

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, June 23, 2017 12:03 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 #446

Carleton Masters Swimming Newsletter #446

Friday, June 23rd, 2017

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2016, Winter 2017, Spring 2017, and Alumni: 7:30am Earlybirds I (54 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (60 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (12 addresses), Masters Alumni (29 addresses).

“It is too easy to get lost in the beauty and shininess of our goals. They are glorious, they make us feel good, and they occupy our daydreams. The things required to achieve our goals, on the other hand, are not glamorous – they are the day to day repeated actions.”

Masters Program Notes and Cancellations

- The last weekday workouts of the Spring session are **Thu Jun 29th** (evenings) and **Fri Jun 30th** (mornings).
 - Please note that for **Spring Saturday swimmers**, there will be a **make-up workout on Mon Jul 3rd 12:15-1:25pm**.
- There are no workouts **Sat Jul 1st**, and the Athletics building is **closed** for Canada Day.
- The Summer session starts **Tue Jul 4th**. All Saturdays in Summer are 12:15-1:25pm, and are included for weekday swimmers.
- Registration is open for Summer Masters. Details of the programs can be found near the end of the newsletter.
 - Summer 6pm Whitecaps is **full**: wait list available.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Ahmed Doha** (Whitecaps/Earlybirds) and his wife **Doaa Elrayes** on the birth of their daughter, **Yasmine**, on Mon Jun 12th at 12:43am. Mother and baby are in good health. **Yusuf** is now a big brother.

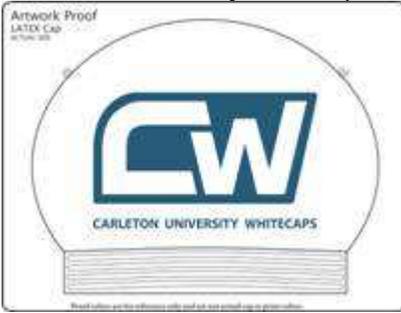
- Best wishes to **Francois Jacques** (7:30am Earlybirds) for a quick recovery from a renal artery dissection.

- **MSO (Masters Swimming Ontario) Update:** Swimming Canada and Masters Swimming Canada are not budging on their stance of not allowing Masters Swimming Ontario to register Masters swimmers for competition or sanction meets. A Masters task force is working with Swim Ontario to figure out the process for Masters Clubs and Masters swimmers to register with Swim Ontario starting this Fall. MSO will continue to exist with its focus being on non-competitive Masters swimmers. I will provide updates as details become available.

- Researchers at the Human and Environmental Physiology Research Unit (HEPRU) of the University of Ottawa are currently recruiting participants aged 18 to 75 years to take part in an exercise study. At this time they are especially in need of older adults (aged 55-75 years) and individuals with type 2 diabetes and/or chronic hypertension. Qualifying volunteers will receive a VO2max test (gold standard in assessing aerobic fitness) and a body composition analysis (hydrostatic weighing technique) (\$650 value). These results will be provided to you upon completion of the experimental session. If you want to learn about your physical fitness and are interested in helping researchers at the University of Ottawa study the effects of exercise-induced

heat stress in older adults and individuals with diabetes and/or chronic hypertension, call at 613-562-5800 ext. 4270 or email hepru@uottawa.ca, including your name, age and phone number.

- 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:

- IOC Approves Five New Sports (and New Swimming Events) for 2020: <https://www.washingtonpost.com/news/early-lead/wp/2017/06/09/ioc-approves-five-new-sports-for-2020-olympic-games-in-tokyo>
- Mark Perry Named Canada's Distance Coach: <https://www.swimmingworldmagazine.com/news/mark-perry-named-swimming-canadas-distanceopen-water-coach/>
- Eleven Things Sprinters Should Not Do: <https://swimcoachingblog.com/2017/06/08/eleven-things-you-should-never-do-to-a-sprinter/>
- Swimmers get Faster with Video: Breaststroke: <http://swimstrokedoctor.com/breaststroke/>
- Sun Yang and Empire Penguins Teach Us Lessons about Swimming: <https://swimswam.com/sun-yang-and-empire-penguins-teach-us-lessons/>
- Startup Buys Young Blood, Injects in Older People: <http://www.foxnews.com/tech/2017/06/02/startup-buys-young-blood-injects-it-into-older-people.html>
- Building the Bulletproof Swimmer: <https://swimswam.com/building-the-bulletproof-swimmer/>
- The Recipe for Champion Swimmers: <http://www.swimmingworldmagazine.com/news/the-recipe-for-champions/>
- Freestyle Kicking Requires Plantar Flexibility: <https://swimswam.com/freestyle-kicking-power-requires-plantar-flexibility/>
- Racing Against History: http://www.nytimes.com/interactive/2012/08/01/sports/olympics/racing-against-history.html?_r=0
- Three Ways to Prevent Swimmer's Shoulder: <http://www.swimmingworldmagazine.com/news/3-ways-to-prevent-swimmers-shoulder/>
- But the Water is So Cold!: <http://greatbearswim.com/2017/06/14/but-the-water-is-so-cold/>

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$45 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 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.

Spring Session Information

Dates: Mon May 1st to **Mon Jul 3rd**; excluding Mon May 22nd, Sat Jul 1st. (Mon Jul 3rd is a Saturday make-up workout.)

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; **Sean** (and occasionally **Lynn**)

7:10pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; **Sean** (and occasionally **Lynn**)

8:15am Saturdays (except: 10:45am on May 20th; and **12:15pm Mon Jul 3rd**): Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

I coached for **Sean** on **Tue Jun 13th**.

Sean is coaching for **me** on **Sat Jun 24th**.

Saturday swimmers will have a make-up workout on **Mon Jul 3rd 12:15-1:25pm**. The theme is **mid-long distance choice** and I will be coaching.

Fin Day:

Thu May 25th / Fri May 26th

Time Trials:

Thu Jun 1st / Fri Jun 2nd: 400 fs or IM

Tue Jun 6th / Wed Jun 7th: 200 choice

Mon Jun 12th: 800 / 1500fs

Thu Jun 22nd / Fri Jun 23rd: 50 and 100 choice

Thu Jun 29th / Fri Jun 30th: fun day (relays)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum17.pdf>.

Here are the weekday attendance statistics to date. If you notice any errors, please let me know.

7:30am Earlybirds: May 1-June 23rd (23 workouts): range 16-27; average: 20.6

Perfect Attendance: **Harley G,**

Missed 2 Workouts: **Bruce B**

Missed 3 Workouts: **Jennifer M, Mike M, Susan N-Y, Ursula S**

Missed 4 Workouts: **Candace N, Christiane W, Robin H**

8:30am Earlybirds: May 1-June 23rd (23 workouts): range 13-25; average: 18.7

Missed 1 Workout: **Justin K, Nancy M**

Missed 2 Workouts: **Flo K, Rod H**

Missed 3 Workouts: **Natalie A, Sheila K**

Missed 4 Workouts: **Amir B, Chris W, Mark B, Megan H**

6pm Whitecaps: May 1-June 22nd (23 workouts): range 18-29; average: 24.5

Perfect Attendance: **Don W**

Missed 1 Workout: **Peter Lithgow**

Missed 2 Workouts: **Joanie C, Mars N, Nicole D**

Missed 4 Workouts: **Cam D, Elaine Y, Konstantin P, Owen S**

7:10pm Whitecaps: May 1-June 22nd (23 workouts): range 6-15; average: 10.5

Missed 4 Workouts: **Lisa T**

Thanks to all those who participated in the **distance time trial** on **Mon Jun 12th**. There were four swimmers who improved, all in the 1500m free. The biggest improvements were by Justin Kernot (8:30am Earlybirds) and Christian Cattan (6pm Whitecaps) with 51 and 44 seconds, respectively. The list of all improvements follows:

1500 (4)

Justin Kernot	51.0	EB2
Christian Cattan	44.0	WC1
Christiane Wilke	18.0	EB1
Mark Blenkinsop	2.0	EB2

The **50 and 100m time trials** were held on **Thu Jun 22nd** and **Fri Jun 23rd**. There were 15 improvements. **Flo Kellner** (8:30am Earlybirds) and **Liliane Cardinal** (7:30am Earlybirds) improved in both the 100 and the 50. The biggest improvement was **Flo's** 16.8 second improvement in her 50 free – very impressive!! The full list of improvements follows:

50fs (3)

Flo Kellner	16.8	EB2
Philip Kaisary	2.6	WC1
Bogdan Djerkovic	0.8	WC1

100fs (7)

Liliane Cardinal	6.3	EB1
Ursula Scott	2.4	EB1
John Halloran	2.4	EB1
Flo Kellner	2.3	EB2
Justin Kernot	1.8	EB2
Christian Cattan	1.4	WC1
Mars Nienhuis	0.8	WC1

50bk (2)

Liliane Cardinal	1.6	EB1
Mark Blenkinsop	1.4	EB2

100bk (1)

Harley Gifford	0.1	EB1
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50fl (1)

David Moore	0.5	WC1
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100IM (1)

Sandy Lawson	5.9	EB1
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Ask the Coach

Dear Coach: What are the rules for the breaststroke turn? Working on Turns

Dear W.o. Turns: You must touch the wall with both hands simultaneously and not one on top of the other. Then when you leave the wall you are permitted one dolphin kick and one breaststroke kick under water, as well as one arm movement where you bring the arms down to your hips (like the underwater part of a fly stroke), and then recover with them underwater. Your head must break the surface before your arms get to the widest point of the next arm movement. The dolphin kick can be before, during, or after the arm movement. The breaststroke kick is after the arm movement. The 15m underwater limit does not apply to breaststroke, but it is very difficult to get to 15m with the rules.

Dear Coach: What are the rules for the butterfly turn? Also Working on Turns

Dear A.W.o. Turns: As with breaststroke, you must touch the wall with both hand simultaneously and not on top of each other. When you leave the wall you may do as many dolphin kicks as you like underwater as long as your head breaks the surface no further than 15m from the wall. You may not do any freestyle kicks on fly at any time. Note that it's also illegal to move your arms forward below the surface, so be sure to keep the arms straight as you come into the wall (i.e. don't start a stroke and then change your mind).

Dear Coach: What are the rules for the backstroke to backstroke turn? Ditto

Dear Ditto: When turning from backstroke to backstroke, you are permitted a flip turn. If you choose to do a flip turn, you are allowed one stroke as you turn onto your stomach and must make it a continuous movement into the turn (i.e. don't glide on your stomach). If you choose not to do a flip turn, you must touch the wall on your back (well, you must be on your back when some part of your body touches the wall or breaks the plane of the wall), and you must leave the wall on your back. "On your back" means not rolled past 90 degrees. After you leave the wall, you may do as many fly kicks on your back and/or backstroke kicks as you like, as long as your head breaks the surface by 15m.

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 (that may be the same or different from your MSO number). 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. You can also look on the Masters Swimming Canada site, which should list competitions from all provinces, and is sometimes more helpful than the above: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>.

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.**

May 1st, 2017 to April 30th, 2018 Global Swim Series: <https://globalswimseries.com/races/>

Sun Jun 25th Etobicoke LCM Meet <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

June, July, August Technosport 2k, 3k, and 4k Swims, Meech Lake: **CANCELLED**

Sat Jul 15th Bring on the Bay 1.5k and 3k Swims, Ottawa (MSO Registration not required) <https://bringonthebay.com/>

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)

Sat Aug 12th Ottawa 4k Riverkeeper Swim (750m and 1.5km also available; MSO registration not required)

<http://www.ottawariverkeeper.ca/riverkeeper-4k/>

Sat Aug 12th Sun City 1k and 4k Swims, Orillia, fundraiser for Simcoe/Muskoka Child Advocacy Centre (MSO registration not required): <http://www.cacsimcoemuskoka.ca/sun-city-swim.html>

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

Sat Jun 10th Ottawa River Triathlon Super Sprint (200m/10.4k/5k; 23 participants)

Congratulations to **Liliane** on her first triathlon, and the age group win!! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=43838&status=results>.

Liliane Cardinal (7:30am Earlybirds; 65-69): 11th overall; 8th woman and 1st in category in 1:03:26.3 (5:22.4 swim)

Sat Jun 10th 11km Redemption Run, Ottawa (28 participants)

Congratulations to **Mark** on his top 5 overall finish, and age group win! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=42695>.

Mark Blenkinsop (Coach; 30-39): 5th overall, 4th man, and 1st in category in 51:19.3

Sat Jun 10th Lachine Dragon Boat Festival Knockout

The Bytown teams (including many Carleton Masters swimmers) had an excellent day of racing at the Lachine knockout. The Bytown Cool Women were competing in their first festival. The Bytown Sportchicks Senior B (50+) were second. The Bytown Sportchicks Premier were third in the A-Final behind Montreal Elite and Outer Harbour Premier, despite having many women over 40 in their boat! Thanks to **Debby Whately** (6pm Whitecaps) and **Megan Holtzman** (8:30am Earlybirds) for sending me results.

Sun Jun 11th Ironman Eagleman 70.3, Cambridge, Maryland

Congratulations to **Jordan Monnik** (x-8:30am Earlybirds) on his race. Here's his race report:

This past weekend I raced Ironman Eagleman 70.3 in Cambridge, Maryland for the second straight year. Much like last year, I found the course rather difficult, and hot...really, really hot. I was eager to race though, because I felt I had to redeem myself from last year, where I really blew up on the run.

So this year, the pro race was a non-wetsuit legal swim. I like non-wetsuit swims, because taking those things off is terribly annoying.

So, like most triathlons, the announcer signalled the start of the event and we all began to swim toward the first buoy. For me, this is a very important part of the race and can be the deciding factor for a good or great day. In my case, it is very unlikely that I will ever lead a triathlon swim, as I am not really a swimmer. That being said, I am capable of swimming among most lead groups providing I can get there in the first 400m. This was perhaps the roughest swim start I have ever experienced. My head must have been perfectly positioned to be in the recovery portion of one of my competitors swim stroke, because I received about 5 consecutive blows to the back of the head with what I presumed to be a hand. All that aside, I didn't have a great swim. As the swim pack came together, I got funnelled toward the back and the group split in two. I was unable to get around and make the back of the front pack, so I swam in the 2nd! This is what I mean when I say it can be the difference of a good or great day. Making that front pack would have saved me about 2 minutes on the swim and then some additional time by getting on the bike with the front group. That's ok though, I came out of the water in a less than stellar 28 minutes.

I got on the bike with 3 others who came out of the water at roughly the same time as me. Very early on, we missed a poorly marked turn signal and biked about 300m in the wrong direction. Not so good at the start of a ride. Never the less, I got rolling and tried to catch anyone I could.

I put in some great efforts for the first 30 miles and was able to make up some ground on a few competitors ahead of me. This was great for my confidence, as I thought I was sitting in near last place for quite some time. In the end, I put down a 2:10:00 90km bike split and was very happy. I was able to not only catch a few people on the ride, but put some additional time into them at that.

The run is where I think my experience from last year really came in handy. It was a hot day (did I say that already?). While on the bike, I kept telling myself to keep up a solid effort and don't give up, because people are going to suffer on that run course. I thought that if I could manage the heat a little better than some of my competitors, there would be room to move up a few more spots.

With my solid bike effort I came off the bike in 8th position and began running. Seventh position was about 500m ahead, and he became my first carrot. As we plugged along, he slowly got bigger and more visible. I kept a nice steady effort and felt good. I was able to catch him at the 5km mark. Now I had my sights set on 6th, who was another half kilometre up the road. Carrot number two. I was able to catch him at around kilometre 9. From there... I was not able to see position 5, but I kept the effort up regardless, because you never know. In the end, I finished with a 1:20:00 half marathon but was unable to catch position 5, though I got close. So in the end, I finished the race in 6th position with a time of 4:03:30, just 4.5 minutes off a podium position!!

I had a great time at this race. I felt I got some of the redemption I was looking for, but more importantly, with each race I keep learning and understanding what it takes to improve. I truly feel like I'm beginning to understand what it takes to make some serious headway in this race. Just want to thank Cyclelogik, Human Power Performance Coaching, Zizu Eyewear, and Felt Canada for all the support! Post race I ate some food and began the 12-hour journey back home! It was awesome!

Sat Jun 17th Canadian Triathlon Championships, Ottawa, Olympic Distance (1.5k/40k/10k; 159 participants)

Congratulations to **Margaret** on the gold medal! If I missed anyone, let me know. Results:

<https://www.sportstats.ca/display-results.xhtml?raceid=42082>.

Margaret King (7:30am Earlybirds; 55-59): 85th overall, 20th woman, and 1st in category in 2:24:25.4 (25:33 swim)

Sat Jun 18th Canadian Triathlon Championships, Ottawa, Sprint Distance (750m/20k/5k; 202 participants)

Congratulations to **Lisa, Megan, and Julia** on the medals! **Megan** and **Aaron's** two daughters also participated (and one got a medal), so it was a family affair! If I missed anyone, let me know. Results: <https://www.sportstats.ca/display-results.xhtml?raceid=42089>.

Aaron Holtzman (x-Earlybirds; 40-44): 89th overall; 70th man and 14th in category in 1:14:40.2 (17:49 swim)

Lisa Meyer (8:30am Earlybirds; 55-59): 111th overall; 31st woman and 2nd in category in 1:16:46.9 (15:27 swim)

Megan Holtzman (8:30am Earlybirds; 40-44): 119th overall; 35th woman and 2nd in category in 1:18:00.3 (14:25 swim)

Julia Aimers (x-Earlybirds; 50-54): 134th overall; 42nd woman and 3rd in category in 1:19:58.9 (14:10 swim)

Sun Jun 18th Ironman 70.3 Syracuse

Congratulations to **Nicole Mikhael** (6pm Whitecaps) on her great result and qualification for the Ironman World Championships!!! Here's her report:

So...on a whim, which is very true to my character, I woke up on Saturday and drove to Syracuse as a last minute decision to register for the Ironman 70.3. To my surprise, I came 4th in my age group and qualified for the Ironman World Championships 70.3 in Chattanooga Tennessee! I'm over the moon and still in a bit of disbelief from what I was able to pull off on the bike and run, considering my swim :(I had no open water swim practices this year, and it definitely cost me in the swim. I ended up swimming 2.2km, as oppose to 1.9km due to very poor sighting on my part. Regardless, I was happy with being able to swim 2.2km in 40 minutes (that's pretty fast for me) but needless to say I had alot of ground to cover to make up for this error. As always, I want to extend my gratitude to the Carleton swim coaching staff who are amazing at helping me prep for my races.

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 **June 9th**).

Private and Semi-Private Masters Swim Lessons

Spring Schedule:

Mon/Wed 5:00-6:00pm

Fri 9:35-10:35am

Summer schedule coming soon.

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

Spring/Summer Masters Swimming Programs, Barcodes, and Prices

Registration is open for both Spring and Summer registration. 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. Saturdays are included in your weekday registration for Summer (but not for Spring). The information below is also on the web site:

<http://carletonmasters.tripod.com/index.html#schedSpringSummer>.

Spring 2017: Mon May 1st to Mon Jul 3rd; no workouts Mon May 22nd or Sat Jul 1st

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 13182; cost: \$85.50+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 13183; cost: \$85.50+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: **Sean and Lynn**; barcode 13187; cost \$95.50+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: **Sean and Lynn**; barcode 13188; cost: \$85.50+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat, except: May 20th 10:45-11:55am and **Mon Jul 3rd 12:15-1:25pm** (shallow): Coaches: **rotating schedule**; barcode 13185; cost: \$32+HST

Summer 2017: Tue Jul 4th to Sat Sept 2nd; no workouts Mon Jul 3rd, Mon Aug 7th, or Mon Sept 4th

7:30am Earlybirds: 7:30-8:30am MWF and 12:15-1:25pm Sat (MWF deep; Sat shallow): Coaches: Weekdays: **Lynn**; Saturdays: **rotating schedule**; barcode 13184; cost: \$198+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Weekdays: **Sean and Lynn**; Saturdays: **rotating schedule**; barcode 13189; cost \$108+HST

12:15pm Saturday Earlybirds ONLY: 12:15-1:25pm Sat (shallow): Coaches: **rotating schedule**; barcode 13186; cost: \$36+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.) In Ottawa, they are located at 2730 Iris Street in the West End. (The Montreal Road location has closed.) There are also several locations 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.

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

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

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