

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, February 24, 2019 11:57 AM
To: 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #491

Carleton Masters Swimming Newsletter #491

Sunday, February 24th, 2019

To: Carleton Masters Coaches / Staff (7 addresses)

Bcc: Those registered for Fall 2018, Winter 2019, and Alumni: 7:30am Earlybirds I (49 addresses), 8:30am Earlybirds II (32 addresses), 6pm Whitecaps I (53 addresses), 7:10pm Whitecaps II (30 addresses), Saturday Only (5 addresses), Alumni (33 addresses).

Winning is a habit. Watch your thoughts, they become your beliefs. Watch your beliefs, they become your words. Watch your words, they become your actions. Watch your actions, they become your habits. Watch your habits, they become your character. – Vince Lombardi

Masters Swimming Program Notes

- The Winter Masters session runs from Wed Jan 2nd to Sat Apr 13th, inclusive, except for the unexpected “snow days” on **Tue Feb 12th / Wed Feb 13th**, and **Mon Feb 18th** (Family Day).
 - Full details on dates, prices, etc., can be found in the “Notes and Reminders” section near the end of the newsletter.
 - Apologies for the cancellations on the evening of Tue Feb 12th and the morning of Wed Feb 13th, as the university closed due to the winter storm. Information on make-up swims will be provided later.
 - The 7:30am Earlybirds and 6pm Whitecaps groups are now full (wait lists available). **If you are on a wait list, please let me know, including your position on the list.**

Swimmer Notes

Swimmer Updates:

- Congratulations to **Paola Osorio** and **Alejandro Rojas** (both 6pm Whitecaps). They are expecting a baby at the end of **August!** Guesses as to the baby's gender are welcome ☺ .

- Congratulations to **Philip Kaisary** (7:30am Earlybirds) on being awarded tenure in Carleton's department of Law and Legal Studies effective **July 1st!**

- Le Grand Bain (“Sink or Swim”), the men's synchronized swim movie, is showing at the Bytowne Cinema Feb 22nd to 28th: times and trailer: <https://www.bytowne.ca/movie/le-grand-bain>. Thanks to **Lucie Boudreau** (x-Earlybirds) for passing this along!

- The Carleton Varsity Swim Team recently competed in the Ontario University Athletics (OUA) Championships. Here's a short video: https://www.youtube.com/watch?v=i9_JMgKz3SA.

- You may remember that **Liliane Cardinal** (7:30am Earlybirds) was chosen by Masters Swimming Canada to be featured in the May 2018 Zoomer magazine. There were nine other people featured representing different sports / pursuits each in a different issue of the magazine. We now get to choose our favourite! **Liliane** stresses that it's the voter that wins (a two night stay in a Fairmont hotel plus a \$200 Visa gift card), so you can vote for any of the ten, but I suggest voting for her ☺ : <http://ultimatezoomer.com/nominees/>. The deadline to vote is **March 1st** (one vote per email address). You can also check out my tweet retweeting the one from MSC but including **Liliane's** name: <https://twitter.com/LynnSMarshall/status/1094637028132540418>.

- The Impossible Swim, a documentary about 16-year-old **Maya Farrell's** attempt to swim across Lake Ontario, part of TSN's Engraved on a Nation series, premieres **Wed Feb 27th 7:30pm**: <https://www.tsn.ca/engraved>. There's a 4min trailer (link at top) that covers all six episodes of the series. Here's a new 60 second promo, just for The Impossible Swim: https://vimeo.com/316565048?fbclid=IwAR2nlevptjNZxwc_IWzj2sz8I5UYZ7Q2RUwV0kFnwUHO6Ffj-pCV2qGDK4.

- **Melanie Heroux** (8:30am Earlybirds) is participating in the 5th Annual Special Olympics Polar Plunge to be held on **Sat Mar 2nd**. If you are interested in sponsoring her to raise funds for Special Olympics here's the [link](#).

- The official launch of "Courage, Curiosity, Teapots, and Snakes: Stories of Teaching at Carleton University" was held **Thu Feb 14th**: <https://carleton.ca/teachinglearning/courage-curiosity-teapots-and-snakes-stories-of-teaching-at-carleton-university/>. Both **Anne Trepanier** (x-Earlybirds) and I have stories in the book.

- Carleton Varsity "RAVENS" swim caps (\$15) and "RAVENS SWIMMING" T-shirts (\$20) are available as a fundraiser to support the Varsity team:



News and Links:

- Dementia Prevention and Treatment: Regular Exercise Helps [from **Ann Bortolotti** (7:30am Earlybirds)]: <https://www.cihi.ca/en/dementia-in-canada/spotlight-on-dementia-issues/dementia-prevention-and-treatment>
- 27 Hilarious Pictures That Will Make You Laugh Too Much Sense To Swimmers: <https://www.buzzfeed.com/samstryker/swimmer-problems-2018>
- Disconnecting Calories from Exercise: <https://www.nytimes.com/2019/02/09/well/move/disconnecting-calories-from-exercise.html>
- Backstroke Start Over Four Swimmers Kicking: <https://www.facebook.com/701494269998278/videos/1196003677218418/>
- In Moscow, Ice-Water Swimming is Trendy [from **Andrea Chandler** (6pm Whitecaps)]: <https://twitter.com/afpr/status/1097979138630139905>
- Saving a Whale: Valentina [from **Lucie Boudreau** (x-Earlybirds)]: <https://www.youtube.com/watch?v=EBYPlcSD490>
- Beer Chugging Swimming Race in Munich, Germany: <https://www.youtube.com/watch?v=A7iF6arLRuc>
- Four Recovery Secrets From the Man Who Ran the Fastest 10 Marathons in 10 Days: <https://www.runnersworld.com/training/a26361118/marathon-recovery-tips-michael-wardian>

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 2nd to Sat Apr 13th; excluding snow days Tue Feb 12th/Wed Feb 13th, and Mon Feb 18th.

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 (coming soon)

Exceptions will be noted here.

Workouts were **cancelled** on **Tue Feb 12th / Wed Feb 13th** due to Carleton being closed.

The theme on **Thu Feb 14th / Fri Feb 15th** was short free (instead of long IM).

Adrian Finn (Pool Staff; 8:30am Earlybirds) is coaching for **David** on **Tue Feb 26th**.

Sean is coaching for **Mark** on **Thu Feb 28th**.

Mark is coaching for **Sean** on **Mon Mar 4th**.

Fin Days:

Mon Jan 28th

Thu Mar 7th / Fri Mar 8th

Time Trials:

Tue Feb 5th / Wed Feb 6th: timed 400 free or IM

Tue Feb 19th / Wed Feb 20th: two timed 50s choice

Thu Feb 28th / Fri Mar 1st: timed 100 choice

Thu Mar 14th / Fri Mar 15th: timed 200 choice

Tue Mar 19th / Wed Mar 20th: timed 800 / 1500 free

Thu Apr 11th / Fri Apr 12th: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint19.pdf>.

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

7:30am Earlybirds: Jan 2 - Feb 22nd (21 workouts); range: 15-28; average: 21.3
Perfect Attendance: **Liliane Cardinal, Steve Dods, Susan Hulley, Ursula Scott**
Missed 1 Workout: **Robin Henderson**

8:30am Earlybirds: Jan 2 - Feb 22nd (21 workouts); range: 14-25; average: 20.2
Perfect Attendance: **Chris Whitehead**
Missed 1 Workout: **Bill Gregg, Debby Whately**

6pm Whitecaps: Jan 2 - Feb 21st (21 workouts); range: 16-34; average: 25.5
Perfect Attendance: **Cam Dawson, Konstantin Petoukhov**
Missed 1 Workout: **Mars Nienhuis, Peter Lithgow**

7:10pm Whitecaps: Jan 2 - Feb 21st (21 workouts); range: 4-24; average: 13.8
Missed 1 Workout: **Lynn Brodsky**

Thanks to those who participated in the **50 time trials on Tue Feb 19th / Wed Feb 20th**. There were 20 improvements and 4 ties! The biggest improvement was **3.7** seconds in 50fl by **Christian Cattan** (6pm Whitecaps). **Hugo Lafontaine**

(7:30am Earlybirds) and **Derek Woodard** (trial) improved in both strokes, and **Eleanor Fast** (7:30am Earlybirds) had an improvement and a tie. Here's the full list:

50fs (7 + 2 ties)

Alison Slater	1.2	WC2
Lynn Hjartarson	1.2	EB2
Zoltan Csepregi	0.4	WC1
Amanda Klassen	0.4	EB1
Hugo Lafontaine	0.2	EB1
Maddie Barlow	0.1	WC2
Ursula Scott	0.1	EB1
Konstantin Petoukhov	0.0	WC1
Eleanor Fast	0.0	EB1

50bk (7)

Rachel Bennett	3.0	WC1
Julie Mouris	2.9	WC1
Steve Kennedy	1.3	WC1
Mike Wheatley	1.0	EB1
Lisa Meyer	0.7	EB2
Hugo Lafontaine	0.2	EB1
Eleanor Fast	0.1	EB1

50br (4 + 1 tie)

Derek Woodard	2.7	tr
Lara Thorpe	2.2	WC2
Jian-Lok Chang	0.4	WC1
Doug Brubacher	0.3	EB2
Peter Lapner	0.0	WC1

50fl (2 + 1 tie)

Christian Cattan	3.7	WC1
Derek Woodard	0.6	tr
Jian-Lok Chang	0.0	WC1

Ask the Coach

From last time:

Dear Coach: Any suggestions for foggy goggles? Looking at the World Through Blurry Goggles

Dear L.a.t.W.T.B. Goggles: I go with saliva and a drop or two of pool water in each lens. Others like store bought anti-fog drops but some find that they irritate the eyes. Others swear by a small amount of dish soap or baby shampoo. Try not to rub the inside of the lenses when cleaning or applying your favourite anti-fog solution, as once the lenses are scratched, it's impossible to stop them from fogging up. If you are near (or far) sighted, prescription goggles can also help improve your vision.

Christiane Wilke (7:30am Earlybirds) suggests rinsing your goggles with shampoo after each use. Any other suggestions?

Dear Coach: Do you know any good Sports Medicine doctors? Swimmer with Nerve Pain

Dear S.w.N. Pain: I don't, but I'm sure our readers have some suggestions.

Dear Coach: Does the 8:30am Masters group run year-round? Planning Swimmer

Dear P. Swimmer: None of our Masters groups run over the Christmas holidays (about a two week break) or during the annual Carleton pool shutdown in April (about a three week break), or on statutory holidays. The 7:30am and 6pm groups run the rest of the year. The 8:30am and 7:10pm groups do not run in July or August, either.

Dear Coach: Where can I find the club records? Are there club records for both short course (25m pools) and long course (50m pools)? Fast Swimmer

Dear F. Swimmer: There's a link to the current club records on our main web site (<http://carletonmasters.tripod.com/>). On the left side of the page, below "Other Links" click on "Carleton Masters Team Records". For historical reasons, there is just one set of records and records may be set in either 25m or 50m pools, with no conversion done between the two pool lengths. That makes 11 club records set at the recent Nepean Winterlude LC meet very impressive (as long course is generally slower than short course).

Dear Coach: I can't do flip turns due to a back injury. Am I still permitted to turn onto my stomach for a backstroke to backstroke turn? The rules are not clear on this. IM Swimmer

Dear IM Swimmer: The rule states that if you turn onto your stomach, you must immediately begin an arm stroke with one or both arms making a continuous movement into the flip turn. If, once you turn onto your stomach, you are too close to the wall to initiate a flip turn, it is permitted to grab the wall on your stomach and then push off on your back. However, you have to time it just right to avoid disqualification. In addition, it's possible that less experienced stroke and turn judges may not know this is permitted. In any case, if you can't do a flip turn, the old "bucket" turn is a good (and probably faster) option: <https://www.youtube.com/watch?v=tWJCTzih2ic>.

Dear Coach: I'm left-handed and my lane-mates are right-handed. Should we all breathe on the same side in freestyle? "Sinister" Swimmer

Dear S. Swimmer: Most right-handed swimmers are more comfortable breathing on their left, and most left-handed swimmers are more comfortable breathing on their right. That said, breathing on both sides is important to for symmetry and to avoid injury. Thus breathing on both sides is strongly recommended.

Masters Swimming Competitions

This season (September 2018 to August 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 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, or in Ontario SO-sanctioned meets, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$65** 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 **\$75** for Sept 1st to Aug 31st.

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-Sun Feb 23-24th Lake Memphremagog Winter Swim Festival <http://kingdomgames.co/memphremagog-winter-swimming-society/>

Sun Feb 24th Thornhill Masters Meet, Toronto (MSO registration required)

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

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

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

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

Fri-Sun Mar 22-24th MSO Provincials, Markham (MSO registration required)

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

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

Sat Apr 6th 2nd OlymPink Masters Distance and Sprint Challenge, Brewer Pool (MSO registration required)

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

Sun Apr 14th Milton Masters Meet (MSO registration required) <https://ms.mastersswimmingontario.ca/web/schedule.php>

Fri-Sun Apr 26-28th SO Provincials, Etobicoke (SO registration required)

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

Fri-Sun Apr 26-28th Quebec Provincial Masters Champs, Cote-St-Luc (SO registration required)

<https://www.swimming.ca/en/meet/32636/>

Fri-Sun May 24-26th MSC Nationals, Montreal Claude Robillard (SO registration required)

Sat Jun 1st Longueuil LC Meet (TBC: not listed in the calendar)

Sat Jul 6th King Wolf 5k and 11k open water swims, Kingston (part of Global Swim Series -- link below)

Sat Jul 13th Bring on the Bay 3k open water swim, Ottawa <https://bringonthebay.com/>

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!)

Sun Feb 10th Special Olympics Bowling Tournament

Melanie Heroux (8:30am Earlybirds) took part. Results soon!

Sat Feb 16th Gatineau Loppet, 51km Classic Ski (452 participants)

If anyone else participated, please let me know.

Congratulations to **Margaret** on a great race! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=100477>

Margaret King (7:30am Earlybirds; 55-59): 280th overall, 38th woman, and 7th in category in 4:30:40.5

Sat Feb 16th Nepean Winterlude LCM (50m Pool) Meet

There were seven Carleton swimmers at this meet, and we placed 3rd out of 14 teams. There were 11 club records and 1 provincial record set by Carleton swimmers. **Steve** led the way with 5 club records. **Jamie** set 4, and **Robin** set 2! I improved one of my own provincial records. **Megan** and **Robin** also set PBs. Full results:

<https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=974>. Updated club records: <http://carletonmasters.tripod.com/190216.Records.pdf>.

Here's some information on the club records broken to give a bit of history! **Jamie's** records were in his new 75-79 age group. The 200 back record is the inaugural record for that event. His other three records (50fs, 100fs, and 50bk) broke records set by the late **George Tomblar** at Nepean in 1999 and Brockville in 2000. **Robin's** records in her new 60-64 age group were in 200 and 800 fs and she broke records set by **Ann Kilby** (**Tim's** mother) set at Nepean in 1999. Two of **Steve's** records (100br and 200IM) broke records set by **Tony Revitt** (8:30am Earlybirds) at the New Zealand World Masters Games in 2017. The 400fs record belonged to **Lee Storm**, set at Brockville in 2012. The 800fs record belonged

to **Jim Wright**, set in Hull in 1994, and the 50br record belonged to the late **Tom Anzai** set at U of Ottawa in January 2002.

Here's how we did:

Jian-Lok Chang (6pm Whitecaps; 30-34): **1st** 50fs (25.96), 100fs (59.21), 50bk (29.35)

Megan Holtzman (8:30am Earlybirds; 40-44): **1st** 800fs (14:06.80 PB); **2nd** 50fs (38.35), 100fs (1:27.31 PB), 200fs (3:09.17), 200IM (3:50.95)

Steve Kennedy (6pm Whitecaps; 40-44): **1st** 800fs (10:18.82 Club Record; 400 split 5:00.30: Club Record), 100br (1:17.11 Club Record; 50 split: 36.04 Club Record), 200IM (2:30.48 Club Record)

Natalie Aucoin (8:30am Earlybirds; 45-49): **1st** 100fs (1:21.89), 200fs (2:52.94), 50fl (36.00), 200IM (3:25.25)

Lynn Marshall (Coach; 55-59): **1st** 200fs (2:22.46), 800fs (9:52.76), 100bk (1:16.94 Ontario Record), 200fl (2:38.82), 200IM (2:42.96)

Robin Henderson (7:30am Earlybirds; 60-64): **1st** 800fs (15:14.39 Club Record); **2nd** 200fs (3:29.97 Club Record and PB), 200br (4:46.11)

Jamie Chalmers (Earlybirds; 75-79): **1st** 50bk (55.55 Club Record), 100bk (2:29.21), 200bk (4:58.11 Club Record); **2nd** 50fs (45.75 Club Record), 100fs (1:44.51 Club Record)

Sat Feb 23rd Pointe-Claire Masters Meet, Montreal

There were three Carleton swimmers in attendance. It was **Liliane's** first meet in her new age category and she set a whopping 9 club records in 3 events! **Jamie** had his second meet in his new age group and set two new club records, and **I** set one. Full results: http://splash.pointe-claire.ca:8082/P1/index_us.html. Updated club records: <http://carletonmasters.tripod.com/190223.Records.pdf>.

Again, many of the club records broken has stood for a while (though one for only a week!). Here's their history. **Jamie** improved his 50 free record from last weekend by 4 seconds. He also broke **George's** 100 back record set in 2002 at Etobicoke. **Liliane's** 9 records included 4 in inaugural records (1500fs, 100bk, 50fl, 200IM) and 5 that were held by the late **Margaret Dibben King**. **Margaret's** 100fs and 50bk records were set at U of Ottawa in January 2002, and her 200, 400, and 800fs records were set at U of Ottawa Long Course in June 2005. **My** 200fl record was a 0.3 improvement from my time at U of Ottawa in December 2016.

Here's how we did:

Jamie Chalmers (Earlybirds; 75-79): **1st** 50fs (41.35 Club Record), 100fs (1:46.07), 50bk (55.90); **3rd** 100bk (2:01.58 Club Record)

Liliane Cardinal (7:30am Earlybirds; 70-74): **1st** 1500fs (36:46.38 Club Record; 100fs split 2:27.10, 200fs split 4:54.20, 400fs split 9:48.40, 800fs split 19:36.80 all Club Records), 100bk (2:33.97 Club Record; 50bk split 1:15.49 Club Record), 200IM (5:19.49 Club Record; 50fl split 1:30.00 Club Record)

Lynn Marshall (Coach; 55-59): **1st** 1500fs (18:28.71), 200fl (2:33.98 National Record), 200IM (2:38.54)

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://www.statsman.ca/#canada> (last update **Feb 21st**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Mon 9:35-10:35am

Mon, Tue, Thu 11:45am-12:45pm or noon to 1pm

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

Winter Session Information

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. 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 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/>.

Winter 2019: Wed Jan 2nd to Sat Apr 13th; no workouts Mon Feb 18th

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: Note that there is a workout on **Wed Jan 2nd**: **Full: wait list available**

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 2nd**.

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. 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 (lynnmar@sce.carleton.ca).

Happy lengths!
Lynn

lynnmar@sce.carleton.ca

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