

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, February 7, 2020 1:38 PM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'  
**Subject:** Carleton Masters Swimming Newsletter #517

## Carleton Masters Swimming Newsletter #517

Friday, February 7<sup>th</sup>, 2020

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

**Bcc:** Those registered for Fall 2019, Winter 2020, and Alumni: 7:30am Earlybirds I (45 addresses), 8:30am Earlybirds II (32 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (27 addresses), Saturday Only (3 addresses), Alumni (39 addresses).

“When things go as you want them to... we call it planning. And when things go as you don't... we call it change.”

### Masters Swimming Program Notes

- The Winter sessions runs from **Thu Jan 2<sup>nd</sup>** to **Sat Apr 11<sup>th</sup>**, excluding **Mon Feb 17<sup>th</sup>** and **Fri Apr 10<sup>th</sup>**.
- **A reminder that there are no workouts on Mon Feb 17<sup>th</sup> (Family Day)**
  - Other than those cancellations, workouts run as usual during Carleton's Reading Week
- Note that the **6pm Whitecaps** is now **full**. Please let me know if you are on the wait list!
  - There is still space in the other groups.
- Full details on the Winter programs is in the “Reminders” section at the end of the newsletter.

### Swimmer Notes

#### Swimmer Updates:

- **Christiane Wilke** (7:30am Earlybirds) is playing the oboe in a “Concerts in the Glebe – Characters” concert **Sun Feb 9<sup>th</sup> 2:30pm** at the Glebe-St James United Church, 650 Lyon Avenue at First Avenue. The concert features 19th/20th cent. music portraying characters and personalities from ghosts to monsters --personalities killed in war --- and covering the breadth of human emotions. More details: <https://www.glebestjames.ca/whats-on> and <https://www.facebook.com/events/1005015043215760/>.

- **Sheila Kealey** (8:30am Earlybirds) is in the news discussing the Gatineau Loppet: <https://ottawa.ctvnews.ca/video?clipId=1893280&binId=1.1487308> and <https://ottawacitizen.com/sports/other-sports/gatineau-loppet-still-trailblazing-in-its-42nd-year/>.

- **Tony Revitt** (8:30am Earlybirds) has been nominated for Ottawa's Best Physiotherapist in the Leadership in Health Awards as part of the Ottawa Health and Wellness Online Expo. Congrats, Tony! Voting ends **Wed Feb 19<sup>th</sup>**. You can vote (in many categories) here: <https://www.surveymonkey.com/r/leadershipinhealth>.

- The Foolish Chicken Restaurant, owned by **Natalie Aucoin** (8:30am Earlybirds) and her husband, Rick, was featured on the (US) Food Network's Diners, Drive-Ins and Dives on Jan 31<sup>st</sup>. While I don't think the show is available to watch, you can see the Foolish Chicken listed under “Most-Recent Restaurants” here: <https://www.foodnetwork.com/restaurants/shows/diners-drive-ins-and-dives>.

- **Liliane Cardinal** (7:30am Earlybirds) recently returned from a week-long training camp in Arizona organized by the Pointe-Claire Masters. Sounds like it was a challenge but a lot of fun!

#### News and Links:

- Alderwood Teddy Bares Masters Swimming Hosts Canada's Longest Running Meet: <https://www.facebook.com/AlderwoodMastersSwimming/posts/1024998941219409>
- **Lewis Pugh** Becomes First Person to Swim Under Antarctic Ice Sheet [thanks to **Ruth Fawcett** (7:30am Earlybirds)]: <https://www.independent.co.uk/life-style/lewis-pugh-antarctic-swim-2020-a9300026.html>
- The Subversive Joy of Cold Water Swimming [thanks to **Ruth Fawcett** (7:30am Earlybirds)]: <https://www.newyorker.com/magazine/2020/01/27/the-subversive-joy-of-cold-water-swimming>
- Seven Benefits of Swimming and How to Get Them: <https://www.quickanddirtytips.com/health-fitness/exercise/7-swimming-benefits>
- Australian Olympian **Shane Gould**: Wandering: <https://www.facebook.com/greatsouthernreef/posts/150102146440199> better: <https://greatsouthernreef.com/shane-gould-wandering>
- When Life Throws You Curveballs, Embrace the 'New Normal': <https://www.nytimes.com/2020/01/20/well/live/when-life-throws-you-curveballs-embrace-the-new-normal.html>
- Skeletal Muscle Mass in Relation to 10 year Cardiovascular Disease Incidence among Middle Aged and Older Adults: the ATTICA Study: <https://jech.bmj.com/content/jech/74/1/26.full.pdf?smid=nytcore-ios-share>
- Skater **Gabrielle Daleman**'s Mother on Her Daughter's Mental Health Battles [thanks to Andrea Chandler (6pm Whitecaps)]: <https://www.cbc.ca/sports/olympics/winter/figureskating/gabrielle-daleman-s-mother-on-her-daughter-s-mental-health-battles-1.4977673>

## Winter Session Information

Dates: Thu Jan 2<sup>nd</sup> to Sat Apr 11<sup>th</sup>; excluding Mon Feb 17<sup>th</sup> and Fri Apr 10<sup>th</sup>.

Note: There are also **morning** workouts on **Thu Jan 2<sup>nd</sup>**, and **evening** workouts on **Fri Jan 3<sup>rd</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/Thu: **Sean**; Tue: **David**

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

8:15am Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here.

**Sean** coached for **David** on **Tue Feb 4<sup>th</sup>**.

**Adrian** is coaching for **Sean** on **Mon Feb 24<sup>th</sup>**.

**Mark** is coaching for **Sean** on **Thu Feb 27<sup>th</sup>**.

### Fin Days:

Mon Jan 27<sup>th</sup>

Thu Mar 5<sup>th</sup> / Fri Mar 6<sup>th</sup>

### Time Trials:

Tue Feb 4<sup>th</sup> / Wed Feb 5<sup>th</sup>: timed 400 free or IM

Tue Feb 18<sup>th</sup> / Wed Feb 19<sup>th</sup>: two timed 50s choice

Thu Feb 27<sup>th</sup> / Fri Feb 28<sup>th</sup>: timed 100 choice

Thu Mar 12<sup>th</sup> / Fri Mar 13<sup>th</sup>: timed 200 choice

Tue Mar 17<sup>th</sup> / Wed Mar 18<sup>th</sup>: timed 800 / 1500 free

Wed Apr 8<sup>th</sup> / Thu Apr 9<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/mastplanwint20.pdf>.

Here are the weekday attendance statistics, starting **Mon Jan 6<sup>th</sup>**:

**6pm Whitecaps**: Jan 6-Feb 6<sup>th</sup> (15 workouts); range 19-32; average: 24.8

Perfect Attendance: **Cam Dawson, Christian Cattan, Don Wells, Joanie Conrad, Joanne Dawson, Konstantin Petoukhov**

**7:10pm Whitecaps:** Jan 6-Feb 6<sup>th</sup> (15 workouts); range 6-13; average: 8.7  
Perfect Attendance: **Stephanie Le Saux-Farmer**

**7:30am Earlybirds:** Jan 6-Feb 7<sup>th</sup> (15 workouts); range 14-22; average: 17.5  
Perfect Attendance: **Bruce Brown, Jocelyn Pender, Susan Hulley, Ursula Scott**

**8:30am Earlybirds:** Jan 6-Feb 7<sup>th</sup> (15 workouts); range 14-23; average: 19.8  
Perfect Attendance: **Debby Whately, Kevin Graham, Luciara Nardon, Rod Haney**

Thanks to those who participated in the **400 time trial on Tue Feb 4<sup>th</sup> and Wed Feb 5<sup>th</sup>**. There were ten improvements, nine in 400 free and one in 400IM. The largest improvements were by **Bekah Dyck** (8:30am Earlybirds) with a 49.3 second improvement in 400 free, and **Christian Cattan** (6pm Whitecaps) with a 36.1 second improvement in 400IM. The full list of improvements is:

#### 400 free (9)

<b>Bekah Dyck</b>	49.3	EB2
<b>Zoltan Csepregi</b>	26.1	WC1
<b>Andrea Chandler</b>	18.9	WC1
<b>Ralph Siemsen</b>	18.2	EB2
<b>Flo Kellner</b>	16.8	EB2
<b>Megan Holtzman</b>	5.9	EB2
<b>Joanne Heidgerken</b>	5.3	WC1
<b>Isaac Fierro Marquez</b>	4.7	WC1
<b>David Moore</b>	3.5	WC1

#### 400IM (1)

<b>Christian Cattan</b>	36.1	WC1
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## Ask the Coach

**Dear Coach:** A swimmer asked about arriving late in a previous newsletter. What if I have to leave early? Can I still do a warm down before I get out? Busy Schedule

Dear B. Schedule: If you have to leave early, that's not a problem. As a courtesy, let your coach and lane-mates know ahead of time, and don't interfere with those still swimming as you warm down.

**Dear Coach:** I'm interested in doing some local open water swim races in the summer. What do you recommend? Open Water Swimmer

Dear O.W. Swimmer: There are several local races, including "Bring on the Bay" a popular 3k race. Check out the list of Masters Swimming Competitions (below) nearer the summer, and you'll find the details there.

**Dear Coach:** I'm also interested in doing some open water swim training. Any suggestions? Open Water Swimmer

Dear O.W. Swimmer: Some Carleton swimmers do a lot of open water swimming, and can give you some tips (I'll put you in touch). There are also triathletes who swim regularly at Meech Lake, usually on Friday mornings, I believe. Joining trirudy.com (a local triathlon group with daily emails) will allow you to get information on those once the weather warms up!

## Masters Swimming Competitions

This season (September 2019 to August 2020), you have many 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 be accepted by Christian Berger (for his Top 20 rankings) but will not be recognized by Swim Canada, MSC, or 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 \$6 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 **\$50** 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. Notice the price has been reduced by \$15 this year!

3. You can register with both MSO and SO. This costs **\$60** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>.

4. You can also register with MSC. This costs \$30. It's not yet clear what this gets you beyond a few discounts and the ability to use their Million Meter recording page. It will likely be required to swim at the MSC Nationals.

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 Swim Canada Masters 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 Feb 8<sup>th</sup> Downtown Swim Club LC All Out Swim Meet, Toronto (MSO registration required)

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

Sun Feb 9<sup>th</sup> [Note date change] Technosport Meet, uOttawa (MSO registration required)

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

Note: No Nepean Winterlude LC Meet in 2020 as Nepean is hosting MSO Provincials.

Sat Feb 22<sup>nd</sup> Quebec Manche 5, Pointe Claire, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/34520/>

Sun Feb 23<sup>rd</sup> Thornhill Stephen Forsey Invitational Swim Meet (MSO registration required)

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

Sun Mar 1<sup>st</sup> Technosport Meet, uOttawa (MSO registration required)

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

Sun Mar 1<sup>st</sup> Susan Douglas Memorial Masters Meet, Wilmot, ON (SO registration required)

<https://www.swimming.ca/en/meet/35182/>

Sat Mar 14<sup>th</sup> Quebec Manche 6, Dollard-des-Ormeaux, Montreal (SO registration required)

<https://swimming.ca/en/events-results/live-upcoming-meets/>

Fri-Sun Mar 27-29<sup>th</sup> MSO Provincial Championships, Nepean (MSO registration required)

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

Sat Mar 28<sup>th</sup> MSO AGM during MSO Provincials <https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Mar 28<sup>th</sup> La Salle LC Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34281/>

Sat Apr 18<sup>th</sup> Burlington Spring Splash (MSO registration required)

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

Sat Apr 18<sup>th</sup> OlymPINK Masters Challenge, Ottawa (MSO registration required)

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

Fri-Sun Apr 24-26<sup>th</sup> Quebec Masteres Provincials, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/34521/>

Sat-Sun Apr 25-26<sup>th</sup> Swim Ontario Masters Provincials, Etobicoke (SO registration required)

<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>

Apr/May (TBC) Milton Spring Splash (MSO registration required)

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

Fri-Sun May 22-24<sup>th</sup> Swim Canada Masters Nationals, Etobicoke (SO registration required)

<https://www.swimming.ca/en/events-results/events/2020-canadian-masters-swimming-championships/>

Jun 18-25<sup>th</sup> VIII Pan American LC Masters Championships, Medellin, Columbia

[https://www.teamunify.com/SubTabGeneric.jsp?team=uana&stabid\\_=57815](https://www.teamunify.com/SubTabGeneric.jsp?team=uana&stabid_=57815)

Sat-Sun Jun 27-28<sup>th</sup> Swim Portion of USA Masters Games (SCY = yards), Grand Rapids, Michigan

<https://www.usamastersgames.com/swimming>

Fri-Sun Aug 14-16<sup>th</sup> Traversee du Lac Tremblant: 1k, 3k, 5k, and 12k Swims: <https://www.traverseelactremblant.ca/en/>

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!)

### **Carleton Masters Placings in the Canadian Top 20 in 2019:**

There were 12 Carleton swimmers who made the Canadian Top 20 rankings in 2019. Four swimmers were ranked first in the country in at least one event: Liliane Cardinal (7:30am Earlybirds): 1 event; **Jian-Lok Chang** (6pm Whitecaps): 1 event; **Steve Kennedy** (6pm Whitecaps): 5 events, and **Lynn Marshall** (Coach): 20 events. Other swimmers with a top 3 finish were: **Jamie Chalmers** (x-Earlybirds) :three 2<sup>nd</sup> places, **Robin Henderson** (7:30am Earlybirds): two 3<sup>rd</sup> places, and **Natalie Aucoin** (8:30am Earlybirds): 1 third.

Here's the full list of Carleton placings in the Top 20: [Included again as I missed one of Robin's events!](#)

**Megan Holtzman** (40-44; 8:30am Earlybirds): 4th 200IM LC; 6th 800 free LC; 10th 400 free LC, 200 fly SC; 11th 200 free LC; 14th 50 free LC, 50 fly LC; 15th 100 free LC, 400IM SC

**Natalie Aucoin** (45-49; 8:30am Earlybirds): **3rd** 50 fly LC; 4th 200IM LC; 6th 200 free LC; 7th 50 free LC, 100 fly SC; 8th 100 free LC; 11th 400IM SC; 17th 200IM SC

**Dawn Walsh** (55-59; 7:30am Earlybirds): 17th 400IM SC

**Lynn Marshall** (55-59; Coach): **1st** 100 free LC, 200 free SC/LC, 400 free SC/LC, 800 free SC/LC, 1500 free SC/LC, 100 back SC, 200 back SC/LC, 100 fly SC/LC, 200 fly SC/LC, 200IM SC/LC, 400IM SC/LC; 2nd 100 free SC, 100 back LC, 100 breast LC, 200 breast SC/LC, 100IM SC; 3rd 50 free SC/LC; 50 back LC, 50 breast LC; 4th 100 breast SC, 50 fly SC; 5th 50 back SC, 50 fly LC; 7th 50 breast SC

**Robin Henderson** (60-64; 7:30am Earlybirds): **3rd** 800 free LC, 200 breast LC; 4th 400 free LC; 5th 100 breast LC; 6th 200 free LC; **8<sup>th</sup> 50 breast LC**; 9th 100 free LC; 13th 1500 free SC; 14th 50 free LC; 15th 800 free SC

**Liliane Cardinal** (70-74; 7:30am Earlybirds): **1st** 400IM LC; 2nd 50 fly LC, 200 fly SC, 200IM LC; 3rd 400 free LC, 1500 free SC, 400IM SC; 4th 800 free SC, 50 breast LC, 200 breast SC; 5th 200 free LC, 100 fly SC, 200IM SC; 6th 50 free LC, 100 free LC; 8th 200 back SC; 9th 400 free SC, 100 breast SC, 100IM SC; 10th 50 fly SC; 12th 200 free SC; 15th 100 back SC, 50 breast SC; 20th 100 free SC, 50 back SC

**Derek Woodard** (25-29; 6pm Whitecaps): 9th 100IM SC; 11th 50 fly SC; 12th 50 back SC; 19th 100 free SC

**Jian-Lok Chang** (30-34; 6pm Whitecaps): **1st** 50 back LC; 2nd 50 free LC; 5th 100 free LC

**Steve Kennedy** (40-44; 6pm Whitecaps): **1st** 400 free LC, 800 free LC, 50 breast LC, 100 breast LC, 200IM LC; 2nd 100 free SC; 3rd 200 free LC, 50 fly LC; 7th 100IM SC; 8th 50 free LC, 100 free LC; 9th 50 fly SC; 13th 50 free SC; 16th 50 back SC; 18th 50 breast SC

**Mark Blenkinsop** (40-44; Coach): 10th 1500 free SC; 16th 800 free SC

**Marty Raymond** (55-59; x-Whitecaps): 4th 1500 free SC; 6th 400 free SC; 4th 200 free SC, 800 free SC; 8th 50 free SC

**Jamie Chalmers** (75-79; x-Earlybirds): **2nd** 50 back LC, 100 back LC, 200 back LC; 3rd 50 free LC, 100 free LC; 8th 200 free LC; 10th 100 back SC; 12th 50 back SC; 13th 50 free SC; 19th 100 free SC

The full 2019 Top 20 is here: <http://www.statsman.ca/index7.html>.

### **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 3<sup>rd</sup>**).

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

#### **Winter Schedule:**

Wed 4:30-5:30pm

Tue 4:00-5:00pm

Tue 5:00-6:00pm

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 Programs

Masters is a members-only program with no student discount. Registration can be done in person or by phone: 613-520-4480. The 6pm and 7:30am groups fill quickly, so register early to avoid disappointment! The Masters program information is also available on the web site: <http://carletonmasters.tripod.com/>.

**Winter 2020: Thu Jan 2<sup>nd</sup> to Sat Apr 11<sup>th</sup>; no workouts Mon Feb 17<sup>th</sup>; Fri Apr 10<sup>th</sup>****7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2<sup>nd</sup> but \*not\* Thu Apr 9<sup>th</sup> (replaced by Fri Dec 20<sup>th</sup>)****8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2<sup>nd</sup> but \*not\* Thu Apr 9<sup>th</sup> (replaced by Fri Dec 20<sup>th</sup>)****6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon/Thu: Sean; Tue: David): cost \$165+HST: includes **Fri Jan 3<sup>rd</sup> Full: Waitlist Available****7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: Mon/Thu: Sean; Tue: David): cost \$150+HST: includes **Fri Jan 3<sup>rd</sup>****8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

### Students May Add Carleton Masters to their Co-Curricular Record

Carleton students who swim with Carleton Masters may now get this added to their co-curricular record. Just add "Carleton Masters Swim – Member". Information on how to do this is provided here: <https://carleton.ca/seo/ccr/>.

### 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 Ravens Gear:** Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity team:



**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.



**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!

**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](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!

Lynn

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