

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: December 9, 2022 3:01 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #595

Carleton Masters Swimming Newsletter #595

Friday, December 9th, 2022

To: Carleton Masters Coaches / Staff (8 addresses)

Bcc: Those registered for Fall 2022 and Alumni, 7:35am Earlybirds I (46 addresses), 8:40am Earlybirds II (39 addresses), 6:00pm Whitecaps I (43 addresses), 7:15pm Whitecaps II (33 addresses), Saturday Only (7 addresses), Alumni (48 addresses).







Huge kudos and congratulations to **Tom Heyerdahl** (8:40am Earlybirds), who, on Monday November 21, became only the ninth Canadian and third Canadian male to complete an ice mile in accordance with IISA requirements!!! An ice mile is swimming at least 1 mile (1609.3m) in a water temperature lower than 5C (41F). He did his swim at Britannia Beach. More on the Ice Mile in the “Aquatic Links”, and full details on **Tom’s** Ice Mile in the Race Reports section.

Masters Swimming Program Notes

- The Fall session started Tuesday September 6 and runs until Friday December 23.
 - There are no planned cancellations for the remainder of the term.
- 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.
- Registration is now open for the Winter term. There is currently space in all groups. Details follow:

Winter Session

Registration for Winter Masters Swimming is underway. 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 or in-person.

The Winter Session runs from **January 3** to **April 15**, with no workouts on February 20 or April 7, and workouts at adjusted times on April 10:

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$180+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$180+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean and Mark; \$200+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean and Mark; \$185+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/>, and in the "Notes and Reminders" section at the end of the newsletter.

Swimmer Notes

Swimmer Updates:

- A note from **Don Wells** and **Joanie Conrad** (both 6pm Whitecaps): Thanks to all attendees of the November 26 'Festive Gathering' for their company and yummy contributions to the potluck meal. A special shout out to **Cam Dawson** and **Joanne Dawson** (both 6pm Whitecaps) for the generous 'loot bags'!

- **Renate Hulley** (8:40am Earlybirds) will have some of her paintings displayed at the Art Lending Live Show at the RA Centre tomorrow, Saturday December 10 from 10am to 4pm: <https://www.artlendingofottawa.ca/art-shows>.

- Congratulations to the Men's and Women's Ravens Waterpolo teams for their performances at the OUA Championships at McMaster (Hamilton) last weekend. Both the teams finished with silver medals. The coaching staff include **Zoltan Csepregi** (7:35am Earlybirds), **Bill Meyer** (7:35am Earlybirds), **Ogi Gutovic** (6pm Whitecaps), and **Dave Lapins** (Earlybirds).

- Congratulations also to the Women's and Men's Ravens Swim Teams for their performances at the Boles Division Championships at Brock (St. Catharines) last weekend. The women placed second (setting four Varsity records), and the men placed fourth (despite several swimmers missing due to illness). Congratulations to Head Coach **Pierre Lafontaine** on their success! (I am the Team Manager and an Assistant Coach.)

- Thank you to everyone who donated on Giving Tuesday, November 29. The Varsity Swim Team raised close to \$60,000 (before matching funds), likely about \$115,000 with matching!! **All** funds donated to Carleton on that date will be matched by Carleton (about \$1.2M in total).

- A member of the **8:40am Earlybirds** left some make-up (lipstick, eyeliner, and mascara) on the counter in the women's change room on **Monday, November 28**. If anyone picked it up, please let me know.

- **Save the Date:** The annual **100 x 100m "fun" swim is planned for Friday December 30 at the Nepean Sportsplex from 5:30-9:30pm**. Let me know if you are interested and I'll be sure you get more details when available.

- If anyone is unfortunate enough to test positive for COVID, and has been on campus in the five days prior, please complete the COVID Symptom Reporting Form here: <https://carleton.ca/covid19/cuscreen/symptom-reporting/>.

- A reminder about the ongoing 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/>.

- 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:

- Meet the Ice Mile: The Toughest Swimming Test on the Planet: <https://www.theguardian.com/lifeandstyle/the-swimming-blog/2014/jan/07/ice-mile-swimming-test-planet>

- Four Breaststroke Drills to Improve Your Technique: <https://www.youtube.com/watch?v=NzdWPDErNKM>

- Beluga Whale Playing Fetch Near the North Pole: https://twitter.com/B_S/status/1586056744723267584

- Four Reasons Why Swimming is Great for Mental Health: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/4-reasons-why-swimming-is-great-for-mental-health>

- Best Friends in their 90s Still Swim in their Hometown River Every Chance they Get:

<https://www.youtube.com/watch?v=C6UzvrSq7eA>

- A Look at 10 Habits and Superstitions Shared By Swimmers: <https://www.swimmingworldmagazine.com/news/a-look-at-10-common-habits-and-superstitions-shared-by-swimmers>

- **Josh Davis:** Angels in the Water Fly Drill: <https://www.youtube.com/watch?v=vJKMQ3w7NV4>
- Ballerina Otter: <https://twitter.com/buitengebieden/status/1596538987224920065>

News and Other Links:

- How to Become A "Superager": https://www.nytimes.com/2016/12/31/opinion/sunday/how-to-become-a-superager.html?unlocked_article_code=zU86i5HjcoX8STNbYe1osPjw6bfrz4-IS61d7R6KGFc9jR_BRh9vx8JJZyr-3NamH90ddfTxhDPOqf5YyypjbVtnVSPVu2FR89xam1n19cay0ws3SMSKLA58i2TW-QFsKbrQA0GkPh2C9kayy7fuuamCJTcktzA7hTuyKuXwFFiaixYyJSotdjZO1T6NlSiFIDSAu_Cf7MkkV9aNucJainYYuIXSPWnEcouewkjLJ1KwqKWAUvO7bOIA6vdoIAXFPq8Xpp7q7SGM2PFlehw7Vlk0xNPBwWBn-RQb1EyrDRNQUpt-rA6FnfJcVKRXT-0ZDU4uFEfpLxl8hPav-BJaiqqun8P64m7iA&smid=share-url
- Aerobic Exercise Reinvigorates the Aging Brain: <https://www.usnews.com/news/health-news/articles/2022-11-16/aerobic-exercise-reinvigorates-the-aging-brain>
- What the Push-Up Test Can Tell You About Your Upper Body Endurance in Just One Minute [Ed. Note: Push-Ups are not recommended if you have any shoulder issues!]: <https://www.wellandgood.com/push-up-test/>
- Don't Let Muscle Mass go to Waste: <https://www.health.harvard.edu/staying-healthy/dont-let-muscle-mass-go-to-waste>

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.

Adrian coached for **Tim** on **Saturday November 26**.

Mark coached the **6pm and 7:15pm Whitecaps** for **Sean** on **Monday November 28**.

Adrian coached the **6pm and 7:15pm Whitecaps** on **Thursday December 1**.

Tim coached for **Adrian** on **Saturday December 3**.

Adrian coached the **6pm and 7:15pm Whitecaps** for **Mark** on **Tuesday December 6**.

Sean coached the **6pm and 7:15pm Whitecaps** on **Thursday December 8**.

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>.

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

7:35am Earlybirds: September 7 to December 9 (40 workouts); range: 18-33; average: 25.8
Perfect Attendance: **Bruce Brown, Harley Gifford**

8:40am Earlybirds: September 7 to December 9 (40 workouts); range: 13-24; average: 19.6
Missed Three Workouts: **Cori Dinovitzer, Steve Dods**

6:00pm Whitecaps: September 6 to December 8 (40 workouts); range: 18-33; average: 25.2
Perfect Attendance: **Konstantin Petoukhov**

7:15pm Whitecaps: September 6 to December 8 (40 workouts); range: 10-22; average: 16.2

Missed One Workout: **Seana Biggs**

8:15am Saturdays: September 10 to December 3 (13 workouts); range: 15-28; average: 21.4

Perfect Attendance: **Liliane Cardinal**

Ask the Coach

Dear Coach: How should I push off the wall in backstroke? New Swimmer

Dear N. Swimmer: When pushing off the wall, you want to have your body in a streamlined position. In all strokes, your hands should be extended above your head with one hand on top of the other and the top thumb wrapped around the bottom hand. Squeeze your hands tight against your ears, and push off below the surface of the water. The only difference for backstroke is that you are on your back. Note that it is dangerous to push off with your hands at your side, as in the case of a collision you are not protecting your head.

Dear Coach: How should I hold the board when I do backstroke kick? Improving My Kick

Dear I.M. Kick: If you are doing only backstroke kick, i.e. multiple of 50m all backstroke kick, then don't use the board. You can extend your hands above your head as when pushing off the wall, or, after pushing off the wall in a streamlined position, you may put your arms at your sides. If you are doing kick where just some of it is backstroke, e.g. a 100IM kick, then you will have the board while doing the backstroke kick. If you have your hands above your head, hold the corner of the board with one hand and the rest of the board should be out of the water. If you have your hands at your sides, again hold the corner of the board in one hand with the rest of the board out of the water. In other words, you are just keeping the board out of the way. The only exception is if you are doing the backstroke kick drill where you check that your knees are staying mostly underwater. In that case, after pushing off in a streamlined position, hold the board with both hands on the flat edge, and extend the round end over your knees.

Dear Coach: What is the best way to pass in our lane? Beginner Swimmer

Dear B. Swimmer: This depends a lot on the lane and the experience of the swimmers. In these descriptions, the passee is the person being passed, and the passer is the one doing the passing. Note that you should never pass unless you are 100% sure that it is safe to do so.

Passing 101 (Beginner Level): The passer taps the passee on the feet but stays behind until they both reach the wall. The passee then stops at the next wall to let the passer go ahead. This is the safest way to avoid collisions, as all passing takes place at the end of the lane.

Passing 201 (Junior Level): The passer taps the passee on the feet. This indicates that the passee should move as far to the edge of the lane as possible, and the passer will then start to pass in the middle of the lane. If the passee reaches the end of the lane before the passer has completed passing, the passee will stop and let the passer go ahead.

Passing 301 (Senior Level): The passee realizes that they are about to be passed, so no toe tapping is needed. The passee decides who will get to the next wall first, passee or passer. If they decide that they (passee) will, they move towards the middle of the lane, and the person passing will keep to the side of the lane. After the turn, the passer will be on the inside of the lane and complete the pass. If the passee decides that the passer will get to the wall first, the passee moves to the side of the lane, and the passer moves to the inside of the lane. When the passee makes a deliberate move one way or the other, this indicates to the passer that they realize that they are about to be passed.

Passing 401 (Graduate Level): In an ideal world, all swimmers know where all other swimmers are at all times, and thus everyone in the lane knows when one swimmer will be passing another and adjust accordingly. In addition to the Passing 301 moves, those not involved in the passing keep as far from the middle of the lane as possible during the pass. Expert lanes can carefully manage a "double-pass" with two swimmers going each direction briefly four-abreast in the lane.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2023), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$45**. For both, it's **\$60**. Contact me for more details.

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

December 11 Nepean Masters Red Blue Meet; MSO registration required;
<https://ms.mastersswimmingontario.ca/web/schedule.php>
December 18 IM Fast Meet, PanAm Pool, Scarborough; SO registration required
<https://www.swimming.ca/en/meet/37958/>
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 21 Swim Ottawa Willie Lee Masters Meet at Brewer; MSO registration required
<https://ms.mastersswimmingontario.ca/web/schedule.php>
January 22 Susan Douglas Memorial Meet, Wilmot, ON; SO registration required (details TBC)
January 28 Quebec Masters Meet #4 Drummondville SO registration required <https://www.swimming.ca/en/meet/37756/>
January 29 Alderwood Yards Meet Etobicoke; MSO registration required;
<https://ms.mastersswimmingontario.ca/web/schedule.php>
February 11 Quebec Masters Meet #5 Pointe-Claire Montreal LCM; SO registration required
<https://www.swimming.ca/en/meet/37818/>
March 5 Stephen Forsey Inviational Meet, Markham; SO registration required (details TBC)
March (date TBC) Quebec Masters Meet #6 Dollard-des-Ormeaux Montreal; SO registration required
March 25-26 MSO Provincials LCM Nepean; MSO registration required;
<https://ms.mastersswimmingontario.ca/web/schedule.php>
March 25-26 Swim Ontario Masters Championships, Etobicoke (details TBC); SO registration required
April 15 OlymPink B-Train Meet; MSO Registration required; <https://ms.mastersswimmingontario.ca/web/schedule.php>
April 21-23 Quebec Masters Provincials SO registration required (details 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>;
qualifying times announced: <https://www.fina.org/competitions/2913/fina-world-masters-championships-2022/info>
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!)

November 21 Ice Mile at Britannia Beach

Here is **Tom Heyerdahl** (8:40am Earlybirds)'s Ice Mile Race Report (pictures at the top of the newsletter):

On Monday, November 21st, 2022 I swam an ice mile (at least 1,609.3 m in water temperatures lower than 5°C 41° F) in accordance with IISA requirements. I am the 9th Canadian to do at least one ice mile, and the 3rd Canadian male.

<https://internationaliceswimming.com/view-ice-swim/?user=2236&swim=1>, <https://internationaliceswimming.com/iisa-ice-swim-records/>,

A few more details:

I swam 1.01 miles or 1,630 metres in 43 minutes, 45 seconds in 2.83° C water temperature and -5° C air temperature and 17 kph winds (-11 windchill). I exited the water without assistance, but it took 40 minutes it took 40 minutes to recover to the point where I no longer required supervision. I was toasty warm two hours later.

All the details:

Why did I do it? In late October 2018, I met Nadine Bennett and friends by chance while they were swimming in 13° C water. A few weeks later I had the privilege of watching her become the second Canadian, and the first Canadian woman, to swim an ice mile. It was an amazing thing to witness! A year later I watched Aimee Jones achieve HER ice mile. I also watched Derek Tucker train and qualify for many years. One might say I fell in with a bad crowd! The joy of swimming with them and others and challenging myself to swim colder and stronger brought me joy.

The Training

So although I swam cold for five seasons, and often completed ice mile qualifiers unofficially, it was only late October THIS year, that I realised I might successfully attempt an Ice Mile.

Intense Training

Derek Tucker volunteered 6 hours each weekend to help me swim 3-4 km two hours each Saturday and Sunday in 11-12° C. After 5 weekends, I was ready, but the water was not, it was still 5.6°. On several of these days I was also supported by Dominique Champeau whose extensive first aid experience made my training safer.

The Planning

To complete an IISA ice mile, a swimmer must get an ECG, get a thorough physical by a GP, and complete a qualifying swim. The medical requirements were a bit of a scramble given my late realization that I could attempt it THIS year. But it got done, and I successfully qualified for the attempt on November 13th, in 11.4° C water, 27 kph winds and bubbling waters, swimming 3,850 m in 1 hour, 53 minutes.

The Team

So on Monday, November 21, I was supported by:
Derek Tucker - Certified IISA Observer
Dominique Champeau - Medical Officer, IISA member
Susan McKay - Witness, IISA member, marathon swimmer
Helene Caron - photographer, an IISA certified Observer
Rob Myrah - Videographer, triathlete

The Day

The team assembled, and the team photograph was taken, then Derek and Susan took and the temperature...would it be around 4.7 ° C like the previous day? It was 2.83 °! I was shocked, as I knew how exponentially more difficult the swim would be! Although I had frequently swum in 2° and even sub zero temperatures in previous years, 6 ° was my coldest swim this year, just two days earlier. I took two minutes to regroup. Derek gave his opinion, knowing my training, that 42 minutes exposure would be safe, and Dominique agreed. I knew that even 28 minutes, or 1 km would be challenging. I told them that 1 km (~5 laps) was the first goal, I would let them know if I would try for the full 5 laps. I entered the water, and acclimatized in one minute, as is my routine, then began to swim. The pain in my hands feet and face was immediate, but I was able to regulate my breathing in the first 4 minutes (one lap). By two laps my hands and feet were numb. By the fourth lap I couldn't feel my arms or legs but I am used to that. On lap five I told Derek "I feel strong" and continued, I was on my pace on in my zone. Lap 7, I slowed a bit and coughed out some water. I knew if I was in trouble I could stand on bottom, and also my team had my back. By lap eight my lips were so numb I couldn't keep water out of my mouth, but I could cope. Lap 9, I cut 50 metres of my 100 metres "insurance" distance as I was past 42 minutes. At 43:45 I stumbled to shore and crumpled in my chair.

The Recovery

I grunted twice through frozen lips, I said "elp" as I struggle with the towel they put on my shoulders. I said "I'm ok!" as Susan started to cover me up and Dominique checked my wellness. I knew who I was, who she was, and what I had just done: " a #@&#@ SWIM!" My team laughed in relief. Then Derek announced I had done it, with 21 m to spare! More relief! Ten minutes later I was fully dressed, so they led me to my car, where I shook heavily for another thirty minutes. I then drove to Timmies for chicken noodle soup shivering mildly like it was an average swim day. A full two hours later, I was fully warm.

Many thanks to the team and everyone including Colin Smith, my daughter Valerie Heyerdahl and her partner Siobhan Cordy who helped with my Saturday "dry run".

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 Dec 8).

Private and Semi-Private Masters Swim Lessons

Fall Schedule

Extra Lessons Added: **Thu Dec 15 3:30-4:30pm and 4:30-5:30pm**

Winter Schedule: TBD

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

Please e-mail me for more details.

Notes and Reminders

Winter Session

Registration for Winter Masters Swimming is underway. Registering on-line is recommended at:

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Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean and Mark; \$185+HST

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

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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 2023. 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>