

## Lynn Marshall

---

**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Saturday, December 10, 2016 10:35 AM  
**To:** Lynn Marshall  
**Subject:** Carleton Masters Swimming Newsletter #431

---

**From:** Lynn Marshall [mailto:lynnmarshall@sympatico.ca]  
**Sent:** Saturday, November 12, 2016 6:09 PM  
**To:** Fran Craig <fran.craig@carleton.ca>; Steve Baird <steve.baird@carleton.ca>; Blake Christie <blakechristie@hotmail.com>; Claudia Cronin-Schlote <claudia.croninschlote@gmail.com>; Kristi Dean <kdean72@gmail.com>; Lynn Marshall <lynnmar@sce.carleton.ca>; Mark Blenkinsop <mark\_blenkinsop@yahoo.ca>; Mits Kachi <mitskachi@gmail.com>; Sean Dawson <seanrdawson@me.com>; Tim Kilby <Timothykilby@hotmail.com>  
**Subject:** Carleton Masters Swimming Newsletter #431

## Carleton Masters Swimming Newsletter #431

Saturday, November 12<sup>th</sup>, 2016

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

**Bcc:** Those registered for Fall 2016 and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (32 addresses), Saturday Only (8 addresses), Masters "Alumni" (31 addresses).

"... a swim workout on a whiteboard looks like an algebra formula." – "Chasing Water" by Anthony Ervin and Constantine Markides

### Masters Program Notes and Cancellations

- The Fall session is underway and runs until **Thu Dec 22<sup>nd</sup>**.
- Registration is open for both Fall and Winter. Details on dates, prices, and barcodes are near the end of the newsletter.
- For Fall, the 7:30am and 6pm groups are full: wait lists available (do let me know if you're on a wait list!). There is just **1** spot left at 8:30am.
  - The 7:30am and 6pm groups are likely to fill for Winter, also, so if you like to swim at either of those times, I'd recommend signing up for Winter by December.

### Construction to Widen Access Road to Parking Lot 5 (Athletics)

Construction has begun to widen the access road into Parking Lot 5 to add a turning lane onto University Drive, improving traffic flow out of the parking lot. There may be times throughout this project that the section of University Drive near the entrance to P5 will be reduced to one lane. Flag persons will be on hand to direct traffic, when required. Carleton's Facilities Management and Planning Department appreciates your patience and co-operation as they complete this improvement to the campus.

### New Subway Restaurant in Athletics

Construction has begun in Alumni Hall, in the Athletics facility, for a new Subway outlet. The area in the south-east corner of Alumni Hall (across from Tim Hortons) will be boarded off during the construction period, which will continue until the week of Jan 10<sup>th</sup>, 2017. The seating will be removed from the area and moved to the north end of Alumni Hall. Access to the building will not be impacted.

### Swimmer Notes

## Swimmer Updates:

- **Reminder:** Just two weeks to go: **Annual Holiday Party!!** A big thank you to **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (6pm Whitecaps) for once again agreeing to host our annual Holiday Potluck Party. The party will be held on **Sat Nov 26<sup>th</sup>**. This is a great feast! I hope to see you there! Full details: <http://carletonmasters.tripod.com/festive2016.pdf>.

- Congratulations to **Kevin Graham** (7:30am Earlybirds) and his wife, **Melanie**. They are expecting a baby on April 1<sup>st</sup>!

- On **Sun Nov 20<sup>th</sup>**, **Melanie Heroux** (8:30am Earlybirds) is participating in a bowl-a-thon to raise funds for Special Olympics. She will have a pledge form with her at the pool, and you can also donate on-line here:

<https://secure.e2rm.com/registrant/startup.aspx?eventid=209543>.

- Thanks to Coach **Tim Kilby** and **Justin Kernot** (7:10pm Whitecaps) for attending today's Varsity / Alumni meet at Carleton, which was organized by x-Coach **Louise Hayes**. A good time was had by all!

- Cyclocross season is here again. If you don't know what it's all about, check out <http://www.cyclocross.org/>.

There are races each Sunday at a different remote location each week. Scenic Renfrew, Almonte, Perth, Cornwall by the river, and the really stunning Kingston race on Fort Henry Hill, including riding right through the fort itself. Six races down, 4 to go. One hour of zone 4 to 5 fun and adrenaline rush!

If you want to see what it's all about, or try it out, come on over to Queen Juliana Park on Wed. evenings or to Britannia Park on Monday evenings when we practice, or contact **Lisa Meyer** (8:30am Earlybirds). If you don't have a cyclocross bike, you can do it on a mountain bike. Warning – it's very addictive!

Note that **Lisa** has won all six of the races so far in her Masters "C" category: <http://www.cyclocross.org/wp-content/uploads/2016/11/Series-Points-2016-up-to-Nov-6.html>!

- Carleton University Whitecaps swim caps, great for training and competition, are available for \$5 each:



## News and Links:

- **Natalie Coughlan:** How to Age Gracefully and Still Kick Ass: <http://www.outsideonline.com/2101711/how-age-gracefully-and-still-kick-ass>

- The Swimmer's Guide to Punching Failure in the Face: <https://swimswam.com/swimmers-guide-punching-fear-failure-face/>

- Quintuple Ironman Distance Triathlon Anyone?!: <http://www.nytimes.com/2016/11/06/sports/virginia-quintuple-anvil-triathlon.html>

- Ranking the World's Toughest Outdoor Sports: <http://www.outsideonline.com/2127176/definitive-ranking-worlds-toughest-outdoor-sports>

- How Exercise Makes Your Job Less Stressful: <http://time.com/4555587/workout-career-exercise/>

**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

Dates: Tue Sept 6<sup>th</sup> to Thu Dec 22<sup>nd</sup>; excluding Mon Oct 10<sup>th</sup>.

The usual pool allocations and coaches are as follows:

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

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Mon: Shallow End; Tue/Thu: Deep End: Mon/Thu: **Sean**; Tue: **Mark**

7:10pm Whitecaps: Shallow End: Mon/Thu: **Sean**; Tue: **Mark**

8:15am Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

**Sean** coached for **Mark** on **Tue Nov 8<sup>th</sup>** and did an election themed workout – hope you all enjoyed it!

### Fin Days:

Tue Oct 25<sup>th</sup> / Wed Oct 26<sup>th</sup>

Thu Nov 24<sup>th</sup> / Fri Nov 25<sup>th</sup>

### Time Trials:

Thu Oct 13<sup>th</sup> / Fri Oct 14<sup>th</sup>: timed 400fs or IM

Thu Oct 20<sup>th</sup> / Fri Oct 21<sup>st</sup>: 2 timed 50s

Mon Oct 31<sup>st</sup>: 200 choice

Mon Nov 14<sup>th</sup>: 800 / 1500fs

Tue Nov 29<sup>th</sup> / Wed Nov 30<sup>th</sup>: 100 choice

Wed Dec 21<sup>st</sup> / Thu Dec 22<sup>nd</sup>: “funner” day (e.g. relays)

This information and more can be found with the Fall workout themes

at: <http://carletonmasters.tripod.com/mastplanfall16.pdf>.

Thanks to all those who participated in the **200 time trials on Mon Oct 31<sup>st</sup>**. And I hope that the morning swimmers liked my Great Pumpkin “costume”! There were 14 improvements, led by **Flo Kellner** (8:30am Earlybirds) and **Christiane Wilke** (7:30am Earlybirds), with 24 seconds and 12.6 seconds improvements in 200 free, respectively. The list of all the improvements follows:

#### 200fs (7)

<b>Flo Kellner</b>	EB2	24.0
<b>Christiane Wilke</b>	EB1	12.6
<b>Nancy Manning</b>	EB2	11.1
<b>Randi Karstad</b>	EB1	10.9
<b>Jordan Monnink</b>	EB2	7.2
<b>Jocelyn Pender</b>	WC1	1.1
<b>Isabelle Fradette</b>	EB2	0.6

#### 200br (2)

<b>Lisa Meyer</b>	EB2	1.8
<b>Fay Hjartarson</b>	EB2	0.5

#### 200IM (5)

<b>Harley Gifford</b>	EB1	6.5
<b>Jian-Lok Chang</b>	WC1	5.3
<b>Justin Kernot</b>	WC2	3.1
<b>Andrea Mrozek</b>	EB1	2.7

Here are the weekday attendance statistics for this term to date. If you notice any mistakes, please let me know! Those with the best attendance will receive certificates early next term.

**6pm Whitecaps:** Sept 6-Nov 10<sup>th</sup> (23 of 29 workouts: Sept 19, 20, 26, Oct 3, 6 missing); range 21-33; average: 26.1  
Perfect Attendance: **Cam D, Joanne D, Konstantin P**  
Missed 1 Workout: **Peter Lithgow**  
Missed 2 Workouts: **Don W, Rachel B**

**7:10pm Whitecaps:** Sept 6-Nov 10<sup>th</sup> (23 of 29 workouts: Sept 19, 20, 26, Oct 3, 6 missing); range 11-23; average: 15.5  
Missed 2 Workouts: **Gillian M**

**7:30am Earlybirds:** Sept 7-Nov 11<sup>th</sup> (28 workouts) range 20-31; average: 24.1  
Perfect Attendance: **Christiane W, Jamie C**  
Missed 1 Workout: **Bruce B, Liliane C, Ursula S**  
Missed 2 Workouts: **Harley G, Jim L**

**8:30am Earlybirds:** Sept 7-Nov 11<sup>th</sup> (28 workouts); range 21-32; average: 27.2  
Perfect Attendance: **Bill G, Mark B**  
Missed 1 Workout: **Alison C, Amir B, Colleen H**  
Missed 2 Workouts: **Chris W, Isla P, Rod H**

## Ask the Coach

**Dear Coach:** The Brewer meet will be my first Masters competition. What do I need to bring? New Competitive Swimmer

Dear N.C. Swimmer: At a swim meet you do a lot of waiting around, unlike swim practice where you are moving most of the time. Thus, you should bring several towels and some warm clothes to wear: e.g. t-shirt, track suit, socks, and I recommend sandals or shoes. Your clothes will get wet, so spare clothes are also recommended. You should also bring a water bottle and some snacks. And, of course, you swim suit, cap (if you wear one), and goggles. Spares are a good idea, just in case! Also be sure that you have the meet information (warm up time, start time, order of events, etc.), as well as your MSO number.

**Dear Coach:** I'd like to learn a 6-beat kick as I've heard it will make my freestyle faster. Can you help? Improving Swimmer

Dear I. Swimmer: If a 6-beat kick doesn't come naturally to you, it can be challenging to learn. A 6-beat kick is strongly recommended if your focus is short distances in competition. If you prefer longer distances and/or triathlons, learning a 6-beat kick will likely not give you the biggest bang for your buck. Instead, working on your pull will give you bigger gains, as a 6-beat kick uses a lot of oxygen. If you'd like specific tips on getting faster in freestyle (or any other stroke), just ask your coach.

**Dear Coach:** What are the rules for fly turns, and how can I make my fly turns efficient? Trying Fly in a Meet

Dear T.F.i.a. Meet: In fly you must touch the wall with both hands simultaneously, and your hands cannot overlap. The most efficient way, as with all open turns, is to have one hand go over the water, and the other under. If you turn to your left, the left hand goes under and the right over (and vice versa). Look up towards the ceiling and turn like a ferris wheel, not like a merry go round. If you bring the hand going over the water behind your head (rather than in front or on top), that will help the turn movement. Ask your coach to watch your turns if you'd like tips.

**Dear Coach:** I loved the 50s on 1:01!! Thank you. Happy Swimmer

Dear H. Swimmer: You're welcome!

**Dear Coach:** I hated the 50s on 1:01. It was too hard at the beginning and then too easy. Frustrated Swimmer

Dear F. Swimmer: Well, you can't please everyone! Here are some tips for next time. At the beginning, don't go any faster than absolutely necessary – save your energy for when it gets tough. It will get tough! (Though not as quickly as when we do 50s on a descending pace time!) Once you miss your target and switch to 75s on 2:02, there are things you can do to make it more challenging. You can do a stroke other than free (or even kick). You can also pick a more challenging target. For example, if you are supposed to finish by the top, go with the 40 or 45 instead. Everyone has different strengths and weaknesses. Sprinters usually like the 50s on 1:01. Distance swimmers will prefer Monday's distance time trial ☺ !

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2017 (which includes Fall 2016) is now available for \$35.** Note that you must register with MSO before the **due date** of the entry for your first competition. If you have not registered with MSO and Carleton Masters before, I need the following: name, gender, date of birth, address, phone number. If you have registered with us in the past few 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 Nov 19<sup>th</sup> Swim Ottawa Willy Lee Meet, Brewer Pool

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=4>

Sat Nov 19<sup>th</sup> Coupe de Quebec: Claude Robillard Meet, Montreal <https://swimming.ca/en/meet/19959/>

Sun Nov 20<sup>th</sup> Etobicoke Semi-Serious Masters Meet:

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=807>

Sun Dec 4<sup>th</sup> Technoport Meet, Ottawa U

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=803>

Sat Dec 10<sup>th</sup> Montreal Nord Meet, Montreal <https://swimming.ca/en/meet/19960/>

Sat Dec 10<sup>th</sup> Sainte Foy Meet, Quebec City <https://swimming.ca/en/meet/19961/>

Sun Dec 11<sup>th</sup> North York Gators Pentathlon Masters Meet

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=809>

Sat Dec 17<sup>th</sup> Nepean Masters Short Course Invitational Meet

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=808>

Fri Jan 20<sup>th</sup>, 2017 Alderwood SCY Meet, Toronto

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=10>

Sat Jan 21<sup>st</sup> Drummondville Masters Meet, Drummondville, QC <https://swimming.ca/en/meet/19962/>

Sat-Sun Feb 4-5<sup>th</sup> Coupe de la Capitale LCM Meet, Quebec City <https://swimming.ca/en/meet/19963/>

Sun Feb 5<sup>th</sup> Technoport Meet, Ottawa U

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=804>

Sun Feb 12<sup>th</sup> Burlington Masters Meet <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=810>

Sat Feb 25<sup>th</sup> Nepean Winterlude Long Course Meet

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=825>

Sun Feb 26<sup>th</sup> Thornhill Meet, Markham <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=801>

Sat Mar 4<sup>th</sup> Cowansville Masters Meet, Cowansville, QC <https://swimming.ca/en/meet/19964/>

Sun Mar 5<sup>th</sup> Technoport Meet, Ottawa U

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=805>

Sun Mar 5<sup>th</sup> Clarington, Bowmanville <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=847>

Sat Mar 18<sup>th</sup> Dollard-des-Ormeaux Meet, Montreal <https://swimming.ca/en/meet/19965/>

Fri-Sun Mar 24-26<sup>th</sup> Ontario Provincial Masters Meet, Thornhill, Markham

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=802>

Sat-Sun Apr 22-23<sup>rd</sup> Quebec Provincial Masters Meet, Quebec City <https://swimming.ca/en/meet/19951/>

Sun May 7<sup>th</sup>, Clarington, Bowmanville <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=848>

Fri-Sun **May 12-14<sup>th</sup>** Canadian Masters Nationals, Quebec City <https://swimming.ca/en/meet/19821/> (**note date change!**)

Sat Jun 3<sup>rd</sup> Longueuil LCM Meet, Montreal <https://swimming.ca/en/meet/19898/>

Aug 7-20<sup>th</sup> FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina.org/content/17th-fina-world-masters-championships>

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

### Sat Oct 22<sup>nd</sup> and Sun Nov 6<sup>th</sup> Orienteering Races

Thanks to Nancy Manning (8:30am Earlybirds) for this contribution!

On a blustery and rainy October 22<sup>nd</sup> day, intrepid Ottawa Orienteering Club members, **Nancy** and her son, **Warren**, scoured the bush in Gatineau Park searching for pre-hidden control stations - over 40 of them - for 6 hours, the total time allowed before "late" penalty points kicked in, trying to find as many control stations as possible. For those familiar with the Park, the control stations were hidden in an area extending from Mackenzie King Estates to Asticou in the south. Soaked to the skin and dirt-covered though they were, they had a blast and finished with smiles and a respectable total points score and were happy to eat a hearty meal.

**Nancy** and her sons participate in other orienteering events throughout the fall season including last Sunday's (November 6<sup>th</sup>) event at Nakkertok (Cantley, Quebec) where **Nancy** and another son, **Will** (who has also swum with Carleton Masters), completed the most challenging of the orienteering categories, the Long Advanced course, and finding all of the control stations in the 7 km (as the crow flies) course in an hour and 45 minutes - under much more favourable weather conditions than the 6-hour October event, a welcome relief.

### Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 rankings (by gender and age group, both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **August 31<sup>st</sup>**).

### Private and Semi-Private Masters Swim Lessons

For Fall, the schedule is:

Monday and Friday 9:35-10:35am

Some early evenings, usually Thursday 4-5pm.

Additional times available in mid-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.

### Notes and 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. 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 2016: Tue Sept 6<sup>th</sup> to Thu Dec 22<sup>nd</sup>; no workouts Mon Oct 10<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: **Lynn**): barcode 12285; cost: \$148+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: **Lynn**): barcode 12286; cost: \$148+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12291; cost \$168+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12293; cost: \$152+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow; Coaches: **rotating schedule**): barcode 12287; cost: \$60+HST

#### Winter 2017: Tue Jan 3<sup>rd</sup> to Fri Apr 7<sup>th</sup>; no workouts Mon Feb 20<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: **Lynn**): barcode 12288; cost: \$132+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: **Lynn**): barcode 12289; cost: \$132+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12292; cost \$148+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12294; cost: \$132+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow; Coaches: **rotating schedule**): barcode 12290; cost: \$52+HST

## **Aquasport Discount for Carleton Masters Swimmers:**

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) They have two locations in Ottawa (2730 Iris Street in the West End and 2160 Montreal Road in the East) and several in Montreal. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

## **Carleton Masters Swim Team Photos:**

Fall 2015 Evening groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec17whitecaps.pdf>.

Fall 2015 Morning groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec18earlybirds.pdf>.

There are some old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

We have identified **19** current swimmers in the old photos: **Joanie Conrad** (7:10pm Whitecaps), **Cam Dawson** (6pm Whitecaps), **Joanne Dawson** (6pm Whitecaps), **Sean Dawson** (then child safety supervision; now Coach), **Nicole Delisle** (6pm Whitecaps), **Cori Dinovitzer** (Summer 7:30am Earlybirds), **Fiona Hill** (7:30am Earlybirds), **Karen Jensen** (7:30am Earlybirds), **Tim Kilby** (Coach), **Mike Lau** (6pm Whitecaps), **Sandy Lawson** (7:30am Earlybirds), **Peter Lithgow** (6pm Whitecaps), **Lynn Marshall** (Coach), **Carolyn Odecki** (6pm Whitecaps – on sabbatical), **Lina Vincent** (6pm Whitecaps), **Jose Vivanco** (7:10pm Whitecaps), **Don Wells** (6pm Whitecaps), **Bicki Westerheide** (7:10pm Whitecaps), and **Debby Whately** (6pm Whitecaps). Also **Derek Baas** is in an old photo, and his wife, **Andrea Chandler** (6pm Whitecaps), swims now. Did we miss anyone else?

**Newsletter:** An e-newsletter (like this one) is sent out about every two weeks. If you have new lane-mates, please mention to them that they should give their e-mail address to their coach if they'd like to receive it.

**Suggestions for Workouts or Interested in Making up a Workout or a Set?:** If you have suggestions for the workouts (something you like that we never do, or something you dislike that we do too much!), or if you'd like to try making up a workout or a set in a workout, just talk to your coach.

**Interested in Copies of my Workouts?:** Are you interested in getting copies of my workouts ahead of time? Let me know. I usually e-mail out two week's worth of workouts at a time. (Note that these are only the workouts that I coach.)

**Triathletes:** Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowlitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

**General Information:** Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

Your input to this newsletter is most welcome, especially for the Swimmer Notes, Race Results and Ask the Coach sections! To be added to or removed from the receiver list, just let me know ([lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca) (or for quicker response: [lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca))  
Club website: <http://carletonmasters.tripod.com>