

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: March 28, 2024 5:23 PM
To: 'Lynn Marshall'
Subject: FW: Carleton Masters Swimming Newsletter #630

From: Lynn Marshall <lynnmar@sce.carleton.ca>

Sent: March 28, 2024 4:50 PM

To: 'Colin Adams' <ColinAdams@cunet.carleton.ca>; 'Steve Baird' <steve.baird@carleton.ca>; 'Andrew Beckett' <Andrew.Beckett@carleton.ca>; 'Mark Blenkinsop' <mblenkin@math.carleton.ca>; 'Blake Christie' <blakechristie@hotmail.com>; 'Sean Dawson' <seanrdawson@me.com>; 'Adrian Finn' <adrianfinn@rogers.com>; 'Tim Kilby' <Timothykilby@hotmail.com>; 'Paddy Mallia' <paddymallia12@gmail.com>; 'Lynn Marshall' <lynnmar@sce.carleton.ca>

Subject: Carleton Masters Swimming Newsletter #630

Carleton Masters Swimming Newsletter #630

Thursday, March 28, 2024

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2023, Winter 2024, and Alumni: 7:35am Earlybirds I (51 addresses), 8:40am Earlybirds II (47 addresses), 6:00pm Whitecaps I (51 addresses), 7:15pm Whitecaps II (45 addresses), Saturday Only (13 addresses), Alumni (44 addresses).

"Start today. You won't be successful tomorrow, but you'll be one step closer than yesterday." – Naomi Linsco

Masters Swimming Program Notes

- The Winter session runs from **Tuesday January 2** to **Saturday April 13**.
 - There will be **no workouts on Friday March 29** (Good Friday).
 - The workout on **Saturday April 30** is at the usual time.
 - There **will** be workouts on **Monday April 1** (Easter Monday). However, they will be one hour **later** than usual for the **morning** groups, and one hour **earlier** than usual for the **evening** groups.
 - Note that **the Saturday workout on April 13 will be 6 lanes long course**, so we will have extra space. If anyone who is not registered would like to join the last Masters swim before the shutdown, you may pay a \$6.00 fee (the adult public swim fee) at the Welcome Centre, get a receipt, and present it to the coach on deck.
- **Registration for the Spring and Summer sessions will start at noon on Friday April 5:** see below.
- 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.

Carleton Masters Spring/Summer Programs

Registration for the Spring/Summer sessions starts at **noon on Friday April 5**. Registering online is recommended unless 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:

Spring Session: Wednesday May 1 to Saturday June 29; no workouts Monday May 20.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$112+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Mark, Paddy, Adrian; \$115+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Sean, Mark, Paddy, Adrian \$108+HST

Saturdays: 8:15-9:25am, except 10:45-11:55am on May 18; Coaches: Rotating Schedule; \$56+HST

Summer Session: Tuesday July 2 to Saturday August 31; no workouts Monday July 1 or Monday August 5.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Mark, Paddy, Adrian; \$120+HST

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$56+HST

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

Swimmer Notes

- **Margaret King** (7:35am Earlybirds) and her son, **Vincent**, went to visit **Harley Gifford** (7:35am Earlybirds) and **Wendy Gifford** (7:35am Earlybirds) at their place in Mexico. They went on a whale watching trip that went horribly wrong. Here is **Margaret's** report and some photos. What she doesn't mention is that she dislocated her finger during the accident!

Quite the misadventure for our group of 5 Canadians, 5 Mexicans, 1 Chinese plus our captain!! The "Canadians" were Wendy, Harley, their neighbour Andy, my son Vincent and myself.

We headed out from La Ventana (where Wendy and Harley reside) up to La Paz where we boarded a shuttle with others going out to whale watch at the very remote Magdalena Bay. Being a calm and protected 50 km stretch of water the grey whales from Alaska come here to birth their calves. And yes, there in the distance we all spotted the crests of the Pacific's stronger waves - the gateway for the whales.

We enjoyed a good hour of observing blowhole sprays, spyholing (the whales giving us a curious look over), whale tails along with dancing dolphins and sleek sea lions.

Perhaps the captain thought there was more activity closer to the "gateway" but with our backs toward the Pacific all we noticed were the increasingly bigger swells. That is until the big one hit. It took very little to tilt our boat!!! Wendy, Harley and I were at the front and thrown into the water (I would like to say I did a streamline dive but my brain doesn't work that fast, nor could it catch the phone in my hand as, in slow motion, it moved beyond my grasp!).

The rest of the passengers including my son Vincent ended up under the boat. One by one they emerged and hung on to the overturned boat. Only one remained trapped so Wendy and Harley's friend Andy took off his life jacket (thank goodness everyone wore one), dived under the boat and came back up with the last passenger!

A military marine boat (picture guns and camouflage) pulled up soon enough and helped pull us all out. Then they whisked us off to their base (a three hour stay checking us all out individually and passing out water and disposable clothing for us to change into). Tired and hungry we were finally "released" and took a frightfully high speed 30 minute boat ride back to where we started!

Cerveza, tacos de camaron y pescado were offered and our little group bonded over the food the experience easily overcoming the language barrier !!



Before: Harley, Margaret, Vincent



Andy and Vincent



Upside down boat (right)



Speedy ride back



Happy return to land

- Update on the women's change room repairs: The electrical outlets for hair dryers are scheduled to be replaced this coming Wednesday morning (April 3) before the facility opens. The showers have continued to be worked on overnight. We are now close to a full complement of working showers.

Aquatic-Related Links:

- Chilling Thrills and Warm Spirits: Highlights from the 10th Annual Lake Memphremagog Winter Swimming Festival: <https://www.openwaterswimming.com/chilling-thrills-and-warm-spirits-highlights-from-the-10th-annual-lake-memphremagog-winter-swimming-festival/>
- Authorities Seize Alligator Being Held Illegally in Home Near Buffalo: https://www.nytimes.com/2024/03/16/nyregion/albert-alligator-buffalo-ny.html?unlocked_article_code=1.dU0.kn-C.1kQudSGkKK3P&smid=url-share
- **Ross Edgley** (https://en.wikipedia.org/wiki/Ross_Edgley) Going for World's Longest Swim (Again): <https://www.youtube.com/watch?v=B1bTkkX0xK0>
- How Swimming Might Improve Pain Tolerance: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-swimming-might-improve-pain-tolerance>
- Swimming For Weight Loss: <https://myswimkit.com/swimming-for-weight-loss>

News and Other Links:

- Should You Strength Train Before or After Your Other Workouts?: <https://triathlonmagazine.ca/training/should-you-strength-train-before-or-after-your-other-workouts/>
- The Wild World of Biohacking is Unproven and Expensive, and Arguably Worth the Price: <https://www.theglobeandmail.com/life/article-biohacking-health-aging/>
- No Pain, No Gain? Your Body Would Like a Word: https://www.nytimes.com/2024/01/31/well/move/exercise-workout-safety-injury.html?unlocked_article_code=1.SE0.Oed9.iofq6L_MLcvp&bgrp=c&smid=url-share
- When Should Triathletes Eat to Get the Most Out of Their Workouts?: <https://triathlonmagazine.ca/training/when-should-triathletes-eat-to-get-the-most-out-of-their-workouts/>
- A New Study Reveals Two Training Techniques to Maximize Muscle Growth: <https://barbend.com/study-reveals-training-techniques-to-maximize-muscle-growth/>

- **Community Members Parking:** 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. 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 Carleton Ravens Athletics App (<https://athletics.carleton.ca/mobile-app/>) is 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. The public swim schedule can also be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

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.

Mark coached the **6pm and 7:15pm Whitecaps** for **Sean** on **Monday March 11**.

Paddy coached the **6pm and 7:15pm Whitecaps** on **Tuesday March 19**.

Paddy coached the **6pm and 7:15pm Whitecaps** on **Tuesday March 26**.

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 March 27 (36 workouts); range: 19-31; average: 24.0
Perfect Attendance: **Bruce Brown, Margaret Janse van Rensburg**

8:40am Earlybirds: January 3 to March 27 (36 workouts); range: 18-28; average: 22.8
Perfect Attendance: **Debby Whately, Nancy Luitwieler**

6:00pm Whitecaps: January 2 to March 26 (36 workouts); range: 15-31; average: 24.1
Perfect Attendance: **Konstantin Petoukhov**

7:15pm Whitecaps: January 2 to March 26 (36 workouts); range: 9-19; average: 13.7
Missed 3 Workouts: **Kelly Biggs, Seana Biggs**

8:15am Saturdays: January 6 to March 23 (12 workouts); range: 20-35; average: 28.3
Perfect Attendance: **Christian Cattan, Francois Jacques, Susan Hulley**

Congratulations to all those who participated in the **long distance time trials on March 19 and 20**. There were fifteen improvements and one tie, let by **Jennifer Glassman** (7:35am Earlybirds) with a 30 second improvement in the 800, and by **Doug Brubacher** (8:40am Earlybirds) with a 1:47 improvement in the 1500!! **Paul Buzuloiu** (7:35am Earlybirds), **Ursula Scott** (7:35am Earlybirds), **Richard Arsenault** (7:15pm Whitecaps), **Josh Weissbock** (6pm Whitecaps), and **Adam Vieira** (6pm Whitecaps) also improved by over a minute in the 1500. Great job! Here's the full list:

800 free (2)

Jennifer Glassman	30.0	EB1
Tom Heyerdahl	13.0	EB2

1500 free (14)

Doug Brubacher	107.0	EB2
Paul Buzuloiu	87.0	EB1
Ursula Scott	86.0	EB1
Richard Arsenault	79.0	WC2
Josh Weissbock	73.0	WC1
Adam Vieira	66.0	WC1
Susan Hulley	53.0	EB2
Fiona Hill	35.0	EB1
Hazem Abu Alteen	35.0	EB1
Christian Cattan	33.0	WC1
Bryan Morris	28.0	EB1
Julia Stratton	23.0	WC1
Nicole Delisle	13.0	WC1
Sandy Lawson	0.0	EB1

Ask the Coach

Dear Coach: I shared one of the articles about **Tom Heyerdahl** with my family. My youngest son commented: "Wow!! The lengths people will go to to have their own lane!" Ruth Fawcett (8:40am Earlybirds)

Dear Ruth: I love it, including the pun on lengths 😊 !

Dear Coach: Will there be any interim workouts between the Winter and Spring Sessions? Keen Swimmer

Dear K. Swimmer: No, as the pool will be closed for maintenance.

Dear Coach: It seems that most elite swimmers, especially in distance events, breath every two strokes, rather than every three. Is bilateral breathing no longer a thing? Curious Swimmer

Dear C. Swimmer: In distance event races, oxygen is more important than symmetry, so breathing every two is common. However, most of those who breath every two when racing will still do a lot of bilateral breathing (or at least breathing on both sides) in practice. This is especially important for Masters swimmers, as breathing only on one side makes one more prone to injury due to asymmetries in the stroke, plus we want to swim regularly for many more years than most elite swimmers!

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>.

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/>

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/>

June 30 to August 25 Quebec 5km and 10km Open Water Circuits <https://fnq.ca/circuit-deau-libre-2024/>

July 13 Bring on the Bay 3km and 1.5km Open Water Swims, Ottawa <https://bringonthebay.com/>

July 13-14 Ontario Open Water Championships, Gravenhurst (SO registration required)

August 10 Traversee du Lac Simon (Outaouais) 500m, 2km, 4km, 12km, relays

<https://www.facebook.com/events/1041186130447023>; <https://www.traverseelacsimon.com/>

August 17 Traversee du Lac Nicolet 500m, 1k, 2.5k, 5km relay <https://hydrosports.ca/>

August Canadian Open Water Festival, Welland (SO registration required)

November 6-10 Barbados Open Water Festival www.barbadosopenwaterfestival.com

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!

March 17 Special Olympics Time Trial, Nepean Sportsplex

Congratulations to **Melanie** on her great swims!!

Melanie Heroux (8:40am Earlybirds; W40+): 1st 50 fly (1:43.90), 200IM (7:42.30); 2nd: 200 free (6:56.90), 100IM (3:37.70)

March 21 to 23 Canadian Masters Cross Country Skiing Championships, Labrador

Congratulations to **Sandra Kiviaho** (8:40am Earlybirds) and **Colin Kiviaho** (8:40am Earlybirds) on their wins and podium finishes!! Here is **Sandra's** race report and some great photos. It is too bad that the top overall finishers were not recognized at the banquet! ☹️

Bucket list - Labrador! I have always wanted to visit Labrador and what better way then to race the Canadian Masters XC ski races with a fun group of Ottawans.

Even booking things before we arrived, the people were so heartwarming. As we entered the airport a welcome sign was held by the organizers. And it only got better from there.

Being from the north, my internal snowmeter has been running low. So seeing the mounds of the white stuff everywhere was exhilarating!

To get to the Menihek ski venue just outside of town, 11 of us shared one vehicle so there was lots shuttling to be had by Ed C and Lloyd. Thank you soo much for this! The car rides made it much more fun.

Each day was one race, except one which for the crazies, had the possibility for two. After there was home made soup and treats. And every night there were dinners with local music. The organizers made a joke about us all gaining weight.

The first day was a 10km skate race. The course was super hilly and challenging and oh so fun! I was happy my legs listened to my brain was able to even one skate...7th overall. Colin was second. It was fun to see him chasing the first guy before our race started.

The second day was moved from the last as it was showing -20c. The morning was the 20km classic. I went out hard and then kept pushing. I led the way. On my second lap the announcer called out, "We love you Sandra". I kept the lead and never let up. Colin had met his match and came in second. The guy he was racing had recently done really well at worlds.

In the afternoon Colin also raced the 20km skate! He came in 3rd and worked really hard for it.

The final day was a 10km classic. I had a good start but around 5km I could hear noise behind me so I tried to stay focus. Eventually I was caught and then it was really great - going back and forth at different times based on our strengths. Finally with about 1 km to go, while my competitor herring boned a hill, I powered up the track and pushed until the end! Exhausting but fun! Colin came in first overall! It's pretty cool for us to both get first for our genders.

Unfortunately as a younger master, the Canadian XC masters only honours age categories and age adjusted overall winners. They say it's fair. But at the Canadian Masters banquet, to sit and hear the women you worked your ass off to beat be acknowledged and not be acknowledged after crossing the finish line first female for two races feels super bad. (Colin for overall too).

But later I got an email from the oldest person in my local XCCM club, nearing 80 and still a very competitive athlete, telling Colin and I that we are champions. This made me realize how lucky I am to be a part of a club that is not afraid to celebrate all accomplishments no matter your age. And for that, I am truly grateful.

Congratulations to all the many Ottawa Skiers who skied hard and medaled! You're all an inspiration!

And Labrador you did not disappoint. Even a final homemade traditional meal cooked by Pat, a 75 yr old man who had so many old stories to tell, if you could follow his accent...

Yes Labrador - your charm, your hospitality and your REAL snow will definitely have me coming back for more. Fall camp? Spring Loppet?









March 22 to 24 Masters Swimming Ontario Long Course Provincial Championships, Markham

Ian was Carleton's only swimmer. Great swims, Ian, including a gold, three bronze, and four club records (out of six events)!!

Full results: <https://ms.mastersswimmingontario.ca/web/stats/meets/meetResults.php>

Updated club records: <https://www.sce.carleton.ca/faculty/lynnmar/masters/240324.Records.pdf>

Ian broke three of his own records: 100 free (1:19.72 short course from January), 50 fly (44.52 short course from January), and 200 free (3:08.82 long course from February). He also broke one of **Jamie Chalmers'** club records: 400 free (8:03.38 from the Quebec Provincials in 2012)!

Here's how he did:

Ian Lorimer (7:35am Earlybirds; 65-69): **1st** 50 fly (40.25 Club Record); **3rd** 50 free (34.58), 100 free (1:19.11 Club Record); **4th** 400 free (6:45.95 Club Record), 50 breaststroke (57.75); **5th** 200 free (3:03.84 Club Record)

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 **March 19**).

Notes and Reminders

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule:

Likely Monday and Tuesday evenings. Details TBC.

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/seo/ccr/>.

Team Aquatic Supplies / 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, and size 36 women's suits (\$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/>