

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Tuesday, March 27, 2018 5:23 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 #466

## Carleton Masters Swimming Newsletter #466

Tuesday, March 27<sup>th</sup>, 2018

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those registered for Fall 2017, Winter 2018, and Alumni: 7:30am Earlybirds I (51 addresses), 8:30am Earlybirds II (30 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (41 addresses), Saturday Only 108 addresses), and Masters Alumni (31 addresses).

“Don’t wait for your ship to come in; Swim out to it.”

### Masters Swimming Program Notes

- The Winter session started **Wed Jan 3<sup>rd</sup>** and ends **Sat Apr 14<sup>th</sup>**.
- Please note the **cancellations** due to Easter:
  - There are no workouts on **Fri Mar 30<sup>th</sup>** (Good Friday) or **Mon Apr 2<sup>nd</sup>** (Easter Monday).
  - There is workout as usual for Saturday swimmers on **Sat Mar 31<sup>st</sup>**.
  - The Easter weekend Carleton Pool and Fitness Centre hours are below.
- Information on the Spring Session follows.

### Carleton Pool Annual Maintenance Shutdown

Please note that the Carleton pool will be **closed for annual maintenance from 4:30pm Sat Apr 14<sup>th</sup> until 6:00am Mon May 14<sup>th</sup>**. The Spring session will start on **Mon May 14<sup>th</sup>**.

### Spring Session Information

**Registration** for the **Spring Masters** session will start on **Wed Apr 4<sup>th</sup>**. The strike is affecting Athletics, so the Summer program information and registration start date is not yet available. A reminder that Masters is open to members only. Students who are not taking summer courses will need to purchase a Summer membership (special prices available until Apr 30<sup>th</sup>). Here are the Spring Session details:

**Spring 2018: Mon May 14<sup>th</sup> to Sat Jun 30<sup>th</sup>; no workouts Mon May 21<sup>st</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): barcode 15318; cost: \$70+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): barcode 15319; cost: \$70+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 15323; cost \$78+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): barcode 15324; cost: \$70+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am (**May 19<sup>th</sup>**: 10:45-11:55am) Sat (shallow): barcode 15321; cost: \$30+HST

### Easter Pool and Fitness Centre Hours

The only public swims over the Easter weekend are as follows:

**Fri Mar 30<sup>th</sup>:** 1:30-4:30pm

**Sat Mar 31<sup>st</sup>:** 1:30-4:30pm

**Sun Apr 1<sup>st</sup>:** women’s swim 11:30am-1:15pm; public swim 1:30-4:30pm

**Mon Apr 2<sup>nd</sup>:** 1:30-4:30pm

The **Fitness Centre** hours are:

**Fri Mar 30<sup>th</sup>:** 8:00am to 7:30pm

**Sat Mar 31<sup>st</sup>:** 8:00am to 8:00pm

**Sun Apr 1<sup>st</sup>:** 8:00am to 8:00pm

**Mon Apr 2<sup>nd</sup>:** 6:00am to 10:45pm

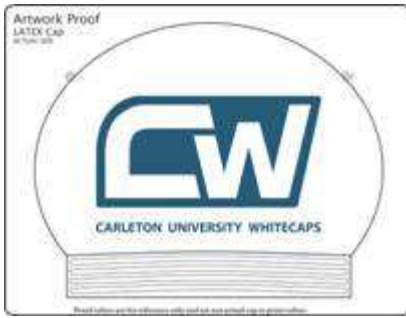
## Carleton CUPE 2424 Strike

The strike by CUPE 2424 (Administrative, Technical, and Library Staff) is into its fourth week. The sides are meeting again tomorrow. The current picket hours are 6am to 10pm Monday to Friday. Expect delays entering or leaving campus during these times, although wait times were better towards the end of this past week. As I understand it, the main issue relates to pension language in the collective bargaining agreement. Here is more information from both sides (updated regularly): CUPE 2424: <https://cupe2424.ca/>; Carleton: <https://newsroom.carleton.ca/latest-news/>.

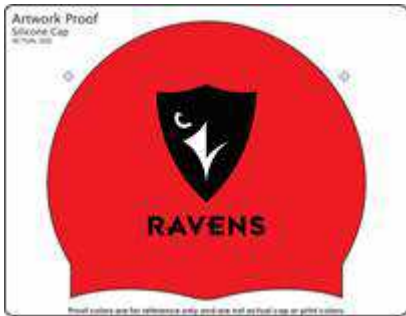
## Swimmer Notes

### Swimmer Updates:

- A large group of Carleton swimmers participated in the MSO (Masters Swimming Ontario) Provincial Championships at the Nepean Sportsplex from **Fri Mar 23<sup>rd</sup> to Sun Mar 25<sup>th</sup>**. There were lots of great swims, but official results are not yet available. I'm told that they will be posted by the end of the week, so they will be in the next newsletter. **Gi Wu** (6pm Whitecaps) arranged a group photo with many of those attending which is on the web site: <http://carletonmasters.tripod.com/>. Looking speedy!
- Best wishes to **Susan Nevitt-Yelle** (7:30am Earlybirds) for a quick recovery from a torn ACL that happened while she was skiing in Kicking Horse. Susan is scheduled for surgery on June 13<sup>th</sup> and will likely be back in the pool in September.
- **Flo Kellner** (8:30am Earlybirds) is off to Australia for a few months to visit family and help look after her grandchildren. She plans to swim on her own, and isn't sure which will be more challenging: butterfly or looking after the grandkids!
- In a previous newsletter, I included a link to information on the Hammer Head Swim Cap, which helps reduce concussions for swimmers. Their web page is: <https://www.hammerheadswimcaps.com/>. The caps will be available starting around April. Each costs US\$34.95 and currently shipping to Canada is not available. **Susan Hulley** (7:30am Earlybirds) is interested in getting a cap. If others are interested, please let me know and I can investigate a group price and shipping to Canada.
- Here's **Melanie Heroux** (8:30am Earlybirds)'s report on the Polar Plunge. Thanks for sending this, **Melanie!**  
Well what another successful year for the Annual Polar Plunge, in support of Special Olympics!!!! The Polar Plunge took place on March 3rd, from 9:30 to 11:30 am, at Algonquin College, and as tradition wants it, I was once again the **FIRST ONE TO JUMP IN THE CONTAINER OF FREEZING COLD WATER**, accompanied by Police Officer John MacGetrick of the Ottawa Police Service, and as my mom was away on holidays this time, my dad and Arlene drove down from Montreal the night before, and brought me over to Algonquin College the next morning, where I suited up in a 'hockey player' costume for the plunge. But before the plunge officially started, we had Bill, a Police Officer with the OPP come say a few words of welcome, as well as a few house rules, and then we had Police Chief Charles Bordeleau, from the Ottawa Police Service come say a few words of welcome and encouragement, followed by my fellow athlete and fellow ambassador, Tim O'Brien come and give a quick thank you speech on behalf of all the athletes present at the event. And for this year's plunge, I had an objective of raising 300\$ for Special Olympics. well I'm very happy and honored to say that I have gone above my objective, and raised just under 500\$ for, Special Olympics!!! As for the Police and Law Enforcement, they were aiming for an objective of 20 000 for Special Olympics, results are pending, and we should know them in the next few weeks. Thanks again to all those who've sponsored and donated to me for the plunge, your support really means a lot to me! Thank you so much from the bottom of my heart!!!
- The Ontario Masters Swimming Advocates (OMSA) are a group of concerned Masters club leaders, coaches and swimmers who believe the current state of Masters Swimming in Ontario can be improved. Please see this [Facebook site](#) for more details.
- 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:

- **Caeleb Dressel** has swum some incredible times at the NCAA Championships, which are in a 25yd pool (but still!): <https://swimswam.com/watch-caeleb-dressel-become-first-man-under-40-in-100-free/>; <https://swimswam.com/watch-caeleb-dressel-go-mind-boggling-17-63-in-50-free/>; <https://swimswam.com/a-humble-attempt-to-contextualize-dressels-17-63/>
- **Katie Ledecky** Turning Pro Shows the Folly of the NCAA's White-Knuckle Grip on 'Amateurism': <https://sports.yahoo.com/katie-ledecky-turning-pro-shows-folly-ncaas-white-knuckle-grip-amateurism-170535023.html>
- Breaststroke Flip Turns (you have to touch with both hands first!): <https://swimswam.com/joe-gardner-executes-perfect-breaststroke-flip-turns-at-big-tens/>
- Ice swimming in Time magazine: <https://www.facebook.com/photo.php?fbid=10160158781480654&set=pcb.413051449120056&type=3&theater&ifg=1>
- Top Eight Swimming Trackers: <http://medicalfuturist.com/top-8-swimming-trackers/>
- Squats and Cognac Keep this 102-year-old Track Star Running Strong: <https://www.runnersworld.com/human-race/102-year-old-track-star>
- World Records in 100-104 60m Dash Men and Women (Video): <https://runningmagazine.ca/2018-usatf-masters-indoor-track-championships-60m/>
- Old Man and the Sea: Polish Man, 70, Kayaked Across Atlantic Ocean for Third Time: <http://www.everythingzoomer.com/health/2018/03/23/old-man-sea-polish-man-70-kayaked-across-atlantic-ocean-third-time/>
- Yoga Exercises for Shoulders: <http://www.nourishmentfoodnyoga.com/blog/2018/3/9/shoulder-series>
- There's a Point to Exercise but Weight Loss isn't It: [http://www.huffingtonpost.ca/leigh-vanderloo/weight-loss-myth\\_b\\_16260786.html](http://www.huffingtonpost.ca/leigh-vanderloo/weight-loss-myth_b_16260786.html)
- How Exercise May Help the Memory Grow Stronger: <https://www.nytimes.com/2018/02/21/well/move/how-exercise-may-help-the-memory-grow-stronger.html>
- The Ultimate Conversation on Healthy Eating and Nutrition [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <http://www.grubstreet.com/2018/03/ultimate-conversation-on-healthy-eating-and-nutrition.html>

**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.

## Winter Session Information

Dates: Wed Jan 3<sup>rd</sup> to Sat Apr 14<sup>th</sup>; excluding Mon Feb 19<sup>th</sup>, Fri Mar 30<sup>th</sup>, and Mon Apr 2<sup>nd</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/Tue: **David**; Thu: **Sean**

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

8:15am Saturdays: Shallow End; rotating coach schedule (will be in workout themes soon)

Exceptions will be noted here.

Thanks to the **8:30am Earlybirds** for their patience during a busy week of **Lifesaving Camp** during **March Break: May 12-16<sup>th</sup>**.

**Mark** coached for **Sean** on **Thu Mar 15<sup>th</sup>**.

The 7:30am and 8:30am **Earlybirds** was in the **shallow** end on **Mon Mar 19<sup>th</sup>** due to a Water Polo Canada Training Camp.

I coached for **Mits** on **Sat Mar 24<sup>th</sup>**.

**Mits** is coaching for **me** on **Sat Mar 31<sup>st</sup>**.

### Fin Days:

Mon Jan 29<sup>th</sup>

Thu Mar 8<sup>th</sup> / Fri Mar 9<sup>th</sup>

### Time Trials:

Tue Feb 6<sup>th</sup> / Wed Feb 7<sup>th</sup>: timed 400fs or IM

Tue Feb 20<sup>th</sup> / Wed Feb 21<sup>st</sup>: 2 timed 50s

Thu Mar 1<sup>st</sup> / Fri Mar 2<sup>nd</sup>: 100 choice

Thu Mar 15<sup>th</sup> / Fri Mar 16<sup>th</sup>: 200 choice

Tue Mar 20<sup>th</sup> / Wed Mar 21<sup>st</sup>: 800 / 1500fs

Thu Apr 12<sup>th</sup> / Fri Apr 13<sup>th</sup>: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint18.pdf>.

Here are the weekday attendance statistics for the term so far. Please let me know of any errors!

Note that the attendance statistics for this week will be included next time.

**6pm Whitecaps:** Jan 4-Mar 22<sup>nd</sup> (33 workouts); range: 17-31; average: 24.4

Perfect Attendance: **Cam Dawson, Derek Woodard**

Missed 1 Workout: **Konstantin Petoukhov**

Missed 2 Workouts: **Jian-Lok Chang, Joanie Conrad, Mars Neinhuis**

Missed 3 Workouts: **Peter Lithgow, Riley Steele, Sydney Steele**

Missed 4 Workouts: **Dave Grynspan, Don Wells, Nicole Delisle**

**7:10pm Whitecaps:** Jan 4-Mar 22<sup>nd</sup> (33 workouts); range: 9-24; average: 16.3

Perfect Attendance: **Alper Yorukcu**

Missed 4 Workouts: **Gillian Massel**

**7:30am Earlybirds:** Jan 3-Mar 23<sup>rd</sup> (34 workouts); range: 13-31; average: 19.7

Missed 3 Workouts: **Liliane Cardinal**

Missed 4 Workouts: **Andrea Mrozek, Christiane Wilke, Eleanor Fast, Harley Gifford**

**8:30am Earlybirds:** Jan 3-Mar 23<sup>rd</sup> (34 workouts); range: 9-21; average: 15.6

Missed 2 Workouts: **Bill Gregg, Rod Haney**

Missed 4 Workouts: **Alison Creba**

Great job by those participating in the **200 time trials** on **Thu Mar 15<sup>th</sup>** and **Fri Mar 16<sup>th</sup>**. There were 13 improvements, led by **Derek Woodard** (6pm Whitecaps) with a 30 second improvement in 200 free, and **Melanie Heroux** (8:30am Earlybirds) with a 21.6 second improvement in 200 back. A list of all improvements follows.

#### 200fs (11)

<b>Derek Woodard</b>	30.0	WC1
<b>Alison Slater</b>	11.1	WC2
<b>Sydney Steele</b>	8.1	WC1
<b>Jim Farmer</b>	6.9	WC2
<b>Jonathan Critch</b>	5.7	WC2
<b>Adrian Finn</b>	5.6	EB2
<b>Mars Nienhuis</b>	3.2	WC1
<b>Harley Gifford</b>	3.0	EB1
<b>Gillian Massel</b>	2.6	WC2
<b>Rocio Aranda</b>	2.2	WC2
<b>Jian-Lok Chang</b>	0.8	WC1

#### 200bk (1)

<b>Melanie Heroux</b>	21.6	EB2
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#### 200IM (1)

<b>Konstantin Petoukhov</b>	7.0	WC1
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Thanks to all who took part in the **800/1500 time trials** on **Tue Mar 20<sup>th</sup>** and **Wed Mar 21<sup>st</sup>**. There were 12 improvements. **Ahmed Doha** (8:30am Earlybirds) improved by an incredible 6:11 in his 800 free! **Riley Steele** (6pm Whitecaps) improved by 2:44 in her 1500 free! A list of improvements (all in seconds) follows.

#### 800fs (3)

<b>Ahmed Doha</b>	371.0	EB2
<b>Bill Gregg</b>	15.0	EB2
<b>Rachel Bennett</b>	14.0	WC1

#### 1500fs (9)

<b>Riley Steele</b>	164.0	WC1
<b>Peter Lapner</b>	61.0	WC1
<b>Derek Woodard</b>	52.0	WC1
<b>Jonathan Critch</b>	52.0	WC2
<b>Megan Holtzman</b>	37.0	EB2
<b>Chris Whitehead</b>	20.0	EB2
<b>Mars Nienhuis</b>	18.0	WC1
<b>Eleanor Fast</b>	12.0	EB1
<b>Konstantin Petoukhov</b>	6.0	WC1

**Ask the Coach**

**Dear Coach:** How can I stop my goggles from fogging up? Frustrated Swimmer

Dear F. Swimmer: First, try not to rub the inside of your goggles with your fingers or anything else that can scratch them. As soon as they are scratched or dirty inside, they will fog up. Rinse your goggles out with fresh water after swimming to keep them clean, and hang them up to dry. There are anti-fog drops that you can buy, as well as home remedies: baby shampoo or dish washing liquid, but the best anti-fog solution is saliva. A bit of “spit” in your goggles will work well. You can also put a drop or two of water in each lense before you swim, and then shaking your head slightly will help with any fog that builds up. Also, once you have your goggles on, keep them on. The more you are adjusting them or taking them off during workout, the more likely they will fog up. If anyone has other suggestions, let me know!

**Dear Coach:** Can you recommend a good book on swimming so that I can improve? Book Worm Swimmer

Dear B.W. Swimmer: While you will improve more by swimming, compared to reading ☺, the swimming “bible” is / are books written by Ernest Maglischo. His latest is Swimming Fastest:  
[https://books.google.ca/books?id=cSSW4RhZOiwC&printsec=frontcover&dq=inauthor:%22Ernest+W.+Maglischo%22&hl=en&sa=X&ved=0ahUKEwiPkunep4XaAhUD9IMKHRW\\_DhsQ6AEIOzAE#v=onepage&q&f=false](https://books.google.ca/books?id=cSSW4RhZOiwC&printsec=frontcover&dq=inauthor:%22Ernest+W.+Maglischo%22&hl=en&sa=X&ved=0ahUKEwiPkunep4XaAhUD9IMKHRW_DhsQ6AEIOzAE#v=onepage&q&f=false).

**Dear Coach:** Does Carleton have a reciprocal arrangement with another pool where we can swim for free when the pool is closed? New Swimmer

Dear N. Swimmer: No. At the end of term I will include links to pool schedules for other pools, but you do have to pay to use them.

**Dear Coach:** Why is swimming cancelled on Easter Monday when it’s not a Carleton holiday? Confused Swimmer

Dear C. Swimmer: While there are lectures and labs as usual on Mon Apr 2<sup>nd</sup>, provincial regulations require that casual staff (e.g. lifeguards and coaches) are paid time and a half, so the Carleton pool runs on a holiday schedule.

## **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 1<sup>st</sup> to Aug 31<sup>st</sup>. 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 1<sup>st</sup> to Aug 31<sup>st</sup>. 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 1<sup>st</sup> to Aug 31<sup>st</sup>.

Note that the Carleton Masters club code is CARMA (no longer CAPS as that is being used by a team in Calgary).

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 1<sup>st</sup>, 2017 to April 30<sup>th</sup>, 2018 Global Swim Series: <https://globalswimseries.com/races/>  
Sat Mar 31<sup>st</sup> LaSalle Masters Meet (Long Course) <https://swimming.ca/en/meet/22660/>  
Sat Apr 7<sup>th</sup> OlymPINK Masters Swim Meet by B-Train at Brewer <https://ms.mastersswimmingontario.ca/web/schedule.php>  
Sun Apr 15<sup>th</sup> Milton Masters Swim Meet <https://ms.mastersswimmingontario.ca/web/schedule.php>  
Fri-Sun Apr 20-22<sup>nd</sup> Quebec Provincials, Universite de Laval <https://swimming.ca/en/meet/21443/>  
Fri-Sun May 4-6<sup>th</sup> SO Ontario Provincials, Barrie (SO Sanctioned)  
<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>  
Sat-Mon May 19-21<sup>st</sup> Canadian Nationals, Calgary <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>, <https://www.mastersswimmingcanada.ca/WP/en/2018-msc-nationals/>  
Sat Jun 2<sup>nd</sup> Longueuil Masters Meet (Long Course) <https://swimming.ca/en/meet/21406/>  
June 5-10<sup>th</sup> First International European-Asian Amateur Aquatic Competition, Athens (pool and open water)  
<https://regswim.org/> <https://www.facebook.com/icas.sport/>  
July 28 to Aug 4<sup>th</sup> Pan Am Masters Swim Championships Orlando, Florida (Long Course)  
<http://www.2018panammasters.com/swimming.html>

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

### **Thu Mar 8<sup>th</sup> to Sun Mar 11<sup>th</sup>: 2018 Midtown Classique Squash Competition, Seattle**

**Luz Osorio** (6pm Whitecaps) finished **3<sup>rd</sup>** in the women's C division. Congratulations, **Luz!** Details and results: <https://www.seattlesquash.com/tournament/view/2018-Midtown-Classique-1>.

### **Sat Mar 17<sup>th</sup> Dollard-des-Ormeaux St Patrick's Masters Swim Meet**

**Sandy** and **Natalie** were Carleton's two swimmers. Both were suffering from injury, so did very well under the circumstances!

**Natalie Aucoin** (8:30am Earlybirds; 45-49): **1<sup>st</sup>** 100fl (1:29.43); **2<sup>nd</sup>** 100fs (1:18.80); **3<sup>rd</sup>** 50fl (37.72); 4<sup>th</sup> 50fs (35.57), 200fs (2:55.42)

**Sandy Lawson** (7:30am Earlybirds; 50-54): **1<sup>st</sup>** 100br (1:51.76); **2<sup>nd</sup>** 100fs (1:22.12), 100bk (1:36.90), 200IM (3:24.46); 6<sup>th</sup> 50br (52.76)

### **Sat Mar 18<sup>th</sup> Special Olympics Swim Meet, Kanata**

**Melanie Heroux** (8:30am Earlybirds) took part. Results next time!

### **Fri Mar 23<sup>rd</sup> to Sun Mar 25<sup>th</sup> MSO Provincials Swim Meet, Nepean Sportsplex**

Lots of Carleton swimmers! Results next time.

### **Sun Mar 25<sup>th</sup> Special Olympics Swim Meet, Brockville**

**Melanie Heroux** (8:30am Earlybirds) took part. Results next time!

### **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 **Mar 26<sup>th</sup>**).

### **Private and Semi-Private Masters Swim Lessons**

#### **Winter Schedule:**

Mon/Fri 9:35-10:35am

Tue 4:00-5:00pm

(Other times may be available upon request.)

#### **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

Registration is open for 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 Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

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

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): barcode 14265; cost: \$140+HST: **Full: wait list available.**

**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: **Full: wait list available.**

**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:

#### Team Photos:

A big thank you to Coach **Sean Dawson** for organizing team photos, and to all those who were able to take part:

Fall 2017 Morning groups: <http://carletonmasters.tripod.com/earlybirdsteam2017.pdf>.

Fall 2017 Evening groups: <http://carletonmasters.tripod.com/whitecapsteam2017.pdf>.

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

Fall 2015 Evening groups: <http://carletonmasters.tripod.com/2015dec17whitecaps.pdf>.

Fall 2015 Morning groups: <http://carletonmasters.tripod.com/2015dec18earlybirds.pdf>.

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

**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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn



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