

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** January 19, 2024 11:48 AM  
**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 #625

## Carleton Masters Swimming Newsletter #625

Friday, January 19, 2024

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

**Bcc:** Those registered for Fall 2023, Winter 2024, and Alumni: 7:35am Earlybirds I (52 addresses), 8:40am Earlybirds II (44 addresses), 6:00pm Whitecaps I (49 addresses), 7:15pm Whitecaps II (45 addresses), Saturday Only (13 addresses), Alumni (42 addresses).

"The difference between something good and something great is attention to detail." – Charles R. Swindoll

## Masters Swimming Program Notes

- The Winter session runs from **Tuesday January 2** to **Saturday April 13**.
  - There will be **no workouts on Monday February 19** (Family Day). Apart from that, workouts run as usual during Carleton's Reading Week.
- Details on the Winter Programs can be found in "Notes and Reminders" near the end of the newsletter.
  - The 7:35am, 6pm, and Saturday groups are **full**, but wait lists are available.

## Swimmer Notes

- The new Carleton Ravens Athletics App (<https://athletics.carleton.ca/mobile-app/>) is now available on iOS and Android devices. The app allows users to view pool schedules, register for sessions, and subscribe to personalized push notifications including aquatics updates for any closures or schedule changes.

- On **Monday, January 22, 2024, from noon-1pm** Carleton Athletics welcomes the first openly gay men's professional hockey player and leading activist in the LGBTQ+ space, **Brock McGillis**. Brock's passion lies with creating shifts and shift makers. His continuous work to shift the conversation around sports and the LGBTQ+ community earned him recognition as one of The Hockey News 100 most influential people in hockey for 2022, 2023 and 2024. The event is free and all are welcome. Details and registration: <https://events.carleton.ca/ravens-speaker-series-brock-mcgillis/>.

- Those of you who have attended meets in Quebec will likely recognize swimmer and official **Eddy Amano** (pictured below). I am sad to report that he passed away on January 6.



- Congratulations to **David Lapins** (Carleton Masters Alumnus) who has accepted a professional contract with Fremantle Water Polo in Western Australia! Thanks to **Mike Wheatley** (7:35am Earlybirds) for passing along this news.



- **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:**

- World Record Forty-Five Hour Swim in an Endless Pool [Ed. Note: This does not sound like fun!]: <https://dailynewssofopenwaterswimming.com/maarten-van-der-weijden-sets-a-new-world-record-at-45-hours-in-a-tribute-to-sebastian/>

- How to Streamline in Swimming Like a Pro (Swim Faster and Glide Farther): <https://swimswam.com/streamline-in-swimming/>

- Nager Comme un Poisson Dans l'Eau: <https://lebelage.ca/sante/forme/nager-comme-un-poisson-dans-leau>

- Whale Visits Paddleboarder:

<https://www.facebook.com/814719938/videos/1051277085835750?idorvanity=516976255723711>

- Five Swim Training Options that Don't Need Water: <https://triathlonmagazine.ca/training/5-swim-training-options-that-dont-need-water/>

- Aquaman: <https://www.facebook.com/reel/876048474015529>

### News and Other Links:

- How Much Sleep Do You Actually Need?: <https://www.health.harvard.edu/blog/how-much-sleep-do-you-actually-need-202310302986>

- What Good Is a 5-Minute Workout, Really?: [https://www.nytimes.com/2023/12/14/well/move/5-minute-hiit-workout.html?unlocked\\_article\\_code=1.H00.2CTN.j3lYr6gEVGeH&smid=url-share](https://www.nytimes.com/2023/12/14/well/move/5-minute-hiit-workout.html?unlocked_article_code=1.H00.2CTN.j3lYr6gEVGeH&smid=url-share)

- Sitting Many Hours Per Day Linked to Higher Dementia Risk: <https://www.health.harvard.edu/mind-and-mood/sitting-many-hours-per-day-linked-to-higher-dementia-risk>

- The Six-Day Energy Challenge: Try These Simple Tips for a More Invigorated 2024:

[https://www.nytimes.com/explain/2024/energy-challenge?unlocked\\_article\\_code=1.L00.OBsU.uBADJh1u3sW3&smid=url-share](https://www.nytimes.com/explain/2024/energy-challenge?unlocked_article_code=1.L00.OBsU.uBADJh1u3sW3&smid=url-share)

## Winter Session Information

Dates: Tuesday January 2 to Saturday April 13. No workouts Monday February 19 (Family Day) or Friday March 29 (Good Friday). There are workouts on Monday April 1, but they are one hour later than usual for the morning groups, and one hour earlier than usual for the evening groups.

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: **Paddy/Adrian**; Thu: **Paddy** (sub: **Mark**)

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

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

Further details and changes will be noted here.

**Adrian** coached the **6pm and 7:15pm Whitecaps** on **Tuesday January 2**.

**Paddy** coached the **6pm and 7:15pm Whitecaps** on **Tuesday January 9**.

**Paddy** coached the **6pm and 7:15pm Whitecaps** on **Monday January 15** and **Tuesday January 16**.

**Sean** coached the **6pm and 7:15pm Whitecaps** on **Thursday January 18**.

### Special Sets:

Mon Feb 5: fin day

Thu/Fri Feb 15/16: short distance time trials

Thu/Fri Mar 7/8: fin day

Tue/Wed Mar 19/20: 1500/800 free time trial

Thu/Fri Mar 11/12: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanwint24.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:** January 3 to 19 (8 workouts); range: 24-31; average: 26.3

Perfect Attendance: **Ann Bortolotti, Bruce Brown, Christine Rivas, Jamie Chalmers, Margaret Janse van Rensburg, Natalie Aucoin, Ursula Scott**

**8:40am Earlybirds:** January 3 to 19 (8 workouts); range: 18-27; average: 23.6

Perfect Attendance: **Debby Whately, Heather Bonas, Lisa Meyer, Luciara Nardon, Mary-Lou Dunnigan, Megan Holtzman, Nancy Luitwieler**

**6:00pm Whitecaps:** January 2 to 18 (8 workouts); range: 15-31; average: 24.3

Perfect Attendance: **Christian Cattan, Julia Stratton, Konstantin Petoukhov, Marshall Perrin, Shauna Ironside**

**7:15pm Whitecaps:** January 2 to 18 (8 workouts); range: 9-19; average: 15.1

Perfect Attendance: **Elaine Yardley, Jesula Drouillard, Joel Meredith**

**8:15am Saturdays:** January 6 (only 1 workout: January 13 will be added next time!); range: 30-30; average: 30.0

Perfect Attendance: **Andrea Chandler, Audrey Belanger Baur, Brigitte Bouvier, Christian Cattan, Christine Bogie, Cori Dinovitzer, Debby Whately, Don Wells, Francois Jacques, Gi Wu, Homero Martinez, Ian Lorimer, Isla Paterson, Jesula Drouillard, Jim Farmer, Joanie Conrad, Joel Meredith, Julie Nott, Karen Jensen, Luciara Nardon, Lynn Marshall, Mary-Lou Dunnigan, Miguel Mejicano Quintana, Natalie Aucoin, Nicole Delisle, Nicole Le Saux, Sandy Lawson, Stephanie Le Saux-Farmer, Steve Kennedy, Susan Hulley**

## Ask the Coach

**Dear Coach:** I have a colleague who is obese and would like to start exercising. I believe that swimming would be a good exercise. Is the Carleton pool accessible for those with mobility issues, and do you have any resources on swimming and obesity that I could share with my colleague? Masters Swimmer

Dear M. Swimmer: Carleton has a ramp that can be put in the lane nearest the women's change room in the shallow end. There is also a lift available near the door to the women's change room in the deep end. The link to the Carleton pool schedule is: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>. I would recommend the REC swims (vs. FITNESS swims) as a starting point. In the fitness swims, only length swimming is permitted, whereas during rec swims aqua-aerobics, etc., are permitted. Here are some links that may be of interest to your colleague. They range from a Reddit thread to a scientific article, with most falling in between those extremes:

- Swimming for Weight-Loss: <https://www.obesityaction.org/resources/swimming-for-weight-loss/>
- Regular Swimming Exercise Improves Metabolic Syndrome Risk Factors: A Quasi-Experimental Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7938372/>
- Swimming Exercises for Obese People: <https://www.livestrong.com/article/329336-swimming-exercises-for-obese-people/>
- How Swimming Fights Obesity: <https://www.swimstrongfoundation.org/how-swimming-fights-obesity/>
- Severely Obese Person Wanting to Start Swimming: [https://www.reddit.com/r/Swimming/comments/ba93y9/severely\\_obese\\_person\\_wanting\\_to\\_start\\_swimming/](https://www.reddit.com/r/Swimming/comments/ba93y9/severely_obese_person_wanting_to_start_swimming/)
- Swimming for Overweight People: Benefits, Tips, and Considerations: <https://www.swimmo.com/blog/inspiration/swimming-for-overweight-people-benefits-tips-and-considerations/>

**Dear Coach:** Could you remind swimmers about good lane etiquette? Returning Swimmer

Dear R. Swimmer: Thanks for the reminder!

### Lane Etiquette

Here are a few tips to ensure that you and your lane-mates all have a good swim.

- Ensure that you know what direction your lane-mates are swimming in (clockwise or counter-clockwise) before you start.
- Swim in a circle during warm-up, even if your lane isn't busy at the start of workout (there will often be late arrivals).
- If you arrive late, join in with the others in your lane, rather than starting at the beginning of the warm up.
- Keep a minimum 5 second gap between swimmers, except when passing.
- If you are catching up to the person in front of you, pass or ask to go ahead on the next repeat.
- **Pass only when it is safe to do so.** Your lane-mates should be aware of where you are, but if you suspect a lane-mate doesn't know that you want to pass, just tap lightly on his/her feet.
- Do your turns in the middle of the lane (on the cross on the wall), to avoid collisions with those behind you.
- If you stop at the wall during warm up, ensure that you move to a corner of the lane, so that those swimming can turn in the middle.
- During the main set, the lane should follow the set provided (correct distances and pace times, e.g. 4 x 50 is not a straight 200).
- If you need to make modifications to the workout due to injury, etc., ensure that your lane-mates are aware, and, if appropriate, move to a different lane.

- During the main set, ensure that everyone in your lane has space to finish at the wall at the end of each repeat. This may mean moving away from the wall if you're in a busy lane.
- If you get lapped in the main set, skip a 50 and join back in with your lane-mates.
- If you are not happy with the speed of your lane (too fast or too slow), please let your coach know, but keep in mind that we only have 6 lanes!
- Put all your equipment away neatly in the appropriate location after your swim. (Ask if you're not sure where something goes.)
- Keep an eye on the time, and exit the water promptly at the end of your workout.
- If there are any issues with lane etiquette in your lane, please let your coach know.

## 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>.

January 20 Ottawa Swim Masters Meet, Brewer Pool (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

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

January 27 Round 4 Quebec Cup Drummondville (SO registration required) <https://www.swimming.ca/en/meet/41245/>

January 28 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) <https://www.swimming.ca/en/meet/41257/>

February 10 Round 5 Quebec Cup Riviere-du-Loup (SO registration required) <https://www.swimming.ca/en/meet/41336/>

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

<https://ms.mastersswimmingontario.ca/web/schedule.php>

February 18 Burlington Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/41297/>

February 23-25 Lake Memphremagog Winter Swimming Festival <https://myemail.constantcontact.com/LAST-CALL---Memphremagog-Winter-Swimming-Festival-2024.html?soid=1107378559323&aid=B2scM-F1pVo>

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> <https://www.swimming.ca/en/meet/40043/>

March 16 Round 6 Quebec Cup Victoriaville (SO registration required) <https://www.swimming.ca/en/meet/39792/>

March 22-24 MSO LCM Provincials, Markham (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

April 19-21 Swim Ontario Masters Provincials, Etobicoke (SO registration required)

<https://www.swimming.ca/en/meet/41095/>

April 19-21 Quebec Masters Provincials, Pointe-Claire, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/41265/>

April 20 OlymPink BTrain Masters Meet, Brewer Pool (MSO registration required)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

May 5 University of Laval LCM Masters Meet (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!

### January 5-7 Water Polo Canada National Championship League 17&U, Nepean Sportsplex

Both **Rodrigo Rojas** (7:35am Earlybirds) and **Mike Wheatley** (7:35am Earlybirds) were coaching teams at this competition. **Mike** kindly sent in this report – sounds like he was very busy!

Ottawa Titans 17U Girls squad was defeated by CAMO 19 to 4 in the first game. After they sorted things out their other games were highly competitive and very close (by  $\leq 3$ -point losses) to Shadow, Tiburon and South-Central to finish at -6 overall for the weekend. They continue to improve each tournament and are really enjoying their journey together! Coach Mike Wheatley is an Assistant to Ottawa Titans Women's Competitive Head Coach Owen Kennedy.



Ottawa Titans Red 17U Boys (A Team) notched 2 more wins on their season and prevailed over CAMO2 by two in their first game. They soundly defeated Tiburon 24 to 4 in their Sunday game, which demonstrated a much-improved level of coordinated play. They finished the weekend at +22. Hopefully they will continue the winning trend and move back to Tier 1 play after the next tournament in Markham in February. Coach Mike Wheatley is an Assistant to Ottawa Titans Men's Competitive Head Coach Andras Szeri.



Ottawa Titans Black 17U Boys (B Team) began the weekend with a defeat at the hands of CAMO2 16 to 6 but rallied back with an 11 to 6 win over Tiburon on Sunday. This team is mostly "developmental," composed of less experienced 17U and first year 15U athletes. A solid win was very well-earned and sets a solid foundation to build on as we head to the Markham weekend in February. They finished the weekend -6 overall. Coach Mike Wheatley leads this group with lots of much appreciated help from the Ottawa Titans Academy Head Coach, Chris Klymowsky.



### January 12-14 National Capital League Senior Eastern Water Polo

Thanks to **Mike Wheatley** (7:35am Earlybirds) for sending in these details, including current and former Carleton Masters swimmers:

Ottawa Titans Senior Women Competed hard and finished the weekend with a 2-2-1 record with victories over Tiburon and Shadow, losses to Toronto Jets Gold and Touskie and a tie with Jets Navy. Top scorers were Rachel Baxter (currently 3<sup>rd</sup> in league scoring with 12), Tara Hristov, Maria Lapins and Kaity Sennema; the entire field contributed points and ended up in the + column with solid offensive play. Cassandra Stehanie also led the defensive effort with her solid play. The ladies finished the weekend -7 and Coach Zoltan (CU Whitecaps) has a solid foundation to build on as we

approach the next tournament. Lillian Wheatley (CU Earlybirds Alumni) was playing with the tournament winning Toronto Jets Gold team, comprised mostly of Varsity Blues athletes. In December, the Blues also won the National Collegiate Water Polo Championships after being undefeated this season.



## January 12-14 Pan-American International Ice Swimmer's Association's US Nationals, Chantilly, Virginia

Congratulations to **Tom Heyerdahl** (8:40am Earlybirds) on his impressive exploits!

From the Canadian International Ice Swimming Association Instagram:

[https://www.instagram.com/p/C2LiE2SPI4S/?img\\_index=1](https://www.instagram.com/p/C2LiE2SPI4S/?img_index=1)

**Tom Heyerdahl** was only Canadian, at the first Pan-American IISA Ice Swimming event.

Either of Tom's two ice miles qualified him to enter in the most difficult event: 1000 m Ice swim in a 25 m outdoor pool, cooled to 3.8° C.

Tom Heyerdahl completed the 1000 m, the 500 m, the 250 m, 100 m and 50 m freestyle, also the 50 backstroke. He also took part in two mixed 4 x 50 relays.

Tom individually won 3 bronze, 2 silver (including 1km freestyle 60-64 mens), plus 1 gold for men's 50 m freestyle (60-64).

CONGRATULATIONS **Tom Heyerdahl** - Thank you for paving the path for Canadians in this developing sport we love called Ice Swimming."

Tom says: It was an absolute blast with a very supportive Ice Swimming community. Tom is now looking into attending World's in Italy in 2025.







## 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 **January 5**).

## Notes and Reminders

### Private and Semi-Private Masters Swim Lessons

#### Winter Schedule:

Tuesday: 3:30-4:30pm and 4:30-5:30pm

**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 Winter Programs

Registration for the Winter Session has started 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: Full: waitlist available.

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

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

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

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

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

Happy lengths!  
Lynn

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