

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Wednesday, October 25, 2017 7:52 PM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; David Thibodeau
Subject: Carleton Masters Swimming Newsletter #455

Carleton Masters Swimming Newsletter #455

Wednesday, October 25th, 2017

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, and Alumni, 7:30am Earlybirds I (43 addresses), 8:30am Earlybirds II (29 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (30 addresses), Saturday Only (8 addresses), and Masters Alumni (32 addresses).

It WILL hurt. It WILL take time. It WILL require dedication and sacrifice. But it WILL be worth it.

Masters Program Notes

- The Fall session started Wed Sept 6th and runs until Thu Dec 21st.
 - There are no further cancellations planned for this term:
 - Workouts run as usual during Carleton's Reading Week (Mon Oct 23rd to Fri Oct 27th).
 - There are no cancellations due to Remembrance Day (Sat Nov 11th).
- Registration for both Fall and Winter is available. Program details can be found near the end of the newsletter.
 - The 7:30am and 6pm groups are **full** for Fall, with wait lists available. Let me know if you are on a wait list.
 - Please note that the Winter 6pm group is getting close to full.

Swimmer Notes

Swimmer Updates:

- The Carleton Ravens Varsity Swim Team is hosting its first home meet in about 10 years from **10am to 2pm on Sat Oct 28th**. It will be followed by a Varsity vs. Alumni meet. We are looking for just a couple more volunteer timers. Note that this is also an opportunity for high school students to get signed off for four volunteer hours. Volunteers will also get snacks and lunch! Please let me know if you are able to help.

- **Jolyn** (women's swimwear: <https://jolynclothing.com/>) will have a table set up just outside the women's change room from 9am to approximately 3pm on **Sat Oct 28th**. Please feel free to pass this on to anyone else who might be interested.

- **Megan Holtzman** (8:30am Earlybirds) works for Tritonwear. Here's something they're working on with Swimming Canada: <https://www.swimmingworldmagazine.com/news/swimming-canada-to-utilize-tritonwear-technology-for-relay-performance/>

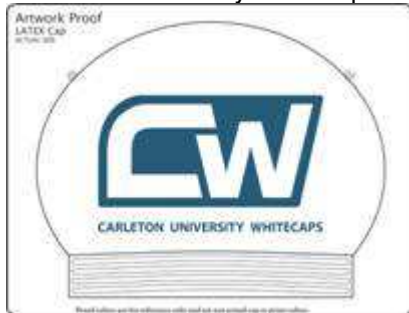
- Due to Fall Convocation on **Sat Nov 18th**, Parking Lot 5 will be closed on that date. Those with parking passes may park in any other legal spot on that date.

- Date for your Diary: The annual **Carleton Masters Festive Gathering** will be held at and **Don Wells** and **Joanie Conrad's** (both 6pm Whitecaps) on **Sat Nov 25th** starting at 6:30pm. It's potluck and BYOB. Full details here: <http://carletonmasters.tripod.com/festive2017.pdf>.

- Swim Coach, **Terry Laughlin**, Age 66, of Total Immersion Fame, Passes Away:

<https://www.swimmingworldmagazine.com/news/terry-laughlin-founder-of-total-immersion-passes-away-at-66/>.

- 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:

- I Wear Speedos [Ed. Note: Some missed this the first time.]: <https://www.youtube.com/watch?v=7kOKDdocGyc>

- The One Thing You Should Do Before Your Early Morning Swim:

<http://www.usms.org/articles/articledisplay.php?aid=3372>

- 25 Great Reasons to Swim: <https://www.thespruce.com/great-reasons-to-swim-2736611>

- Three Things Swimmers Can Do For Motivation: <https://www.yourswimlog.com/3-things-swimmers-can-do-to-get-motivated/>

- Lose the Limp for a More Powerful Freestyle: <http://www.usms.org/articles/articledisplay.php?aid=3205>

- Swimming Technology Questionnaire: <https://www.surveymonkey.com/r/KQ5W75T>

- Four Reasons Why Masters Swimmers Need Strength Training: <https://www.swimmingworldmagazine.com/news/4-reasons-masters-swimming-strength-training/>

- 78 Year Old Took Up Speedskating at 70: <https://www.thestar.com/news/gta/2017/10/12/toronto-senior-shows-its-never-too-late-to-learn-to-speedskate.html>

- Exercise In Middle Age Can Prevent Memory Loss: <https://www.ndtv.com/health/exercise-in-middle-age-can-prevent-memory-loss-later-in-life-1418107>

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.

Fall Session Information

Dates: Wed Sept 6th to Thu Dec 21st; excluding Mon Oct 9th, plus free interim workout Tue Sept 5th 6:00-7:15pm.

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/Tue: **David**; Thu: **Sean**

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

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

Exceptions will be noted here.

Sean is coaching for **David** on **Mon Nov 13th**.

David is coaching for **Sean** on **Thu Nov 16th**.

Fin Days:

Tue Oct 24th / Wed Oct 25th

Thu Nov 23rd / Fri Nov 24th

Time Trials:

Thu Oct 12th / Fri Oct 13th: timed 400fs or IM

Thu Oct 19th / Fri Oct 20th: 2 timed 50s

Mon Oct 30th: 200 choice

Mon Nov 13th: 800 / 1500fs

Tue Nov 28th / Wed Nov 29th: 100 choice

Wed Dec 20th / Thu Dec 21st: "funner" day (e.g. relays)

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

at: <http://carletonmasters.tripod.com/mastplanfall17.pdf>.

Thanks to those who participated in the **400 time trial on Thu Oct 12th / Fri Oct 13th**. Congratulations to the four swimmers brave enough to tackle the 400IM: **Sandy Lawson** (7:30am Earlybirds), **Marie-Odile Junker** (7:30am Earlybirds), **Christian Cattán** (6pm Whitecaps), and **Rod Haney** (8:30am Earlybirds). There were 11 improvements, all in 400 free. The biggest improvements were 45 seconds(!) by **Bryn Livingstone** (7:30am Earlybirds), and 27.9 seconds by **Adrian Finn** (8:30am Earlybirds). A full list follows:

400fs (11)

Bryn Livingstone	45.0	EB1
Adrian Finn	27.9	EB2
Christiane Wilke	18.5	EB1
Megan Holtzman	18.0	EB2
Konstantin Petoukhov	17.3	WC1
Rachel Bennett	15.4	WC1
Derek Woodard	14.8	WC1
Marshall Perrin	7.7	WC2
Mars Nienhuis	5.8	WC1
Paul Denys	5.3	WC2
Jonathan Critch	0.3	WC2

Congratulations to everyone who participated in the **50 time trials on Thu Oct 19th / Fri Oct 20th**. There were 18 improvements in total, with five swimmers improving both their 50m swims: **Derek Woodard**, **John Halloran**, **Konstantin Petoukhov**, **Mars Nienhuis**, and **Sean Sepulis** (all 6pm Whitecaps). Some of the improvements were huge! **Mars Nienhuis** (6pm Whitecaps) improved her 50m fly by 25 seconds!!! **Brad Shapansky** (7:30am Earlybirds) improved his 50m fly by 4.7 seconds. **Andrea Zarins** (6pm Whitecaps), **Sandy Lawson** (7:30am Earlybirds) and **Sean Sepulis** (6pm Whitecaps) each improved by 3.2 seconds in 50m breast, breast, and back, respectively. The list of improvements is given below.

50fs (8)

Christiane Wilke	1.9	EB1
Sean Sepulis	1.8	WC1
Derek Woodard	1.4	WC1
Mars Nienhuis	1.1	WC1
Jean-Louis Tiernan	0.7	WC1
Adrian Finn	0.7	EB2
Konstantin Petoukhov	0.3	WC1
John Halloran	0.1	WC1

50bk (1)

Sean Sepulis	3.2	WC1
---------------------	-----	-----

50br(4)

Andrea Zarins	3.2	WC1
Sandy Lawson	3.2	EB1
John Halloran	1.2	WC1
Terry Headrick	1.0	EB1

50fl (5)

Mars Nienhuis	25.0	WC1
Brad Shapansky	4.7	EB1
Derek Woodard	1.7	WC1
Konstantin Petoukhov	1.7	WC1
Megan Holtzman	1.2	EB2

Weekday Attendance:

Here is the weekday attendance so far for this term. Please let me know of any errors or omissions!

7:30am Earlybirds: Sept 6-Oct 25th (21 workouts): range 15-30; average: 23.6

Perfect Attendance: **Christiane W, Liliane C**

Missed 1 Workout: **Bruce B, Eleanor F, Harley G, Ursula S**

Missed 2 Workouts: **Jamie C**

8:30am Earlybirds: Sept 6-Oct 25th (21 workouts): range 12-23; average: 17.9

Missed 1 Workout: **Melanie H**

Missed 2 Workouts: **Adrian F**

6pm Whitecaps: Sept 7-Oct 24th (19 workouts: Mon Oct 2nd will be added next time): range: 19-32; average: 26.1

Perfect Attendance: **Derek W, Joanie C, Konstantin P, Mars N, Riley S**

Missed 1 Workout: **Peter Lithgow, Sydney S**

Missed 2 Workouts: **Cam D, Joanne D**

6pm Whitecaps: Sept 7-Oct 24th (19 workouts: Mon Oct 2nd will be added next time): range: 11-19; average: 14.6

Missed 1 Workout: **Stephanie LSF**

Ask the Coach

Dear Coach: What am I permitted to do on the breaststroke pull out? A Breaststroker

Dear A. Breaststroker: The rules for pushing off the wall in breaststroke is quite different from every other stroke. First, there is no requirement for your head to break the surface by the 15m mark. That said, it is very challenging to go further than that while staying within the rules. You must push off the wall on your stomach (which means turned less than 90

degrees to either side). After pushing off the wall you are permitted one dolphin kick, which may be before, during, or after the arm pull. The arm pull is like the underwater fly motion, in that your hands move simultaneously down past your hips. After the dolphin kick and arm pull, you then bring your arms forward and are permitted one breaststroke kick to get to the surface. Your head must break the surface before your arms get to the widest point of the first stroke after the pull out. Note that the dolphin kick, underwater arm pull, and breast kick are all optional -- you may do any combination of the three, but most swimmers do all of them. You are not permitted any other movements off the wall, e.g. no flutter kick, etc.

Dear Coach: What are the rules for the breaststroke turn and finish? Another Breaststroker

Dear A. Breaststroker: On both the breaststroke turn and finish you must touch the wall with both hands simultaneously (at least they must appear simultaneous to the naked eye). The hands must be side by side, and not one on top of each other or overlapping. You may touch the wall with your palms or fingertips or one hand palms and one fingertips, as long as they are simultaneous. Once you have touched the wall, you push off as per the rules in the question above. Note that as you are required to touch the wall with both hands, a flip turn is not recommended. As you would have to touch with both hands before the flip turn, it would take extra time and slow you down.

Dear Coach: What are the rules for the start of a race? Beginner Racer

Dear B. Racer: For backstroke, you must start in the water and on your back. For the other strokes, you may start in the water (on your front), or you may dive in. If you dive, you may dive from the side of the pool, or from a starting block. Regardless of your start method, you must be perfectly still at the "go" signal (whistle, gun, beep, voice). If you are moving, you will be disqualified. The rules are different for relays. If you are the first person on the relay, the above applies. If you are not the first person, you may be moving when the person swimming before you touches the wall. You just have to have your toes in contact with the side / block, when he/she finishes.

Masters Swimming Competitions

This year, you have several options for registration for competitions:

1. You can still register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times are not accepted by MSC (e.g. for the Top 20 rankings) and are not recognized by FINA. This costs **\$25** for Sept 1st to Aug 31st. This registration can be done quite quickly, so it doesn't have to be done very far in advance of the competition you are interested in. (You can also pay a \$5 registration fee for each MSO-sanctioned competition that you enter, but then you would not be swimming for Carleton Masters.)
2. If you wish to compete outside Ontario, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$75** for Sept 1st to Aug 31st. Registration several weeks in advance of the meet deadline is required, as you will not be eligible to compete until your registration has been processed by SO.
3. You can register with both MSO and SO. This costs **\$90** for Sept 1st to Aug 31st.

For all of the above, if you haven't registered before, please send me your name, gender, date of birth, address and phone number. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**). Note that the above costs include a contribution to the club registration fee.

Many Ontario meets, including most local meets, will likely be MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals in Calgary, then SO registration is required.

For MSO competitions see: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

For Ontario SO competitions and Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select the province and the month of interest, then select the appropriate meet to get more info. Masters meets are identified as "Masters" under meet type. 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 becomes 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/>
 Sat Oct 28th Brossard Masters Meet <https://swimming.ca/en/meet/22732/>
 Sun Nov 5th Etobicoke Semi-Serious Masters Meet (SO Sanctioned) <https://swimming.ca/en/meet/22636/>
 Sat Nov 11th Coupe de Montreal, Claude Robillard <https://swimming.ca/en/meet/21525/>
 Sat Nov 18th Willy Lee Charity Meet, Brewer Pool (Unsanctioned) <http://www.anzai.com/EventResults.htm>
 Sat Nov 18th Drummondville Masters Meet <https://swimming.ca/en/meet/21535/>
 Sun Dec 3rd Technosport Time Trial, U of Ottawa (MSO Sanctioned; TBC) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Dec 9th Montreal-Nord Masters Meet <https://swimming.ca/en/meet/21536/>
 Sat Jan 13th Longueuil Masters Meet (Short Course?) <https://swimming.ca/en/meet/21537/>
 January or February Pointe Claire Masters Meet (TBC)
 Sun Jan 21st Alderwood 25yd Meet, Toronto (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Feb 3rd Magog Masters Meet <https://swimming.ca/en/meet/21538/>
 Sun Feb 4th Technosport Time Trial, U of Ottawa (MSO Sanctioned; TBC) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat-Sun Feb 24-25th Coupe de la Capitale, Quebec City (Long Course) <https://swimming.ca/en/meet/21539/>
 Sun Feb 25th Thornhill Masters Meet, Stephen Forsey Invitational <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sun Mar 4th Technosport Time Trial, U of Ottawa (MSO Sanctioned; TBC) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Mar 17th DDO Masters Meet <https://swimming.ca/en/meet/21541/>
 Fri-Sun Mar 23-25th MSO Provincials, Nepean (MSO Sanctioned; TBC) <https://ms.mastersswimmingontario.ca/web/schedule.php>
 Sat Mar 31st LaSalle Masters Meet (LC) <https://swimming.ca/en/meet/22660/>
 Fri-Sun Apr 20-22nd Quebec Provincials, Universite de Laval <https://swimming.ca/en/meet/21443/>
 Sat-Mon May 19-21st Canadian Nationals, Calgary <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>
 Sat Jun 2nd Longueuil Masters Meet (LC) <https://swimming.ca/en/meet/21406/>

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

Sat Oct 14th Vulture Bait 50km Trail Race, London, ON (42 finishers)

Congratulations to **Margaret** on her first ultra-race! Fantastic job!! Margaret's report is below. Full results:

<http://www.chiptimeresults.com/chiptimepublic/do.php?RDYPptdq7L8J1WSC6RImPUht+TlzuEfqe9An8Ney489pwd6smSJtjg1q0eEFPQjRp+hXYDbhHkGXgh7roxceRQf7EsAyJ3dr1Y0OLy0axE>.

Margaret King (7:30am Earlybirds; 50+): 26th overall, 7th woman and 2nd in category in 6:13:39

I had a smile (of relief) as I crossed the finish line for my first ever 50 km trail race (Vulturebait). This race is a completely different creature from the marathon. Your eyes are focused on the ground as one mistimed glance up can cause an unexpected tumble down. We were often on a single track trail. Gnarly roots and slippery rocks were balanced by a soft ground underfoot for the most part and your body and soul seemed to soak up the forest environment in all its fall splendor. The course was two 25 km laps around Fanshawe Lake with the option to do just the 25 or re-live the experience a second time...the second lap was much quieter! Great transition sport to lead into the cross-country ski season...!

Sat Oct 14th Capital 6km Cross Country Challenge (240 participants)

Sounds like this was very tough! It involved jumping over hay bales and beach running. Great job, **Sheila**! Full results:

<https://www.sportstats.ca/display-results.xhtml?raceid=42213>.

Sheila Kealey (8:30am Earlybirds; Women): 139th overall and 45th woman in 25:12.4

Sun Oct 15th Ironman Louisville, Kentucky (2273 participants)

Congratulations to **Jordan** for a great race and the end of his season! Results here:

<http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=louisville&y=2017#/tracker/RF3YSH84>.

Jordan Monnink (x-8:30am Earlybirds; Pro): 23rd overall, 23rd man, and 19th in category in 9:05:03 (51:23 swim)

Wed Oct 18th to Sun Oct 22nd World Dragon Boat Championships, Kunming, China

Congratulations to **Natalie Aucoin** (8:30am Earlybirds) and **Isabelle Fradette** (8:30am Earlybirds) for winning **eight gold medals** in eight races at the World Championships. Natalie and Isabelle competed for Canada's 40+ women's and mixed teams and won the 200m, 500m, 1000m, and 2000m races in both categories! Awesome!! They will have to pay extra for their flights due to the weight of their hardware on the trip home ☺ ! Full results:

<http://182.92.108.145:9098/homesite/LiveScore.html>. (Note that for the races with 3 rounds, the winner is based on aggregate times.)

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 **Oct 25th**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Mon and Fri 9:35-10:35am

Early evenings may also be available.

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 2017: Wed Sept 6th to Thu Dec 21st; no workouts Mon Oct 9th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 14262; cost: \$155+HST: **Full: wait list available.**

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 14263; cost: \$155+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 14268; cost \$170+HST: **Full: wait list available.**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 14270; cost: \$155+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 14264; cost: \$62+HST

Winter 2018: Wed Jan 3rd to Sat Apr 14th; no workouts Mon Feb 19th, Fri Mar 30th, Mon Apr 2nd

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 14265; cost: \$140+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 14266; cost: \$140+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 14269; cost \$155+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 14271; cost: \$140+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 14267; cost: \$62+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 and recent 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>