

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: October 13, 2023 3:52 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 #618

Carleton Masters Swimming Newsletter #618

Friday, October 13, 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 (35 addresses), Saturday Only (12 addresses), Alumni (46 addresses).

“Sports do not build character. They reveal it.” – Heywood Broun

Masters Swimming Program Notes

- The Fall session runs from **Tuesday September 5** to **Saturday December 23**.
 - 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

- Congratulations to **Stephanie Le Saux-Farmer** on the birth of her daughter **Nila Nicole Le Saux-Nirojan** on Sunday September 24!



Stephanie hopes to be back in the pool soon.

- Interested in watching and/or 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 5:30pm. If you are interested, please let me know. A chance to see some ***fast*** swimming!

- Carleton will be hosting a home football game on **Saturday October 21**. Carleton's Fall Convocation will be held on **Saturday November 4**. These events may mean that Parking Lot 5 is closed. On those dates, those with Lot 5 parking passes may park in any other legal spot on campus.

- **Tom Heyerdahl** (8:40am Earlybirds) and **Peter Volney** (6pm Whitecaps) were part of a group that swam at Meech Lake during the full moon on September 29. What a great photo with lights in their "floaties"! Photo credit: **Christiane Wilke** (6pm Whitecaps), who also swam.



- Thanks to **Anne Griffith** (8:40am Earlybirds) and **Liz MacNeill** (7:15pm Whitecaps) for sending information on a swimming-related movie being held at the Mayfair October 20 to 26: <https://mayfairtheatre.ca/movie/nyad/>. While I do not intend to discourage anyone from attending, there is a lot of controversy about Nyad and her swim, which you might want to check out: <https://www.axios.com/local/miami/2023/09/01/swimmer-diana-nyad-past-questioned-again-movie>.

- Despite the swimming corridors at Meech Lake being considered successful by most swimmers, some locals are not happy: Saga au Lac Meech: Un Riverain Dénonce l'Inactivité des Autorités: <https://www.ledroit.com/actualites/actualites-locales/2023/10/05/saga-au-lac-meech-un-riverain-denonce-linactivite-des-autorites-H4EBXVJRCZCMLMIWOZVDGJH5FI/>.

- Many of our (water) dragon boaters will be participating: Get Ready for an Icy Adventure at the BeaverTails Ottawa Ice Dragon Boat Festival 2024: <https://getouttheremag.com/articles/5436/get-ready-for-an-icy-adventure-at-the-beavertails-ottawa-ice-dragon-boat-festival-2024>

- The Rideau Speedeaus are once again recruiting coaches for private lessons, swim clinics, the Learn to Swim program as well as regular practices. Looking for people who are outgoing and engaging. Send questions and CVs to coaching@rideauspeedeaus.com.

- 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/>

- **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.

- **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

- **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:

- A Swimming-Related Book [thanks to **Liz MacNeill** (7:15pm Whitecaps)]: Winter Swimming: The Nordic Way Towards a Healthier and Happier Life by Susanna Søberg: <https://www.goodreads.com/en/book/show/60173751>

- Here is Why Swimmers are So Tall, and What to Do if You are Not [thanks to **Evelyn Simpson** (8:40am Earlybirds)]: <https://www.a3performance.com/blogs/a3-performance/swimmers-tall-and-short>

- Improve Your Underwater Game: <https://twitter.com/MastersSwimming/status/1681676651380211713>

- Facts about Lake Superior: <https://northernontario.travel/algoma-country/top-ten-facts-about-lake-superior-its-name-superior-because-it>

- Swimming the Channel: More Lies, Damn Lies and Statistics:

<https://coldwaterswimming.wordpress.com/2019/07/22/more-lies-damn-lies-and-statistics/>

- The Full-Body Pool Workout That Doesn't Involve Swimming: https://www.nytimes.com/2023/07/12/well/move/full-body-workout-pool-exercises.html?unlocked_article_code=ZwFN6XfAJ9-6-jX0f7_6C4vS29cRY_jm31wkWsjpIY5RzoZ8Smn_UmLAJAnSXURozAac1n4lhYTLlvX1oCFNcPXoPIIaUV7qdSUWG4Yfal_kRUpqnMQt42w5fR0Wb6tPLRyO6G5KRijg9uXuEeAL9XK3DENvLDkC7pdiO-aA065U5kX-FeaPj3kX3f1-Ukp6gdw_F_Fhvq1NT8piVLDaM3v-ed7p7G1gnEPwXnpBw0o6mTXkPoBMcfENNikY52n6O_DSKEg1I99zeDJiyJg69U2CYmVfEwliqW5IAITC2A6ODukukhAfoGqcJf0jp-Z7yXBxw60jZ2FbjdhcSla3iNhV4FVZ_zoulQJRLw&smid=url-share

News and Other Links:

- At 104, She Wondered: Could She Skydive Again?: <https://www.nytimes.com/2023/10/03/us/104-year-old-skydiver-chicago.html>

- Do (Tri)Athletes Need Sugar?: <https://triathlonmagazine.ca/nutrition/do-triathletes-need-sugar/>

- How to Change Your Mind-Set About Aging: https://www.nytimes.com/2023/09/20/well/mind/aging-health-benefits.html?unlocked_article_code=xgwtfDMB_GY3717kFpyews8QIBc9HVqWDFudjLL-9RVxejTfAMVqd_2Wgk6ZANIX5drodrXIIAWSjs5VHeTHsoXpXAIM7gUS4Ed30xYiHO3S0PVU_ZYGyIAJdpdZ9oTtrDg8ol

[gukRYh8KMVoBDD9BklbjUgs5gS_TK0zBDGxgcyRYw7UXCU_W-KvJIZ1LqQ50DastbnXYtkUm_iBQGQh8KhRhT1D8MzEcr9vehA5IU8tsngNtng3aVD_1JihDRaspV1i63dDpHJwqy2fc0pQSWYqsmidHP8XEca8aYLtRf3OuTRupCRXpDSXqaYPIAmlgdyOnVliageYD8WTY_mKh8&smid=url-share](https://www.nytimes.com/2023/08/31/sports/courtney-dauwalter-ultramarathon.html?unlocked_article_code=NVY2wJfpOTyQe4pTc-lx2dYvNiJXLKy9kpXA9P6n2bbjOBqJQhzWyDOoJc8sYTp_RYvuEfbfr6BFIAVctvCv3xj24-TNowWnLi8GtPBaUuEQm0thP6agaAPjLLEMI3y182AIMie6_dQyyADvL6ICP8oJh-Mcdkk3Es1ks0kh19xZuZfjlnVxbJgah9Xgde7CdBHbF_AGCtznDPSLoxmfw5X8MMIVD5ohInt3NxZ2wyG76JFlgCGBM2h0HRL2hu4FWPrfk65xSDGwVNfOQYFeoULGS_Y1hZMKh80K2tFdPs9E_7PrQx45zADVkmq8kmOu-X17NMvPER6e-q86uxuyb4TpxUHW-niFg&smid=url-share)

- What Ultrarunner **Courtney Dauwalter** Learned in the Pain Cave:

https://www.nytimes.com/2023/08/31/sports/courtney-dauwalter-ultramarathon.html?unlocked_article_code=NVY2wJfpOTyQe4pTc-lx2dYvNiJXLKy9kpXA9P6n2bbjOBqJQhzWyDOoJc8sYTp_RYvuEfbfr6BFIAVctvCv3xj24-TNowWnLi8GtPBaUuEQm0thP6agaAPjLLEMI3y182AIMie6_dQyyADvL6ICP8oJh-Mcdkk3Es1ks0kh19xZuZfjlnVxbJgah9Xgde7CdBHbF_AGCtznDPSLoxmfw5X8MMIVD5ohInt3NxZ2wyG76JFlgCGBM2h0HRL2hu4FWPrfk65xSDGwVNfOQYFeoULGS_Y1hZMKh80K2tFdPs9E_7PrQx45zADVkmq8kmOu-X17NMvPER6e-q86uxuyb4TpxUHW-niFg&smid=url-share

- Benefits of Working Out in the Morning: <https://www.trainingpeaks.com/blog/morning-workout-benefits/>

- The Fallacy Of Failure: <https://gloriousport.com/articles/imani-lara-lansiquot-gb-sprinter-fallacy-of-failure/>

- Hydration Can Significantly Impact Your Physical Health: <https://edition.cnn.com/2023/01/02/health/hydration-disease-aging-death-risk-study-wellness/>

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.

Mark coached the **6:00pm and 7:15pm Whitecaps** for **Paddy** on **Thursday October 5**.

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 **Cameron Dawson** (6pm Whitecaps) for missing him last time!

7:35am Earlybirds: September 6 to October 13 (16 workouts); range: 20-32; average: 24.9
Perfect Attendance: **Bruce Brown, Margaret Janse van Rensburg, Ursula Scott**

8:40am Earlybirds: September 6 to October 13 (16 workouts); range: 20-31; average: 24.8
Perfect Attendance: **Evelyn Simpson, Heather Bonas, Luciana Nardon**

6:00pm Whitecaps: September 5 to October 12 (16 workouts); range: 21-30; average: 25.6
Perfect Attendance: **Cameron Dawson, Christian Cattan**

7:15pm Whitecaps: September 5 to October 12 (16 workouts); range: 12-18; average: 15.4
Perfect Attendance: **Joel Meredith**

8:15am Saturdays: September 9 to September 30 (4 workouts); range: 20-28; average: 25.3: **Note:** October 7 will be included next time!

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

Ask the Coach

Dear Coach: If everyone is going to send in photos... Our three favourite pools of 2023. **Martin and Titia**



Bermuda National Sports Centre



The saltwater Charlton Pool, Sydney Harbour as seen from the bar with the Royal Australian Navy base in the background.



Unley Swimming Centre, Adelaide, run by the local community. **Martin** was asked to volunteer on the second day.

Dear **Martin** and **Titia**: Thank you – I'm jealous!

Dear Coach: I'm going to be travelling and I'd like to find a pool and/or team to train with. Is there a resource that can help? Travelling Swimmer

Dear T. Swimmer: Check out <https://www.swimmersguide.com/>. It's a crowd-sourced reference with world-wide information on pools, schedules, and teams that train in the pools.

Dear Coach: Can you offer advice on swimming goggles? Where is a good place (in Ottawa) to buy them. How can I ensure that they will fit? How do I stop them from fogging up? Frustrated Swimmer

Dear F. Swimmer: Local swimming specialty stores include Team Aquatics (formerly Aquasport) near Ikea (discount coupon in the Notes and Reminders Section), and Go Swim in Kanata (reviewed in the previous newsletter: <https://www.sce.carleton.ca/faculty/lynnmar/masters/newsletter617.pdf>). Many regular sports stores also carry swimming goggles, but best to phone ahead to check. The most important thing for good fit is the size (length) of the nose piece. Goggles with adjustable nose pieces will fit more people. If the nose piece is the correct size, (while on dry land) you should be able to push the goggles onto your face (without the strap) and they should "stick". If they fit correctly, you won't have to have them so tight that they hurt. To stop them from fogging up, you can buy anti-fog drops or use a drop of baby shampoo or dish washing liquid, but spit (yes, spit!) works best. It's also a good idea to have a drop or two of water in each lens so that you can shake your head to unfog them. Put them on before you get in, and take them off after workout. The more you "play" with them in the water, the more likely they will fog up or get scratched. Dirty and/or scratched goggles fog up more easily.

Dear Coach: I got a painful side stitch while swimming the other day. What causes that, and how can I avoid it in future? Swimmer With a Stitch

S.W.a. Stitch: The causes of stitches aren't completely understood (there are many theories), but they do have a fancy name: Exercise-Related Transient Abdominal Pain or ETAP! Here's an article with some useful information on potential causes and what to do if you get one: <https://www.onepeloton.ca/blog/how-to-get-rid-of-side-stitch/>.

Dear Coach: I recently ordered a long polyester suit online from a Canadian store. I thought that other female swimmers with long torsos might also be interested. Here's the link: <https://www.lysports.com/product/finz-womens-solid-maxback-long-one-piece-swimsuit/>. A Long Swimmer

Dear A.L. Swimmer: Thanks for passing along that link.

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 15 Windsor Swim Meet (SO registration required) <https://www.swimming.ca/en/meet/40022/>

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, Wilmot (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!

October 8 Chicago Marathon

Congratulations to **Colin** and **Josh** on their races. **Colin** set a PB with a super-fast time. **Josh** planned to run with his girlfriend who was going for a Boston qualifying time, but unfortunately was under the weather, which slowed him down. However, she finished in 3:28, two minutes faster than she needed! Full results:

<https://results.chicagomarathon.com/2023>.

Colin Kiviaho (8:40am Earlybirds; M45-49): 691st overall; 642nd man, and 50th in category in 2:42:41

Josh Weissbock (7:35am Earlybirds; M35-39): 12145th overall; 9085th man, and 1544th in category in 3:35:45

Colin and **Sandra Kiviaho** (8:40am Earlybirds) stayed at the Intercontinental Hotel which has an amazing pool from the 1920's:



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/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/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).

Happy lengths!
Lynn

lynnmar@sce.carleton.ca

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