

## Lynn Marshall

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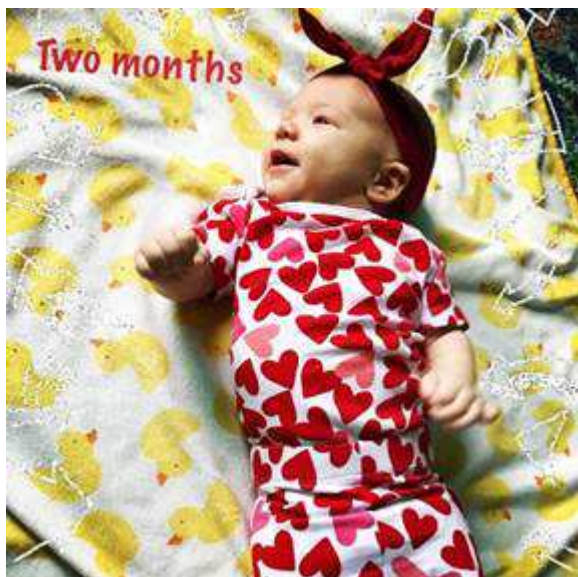
**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Saturday, October 13, 2018 2:12 PM  
**To:** 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; 'David Thibodeau'  
**Subject:** Carleton Masters Swimming Newsletter #481

## Carleton Masters Swimming Newsletter #481

Saturday, October 13<sup>th</sup>, 2018

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

**Bcc:** Those registered for Fall 2018 and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (27 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (27 addresses), Saturday Only (4 addresses), Alumni (39 addresses).



Here's **Myriam Saboui** (7:30am Earlybirds)'s baby **Kaia** at two months. **Myriam** will bring **Kaia** on a visit to the pool once their routine is established!

### Masters Swimming Program Notes

- **The Fall session runs from Wed Sept 5<sup>th</sup> to Thu Dec 20<sup>th</sup>, inclusive.**
  - There are no other planned workout cancellations this term. In particular, workouts run as usual during Carleton's reading week.
  - The 6pm Whitecaps and 7:30am Earlybirds groups are full for Fall: wait lists available. **If you are on a wait list, please let me know, including your position on the list.**
- Details on the Fall and Winter sessions can be found in the "Notes and Reminders" section near the end of the newsletter.
  - Registration is open for Winter and the 6pm Whitecaps group is getting close to full.

### Lane Etiquette

Here are a few tips to ensure that you and your lane-mates all have a good swim.

- Ensure that you know what direction your lane-mates are swimming in (clockwise or counter-clockwise) before you start.
- Swim in a circle during warm-up, even if your lane isn't busy at the start of workout (due to late arrivals).

- If you arrive late, join in with the others in your lane, rather than starting at the beginning of the warm up.
- Keep a minimum 5 second gap between swimmers, except when passing.
- Pass only when it is safe to do so. Your lane-mates should be aware of where you are, but if you suspect a lane-mate doesn't know you want to pass, just tap lightly on his/her feet.
- Ensure that you do your turns in the middle of the lane, to avoid collisions with those behind you.
- If you stop at the wall during warm up, ensure that you move to a corner of the lane, so that those swimming can turn in the middle.
- During the main set, the lane must follow the set provided (correct distances and pace times, e.g. 4 x 50 is not a straight 200).
- During the main set, ensure that everyone in your lane has space to finish at the wall at the end of each repeat, which may mean moving away from the wall if you're in a busy lane.
- If you get lapped in the main set, skip a 50 and join back in with your lane-mates.
- If you are not happy with the speed of your lane (too fast or too slow) or if there are issues with lane etiquette, please let your coach know, but keep in mind that we only have 6 lanes!.
- Put all your equipment away neatly in the appropriate location after your swim. (Ask if you're not sure where something goes.)
- Keep an eye on the time, and exit the water promptly at the end of your workout.

## Swimmer Notes

### Swimmer Updates:

- Congratulations to **Nicole Le Saux** (7:30am Earlybirds) on her September promotion to Full Professor in the Faculty of Medicine at the University of Ottawa. Her promotion was based on many years of research, teaching, and leadership in Infectious Diseases.

- **Christiane Wilke** (7:30am Earlybirds) will play oboe in two lunch hour (noon) concerts in Dominion Chalmers United Church (355 Cooper @ O'Connor). On **Oct 19th**, Reiko Lokker (violin) and Jenna Richards (piano) join her for music by Antonio Vivaldi, Astor Piazzolla, Ludwig van Beethoven and Darius Milhaud. On **Nov 2nd**, the woodwind quintet The FiVe will play a program that includes a fabulously dramatic quintet by Wolfgang Amadeus Mozart along with some shorter pieces. Admission for both concerts is by freewill offering (pay what you can).

- Apologies to the 7:10pm Whitecaps swimmers for the short workout on **Tue Oct 2<sup>nd</sup>, due to a fire alarm at 7:30pm**. Those affected will be permitted one free interim workout (between the Fall and Winter sessions -- schedule available nearer the time).

- Calling all former Carleton Varsity swimmers and coaches! The Carleton Varsity vs. Alumni meet will be held **Sat Oct 27<sup>th</sup> at 11:45am**. It will be followed by a social gathering at the Senate Tavern (1159 Bank St) at 2pm. Let me know if you can make it.

- Best wishes to **Steve Dods** (7:30am Earlybirds) as continues to recover from surgery for a brain tumour. The surgery that he had was by the surgeon, Dr. John Sinclair, featured in this article, but the surgery described is that of another patient: <https://ottawacitizen.com/news/local-news/new-brain-surgery-technique-like-having-the-lights-turned-on-for-surgeons>. Thanks to **Susan Hulley** (7:30am Earlybirds) for this update:

Steve remains an inpatient at the General (6 West). He is hoping to find a way to graduate to outpatient status. He has been able to take day passes to enjoy Thanksgiving gatherings. His pain level now is well managed on regular Lyrica and and some Tylenol for a headache following his first radiation treatment. He has had two days of 6 weeks of daily radiation as well as daily chemo (temozolomide).

- uOttawa's Human and Environmental Physiology Research Unit (HEPRU) needs male and female volunteers aged 50 to 74 years old both with and without Type 2 diabetes and/or hypertension to participate in their research. Compensation is in the form of a fitness assessment and exercise program. For more information: [hepru@uottawa.ca](mailto:hepru@uottawa.ca) 613-562-5800 x4270, <https://hepru.ca/>.

- **Megan Holtzman** ([megan@holtzman.ca](mailto:megan@holtzman.ca)) now has all the data from the **TritonWear** visit to Carleton on **Tue Jun 26<sup>th</sup>** and **Wed Jun 27<sup>th</sup>**. If you wore a unit and would like to get the metrics and data, please contact **Megan**. She noticed one interesting trend that the triathletes in the group tended to take less advantage of the walls than the swimmers, i.e. the triathletes didn't push hard off the walls.

- I also received a USB with the videos from the visit by HeadStartPro to the morning workout on **Mon Jun 11<sup>th</sup>**. They are posted [here](#). (Note that there are some sub-directories.)

- If you or someone you know is interested in getting into coaching, the Coaching Association of Canada, with the support of Investors Group, offers [Get Coaching!](#), a four step tutorial series to help new coaches get the right start. Speaking of which...

- Special Olympics Ottawa is looking for volunteers for the following positions (great chance for high school students to earn volunteer hours):

- head coach for 5 pin bowling

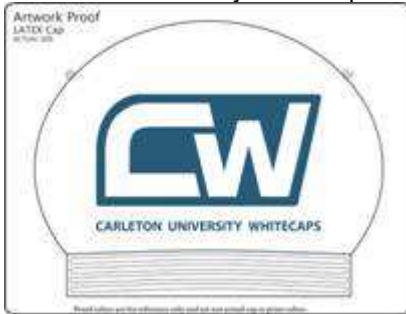
- assistant coach for 10 pin bowling

- head coach for gymnastics

- additional volunteers for Active Start and Fundamentals (West End)

contact Andrea [volunteer\\_lead@specialolympicsottawa.ca](mailto:volunteer_lead@specialolympicsottawa.ca) 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:

- 19 Sickened by Chlorine Exposure at LA Area School: <http://www.latimes.com/local/lanow/la-me-ln-thousand-oaks-pool-injuries-20181003-story.html>

- How to Get Comfortable with Being Uncomfortable in Training: <https://swimswam.com/get-comfortable-uncomfortable-training/>

- Link between Stroking Parameters and Lactate Concentration in Swimming: <https://www.swimmingscience.net/link-between-stroking-parameters-and-lactate-concentration-in-swimming/>

- Stretching Improves Athletic Performance and Health: <https://swimswam.com/stretching-improves-athletic-performance-and-health/>

- A Look Inside Some Extravagant College Gyms: <https://www.fastcompany.com/3034535/a-look-inside-the-most-insane-college-gyms>

- The Secret to Aging Well: Contentment: <https://www.nytimes.com/2018/10/02/well/live/the-secret-to-aging-well-contentment.html>

- How to Stay Fit After Age 40: <https://www.menshealth.com/fitness/a21348891/40-year-old-man-workout/>

- Excessive Protein Powder Can Cause Kidney Damage: <https://www.daytondailynews.com/news/this-common-practice-for-high-school-athletes-could-harmful-organs-local-doctors-say/cbhr1rDuwiMtvLeQaHJnWP/>

**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 5<sup>th</sup> to Thu Dec 19<sup>th</sup>; excluding Mon Oct 8<sup>th</sup>.

The usual pool allocations and coaches are as follows:

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

8:30am Earlybirds: Deep End: **Lynn**

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

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

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

Exceptions will be noted here.

### Fin Days:

Tue Oct 23<sup>rd</sup> / Wed Oct 24<sup>th</sup>

Thu Nov 22<sup>nd</sup> / Fri Nov 23<sup>rd</sup>

### Time Trials:

Thu Oct 11<sup>th</sup> / Fri Oct 12<sup>th</sup>: timed 400 free or IM

Thu Oct 18<sup>th</sup> / Fri Oct 19<sup>th</sup>: two timed 50s choice

Mon Oct 29<sup>th</sup>: timed 200 choice

Mon Nov 12<sup>th</sup>: timed 800 / 1500 free

Tue Nov 27<sup>th</sup> / Wed Nov 28<sup>th</sup>: timed 100 choice

Wed Dec 18<sup>th</sup> / Thu Dec 19<sup>th</sup>: “funner” day (e.g. relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall18.pdf>.

Here are the weekday attendance statistics for the term to date. Please let me know of any errors or omissions. Apologies for missing **Mars Nienhuis** last time!

**7:30am Earlybirds:** Sept 5-Oct 12<sup>th</sup> (16 workouts); range: 16-26; average: 21.9

Perfect Attendance: **Robin Henderson**

Missed 1 Workout: **Bruce Brown, Christiane Wilke, Harley Gifford, Liliane Cardinal, Mike Wheatley**

**8:30am Earlybirds:** Sept 5-Oct 12<sup>th</sup> (16 workouts); range: 15-29; average: 21.3

Perfect Attendance: **Debby Whately, Melanie Heroux**

Missed 1 Workout: **Mark Blenkinsop, Sheila Kealey**

**6pm Whitecaps:** Sept 6-Oct 11<sup>th</sup> (15 workouts); range: 20-33; average: 27.7

Perfect Attendance: **Cam Dawson, Konstantin Petoukhov, Mars Nienhuis, Sylvie Bourgoing**

Missed 1 Workout: **Joanie Conrad, Nicole Delisle**

**7:10pm Whitecaps:** Sept 6-Oct 11<sup>th</sup> (15 workouts); range: 8-16; average: 14.1

Missed 1 Workout: **Lynn Brodsky**

Thanks to those who participated in the **400** time trials on **Thu Oct 11<sup>th</sup>/Fri Oct 12<sup>th</sup>**. Kudos to **Aimee Jones** (6pm Whitecaps), **Margaret King** (7:30am Earlybirds), and **Gi Wu** (6pm Whitecaps) for being the only three brave enough to do the 400IM! Congratulations to the twelve swimmers who improved their 400 free, lead by **Jean-Louis Tiernan** with a 31 second improvement!

**400fs** (11)

<b>Jean-Louis Tiernan</b>	31.0	WC1
<b>Peter Lapner</b>	16.0	WC1
<b>Megan Holtzman</b>	14.9	EB2
<b>Bill Meyer</b>	14.7	EB1
<b>Jim Farmer</b>	12.1	EB1
<b>Lisa Sharp</b>	9.5	WC2
<b>Steve Kennedy</b>	8.8	WC1
<b>Andrea Chandler</b>	2.6	WC1
<b>Isaac Fierro Marquez</b>	2.5	WC1
<b>Julia Aimers</b>	1.3	EB2
<b>Heloise Emdon</b>	1.0	EB1

## Ask the Coach

**Dear Coach:** Due to my face structure I find that goggles don't seal properly around my eyes. Is it possible to get custom-made swim goggles? Or do you have other suggestions? Water in My Eyes

Dear W.i.M. Eyes: I don't know of any custom-made swim goggles, but some manufacturers, e.g. Aqua Sphere, make goggles that range from very goggle-like to very (snorkeling) mask-like. Some swimmers find the larger mask-like goggles to be more comfortable, and the seal is on the forehead and cheeks, rather than near the eyes.

**Dear Coach:** How should I time my inhale and exhale when swimming, especially on freestyle? Should I always be either inhaling or exhaling? Should I still be exhaling when my mouth is out of the water? Wondering about Breathing

Dear W.a. Breathing: While some coaches recommend that you never hold your breath and are always inhaling or exhaling, I believe that it's best to hold your breath for a short while after inhaling as you are more buoyant with your lungs full which helps with your body position. Then breathe out fairly forcefully, timing it so that you finish your exhale just as your mouth clears the water. Thus, you will be spending almost all the time that your mouth is above water on inhaling. You want to inhale quite quickly so that you spend less time breathing and more time with your head down in a good streamlined position.

**Dear Coach:** How does sculling help with swimming freestyle? Working on Sculling Faster

Dear W.o.S. Faster: While it's quite easy to see how sculling helps breaststroke as the motions are very similar, sculling actually helps with all strokes. When you move your arm through the water, there is always a front to back movement and a side to side movement. While the side to side movement is less obvious than in breaststroke, and we don't focus on it very much in the other strokes, having the correct hand angle as you go through the stroke is what coaches call "feel for the water". Practicing your sculling improves your feel for the water, which helps maximize your propulsion.

## Masters Swimming Competitions

This season (2018-2019), you have several options for registration for competitions:

1. You can register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times will probably be accepted by MSC (e.g. for the Top 20 rankings) but will probably not be recognized by FINA (e.g. for World Records). This costs **\$15** 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, or in Ontario SO-sanctioned meets, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$65** 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 **\$75** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>.

Note that the Carleton Masters club code is CARMA.

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, are MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals, 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.** Meets are SCM unless otherwise indicated.

Sat Oct 27<sup>th</sup> Brossard Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/32167/>

Sun Nov 4<sup>th</sup> Etobicoke Masters Meet <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

Sat Nov 10<sup>th</sup> Maitres ACC Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/32096/>

Sun Nov 11<sup>th</sup> Guelph Masters Meet (MSO registration required) <https://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Dec 2<sup>nd</sup> Technosport Masters Meet, Ottawa (MSO registration required) <https://www.technosport.ca/swim/ottawa-swim-meets/>

Sat Dec 8<sup>th</sup> Sainte-Foy Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32066/>

Sat Dec 8<sup>th</sup> Montreal Nord Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/25893>

Sat Dec 15<sup>th</sup> North York Masters Meet (MSO registration required)

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

Sat Jan 12<sup>th</sup> Drummondville Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32069/>

Sun Jan 20<sup>th</sup> Alderwood SCY Masters Meet, Toronto (MSO registration required)

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

Sat Jan 26<sup>th</sup> Cote-St-Luc Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/24727>

Sat Feb 2<sup>nd</sup> Mont-Tremblant Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32070/>

Sat-Sun Feb 2-3<sup>rd</sup> Quebec City LCM Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32074/>

Sun Feb 3<sup>rd</sup> Technosport Masters Meet, Ottawa (MSO registration required) <https://www.technosport.ca/swim/ottawa-swim-meets/>

Sat Feb 23<sup>rd</sup> Pointe-Claire Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/32193/>

Sun Feb 24<sup>th</sup> Thornhill Masters Meet, Toronto (MSO registration required)

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

Sun Mar 3<sup>rd</sup> Technosport Masters Meet, Ottawa (MSO registration required) <https://www.technosport.ca/swim/ottawa-swim-meets/>

Sat Mar 16<sup>th</sup> Dollard-des-Ormeaux Masters Meet, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/32075/>

Fri-Sun Mar 22-24<sup>th</sup> MSO Provincials, Markham (MSO registration required)

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

Sat Mar 30<sup>th</sup> La Salle Masters LCM Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/29970>

Fri-Sun Apr 26-28<sup>th</sup> SO Provincials, Etobicoke (SO registration required)

<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

Fri-Sun Apr 26-28<sup>th</sup> Quebec Provincial Masters Champs, Trois-Rivieres (SO registration required)

Fri-Sun May 24-26<sup>th</sup> MSC Nationals, Montreal Claude Robillard (?) (SO registration required)

Sat Jun 1<sup>st</sup> Longueuil LC Meet (TBC)

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!)

## Summer 2018

**Meredith Curren** (x-Whitecaps) is no longer swimming with Masters and has become an avid and rapidly improving kayaker. She participated in the Canadian Nationals (combined with the kids, where there is one age 35+ race) and Meredith finished fifth in the women's K1 event with a time that would have been a PB, except for the head wind. She also competed in five events in the Canadian Masters Nationals, winning two golds, a silver, and a bronze, with the bronze being in K1 (i.e. on her own). Congratulations, **Meredith!**

## Sept 27-30<sup>th</sup> Liga Open Squash Tournament, St Petersburg, Russia

Congratulations to **Luz Osorio** (6pm Whitecaps) for winning the Women's B Consolation division at this international squash tournament. Awesome, **Luz!!**

## Sun Oct 7<sup>th</sup> Chicago Marathon

Congratulations to **Lucie Boudreau** on her race! Results: <http://results.chicagomarathon.com/2018/>.  
**Lucie Boudreau** (x-Earlybirds; 60-64): 18,045<sup>th</sup> overall, 5885<sup>th</sup> woman and 50<sup>th</sup> in category in 4:13:15

## 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 **Sept 12<sup>th</sup>**).

## Private and Semi-Private Masters Swim Lessons

### Fall Schedule:

Mon/Wed/Fri 9:35-10:35am

Mon/Wed 4:30-5:30pm or 5:00-6:00pm

Tue/Thu 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

### Fall and Winter Session Information

Registration for Fall **and** Winter Masters is underway. Masters is a members-only program with no student discount. Registration can be done in person or by phone: 613-520-4480. Note that membership information will be in the old (CLASS) system, while the program registration will be done in the new (FUSION) system. There are likely to be some growing pains, and while the staff has been trained, please be patient! If there are any major issues with your registration, please contact **Fran Craig** ([fran.craig@carleton.ca](mailto:fran.craig@carleton.ca); 613-520-2600 x8441). Originally, the Winter registration was going to be in October, but that has been moved forward **only** for Masters swimming, which will save time for those who want to register for both. Eventually the new system will allow on-line registration for Masters, which will make life easier for everyone. Note that the new system does **\*not\*** have barcodes. When you register, please identify the program(s) by the name and time of the swims. As per usual, for Fall and Winter, if you want to swim on Saturdays, that is a separate registration. The Masters program information is also available on the web site:

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

**Fall 2018: Wed Sept 5<sup>th</sup> to Thu Dec 20<sup>th</sup>; no workouts Mon Oct 8<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST: **Full: wait list available**

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$165+HST: **Full: wait list available**

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$150+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

**Winter 2019: Wed Jan 2<sup>nd</sup> to Sat Apr 13<sup>th</sup>; no workouts Mon Feb 18<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$165+HST: Note that there is a workout on **Wed Jan 2<sup>nd</sup>**.

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$150+HST: Note that there is a workout on **Wed Jan 2<sup>nd</sup>**.

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+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.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days!

**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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