

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: April 15, 2022 5:31 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 #577

Carleton Masters Swimming Newsletter #577

Friday, April 15th, 2022

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2021, Winter 2022, and Alumni: 7:35am Earlybirds I (50 addresses), 8:40am Earlybirds II (48 addresses), 6:00pm Whitecaps I (43 addresses), 7:15pm Whitecaps II (44 addresses), Saturday Only (9 addresses), Alumni (49 addresses).



Congratulations to **Susan Nevitt-Yelle** (7:35am Earlybirds) and her husband **Jean-Denis Yelle** on becoming first-time grandparents! Their daughter **Katie** and her husband **Alistair** are very happy to announce the birth of baby **Elouise** on April 13 at 8:20pm, weighing 6 lbs 9ozs. Here's a lovely picture of **Susan** and **Elouise**.

Masters Swimming Program Notes

- The Winter Masters programs run from Monday January 31 to Saturday April 30. Note the remaining **Easter weekend workout times**:
 - Workout is at the **usual time for the Saturday group on April 16: 8:15-9:25am**.
 - There are both morning and evening workouts on **Easter Monday, April 18** but one hour **later** than usual for the morning groups and one hour **earlier** than usual for the evening groups: **8:35-9:35am for EB1, 9:40-10:40am for EB2, 5:00-6:10pm for WC1, and 6:15-7:15pm for WC2**.
- There is now one spot available in the 7:15-8:15pm Mon/Tue/Thu WC2, two spots available in the 6:00-7:10pm Mon/Tue/Thu WC1, and four spots available in the 8:40-9:40am Mon/Wed/Fri EB2 group.
- Near the end of the newsletter you will find full details on the Winter programs, information on Carleton's cuScreen app (used to show your COVID-19 vaccination status, and for daily screening to access Carleton Athletics), as well as the Carleton Pool COVID protocols.

- The **Carleton pool will be closed from May 1 to May 20 for annual maintenance**. Information on the Spring and Summer sessions follows.

Winter Make-Up, Spring and Summer Sessions

The pool will reopen on Saturday May 21. Masters swimmers must have a valid membership for all sessions that they attend. Carleton students who are not taking courses during the Spring/Summer need to purchase a membership. There are special deals on Summer memberships for students and non-students:

<https://athletics.carleton.ca/memberships/summer-memberships/>. The details below can also be found on our web site: <https://carletonmasters.tripod.com/index.html#schedSpringSummer>. Starting in May, proof of vaccination will not be required, but the mask mandate remains in place. In addition, we will use just the normal ("front") doors to enter and exit the changerooms from the pool deck. Note that the morning groups will start 5 minutes earlier.

Winter Make-Up Workouts

As the Winter session was shortened, **the** first week of workouts will be Winter "Make-Up" workouts offered free of charge to all those registered for Winter. Your make-up workouts correspond to the group(s) that you are currently registered in:

Saturdays: Saturday May 21 10:45-11:55am

Earlybirds 1: Monday May 23 8:30-9:30am, Wednesday May 25 7:30-8:30am, Friday May 27 7:30-8:30am; Coach: Lynn

Earlybirds 2: Monday May 23 9:35-10:35am, Wednesday May 25 8:35-9:35am, Friday May 27 8:35-9:35am; Coach: Lynn

Whitecaps 1: Monday May 23 5:00-6:10pm, Tuesday May 24 6:00-7:10pm, Thursday May 26 6:00-7:10pm; Coaches: Sean and Mark

Whitecaps 2: Monday May 23 6:15-7:15pm, Tuesday May 24 7:15-8:15pm, Thursday May 26 7:15-8:15pm; Coaches: Sean and Mark

Spring Session

Registration for the Spring Session starts noon Wednesday April 20. The Spring Session runs from May 28 to June 30:

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$28+HST

Earlybirds 1: Monday/Wednesday/Friday 7:30-8:30am; Coach: Lynn; \$60+HST

Earlybirds 2: Monday/Wednesday/Friday 8:35-9:35am; Coach: Lynn; \$60+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean and Mark; \$68+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean and Mark; \$64+HST

Summer Session

The registration start date for the Summer Session will be announced nearer the time. The Summer Session runs from July 2 to September 3, with no workouts on August 1:

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$62+HST

Earlybirds 1: Monday/Wednesday/Friday 7:30-8:30am; Coach: Lynn; \$112+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean and Mark; \$118+HST

Swimmer Notes

Swimmer Updates:

- Congratulations also to **Titia Kaandorp** (8:40am Earlybirds) and **Martin B** (8:40am Earlybirds) on becoming first-time grandparents on April 10. Their granddaughter's name is **Maeve Wilhelmina**.

- **Natalie Aucoin** (8:40am Earlybirds) and her husband, **Rick Boland**, have made the difficult decision to sell their restaurant, The Foolish Chicken. It will close on April 24. Thanks to **Isla Paterson** (8:40am Earlybirds) for letting me know about the Citizen Article: "Foolish Chicken: Staffing Shortage Prompts Preston Street Restaurateurs to Sell the Business": <https://ottawacitizen.com/news/local-news/staffing-shortage-prompts-preston-street-restaurateurs-to-throw-in-the-towel>.

- I was lucky to virtually meet Australian **Danielle Spurling** on Facebook a while ago and she kindly featured me on her most recent weekly Masters Swimming podcast. Please check out her podcasts here: <https://www.torpedoswimtalk.com/podcasts>, and here's a direct link to the latest one: <https://www.buzzsprout.com/1482502/10415252>.

- **Melanie Heroux** (8:40am Earlybirds) is now recovering at home from her Chiari decompression surgery. She is not permitted any physical activity until at least May 16, when she has her next appointment with the neurosurgeon. Melanie would love to have some visitors as she recuperates. If you would like to visit, contact Melanie at saku_fan@hotmail.com to work out the details.

- **Gursharan Uppal** (7:35am Earlybirds) asked me to pass this along: I am a MSc student studying pollutants called PFAS (per- and polyfluoroalkyl substances). PFASs initially used in non-stick coatings and waterproofing have now been expanded to be used in many consumer products ranging from non-stick cookware and food-packaging to cosmetics and carpeting. I am researching how the PFAS from these products can be released into the air. To better understand PFAS exposure, we want to measure PFAS levels in the air we breathe. We are looking for people who would like to participate in having the air in their home sampled. If you are interested or would like to learn more, please send me an email at gursharanuppal@cmail.carleton.ca.

Air Sampler

- Per- and polyfluoroalkyl substances (PFAS) are a group of man-made chemicals
- PFAS are added to many consumer products and can be released into the air
- Exposure to some types of PFAS have been linked to serious health effects
- Air sampling device will be placed in the living room
- The sampler will filter the air for 3 days
- No personal information will be shared
- The goal of this study is to investigate PFAS present in indoor air to better understand human exposure

Please contact gursharanuppal@cmail.carleton.ca for more information

- Carleton COVID Measures Update: At this time, following discussions with public health and other universities in Ontario, Carleton is not planning changes to [the measures we currently have in place](#), including current masking, vaccination and pre-screening requirements. As confirmed by the [Council of Ontario Universities](#), in order to minimize the disruption to our students, staff, faculty and university communities, Ontario's universities will maintain their [COVID-19 vaccination policies](#) and [mask policies](#) until April 30.

- Several weeks ago, Carleton announced that if the pandemic continued to recede, our mask mandate would be suspended as of May 1. Unfortunately, a sixth wave is now driving up the monitoring indicators of COVID-19 in Ottawa. Accordingly, on the recommendation of Ottawa Public Health, **Carleton will be maintaining the mandatory [COVID-19 Mask Policy](#) until further notice.** Note that proof of vaccination will no longer be required to access campus after May 1.

- Athletics members may book the Fitness Centre and Member Swims here: <https://rec.carleton.ca/booking>. Here is the member swim schedule: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

Aquatic-Related Links:

- International Ice Swimming Association (Water Below 5C): Poland: Distance Record: <https://www.facebook.com/iisapoland/posts/1631807210516632>
- Shark at Fish "Buffet": <https://twitter.com/FredSchultz35/status/1512439104255971332>
- How to Swim Butterfly Properly: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-to-swim-butterfly>
- Starts with **Brad Tandy** – The Leg Kick: <https://www.youtube.com/watch?v=cQfmbysnmus>
- Olympic Swimmer **Yulia Efimova** Shows off Abs in Kitchen At-Home Workout: <https://www.youtube.com/watch?v=E1sAQxsrBUE>

News and Other Links:

- U of T Scholars ask Sport Minister for Review of Own The Podium [Thanks to **Sheila Kealey** (8:40am Earlybirds)]: <https://www.cbc.ca/sports/olympics/uoft-scholars-ask-sport-minister-review-own-the-podium-1.6412584>

- Can Using Menthol Help You Cool Down in Hot Weather?: <https://triathlonmagazine.ca/training/can-using-menthol-help-you-cool-down-in-hot-weather/>
- Three Key Lessons On Age and Fitness From a 55 Year Old Athlete: <https://www.facebook.com/richrollfans/posts/520098149481066>
- Thirteen Exercise Motivation Tips to Help You Stick to a Workout Routine: <https://www.self.com/story/mental-strategies-to-stick-with-exercise-routine>
- Why Exercise Is More Important Than Weight Loss for a Longer Life: <https://www.nytimes.com/2021/09/29/well/move/exercise-weight-loss-longer-life.html> and/or [https://www.cell.com/iscience/fulltext/S2589-0042\(21\)00963-9](https://www.cell.com/iscience/fulltext/S2589-0042(21)00963-9)
- How to Mentally Pull Through a Tough Moment: <https://www.outsideonline.com/health/wellness/how-mentally-pull-through-tough-moment/>
- Three Ways To Cope With Pre-Race Nerves: <https://www.precisionhydration.com/performance-advice/motivation/how-to-cope-with-pre-race-nerves/>
- The Best Time of Day to Exercise for Metabolic Health: <https://www.nytimes.com/2021/05/26/well/move/exercise-time-day-metabolic-health.html>

Winter Session Information

Dates: Monday January 31 to Saturday April 30; Workouts **will** run on February 21 (Family Day): morning and evening, April 15 (Good Friday): morning, and April 18 (Easter Monday): morning and evening: times one hour later than usual for morning groups and one hour earlier for evening groups.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End: **Lynn**

8:40-9:40am Mon/Wed/Fri Earlybirds 2: Deep End: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Mon/Tue: Shallow End; Thu: Deep End: **Sean**

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow End; Thu: Deep End: **Mark**

8:15-9:25am Saturdays: Shallow End; rotating coach schedule

Any changes will be noted here.

Mark is coaching for **Lynn** on **Friday April 22**.

Special Sets:

Mon Mar 7: fin day

Thu/Fri Apr 7/8: fin day

Tue/Wed Apr 19/20: 1500/800 time trial

Thu/Fri Apr 28/29: "funner" day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanwint22.pdf>.

Here are the attendance statistics for the term to date. If there are any errors, please let me know.

7:35am Earlybirds: January 31-April 15 (33 workouts); range: 14-31; average: 23.2

Perfect Attendance: **Liliane Cardinal**

Missed One Workout: **Ursula Scott**

8:40am Earlybirds: January 31-April 15 (33 workouts); range: 10-23; average: 18.3

Missed Two Workouts: **Luciara Nardon, Margaret Janse van Rensburg, Renate Hulley**

6:00pm Whitecaps: January 31-April 14 (33 workouts); range: 15-27; average: 20.8

Perfect Attendance: **Cameron Dawson, Konstantin Petoukhov, Matthew Sinclair, Peter Lithgow**

Missed One Workout: **Christian Cattan, Don Wells**

7:15pm Whitecaps: January 31-April 14 (33 workouts); range: 14-24; average: 20.4

Perfect Attendance: **Stephanie Le Saux-Farmer**

8:15am Saturdays: February 5-April 9 (10 workouts); range: 18-28; average: 23.0

Perfect Attendance: **Christian Cattan, Don Wells, Homero Martinez, Jennifer Murdock, Joanie Conrad, Liliane Cardinal, Mariette Kenney**

Ask the Coach

Dear Coach: As the pool will be closing soon, which means swimming in Ottawa pool lane swims, do you have any tips for figuring out which lane to join and how to do a Masters-style workout in a lane swim without getting frustrated. Lane Swimmer

Dear L. Swimmer: My main recommendation is to be flexible. First, the lane signs (fast, medium, etc.) are always relative. It depends on the pool and who is there on any given day. I find that it can be helpful to move between lanes depending on where you are in your workout and the speed you are swimming at (e.g. kick, freestyle, IM, etc.). It can also be useful to move if other swimmers leave or arrive, and the lane speeds change. I find it easier to do longer repeats (200, 400) vs. shorter (50, 100) in a busy lane swim as, if you stop when someone else is at the wall, they will assume that you're going to stop the next time, and be more likely to push off as you are turning. Also, in these COVID times, avoiding stopping at the same time as someone else in your lane is good practice. If I'm doing 400s and someone is already at the wall when I reach 400m, I'll just continue and do a 450 or 500, and then do a 350 or 300 next time.

Dear Coach: Are your toes really supposed to point up when you place your feet on the wall during a flip turn? That's not what I was taught. "Mature" Swimmer

Dear M. Swimmer: Yes, indeed! Back in the day (70s and 80s) we were taught to twist as we flipped and push off the wall on our side. In the late 1980s, this changed. The reason is that if you twist after you leave the wall it doesn't take any extra time, while twisting while flipping does. Here's a video: https://www.youtube.com/watch?v=0eg_PX0TVQE.

Dear Coach: Do you have any tips for doing turns, especially flip turns, with fins? Fin Swimmer

Dear F. Swimmer: Your feet tend to slip a bit on the wall when wearing fins, so you likely don't get as good of a push off as without fins. Apart from that, everything else is the same. For flip turns, you still want to point your toes up when hitting the wall. For open turns, you want to keep your ankles extended as you bring your knees forward to reduce the drag. Like anything, practice makes perfect.

Dear Coach: Do you have any suggestions for making open turns (non-flip turns) faster? Turning Swimmer

Dear T. Swimmer: Ensure that you always look up at the ceiling as your turn. Have one hand go above the water and the other stay underwater as you turn. Also, ensure that just one shoulder comes out of the water. You want to avoid "groundhogging", which is when you lift both shoulders way above the water and look around 😊 !

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2022), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$40**. For both, it's **\$50**. Contact me for more details.

Here's a list of potential upcoming meets in Ontario and Quebec.

Apr 22-24 Quebec Masters Provincial: <https://www.swimming.ca/en/meet/37169/> (SO registration required)

May 20-22 Canadian Masters Championships, Quebec City <https://www.swimming.ca/en/events-results/events/canadian-masters-championships/>; <https://www.swimming.ca/en/meet/36401/> (SO registration required)

Jun 11-12 Masters Swimming Ontario 50th Anniversary Meet (2020 Delayed MSO Provincial Championships), Nepean <https://ms.mastersswimmingontario.ca/web/schedule.php> (MSO registration required)

July 16 Ottawa Bring on the Bay Open Water Swims: 1.5k and 3k <https://bringonthebay.com/>

July 21-28 Pan American Masters, Medellin, Columbia (SO registration required)

https://www.clubassistant.com/club/form/select_sports.cfm?c=2164&msid=5

August 3-7 Traversee du Lac Tremblant Open Water Swims: 1k, 3k, 5k, 12k, and 12k team:

<https://www.traverseelactremblant.ca/en/>

August 14 Ottawa Riverkeeper Open Water Swims: 1.5k and 4k <https://raceroster.com/events/2022/59495/riverkeeper-open-water-swimmage-en-eau-libre-garde-riviere>

2022 Endurance Swim Challenge (100, 200, 300, 400 or 500 miles, and 500 mile team event)

<https://www.active.com/other-endurance/virtual-events/endurance-swim-challenge-100-200-300-400-or-500-miles-and-500-mile-team-event-2022>

Aug 2-11, 2023 FINA Masters World Championships (instead of 2021), Kyushu, Japan

<https://www.swimmingworldmagazine.com/news/fina-confirms-new-dates-for-world-masters-championships-in-2023>

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

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 **Apr 6**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule: fully booked

Spring Schedule coming soon!

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

cuScreen

- Athletics community members must be 2 weeks post fully vaccinated (2 doses) to use the facilities. To access the pool, you must show your COVID screening with the green tick mark on your phone, and also swipe your member / campus card at the Welcome Centre. If your card does not swipe, the staff will make a note and get that resolved.
 - If you do not have a smart phone, show the paper screening form along with a paper copy of your vaccination records for admittance.
 - Please be polite to the Welcome Centre staff! They are just doing their job. Thank you!
- cuScreen details:
 - Proof of COVID-19 vaccination and a daily COVID-19 screening is required to access all buildings on the Carleton campus via cuScreen: <https://carleton.ca/covid19/cuscreen/>.
 - If you are not Carleton staff or student, instructions on how to **create your account** can be found under "Visitors" (<https://carleton.ca/covid19/wp-content/uploads/cuScreen-Instructions-for-Visitors-Final.pdf>). The instructions include the required registration code. Although it should be possible to create more than one profile per account, one account per person is recommended.
 - Click on "**Report your latest vaccination status**" to upload your proof of vaccination. Note that if you are fully vaccinated, you need to upload proof of **both** vaccinations, not just the second one. If you don't have pdf copies of your Ontario vaccinations, you can download them here: <https://covid-19.ontario.ca/covid-19-vaccine-booking-support#vaccination-receipts>. If you are fully vaccinated, you only need to do this once.
 - In addition to uploading your vaccination records, you will do a daily COVID screening using cuScreen. You will also check in and out of the buildings you access (e.g. Athletics) via QR location codes: <https://carleton.ca/covid19/cuscreen/qr-location-codes/>. If you don't have a smart phone, there is a paper form available: <https://carleton.ca/covid19/cuscreen/paper-based-self-assessment/>. If you use the paper form, be sure to have a copy of your vaccination records and government photo ID with you, to show upon request.

Masters Swimming COVID Protocols

The changes from last term are bold and underlined.

- A mask must be worn, except when swimming. Use the hand sanitizer provided, and maintain a distance of 6 feet.
- The Welcome Centre will let you know when you may access the change room. We recommend that you wear your swim suit to the pool to limit time in the change room. Lockers are available for day use. There are showers available in all change rooms. The saunas remain closed.
- Walk clockwise around the pool deck. **Please use the correct doors to access and exit from the pool deck.** To enter the pool from the change rooms, please use the doors by the showers (the doors that were used pre-COVID to both enter and exit). When leaving the pool deck, exit through the door by the bulkhead, behind the guard chair.
- If you arrive early, please keep your distance from swimmers leaving the pool deck.
- Each lane will have a maximum of six swimmers.
- You may only attend the swims that you are registered for.
- **The masters equipment (kick boards and pull buoys, plus fins on fin days) will be available. However, swimmers must clean the pool-owned equipment they use both before and after use. Cleaning materials will be provided.**

- You may bring your own equipment, but no snorkels are permitted.

Winter Program Information

Dates: Monday January 31 to Saturday April 30. Sessions **will** run on holidays: Family Day (morning and evening groups), Good Friday (morning groups), Easter Monday (morning and evening groups): times one hour later than usual for the morning groups and one hour earlier than usual for the evening groups. Some groups still have space available (see below). Online registration is recommended: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5>. You may also register by phone (613-520-4480) or in person when Athletics reopens.

As usual, you must be staff, student, or a community member to swim with Carleton Masters. Note that the Earlybirds 2 group is 5 minutes earlier than in the Fall term.

As there are fewer workouts than originally planned, the prices have been adjusted, and the refund that will be credited to the accounts of those already registered is also given below.

Earlybirds 1: Mon/Wed/Fri **7:35-8:35am** deep end: Coach: **Lynn:** \$154.20 + HST (full: wait list available); refund: \$15.80 + HST

Earlybirds 2: Mon/Wed/Fri **8:40-9:40am** deep end: Coach: **Lynn:** \$154.20 + HST (4 spots available); refund: \$15.80 + HST

Whitecaps 1: Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: Coach: **Sean:** \$164 + HST (2 spots available); refund: \$21 + HST

Whitecaps 2: Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: Coach: **Mark:** \$154.25 + HST (1 spot available); refund: \$19.75 + HST

Saturday: 8:15-9:25am shallow end: Coaches: **rotating schedule:** \$65 + HST (full); refund: \$5 + HST

General Masters Information:

- **Memberships:** To be able to swim with Masters, you need a membership good for the entire term, and for the time of day when you will be swimming. The different membership options are listed here: <https://athletics.carleton.ca/memberships/>. (Senior Ravens, Winter Walking, and Squash memberships do **not** give access to Masters swimming.
- **Parking:** To park on campus, parking passes or payment is required. The member's free parking pass is good except for 10am to 4pm Monday to Friday.
- **Lockers:** Day lockers are now available for use while swimming. Permanent lockers are not available while physical distancing measures are in place.

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/>.

Carleton Ravens Gear: Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity swim team. Ask for more details.

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 annual fees to register Carleton Masters with Masters Swimming Ontario and Swim Ontario. We have a few triathlon latex caps (50c), as well as some brand new Speedo silicone caps (\$5). 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.)

Aquasport Discount for Carleton Masters Swimmers: Aquasport (2730 Iris Street) is under new management. I am working on contacting the new manager to renegotiate our discount. Stay tuned!

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>