

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Wednesday, July 18, 2018 5:10 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 #475

## Carleton Masters Swimming Newsletter #475

Wednesday, July 18<sup>th</sup>, 2018

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

**Bcc:** Those registered for Fall 2017, Winter 2018, Spring 2018, Summer 2018, and Alumni: 7:30am Earlybirds I (70 addresses), 8:30am Earlybirds II (36 addresses), 6pm Whitecaps I (58 addresses), 7:10pm Whitecaps II (40 addresses), Saturday Only (13 addresses), and Masters Alumni (26 addresses).

**PAIN is temporary. Quitting lasts forever.**

### Masters Swimming Program Notes

- **The Summer session runs from Tue Jul 3<sup>rd</sup> to Sat Sept 1<sup>st</sup>, inclusive**
  - There are **no Masters workouts on Mon Aug 6<sup>th</sup> (Civic Holiday)**.
  - The only groups running for the Summer are the 6pm Whitecaps, 7:30am Earlybirds, and 12:15pm Saturdays.
    - If you have signed up for 6pm or 7:30am for summer, then Saturdays are **included**. You may also sign up for Saturdays only.
    - All summer Saturday workouts are at **12:15pm**.
  - The 6pm group is **full** for Summer. Wait list available. There is **one** spot left at 7:30am.

### Fall Registration

Registration for Fall Masters will start **Wed Aug 8<sup>th</sup>**. Details in the next newsletter. Athletics will be using a new registration system, so the Winter registration will be delayed until the end of October.

### Swimmer Notes

#### Swimmer Updates:

- The Carleton pool temperature is back to normal. Thanks for your patience!

- Best of luck to **Susan Nevitt-Yelle** (7:30am Earlybirds) for a quick recovery from her ACL surgery on Wed Jul 18<sup>th</sup>. We hope to see her back in the pool in September!

- **Katie Xu** (7:30am Earlybirds) will be competing in swimming at the Special Olympics Summer Games in Antigonish in early August. Good luck, **Katie!** **Katie** also participates in figure skating. She won gold and silver at the World Winter Games last year! **Katie** is featured in a recent Special Olympics Canada #ChallengeAcceptedSOC video: <https://www.youtube.com/watch?v=QTY0SvB1E-4&feature=youtu.be>.

- **Sat Jul 21<sup>st</sup>** is the Global Day of Inclusion (#InclusionDay) and in recognition of the Special Olympics' 50<sup>th</sup> Anniversary Tim Hortons will be selling a limited edition Special Olympics donut for \$1.59+tax, with proceeds going to the Special Olympics. Full details here: <https://www.newswire.ca/news-releases/tim-hortons-communities-celebrate-inclusion-for-special-olympics-50th-anniversary-688255451.html>. Thanks to **Melanie Heroux** (8:30am Earlybirds) for passing this along!

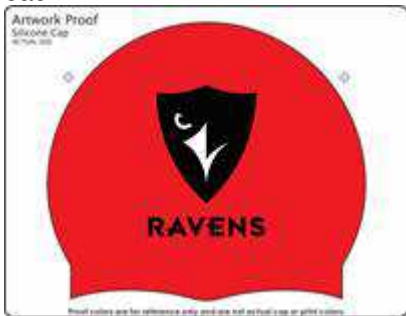
- Masters Swimming Canada summer 2018 benefits: <https://www.mastersswimmingcanada.ca/WP/en/news/msc-member-benefits-summer-2018/>.

- **Christiane Wilke** (7:30am Earlybirds, [christianewilke@gmail.com](mailto:christianewilke@gmail.com)) writes: Some amazing open water swimmers from the Toronto area have decided to make the Toronto Island Lake Swim on **Sun Aug 26<sup>th</sup>** (<https://www.torontoislandlakeswim.com/>) a huge party. They're offering to help us with accommodation. The most likely scenario is that we'll camp on the Toronto Islands the night before the swim. If you haven't been there: it's beautiful. The water is clean and clear, and the islands are the best place to see the sun setting behind the Toronto skyline. If you want to do one of the available distances (3.8k, 1.5k or 750m) and are looking for company, please send me an email, ideally before August 1st, and I'll relay the information.

- 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:

- Swimming Hall of Fame Gets US\$27M Renovation and Stays in Fort Lauderdale:

<https://www.swimmingworldmagazine.com/news/ft-lauderdale-international-swimming-hall-of-fame-aquatic-complex-gets-27-million-renovation/>

- Issue with Current at Windsor Aquatic Center: <https://www.cbc.ca/news/canada/windsor/swimming-canada-says-technical-issue-with-aquatic-centre-pool-needs-to-be-resolved-1.4678316>

- Windsor Aquatic Center Current Fixed?: <https://swimswam.com/windsor-aquatic-center-current-fixed-city-says/>

- Three Lessons to Learn From **Missy Franklin**: <https://www.swimmingworldmagazine.com/news/three-crucial-lessons-to-learn-from-beloved-missy-franklin/>

- Freestyle Swimmers Share Same BMI Across Different Race Lengths: <https://swimswam.com/elite-swimmers-share-same-ideal-bmi-across-different-race-distances>

- How the Psychology of the England Football [Soccer] Team Can Change Your Life:

<https://www.theguardian.com/football/2018/jul/10/psychology-england-football-team-change-your-life-pippa-grange>

- How to Train to Retain Muscle as you Age: <https://beta.theglobeandmail.com/life/health-and-fitness/fitness/how-should-you-train-to-retain-muscle-as-you-age/article36816684>

**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.

## Summer Session Information

Dates: Tue Jul 3<sup>rd</sup> to Sat Sept 1<sup>st</sup>; excluding Mon Jul 2<sup>nd</sup> and Mon Aug 6<sup>th</sup>.

The usual pool allocations and coaches are as follows:

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

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

12:15pm Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

**Sean** is coaching for **Lynn** on **Mon Jul 23<sup>rd</sup>**.

**Sean** is coaching for **David** on **Tue Aug 7<sup>th</sup>**.

**Sean** is coaching for **Lynn** on **Wed Aug 8<sup>th</sup>**.

**Sean** is coaching for **David** on **Thu Aug 9<sup>th</sup>**.

**Sean** is coaching for **Lynn** on **Fri Aug 10<sup>th</sup>**.

**Sean** is coaching for **Lynn** on **Mon Aug 13<sup>th</sup>**.

(Thank you, **Sean**, for all this sub-coaching!)

### Fin Day:

Thu Aug 2<sup>nd</sup> / Fri Aug 3<sup>rd</sup>

### Time Trials:

Mon Jul 16<sup>th</sup>: timed 400 free or IM

Mon Jul 23<sup>rd</sup> p.m. / **Wed Jul 25<sup>th</sup>**: timed 100 and 50 choice

Tue Aug 7<sup>th</sup> / Wed Aug 8<sup>th</sup>: timed 800 / 1500fs

Tue Aug 14<sup>th</sup> / Wed Aug 15<sup>th</sup>: timed 200 choice

Thu Aug 30<sup>th</sup> / Fri Aug 31<sup>st</sup>: "funner" day (e.g. relays)

This information and more can be found with the Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum18.pdf>.

Here are the weekday attendance statistics for the term to date. Please let me know of any errors or omissions.

**6pm Whitecaps:** Jul 3<sup>rd</sup>-17<sup>th</sup> (7 workouts); range: 20-25; average: 22.3

Perfect Attendance: **Derek Woodard**

Missed 1 Workout: **Andrea Chandler, Christian Cattan, Dave Grynspan, Don Wells, Elaine Yardley, Erin McRae, Mars Nienhuis, Peter Lithgow**

**7:30am Earlybirds:** Jul 4-18<sup>th</sup> (7 workouts); range: 30-38; average: 34.7

Perfect Attendance: **Bruce Brown, Eleanor Fast, Graham Archibald, Harley Gifford, Heloise Emdon, Konstantin Petoukhov, Liliane Cardinal, Myriam Saboui, Sam Hersh, Stephen Agberien, Steve Dods, Susan Hulley**

Thanks to those who participated in the 400 time trial on **Mon Jul 16<sup>th</sup>**. I don't have all the data compiled yet, so will include the improvements next time!

## Ask the Coach

**Dear Coach:** When does registration start for Fall/Winter Masters? Keen Swimmer

Dear K. Swimmer: Fall registration will start **Wed Aug 8<sup>th</sup>**. Registration for Winter be likely be in October. (Athletics will be using a new system, thus the delay with the Winter registration.)

**Dear Coach:** I have done some of the same races as last year and my swim times are not consistent. I am much faster in some races, and not so much in others. Why would that be? Inconsistent Swimmer

Dear I. Swimmer: It's difficult to compare results from one year to the next as there are so many variables, even for the same race. Things that change from one year to the next include: temperature, sun, wind, current, how straight you swim, how close to previous years they put the markers, what wave you are in, your wetsuit, time of day, whether you're having a good day, your taper or lack thereof, etc. Generally measuring your performance in the pool (during workout, e.g. time trials) will be more consistent, though there are variables there, too (but not so many)!

**Dear Coach:** I have focused on open water swims the past few years and have improved my technique. I have improved, but not by as much as I'd hoped. Any suggestions? Open Water Swimmer

Dear O.W. Swimmer: My suggestion would be to do more sprinting -- seriously! Training long is important for endurance, but you need the sprinting for speed. To be able to swim faster for longer, you need to have more difference between your long distance speed and your sprint speed.

## 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.**

Sat Jul 21<sup>st</sup> Technosport 3k Meech Lake Swim (no MSO/SO registration required) <https://www.technosport.ca/swim/open-water-swim-ottawa/>

July 28 to Aug 4<sup>th</sup> Pan Am Masters Swim Championships Orlando, Florida (Long Course)

<http://www.2018panammasters.com/swimming.html>

Sat Aug 4<sup>th</sup> Mont-Tremblant 21km Swim (no MSO/SO registration required)

<https://www.facebook.com/Technosport/posts/1995282533875349>

Sat Aug 11<sup>th</sup> Technosport 4k Meech Lake Swim (no MSO/SO registration required)

<https://www.technosport.ca/swim/open-water-swim-ottawa/>

Sat Aug 11<sup>th</sup> Riverkeeper 750m, 1.5km, and 4km swims (no MSO/SO registration required); rain date Sun Aug 12<sup>th</sup>

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

Sat Aug 18<sup>th</sup> LOST 3.8k and Mile swims, Oakville (no MSO/SO registration required, but those who are registered with SO will be part of the MSC Championships) <http://lostswimming.com/lost-race/>

Sun Aug 26<sup>th</sup> Toronto Island Lake Swim: 750m, 1.5k, or 3.8k (no MSO/SO registration required)

<https://www.torontoislandlakeswim.com>

Sat Sept 8<sup>th</sup> Amphibious Challenge (swim, run mixture), Pembroke <http://www.amphibiouschallenge.ca/>

Fri-Sun Mar 22-24<sup>th</sup> 2019 MSO Provincials, Markham

Fri-Sun Apr 19-21<sup>st</sup> 2019 SO Provincials, Markham (TBC)

Fri-Sun May 24-26<sup>th</sup> 2019 MSC Nationals, Montreal

Global Open Water Swim Series (Year Round): <https://globalswimseries.com/races/>

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

**Sat Jun 30<sup>th</sup> Gettysburg (and Hershey), Pennsylvania Distance Swim Meet** (25m Pool)

A few of you asked for more details about my chocolate-themed trip. Here are some photos:

<https://www.facebook.com/media/set/?set=a.10160781998590604.1073741846.669015603&type=1&l=1b7a4a47d8>, and

a link to an article written by a local reporter and lifeguard:

[http://www.gettysburgtimes.com/sports/community/article\\_0be3bdfb-1a8c-5298-9c49-ad4050700477.html](http://www.gettysburgtimes.com/sports/community/article_0be3bdfb-1a8c-5298-9c49-ad4050700477.html). A fun place to visit, especially if you like chocolate!

**Sat Jul 7<sup>th</sup> King Wolf 5km Swim, Kingston** (58 participants)

Congratulations to **Cori** and **Tatjana** on their results. Both were faster than last year! Here are the results:

<https://globalswimseries.com/wp-content/uploads/2018/07/King-Wolf-Swim-5km.pdf>

**Cori Dinovitzer** (7:30am Earlybirds; 50-59): 36<sup>th</sup> overall; 17<sup>th</sup> woman, and 2<sup>nd</sup> in category in 1:55:09

**Tatjana Molitor** (6pm Whitecaps; 40-49 wetsuit): 50<sup>th</sup> overall; 23<sup>rd</sup> woman, and 5<sup>th</sup> in category in 2:14:52

**Sat Jul 7<sup>th</sup> Triathlon de Gatineau Tri Decouverte (Try a Tri)** (400m/10k/2.5k; 55 participants)

Great job by **Candace**! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=93761>.

**Candace Newman** (7:30am Earlybirds; 18+): 26<sup>th</sup> overall; 15<sup>th</sup> woman, and 13<sup>th</sup> in category in 53:07.4 (9:18 swim)

**Sat Jul 14<sup>th</sup> Bring on the Bay Open Water Swims, Ottawa**

Great to see so many swimmers from Carleton!! Please let me know if I missed anyone. The team results for 2018 aren't posted yet. They should be here soon: <https://bringonthebay.com/race-day/botb-team-results/>. Great job by everyone. Lots of great times and improvements from last year. Special kudos to those who won their categories: **Erin, Tim, Mars, Graham, and Lily**.

**1.5k** (95 participants)

Results: <https://www.sportstats.ca/display-results.xhtml?raceid=93855>.

**Erin McRae** (6pm Whitecaps; 20-29): 5<sup>th</sup> overall, 1<sup>st</sup> woman, and 1<sup>st</sup> in category in 24:02.2

**Ashley Kotarba** (7:10am Whitecaps; 30-39): 52<sup>nd</sup> overall, 35<sup>th</sup> woman, and 4<sup>th</sup> in category in 34:11.3

**3k** (657 participants)

Results: <https://www.sportstats.ca/display-results.xhtml?raceid=93854>.

**Freddy Chandler-Baas** (son of **Andrea Chandler**, 6pm Whitecaps; 15-19): 23<sup>rd</sup> overall, 19<sup>th</sup> man, and 10<sup>th</sup> in category in 42:39.8

**Tim Kilby** (Coach; 50-59): 30<sup>th</sup> overall, 23<sup>rd</sup> man, and 1<sup>st</sup> in category in 43:57.8

**Mars Nienhuis** (6pm Whitecaps; 20-29): 38<sup>th</sup> overall, 12<sup>th</sup> woman, and 1<sup>st</sup> in category in 44:43.9

**Gillian Massel** (6pm Whitecaps; 20-29): 80<sup>th</sup> overall, 39<sup>th</sup> woman, and 7<sup>th</sup> in category in 47:51.8

**Derek Woodard** (6pm Whitecaps; 20-29): 94<sup>th</sup> overall; 51<sup>st</sup> man, and 2<sup>nd</sup> in category in 48:42.6

**Rachel Bennett** (6pm Whitecaps; 30-39): 109<sup>th</sup> overall, 50<sup>th</sup> woman, and 7<sup>th</sup> in category in 50:03.2

**Konstantin Petoukhov** (6pm Whitecaps; 30-39): 118<sup>th</sup> overall, 67<sup>th</sup> man, and 8<sup>th</sup> in category in 50:49.6

**Graham Archibald** (7:30am Earlybirds; 20-29 wetsuit): 136<sup>th</sup> overall, 79<sup>th</sup> man, and 1<sup>st</sup> in category in 51:52.1

**Lily Monitor** (daughter of **Tatjana Molitor**, 6pm Whitecaps; 14&U): 203<sup>rd</sup> overall, 90<sup>th</sup> woman, and 1<sup>st</sup> in category in 55:45.7

**Natalie Aucoin** (7:30am Earlybirds; 40-49): 234<sup>th</sup> overall, 104<sup>th</sup> woman, and 12<sup>th</sup> in category in 56:52.8  
**Gi Wu** (6pm Whitecaps; 30-39): 237<sup>th</sup> overall, 132<sup>nd</sup> man, and 16<sup>th</sup> in category in 57:07.1  
**Margaret King** (7:30am Earlybirds; 50-59): 252<sup>nd</sup> overall, 113<sup>th</sup> woman, and 10<sup>th</sup> in category in 57:57.3  
**Dawn Walsh** (7:30am Earlybirds; 50-59): 300<sup>th</sup> overall, 143<sup>rd</sup> woman, and 15<sup>th</sup> in category in 59:42.6  
**Aimee Jones** (6pm Whitecaps; 30-39): 307<sup>th</sup> overall, 146<sup>th</sup> woman, and 23<sup>rd</sup> in category in 1:00:20.0  
**Stephane Raynaud** (6pm Whitecaps; 40-49): 375<sup>th</sup> overall, 190<sup>th</sup> man, and 24<sup>th</sup> in category in 1:03:54.9  
**Sean Kelly** (7:30am Earlybirds; 60-69): 390<sup>th</sup> overall, 193<sup>rd</sup> man, and 4<sup>th</sup> in category in 1:04:28.6  
**Candace Newman** (7:30am Earlybirds; 40-49 wetsuit): 448<sup>th</sup> overall, 231<sup>st</sup> woman, and 36<sup>th</sup> in category in 1:07:52.7  
**Cori Dinovitzer** (7:30am Earlybirds; 50-59): 468<sup>th</sup> overall, 243<sup>rd</sup> woman, and 27<sup>th</sup> in category in 1:09:00.7  
**Nancy Manning** (8:30am Earlybirds; 60-69 wetsuit): 472<sup>nd</sup> overall, 245<sup>th</sup> woman, and 6<sup>th</sup> in category in 1:09:16.1  
**Mary Donaghy** (7:30am Earlybirds; 50-59): 481<sup>st</sup> overall, 252<sup>nd</sup> woman, and 28<sup>th</sup> in category in 1:09:55.1  
**Seema Akhtar** (6pm Whitecaps; 40-49): 507<sup>th</sup> overall, 274<sup>th</sup> woman, and 38<sup>th</sup> in category in 1:12:14.6  
**Tatjana Molitor** (6pm Whitecaps; 40-49 wetsuit): 514<sup>th</sup> overall, 280<sup>th</sup> woman, and 42<sup>nd</sup> in category in 1:12:46.6

## Sun Jul 15<sup>th</sup> 2.6km Boddenschwimmen (Bodden is a Bay in the Baltic Sea, and Schwimmen is Swim), Germany (202 participants)

This was **Christiane**'s third of three swim races in Germany. Once again, she did very well, with a significant improvement from last year, despite taking a "long cut"! And I love the advice to turn left at the unicorn ☺

! Congratulations, **Christiane**! Results: [https://my6.raceresult.com/86603/results?lang=de#1\\_9FE231](https://my6.raceresult.com/86603/results?lang=de#1_9FE231). Observation: They have unusual age categories in Germany. In each of her races, **Christiane** was in a different age group: 25-45, 31-50, and 36-46!

**Christiane Wilke** (7:30am Earlybirds; 36-46): 68<sup>th</sup> overall, 24<sup>th</sup> woman, and 4<sup>th</sup> in category (just 20 seconds behind 3<sup>rd</sup>) in 56:21

Here's her report:

The Boddenschwimmen is a bit like Bring on the Bay but in my north-east German hometown: we cross a bay (about 2.6km) and have a party in a harbour. This year featured a record number of swimmers (202), sunny warm weather, and warm water (21 C) with moderate but favourable winds. The course was really well marked, the highlight being a turn buoy being marked with a giant inflatable unicorn: "please turn left at the unicorn" might be my favourite swimming advice. I had a good start, found my groove, and managed to pass quite a number of swimmers throughout the course. Unfortunately some of them were breaststrokers; I got kicked on my hand and my nose (possibly by the same person). This time I really enjoyed the waves much more than a number of people around me (practice pays off), and I also managed to stay on course pretty well until close to the end when I took an involuntary but scenic detour that felt like it was taking forever. Things got pretty crowded towards the finish line. I came in fourth in my age group and improved my time from last year by about six minutes (with much better swimming conditions this time around). Lessons learned: (1) avoid scenic detours while wearing a timing chip; (2) breaststroke is a public health hazard.

## Sun Jul 15<sup>th</sup> North Shore Challenge 3.8km Open Water Swim, Norfolk County (54 participants)

Great job by **Cori**. This was her second open water swim race of the weekend! Results:

<https://globalswimseries.com/wp-content/uploads/2018/07/North-Shore-Challenge-3.8km.pdf>.

**Cori Dinovitzer** (7:30am Earlybirds; 50-59): 47<sup>th</sup> overall, 28<sup>th</sup> woman, and 6<sup>th</sup> in category in 1:27.44

## Jul 17-22<sup>nd</sup> Dragon Boat Club Crew World Championships, Hungary

Reports are that the Bytown Dragon Boat Club is doing well. 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 **June 11<sup>th</sup>**).

## Private and Semi-Private Masters Swim Lessons

### Summer Schedule:

Mon-Fri 11:30am-12:30pm

Mon-Thu 4:30-5:30pm

Mon-Thu 5:30-6:30pm

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

### Summer Session Information

**Registration** for the **Summer Masters** session is still available. A reminder that Masters is open to members only. Students who are not taking summer courses will need to purchase a Summer membership. If you sign up for either 7:30am or 6pm, Saturdays are **included** for the Summer session. You may also sign up for Saturdays only.

**Summer 2018: Tue Jul 3<sup>rd</sup> to Sat Sept 1<sup>st</sup>; no workouts Mon Jul 2<sup>nd</sup> or Mon Aug 6<sup>th</sup>**

**7:30am Earlybirds:** 7:30-8:30am MWF (deep) and 12:15-1:25pm Sat (shallow): barcode 15320; cost: \$102+HST

**6:00pm Whitecaps:** 6:00-7:10pm MTuTh (deep) and 12:15-1:25pm Sat (shallow): barcode 15325; cost \$112+HST

**12:15pm Saturday ONLY:** 12:15-1:25pm Sat (shallow): barcode 15322; cost: \$38+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:** Check out some new and old team photos:

<http://www3.sympatico.ca/lynnmarshall/teamphotos.html>.

**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.slowlitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

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

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

Happy lengths!  
Lynn

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

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