

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** November 24, 2023 4:09 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 #621

## Carleton Masters Swimming Newsletter #621

Friday, November 24, 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).

"It takes time, it's a grind. There are no shortcuts. You've got to grind and grind." – Mark Cuban

## 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 are in the following paragraph.
- 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.
- As the Varsity team will not be in the pool on Monday morning (November 27), we will take advantage of having the whole pool for the Earlybirds groups and we will do short distance (50, 100, 200, 400m) time trials for all lanes in the deep end, with the regular workout in the shallow end.

## Carleton Masters Winter Programs

**Registration for the Winter Session opens at noon on Tuesday December 5** and 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:

**Winter Session:** Tuesday January 2 to Saturday April 13; no workouts Monday February 19 or Friday March 29; workouts on Monday April 1 are one hour later than usual for the morning groups, and one hour earlier than usual for the evening groups.

**Earlybirds 1:** Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$186+HST

**Earlybirds 2:** Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$186+HST

**Whitecaps 1:** Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Mark, Paddy (sub: Adrian); \$206+HST

**Whitecaps 2:** Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean, Mark, Paddy (sub: Adrian); \$190+HST

**Saturdays:** 8:15-9:25am; Coaches: Rotating Schedule; \$94+HST

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

## Swimmer Notes

- **Final Reminder!**: 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>.

- **Tuesday November 28 is Giving Tuesday**. On this date, all donations to Carleton University are matched by the University, so you can double the money you donate. There are many projects and funds accepting donations: <https://futurefunder.carleton.ca/>. Some that may be of interest include:

- The **Tom Anzai** Memorial Swimming Bursary: <https://futurefunder.carleton.ca/giving-fund/tom-ansai-swimming-bursary-giving/>

- The **Phil Boland** Memorial Scholarship, in recognition of Natalie Aucoin (7:35am Earlybirds)'s son: <https://futurefunder.carleton.ca/giving-fund/phil-boland-memorial-fund/>

- The Carleton **Ravens Swim Team**: <https://futurefunder.carleton.ca/campaigns/ravens-swim-team-5/>

- Congratulations to **Tom Heyerdahl** (8:40am Earlybirds) who recently completed his second ice mile (swimming at least a mile in water below 5C). More details next time!

- **Margaret Janse van Rensburg** (7:35am Earlybirds) participated in Carleton's Annual United Way Polar Bear Dip. It's not too late to make a donation and all donations receive a tax receipt: <https://secure.e2rm.com/p2p/donation/385680/en-CA>. Check out the pictures! **Margaret** is in the centre of the first one, and just to the right of the United Way flag in the second.





- Thanks to the Alumni who participated in the Carleton Ravens Varsity vs. **Alumni Meet** on November 11. This year the Varsity won with a final score of 206 to 186.

- Congratulations to **Melanie Heroux** (8:40am Earlybirds) on her selection to Team Ontario's Training Squad for the upcoming Special Olympics Provincial Games taking place in Kitchener-Waterloo next year! **Melanie** also reports that due to bus schedule changes, she is having a challenge getting home after swimming. Is there anyone who goes near Playfair Drive (off Kilborn) after the 8:40am Earlybirds session and could drop **Melanie** off occasionally?

- You may have noticed that **Susan Nevitt-Yelle** (7:35am Earlybirds) was absent from the pool in September and October. For part of this time, she was hiking in Nepal with her husband, **Jean-Denis**, **Colette Kenney** (8:40am Earlybirds) and her husband, **Peter**, and **Lori Meyers** (a Carleton Masters alumna). They reached the Annapurna base camp at 4130m!! **Jean-Denis** is second from the left, and **Susan** third. **Colette** is fourth from the right, with a red strap around her waist. **Peter** is third from the right, and **Lori** second.



- The Vicious Fish Masters Team, training out of the Richcraft Pool in Kanata is in search of a coach for their morning group: 7:30-8:30am on Tuesday and Thursday mornings. If you know of anyone who is interested, please pass this along. For more information contact **Corinne Mott** at [cmott7@outlook.com](mailto:cmott7@outlook.com).

- 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).

- **Derrik Motz** ([Derrik.Motz@uottawa.ca](mailto:Derrik.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.

- **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:

- The Hidden Beauty of Berlin's Indoor Pools [Thanks to **Ruth Fawcett** (8:40am Earlybirds)]:

<https://www.bbc.com/travel/article/20231116-the-hidden-beauty-of-berlins-indoor-pools>

- Australian Free Diver **Michaela Werner** Breaks Underwater Swimming World Record in Pool [Ed. Note: Swimming 101 25m lengths in 1 hour, with 10 Seconds Rest After Most Lengths; Thanks to Coach **Sean**]:

<https://www.abc.net.au/news/2023-11-17/newcastle-free-diver-michaela-werner-breaks-world-record/103107634>, and full video: <https://www.youtube.com/watch?v=EXsPRZgYP94>

- This Swimming Pool in a Polish Border Town has asked Czech Visitors to Stop Getting Naked in Front of Others in its Locker Rooms [Thanks to **Andrea Chandler** (8:40am Earlybirds)]:

<https://twitter.com/notesfrompoland/status/1724505088125804916>

Gold Medalist Shares His Secret for Swimming Faster [Thanks to **Heloise Emdon** (7:35am Earlybirds)]:

<https://www.youtube.com/shorts/Ti0Unf7Amd8>

- The Truth About The "Swimmer Body": [https://www.youtube.com/watch?v=n\\_yuiYV-Zo](https://www.youtube.com/watch?v=n_yuiYV-Zo)

### News and Other Links:

- Love to Nap? Evidence it May be Good for Your Brain:

[https://enewspaper.readingeagle.com/infinity/article\\_popover\\_share.aspx?guid=05a7139f-9a80-487c-9f0d-f5a06b6cf418](https://enewspaper.readingeagle.com/infinity/article_popover_share.aspx?guid=05a7139f-9a80-487c-9f0d-f5a06b6cf418)

- You Probably Aren't Getting Enough Fiber: [https://www.nytimes.com/2023/08/14/well/eat/fiber-diet.html?unlocked\\_article\\_code=Ex7w-ByXt9fTnngwOD-ZrzSvvBpZRwHeEosNbyQC7YkPTRHjftHdQR2L0V-rqTmmkEFhnBedSGyIOMmU\\_2uofyrTAzAEYdhFCF8j3wT5Fi0gyWCZI8IITPd2RaC4-ssQ5x71\\_yGIRN8AcsaAlFhmUVcCgPnDYpynTSJyPeN8pi3c2Bw3c8zoNuRl\\_wJpliR7f0kMXRNBh2HX5BJ2JAWeE99gK9z0itj09d8ziyNz9h-gH8yWvXUHps0fLQCOWiv-m-0lck9lThucuZOPXcqiTgRpuYky3LL8h4H-IWtPd1twT\\_2NKwoJ3rwWYvm573uV7P0A0&smid=url-share](https://www.nytimes.com/2023/08/14/well/eat/fiber-diet.html?unlocked_article_code=Ex7w-ByXt9fTnngwOD-ZrzSvvBpZRwHeEosNbyQC7YkPTRHjftHdQR2L0V-rqTmmkEFhnBedSGyIOMmU_2uofyrTAzAEYdhFCF8j3wT5Fi0gyWCZI8IITPd2RaC4-ssQ5x71_yGIRN8AcsaAlFhmUVcCgPnDYpynTSJyPeN8pi3c2Bw3c8zoNuRl_wJpliR7f0kMXRNBh2HX5BJ2JAWeE99gK9z0itj09d8ziyNz9h-gH8yWvXUHps0fLQCOWiv-m-0lck9lThucuZOPXcqiTgRpuYky3LL8h4H-IWtPd1twT_2NKwoJ3rwWYvm573uV7P0A0&smid=url-share)

- How Athletes Can Bounce Back After Bed Rest: <https://www.yahoo.com/lifestyle/athletes-bounce-back-bed-rest-205901498.html>

- Why It's Never Too Late to Start Exercising: <https://www.healthline.com/health-news/why-its-never-too-late-to-start-exercising>

- Hydration 101: How Hydration Works, Why it's Important for Exercise and Tips to Stay Hydrated: <https://www.participaction.com/blog/hydration-101/>

- Do I Really Need to Warm Up?: <https://triathlonmagazine.ca/training/im-a-triathlete-do-i-really-need-to-warm-up/>

## 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** coached the **6pm and 7:15pm Whitecaps** for **Sean** on **Monday November 20**.

#### **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 (evening groups)

Mon Nov 27: short distance time trials for all morning group lanes

Tue/Wed Nov 28/29: short distance time trials (evening groups)

Thu/Fri Dec 14/15: short distance time trials (evening groups)

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 24 (34 workouts); range: 18-32; average: 23.7  
Perfect Attendance: **Bruce Brown, Ursula Scott**

**8:40am Earlybirds:** September 6 to November 24 (34 workouts); range: 19-31; average: 23.9  
Perfect Attendance: **Luciara Nardon**

**6:00pm Whitecaps:** September 5 to November 23 (34 workouts); range: 14-30; average: 25.1  
Perfect Attendance: **Cameron Dawson, Christian Cattan**

**7:15pm Whitecaps:** September 5 to November 23 (34 workouts); range: 7-21; average: 16.0  
Missed 1 Workout: **Kelly Biggs**

**8:15am Saturdays:** September 9 to November 18 (11 workouts); range: 20-31; average: 26.4  
Perfect Attendance: **Don Wells, Joanie Conrad, Joel Meredith, Luciara Nardon, Lynn Marshall**

### **Ask the Coach**

**Dear Coach:** Can you suggest how to best pace longer events, from 1500m to 1900m? After the 1500 time trial, I thought I would be puffing when I stopped and I really wasn't out of breath. This led me to believe I could have gone harder. But when I am swimming, I really have no idea what pace I am doing unless I am going very slow or very fast. Are there any tricks you can share? Also at what point (how close to the end) should one try to go all out for a longer time trial? Learning to Pace

Dear L.t. Pace: A lot of it comes down to practice. However, for pacing a long event, you want to reach halfway feeling pretty confident. Thus, I recommend trying to speed up every time you are halfway through the rest. For an 800, that would be at the 400, 600, 700, 750, 775. For a 1900, about 1000, 1500, 1700, 1800, 1850. Honestly, even if it feels like you are doing this, it will likely mean that (at best) you maintain the same pace. You probably want to be going close to all out with 100m or so to go.

**Dear Coach:** The women's sauna is never warm. Can anything be done about this? Cold Swimmer

Dear C. Swimmer: Thanks to **Marie-Odile Junker** (8:40am Earlybirds), who has provided a detailed issue report to management, an electrician has been scheduled for the Wednesday November 29 to address the elements in the sauna, and research is ongoing on alternative controls. Thank you, **Marie-Odile!**

**Dear Coach:** Will there be any interim workouts between the Fall and Winter sessions? Keen Swimmer

Dear K. Swimmer: There will probably be a few workouts between December 27 and 30. Stay tuned!

## 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 16 Georgian Bay Squall Meet, Collingwood (SO registration required)

<https://registration.swimming.ca/individualMeetEntry.aspx?sancid=41170>

December 17 IM Fast, TPASC, Scarborough (SO registration required) <https://www.swimming.ca/en/meet/41091>

<https://registration.swimming.ca/individualMeetEntry.aspx?sancid=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)

<https://registration.swimming.ca/individualMeetEntry.aspx?sancid=40043>

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!

**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 **November 24**).

## 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](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

[lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)

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