

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: December-12-15 5:27 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 #406

Carleton Masters Swimming Newsletter #406

Saturday, December 12th, 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)

If you fail, never give up because F.A.I.L. means "First Attempt In Learning." End is not the end, in fact E.N.D. means "Effort Never Dies." If you get No as an answer, remember that N.O. means "Next Opportunity." So let's be positive.

Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 19th**.
- There will be five interim workouts between the Fall and Winter sessions: details below.
- Please read the signs posted at Athletics or check the web site (<http://athletics.carleton.ca/facilities/>) for the pool and fitness centre holiday hours. The pool is on a holiday schedule from **Dec 21st to Jan 3rd**.
- The Winter session starts **Mon Jan 4th**. There is currently space in all groups, although 7:30am and 6pm are more than half full.

Interim Workouts

Between the Fall and Winter sessions, we are offering five interim workouts. The schedule is below and is posted on the web site. Each workout costs \$4.85 (the cost of a public swim pass).

Note that these workouts are only open to those with a valid Athletics membership (or student/staff card) for the date/time of the workout. If you have a morning-only membership, it is good all day on "reduced hours" days, i.e. all of these dates. Guests (who do not have to be members) are welcome, if they pay the \$4.85 fee and are accompanied by a member.

You must pay the public swim \$4.85 fee at the Welcome Centre, get a receipt (*not* a hand stamp!), write your name on the back, and give your receipt to the coach on deck before you get in the water. No receipt, no swim, no exceptions!! If you are in town your support is appreciated. We need at least **15** swimmers per workout to break even. (Coaches and themes coming soon.)

Schedule:

Mon Dec 21st 6:00-7:15pm
Tue Dec 22nd 6:00-7:15pm
Mon Dec 28th 6:00-7:15pm
Tue Dec 29th 6:00-7:15pm
Sat Jan 2nd 10:00-11:15am

Sauna Update

Thanks to **Fran Craig** (Welcome Centre Administrator) for this update. Great to hear that the projects are making progress!

Men's Sauna

Demolition of the men's sauna revealed unforeseen deterioration in the concrete slab supporting the sauna walls. After an extended consultation process with our engineers and architect we have employed the services of a concrete reconstruction team to remove the old concrete and pour a new concrete foundation. Once this process is completed we

can begin the actual sauna renovations which include updated electrical and lighting, new tiles, new cedar walls, ceiling, benches and flooring, and heating unit. I hesitate to commit to a completion date as challenges do tend to surface when renovating a 42 year old building. The good news is that all the materials are on site and we are committed to overcoming all obstacles to complete this project at the earliest possible time in the New Year.

Women's Sauna

Electrical retrofit and lighting is complete. Most of the cedar walls and ceilings have been installed. Tiles and flooring will go in next week. Expect to open in the New Year.

Swimmer Notes

Swimmer Updates:

- Two Carleton Masters Child Safety Supervision graduates are making sporting "flips" and "waves" of their own:
- **Jessica Reddin**, daughter of **Cheri Reddin** (7:30am Earlybirds), has been selected to Team Ontario for a gymnastics competition in Arizona: <http://sportsottawa.com/content/3-local-gymnasts-earn-team-ontario-tour-berths-arizona-competition>.

- **Freddy Chandler-Baas**, 13, son of **Andrea Chandler** (6pm Whitecaps) and **Derek Baas** (x-Whitecaps), is swimming with ROCS and becoming a great distance swimmer. He earned his first ever swimming medal at Pointe-Claire on Thursday with a 3rd place finish in boys 13-14 1500m freestyle SC in **19:21.34**. Only two Carleton Masters swimmers beat that time in the recent time trial!

Congratulations to both **Jessica** and **Freddy** on their athletic accomplishments, and to their parents for being great role models.

- **Paul Denys** (7:10pm Whitecaps) and his wife, **Jean Kneale** (7:10pm Whitecaps), have a new hobby: hiking up mountains! **Paul** has kindly provided a summary of this undertaking to date (below) and some beautiful photos (<http://sce.carleton.ca/courses/ecor-2606/f15/paulhiking/>). Warning: sit down to read this – it's tiring ☺! We look forward to annual reports until he has completed the remaining 31 Adirondack peaks!!

Last year I joined the Alpine Club of Canada ACC – Ottawa chapter (\$65). I went on a week-long trip in Franklin County, Maine in Sept 13-21, 2014 and completed 8 peaks that are over 4,000 feet:

Saddleback (4126') & The Horn (4041')
Sugarloaf (4237'), Mount Abraham (4049') & Spaulding (4007')
Avery Peak (4088') & West Peak (4145')
Old Spec (4170')

Starting November 2014, I have been hiking the 46 peaks in the Adirondack Park near Lake Placid New York. I have completed 15 peaks so far only 31 to go.

2014:

November 11 - Cascade (4098) & Porter (4059')
November 15 - Table Top (4427') & Phelps (4161')
December 31 – Sawteeth (4100')

2015:

March 14- Wright (4508') & Algonquin (5114')
June 20 – Dial (4040') feet & Nipple Top (4620')
August 1 – Seward (4361') feet & Donaldson (4140') feet & Emmons (4040') feet
November 7 – Esther (4240') & Whiteface (4867') feet
November 28 – Gray Peak (4480') (25.6 km with total elevation gain of 4,100 feet 11 hours to complete including rest stops)

The last one I completed was Gray Peak on November 28 with two friends Lynne and Debbie. We drove down on Friday afternoon, stayed at ACC Keene farm log cabin. Early rise at 5am to be on the trail by 6:30am with head lamps on. An hour into the hike the sun started to rise just as reach Marcy dam 2.3 miles, 220'elev. From there we proceeded up to Lake Arnold 2.3 miles, & 1375' elev. which was more of a pond than a lake. As we descended in the valley we meet at least 10- 12 other hikers on the trail doing different peaks. We reach the Feldspar lean after 1.8 miles, 500' descent. From here elevation pick up significantly in just 2 miles, 1590' elevation. We summited Gray Peak at noon. Lunch at top of Gray Peak was sublime, where we were above the clouds with not a wisp of wind. In the photo you can see Mount Skylight in the back ground. After lunch we retrace our steps, completing the hour of hike in dark with our head lamps on, arriving at the car at 5:30pm. From there it was to Cascade Inn for dinner and early to bed. Sunday was a small 900' hike up Panther near Tupper Lake on our way home to make sure everything was still working.

Jean has completed:

November 11 - Cascade (4098) & Porter (4059)
June 20 - Phelps (4161')
August 1 – Seward (4361') feet
November 7 – Whiteface (4867') feet

- Cornwall's **David Merpaw**, a very long distance swimmer (see <http://www.riverswimmer.com>), completed his 12 hour charity swim for OSPCA on **Sat Dec 5th**. With less than ideal conditions (warm water and air, jets on the side of the pool),

he still managed over 43km – very impressive: <http://www.standard-freeholder.com/2015/12/06/merpaw-spends-12-hours-in-the-wet-for-cornwallsdg-ospca>.

- Masters Swimming Canada Winter Newsletter: <http://mastersswimmingcanada.com/wp-content/uploads/2015/12/MSC-News-Winter-15-EN.pdf>.

- OUA Water Polo All Stars include Carleton Players: <http://goravens.ca/news/2015/12/2015-oua-water-polo-all-stars-announced/>

- **Ursula Scott** (7:30am Earlybirds) is a member of **Voices in Harmony**, which is doing three public Christmas concerts:
Dec 5th: <http://carletonmasters.tripod.com/voicesofharmonydec5.pdf>,
Dec 17th: <http://www.cacha.ca/wordpress/wp-content/uploads/2015/09/Voices-in-Harmony-postcardsr-page-001.jpg>, and
Dec 19th: <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 or 613-230-6672.

- The Rotary Club of Peterborough is hosting the **Rotary Carl Oake Swimathon Fri Feb 12th 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.

- 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.

- **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:

- The Liberal Swim Team [thanks to **Tony Michel** (7:30am Earlybirds)]:

<http://blogs.canoe.com/davidakin/politics/notebook-gobsmacked-at-rob-ford-harpers-food-bill-the-liberal-swim-team/#swim>

- The Happy Circle: Lane Etiquette Tips: <http://www.usms.org/articles/articledisplay.php?aid=3153>

- "W" Sitting not Recommended for Breaststrokes: <http://www.swimmingworldmagazine.com/news/4-reasons-quit-w-sitting-breaststrokes-knee/>

- Swim Dryland Training: Improve Coordination and Balance: <http://www.usms.org/articles/articledisplay.php?aid=3144>

- Why You Should Consider Prescription Goggles: <http://www.weekendtriathlete.com/blog/why-you-should-consider-investing-in-prescription-goggles>

- Activities that Help Boost Academic Performance (Includes swimming: #4):

<http://athletics.carleton.ca/2015/5-activities-that-may-help-boost-your-academic-performance/>

- 95 year old Skier gets Vitality from his Workouts (which include Swimming):

<http://www.wsj.com/articles/at-95-a-lifelong-skiier-says-the-source-of-his-vitality-is-his-workout-1448899633>

- A Navy Seal Secret for Pushing Yourself Beyond Your Limits:

<http://www.inc.com/jessica-stillman/a-navy-seal-s-secret-for-pushing-yourself-way-beyond-your-supposed-limits.html>
- Coaching with Visual Learning: <http://www.cscaa.org/blog/2015928/coaching-with-visual-learning>

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.

Mark and I coached for **Sean** on the evening of **Mon Nov 30th**. **Sean** coached for **Mits** on **Tue Dec 1st**.

Thu Dec 10th 6pm Whitecaps was in the shallow end so that ROCS could use the bubbles.

Mark is coaching for **Sean** on the evening of **Mon Dec 14th**. **Sean** is coaching for **Mits** on **Tue Dec 15th**.

Fin Days:

Tue Oct 27th / Wed Oct 28th

Thu Nov 26th / Fri Nov 27th

Time Trials:

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

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

Mon Nov 2nd: 200 choice

Tue Nov 17th / Wed Nov 18th: 800 / 1500fs

Tue Dec 1st / Wed Dec 2nd: 100 choice

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

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

Congratulations to all those who participated in the **100m time trials on Tue Dec 1st / Wed Dec 2nd**. There were 14 improvements, led by **Monica Flores** (7:10pm Whitecaps) with a nearly 20 second improvement in 100fs and **Claire Owen** (8:30am Earlybirds) with an over 15 second improvement in 100bk. Here's the full list:

100fs (7)

Monica Flores (7:10pm Whitecaps) 18.6

Lisa Tauskela (7:10pm Whitecaps) 3.7

Jordan Monnink (8:30am Earlybirds) 1.9

Matthew Tucciarone (7:30am Earlybirds) 1.9

Harley Gifford (7:30am Earlybirds) 0.7

Jennifer Murdock (6pm Whitecaps) 0.1

Mars Nienhuis (6pm Whitecaps) 0.1

100bk (3)

Claire Owen (8:30am Earlybirds) 15.3
Christian Cattan (7:30am Earlybirds) 7.5
Deb Low (6pm Whitecaps) 2.3

100br (2)

Miguel Chavez (7:30am Earlybirds) 4.3
Robert Fabes (7:30am Earlybirds) 0.1

100fl (1)

Lindsay Buckingham (6pm Whitecaps) 4.2

100IM (1)

Kevin Graham (7:30am Earlybirds) 0.5

Here are the weekday attendance stats to date. Note that due to a phone malfunction, the evening attendance for Oct 5th and 8th has been lost. Those with the best attendance will receive certificates. Please let me know of any errors!

7:30am Earlybirds: Sept 9-Dec 11th; 40 workouts; range: 17-28; average: 23.0

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

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

Missed 2 Workouts: **Harley G**

Missed 4 Workouts: **Christian C, Jamie C**

8:30am Earlybirds: Sept 9-Dec 11th; 40 workouts; range: 18-32; average: 24.8

Perfect Attendance: **Mark B**

Missed 1 Workout: **Lorne M**

Missed 2 Workouts: **Rod H**

Missed 4 Workouts: **Amir B**

6pm Whitecaps: Sept 8-Dec 10th (excluding Oct 5, 8th); 38 workouts; range: 18-32; average: 23.2

Perfect Attendance: **Joanne D**

Missed 2 Workouts: **Cam D**

Missed 3 Workouts: **Debby W**

Missed 4 Workouts: **Don W**

7:10pm Whitecaps: Sept 8-Dec 10th (excluding Oct 5, 8th); 38 workouts; range: 8-21; average: 14.6

Missed 4 Workouts: **Lynn B**

Ask the Coach

Dear Coach: I'm learning flip turns and having problems with circle-swimming without endangering my lane-mates. Any suggestions. Dangerous Flip Turner

Dear D.F. Turner: Let's start with freestyle flip turns. In freestyle (and fly and breast, for that matter), regardless of whether you are doing open or flip turns, you want to cross over to the far side of the lane (just) before your turn, and push off in a straight line on that side of the lane. The reasons for this are: (1) pushing off in a straight line is a good habit to get into; and (2) turning without crossing over is dangerous for you and your lane-mates. The only exceptions to this are: (1) if you are last in the lane; and (2) backstroke (see below). If you are sure that you are last in your lane and there's no one behind you, you can flip almost anywhere and push off in a straight line with no danger. Note that it's also easier to do good turns if everyone maintains 5 second gaps (see below).

Dear Coach: What about backstroke flip turns? Still Dangerous Flip Turner

Dear S.D.F. Turner: Backstroke is different from the other strokes as you cannot see in front of you, only (a little) behind you. Thus, you do not want to cross over to the other side of the lane (regardless of flip or open turn), until you are sure the person in front of you is out of the way. However, as you can see behind you, you are better able to judge the amount of space behind you. Ideally, you still want to cross over, but if you're not sure there's space to do so, then do your turn in the middle of the lane, and, if the person behind you is very close, push off deep enough so that you won't collide. Again, those maintaining the 5 second gaps allows everyone to do good turns.

Dear Coach: How can I tell whether I'm maintaining a 5 second gap? Improving Flip Turner

Dear I.F. Turner: This varies a little depending on the speed of you and your lane-mates, but generally you want to be sure that there are never two of you completely inside the flags at the same time. In other words, if your feet are between the flags and the wall (on the way to the wall), and the person in front of you still has their arms between the flags and the wall (on the way off the wall), then you are too close. Also take note of how far the person in front of you has travelled in the first 5 seconds and try to maintain that distance. If you feel a lot of turbulence, then you are likely too close.

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.**

Sun Dec 13th North York Pentathlon <https://www.mastersswimmingontario.ca/events/north-york-gators-pentathlon-dec-13-2015/>
Sun Jan 17th Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-41st-annual-scy-swim-meet-january-17-2016/>
Sat Jan 23rd Pointe Claire Masters Meet (details TBA)
Sun Jan 24th Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/clarington-meet-january-24-2016/>
Sat-Sun Feb 6-7th Quebec City LC Masters Meet <https://www.swimming.ca/en/meet/18523/>
Sun Feb 7th 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/
Sun Feb 7th Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2016-february-7-2016/>
Sat-Sun Feb 13-14th La Salle Masters Meet, Montreal (TBC)
Sun Feb 21st Nepean LC Masters Meet <https://www.mastersswimmingontario.ca/events/2016-nepean-masters-long-course-swim-meet-february-21-2016/>
Sat Feb 27th Riviere-du-Loup Masters Meet (TBC)
Sun Feb 28th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/5th-annual-thornhill-invitational-swim-meet-february-28-2016/>
Sun Mar 6th 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/
Sat Mar 19th Dollard-des-Ormeaux, Montreal (TBC)
Fri-Sun Apr 1-3rd Ontario Provincials Markham Pan-Am Pool <https://www.mastersswimmingontario.ca/events/2016-ontario-masters-swimming-championship-april-1-3-2016/>
Fri-Sun Apr 15-17th Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>
Sun Apr 17th 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/
Sat Apr 23rd All Out Swim LC, Toronto (TBC)
Sun May 1st Perth Meet <http://www.mastersswimmingontario.ca/events/perth-stingrays-masters-swim-meet-may-1-2016/>
Fri-Mon May 20-23rd Nationals, Etobicoke (details TBA)
Sat Jun 4th Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>
Sat Jun 25th Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>
Sat Jul 23rd Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>

Sat Aug 13th Technoport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>

Sat Aug 14th 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.)

Sat Dec 5th Montreal Nord Meet

Congratulations to **Jamie** on some great swims! Full results here: <http://swimming.ca/en/meet/18260/> (though note that swimming.ca insists that CAPS stands for Cascade Adult Performance Swimming!).

Jamie Chalmers (7:30am Earlybirds; 70-74): **1st** 50fs (37.95), 100fs (1:40.77), 100br (2:28.75); **2nd** 200br (5:18.70), 400IM (9:53.95); 16th (not divided into age groups) 25fs (16.44)

Sun Dec 6th Technoport Meet, uOttawa

Five Carleton swimmers participated in this meet, and comprised more than 1/3 of the (14) competitors. Great job by everyone! This was **Miguel's** first meet with Carleton! Congratulations to **Harley** on 3 (more!) club records, including breaking another **George Tombler** record (100br). Updated club records:

<http://carletonmasters.tripod.com/151206.Records.pdf>. Full results: <http://mymisc.ca/ShowMeet.jsp?id=835>.

Harley Gifford (7:30am Earlybirds; 60-64): **1st**: 50fs (32.32), 100fs (1:11.19 PB; Club Record), 200bk (3:08.28 Club Record), 100br (1:48.94 Club Record)

Sylvia Williams (7:10pm Whitecaps; 55-59): **1st**: 100fs (1:50.28), 50br (1:08.83 PB), 50fl (1:05.09)

Lynn Marshall (Coach; 50-54): **1st**: 50fs (30.12), 200fs (2:14.78), 50bk (35.59), 100bk (1:13.85), 200IM (2:36.64)

Matthew Tucciarone (7:30am Earlybirds; 18-24): **1st**: 50bk (42.82 PB); **2nd**: 50fs (35.75), 100fs (1:15.28), 50br (46.74 PB)

Miguel Chavez (7:30am Earlybirds; 18-24): **1st**: 50fs (30.62), 100fs (1:07.85 PB), 50br (40.16), 50fl (34.93 PB)

4x50 "Sort-of-Mixed" Medley Relay (**Lynn, Harley, Miguel, Matt**): Exhibition: 2:31.80: 35.65; 45.87; 34.72; 35.56

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 **Dec 11th**).

Private and Semi-Private Masters Swim Lessons

For this coming week only, I have private lessons available lunch-time, early evening and late evening.

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 8th to Sat Dec 19th; no workouts Mon Oct 12th

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 4th to Fri Apr 8th; no workouts Mon Feb 15th, Fri Mar 25th, Mon Mar 28th

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.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).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

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