

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: September 2, 2023 3:59 PM
To: 'Steve Baird'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #615

Carleton Masters Swimming Newsletter #615

Saturday, September 2, 2023

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2022, Winter 2023, Spring 2023, Fall 2023, and Alumni, 7:35am Earlybirds I (66 addresses), 8:40am Earlybirds II (53 addresses), 6:00pm Whitecaps I (55 addresses), 7:15pm Whitecaps II (43 addresses), Saturday Only (16 addresses), Alumni (38 addresses).

"Change is uncomfortable. Embrace it and you'll grow." – Sloane Kirby



Best wishes to **Wendy Gifford** (7:35am Earlybirds) for a quick recovery from a broken kneecap.

Masters Swimming Program Notes

- The Summer session ran from on **Tuesday July 4** to **Saturday September 2**.
 - There are **no workouts on Monday September 4 (Labour Day)**.
- The Fall session runs from **Tuesday September 5** to **Saturday December 23**.
- Registration details for the Fall session can be found at the end of the newsletter.
 - Note that the 7:35am Earlybirds is **full** for Fall. Please let me know if you are on the wait list.

Swimmer Notes

- We send our condolences to Coach **Tim Kilby** and his family on the death of his mother, **Ann Kilby**, who swam with the Carleton Whitecaps Masters many years ago before she moved to PEI: <https://epfuneral.ca/tribute/details/2056/Ann-Kilby/obituary.html>

- Congratulations to **Leila Guidolin** (7:35am Earlybirds) on her Canada Research Chair in Imaging Biomaterials and Characterization (Tier II): <https://newsroom.carleton.ca/2023/new-canada-research-chairs-announced/>

- The Bring on the Bay Swim Angel Program is being renamed the **Cathy Brooks** Swim Angel Program: https://www.facebook.com/SwimAngelProgram/posts/830764282169794?ref=embed_post

- **Community Members Parking Update:** Most community memberships include a Lot 5 parking pass (<https://athletics.carleton.ca/memberships/>). However, between 10am and 4pm Monday to Friday, you must use the hot spot code to register for two hours free parking. (The hope is that the use the hot spot will be eliminated soon.)

- Carleton will be hosting home football games on the following dates, which may affect parking in Lot 5:

Saturday September 9: 7pm

Saturday September 23: 1pm

Saturday October 21: 1pm

Note that if you have a Lot 5 parking pass and Lot 5 is closed, you may park in any other legal spot on campus.

- If you or anyone you know of was part of any of the four University of Waterloo Swimming and Diving CIAU Championship winning teams from 1976 to 1979, please contact Claudia (Claudia.croninschlote@gmail.com). A reunion is being planned for 2025.

- 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/>.

Aquatic-Related Links:

- **Sophie Etheridge** Sets Record for Longest English Channel Crossing: 29 hours and 4 minutes:

<https://swimswam.com/sophie-etheridge-sets-record-for-the-longest-english-channel-crossing/>

- How I'm Preparing for my Next 10km Marathon Swim: <https://outdoorswimmer.com/featured/how-i-will-prepare-for-go-swims-loch-lomond-10k-marathon-swim/>

- Synchronized Whales: <https://www.cbc.ca/player/play/2249843779710>

- Hundreds Reportedly Infected at Tough Mudder Race in Sonoma, California:

<https://www.sfgate.com/bayarea/article/tough-mudder-sonoma-race-infection-18333075.php>

- **Leslie Hamilton** Becomes First Woman to Complete 37 Mile Swim Around Staten Island: <https://swimswam.com/leslie-hamilton-becomes-first-woman-to-complete-37-mile-swim-around-staten-island>

- The Evolution of Competitive Swimwear: <https://swimswam.com/the-evolution-of-competitive-swimwear/>

- Why Aren't I a Faster Swimmer?: <https://outdoorswimmer.com/coach/why-arent-i-a-faster-swimmer/>

- L'Homme Vit Tout Seul Sur une Ile Depuis 32 Ans et Ne Veut Pas Revenir: <https://cote-info.com/lhomme-vit/>

- (United States) Masters Swimming in One Word: <https://twitter.com/MastersSwimming/status/1689325840381747217>

- Nova Scotia Man Hooks Great White Shark:

<https://atlantic.ctvnews.ca/video?cid=sm%3Atrueanthem%3Aactvatlantic%3Apost&clipId=2738077>

- Like Ultra-Distance Swimmer **Justine**, Just Have Fun: <https://www.traverseelactremblant.ca/en/2023/06/12/like-justine-just-have-fun/>

News and Other Links:

- 75-Year-Old **Bob Knuckey** of Caledon: Master of the Worlds: <https://www.inthehills.ca/2023/06/master-of-the-worlds>
- A Simple 14-Minute Workout That Could Lower Your Blood Pressure: https://www.nytimes.com/2023/07/26/well/blood-pressure-workout-wall-squat.html?unlocked_article_code=0Kbkf_D2k3FKbBZKfSDAgZ3fgDRj_5VLIUPFlwfCy5nVSAXnJlbcP3z4X-fgVlwNwfY8fi79KHEb3uhp2p9meCq7ECMqwR0ZhoTeSAqxIasmz0qLMiF-C9lZg7B9GYg_iY_uKjS0Cb5B9huZ3eiFiCWm-FDeoJlV6Yhy88CD5K9fPAONd0Y87wAhAPngJU1CtjNQWM63OnnzWfWQnw3_25e0SCyOPErHD0RmKJBEvUMQ3o6JhuFRK7Ywa7e1C1h-EsYBwZwlQ9OczHzH3X0u6HwdneQsFligbk8vPilVwS1TLOxrl3yCSaBrptgOczAxAzd_EX3vRo6AVTEaRKQYODhS2gbf52-1L&smid=url-share
- How Exercise Decreases Effects Of Mental Illness: <https://demotix.com/how-exercise-decreases-effects-of-mental-illness/>
- Three Ways You Can Improve Your Mental Toughness: <https://triathlonmagazine.ca/training/3-ways-you-can-improve-your-mental-toughness/>
- What Grip Strength Can Tell You About How Well You're Aging: <https://www.washingtonpost.com/wellness/2023/01/18/grip-strength-muscles-aging/>

Fall Session Information

Dates: Tuesday September 5 to Saturday December 23. No workouts Monday October 9 (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; Thu: Deep: **Paddy, Mark, Sean** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow; Thu: Deep: **Paddy, Mark, Sean** (sub: **Adrian**)

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

Further details and changes will be noted here.

Special Sets:

Tue/Wed Oct 17/18: fin day

Mon Nov 6: 1500/800 free time trial

Thu/Fri Nov 16/17: fin day

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

Tue/Wed Nov 28/29: short distance time trials (morning groups: lanes 3-4)

Thu/Fri Dec 14/15: short distance time trials (morning groups: lanes 5-6)

Thu/Fri Dec 21/22: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanfall23.pdf>.

Summer Session Information

Dates: Tuesday July 4 to Saturday September 2. No workouts Monday July 3 (Canada Day Stat Hol), Monday August 7 (Civic Holiday).

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and 3 Lanes Shallow: **Lynn**

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

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

Further details and changes will be noted here.

Paddy coached the **6:00-7:10pm Whitecaps** on **Monday August 28**.

Sean coached the **6:00-7:10pm Whitecaps** on **Tuesday August 29**.

Mark coached the **6:00-7:10pm Whitecaps** on **Thursday August 31**.

Special Sets:

Tue/Wed July 25/26: short distance time trials (morning group: lanes 7-9)

Thu/Fri August 3/4: fin day

Tue August 8: 800/1500 free time trial

Tue August 15: short distance time trials (morning groups: lanes 4-6)

Wed August 16: morning group shallow end 800/1500 time trial

Fri August 18: morning group deep end 800/1500 time trial

Wed August 23: morning group short distance time trials: lanes 4-6

Thu/Fri August 24/25: short distance time trials (morning group: lanes 1-3)

Thu/Fri August 31/September 1: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum23.pdf>.

Here are the attendance statistics for the term. 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: July 5 to September 1 (25 workouts); range: 22-40; average: 31.5

Perfect Attendance: **Steve Dods, Susan Hulley, Ursula Scott**

6:00pm Whitecaps: July 4 to August 31 (25 workouts); range: 13-26; average: 20.0

Missed 1 Workout: **Adam Vieira**

12:15pm Saturdays: July 8 to September 2 (9 workouts); range: 9-15; average: 12.0

Perfect Attendance: **Nicole Delisle**

Summer Session Summary and Awards

A big thank you to our coaches this term: **Adrian Finn, Blake Christie, Mark Blenkinsop, Paddy Mallia, Sean Dawson,** and **Tim Kilby**.

Thank you also to everyone who participated in time trials this term. We did some short distance time trials for the morning group, as well as the long distance freestyle time trial for the morning and some evening swimmers. There were 112 time trials completed (including some splits): 75 by women and 37 by men. A total of 38 swimmers participated: 25 women and 13 men.

Below you'll find the list of fastest and most improved swimmers, as well as the top 3 fastest and most improved in each event. For the fastest swimmers, a cutoff of 240 on the FINA 2015 table is used. For the Top 3 in the 800 freestyle, only those who could not easily complete the 1500 in the time limit are eligible. All times are compared to the "new" spreadsheet that I started in 2023.

Four swimmers scored over 240 points in one or more events. Congratulations to **Heather Levie** (7:35am Earlybirds) for the top swim with 291 points in 100 free (1:16.9). She was followed by **Kelly Biggs** (6pm Whitecaps) with 249 points in 1500 free (24:20). **Leila Guidolin** (7:35am Earlybirds) and **Sam Hersh** (7:35am Earlybirds) both earned 242 points for 100 back (1:28.2) and 50 breast (40.5), respectively. **Heather** scored over 240 points in four different events!

There were 20 improvement (9 by women, and 11 by men). A total of 12 swimmers improved (6 women and 6 men). The most improved swimmer was **Sam Hersh** (7:35am Earlybirds) with a 3.9 second (7.8 sec/100m) in 50 free. **Paul Buzoloiu** (7:35am Earlybirds) was second with a 1:35 (6.3 sec/100m) improvement in 1500 free. He was followed by **Steve Dods** (7:35am Earlybirds) who improved his 200 free by 8.3 seconds (4.2 sec/100m). The top three women were **Ann Bortolotti** (7:35am Earlybirds) with a 1.9 second (3.8 sec/100m) improvement in 50 back, **Eleanor Fast** (7:35am Earlybirds) with a 1.8 second (3.6 sec/100m) improvement in 50 back, and **Marie Pelletier** (7:35am Earlybirds) with a 2.6 second improvement in 100 free. **Eleanor** and **Sam** each improved in three different events!

Our attendance winners for this term, all with perfect attendance are: **Nicole Delisle** (12:15pm Saturdays), **Steve Dods** (7:35am Earlybirds), **Susan Hulley** (7:35am Earlybirds), and **Ursula Scott** (7:35am Earlybirds). Congratulations to **Steve** for having perfect attendance two terms in a row!

Fastest Swimmers:

P1	Name	Group	Gender	Event	Time	Points
1	Heather Levie	EB1	F	100fs	1:16.9	291
2	Kelly Biggs	WC1	F	1500fs	24:20	249
3	Leila Guidolin	EB1	F	100bk	1:28.2	242
1	Sam Hersh	EB1	M	50br	40.5	242

Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Ann Bortolotti	EB1	F	50bk	1.9	3.8
2	Eleanor Fast	EB1	F	50bk	1.8	3.6
3	Marie Pelletier	EB1	F	100fs	2.6	2.6
4	Margaret King	EB1	F	50fs	0.8	1.6
5	Ruth Fawcett	EB1	F	50fs	0.7	1.4
6	Susan Hulley	EB1	F	1500fs	11.0	0.7
1	Sam Hersh	EB1	M	50fs	3.9	7.8
2	Paul Buzuloiu	EB1	M	1500fs	95.0	6.3
3	Steve Dods	EB1	M	200fs	8.3	4.2
4	Harley Gifford	EB1	M	50bk	1.0	2.0
5	Ian Lorimer	EB1	M	50br	0.8	1.6
6	Hazem Abu Alteen	EB1	M	1500fs	20.0	1.3

Fastest Three Swimmers Per Event:

Note that each swimmer is only listed once per event..

	Name	Group	Gender	Time
50fs				
1	Heather Levie	EB1	F	36.7
2	Leila Guidolin	EB1	F	37.3
3	Natalie Aucoin	EB1	F	39.1
1	Sam Hersh	EB1	M	30.2
2	Harley Gifford	EB1	M	34.5
3	Ian Lorimer	EB1	M	35.7
(14/8)				
100fs				
1	Heather Levie	EB1	F	1:16.9
2	Sandy Lawson	EB1	F	1:26.6
3	Eleanor Fast	EB1	F	1:28.2
1	Andrew Rolleston	EB1	M	1:23.4
2	Mike Mopas	EB1	M	1:30.4
3	Cory Fraser	EB1	M	1:30.7
(13/5)				
200fs				
1	Susan Hulley	EB1	F	4:02.6
2	Ursula Scott	EB1	F	4:14.7

1	Steve Dods	EB1	M	4:55.2
(2/1)				
400fs				
1	Ursula Scott	EB1	F	8:26.3
1	Steve Dods	EB1	M	10:50
(1/1)				
800fs				
1	Ann Bortolotti	EB1	F	17:29
2	Janine Debanne	EB1	F	17:42
3	Heloise Emdon	EB1	F	18:52
(5/1)				
1500fs				
1	Kelly Biggs	WC1	F	24:20
2	Margaret Janse van Rensburg	EB1	F	25:19
3	Natalie Aucoin	EB1	F	26:15
1	Jean-Francois Jacques	WC1	M	24:06
2	Paul Buzuloiu	EB1	M	25:19
3	Andrew Rolleston	EB1	M	25:40
(12/7)				
50bk				
1	Heather Levie	EB1	F	38.8
2	Leila Guidolin	EB1	F	41.4
3	Eleanor Fast	EB1	F	48.7
1	Sam Hersh	EB1	M	38.1
2	Harley Gifford	EB1	M	38.6
3	Ralph Siemsen	EB1	M	50.1
(7/3)				
100bk				
1	Leila Guidolin	EB1	F	1:28.2
2	Nicole Le Saux	EB1	F	2:29.5
(2/0)				
200bk				
1	Jamie Chalmers	EB1	M	5:12.0
(0/1)				
50br				
1	Ruth Fawcett	EB1	F	54.6
2	Isla Paterson	EB1	F	1:03.5
3	Ursula Scott	EB1	F	1:06.6
1	Sam Hersh	EB1	M	40.5
2	Andrew Rolleston	EB1	M	49.3
3	Ian Lorimer	EB1	M	55.9
(7/4)				
100br				
1	Isla Paterson	EB1	F	2:23.9

2	Marie Pelletier	EB1	F	2:28.3
(2/0)				
50f1				
1	Natalie Aucoin	EB1	F	42.1
2	Margaret King	EB1	F	53.1
1	Harley Gifford	EB1	M	43.7
2	Jamie Chalmers	EB1	M	1:18.2
(3/2)				
100f1				
1	Natalie Aucoin	EB1	F	1:33.3
(1/0)				
100IM				
1	Heather Levie	EB1	F	1:28.3
2	Eleanor Fast	EB1	F	1:40.5
3	Sandy Lawson	EB1	F	1:43.6
1	Ian Lorimer	EB1	M	1:37.7
2	Andrew Rolleston	EB1	M	1:38.1
3	Mike Mopas	EB1	M	1:43.2
4	Ralph Siemsen	EB1	M	1:43.4
(6/4)				

Most Improved Three Swimmers Per Event:

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Margaret King	EB1	F	0.8	1.6
2	Ruth Fawcett	EB1	F	0.7	1.4
3	Eleanor Fast	EB1	F	0.6	1.2
1	Sam Hersh	EB1	M	3.9	7.8
2	Ian Lorimer	EB1	M	0.1	0.2
(3/2)					
100fs					
1	Marie Pelletier	EB1	F	2.6	2.6
2	Ruth Fawcett	EB1	F	1.3	1.3
3	Eleanor Fast	EB1	F	0.1	0.1
(3/0)					
200fs					
1	Steve Dods	EB1	M	8.3	4.2
(0/1)					
400fs					
1	Steve Dods	EB1	M	13.0	3.3
(0/1)					
1500fs					
1	Susan Hulley	EB1	F	11.0	0.7
1	Paul Buzuloiu	EB1	M	95.0	6.3

2	Hazem Abu Alteen	EB1	M	20.0	1.3
(1/2)					
50bk					
1	Ann Bortolotti	EB1	F	1.9	3.8
2	Eleanor Fast	EB1	F	1.8	3.6
1	Sam Hersh	EB1	M	1.4	2.8
2	Harley Gifford	EB1	M	1.0	2.0
(2/2)					
50br					
1	Sam Hersh	EB1	M	3.1	6.2
2	Ian Lorimer	EB1	M	0.8	1.6
(0/2)					
50f1					
1	Harley Gifford	EB1	M	1.0	2.0
(0/1)					

Ask the Coach

Dear Coach: I'm new to the group. What are the logistics as to arrival time, swim equipment needed, and parking? New Swimmer

Dear N. Swimmer: Welcome to the group! Ideally you should arrive in time to start the workout at the advertised start time. However, for Masters we understand that arriving late and leaving early are sometimes unavoidable. It's also fine to miss workouts. Most equipment is provided (kick boards, pull buoys, fins for "fin days"). You are welcome to bring your own paddles, and to bring your own fins (and/or socks) on "fin days", but we request that you do not use a snorkel. If you forget your cap and/or goggles, we have spares to loan out. Athletics members get free parking in Lot 5 in most cases – see the note near the top of the newsletter.

Dear Coach: I'm incredibly frustrated with the state of the showers in the women's change room. Half of them don't work, and out of the ones that do work, the majority have no pressure or a small dribble coming out. This has been going on for quite a while now and I can't understand why they haven't be repaired. It seems this should be a priority. Frustrated Swimmer

Dear F. Swimmer: Here is the reply from the facilities manager: There has recently been a transition in facilities maintenance contractors, which has delayed the completion of some work, such as the women's showers. We are aware of these issues and are working with the new contractor to address them as soon as possible. Thanks for your feedback and patience.

Dear Coach: In the arm pull in freestyle, at what point should the most speed and power be applied? Freestyle Swimmer

Dear F. Swimmer: You want to start the arm pull fairly slowly, so that you get a good "hold" on the water. As you go through the arm pull, there is an acceleration, and the power and speed increase, with the maximum power/speed at the end of the stroke. For some gory details: <https://canada.humankinetics.com/blogs/excerpt/developing-the-catch-and-power-phase>.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2024), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$50**. For both, it's **\$65**. Contact me for more details.

Here's a list of upcoming meets and races mostly in Ontario and Quebec. (To be updated soon for the coming season.)

November 8-12 Barbados Open Water Festival 1.5k to 10k Swims <https://www.barbadosopenwaterfestival.com/>
February 23 – March 3, 2024 World Aquatic Masters Championships, Doha
<https://www.worldaquatics.com/news/3544328/competition-dates-announced-for-the-world-aquatics-masters-championships-doha-2024>
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!

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 28**).

Notes and Reminders

Private and Semi-Private Masters Swim Lessons

Fall Schedule: Coming Soon!

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.

Carleton Masters Fall Programs

Registration for the Fall Session can be done online:

<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5>. If you wish to use a credit on your account, then

register by phone or in person.

Here are the details of the programs and dates:

Fall Session: Tuesday September 5 to Saturday December 23; no workouts Monday October 9

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$204+HST: **Full** (wait list available)

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$204+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Paddy, Mark, Sean (sub: Adrian); \$220+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Paddy, Mark, Sean (sub: Adrian); \$204+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$100+HST

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

General Masters Information:

- **Memberships:** To be able to swim with Masters, you need a membership good for the entire term. It must include pool access and be valid for the time of day when you will be swimming. The different membership options are listed here: <https://athletics.carleton.ca/memberships/>.
- **Parking:** Most community memberships include parking in Lot 5. However, between 10am and 4pm Monday to Friday, you must use the hot spot code to register for two hours free parking. (We hope that use of the hot spot will soon be eliminated.)

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/>.

Carleton Ravens Gear: Swim caps (\$15), and T-shirts, hoodies, size 36 women's suits, and a red back pack with "Hamdy" on it (\$20 each) 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), some silicone caps (\$2), as well as some brand new Speedo silicone caps and Speedo thick polyester 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.

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: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

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: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>