

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** March 24, 2023 3:24 PM  
**To:** 'Steve Baird'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson';  
'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'  
**Subject:** Carleton Masters Swimming Newsletter #603

**Follow Up Flag:** Follow up  
**Flag Status:** Flagged

### Carleton Masters Swimming Newsletter #603

Friday, March 24<sup>th</sup>, 2023

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

**Bcc:** Those registered for Fall 2022, Winter 2023, and Alumni, 7:35am Earlybirds I (53 addresses), 8:40am Earlybirds II (44 addresses), 6:00pm Whitecaps I (45 addresses), 7:15pm Whitecaps II (40 addresses), Saturday Only (12 addresses), Alumni (42 addresses).

**Peter Konecny** (6pm Whitecaps) continues to make us jealous of his New Zealand trip, with photos of his swim in Lake Taupo.



And **Jennifer Glassman** (7:35am Earlybirds) and my swim cap (!) went open water swimming in the Dominican Republic!



## Masters Swimming Program Notes

- The Winter session is underway.
    - There were no workouts on **Monday February 20** (Family Day) but workouts ran as usual the rest of Carleton's Reading Week.
    - There are no workouts on **Friday April 7** (Good Friday).
    - There are workouts on **Monday April 10**, but one hour later than usual for the morning groups, and one hour earlier for the evening groups.
    - The Winter session ends on **Thursday April 13** (evenings), **Friday April 14** (mornings), and/or **Saturday April 15** (Saturdays).
  - The 7:35am Earlybirds and the 6pm Whitecaps are full, with waitlists available. There is still space in the other groups. Full details on the Winter programs can be found in the "Notes and Reminders" section near the end of the newsletter.
  - The pool will be closed for annual maintenance from **Sunday April 16 to Sunday May 7**, inclusive.
  - Registration for the Masters Spring/Summer Sessions will start on **Wednesday April 19**. The Spring session will start on **Monday May 8**. The full details of dates and prices are not yet available, but the groups offered will be similar to last year:
    - The 7:35am Earlybirds and 6pm Whitecaps will be offered in both Spring and Summer.
    - The 8:40am Earlybirds and 7:15pm Whitecaps will be offered only in the Spring term.
    - Saturdays will be at 8:15am in Spring, and later in the day during the Summer.
- Stay tuned for more details!

## Swimmer Notes

### Swimmer Updates:

- Note that Carleton's Contract Instructors (CUPE 4600 Unit 2) and Teaching Assistants (CUPE 4600 Unit 1) are currently in bargaining with a strike scheduled to begin on **Monday March 27** if a settlement is not reached. While progress is being made in bargaining and usually a resolution is reached at the 12<sup>th</sup> hour, be aware that in the event of a strike, OCTranspo will not cross the picket lines, and the picket lines will significantly slow access to campus. The latest updates are available here: <https://carleton.ca/bargaining/news/>. You can also sign a petition supporting the workers here: <https://act.newmode.net/action/kupe-4600/solidarity-kupe-4600-0>.

- "This is really filling a gap in our system": Carleton Para Swimming Program the First of its Kind in Ontario: <https://athletics.carleton.ca/story/intro-to-para-swimming-program-the-first-of-its-kind/>.

- Decorated Swimmer **Lynn Marshall** Leads Carleton Masters Swim Team: <https://athletics.carleton.ca/story/lynn-marshall/>.

- A reminder about OlymPINK coming up on **April 15**: Read about the OlymPINK Story [thanks to **Bicki Westerheide** (6:00pm Whitecaps)]: <https://olympink.org/andreas-story-complete/>. There was also an article in the Citizen about this: <https://ottawacitizen.com/sponsored/social-scene/social-scene-community-builders-olympink-masters-challenge>. Some Carleton swimmers will be participating in this fun fundraiser competition at Brewer Pool on April 15. More details in the **Masters Swimming Competitions** Section below. To attend, you can join MSO as a Carleton swimmer (\$20), or pay \$7.50 to swim unattached. There is also a fee to enter the competition.

- ROC and Zone3Sports Coach **Rick Hellard** has started a column with Somersault called Rick Hellard's Tricks. Here's the second article:

- **Rick Hellard's** Tricks! #2 Race Day Swim Tips: <https://www.somersault.ca/posts/ricks-tricks-race-day-swim-tips>

- The Canadian Swimming Trials will be held at the Toronto Pan Am Sports Centre from March 28 to April 2. Tickets are available at: <https://www.ticketmaster.ca/swimming-canada-tickets/artist/2708444>.

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

- 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:

- Ice Breaker: **Jaimie Monahan**: <https://gloriouslysport.com/articles/jaimie-monahan-open-water-swimmer/>

- **Harrison Okene**, the Man Who Survived Sixty Hours Trapped on the Bottom of the Atlantic Ocean: <https://www.9news.com.au/world/harrison-okene-survival-story-man-survives-three-days-trapped-on-bottom-of-atlantic-ocean/c4800c6f-95ec-4cb6-990c-cebe41992883>

- 'A Perfect Storm': Synchronized Swimmers are Out in the Cold in Burnaby, BC:

<https://www.vancouverisawesome.com/highlights/a-perfect-storm-synchronized-swimmers-are-out-in-the-cold-in-burnaby-photos-6680699>

- Tiny Data Centre Used to Heat Public Swimming Pool: <https://www.bbc.com/news/technology-64939558>

- Shubenacadie, NS Swimmer, **Caleb Lake**, Attending Special Olympics World Games in Berlin:

<https://www.saltwire.com/atlantic-canada/communities/colchester-county/shubenacadie-swimmer-attending-special-olympics-world-games-in-berlin-100825817/>

- Simon Fraser University Swimmers Dropped from Championships After NCAA Deems University Non-Compliant:

<https://www.cbc.ca/news/canada/british-columbia/sfu-swimmers-dropped-championships-ncaa-non-compliant-1.6764626>

- Nine Ways to Become a Better Swimmer this Year: <https://outdoorswimmer.com/featured/9-ways-to-become-a-better-swimmer-this-year/>

- A Big-Wave Photographer Faces Frigid Water, Sharks and Currents to Get the Shot:

<https://www.nytimes.com/2023/02/17/sports/big-wave-surfing-sachi-cunningham.html>

### News and Other Links:

- The Joy Workout: <https://www.nytimes.com/2022/05/24/well/move/joy-workout-exercises-happiness.html>

- How Much Exercise Does it Take to Avoid Heart Problems in Your 70s?: <https://www.health.harvard.edu/staying-healthy/how-much-exercise-does-it-take-to-avoid-heart-problems-in-your-70s>

- How to Apply the Principle of Specificity for Exercise Gains: <https://www.healthline.com/health/principle-of-specificity>

## Winter Session Information

Dates: Tuesday January 3 to Saturday April 15. No workouts Monday February 20 (Family Day), or Friday April 7 (Good Friday). On Monday April 10, morning workouts are one hour later than usual, and evening workouts one hour earlier than usual.

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**;  
Sub-Coach: **Adrian**

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

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

Any changes will be noted here.

**Adrian** coached the 6:00pm and 7:15pm Whitecaps on **Monday March 13**.

**Adrian** coached the 6:00pm and 7:15pm Whitecaps on **Tuesday March 14**.

**Mark** coached the 6:00pm and 7:15pm Whitecaps on **Thursday March 16**.

**Adrian** coached the 6:00pm and 7:15pm Whitecaps on **Monday March 20**.

**Mark** coached the 6:00pm and 7:15pm Whitecaps on **Thursday March 23**.

### **Special Sets:**

Mon Feb 6: fin day

Mon Feb 13: short distance time trials (morning groups: lanes 3/4)

Tue/Wed Feb 21/22: short distance time trials (morning groups: lanes 1/2)

Thu/Fri Mar 2/3: short distance time trials (morning groups: lanes 5/6)

Thu/Fri Mar 9/10: fin day

Mon Mar 13: short distance time trials (morning groups: lanes 1/2)

Tue/Wed Mar 21/22: 800/1500 free time trial

Tue/Wed Mar 28/29: short distance time trials (morning groups: lanes 5/6)

Wed/Thu Apr 5/6: short distance time trials (morning groups: lanes 3/4)

Thu/Fri Apr 13/14: fun day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanwint23.pdf>.

Here are the attendance statistics for the term to date. Please let me know of any errors or omissions! Note that only the swimmer(s) with the best attendance **for each group** are listed below.

**7:35am Earlybirds:** January 4 to March 24 (34 workouts); range: 16-32; average: 23.0  
Missed 2 Workouts: **Margaret Janse van Rensburg**

**8:40am Earlybirds:** January 4 to March 24 (34 workouts); range: 14-24; average: 19.5  
Perfect Attendance: **Isla Paterson**

**6:00pm Whitecaps:** January 3 to March 23 (34 workouts); range: 14-25; average: 20.6  
Perfect Attendance: **Adam Vieira, Cameron Dawson, Christian Cattan, Don Wells**

**7:15pm Whitecaps:** January 3 to March 23 (34 workouts); range: 10-25; average: 17.7  
Missed 5 Workouts: **Gillian Massel, Kelly Biggs, Richard Arsenault**

**8:15am Saturdays:** January 7 to March 18 (11 workouts); range: 17-29; average: 24.9  
Perfect Attendance: **Christian Cattan, Cori Dinovitzer, Don Wells**

Thank you to all the morning swimmers who participated in the first round of short distance time trials! As it has been so long since we last did short time trials, I am starting a new spreadsheet. In other words, those of you who have been swimming with Carleton for many years now get a "clean slate"! We'll be starting the second round of short time trials next week. You have the option of repeating the same events or trying different ones. Note that the short distance time trial summary will be included in the newsletter after everyone has completed the second round.

It was fantastic to have such great participation in the long distance time trial on **Tuesday March 21 / Wednesday March 22**, with a total of **84** swimmers participating across the four groups! There were a total of 22 improvements, four in the 800 and 18 in the 1500. **Kathy Ye** (7:35am Earlybirds) had a huge improvement in the 800. We think she swam more than 800 last time, thus perhaps not the full 6:00 listed below, but incredible regardless! **Kathleen Beall** (8:40am

Earlybirds) improved her 800 by just over 2 minutes – also an amazing improvement! **Jamie Lee** (7:15pm Whitecaps) improved her 1500 by nearly 3 minutes, and **Zak Jacques** (6pm Whitecaps) and **Juliette Pons** (6pm Whitecaps) improved their 1500s by over 2:15. A full list of improvements follows.

**800** (4 improvements)

F	Kathy Ye	360.0	EB1
F	Kathleen Beall	121.0	EB2
F	Janine Debanne	55.0	EB2
F	Jennifer Glassman	40.0	EB1

**1500** (18 improvements)

M	Jamie Yae Eun Lee	175.0	WC2
M	Zak Jacques	138.0	WC1
F	Juliette Pons	136.0	WC1
F	Heather Bonas	125.0	EB2
F	Shauna Ironside	101.0	WC1
M	Christian Cattan	82.0	WC1
M	Peter Barton	74.0	EB2
F	Margaret Janse van Rensburg	74.0	EB1
F	Seana Biggs	73.0	WC2
F	Kelly Biggs	58.0	WC2
M	Peter Kallai	57.0	WC1
M	Richard Arsenault	30.0	WC2
F	Laura MacMillan	27.0	EB2
F	Shealagh Pope	24.0	EB1
M	Hazem Abu Alteen	22.0	EB1
M	John Clarke	14.0	WC1
M	Jonathan Critch	12.0	WC2
M	Mark Lebel	6.0	WC2

**Ask the Coach**

**Dear Coach:** The previous newsletter had the date for Masters Nationals as May 20-22. Note that it's actually May 26-28. Going to Calgary!

Dear G.t. Calgary!: Thanks for letting me know. I've made the correction below.

**Dear Coach:** Why is there a 32min time limit for the long distance freestyle time trial? Morning Swimmer

Dear M. Swimmer: We have 60 minutes for our workout. With 20 minutes warm-up, and 5 minutes to get organized, that leaves 35 minutes. Everyone should have a few minutes to warm down after their time trial, so that leaves 32 minutes.

**Dear Coach:** Can you review the breaststroke turn rules, please? Breaststroke Swimmer

Dear B. Swimmer: In breaststroke, you must touch the wall with both hands simultaneously (well, it must appear simultaneous to the turn judge). You must finish and leave the wall on the "breast", i.e. turned less than 90 degrees to either side. After leaving the wall you are permitted one dolphin (fly) kick either before, during, or after the pull out. The pull out is like the underwater part of a butterfly arm motion. After the pull out, you bring your arms forward under your body along with a breaststroke kick. Your head must break the surface before the widest part of the first breaststroke

pull. Unlike the other strokes, there is no 15m underwater rule, but it is a challenge to go more than 15m following the rules!

**Dear Coach:** Are you permitted to do fly kicks during breaststroke? Another Breastroker

Dear A. Breastroker: As per the above, you are permitted one fly kick before/during/after the breaststroke pull out at the beginning of each length. While some Masters swimmers do breaststroke with a fly kick during training, due to knee issues, when racing, fly kicks (other than the one above) are not permitted. When racing, the feet can be lifted simultaneously, but not lowered simultaneously.

## 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. Note that the Swimming Canada site was hacked last month, so some links below won't work. Contact me if you need information on how to enter a Swim Canada meet!

March 25-26 MSO Provincials LCM Nepean; MSO registration required;

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

April 1 Riviere du Loup Masters Meet; SO registration required: <https://www.swimming.ca/en/swim-meet/invitation-provinciale-des-maitres-lmrl/>

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 6-7 (changed from March 25-26) Swim Ontario Masters Championships, Etobicoke; SO registration required;

<https://www.swimming.ca/en/meet/37962/>; <https://www.swimontario.com/athletes/competitions/2023-ontario-masters-provincials/>

May **26-28** Canadian Masters Swim Championships, Calgary; SO registration required;

<https://www.swimming.ca/en/events-results/events/2023-speedo-canadian-masters-championships/>

July 15 Bring on the Bay 1.5k and 3k swims <https://bringonthebay.com/>

July 15-16 Swim Ontario Open Water Masters Championships, Gull Lake, Gravenhurst; SO registration required;

<https://www.swimontario.com/athletes/competitions/2023-ontario-open-water-championships/>

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>

August 3-6 Traversee du Lac Tremblant 1k to 15k Swims <https://www.traverseelactremblant.ca/>

August 12-13 Welland Open Water Festival (details TBC); SO registration required

August 27 Lac-Delage (near Quebec City) Open Water Swims: 1k to 6k and 4x500m relay

<https://lesclassiquescapitale.com/defi-lac-delage/>

November 8-12 Barbados Open Water Festival 1.5k to 10k Swims <https://www.barbadosopenwaterfestival.com/>

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!

### March 5 Caballo Blanco Trail Marathon, Copper Canyon, Mexico

Congratulations to **Wendy Gifford** (7:35am Earlybirds) on a great race! This sounds like an amazing experience:

<https://www.truemessages.org/ultra-caballo-blanco-spanish>. Wendy finished the 42km with 1330m ascent / descent in 6 hours and 49 minutes! A photo from the race and two of the trip with **Harley Gifford** (7:35am Earlybirds) follow. The third photo shows where the second photo was taken from 📷!







## March 13-19 Valcartier, QC Biathlon Canadian Nationals / North American Championship

**Leila Guidolin** (7:35am Earlybirds) has missed a fair amount of swimming lately, but only because she's been competing in Biathlon events, culminating in Nationals where she raced in the W35+ Masters category. Full results:

<https://www.biathloncanada.ca/news-articles/canadian-biathlon-nationals-2023>. Congratulations to **Leila** on her many (beautiful) bronze medals!! Here is her very interesting race report:

*I represented Chelsea Biathlon, but the Ontario division. Chelsea is a unique club, as some people represents QC, some race for ON - depending on where one lives. We have skiers of all age groups and a nice group of masters there (if any one would like more info about biathlon and/or is interested in perhaps joining, I am happy to connect with them - we are always looking for more people (especially masters!!) - the only 'requirement' is to be able to move around skate skiing).*

### **Races**

**Sprint:** We start with 30s intervals from one skier to another. We all carry a 0.22 rifle in our backs and 6km in total (3 x 2km) with 2 stops to shoot in between laps (1x prone, 1x standing). The targets are located 50m away and the prone ones have a 45 mm diameter; standing targets have 115 mm. At each stop, we shoot 5 targets. If you miss any, you must ski penalty loops of 100 m before returning to the race. The first one to cross the finish line, is the winner. I was 3rd, missing 2-2 (2 prone (P) targets, 2 standing (S))

**Pursuit:** 5s interval start, with the order defined by the sprint result (e.g. winner of the spring goes 1st, 2nd place goes 5s later etc). The first one to cross the finish line is the winner of this race. The main difference is that this one we had 4 stops to shoot (P-P-S-S), covering a distance of 7.5 km (5 laps of 1.5 km). If you miss any, there are penalty laps too. I was 3rd again, not shooting that well :) (4-2-4-3, let's blame the wind ;))

**Mass start:** everyone starts together. 4 stops to shoot (P-P-S-S), covering a distance of 7.5 km (5 laps of 1.5 km) again. Guess what? 3rd one more time.

**Mixed single relay:** 1 man, 1 woman. Each shoots 4x (P-S-P-S); we do 3 laps and 2 shooting stops, tag our teammate; they do their share; repeat. I represented team Ontario in the M/W 35+ category; we got close to silver, but ended up loosing it in the last couple of laps/shooting stops. That race was my high moment with 'cleaning' (aka not missing any targets) on both my last prone and staying stops. :) (2-2-0-0)





### March 18 Dollard-des-Ormeaux St Patrick's Masters Meet

I was Carleton's only swimmer. So far results are only available in the Splash Me app. Updated club records: <https://carletonmasters.tripod.com/230318.Records.pdf>

**Lynn Marshall** (Coach; 60-64): 1<sup>st</sup>: 200 free (2:22.63), 800 free (9:55.61 World Record); 200 breast (3:18.08), 100IM (1:20.67), 200IM (2:46.27)



### 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 **Mar 10**).

## Private and Semi-Private Masters Swim Lessons

### Spring/Summer Schedule:

Coming soon.

### Winter Schedule:

Tuesday 4-5pm, Tuesday 5-6pm; Wednesday 3:30-4:30pm, Wednesday 4:30-5:30pm.

**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:

<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: Full: waitlist available.

**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: Full: waitlist available.

**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/>.

### 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:  
<https://www.sce.carleton.ca/faculty/lynnmar/masters/early1990sphotos.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](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

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

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