

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, February 24, 2017 1:18 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 #438

Carleton Masters Swimming Newsletter #438

Friday, February 24th, 2017

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2016, Winter 2017, and Alumni: 7:30am Earlybirds I (47 addresses), 8:30am Earlybirds II (43 addresses), 6pm Whitecaps I (51 addresses), 7:10pm Whitecaps II (29 addresses), Saturday Only (10 addresses), Masters Alumni (29 addresses).

Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't do.

Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 7th**.
 - When the information on the Spring and Summer programs is available, it will be posted here.
- The 6pm and 7:30am groups are full for Winter. There are wait lists available. Please let me know if you are on a wait list.
 - There are just 5 spots at 8:30am.

Swimmer Notes

Swimmer Updates:

- The 2016 year end Top 20 Canadian Rankings are out! There are lots of Carleton Masters swimmers featured. See the full list in the Race Results section, below.

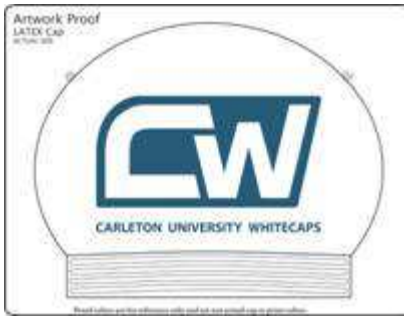
- The Ottawa Rideau Speedeaus <http://www.rideauspeedeaus.com/en/who-are-we.html> are looking for a Wednesday night coach 6-7pm, and to fill in occasionally on Friday nights 6-7:30pm, both at the U of Ottawa pool. Level 1 Coaching certification preferred but not necessary. \$20-\$29/hr depending on qualifications. Contact **Tarek** at swimguy_66@hotmail.com.

- The Canada Games Bid Evaluation Committee visits Ottawa on **Thu Mar 2nd**. If you are interested in supporting Ottawa's bid for the 2021 Canada Games, you can be in the audience at Andrew Haydon Hall (Council Chambers) for the presentation from **9:00- 9:50am**, or join a large group of students in the parking lot of the Kanata Recreation Centre at **11:45am**.

- **Melanie Heroux** (8:30am Earlybirds) is again participating in the Annual Polar Plunge in support of Special Olympics. Melanie is accepting cash donations at the pool, and you can also sponsor her on-line: <https://secure.e2rm.com/registant/FundraisingPage.aspx?registrationID=3669080&langPref=en-CA>. This year's Polar Plunge will take place at Algonquin College on **Sat Mar 4th**.

- Interested in logging your swim mileage on-line? Check out Masters Swimming Canada's Million Metre Challenge: <https://www.mastersswimmingcanada.ca/WP/en/services/million-metre-challenge/>. You don't have to be registered for competitions to sign up for this program.

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



- For those who prefer silicone caps, Carleton Varsity swim caps are available as a fundraiser for the Varsity team for \$15 each:



News and Links:

- **Dr. Cheemun Lum**, the Ottawa Doctor who Died Skiing, Remembered as a Pioneer in his Field: <http://www.cbc.ca/news/canada/ottawa/ottawa-doctor-skiing-death-1.3983862>
- Athletes Can Have Heart Disease, but that Shouldn't Stop You from Exercising [thanks to **Natalie Aucoin** (8:30am Earlybirds)]: <http://ottawacitizen.com/news/local-news/yes-athletes-can-have-heart-disease-no-that-doesnt-mean-you-should-stop-exercising>
- Octogenarian **Chris Smith** (Toronto) Still Setting Records <https://www.thestar.com/news/gta/2017/02/12/octogenarian-swimmer-still-breaking-canadian-ontario-records.html>
- Men's 100 free 1932 LA, 2016 Rio, 84 years apart, side by side: <https://twitter.com/Olympics/status/834536504344981504>
- Height vs. Stroke Count: <https://smoothstrokes.files.wordpress.com/2014/01/height-spl-graph-25mb1.png>
- Why Swimming is Not a Sport: <https://www.swimwithissues.com/blogs/the-swim-wall/45274113-why-swimming-is-not-a-sport>
- Carbs during Workouts Help Immune System Recovery [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://www.sciencedaily.com/releases/2017/02/170216103926.htm>
- Benefit of Dry-land Resistance Training for Competitive Swimming: <http://www.endurancestudy.com/dry-land-resistance-swimming/>
- How to Perfect Your Flip Turn: <http://home.trainingpeaks.com/blog/article/how-to-perfect-your-flip-turn-for-faster-swimming>
- A Fitness Downside to Statin Drugs [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://www.nytimes.com/2017/01/04/well/move/a-fitness-downside-to-statin-drugs.html>

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.

Winter Session Information

Dates: Tue Jan 3rd to Fri Apr 7th; excluding Mon Feb 20th.

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.

Mark coached for me on **Sat Feb 18th**.

7:10pm Whitecaps was in the **deep end** on **Tue Feb 21st** and **Thu Feb 23rd** due to water polo cancellations for Carleton's Reading Week.

Fin Days:

Mon Jan 30th

Thu Mar 9th / Fri Mar 10th

Time Trials:

Tue Feb 7th / Wed Feb 8th: timed 400fs or IM

Tue Feb 21st / Wed Feb 22nd: 2 timed 50s

Thu Mar 2nd / Fri Mar 3rd: 100 choice

Thu Mar 16th / Fri Mar 17th: 200 choice

Tue Mar 21st / Wed Mar 22nd: 800 / 1500fs

Thu Apr 6th / Fri Apr 7th: "funner" day (e.g. relays)

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

at: <http://carletonmasters.tripod.com/mastplanwint17.pdf>.

Thanks to those who participated in the **50 time trials** on **Tue Feb 21st** and **Wed Feb 22nd**. There were 26 improvements by 20 swimmers. Six swimmers improved in both their 50s: **Christiane Wilke** (7:30am Earlybirds), **Derek Woodard** (6pm Whitecaps), **Elspeth Cudmore** (8:30am Earlybirds), **Konstantin Petoukhov** (6pm Whitecaps), **Mars Nienhuis** (6pm Whitecaps), and **Tracey McGrath** (7:30am Earlybirds). The largest improvements were: 5.3 seconds in 50fl by **Derek**, and 4.9 seconds in 50br by **Mars**. A list of all improvements follows.

50fs (11)

Liliane Cardinal	3.8	EB1
Konstantin Petoukhov	3.2	WC1
Derek Woodard	2.3	WC1
Christiane Wilke	2.2	EB1
Tracey McGrath	1.7	EB1
Mars Nienhuis	1.1	WC1
Erica Parker	0.8	WC1
Elspeth Cudmore	0.7	EB2
Myriam Saboui	0.6	EB1
Megan Holtzman	0.5	EB2
Ruth Fawcett	0.3	EB2

50bk (3)

Matthew Tucciarone	1.2	EB1
Tracey McGrath	0.9	EB1
Harley Gifford	0.7	EB1

50br (6)

Mars Nienhuis	4.9	WC1
Bill Gregg	3.0	EB2
Sam Gamble	1.1	WC1
Claude Tellier	0.9	EB2
Christiane Wilke	0.5	EB1
Isabelle Fradette	0.5	EB2

50fl (6)

Derek Woodard	5.3	WC1
Konstantin Petoukhov	1.8	WC1
Elsbeth Cudmore	0.9	EB2
Janet Whitley	0.9	EB2
David Moore	0.3	WC1
Luz Osorio	0.2	WC1

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: Jan 3-Feb 23rd (22 workouts); range 21-35; average: 26.7

Perfect Attendance: **Cam D, Joanie C, Joanne D, John H** (Apologies to **Cam** and **Joanne** for indicating that they'd missed a workout in the last newsletter.)

Missed 1 Workout: **Meagan M**

Missed 2 Workouts: **Don W, Hayden C, Jian-Lok C, Konstantin P, Peter Lithgow**

7:10pm Whitecaps: Jan 3-Feb 23rd (22 workouts); range 6-20; average: 13.2

Missed 2 Workouts: **Sam G, Steph LSF**

7:30am Earlybirds: Jan 4-Feb 24th (22 workouts) range 14-25; average: 20.8

Missed 1 Workout: **Christiane W, Liliane C**

Missed 2 Workouts: **Bruce B, Ursula S**

8:30am Earlybirds: Jan 4-Feb 24th (22 workouts) range 16-28; average: 21.8

Perfect Attendance: **Chris W**

Missed 1 Workout: **Amir B, Ruth F**

Missed 2 Workouts: **Isla P, Natalie A**

Ask the Coach

Dear Coach: My lower back hurts after I swim freestyle. Any tips? Sore Swimmer

Dear S. Swimmer: When we swim freestyle, the goal is to keep the back straight. As most people have a natural curve in their lower back, the tendency is to arch our backs as we swim. This makes us slower, and also can lead to back pain. Try to keep your pelvis tucked in as you swim to take the pressure off the lower back.

Dear Coach: I am travelling and would like to find a pool. Any suggestions? World Traveller

Dear W. Traveller: A good resource is <https://www.swimmersguide.com/>. You can enter the country, city, etc., and get some suggestions. It even lists what teams, including Masters teams, train at the given pools.

Dear Coach: Can we do a clinic on diving? Every time we do time trials I hurt my back. Another Sore Swimmer

Dear A.S. Swimmer: Sure. Just make a request at the beginning of morning workout on a day that doesn't include a time trial and we can set that up.

Dear Coach: I have trouble picking up the pace on the short distance time trials. How do I go faster? Just move my arms and legs faster? Sprinting Swimmer

Dear S. Swimmer: While the stroke rate does tend to creep up when we sprint, the goal is to keep the stroke rate fairly constant and generate more power on each stroke. You do that by “grabbing” more water on each stroke and ensuring that you keep the stroke long and powerful. The timing of the legs should follow the arms, so again, not a big increase in tempo but more power. You can always request a clinic on this during morning workout.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016-2017 (September 2016 to August 2017) costs \$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**).

If you plan to compete in sanctioned competitions outside Ontario, you can pay \$2 to join SCCM (Swim Canada Competitive Masters) and register with Swim Canada via this link: <https://form.swimming.ca/machform/view.php?id=18366>. You will then get a registration number that is in the national database. Note that you can still sign up as a member of CAPS, but you must use the new registration number for meets outside Ontario.

Full details on all Ontario Masters competitions can be found at:

<https://ms.mastersswimmingontario.ca/web/schedule.php>.

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 Feb 25th Nepean Winterlude Long Course Meet <http://www.nmsc.org/winterlude>

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

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

Sun Mar 5th Technosport Meet, Ottawa U http://www.technosport.ca/technosport_swim_and_triathlon_club/technosport-invitational-indoor-swim-meets/

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

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

Fri-Sun Mar 24-26th Ontario Provincial Masters Meet, Thornhill, Markham

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

Sat Apr 1st LaSalle Long Course Meet, Montreal <https://swimming.ca/en/meet/20824/>

Sun Apr 9th Milton Masters Meet <http://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Apr 20th Perth Masters Meet <http://ms.mastersswimmingontario.ca/web/schedule.php>

Apr 21-30th World Masters Games, Auckland, New Zealand <http://www.worldmastersgames2017.co.nz/>

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

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

Fri-Sun May 12-14th Canadian Masters Nationals, Quebec City <https://www.mastersswimmingcanada.ca/WP/en/msc-nationals/>

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

Aug 7-20th FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina.org/content/17th-fina-world-masters-championships> (Open Water Swimming: Aug 10-12th; Pool Swimming: Aug 14-20th)

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

Canadian Top 20 Masters Swim Rankings: Carleton Results (SC = 25m pool; LC = 50m pool)

Elsbeth Cudmore (8:30am Earlybirds; 18-24): SC: 16th 50f; 18th 200IM

Lindsay Buckingham (6pm Whitecaps; 25-29): SC: 3rd 50br; 7th 50fs; 11th 50f; 16th 50bk

Luz Osorio (6pm Whitecaps; 30-34): SC: 2nd 200fl; 3rd 100fl; 4th 50fl; 10th 200IM; 12th 100fs; and LC: 1st 50fl, 100fl, 200fl; 2nd 100fs, 200fs; 4th 50fs

Paola Osorio (6pm Whitecaps; 30-34): SC: 12th 200fs; 16th 100bk; 20th 100fs

Julie Mouris (6pm Whitecaps; 30-34): SC: 17th 100fl

Natalie Aucoin (8:30am Earlybirds; 40-44): SC: 13th 100fl; 16th 50fl; and LC: 3rd 50fl; 4th 100fl; 6th 200IM; 7th 50fs; 8th 200fs; 11th 100fs

Sandy Lawson (7:30am Earlybirds; 50-54): LC: 2nd 800fs; 3rd 200bk; 4th 400fs; 9th 100fs, 100bk; 10th 200fs; 12th 50fl; 14th 50bk; 18th 50fs

Sylvia Williams (7:10pm Whitecaps; 55-59): SC: 20th 100fl

Robin Henderson (7:30am Earlybirds; 55-59): LC: 5th 800fs; 9th 400fs; 18th 200fs, 50fl

Lynn Marshall (Coach; 55-59): SC: 1st 100fs, 200fs, 400fs, 800fs, 1500fs, 100bk, 200bk, 200br, 50fl, 100fl, 200fl, 100IM, 200IM, 400IM; 2nd 50fs, 50bk, 100br; 3rd 50br; and LC: 1st 50fs, 100fs, 200fs, 400fs, 800fs, 1500fs, 50bk, 100bk, 200bk, 50br, 100br, 200br, 50fl, 100fl, 200fl, 200IM, 400IM

Liliane Cardinal (7:30am Earlybirds; 65-69): SC: 7th 200br; 15th 50fl; 19th 100br

Justin Kernot (8:30am Earlybirds; 18-24): SC: 17th 100fs

Miguel Chavez (7:30am Earlybirds; 18-24): LC: 2nd 200fs, 50br; 3rd 50fl; 5th 100fs; 6th 50fs

Matt Czapalay (7:30am Earlybirds; 18-24): LC: 3rd 200fs; 6th 100fs; 8th 50fs

Matthew Tucciarone (7:30am Earlybirds; 25-29): LC: 2nd 100bk; 5th 50bk; 11th 50fs; 12th 100fs

Sean Dawson (Coach; 25-29): SC: 10th 200fs

Jian-Lok Chang (6pm Whitecaps; 30-34): SC: 1st 50bk; 2nd 100bk, 200IM; 4th 100fs, 50fl; 11th 50fs; 16th 100IM

Sam Gamble (7:10pm Whitecaps; 35-39): LC: 2nd 200br; 3rd 100br; 4th 800fs, 50br; 6th 400fs; 13th 50fl; 15th 200fs

Ian Lorimer (7:30am Earlybirds; 55-59): LC: 5th 800fs; 10th 400fs; 14th 200fs; 19th 100fs

Harley Gifford (7:30am Earlybirds; 60-64): SC: 6th 100bk; 11th 50bk; 17th 200IM

Jamie Chalmers (7:10pm Whitecaps; 70-74): SC: 6th 1500fs, 200bk, 400IM; 7th 200fl; 9th 100bk, 100fl, 200IM; 12th 200br; 14th 50bk; 15th 800fs; 18th 100IM; 20th 100fs, 400fs, 100br, 50fl; and LC: 1st 100bk, 200bk; 2nd: 1500fs, 50bk; 3rd 200fl, 200IM, 400IM; 4th 100fl; 5th 50fs, 100fs, 800fs, 50fl; 6th 200fs; 7th 400fs; 8th 200br; 11th 100br; 12th 50br

Sun Feb 5th Technosport Masters Meet, U of Ottawa

There were just two Carleton swimmers at this meet. Official results are here:

<https://www.mastersswimmingcanada.ca/ms/web/stats/meets/narrowMeet.php?MeetID=804>

Sam Gamble (7:10pm Whitecaps; 35-39): 1st 100fs (1:10.96), 50br (37.00), 100br (1:22.84), 100IM (1:16.89)

Lynn Marshall (Coach; 55-59): 1st 200bk (2:34.13), 200br (3:07.72), 400IM (5:31.62)

Sun Feb 12th Arnprior Special Olympics Swim Meet

Melanie Heroux (8:30am Earlybirds) attended this meet. She had a great time. Here's her report:

"What a great swim meet in Arnprior yesterday 😊:-) 😊:-) 😊:-) 😊:-D 😊:-D 😊:-D!!!! I competed in the 25 Fly, 100 Free, 50 Fly, and 100 IM, and here's something impressive for everyone..... MY 50 FLY AND 100 IM WERE BACK TO BACK 😊:-) 😊:-)!!!! Results still remain unofficial at the moment, but judging by the times I was hearing from the officials, I'm pretty sure I knocked off a few seconds in some of my races 😊:-) 😊:-) Will officially know the results in 2 weeks, as next week is Family Day so no practice. And I was asked to give the Athlete's Oath in French, while a local athlete from Arnprior did it in English 😊:-) In the meantime, it's time to keep the training going and prepare for the Ottawa Swim Meet in March 😊:-)"

Sun Feb 12th Tay Vallet Loppet, 20km Ski (27 participants)

Congratulations to **Lisa Meyer** (8:30am Earlybirds) for finishing as the top woman! Lisa reports that this is a great event for anyone considering doing some sort of low-key ski race: "Low pressure, a great crew, and a cozy cabin after-race lunch and door prizes, at Murphy's Point Provincial Park." Full results here: <http://runninggoattiming.com/wp-content/uploads/2017/02/20K-Results.pdf>.

Lisa Meyer (8:30am Earlybirds; women): 9th overall and 1st woman in 1:20:25.0

Sat Feb 18th Winterlude Ice Dragon Boating

Four Carleton swimmers participated in this event with the Sportchicks: **Isabelle Fradette** (8:30am Earlybirds), **Natalie Aucoin** (8:30am Earlybirds), **Megan Holtzman** (8:30am Earlybirds), and **Susan Nevitt-Yelle** (7:30am Earlybirds). The Sportchicks in

This was the first ever Dragon Boat Ice Festival in North America. All teams did a 30 minute practice on Friday afternoon after being showed the technique. The paddles were engineered ice picks. As soon as pressure was applied the ice picks would come out and grab onto the ice. Getting the boat to move on ice was not an easy task. Very heavy! But once the boat gets going, it glides well.... Until conditions changes! On race day, the warm weather made it very slushy. The boats would often just come to a complete stop just like that.

At one point, we all stood up in the boat to apply force on the paddle to get the boat moving! They finished second in the women division... but quite a good demonstration of athleticism... a lot had to do with the lane that was assigned! Photo 14 of this Ottawa Citizen article shows the team: <http://ottawacitizen.com/news/local-news/ice-dragons-hockey-players-pack-the-canal-before-weather-took-over>. And there are some other photos here: <https://www.facebook.com/Sportchicks-Dragon-Boat-Team-222425684481132>.

Sat Feb 18th Gatineau Loppet 51km Classic Ski (384 participants)

Congratulations to **Margaret** on a great result! Full results here: <https://www.sportstats.ca/display-results.xhtml?raceid=44190>.

Margaret King (7:30am Earlybirds; 55-59): 186th overall, 22nd woman, and 2nd in category in 4:19:31.6

Sat Feb 18th Pointe-Claire Masters Meet, Montreal

I was Carleton's only swimmer. Results can be found here: http://splash.pointe-claire.ca:8082/P1/index_us.html, and updated club records: <http://carletonmasters.tripod.com/170218.Records.pdf>.

Lynn Marshall (Coach; 55-59): 1st 100fs (1:04.27), 400fs (4:38.88), 200br (3:03.42 National Record), 200fl (2:34.78); 2nd 50br (41.43)

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 **February 15th**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Monday and Friday 9:35-10:35am

Monday 4:30-5:30pm

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

Winter Masters Swimming Programs, Barcodes and Prices

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 Winter. The information below is also on the web site:

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

Winter 2017: Tue Jan 3rd to Fri Apr 7th; no workouts Mon Feb 20th

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 2016 group photos (Saturday, Morning, Evening): <http://carletonmasters.tripod.com/fall16photos.pdf>.

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** (6pm Whitecaps), **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 a month'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).

Happy lengths!
Lynn

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