

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: November 10, 2023 2:57 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 #620

Carleton Masters Swimming Newsletter #620

Friday, November 10, 2023

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2023 and Alumni: 7:35am Earlybirds I (45 addresses), 8:40am Earlybirds II (40 addresses), 6:00pm Whitecaps I (42 addresses), 7:15pm Whitecaps II (40 addresses), Saturday Only (11 addresses), Alumni (46 addresses).

“Success demands singleness of purpose.” – Vince Lombardi

Masters Swimming Program Notes

- The Fall session runs from **Tuesday September 5** to **Saturday December 23**.
- Registration for Winter will start at **noon on Tuesday, December 5**.
 - Details on the Winter programs will be in the next newsletter.
- 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

- Belated Happy Halloween [thanks to **Evelyn Simpson** (8:40am Earlybirds)]!



- The **Carleton Masters Annual Festive Gathering** will be held on **Saturday November 25** from 6:30pm on at the home of **Don Wells** (6pm Whitecaps), **Joanie Conrad** (6pm Whitecaps), **Sam** and **Ben** at 376 Hamilton Avenue South. Full details: <https://www.sce.carleton.ca/faculty/lynnmar/masters/Festive%202023.pdf>.

- Carleton Varsity Team Alumni and Supporters are welcome to join the **annual Varsity vs. Alumni meet tomorrow, November 11**. The pool event runs from 3:30-5:30pm, followed by a social event at Ollie's in Nideyinàn (formerly University Centre).

- Long-time Etobicoke Masters swimmer, **Charlie Lane**, has decided to discontinue dialysis after seven years: <https://www.instagram.com/p/CzAPyfEg8ou/>.

- Lansdowne 2.0 was approved last night by council but not before **Isla Paterson** (8:40am Earlybirds) had another letter printed in yesterday's Ottawa Citizen: Why Give Glebe the New Event Centre?: <https://ottawacitizen.com/opinion/todays-letters-wheres-the-common-sense-on-lansdowne>.

- This may be of interest to some! Carleton University's annual United Way Polar Bear Dip Fundraiser is on **November 15 at 3pm**: <https://carleton.ca/unitedway/cu-events/polar-bear-dip/>.

- Coach **Mark Blenkinsop** is selling his backyard honey again! This year he had a great harvest. He is selling 500g bottles for \$12, and 1kg for \$22. If you are interested, or have any questions about his bees, please feel free to ask him

when you see him. He will be at the pool during evening practices on Tuesdays and Thursdays, and morning practices on Wednesdays, as well as some Mondays and Fridays.

- Carleton Ravens and ROC Swimming Coach **Nico Belisle** has some sample Finis smart goggles for Masters swimmers to try. Let **Lynn** know if you would like to try them. You can read more about them here: <https://www.goswim.ca/product/finis-smart-goggle-starter-kit/417>. The list price is \$329, but with an order of 8+ pairs, **Nico** can get a 30% discount. There is a free app that goes with the goggles. If the goggles wear out or break, the smart gadget can be moved to another pair (which costs \$60).

- **Derrick Motz** (Derrick.Motz@uottawa.ca) is a PhD student at uOttawa. He is working with researchers from Cape Breton University and the University of Lethbridge on a study on adult athletes' preferences for their coaches approach to their training. Warning that it's a bit long as there are 22 different questions about coaches: <https://www.surveymonkey.ca/r/AdultAthletesCoachingPreferences>.

- Entries are now open for the MSO (Masters Swimming Ontario) **Red vs. Blue meet at the Nepean Sportsplex on Sunday December 10**. If you wish to participate as a member of the Carleton Masters this season, you need to contact me to register with MSO for \$20 **before** you register for the meet. If you register for the meet first, you will swim as unattached and pay a \$7.50 additional fee (in lieu of joining MSO).

- **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:

- Book Review: Making Waves: My Journey to Winning Olympic Gold and Defeating the East German Doping Program by US Swimmer **Shirley Babashoff**: <https://www.swimmingworldmagazine.com/news/review/>
- Interview with US Swimmer **Jeff Farrell** about Book Retelling Story Of Appendectomy Before 1960 Trials: <https://www.swimmingworldmagazine.com/news/jeff-farrells-new-book-retells-story-of-appendectomy-before-1960-trials-morning-swim-show/>
- Top Five Tips for a Long-Distance Swim Challenge: <https://outdoorswimmer.com/featured/simon-murie/top-five-tips-for-a-long-distance-swim-challenge/>
- River Swimming Guide: <https://outdoorswimmer.com/featured/river-swimming-guide/>
- Lost at Sea: **Walter Poenisch**, his Cuba-to-Florida Swim, and his Stolen Honor: <https://614now.com/2016/culture/community/lost-at-sea-walter-poenisch-his-cuba-to-florida-swim-and-his-stolen-honor>

News and Other Links:

- Even Short Runs Have Major Health Benefits: https://www.nytimes.com/2023/10/21/well/move/running-short-distance-health.html?unlocked_article_code=1.4Uw.W4_Y.CNSIjnBBEwHm&smid=url-share
- These 2-minute Exercise Bursts May be Better Than Your Regular Workout: <https://www.washingtonpost.com/wellness/2023/01/04/exercise-snacks-workout-breaks/>
- Hunching Over Your Computer Like a Buzzard Is Not Helping Your Back: https://www.nytimes.com/2023/07/14/well/desk-hunching-ergonomics-back-pain.html?unlocked_article_code=UXBOBcNM1zzpKRM4OE9Vdb_qG5hwhO0z0GTYgL23INCggqziZHG31IFo-TWCXUYKF4OZhFWIYoJU7-3mLAUU_jgVMwnjEegTEhvOTrIYRaRnieUCb5o6RvhMLhVJExmpit9t5nFuW2V-IMvEosyGWie7WYyOD0T-hbm9S6tHgUBbVtIE8SC9RIsc4BYT-JFenEZhWpDLtUd32VeyVWjTMvxjx3pB4NO2rnZBcph80JBoj1W2hccQxekYY-cJvrj7qSAvYNqbw7VnQqGYp_tI3F0aKfTjvtwaCT3igTPn8qAZPNbNf-lbw6HquK7vhvAsb28QjcFiNZirluhhncFtCAEXKinu14Z2tpBw&smid=url-share
- Our Favorite Workouts So Far This Year: https://www.nytimes.com/2023/07/19/well/move/best-exercises-workouts.html?unlocked_article_code=FkNdipgQrVLf9CpB9coratjsMmEISo9W9zCXR81INhmKO_IQzP3lxZFvwyPqoHMeEYe-dl7VsJq77a_inrYtEemsI7u6PntVZ5oq2Q5Mzvau_GVV80FG0sYQZ9qFDgq0Zj5hvfuc1XWLM1fiWJRpEhUgqDw5sybc0MRorj2INUAEzb_eF4LegV8XYyuE66sMDHilgyvBn21U5cZ7AyFYwv-x2_BaBOnJeRI_z1FcBKhlNPVdPSUWa9GdCdFywOP_n2jDdtB2DKlx6wXsELiMt2KyvW25K2SbQEcvb2C_upJB-pyg6HTUTe7lvh7LjBzwc2vvX3rxScQBk_Hge1KIMkk-Q&smid=url-share
- A Number That Should Guide Your Health Choices (It's Not Your Age): https://www.nytimes.com/2023/07/23/health/seniors-life-expectancy.html?unlocked_article_code=B-sjZigui_gufdNebQwclHyiq_DUTuEw9aJq137PzggofHZFswOEFWUkNgNDHM3aLKT1YP7XWLiNhDuz1DBhnpX_WEJ5l8bVPQ2_kQaN1oCK7qy7IFHPFzuCXcCIKSy77utJw5eAQwjp7v7FX5d3X3xvmV4gMH1xuM9wh3Aq4WMX0jqpHEGSY1CXmP5sq8ZhaLCDniUvJwX_E49wKx0zQ7aCpt8jm4zCJWOBsEDYtzbeYMKSOtjcek3dM3vCTgqikPFHwB2rXBXac71mcDn2TrqWE1G0tUuwp4RjZy2hKBM_ywk-AE0KuKD3ZrdBkaQYL5zDTTzzlJO94zkzqrWnWA&smid=url-share
- **Kyle Landi**, Ontario Bodybuilder with Down Syndrome Shattering Records and Stigmas: <https://www.ctvnews.ca/lifestyle/ontario-bodybuilder-with-down-syndrome-shattering-records-and-stigmas-1.6499027>

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.

Paddy (with a bit of help from **Lynn**) coached the **6:00pm** and **7:15pm Whitecaps** for **Mark** on **Tuesday October 31**.

Mark coached the **6:00pm** and **7:15pm Whitecaps** for **Paddy** on **Thursday November 2**.

Special Sets:

Tue/Wed Oct 17/18: fin day

Mon Oct 30: 800 free time trial for Earlybirds

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.

7:35am Earlybirds: September 6 to November 10 (28 workouts); range: 18-32; average: 24.0
Perfect Attendance: **Bruce Brown, Ursula Scott**

8:40am Earlybirds: September 6 to November 10 (28 workouts); range: 19-31; average: 24.1
Perfect Attendance: **Luciara Nardon**

6:00pm Whitecaps: September 5 to November 9 (28 workouts); range: 14-30; average: 24.9
Perfect Attendance: **Cameron Dawson, Christian Cattan**

7:15pm Whitecaps: September 5 to November 9 (28 workouts); range: 7-21; average: 15.8
Perfect Attendance: **Joel Meredith**

8:15am Saturdays: September 9 to November 4 (9 workouts); range: 20-31; average: 26.2
Perfect Attendance: **Don Wells, Joanie Conrad, Joel Meredith, Luciara Nardon, Lynn Marshall**

Thanks to those who took part in the recent **400, 800 and 1500 time trials**. Full details will be in the end-of-term newsletter, but, in the meantime, congratulations to those who improved:

400m: **Aine Ryan** (8:40am Earlybirds)

800m: **Tom Heyerdahl** (8:40am Earlybirds)

1500m: **Andrew Rolleston** (7:35am Earlybirds), **Cheri Reddin** (7:35am Earlybirds), **Fiona Hill** (7:35am Earlybirds), **Heather Bonas** (8:40am Earlybirds), **Joel Meredith** (7:15pm Whitecaps), **Luciara Nardon** (8:40am Earlybirds), **Natalie Aucoin** (7:35am Earlybirds), **Sandy Lawson** (7:35am Earlybirds)

Ask the Coach

Dear Coach: Perhaps you can add this for the next time we are doing freestyle stroke practise: <https://youtu.be/-foNukLB-5w?si=1thZ37bB8zR8jzh7>. **Ruth Fawcett** (7:35am Earlybirds)

Dear Ruth: Thanks for sending this. However, I think we would get in trouble from the "powers that be" for throwing off the chlorine levels in the pool 😊 !

Dear Coach: How do I know when I am supposed to stop and rest during the workout? New Swimmer

Dear N. Swimmer: In the warm up, unless it specifically says to rest, you can do it continuously. For example, 200 free, 200 kick, 200 pull: you would stop just long enough to switch equipment. If it said something like 4 x 50, then you would stop between 50s for a short time. In the main set, you stop after every repeat either waiting for the pace time or taking a set amount of rest. Thus if it was 100, 200, 300, you would stop after the 100, then after the 200, etc. If it was 8 x 25, you would stop after each 25. Note that 4 x 25 IMO is not the same as a 100IM. The latter is continuous, and the former you would stop after each 25. If you're not sure, just ask your coach.

Dear Coach: I'm much faster with a pull buoy than without. I found this article: <https://effortlesswimming.com/why-you-swim-faster-with-a-pull-buoy-and-how-to-change-that/>, but I'm still not exactly sure what I'm doing wrong. Can you help? Fast Puller

Dear F. Puller: This has a lot to do with body position, as well as kick efficiency. If your kick is poor, your pull will likely be better than someone whose kick is good. If you have a good body position (i.e. you are streamlined), the pull buoy will help you less than someone whose legs tend to drag. Ask your coach for some tips to improve your swimming.

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>.

December 2 Round 3 Quebec Cup Montreal Nord (SO registration required)
December 10 Red vs. Blue, Nepean Sportsplex (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
December 17 IM Fast, TPASC, Scarborough (SO registration required) <https://www.swimming.ca/en/meet/41091/>
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)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
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)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
February 23 – March 3, 2024 World Aquatic Masters Championships, Doha
<https://www.worldaquatics.com/competitions/3328/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)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
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)
<https://www.swimming.ca/en/events-results/events/2024-speedo-canadian-masters-championships/>
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 22 Pointe-Claire Canoe Kayak Fall Classic

Congratulations to **Cheri Reddin** (7:35am Earlybirds) and **Debby Whately** (8:40am Earlybirds), members of "Splash Sisters" an OC6 (6-person Outrigger Canoe) team that competed in the 10.5k and 2.5k races. They finished second in their division in the 10.5k, and first in the 2.5k. Full results: <https://www.pccanoekayak.ca/>. **Update: Megan Holtzman**

(8:40am Earlybirds) also participated in the River Runners OC6 boat with **Isabelle Fradette** (x-Earlybirds). They placed first in their division in the 10.5k!

October 28 Cookie Run 5k (683 participants)

Congratulations to **Peter** on a great race for his 60th birthday! (Note that he doesn't recommend racing the morning after flying back from Europe!) Full results: <https://sportstats.one/results/129928>

Peter Konecny (6pm Whitecaps; M60-64): 31st overall, 28th man, and 1st in category in 19:12

November 4-5 Nish Outrigger Challenge

Megan Holtzman (8:40am Earlybirds) took part in this event in Miami:

<https://paddleguru.com/races/NISHOUTRIGGERCHALLENGEMIAMI2023/>, where they placed third! Congratulations, **Megan!**

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/seo/ccr/>.

Aquasport Discount for Carleton Masters Swimmers: Aquasport (2730 Iris Street) is under new management, now being run by Team Aquatic Supplies. We receive a 20% discount on regularly priced merchandise until the end of August 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/>