

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: September 3, 2022 3:42 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #588

Carleton Masters Swimming Newsletter #588

Saturday, September 3rd, 2022

To: Carleton Masters Coaches / Staff (8 addresses)

Bcc: Those registered for Fall 2022 and Alumni, 7:35am Earlybirds I (45 addresses), 8:40am Earlybirds II (27 addresses), 6:00pm Whitecaps I (40 addresses), 7:15pm Whitecaps II (26 addresses), Saturday Only (5 addresses), Alumni (8 addresses), **plus those registered for Fall 2021, Winter 2022, Spring 2022, Summer 2022, and Alumni:** 7:35am Earlybirds I (22 addresses), 8:40am Earlybirds II (26 addresses), 6:00pm Whitecaps I (17 addresses), 7:15pm Whitecaps II (19 addresses), Saturday Only (6 addresses), Alumni (40 addresses).



Congratulations to the Bytown Dragon Boat Women's "B" (age 50+) Team on their wins at Nationals – what huge medals! Carleton Masters Swimmers on the team are **Isabelle Fradette** (Earlybirds; front row, second from left), **Colette Kenney** (Earlybirds; second row, second from left), **Cheri Reddin** (7:35am Earlybirds; second row, third from left), and **Debby Whately** (8:40am Earlybirds; back row below "CANADA"). See the "Race Results" section for more details! Thanks to **Cheri** for the photos.

Masters Swimming Program Notes

- The Summer session ended today, **Saturday September 3**.
- **There are no workouts on Monday September 5 (Labour Day)**.
- The Fall session starts **Tuesday September 6, Wednesday September 7, or Saturday September 10**, depending on your group(s).
- Full details of the Fall Masters Programs offered can be found in “Notes and Reminders” near the end of the newsletter.
 - Note that the 7:35am and 6:00pm groups are now full – wait lists available.

Swimmer Notes

Swimmer Updates:

- A long-time Ontario Masters swimmer with the Alderwood Teddy Bares, **Ted Roach** has passed away at age 96: <https://essentialscbs.com/edward-ted-vincent-roach/>.
- Congratulations to **Cori Dinovitzer** (7:35am Earlybirds) and **Mary Donaghy** (7:35am Earlybirds) on their great marathon swims in Michigan of 10k and 5k, respectively – check out the details in the “Race Results” section!
- Congratulations to ROC Swimming’s **Olivier Risk** for being named one of Swim Ontario’s Four Athletes of the Month for August: <https://twitter.com/RocSwimming/status/1562484953169797120>.
- Starting next week there will be construction work on the pool deck (in the corner near the 1m diving board) as well as in the men’s change room: <https://athletics.carleton.ca/2022/upcoming-facility-maintenance/>.
- I provided some information for this Cottage Life article (which turns out to be mostly an ad!): Open Water Swimming Gear Essentials: <https://cottagelife.com/general/open-water-swimming-gear-essentials/>.
- ROC Swimming, the age group swim team that trains at Carleton U, is looking for coaches for their younger swimmers for the upcoming season. If you or someone you know is interested, please contact Coach **Amanda Macdonald** at amandabethmacdonald@gmail.com.
- Once again this year **Melanie Heroux** (8:40am Earlybirds) will be participating in the Law Enforcement Torch Run for Ontario Special Olympics to be held on September 15. You can sponsor her here: <https://letrontario.crowdchange.ca/13814/page/25195>.
- **Melanie Heroux** (8:40am Earlybirds) also reports that all Special Olympics Sports are in need of additional coaches. Anyone interested in getting involved with coaching Special Olympics swimming with the Orleans Riptides (**Melanie**’s other swim team), please email orleans.riptides@gmail.com. For other sports, check out the Special Olympics website: <http://ottawa.specialolympicsontario.ca/>.
- Pre-booking is no longer needed for the Carleton pool or Fitness Centre. The public swim schedule can be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.
- The mask mandate has been lifted, but masks are still recommended indoors, except while swimming.

Aquatic-Related Links:

- **Catherine McKenna**: A Swimming Strategy Would be a Master Stroke for Ottawa [thanks to **Lucie Boudreau** (x-Earlybirds)]: <https://ottawacitizen.com/opinion/mckenna-a-swimming-strategy-would-be-a-master-stroke-for-ottawa>
- The Crossing: One Man (**Greg Maitinsky**) ’s Quest to Conquer Lake Ontario [thanks to **Margaret Janse van Rensburg** (7:35am Earlybirds)]: https://www.sce.carleton.ca/faculty/lynnmar/masters/The_Crossing_Aug20.pdf
- Lake Ontario Double-Crossing ‘a Big Jump Up,’ Long-Distance Swimmer, **Sean Nuttall**, Says: <https://www.theglobeandmail.com/sports/article-lake-ontario-double-crossing-a-big-jump-up-long-distance-swimmer-says/>, <https://www.swimmingworldmagazine.com/news/sean-nuttall-swims-across-lake-ontario-and-back-to-raise-money-for-toronto-brain-research-center>
- Don’t Fear the Timer: For Many Masters Swimmers, Decline and Magnificence aren’t Mutually Exclusive: <https://www.sce.carleton.ca/faculty/lynnmar/masters/SwimmerMagArticle.pdf>
- Firefighters Clear Scene at Ottawa East-end Hotel after ‘Dangerous’ Fumes Released in Pool Cleaning Incident: <https://ottawacitizen.com/news/local-news/dangerous-fumes-released-in-pool-cleaning-incident-at-east-end-hotel>
- The Chaotic 200m “Random Order IM” at the Duel in the Pool: <https://twitter.com/kylesockwell/status/1561167181529899010>

- Lead Thru Sport, 52 Strong 2022: Amplify Her Voice: Week #23 **Vicki Keith**: <https://leadthrusport.ca/52strong/week23/>
- 80-year-old **Jim Zinger** Celebrates 80th Birthday with Swim from Alcatraz: <https://photos.app.goo.gl/vwY6EBcZxAVN7F138>
- Less is More: Over-Trained and Under-Rested: <https://swimswam.com/less-is-more-over-trained-and-under-rested/>
- Swans Reuniting After Weeks Apart: <https://twitter.com/buitengebieden/status/1547850872431919105>
- Funny Dive: <https://twitter.com/LaughterCausing/status/1548222935260807168>

News and Other Links:

- 'I Wanted Less than a Minute': 105-year-old, **Julia 'Hurricane' Hawkins**, Unsatisfied after 100m Running World Record: <https://www.theguardian.com/sport/2021/nov/11/julia-hurricane-hawkins-100m-sprinter-105-year-old-louisiana-world-record> and <https://www.youtube.com/watch?v=gXy3hBoFG8c>
- The Secret for Living a Better Life as You Age: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/the-secret-for-living-a-better-life-as-you-age>
- Does Exercise Stave off Alzheimer's? Even Stretching and Balance Movements can Help, Study Says: <https://www.usatoday.com/story/news/health/2022/08/19/aerobic-exercise-and-simple-stretching-may-both-lower-alzheimers-risk/10328732002/>
- 105-year-old Japanese Doctor **Shigeaki Hinohara's** Six Tips for a Healthy Life: <https://twitter.com/ValaAfshar/status/1561131710141571078>

Fall Session Information

Dates: Tuesday September 6 to Friday December 23. No workouts Monday September 5 (Labour Day), Monday October 10 (Thanksgiving).

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: Mon: **Sean**, Tue: **Mark**, Thu: **Sean/Mark**

7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Mon/Tue Shallow End; Thu Deep End: Mon: **Sean**, Tue: **Mark**, Thu: **Sean/Mark**

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

Any changes/details will be noted here.

Special Sets:

Tue/Wed Oct 18/19: fin day

Mon Nov 7: 800/1500 free time trial

Thu/Fri Nov 17/18: fin day

Thu/Fri Dec 22/23: fun day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanfall22.pdf>.

Summer Session Information

Dates: Saturday July 2 to Saturday September 3. No workouts Saturday July 9 (MastersPalooza), Monday August 1 (Civic Holiday).

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and 2 lanes Shallow: **Lynn**

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

12:15-1:25pm Saturdays: Shallow End: rotating coach schedule

Any changes/details will be noted here.

Blake coached for **Adrian** on **Saturday August 20**.

Mark coached all three **Whitecaps** workouts the **week of August 22**.

The **Whitecaps** workouts were in the **deep** end on **Tuesday August 23** and **Thursday August 25**.

Adrian coached for **Blake** on **Saturday August 27**.

Mark coached all three **Whitecaps** workouts the **week of August 29**.

The **Whitecaps** workouts were in the **deep** end all three workouts the **week of August 29**.

Special Sets:

Tue/Wed July 26/27: fin day

Tue/Wed Aug 9/10: 800/1500 free time trial

Thu/Fri Sept 1/2: fun day

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

Here are the attendance statistics for the term. Please let me know of any errors or omissions! Apologies for missing **Mariette Kenney** from the Saturday list last time!

7:35am Earlybirds: July 4 to September 2 (26 workouts); range: 16-40; average: 25.4

Missed One Workout: **Liliane Cardinal, Susan Hulley**

6:00pm Whitecaps: July 4 to September 1 (26 workouts); range: 16-27; average: 20.5

Missed One Workout: **Christian Cattan, Gursharan Uppal**

12:15pm Saturdays: July 2 to September 3 (9 workouts); range: 7-14; average: 10.2

Missed One Workout: **Elaine Yardley, Liliane Cardinal, Mariette Kenney**

Summer Session Awards

Normally there are awards at the end of each term for best attendance, most improved swimmers, fastest swimmers, and relays. Due to COVID, the only timed swims this term were those done at MastersPalooza and the 800/1500. There were so many with perfect attendance for Spring that I decided to combine that with Summer, where no one was quite perfect! For the fastest swimmers, a cutoff of 270 on the FINA 2015 table is used. For the Top 3 in the 800, only those who would not be able to complete the 1500 in the time limit are eligible.

Fastest Swimmers:

P1	Name	Group	Gender	Event	Time	Points
1	Gursharan Uppal	WC1	F	1500fs	22:32	WC1
1	Derek Woodard	EB1	M	50f1	28.8	EB1
2	Jonathan Critch	WC1	M	1500fs	20:55	WC1

Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Seana Biggs	WC1	F	1500fs	55.0	3.7
2	Marie-Eve Racette	EB1	F	800fs	17.0	2.1
3	Jennifer Murdock	EB1	F	1500fs	14.0	0.9
4	Jennifer Glassman	EB1	F	800fs	2.0	0.3
1	Hazem Abu Alteen	EB1	M	1500fs	140.0	9.3
2	Gary Cousens	WC1	M	800fs	38.0	4.8
3	Paddy Mallia	EB1	M	800fs	10.0	1.3
4	Derek Woodard	EB1	M	50f1	0.1	0.2
5	Jonathan Critch	WC1	M	1500fs	2.0	0.1

Fastest Three Swimmers Per Event:

	Name	Group	Gender	Time
400fs				

1	Renate Hulley	EB1	F	20:34
1	Steve Dods	EB1	M	10:20
(1/1)				
800fs				
1	Chris Clement	EB1	F	16:35
2	Shealagh Pope	EB1	F	17:23
3	Andrea Gorra	WC1	F	17:29
1	Gary Cousens	WC1	M	16:57
(11/3)				
1500fs				
1	Gursharan Uppal	WC1	F	22:32
2	Seana Biggs	WC1	F	23:22
3	Stephanie Le Saux Farmer	WC1	F	23:34
1	Jonathan Critch	WC1	M	20:55
2	Bruce Brown	EB1	M	23:29
3	Paddy Mallia	EB1	M	23:39
(12/11)				
100bk				
1	Angela Davis	EB1	F	2:41.0
(1/0)				
100br				
1	Angela Chen	EB1	F	1:53.0
(1/0)				
50f1				
1	Derek Woodard	EB1	M	28.8
(0/1)				
100IM				
1	Derek Woodard	EB1	M	1:14.7
1	Angela Davis	EB1	F	2:48.8
(1/1)				

Most Improved Three Swimmers Per Event:

	Name	Group	Gender	Imp	Imp/100m
800fs					
1	Marie-Eve Racette	EB1	F	17.0	2.1
2	Jennifer Glassman	EB1	F	2.0	0.3
1	Gary Cousens	WC1	M	38.0	4.8
2	Paddy Mallia	EB1	M	10.0	1.3
(2/2)					
1500fs					
1	Seana Biggs	WC1	F	55.0	3.7
2	Jennifer Murdock	EB1	F	14.0	0.9
1	Hazem Abu Alteen	EB1	M	140.0	9.3
2	Jonathan Critch	WC1	M	2.0	0.1
(2/2)					
50f1					
1	Derek Woodard	EB1	M	0.1	0.2
(0/1)					

Best Attendance:

Mariette Kenney (8:15am/12:15pm Saturdays) has the best attendance for Spring and Summer combined, missing just one workout!

Ask the Coach

Dear Coach: I'd like to try a low-key swim meet. What would you recommend? Getting Back to Racing

Dear G.B.t. Racing: Most competitions in the Ottawa area are sanctioned by the MSO (Masters Swimming Ontario) organization. Those competitions are not recognized by Swim Ontario or Swimming Canada, but are the best way to get back to racing, as they are nearby and usually pretty low-key. I believe that there will be a competition at Brewer pool organized by Swim Ottawa Masters in November. More details soon!

Dear Coach: I fall behind my lane mates during the backstroke part of IM sets. What am I doing wrong? Weak Backstroker

Dear W. Backstroker: It is very rare for a swimmer to be equally good at all four strokes. Most swimmers tend to be good at just one of backstroke or breaststroke. Of the few who are good at both, they usually have a weakness in either fly or free. Life would be boring if we were all equally talented at everything! That said, we will be starting stroke drills at the beginning of the Fall session and going through three days of drills for each stroke. Perhaps that will help a bit!

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/>

October 23 Quebec Masters Meet #1 St-Hubert (Longueuil, Montreal) SO registration required <https://www.swimming.ca/en/meet/37881/>

November 6 Etobicoke Semi-Serious Meet (details TBC) SO registration required

November 12 Quebec Masters Meet #2 Claude-Robillard Montreal SO registration required <https://www.swimming.ca/en/meet/37757/>

Late November (TBC) Swim Ottawa Masters Meet at Brewer MSO registration required (TBC)

December 3 Quebec Masters Meet #3 Sherbrooke SO registration required <https://www.swimming.ca/en/meet/37817/>

December 18 IM Fast Meet, PanAm Pool, Scarborough (details TBC) SO registration required

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>

January 22 Susan Douglas Memorial Meet, Wilmot, ON (details TBC) SO registration required

January 28 Quebec Masters Meet #4 Drummondville SO registration required <https://www.swimming.ca/en/meet/37756/>

February 11 Quebec Masters Meet #5 Pointe-Claire Montreal SO registration required <https://www.swimming.ca/en/meet/37818/>

March (date TBC) Quebec Masters Meet #6 Dollard-des-Ormeaux Montreal SO registration required

March 25-26 Swim Ontario Masters Championships, Etobicoke (details TBC) SO registration required

April 21-23 Quebec Masters Provincials SO registration required (detail TBC)

May 20-22 Canadian Masters Swim Championships, Calgary (details TBC) SO registration required

July 15-16 Swim Ontario Open Water Masters Championships, Gull Lake, Gravenhurst (details TBC) SO registration required

August 2-11 FINA Masters World Championships, Fukuoka, Japan; SO registration required

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

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!)

August 14 Thousand Islands Olympic Triathlon (2.1k/40.2k/10k; 68 competitors)

Well done, **Jake**! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=114195&status=results>.

Jake Graham (7:35am Earlybirds; M35-39): 52nd overall, 42nd male, and 8th in category in 3:51:05 (49:00 swim)

August 21 Michigan Swim to the Moon Open Water Swims

Congratulations to **Cori** and **Mary** on great swims! Note that **Cori** was generous and gave the field a head start due to a road closure that made her about 15 minutes late for the start!

5K Swim: Half Moon (248 competitors)

Full results: <https://runsignup.com/Race/Results/19385#resultSetId-334119;perpage:2000>

Mary Donaghy (7:35am Earlybirds; F55-59): 216th overall; 138th female, and 8th in category in 2:21:18 (2:13:27 chip time)

10K Marathon Swim: Full Moon (123 competitors)

Full results: <https://runsignup.com/Race/Results/19385#resultSetId-334117;perpage:2000>

Cori Dinovitzer (7:35am Earlybirds; F55-59): 111th overall; 55th female, and 10th in category in 4:33:00 (4:22:51 chip time)

August 18 to 21 Dragon Boat Nationals, Montreal

Congratulations to the Bytown Dragon Boat Club for their fantastic results – see the photos at the top of the newsletter! Full results: <https://dragonboat.ca/events-calendar/canadian-dragon-boat-championships/>.

Thanks to **Debby** for providing this summary!

The B women (over 50) surpassed all expectations! The team (including **Isabelle**, **Colette**, **Cheri** and **Debby**) won all their heats and finals. They raced 200m., 1000m. (rarely done, usually only at World Championships for national teams), 500m and 2K. In the 500 they did a 2:10.04 which would have won us Gold in Sarasota (Worlds) and usually the Basin is very slow because it is shallow. The 2K time was good enough that they were faster than 2 out of 4 Premier teams and would have placed second in the Women's A in Sarasota.

Colette and **Debby** were also on the C Mixed team. We won the 200 and missed winning the 500 by 0.4 seconds and the 1000 by 0.8 seconds! Also came second in the 2K.

August 21 Ironman Mont-Tremblant (3.86k/180.25k/42.2k; 1076 competitors)

Awesome job, **Margaret** – a podium finish! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=114755>.

Margaret King (Earlybirds; F60-64): 610th overall, 188th woman, and 3rd in category in 13:59:14 (1:09:59 swim)

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 **August 31**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule

TBD – likely starting in October

Prices: Private: \$52.50 per hour, plus HST; **Semi-Private** (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for more details.

Notes and Reminders

Fall Session

Registration for Fall Masters Swimming is underway. Those planning to swim at 7:35am, 6:00pm, and/or Saturday are encouraged to sign up quickly so that you get a spot in the preferred group(s), as those programs tend to fill quickly. Registering on-line is recommended at: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5> You will need a valid membership to register on-line. If you wish to use an existing credit on your account, you must register by phone on in-person.

The Fall Session runs from **September 6** to **December 23**, with no workouts on September 5 or October 10:

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$195+HST (full: wait list available)

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$195+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean and Mark; \$210+HST (full: wait list available)

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean and Mark; \$195+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$90+HST

Note that this information is also posted on our web site: <https://carletonmasters.tripod.com/>.

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>