

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: June 26, 2022 8:16 AM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #582

Carleton Masters Swimming Newsletter #582

Sunday, June 26th, 2022

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2021, Winter 2022, Spring 2022, Summer 2022, and Alumni: 7:35am Earlybirds I (55 addresses), 8:40am Earlybirds II (49 addresses), 6:00pm Whitecaps I (48 addresses), 7:15pm Whitecaps II (44 addresses), Saturday Only (8 addresses), Alumni (45 addresses).



Congratulations to **Derek Woodard** (Varsity Swim Team and 7:35am Earlybirds) on his graduation with a Bachelor of Engineering. I was lucky enough to witness his convocation with other faculty members from the stage. Photo credit: **Jocelyn Pender** (7:35am Earlybirds).

Masters Swimming Program Notes

- The Spring session started on Saturday May 28 and runs until Thursday June 30.
 - There are **no workouts on Friday July 1** (Canada Day). The pool is completely **closed** that day (no public swims).
- The Summer session starts on Saturday July 2 (at the later Saturday Summer time: 12:15-1:25pm) and runs until Saturday September 3.
 - **The regular Saturday workout on July 9 is cancelled** as a power outage was scheduled.
- **As the Athletics power outage on Saturday July 9 has been cancelled, we are planning to run a “Masters-Palooza” event from 11am to 1pm. This is free for all Masters swimmers registered for any group for Spring and/or Summer – details below.**
- Full details of the Spring and Summer sessions can be found near the end of the newsletter.
- The Spring 7:35am and Summer 7:35am Earlybirds groups now have a few spaces. The Summer Whitecaps is getting close to full.

Masters-Palooza: Saturday July 9: 11am to 1pm

All Carleton Masters swimmers registered for any Masters group(s) in Spring and/or Summer are welcome to attend at no charge, assuming that we have a “critical mass” to proceed. Depending on the number of coaches (so far: Tim, Sean, and me) and swimmers, we will offer three (40 minute) or four (30 minute) “stations”, as well as a two hour workout for those who would like to get in a long swim. Potential “stations” include: video recording (and feedback), turns, starts, stroke clinics (fly, back, breast, and/or free), time trials, a short workout (length of one “station” vs. the full two hours), etc., and you may also suggest “stations”. If you are interested, please sign up using this Google sheet: <https://docs.google.com/spreadsheets/d/1K727ZLiz61gG06qlbob2BH6npx2nP6Im0FZqU6FzgSs/edit?usp=sharing>, specifying the stations you are interested in from 1 to n, where 1 is the one of most interest. If you have difficulties accessing the Google sheet, please send me your information by email.

Athletics Updates

- **Masks are no longer mandatory**, however we continue to strongly recommend masking when indoors, particularly if physical distancing cannot be maintained. We are aware that personal preferences regarding optional mask use will vary greatly, and we ask that we all show consideration and care for each other during this transition. Please note that if pandemic circumstances were to change, the university may need to quickly reinstate the mask requirement and the vaccination policy. The University will continue to carefully monitor the situation and to align with evolving public health advice and government requirements.
- There will be **concrete floor work commencing on Monday June 27th in the Men's locker room** which does not require the room to be closed to our guests, but there will be some noise and a small section of the locker room will be unavailable for use. The section will be clearly marked with a plastic sheet to help control dust. Patrons are asked to simply use another part of the room until this work is complete and we apologize for the inconvenience.
- The **Women's locker room will be closed Thursday June 30th from 6:00 am to 11:30am** for work to be performed on the showers which are not operating. The goal is to have a considerably larger number of working, available showers after this closure, about which the members should be pleased. Patrons are welcome to use the 2nd floor Gender Inclusive locker room instead during this time.

Swimmer Notes

Swimmer Updates:

- The club discount for Aquasport (now run by Team Aquatic Supplies) has finally been set up. See the details in the “Notes and Reminders” section. You need to show the card for an in-store discount.
- Check out a new podcast series: “Bike Tales – Stories from the Cycling Community”. Season one focuses on Ottawa. **Marie-Odile Junker** (8:40am Earlybirds)’s spouse, **David Chernushenko**, is featured in the first podcast: <https://www.podbean.com/pu/pbblog-yqcz3-d7659e>.
- Best of luck to those competing in the Ottawa Dragon Boat Festival this weekend. Results next time.
- No fewer than **fourteen** Carleton swimmers attended the meet at the Nepean Sportsplex on June 11-12!! Full details in the “Race Results” section below.

- Here is the public swim schedule: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>. Swims are now available to the general public, as well as to members. Note that **it is no longer necessary to pre-book swim spots** ahead of time. Pre-booking is still required for the Fitness Centre: <https://rec.carleton.ca/booking>.

Aquatic-Related Links:

- **Sally Minty-Gravett**, Channel Swimming Record Holder, to Try Again for Retirement Swim: <https://www.bbc.com/news/articles/cz73kpw7we7o>
- A Blue Whale Spotted off the Coast of Vancouver Island: <https://twitter.com/MeanwhileinCana/status/1533994435150852096>
- FINA Votes to Restrict Transgender Participation in Elite Women's Swimming Competition: <https://www.cbc.ca/sports/olympics/summer/aquatics/fina-swimming-transgender-elite-women-1.6494060>
- The Fountain of Youth Hasn't Been Found — But Swimming May Come Close [thanks to **Karen Jensen** (7:35am Earlybirds/6:00pm Whitecaps)]: <https://ideas.ted.com/swimming-brain-boost-science/>
- Lifeguard Shortages Impacting Pools, Water Programs Across Canada: <https://www.theglobeandmail.com/canada/article-lifeguard-shortages-impacting-pools-water-programs-across-canada-2/>
- 6 Rude Awakenings after Your First Open Water Swim of the Year: <https://triathlonmagazine.ca/feature/6-rude-awakenings-after-your-first-open-water-swim-of-the-year/>

News and Other Links:

- Coffee is Bad for Flexibility and Soft-Tissue Injuries: <https://stretchcoach.com/articles/coffee-is-bad-for-flexibility-and-soft-tissue-injuries/>
- Coffee Versus Caffeine: <https://www.mysportscience.com/post/2015/02/05/coffee-versus-caffeine>
- Why Women Might Need Different Hydration Advice: <https://www.outsideonline.com/health/training-performance/women-hydration-research/>
- Beware That Nocebo Strapped to Your Wrist: <https://www.bloomberg.com/opinion/articles/2021-12-15/wrist-size-fitness-gadgets-make-for-great-gifts-but-beware-of-the-nocebo-effect>
- What Runners Should Know About Donating Blood: <https://www.womensrunning.com/health/wellness/what-runners-should-know-about-donating-blood/>
- Study: When Should You Stop Strength Training Ahead of Your Goal Race?: <https://triathlonmagazine.ca/training/study-when-should-you-stop-strength-training-ahead-of-your-goal-race/>

Spring Session Information

Dates: Saturday May 28 to Thursday June 30. No workouts Friday July 1 (Canada Day).

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: Mon: **Adrian/Sean**; Tue/Thu: **Mark**

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

Any changes will be noted here.

Adrian coached the **7:15pm** group on **Monday May 30, June 6, June 13, and June 20.**

Mark coached for **Sean** on **Tuesday June 7.**

Thank you to **Mark** who coached for **me** on **Friday June 10** and **Wednesday June 15.**

Thank you to **Sean** who coached for **me** on **Monday June 13** and **Friday June 17.**

Sean coached for **Mark** on **Thursday June 16.**

Mark coached for **Sean** on **Thursday June 23.**

Sean is coaching the 7:15pm group on **Monday June 27.**

Special Sets:

Thu/Fri June 2/3: fin day
Wed/Thu June 29/30: fun day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplansprsum22.pdf>.

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

7:35am Earlybirds: May 30 to June 24 (12 workouts); range: 22-30; average: 25.3
Perfect Attendance: **Angela Davis, Ann Bortolotti, Derek Woodard**

8:40am Earlybirds: May 30 to June 24 (12 workouts); range: 14-21; average: 18.2
Perfect Attendance: **Cori Dinovitzer, Isla Paterson, Margaret Janse van Rensburg, Marie-Odile Junker, Renate Hulley**

6:00pm Whitecaps: May 30 to June 23 (12 workouts); range: 14-24; average: 19.0
Perfect Attendance: **Don Wells, Juliette Pons**

7:15pm Whitecaps: May 30 to June 23 (12 workouts); range: 10-20; average: 14.8
Perfect Attendance: **Seana Biggs**

8:15am Saturdays: May 28 to June 25 (5 workouts); range: 14-19; average: 16.2
Perfect Attendance: **Homero Martinez, Isla Paterson, Joanie Conrad, Mariette Kenney, Mary Donaghy, Natalie Aucoin, Nicole Delisle, Sandy Lawson, Stephanie Le Saux-Farmer**

Ask the Coach

Dear Coach: What time is the Earlybirds group in the Summer? I've seen both 7:30-8:30am and 7:35-8:35am. Earlybird Swimmer

Dear E. Swimmer: It will be 7:35-8:35am.

Dear Coach: I have a credit on my account, due to receiving some refunds during the pandemic. How can I use this towards my next Masters registration? Swimmer with Credit

Dear S.w. Credit: Unfortunately, the online system cannot access your account credit, so to use the credit you need to register either in person or by phone.

Dear Coach: How many kicks may I do in butterfly? And must they be dolphin kicks? Struggling Flyer

Dear S. Flyer: How many you may do is a bit different from how many you should do! Ideally, you should do two fly (dolphin) kicks per stroke, one when your hands enter the water, and one as your hands exit the water. However, you may do as few or as many fly kicks per stroke as you like. In fact, you could just do fly kick for the entire race! In Masters competitions (but not age group meets), you are also permitted to do up to one breaststroke kick per stroke. This is because many of the more mature Masters swimmers learned fly with breaststroke kick.

Dear Coach: When I do two fly kicks per stroke, should they both be equally powerful? I find that my feet come out of the water on the second kick. Is that ok? Improving my Fly

Dear I.m. Fly: Although some sources disagree, in general, the first kick should be stronger. Remember also that each kick has two phases, the down kick and the up kick. The down phase is usually more powerful, but don't neglect to also kick up. Ideally your feet should not come out of the water, as more splash will slow you down, and kicking air is not very efficient. There is likely a timing issue with your fly. Ask your coach to have a look and give you some tips.

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 upcoming meets and races mostly in Ontario and Quebec.

May to October Canaqua Canadian Swim and Swim/Run Series <https://www.canaquasports.com/>
 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>
 August 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>
 Global Open Water Swim Series (Year Round; **Virtual Races** available) <https://globalswimseries.com/races/>

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

Saturday-Sunday June 11-12 Masters Swimming Ontario 50th Anniversary Meet and Delayed 2020 Provincial Championships, Nepean Sportsplex

There were **14** Carleton swimmers at this meet!! Great to see such a good turn out and a big thank you to Coach **Mark Blenkinsop** who organized the relays and was able to attend in my absence. And so many fast times!! Congratulations, all!! Note that many of these times made the Masters Swimming top 20 list – check it out. The link is at the end of this section.

Full results: <https://www.mastersswimmingontario.ca/wp-content/uploads/2022/06/MSO-Prov-2022-Results-Rev-2-2022-June-12.pdf>.

Updated Club Records: <https://carletonmasters.tripod.com/220612.Records.pdf>. Seven new club records were set, in six events! New records were set by **Gursharan** in the 400 IM (no previous record), and six(!) by **Steve** in 50 free (twice: individual and relay lead-off) breaking his previous record of 26.67, 400 free (breaking his old long course record of 5:00.30), 800 free (breaking his old long course record of 10:18.92), 200IM (breaking his old long course record of 2:30.48), and 200 breast (breaking the late **Tom Anzai's** 3:02.21 from Nepean in 2002).

Here's how everyone did:

Angela Davis (7:35am Earlybirds; 70-74): **1st** 800 free (22:57.46); **2nd** 50 breast (1:25.14), **3rd** 400 free (10:40.56)
Ursula Scott (7:35am Earlybirds; 60-64): **4th** 100IM (2:02.95), **5th** 100 free (1:43.32), 50 back (1:04.83), 50 fly (1:03.48); **6th** 200 free (3:49.58)
Mark Blenkinsop (Coach; 40-44): **1st** 200 free (2:21.18), 100 fly (1:13.02); **2nd** 400 free (5:05.83), 800 free (10:48.03), 50 fly (30.32)
Steve Kennedy (6pm Whitecaps; 40-44): **1st** 50 free (26.18: Club Record), 100 free (57.55), 800 free (9:36.15: Club Record, 400 split 4:45.35: Club Record), 200 breast (2:45.60: Club Record); **2nd** 200 free (2:26.13: swimming IM: Club Record)
Nathan Fudge (7:15pm Whitecaps; 40-44): **2nd** 50 free (28.21); **3rd** 400 free (5:16.67)
Heather Morrison (7:35am Earlybirds; 35-39): **1st** 100 back (1:39.83), 50 fly (43.46); **2nd** 100 free (1:27.27), 100IM (1:39.41)
Courtney Buchanan (7:15pm Whitecaps; 25-29): **1st** 50 free (31.19), 100 free (1:09.15), 100 breast (1:24.32), 100IM (1:17.00)
Seana Biggs (7:15pm Whitecaps; 25-29): **2nd** 50 fly (37.14); 3rd 50 free (33.75)
Kelly Biggs (7:15pm Whitecaps; 25-29): **2nd** 100 fly (1:36.71); 3rd 50 fly (37.17)
Jay D'Amour (7:15pm Whitecaps; 25-29): **1st** 200 breast (2:56.14); **2nd** 50 free (26.29), 100 free (1:00.16), 100 breast (1:16.11)
Adrian Finn (Coach; 25-29): **1st** 50 free (25.84), 100 free (57.04), 100IM (1:07.00), 200IM (2:27.26)
Gursharan Uppal (7:35am Earlybirds; 18-24): **1st** 100 free (1:12.84), 50 back (36.57), 400IM (6:14.63: club record [no prev]); **2nd** 50 free (32.46); **3rd** 50 fly (36.61), 200IM (2:55.84)
Paddy Mallia (8:40am Earlybirds/6pm Whitecaps; 18-24): **1st** 50 breast (34.80), 100 breast (1:15.33), 50 fly (33.40), 100IM (1:19.42); **2nd** 50 free (30.71)
Mark Lebel (7:15pm Whitecaps; 18-24): **1st** 50 free (27.73), 100 free (1:02.02); **2nd** 50 breast (35.72), 100 breast (1:20.01)

Relays

Women 120+ 4 x 50 Free Relay

Ursula (47.35?), **Kelly** (30.12?), **Seana** (32.89), **Gursharan** (32.66): **2nd** 2:23.02

Women 100+ 4 x 50 Medley Relay

Gursharan (37.10), **Courtney** (37.49), **Seana** (37.38), **Kelly** (34.02): **2nd** 2:25.99

Men 100+ 4 x 50 Free Relay

Steve (25.99: Club Record), **Jay** (26.39), **Mark L** (27.70), **Paddy** (30.01): **1st** 1:50.09

Men 120+ 4 x 50 Medley Relay

Nathan (38.17), **Adrian** (34.35), **Mark** (30.51), **Steve** (26.21): **1st** 2:09.24

Mixed 100+ 4 x 50 Medley Relay

Mark L (32.81), **Jay** (33.81), **Kelly** (38.31), **Seana** (33.49): **1st** 2:18.42

Mixed 120+ 4 x 50 Medley Relay

Gursharan (36.47), **Courtney** (38.00), **Mark B** (30.07), **Steve** (25.83): **1st** 2:10.37

Mixed 100+ 4 x 50 Free Relay

Paddy (30.45), **Adrian** (25.34), **Courtney** (30.51), **Seana** (35.03): **1st** 2:01.33

Mark L (28.08), **Jay** (26.13), **Gursharan** (31.39), **Kelly** (37.33): **2nd** 2:02.93

Lynn's Road Trip

I missed the above event as I went on a road trip to two Long Course (50m pool) events in Indianapolis and Munster (just outside Chicago). It was a 13 hour drive each way, but the swims went reasonably well (7 swims setting 4 World Records, 10 Canadian Records, and 12 Ontario Records), and I got to be a tourist between the two competitions. For those interested, a few photos: <https://photos.app.goo.gl/6H85QXFECJ1K5fV3A>.

Saturday June 11 Summer LC Invitational at the IU Natatorium, Indianapolis, Indiana

Full results: <https://www.usms.org/comp/meets/meet.php?MeetID=20220611IUNATL>. The old records are in square brackets.

Lynn Marshall (Coach; 60-64): 1st 400 free (4:53.58: World Record [4:59.82], with 200 free split: 2:26.52: National Record [2:35.99]), 200 breast (3:22.24: Ontario Record [3:34.23]), 200 IM (2:46.76: National Record [3:00.52], with 50 fly split 36.40: Ontario Record [36.84]), 400 IM (5:48.88: World Record [5:56.27], with 100 fly split: 1:18.05: National Record [1:24.75])

Saturday June 18 9th Annual Munster Masters LC Summer Splash, Munster, Indiana

Full results: <https://www.usms.org/comp/meets/meet.php?MeetID=20220618MUNSTL>. The old records are in square brackets.

Lynn Marshall (Coach; 60-64): 1st 1500 free (19:23.70: World Record [19:52.85], with 800 free split 10:18.82: World Record [10:27.71]), 200 back (2:46.62: National Record [2:59.01], with 100 back split 1:23.35: National record [1:24.16]), 200 fly (2:47.28: National Record [3:28.58])

Saturday June 18 Vatternrundan 315km Cycle, Motala, Sweden

Sophia Ersil (7:15pm Whitecaps) participated in this event, which is the largest (12216 cyclists) and longest recreational bike ride in the world. She finished in 17 hours and 40 minutes and was up for over 24 hours! You can read more about this event here: <https://search2.vatternrundan.se/search/en/vr>. Congratulations, **Sophia**!!

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 **June 24**).

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule

Monday 4-5pm

Monday 5-6pm

Tuesday 4-5pm

Tuesday 5-6pm

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

Spring and Summer Sessions

Registration is open for both sessions. 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>. Register online here:
<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5>.

Spring Session

The Spring Session runs from May 28 to June 30. No workouts July 1.

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

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$60+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$60+HST

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

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

Summer Session

The Summer Session runs from July 2 to September 3, with no workouts on July 9 or August 1:

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

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST

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

Masters Swimming COVID Protocols

- The mask mandate has been lifted, but masks are recommended indoors, except when swimming. Use of hand sanitizer and physical distancing are recommended.
- We suggest 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.
- The regular doors to the pool deck will be used for both entry and exit.
- If you arrive early, please keep your distance from swimmers leaving the pool deck.
- While lanes may have more than six swimmers, a maximum of six will be maintained where possible.
- 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.
- You may bring your own equipment, but no snorkels are permitted.

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 at all times, except from 10am to 4pm Monday to Friday.

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: Aquasport (2730 Iris Street) is under new management, now being run by Team Aquatic Supplies. We receive a 20% discount on regularly priced merchandise until the end of August (and hope to renew again for next season). When ordering on-line (<https://team-aquatic.com/>) use the code on the card. When shopping in person, show a copy of this [discount card](#).

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.)

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>