

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** September 29, 2023 5:59 PM  
**To:** 'Colin Adams'; 'Steve Baird'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'  
**Subject:** Carleton Masters Swimming Newsletter #617

## Carleton Masters Swimming Newsletter #617

Friday, September 29, 2023

**To: Carleton Masters Coaches / Staff** (10 addresses)

**Bcc: Those registered for Fall 2023 and Alumni:** 7:35am Earlybirds I (44 addresses), 8:40am Earlybirds II (40 addresses), 6:00pm Whitecaps I (42 addresses), 7:15pm Whitecaps II (31 addresses), Saturday Only (11 addresses), Alumni (36 address); **plus those registered for Fall 2022, Winter 2023, Spring 2023, Summer 2023, and Alumni:** 7:35am Earlybirds I (16 addresses), 8:40am Earlybirds II (12 addresses), 6:00pm Whitecaps I (11 addresses), 7:15pm Whitecaps II (11 addresses), Saturday Only (6 addresses), Alumni (18 addresses).

**"Details make perfection, and perfection is not a detail" – Leonardo da Vinci**

**Pools Around The World:**



Above is the pool that **Marie-Eve Racette** and **Brian Lehmkuhl** (both former 7:35am Earlybirds) are swimming in in Paris. It's entirely stainless steel. Brian reports that it's cool to see your reflection as you meander down the lane, but that it's very slippery. They swim Tue/Wed/Thu morning and there are 8 to 14 swimmers per lane!!!

Below is the 25m hotel pool that **Anne Griffith** (8:40am Earlybirds) swam in on a recent trip to Brazil. They thought she was crazy and one else was using as it was "winter" – a low of 20C and the pool was heated!



## Masters Swimming Program Notes

- The Fall session runs from **Tuesday September 5** to **Saturday December 23**.
  - There are **no workouts on Monday October 9** (Thanksgiving).
  - Workouts run as usual during Carleton's Fall Reading Week (October 23 to 27).
- Registration details for the Fall session can be found at the end of the newsletter.
  - Note that the 7:35am Earlybirds, 8:40am Earlybirds, and 6:00pm Whitecaps are **full** for Fall. Please let me know if you are on a wait list.

## Swimmer Notes

- Thanks for your patience with the Carleton pool water temperature over the past 10 days. It is now settling at a reasonable temperature: not too cold and not too hot!

- Interested in watching and helping at a **Varsity Swim Meet**? Carleton is hosting uOttawa and U of Waterloo at the Carleton pool on Saturday October 14. Volunteer timers are needed from 2pm to about 5pm. If you're interested, please let me know.

- Long-time St. Catharines / Brock University Coach **Herb de Bray** has passed away:  
<https://www.swimontario.com/news/memori-am-herb-de-bray/>.

- May be of interest: **Bob Kirkup's Sample Sale**: Saturday September 30, 10am-3pm: 15 Harrington Ct., Kanata: Rain or shine as this is an outdoor driveway sale and indoor sale. Cash , or e-transfer.

If you've been before I've gone thru and drastically marked down items from Bergans of Norway , 2XU , Craft.

There will be mens 2XU run tees from \$10 , Craft run jackets from \$30

2XU one piece suits \$20 , Tri shorts \$20

Cycling jerseys from \$20

Sport brands include : Castelli , Sportful , 2XU , Bellwether, Craft , Newline Run , SAS , DAEHLIE , summer and winter

Outerwear brands : Bergans of Norway , Karpos , Alchemy Equipment

Fashion / Lifestyle brands : Lords of Harlech pants , shirts , sweaters

Purnell mens shirts , shorts , pants

Assorted other brands include mens belts \$20 , sunglasses \$10-\$20

Buckle and Seam leather bags , duffles , packs , Trico hard bike case , Scicon hard shell case.

Deuter packs and sleeping bags

- Public Service Announcement: A **free skin check** (for skin cancer) is being held **Saturday October 21, 10am-3pm**: <https://www.instagram.com/p/CxveitNu81s/>. Thanks to Mary-Lou Dunnigan (8:40am Earlybirds) for sending this in. We both went to the last one held in the summer. They were very organized and it was great to get checked.

- **Take Our Kids to Work Day: Carleton Engineering and Design**: Wednesday November 1, 8:30am to 4:30pm: Take Our Kids to Work Day is a yearly event that provides high school students with the chance to step into the shoes of a working professional for a day. The Faculty of Engineering and Design is excited to host a day filled with hands-on activities and engaging experiences. Students with a parent who work at Carleton University are invited, and friends/family members in the community. The event is intended for grade 9 students however, we invite students in grades 9-12 to take part in this exciting day! More information and to register: <https://carleton.ca/vv/take-our-kids-to-work-day/>

- We got a new discount card for Aquasport / Team Aquatic Supplies! Here's the link (which is also in the Notes and Reminders section): <https://www.sce.carleton.ca/faculty/lynnmar/masters/Carleton%202024%20Shark%20Card.jpg>.

- An alternative to Team Aquatics is GoSwim in Kanata. **Anna Parsons**, who swam with the 7:15pm Whitecaps some years ago sent in this review:

GoSwim, 45 Filion Crescent, Kanata, K2M 1V6

I visited GoSwim for the first time this week and I cannot recommend this business enough! After seeing all of the amazing reviews on Google I clicked on the GoSwim website and booked a 'Suit Fitting'.

Curtis is the owner of GoSwim and sells all items out of his garage. When I arrived at his house it did seem strange to me at first but only because as a culture we are so used to big box stores, but I quickly realized that this was exactly the level of service and quality products I had been looking for.

He has a change room 'tent' that he heats in the winter so no worries about visiting during the colder months.

Curtis is incredibly knowledgeable about all of the products he carries. He also represents brands like Finis, a company that is very particular on who can sell their brand. His prices seem very reasonable to me. I purchased a suit and a pair of goggles.

In addition to all of this Curtis was extremely patient with me and gave me the time I needed to figure out which style of suit and goggles to buy. All levels and ages of swimmers will find what they are looking for in this incredible shop!

- **Community Members Parking Update**: Most community memberships include a Lot 5 parking pass (<https://athletics.carleton.ca/memberships/>). As long as your parking information is on file with the Welcome Centre, members can enjoy up to 3 hours of parking in Lot P5 during the Fitness Centre's hours of operation. HotSpot codes are no longer required. If you get a new car or new plate, let the Welcome Centre know so that your parking information can be updated.

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

- Carleton will be hosting a home football game on the following date, which may affect parking in Lot 5:

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.

- As per the recently posted signs, speed cameras will soon be installed on Bronson Avenue near Brewer Park [thanks to **Ralph Siemsen** (8:40am Earlybirds) for the tip].

- **Margaret Janse Van Rensburg** (7:35am Earlybirds) is in the research stage of her Ph.D. and needs your help in sharing the below and/or this link (<https://www.sce.carleton.ca/faculty/lynnmar/masters/Recruitment%20Poster.png>) with your networks:



My name is Margaret and I am a PhD Candidate in the School of Social Work at Carleton University, working in partnership with the Ottawa Adult Autism Initiative. This research is entitled *Investigating perceived barriers to and facilitators of providing Ottawa's Autistic adults with mental health support*. I am asking that the information about my research be shared broadly in your network to those who may be interested in participating, **including practitioners and professionals whom may have worked with Autistic adults in Ottawa and practitioners and professionals who provide mental health support.**

You can participate if you are:

- A practitioner or professional who has experience supporting an Autistic adults\* mental health in Ottawa.
- Comfortable completing an online questionnaire and engaging in a 60 to 90-minute recorded Zoom interview
- At least 18 years old
- Comfortable in the English language

\*Autistic adults include self-identified, diagnosed, and undiagnosed

This study will ask participants to fill out an online demographic and work experience questionnaire via Qualtrics and to participate in an audio-recorded one-to-one semi-structured interview via Zoom for approximately 60-90 minutes, where they will be asked questions about structural, organizational, practitioner, personal, and individual barriers to supporting Autistic adult mental health, and strategies, adaptations, and considerations they find useful. All those who participate in interviews a \$10 e-gift card from a pre-determined list. This research has been cleared by Carleton University Research Ethics Board A Clearance #119805. If you would like to participate in this research project, or have any questions about the research, please contact Margaret at [margaretjansevanrens@cmail.carleton.ca](mailto:margaretjansevanrens@cmail.carleton.ca)

- **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:**

- Competition, Camaraderie Draw **Marco Veilleux** Back to the Pool: <https://www.swimming.ca/en/news/2023/09/11/competition-camaraderie-draw-veilleux-back-to-the-pool/>
- Floating Dog: <https://twitter.com/buitengebieden/status/1675584367614361601>
- SwimSwam Drill of the Month: Breaststroke with Flutter Kick: <https://swimswam.com/swimswam-drill-of-the-month-breaststroke-with-flutter-kick/>
- The First Men's 4 x 200m Free Relay in the 360+ Age Category [Ed. Note: From 2014, I believe]: <https://twitter.com/MastersSwimming/status/1677090297195405313>
- Book: Sea Pools: 66 Saltwater Sanctuaries from Around the World: <https://twitter.com/BatsfordBooks/status/1687145037052694528>; <https://www.batsfordbooks.com/book/sea-pools/>
- Training is Important, But so is Quality Rest: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/dont-forget-about-this-when-preparing-for-open-water-swimming>
- How to Swim in the Sea: <https://outdoorswimmer.com/coach/how-to-swim-in-the-sea>
- Swimmer Warm-Ups: <https://www.youtube.com/shorts/SOO1UQSQEKY>
- Capturing Water as Our Constant Companion: <https://outdoorswimmer.com/featured/capturing-water-as-our-constant-companion/>

### **News and Other Links:**

- When Your Workout Stops Working: [https://www.nytimes.com/2023/09/20/well/move/workout-progress-plateau.html?unlocked\\_article\\_code=Tld0JBRTawBvdjcg5KEo3146wvD4U3MDk1-BJJ1qQ6LTf\\_AHdDsrd30X0j0fTCKK78aJe0ktQ4r9k763n6IAo1UUjJa4em9N5TfUnrxSc7v-OHo-6KGozmqmQpiTtfQ\\_iKd9zd4nFhqselibE\\_OiDTfQxwLcuGOMCs7fKzMrkcnyofi5pvSxMAf7wXEFMzISuTEwoK12kqd6LzkE-JSFyHkzzbZWeTwJnPPkLlfK3l8fYcJk-PJxPM7O0DOaDJ10f4OEI6uWohU4XAFaG8ku0jaTbZWq7pOk15NNhLPZq\\_PNVUifpRO6IPV9pxJ-kTBxhKTchpZ3EN07Klx8c-wjefS2c&smid=url-share](https://www.nytimes.com/2023/09/20/well/move/workout-progress-plateau.html?unlocked_article_code=Tld0JBRTawBvdjcg5KEo3146wvD4U3MDk1-BJJ1qQ6LTf_AHdDsrd30X0j0fTCKK78aJe0ktQ4r9k763n6IAo1UUjJa4em9N5TfUnrxSc7v-OHo-6KGozmqmQpiTtfQ_iKd9zd4nFhqselibE_OiDTfQxwLcuGOMCs7fKzMrkcnyofi5pvSxMAf7wXEFMzISuTEwoK12kqd6LzkE-JSFyHkzzbZWeTwJnPPkLlfK3l8fYcJk-PJxPM7O0DOaDJ10f4OEI6uWohU4XAFaG8ku0jaTbZWq7pOk15NNhLPZq_PNVUifpRO6IPV9pxJ-kTBxhKTchpZ3EN07Klx8c-wjefS2c&smid=url-share)
- Ballet Is a Great Workout for an Aging Body: [https://www.nytimes.com/2023/08/30/well/move/ballet-workout-aging.html?unlocked\\_article\\_code=dnaZSXSy3yMwiCtwHIZg8ADL0016fAdsyjC9qvmsdFtXuSL3XMdel4IPo8hSxo2rbQoGLbAYoiV1Dc\\_gCCS3PoABLZUSIL2EPcHt8AK1mAV0lmgziYV\\_SLWGws2JMIL\\_MY4H7yBnozLFiMB7SRmkg4L4N4Js\\_ttvX2nA\\_QpBkHojBKZux-wo\\_Aa4QDw8linMoMN8i4K2gRh3Yx--l\\_ieayjgp44\\_RLg1Pi2cdegjZgif4rc96u\\_2HCbrfsdkOfPufBAYJQqVF34sBps8uR-i1auB2hq2dAcJEh-TX6lnsf\\_Nv4nyZFefN6ZGLTj4f38htEKn-u5-Nstr-Km0lsZg&smid=url-share](https://www.nytimes.com/2023/08/30/well/move/ballet-workout-aging.html?unlocked_article_code=dnaZSXSy3yMwiCtwHIZg8ADL0016fAdsyjC9qvmsdFtXuSL3XMdel4IPo8hSxo2rbQoGLbAYoiV1Dc_gCCS3PoABLZUSIL2EPcHt8AK1mAV0lmgziYV_SLWGws2JMIL_MY4H7yBnozLFiMB7SRmkg4L4N4Js_ttvX2nA_QpBkHojBKZux-wo_Aa4QDw8linMoMN8i4K2gRh3Yx--l_ieayjgp44_RLg1Pi2cdegjZgif4rc96u_2HCbrfsdkOfPufBAYJQqVF34sBps8uR-i1auB2hq2dAcJEh-TX6lnsf_Nv4nyZFefN6ZGLTj4f38htEKn-u5-Nstr-Km0lsZg&smid=url-share)

- The Heartache of Being Sidelined From Your Favorite Sport: [https://www.nytimes.com/2023/01/09/well/move/sports-injury-recovery.html?unlocked\\_article\\_code=Yi0tase5HF2Z7mAW5g7\\_xCRIgv5pP8m0A6EcluiyUzUgKhdDf\\_llcbfN0tJ9ax3YJ2n5VYpnOf5\\_rZJvm3\\_c67BlgycvZvoC9v626i9X\\_1IG2a-RqxPnXc3aQVnZySRaZTW9lk6uaqyllkqyt1ke53ITKE2n4Z0M4OPhcMk4Rt4kO5p7Of9f6UX7ZmVPNxGpPAJYwc32vAohuF9n7r9XmloWcnVPtrSKIQpWXiQ2dikz5g7guGxckGloqbDELBG8IF8TJ7eMw2EPmgVpKf5XtjSB8HWL6uk2olaeWpWWdDdRqPM6wl0qrCv\\_xKP1K6poCSA8LSsYQVDqLSDefvTm-HtTD&smid=url-share](https://www.nytimes.com/2023/01/09/well/move/sports-injury-recovery.html?unlocked_article_code=Yi0tase5HF2Z7mAW5g7_xCRIgv5pP8m0A6EcluiyUzUgKhdDf_llcbfN0tJ9ax3YJ2n5VYpnOf5_rZJvm3_c67BlgycvZvoC9v626i9X_1IG2a-RqxPnXc3aQVnZySRaZTW9lk6uaqyllkqyt1ke53ITKE2n4Z0M4OPhcMk4Rt4kO5p7Of9f6UX7ZmVPNxGpPAJYwc32vAohuF9n7r9XmloWcnVPtrSKIQpWXiQ2dikz5g7guGxckGloqbDELBG8IF8TJ7eMw2EPmgVpKf5XtjSB8HWL6uk2olaeWpWWdDdRqPM6wl0qrCv_xKP1K6poCSA8LSsYQVDqLSDefvTm-HtTD&smid=url-share)
- Sitting too Much is Bad for Your Health, but Offsetting the Impact is Easy: <https://www.cnn.com/2023/01/12/health/sitting-prolonged-study-wellness/>
- At 85, Regular Exercise is Keeping Me Active and Healthy: <https://www.theguardian.com/lifeandstyle/2023/jan/03/at-85-regular-exercise-is-keeping-me-active-and-healthy>

## 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: Mon: **Sean**; Tue: **Mark**; Thu: **Paddy** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow; Thu: Deep: Mon: **Sean**; Tue: **Mark**; Thu: **Paddy** (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>.

Here are the attendance statistics for the term so far. 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. Apologies to **Rachel Bennett** (6pm Whitecaps) for missing her last time!

**7:35am Earlybirds:** September 6 to 15 (5 workouts); range: 22-32; average: 25.8

Perfect Attendance: **Bruce Brown, Margaret Janse van Rensburg, Ursula Scott**

**8:40am Earlybirds:** September 6 to 15 (5 workouts); range: 21-31; average: 25.9

Perfect Attendance: **Cori Dinovitzer, Evelyn Simpson, Heather Bonas, Luciara Nardon, Steve Dods, Tom Heyerdahl**

**6:00pm Whitecaps:** September 5 to 14 (5 workouts); range: 21-28; average: 25.6

Perfect Attendance: **Christian Cattan, Christiane Wilke, Nicole Delisle, Rachel Bennett**

**7:15pm Whitecaps:** September 5 to 14 (5 workouts); range: 14-18; average: 15.5

Perfect Attendance: **Joel Meredith, Kelly Biggs**

**8:15am Saturdays:** September 9 to 23 (3 workouts); range: 20-28; average: 24.3

Perfect Attendance: **Cheri Reddin, Don Wells, Francois Jacques, Homero Martinez, Ian Lorimer, Isla Paterson, Jesula Drouillard, Joanie Conrad, Joel Meredith, Luciara Nardon, Lynn Marshall, Nicole Delisle, Sandy Lawson**

## Ask the Coach

**Dear Coach:** How do I know if my suit is just about worn out? I did a flip turn and felt it rip. Are there any suits with reinforced butt-stitching, or should I wear 2 suits? I'd like to share my experiences so that others check their gear and don't have anything hanging out unintentionally. Thanks, Embarrassed by my Butt

Dear E.b.m. Butt: The 100% polyester suits are great and last a very long time. Usually the first thing to go is the seams. You can tell when they are getting weak as the stitching fades from a dark colour to white and then starts looking threadbare. If you pull at the seams of your old suit, you'll be able to tell when they are about to go. (You can also resew the seams, to make the suit last longer.) I don't think two suits are necessary – just the occasional check of the “important” seams on your suit.

**Dear Coach:** In the morning, as we usually have access to the dive tank, would it be possible to do extra drills for those who want? Improving My Fly

Dear I.M. Fly: Yes, of course. Once we've finished the drill sets, just ask for a clinic on a particular stroke / aspect before you get in for warm up, and I'll advertise to the group and have up to five people sign up. We'll do the clinic for the last 15 minutes of the swim.

**Dear Coach:** How far apart should my fingers be when swimming? Should I squeeze them tightly or spread them out? Working on Freestyle

Dear W.o. Freestyle: Ideally your fingers should be 3 to 7mm apart. That gives the maximum power (as water won't slide through, giving you the maximum surface area), as well as allowing you to keep your hands fairly relaxed.

**Dear Coach:** Over the summer the “ravensguest” Wi-Fi connection stopped working and hasn't yet been restored. The only working Wi-Fi connection is only for faculty and students. Do you know when there will be working Wi-Fi for community members? Wi-Fi-less Swimmer

Dear W. Swimmer: I'm told that Carleton's IT department is looking into a permanent solution, but there is no time-line at this point. Sorry to not have better news.

## 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.

Details of Swim Ontario and Quebec meets can be found (after they are sanctioned) at <https://www.swimming.ca/en/events-results/live-upcoming-meets/>. (I will add detailed links below when available, if I remember!) Details on MSO meets can be found here: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

October 22 Round 1 Quebec Cup Rosanne-Laflamme Centre, St-Hubert, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/39816/>

October 28 Brossard Masters Invitational, Montreal (SO registration required) <https://www.swimming.ca/en/meet/39635/>

November 4 Round 2 Quebec Cup Centre Claude-Robillard, Montreal (SO registration required)

November 5 EOMAC Semi-Serious, Etobicoke, Toronto (SO registration required)

<https://www.swimming.ca/en/meet/39897/>

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

December 3 Round 3 Quebec Cup Montreal Nord (SO registration required)

December 10 Red vs. Blue, Nepean Sportsplex (MSO registration required)

December 17 IM Fast, TPASC, Scarborough (SO registration required)

December 31 100x100 set Etobicoke

January 21 Susan Douglas Memorial, Wilmet (SO registration required)

January 27 Round 4 Quebec Cup Drummondville (SO registration required)

January 29 Alderwood 25m Yards Meet, Alderwood (MSO registration required)

February 3 ROC No-Excuse-No-Regret, Clarington (SO registration required)

February 4(?) Round 5 Quebec Cup LCM, Quebec City(?) (SO registration required)

February 17 Nepean Winterlude LCM Meet, Nepean Sportsplex (MSO registration required)

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>

March 3 Stephen Forsey Meet, Markham (SO registration required)  
March 16 Round 6 Quebec Cup Victoriaville (SO registration required)  
March 22-24 MSO LCM Provincials, Markham (MSO registration required)  
April 19-21, 2024 Swim Ontario Masters Provincials, Etobicoke (SO registration required)  
April 19-21 Quebec Masters Provincials, Pointe-Claire, Montreal (SO registration required)  
May 24-26 Canadian Masters Swimming Championships, Windsor (SO registration required)  
July 6(?) 5km King Wolf Swim, Kingston to Wolfe Island  
July 13-14 Ontario Open Water Championships, Gravenhurst (SO registration required)  
August Canadian Open Water Festival, Welland (SO registration required)  
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!

### September 9-10 Montreal Esprit Triathlons, Parc Jean-Drapeau

Congratulations to **Josh** on very busy and impressive weekend with PBs (by 2.5 minutes) in both his triathlons, and a gold medal finish in the Sprint Tri!

**September 9: Sprint** (750m/20k/5k; 1139 participants): <https://www.sportstats.ca/display-results.xhtml?raceid=129159>

**Josh Weissbock** (7:35am Earlybirds; M35-39): 8<sup>th</sup> overall, 7<sup>th</sup> man, and 1<sup>st</sup> in category in 1:05:26 (12:55 swim)

**September 10: Olympic** (1500m/40k/10k; 992 participants): <https://www.sportstats.ca/display-results.xhtml?raceid=129157>

**Josh Weissbock** (7:35am Earlybirds; M35-39): 45<sup>th</sup> overall, 33<sup>rd</sup> man, and 9<sup>th</sup> in category in 2:13:31 (26:17 swim)

### Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 rankings (by gender and age group, both SCM and LCM) at: <http://www.statsman.ca/#canada> (last update **August 28**).

## Notes and Reminders

### Private and Semi-Private Masters Swim Lessons

**Fall Schedule:** Note: Currently fully booked, but reach out if you are interested.

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

**Tuesday:** 3:45-4:45pm and 4:45-5:45pm

**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: **Full** (wait list available)

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

**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/lynmar/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/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 2024. 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, 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](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

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