

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** June 9, 2023 3:48 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 #609

### Carleton Masters Swimming Newsletter #609

Friday, June 9<sup>th</sup>, 2023

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

**Bcc:** Those registered for Fall 2022, Winter 2023, Spring 2023, and Alumni, 7:35am Earlybirds I (60 addresses), 8:40am Earlybirds II (49 addresses), 6:00pm Whitecaps I (44 addresses), 7:15pm Whitecaps II (41 addresses), Saturday Only (13 addresses), Alumni (38 addresses).

“The key to success is to focus on goals, not obstacles.”

### Masters Swimming Program Notes

- The Spring session started on **Monday May 8** and runs until **Friday June 30**.
  - The **Saturday May 13** workout was at the usual time (8:15am) but **long course** (50m set up).
  - The **Saturday May 20** workout was from **10:45-11:55am** and **long course**, due to the Somersault Earlybird Triathlon.
  - **There were no workouts Monday May 22** (Victoria Day).
- **\*\*\* 7:15pm Whitecaps swimmers please note that due to a recently scheduled water shut-off, the Monday June 19 workout from 7:15-8:15pm is CANCELLED. The 6pm workout will run as usual, but note that the water will be turned off at 7:30pm. \*\*\***
  - **To make up for this, the 7:15pm Whitecaps workouts on Monday June 12, Tuesday June 20, Monday June 26, and Tuesday June 27 will run for 1 hour and 15 minutes, ending at 8:30pm (instead of 8:15pm)**
- Full details of the Spring and Summer sessions can be found at the end of the newsletter.
  - The **7:35am Earlybirds group is full for Spring**: wait list available (let me know if you are on the wait list)!
  - There is still space in all other groups.

### Bring on the Bay

Coach **Mark** is encouraging everyone to participate in **Bring on the Bay** on **Saturday July 15**. You can sign up for a 1.5k or 3k swim: <https://bringonthebay.com/>. For team you can select “Carleton University Masters” or “Team Meme” (see below). Talk to **Mark** for more information.

As per the last newsletter, **Anne Griffith** (8:40am Earlybirds)’s daughter, **Amelia**, is an Easter Seals kid, and is raising funds for Easter Seals by doing this swim, and has also set up “Team MeMe”. MeMe is what Amelia’s twin sister, Lily, calls her. **Anne** sends a big thank you for those who have already sponsored her. Here’s the link: <https://secure.e2rm.com/p2p/fundraising/382061/participant/5203198/en-CA>.

## Swimmer Notes

### Swimmer Updates:

- Convocation will be held in Carleton's Field House from **Monday to Friday June 12 to 16**. There will be three ceremonies each day: 9:00-10:30am, 12:30-2:00pm, and 3:30-5:00pm. Parking will likely be limited or unavailable during this time. Those with parking passes may park in any other legal spot if Lot 5 is not accessible.

- Technosport's **Pat Niblett** has passed away: <https://condolencedeathnews.com/pat-niblett-obituary-matriarch-of-technosport-has-died/>



#### Masters Swimming Ontario

Sadly, MSO announces the passing of Pat Niblett on June 4, 2023, in her 91st year.

Pat's involvement with swimming began in 1972 as an official with age group swimming. She eventually earned her Swim Canada *blue badge* (or Master official / level 5). During this time she has also served on the Board of the Eastern Ontario Swimming Association, and was named to the Swim Ontario Honour Roll. In addition, between 1991 and 1996 she coached age group swimmers.

During her officiating years, she was bitten by the swimming bug, and joined the late lamented Bayshore Wavemasters in 1986 and later swim with Technosport.

A tour of the MSO records show 12 Canadian and 40 Ontario records in both for individual events and relays. She competed at USMS meets, World Championships as well as meets offered in Canada and locally.

Pat Niblett served on the MSO Board from 1990 to 2015, including one year as President and 17 years as the MSO records keeper. In 2001, Pat received MSO's highest honour, the *SWIMS Award* (A.K.A. the *Order of the Soggy Goggle*), which recognized her many years of service to swimming and especially to MSO.

We extend our sincerest condolences to Pat's family and her many friends.



- Congratulations to **Carolyn Odecki** (6pm Whitecaps) on being selected to the Women's "C" (60+) National Dragon Boat Team!

- Interview of **Stuart Chandler-Bass**, son of **Andrea Chandler** (8:40am Earlybirds): a member of Glebe High School's Reach for the Top Team: <https://www.cbc.ca/listen/live-radio/1-98-in-town-and-out/clip/15988929-glebe-team-reaching-top-third-year-row>

- Ottawa Citizen: Opinion: **Sam Hersh** (7:35am Earlybirds): Mental-Health Crises — We Need Someone to Call Other than Ottawa Police: <https://ottawacitizen.com/opinion/hersh-mental-health-crises-we-need-someone-to-call-other-than-ottawa-police>

- If you are erroneously issued a parking ticket in Lot 5, send me a copy and I'll get it cancelled for you.


- **Permanent Lockers Available:** Permanent lockers are now available for 12-month rentals. Inquire at the Welcome Centre for availability and details.

- The public swim schedule can be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>. Note the cancellations related to water shut-offs on June 18 to 20.

### Aquatic-Related Links:

- What Swimming Strokes Looked Like Then and Now [Thanks to **Heloise Emdon** (7:35am Earlybirds)]:

<https://youtube.com/shorts/ls8pphSPHig?feature=share>

- Canadian **Molly Carlson** Claims Women's High Dive Title at World Aquatics High Diving World Cup in Fort Lauderdale: <https://www.ishof.org/molly-carlson-constantin-popovici-claim-high-dive-titles-at-world-aquatics-high-diving-world-cup-in-fort-lauderdale> ; Check out the 27m High  Diving Tower: [https://www.youtube.com/watch?v=rGTB\\_IWfoLE](https://www.youtube.com/watch?v=rGTB_IWfoLE) ; and Watch

Some of the Competition: <https://www.youtube.com/watch?v=W8wbnYqINdQ>

- 98-year-old B.C. Woman, **Betty Brussel**, Presented Swimming Excellence Award at Calgary Masters Nationals Competition: <https://calgary.ctvnews.ca/98-year-old-b-c-woman-presented-swimming-excellence-award-at-calgary-competition-1.6415585>

- 72-Year-Old Quebec Swimmer, **Lina Courtois**, Battling Breast Cancer, Medals at Canadian Masters Championships for Swimming and Artistic Swimming (Previously Synchronized Swimming):

<https://www.cbc.ca/news/canada/montreal/swimming-championship-cancer-senior-1.6855513>

- Swimming Legend, **Marilyn Bell**, First Person to Swim Across Lake Ontario in 1954: Check her Stroke Now at Age 85: <https://www.facebook.com/watch/?v=276749631473800&ref=sharing>

- How to Achieve a Seamless Front Crawl Stroke: <https://outdoorswimmer.com/coach/how-to-achieve-a-seamless-front-crawl-stroke/>

- Swimmers 'Ruined' by Culture of Fat-Shaming and Bullying: <https://www.bbc.com/news/uk-england-64256659>

- Warm-Up Pool at a Competition: <https://twitter.com/WorldAquatics/status/1629530075891744774>

- A Pair of Oarfish Swimming at the Surface: [https://twitter.com/Imposter\\_Edits/status/1629345318281134082](https://twitter.com/Imposter_Edits/status/1629345318281134082)

- Pruet's Shipbuilding Law (and Froude Number) that Applies to Swimming:

<https://twitter.com/insidewithBH/status/1631042708830552065>

### News and Other Links:

- 96-year-old Runner, **Rejeanne Fairhead**, Breaks W95+ World Record at Ottawa 5K:

<https://runningmagazine.ca/sections/runs-races/96-year-old-runner-breaks-w95-world-record-at-ottawa-5k/>

- Newmarket Man, **Kevin Mills**, Hand-Cycling Across Canada Promoting Inclusivity, Accessibility, and Activity After Swimming Injury: <https://globalnews.ca/video/9585768/hand-cycling-across-canada-promoting-inclusivity-accessibility-and-activity-after-injury>

- Beware of the Two-Coffee Tipping Point: <https://www.telegraph.co.uk/health-fitness/nutrition/diet/beware-the-two-coffee-tipping-point>

## Spring Session Information

Dates: Monday May 8 to Friday June 30. No workouts Monday May 22 (Victoria Day), Saturday July 1 (Canada Day).

**\*\* There is no workout for the 7:15pm Whitecaps 2 on Monday June 19 due to a water shut-off. \*\***

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; Thu: Deep: Usually **Mark** or **Adrian** (with **Sean, Andrew and Lynn** as subs)

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow; Thu: Deep: Usually **Mark** or **Adrian** (with **Sean, Andrew and Lynn** as subs)

8:15-9:25am Saturdays, except **May 20 is 10:45-11:55am**: Shallow End (**long course on May 13**): rotating coach schedule

Any changes will be noted here.

**Adrian** coached the **6pm and 7:15pm Whitecaps** on **Monday May 29**, and **Monday June 5**.

**Mark** coached the **6pm and 7:15pm Whitecaps** on **Tuesday May 30**, **Thursday June 1**, **Tuesday June 6**, and **Thursday June 8**.

**Lynn** is coaching for **Tim** on **Saturday June 10**.

The **7:15pm Whitecaps** workouts run until **8:30pm** on **Monday June 12**, **Tuesday June 20**, **Monday June 26**, and **Tuesday June 27**.

**No 7:15pm workout on Monday June 19.**

**Tim** will coach for **Lynn** on **Saturday August 19** (summer term).

#### **Special Sets:**

Thu/Fri Jun 1/2: fin day

Thu/Fri Jun 8/9: short distance time trials (morning groups: lanes 5/6)

Tue/Wed Jun 13/14: short distance time trials (morning groups: lanes 3/4)

Mon Jun 19: 800/1500 free time trial

Mon Jun 26: short distance time trials (morning groups: lanes 1/2)

Thu/Fri Jun 29/30: fun day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplansprsum23.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:** May 8 to June 9 (14 workouts); range: 22-34; average: 27.6

Perfect Attendance: **Ann Bortolotti, Eleanor Fast, Fiona Hill, Ursula Scott**

**8:40am Earlybirds:** May 8 to June 9 (14 workouts); range: 18-29; average: 24.1

Perfect Attendance: **Heather Bonas, Luciara Nardon, Mary-Lou Dunnigan, Steve Dods**

**6:00pm Whitecaps:** May 8 to June 8 (14 workouts); range: 16-25; average: 20.6

Perfect Attendance: **Juliette Pons, Peter Lithgow**

**7:15pm Whitecaps:** May 8 to June 8 (14 workouts); range: 10-19; average: 14.6

Missed 1 Workout: **Richard Arsenault, Joel Meredith**

**8:15am Saturdays:** May 13 to June 3 (4 workouts); range: 20-27; average: 24.0

Perfect Attendance: **Bob Tipple, Christian Cattin, Don Wells, Isla Paterson, Joanie Conrad, Joel Meredith, Karen Jensen, Luciara Nardon, Lynn Marshall, Mariette Kenney**

Congratulations to those who participated in the **Earlybirds Lanes 5 and 6 time trials** this morning. Details of the time trials will be included at the end of the Spring term.

### **Ask the Coach**

**Dear Coach:** Is it safe to swim in the Carleton pool when there is an air quality warning? Concerned Swimmer

Dear C. Swimmer: On campus, all buildings and the tunnels are in compliance with the latest guidelines from ASHRAE for indoor air quality during wildfire events, which includes MERV 13 filters. These filters remove the particulates in the air but odours may still be noticeable within buildings. That said, listen to your body, and if you feel unwell or out of breath, don't exercise when the outside air quality is poor.

**Dear Coach:** When do we get to use the shallow end for the morning group? Curious Swimmer

Dear C. Swimmer: For July and August we have access to two lanes in the shallow end for the 7:35am Earlybirds group, for a total of 8 lanes.

**Dear Coach:** Can you go over the body position and the timing for breaststroke? Breaststroke Challenged Swimmer

Dear B.C. Swimmer: Certainly. Like butterfly, breaststroke is a “short-axis” stroke. Freestyle and backstroke are “long-axis” strokes. On long-axis strokes you rotate around your spine. On short-axis strokes, you rotate as if you are lying with your stomach in the middle of a seesaw. Thus, when you breathe, your hips are down and your shoulders are up, and your face naturally comes out of the water, so you don’t have to lift your head. You should breathe looking at the water slightly in front of you, rather than looking straight ahead. The timing in breaststroke is arms-breathe-kick-glide. Ask your coach for some tips if this isn’t working for you!

## 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!

June 11 Welland 1k, 3k, and 5k Open Water Swims <https://raceroster.com/events/2023/65626/welland-open-water-swim-and-swimrun-challenge>

July 9 Worlds Warm Up Etobicoke LC Meet; SO registration required <https://www.swimming.ca/en/meet/39469/>

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 6 Canaqua Sports Midsummer Classic, Welland 1k, 2.5k, 5k, 10k swims <https://www.canaquasports.com/welland-canal-open-water-swim.html>

August 13 Ottawa Riverkeeper 1.5k and 4k Swims: <https://ottawariverkeeper.ca/riverkeeper-4k/>

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/>

April 19-21, 2024 Swim Ontario Masters Provincials, Etobicoke

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!

### May 20 Earlybird Triathlon, Carleton U

If I missed anyone else, do let me know!

**Sprint Triathlon** (500m/20k/5k; 198 participants)

Great job by **Tony** and **Leila**!

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=117580>

**Tony Revitt** (8:40am Earlybirds; M40-44): 5<sup>th</sup> overall; 4<sup>th</sup> man, and 1<sup>st</sup> in category in 1:09:05 (swim 7:40)

**Leila Mostaco-Guidolin** (7:35am Earlybirds; W40-44): 36<sup>th</sup> overall, 10<sup>th</sup> woman, and 1<sup>st</sup> in category in 1:24:26 (swim 9:50)

**Long Triathlon** (500m/30k/5k; 152 participants)

Congratulations to **Margaret** and **Jake** on their results.



Full results: <https://www.sportstats.ca/display-results.shtml?raceid=117578>

**Margaret King** (7:35am Earlybirds; W60-64): 44<sup>th</sup> overall; 3<sup>rd</sup> woman, and 1<sup>st</sup> in category in 1:41:37 (swim 9:47)

**Jake Graham** (7:35am Earlybirds; M40-44): 129<sup>th</sup> overall; 84<sup>th</sup> man, and 19<sup>th</sup> in category in 2:11:54 (swim 11:42)

## May 26-28 Canadian Masters Swimming Championships, Calgary

Congratulations to **Liliane** on her great swims! Setting two club records while in the last year of her age category is fantastic! Full results: [https://results.swimming.ca/2023\\_Speedo\\_Canadian\\_Masters/](https://results.swimming.ca/2023_Speedo_Canadian_Masters/). Updated club records: <https://carletonmasters.tripod.com/230528.Records.pdf>. Liliane broke her 50 free record of 1:00.52 from the Quebec Provincials in 2022, and her 50 back record of 1:15.49 from Pointe Claire in 2019. Awesome job!

**Liliane Cardinal** (7:35am Earlybirds; 70-74): 2nd 100 fly (3:32.15), 400IM (12:37.73); 3rd 50 free (59.06 Club Record), 800 free (19:44.46); 5th 200 back (5:32.95); 6th 400 free (9:46.29); 7th 50 back (1:13.13 Club Record)

## May 27-28 Ottawa Race Weekend

I'm sure that many others participated – please let me know!

**Half Marathon** (8676 participants)

Full results: <https://www.sportstats.ca/display-results.shtml?raceid=118517>

**Jake Graham** (7:35am Earlybirds; Walker): 6804<sup>th</sup> overall; 3477<sup>th</sup> man, and 61<sup>st</sup> in category in 3:11:04.1

## June 4 Perth Triathlon in Memory of Jon Hetherington (500m/16k/3.24k; 94 participants)

Great job by **Susan** and **Sigi** – both with podium finishes!! Full results:

[https://docs.google.com/spreadsheets/d/e/2PACX-1vTMN2Zr50xSzsSrijt6-l\\_e-TUAnorYfH9Ee3yaC4xztQ42xBZtzhJm-XKC1V86GfGPzDg--Wgj0WJIN/pubhtml?fbclid=IwAR1ngQb9o9MIVSUQUw7tJWuOh1GBcXhEWKG3IT7WnKWmVBzXMQ\\_L4p-pOYY](https://docs.google.com/spreadsheets/d/e/2PACX-1vTMN2Zr50xSzsSrijt6-l_e-TUAnorYfH9Ee3yaC4xztQ42xBZtzhJm-XKC1V86GfGPzDg--Wgj0WJIN/pubhtml?fbclid=IwAR1ngQb9o9MIVSUQUw7tJWuOh1GBcXhEWKG3IT7WnKWmVBzXMQ_L4p-pOYY)

**Susan Nevitt-Yelle** (7:35am Earlybirds; 60-69): 55<sup>th</sup> overall; 22<sup>nd</sup> woman, and 1<sup>st</sup> in category in 1:09:09 (11:00 swim)

**Sigi Johnson** (7:35am Earlybirds; 60-69): 67<sup>th</sup> overall; 28<sup>th</sup> woman, and 3<sup>rd</sup> in category in 1:16:09 (12:38 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 **May 24**).

## Private and Semi-Private Masters Swim Lessons

### Spring/Summer Schedule:

Monday: 4:00-5:00pm and 5:00-6:00pm

Tuesday: 3:30-4:30pm and 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

## Carleton Masters Spring/Summer Programs

Registration for the Spring and/or Summer Sessions can be done online:

<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5>

Here are the details of the programs and dates:

**Spring Session:** Monday May 8 to Friday June 30 (no workouts Monday May 22 or Saturday July 1)

**Earlybirds 1:** Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$102+HST: Full: wait list available

**Earlybirds 2:** Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$102+HST

**Whitecaps 1:** Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Mark, and Adrian; \$110+HST

**Whitecaps 2:** Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean, Mark, and Adrian; \$102+HST

**Saturdays:** 8:15-9:25am except **the May 20 workout is 10:45-11:55am**; Coaches: Rotating Schedule; \$44+HST

**Summer Session:** Tuesday July 4 to Saturday September 2 (no workouts Saturday July 1, Monday July 3, or Monday August 7)

**Earlybirds 1:** Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$110+HST

**Whitecaps 1:** Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Mark, and Adrian; \$120+HST

**Saturdays:** 12:15-1:25pm; Coaches: Rotating Schedule; \$56+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, a parking pass 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/se0/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>