newsletter #405

Sunday, November 29<sup>th</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 (38 addresses), 6pm Whitecaps I (39 addresses), 7:10pm Whitecaps II (32 addresses), Saturday Only (3 addresses), Masters "Alumni" (41 addresses)

"Swimming is a confusing sport, because sometimes you do it for fun, and other times you do it to not die. And when I'm swimming, sometimes I'm not sure which one it is." – Demetri Martin

### 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 is just 1 spot left at 8:30am, and 6 spots at 7:10pm. (Still lots of room on Saturdays.) Please let me know if you are on a wait list.
- The Winter session starts **Mon Jan 4<sup>th</sup>**. There is currently space in all groups and registration is open.
- There will likely be some interim workouts (pay as you go) between the Fall and Winter terms. Stay tuned for details.

### Coaching Update

**Brian Hill** has taken over as the Carleton Varsity Swim Team coach, so he is no longer able to coach Carleton Masters. We wish Brian the best in his new role. **Mark Blenkinsop** (8:30am Earlybirds) is joining our coaching team as a substitute coach and you'll see him on deck for the last 30min of the 7:10pm Whitecaps on **Mon Nov 30<sup>th</sup>**, as he will take over from me after his evening teaching responsibilities. Please join me in welcoming **Mark** to the coaching team!

### Note to Whitecaps Swimmers

Steve Baird, the Masters Coaching Staff, and the ROCS Coaching Staff met this past week. We have drawn up a list of action items to improve the flow of swimmers around the pool and pool deck during the evening swims. Please be patient as we work to implement these items. If you have any concerns, please address them to the evening Masters coach on deck. Thank you!

### Please Support the Carleton Varsity Swim Team on Giving Tuesday

For those Carleton Alumni and others who make charitable donations to Carleton, note that on **Giving Tuesday December 1<sup>st</sup>** Carleton will add 50c to each \$1 donation on that date, up to a maximum of \$500 per donation, and up to a total of \$50,000. Check out the **Varsity Swim Team's** fundraising project (hot off the press!) here: <http://bit.ly/1PdhF2W>. This year the Varsity team received only \$1000 in support from Carleton Athletics. The Varsity swimmers each pay \$1800 to join the team. This puts swimming out of reach for many excellent swimmers who attend Carleton. Charitable donation receipts are provided for all contributions. Your support is greatly appreciated!

### Swimmer Notes

#### Swimmer Updates:

- A big thank you to **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (7:10pm Whitecaps) for hosting the annual Masters party on **Sat Nov 28<sup>th</sup>**. It was, as usual, a great feast and wonderful to chat with everyone away from the pool.

- **Ursula Scott** (7:30am Earlybirds) is a member of **Voices in Harmony**, which is doing three public Christmas concerts: **Dec 5<sup>th</sup>**: <http://carletonmasters.tripod.com/voicesofharmonydec5.pdf>, **Dec 17<sup>th</sup>**: <http://www.cacha.ca/wordpress/wp-content/uploads/2015/09/Voices-in-Harmony-postcardsr-page-001.jpg>, and **Dec 19<sup>th</sup>**: <http://carletonmasters.tripod.com/voicesinharmonydec19.pdf>

- **Ameena Haines** (6pm Whitecaps), daughter of **Seema Akhtar** (6pm Whitecaps), makes and sells holiday cards for \$3 each with 100% of the money going to charity Plan Canada as Seema and her husband contribute the materials needed. Here are samples of her cards: <http://sce.carleton.ca/courses/ecor-2606/f15/ameenacards/>. If you would like to support this cause, please contact **Ameena** at [artcardsforcharity@gmail.com](mailto:artcardsforcharity@gmail.com) or 613-230-6672.

- **Penny Estabrooks** (8:30am Earlybirds) will be selling her cards, small calendars, and paintings at a craft sale: **11am-2pm Sun Dec 6<sup>th</sup>**, 94 Cameron Avenue (Old Ottawa South). Details: <http://pennye.ca/art/2015%20Craft%20Sale%20Flyer%20FINAL.jpg>, and photos of **Penny's** cards and calendars: [http://pennye.ca/art/cards\\_Dec15.html](http://pennye.ca/art/cards_Dec15.html).

- Congratulations to the following Carleton Masters swimmers who are retiring between November and December this year: **Renee Robert** (8:30am Earlybirds); **Ursula Scott** (7:30am Earlybirds); **Mindy Finkelstein** (7:10pm Whitecaps). Enjoy your new-found freedom!

- Special Olympics Ontario – Ottawa Division held the first annual Norm McEwen Fundraiser Bowl-a-thon to raise funds on **Nov 22<sup>nd</sup>**. **Mélanie Héroux** (8:30am Earlybirds) is pleased to report that this event raised over \$3000 for Special Olympics! **Melanie** was amongst the top fundraisers and is already looking forward to next year's event!

- Found in the women's change room last week by **Isabelle Fradette** (8:30am Earlybirds) a **Japan Masters Sprint Swimming 2013** pin. I don't think it belongs to any of our Masters swimmers, but if you know who might have lost this, please let me know!

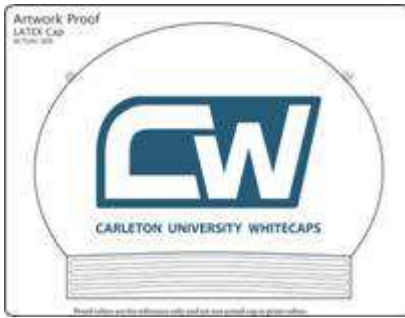
- The Rotary Club of Peterborough is hosting the **Rotary Carl Oake Swimathon Fri Feb 12<sup>th</sup> 7-8am**. **Marilyn Bell DiLascio**, **Vicki Keith**, **Annaleise Carr**, and **Trinity Arsenault** (all famous Canadian open water swimmers) will be there. Most swimmers or teams swim for 5min during the swim-a-thon, so you don't swim the whole hour. It's a fundraiser for the Easter Seals Society. If you're interested in more details, let me know.

- Cornwall's **David Merpaw**, a very long distance swimmer (see <http://www.riverswimmer.com>), is hoping to set an age group record of 48km in a 12 hour swim at the Nav Can pool in Cornwall on **Sat Dec 5<sup>th</sup> 8am-8pm**. He's looking for pacers for the afternoon to swim with him. Note that 48km in 12 hours is a 1:30/100m pace. If you are interested, please contact **David** at [d3330@hotmail.com](mailto:d3330@hotmail.com).

- Masters Swimming Ontario's (MSO's) AGM will be held **Sun Dec 13<sup>th</sup>** at the Douglas Snow Aquatic Centre at about **1:30pm** after the North York Pentathlon Meet. The meeting is open to everyone registered with MSO. Here are the details: <http://www.mastersswimmingontario.ca/wp-content/uploads/2015/11/2015-AGM-Package-v4-2015-11-18.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:

- Tritonwear Update from employee **Megan Holtzman** (Saturday Earlybirds): <https://www.youtube.com/watch?v=d5QB71OsVjo&feature=youtu.be>
- Ice Swimming (A Little Crazy, IMO!): <http://www.redbulletin.com/int/en/sports/breaking-the-ice>
- **Michael Phelps** to be a Father: <https://swimswam.com/baby-phelps-on-the-way-michael-to-be-a-father/>
- Swim with a Relaxed Wrist: <https://theraceclub.com/aqua-notes/relaxed-wrist/>
- 50 Year old does 2200 pushups in an hour: <http://bleacherreport.com/articles/2590729-50-year-old-beats-his-previous-world-record-for-push-ups-in-an-hour>
- Why Exercise is the Best Medicine: <http://inspiyr.com/exercise-medicine/>
- Why do Muscles Ache a Day or Two after Exercise: <http://well.blogs.nytimes.com/2015/11/02/ask-well-why-do-muscles-ache-a-day-or-two-after-exercise/>
- Visualization Make Athletes More Successful: <http://breakingmuscle.com/sports-psychology/see-it-happen-to-make-it-happen-how-visualization-makes-athletes-more-successful>
- Nutritional Support for Exercise-Induced Injuries: <http://link.springer.com/article/10.1007/s40279-015-0398-4/fulltext.html>
- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/11/20/this-week-in-food-health-and-fitness-28/>

**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.

**Mits** coached for **Sean** on **Mon Nov 9<sup>th</sup>**. **Sean** coached for **Mits** on **Tue Nov 10<sup>th</sup>**. I coached for **Claudia** on **Sat Nov 14<sup>th</sup>**. **Sean** is coaching for **Brian** on **Sat Nov 21<sup>st</sup>**.

**Mark** and I are coaching for **Sean** on **Mon Nov 30<sup>th</sup>**. **Mits** is coaching for **Sean** on **Mon Dec 14<sup>th</sup>**. **Sean** is coaching for **Mits** on **Tue Dec 15<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 **800/1500 time trials** on **Tue Nov 17<sup>th</sup> / Wed Nov 18<sup>th</sup>**. It seems that if your name was Jennifer, you had a huge improvement in the 1500! **Jennifer Murdock** (6pm Whitecaps) improved by 2:16, and **Jennifer Chisholm** (7:30am Earlybirds) improved by 1:13. The largest improvement in the 800 was 55 seconds by **Susan Hulley** (7:30am Earlybirds). A full list of improvements follows.

#### **800fs (4)**

**Susan Hulley** (7:30am Earlybirds) 55  
**Colleen Hyslop** (8:30am Earlybirds) 48  
**Mary Lou Davies** (8:30am Earlybirds) 27  
**Bill Gregg** (8:30am Earlybirds) 2

#### **1500fs (8)**

**Jennifer Murdock** (6pm Whitecaps) 2:16  
**Jennifer Chisholm** (7:30am Earlybirds) 1:13  
**Harley Gifford** (7:30am Earlybirds) 39  
**Jordan Monnink** (8:30am Earlybirds) 27  
**Seema Akhtar** (6pm Whitecaps) 21  
**Susan Hulley** (7:30am Earlybirds) 8  
**Tony Michel** (7:30am Earlybirds) 6  
**Lindsay Buckingham** (6pm Whitecaps) 4

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. Those with the best attendance will receive certificates. Please let me know of any errors!

**7:30am Earlybirds:** Sept 9-Nov 27<sup>th</sup>; 34 workouts; range: 17-28; average: 22.8

Perfect Attendance: **Jessica T, Margaret K, Ursula S**

Missed 1 Workout: **Bruce B, Susan N-Y**

Missed 2 Workouts: **Harley G**

Missed 3 Workouts: **Jamie C, Mike M**

**8:30am Earlybirds:** Sept 9-Nov 27<sup>th</sup>; 34 workouts; range: 18-32; average: 25.5

Perfect Attendance: **Mark B**

Missed 1 Workout: **Amir B, Lorne M**

Missed 2 Workouts: **Rod H**

Missed 3 Workouts: **Colleen H**

**6pm Whitecaps:** Sept 8-Nov 26<sup>th</sup> (excluding Oct 5, 8<sup>th</sup>); 32 workouts; range: 19-32; average: 23.4

Perfect Attendance: **Joanne D**

Missed 2 Workouts: **Cam D**

Missed 3 Workouts: **Debby W, Nicole D**

**7:10pm Whitecaps:** Sept 8-Nov 26<sup>th</sup> (excluding Oct 5, 8<sup>th</sup>); 32 workouts; range: 8-21; average: 14.6

Missed 3 Workouts: **Lynn B**

## **Ask the Coach**

**Dear Coach:** When should I sign up for the Winter term? Eager Swimmer

Dear E. Swimmer: Registration for Winter has been open since August. Most groups are about half full now. If you are planning to swim at 7:30am or 6:00pm, it's better to register sooner rather than later. The 8:30am, 7:10pm, and Saturday groups are less likely to fill, so you can wait until nearer the start of term to register for those.

**Dear Coach:** I occasionally have to miss a workout due to work and try to swim on my own to make it up. Do you have suggestions of workouts for me to do on my own? Unimaginative Swimmer

Dear U. Swimmer: I suggest that you ask to be added to the e-list of those who get my workouts by e-mail. That way if you miss, you can select one of the workouts (even exactly the one you miss) to do in its place.

**Dear Coach:** I've signed up for 50m breast at an upcoming swim meet. I have trouble turning my feet out and doing a symmetrical breaststroke kick. Will I be disqualified? Breaststroke-Challenged Swimmer

Dera B-C. Swimmer: The rule for breaststroke kick is SW 7.4 and 7.5 here: [http://www.fina.org/sites/default/files/finaswrules\\_20150907.pdf](http://www.fina.org/sites/default/files/finaswrules_20150907.pdf). Thus, the feet must be turned out and the kick must be symmetrical. At a Masters meet, it will depend on the officials working and how strict they are.

## 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 e-transfer, 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.**

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

Sun Dec 6<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-december-6-2015/> 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-Sun Dec 5-6<sup>th</sup> Ste-Foy Masters Meet <http://swimming.ca/en/meet/18785/>

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> 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.)

### Sun Nov 15<sup>th</sup> Cote St-Luc Masters Meet, Montreal

Congratulations to **Jamie** on a sweep of first places! And, no, he was not the only one in the age group: there were 5 swimmers! Full results here: <http://mymisc.ca/ShowMeet.jsp?id=830>.

**Jamie Chalmers** (7:30am Earlybirds; 70-74): 1<sup>st</sup> 50fs (36.94), 100fs (1:30.63), 200fs (3:48.37), 100br (2:27.41), 50fl (58.44)

### Sat Nov 21<sup>st</sup> Willy Lee Invitational Swim Ottawa Meet, Brewer Pool

There were 13 Carleton swimmers at this meet. That's the largest contingent of Carleton Masters swimmers at a single meet in some years! And there were some great swims, plus some "learning experiences"! There were lots of PBs, and **Jian** and **Harley** each set three club records. Full results here: <http://mymisc.ca/ShowMeet.jsp?id=831> and here: <http://www.anzai.com/EventResults.htm>. The updated club records are here: <http://carletonmasters.tripod.com/151121.Records.pdf>.

**Matthew Tucciarone** (7:30am Earlybirds; 18-24): 1<sup>st</sup> 50fs (32.53 PB), 100fs (1:14.36 PB)

**Linz Buckingham** (6pm Whitecaps; 25-29): 1<sup>st</sup> 50fs (29.18 PB), 100fs (1:04.44), 50fl (33.26)

**Jian-Lok Chang** (6pm Whitecaps; 30-34): 1<sup>st</sup> 50fs (25.25 PB), 50bk (28.07 PB, Club Record), 100bk (1:02.07 Club Record), 200IM (2:19.31 PB, Club Record)

**Cathy Crawley** (6pm Whitecaps; 30-34): 1<sup>st</sup> 50bk (39.93), 200IM (3:00.63); 3<sup>rd</sup> 50fs (33.57); 4<sup>th</sup> 50fl (37.62 PB)

**Julie Mouris** (6pm Whitecaps; 30-34): 2<sup>nd</sup> 50fs (33.27), 100fs (1:13.07); 3<sup>rd</sup> 50fl (36.54)

**Luz Osorio** (6pm Whitecaps; 30-34): 1<sup>st</sup> 50fl (33.53), 100fl (1:15.73)

**Paola Osorio** (6pm Whitecaps; 30-34): 1<sup>st</sup> 200fs (2:27.33)

**Natalie Aucoin** (8:30am Earlybirds; 40-44): 1<sup>st</sup> 50fl (34.33), 100fl (1:21.75); 2<sup>nd</sup> 50fs (33.77), 100fs (1:15.77)

**Francois Jacques** (7:30am Earlybirds; 50-54): 1<sup>st</sup> 100fs (1:09.20), 50br (41.07); 2<sup>nd</sup> 50fs (30.86), 100br (1:34.66)

**Sandy Lawson** (7:30am Earlybirds; 50-54): 1<sup>st</sup> 100fs (1:20.75), 100bk (1:40.93), 100fl (1:51.20); 2<sup>nd</sup> 100br (1:55.08)

**Ian Lorimer** (7:30am Earlybirds; 55-59): 2<sup>nd</sup> 50fl (39.69); 3<sup>rd</sup> 50fs (33.34), 100fs (1:14.40), 50bk (47.77)

**Sylvia Williams** (7:10pm Whitecaps; 55-59): 2<sup>nd</sup> 50fl (1:01.60 PB); 4<sup>th</sup> 100fs (1:49.45 PB); 6<sup>th</sup> 50fs (49.92 PB)

**Harley Gifford** (7:30am Earlybirds; 60-64): 1<sup>st</sup> 50fs (31.67 PB, Club Record), 50bk (37.13 PB, Club Record), 100bk (1:25.80), 200IM (3:10.34 PB, Club Record)

### 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 **Nov 14<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

[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>