

Carleton Masters Swimming Newsletter #667

Friday, July 25, 2025

To: Carleton Masters Coaches / Staff (12 addresses)

Bcc: Those registered for Fall 2024, Winter 2025, Spring 2025, Summer 2025, and Alumni: 7:35am Earlybirds I (69 addresses), 8:40am Earlybirds II (53 addresses), 6:00pm Whitecaps I (60 addresses), 7:15pm Whitecaps II (42 addresses), Saturday Only (21 addresses), Alumni (41 addresses).

"Striving for success without hard work is like trying to harvest where you haven't planted." – David Bly

Masters Swimming Program Notes

- The Spring Masters Session ran from Saturday May 3 to Saturday June 28, inclusive.
 - This newsletter contains the summary of time trials and attendance statistics.
- The Summer Masters Session runs from Monday June 30 to Saturday August 30, inclusive.
 - Note that there are **no workouts on Monday August 4**.
 - The 7:35am Earlybirds and 6pm Whitecaps are full. Wait lists are available. Please let me know if you are on a wait list. There is lots of space in the 12:15pm Saturdays group. Details near the end of the newsletter.
- Registration for the Fall Masters Session starts at **9am on Thursday August 7**. Mark your calendar! Details are in the following section.

Fall Masters Programs

Registration for the Fall Masters programs starts at **9am on Thursday August 7**.

Registering online (<https://rec.carleton.ca/>, search for "Masters") is recommended unless you wish to use a credit on your account, then register by phone or in person. Note that only some membership categories may be purchased online. The Whitecaps 2 group will be five minutes earlier this year to allow for a 5 minute gap between Whitecaps 2 and the following group.

Here are the details of the programs and dates:

Fall Session: Tuesday September 2 to Saturday December 20; no workouts Monday September 1 or Monday October 13.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$210+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$210+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Nick, Mark, sub: Adrian; \$227+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:10-8:10pm; Coaches: Sean, Nick, Mark, sub: Adrian; \$210+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$106+HST

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

Swimmer Notes

- **Alex Bloor** (7:35am Earlybirds) has a lot going on! In addition to many racing in many triathlons and Bring on the Bay, including the upcoming Ottawa Ironman, he got married to **Julia Sullivan** on **July 3**. They bought a house in late June and are expecting a daughter in November! Congratulations and wow!!



- Congratulations to **Anne Griffith** (8:40am Earlybirds) and her daughter, **Amelia**, for being the top fundraisers for Bring on the Bay, raising \$12,200 and for being featured in the Ottawa Citizen article: "Bring On The Bay Event Brings in \$160k to Help Children with Disabilities": <https://ottawacitizen.com/news/bring-on-the-bay-raises-160k>. Here's **Anne's** thank you to those who supported them:

I cannot thank you enough for your incredible generosity in helping in my fund raising effort for Easter Seals Ontario. My initial goal of \$10 000 was surpassed to reach a final total of \$12 200! That's a 4 year total of just over \$40 000! Thank you for supporting Amelia and myself, not just with money, but also with well wishes and positive thoughts on the day of the event. It was a perfect day for a swim along the Ottawa River. Clear and calm weather led to a smooth swim which Amelia and I finished in around 83 minutes. Thankfully the end of the race was different this year and I was able to carry her across the finish line! She was fortunately healthy enough to join me in her little boat and was quite vocal about wanting to swim and NOT just sit in the boat, ha.

Already looking forward to 2026!

Amelia and Anne





Note: **Sandra Kiviaho** is on the right 😊

- This was **Peter Konecny** (6pm Whitecaps)'s swimming hole for 4 days in mid-July: Rocky Harbour Pond with Gros Morne as a backdrop. Water is shockingly warm! Shallow lake. I'm jealous!



- In accordance with its mandate, the Future of Sport in Canada Commission has launched its online public survey. We would appreciate your assistance in sharing this information with others. This survey seeks input from the Canadian public about their experiences in, and perspectives regarding the Canadian sport system. The survey will remain open until the publication of the Preliminary Report in late August 2025. By taking part in the Commission's survey, you have an opportunity to share your views on improving safe sport in Canada and the Canadian sport system as a whole. The results from the survey will be aggregated and together will contribute to a larger national effort to build a safer, more inclusive, and more accountable sport environment for all Canadians. Access Survey Here:

<https://www.canada.ca/en/canadian-heritage/campaigns/future-sport/participate.html>

- Today, **July 25**, is World Drowning Prevention Day: <https://www.who.int/campaigns/world-drowning-prevention-day>

- The Lifesaving Society's National Drowning Prevention Week is **July 20 to 26**: <https://www.lifesavingsociety.com/water-safety/community-events/national-drowning-prevention-week.aspx>

Aquatic-Related Links:

- Neuroscience: Go Swimming and Your Brain Will Thank You: <https://www.msn.com/en-us/health/other/neuroscience-go-swimming-and-your-brain-will-thank-you/ar-AA1Fz8WK?ocid=winp2fptaskbar&cvid=7027ef32059a4774905b29d7ffb2be50&ei=14>

- Go Swimming: It's Fun They Said: <https://www.facebook.com/reel/2328873184174817>

- Embrace the Joy of Diving: https://www.nytimes.com/2025/07/14/well/move/how-to-dive-explainer.html?unlocked_article_code=1.Xk8.Tyl4.WpPVZqsdLPWZ&smid=url-share

- Men's 100m Mannequin Tow [Ed. Note: This looks challenging and they are fast!]: <https://www.facebook.com/reel/690153870588129>

- British Heart Foundation: Swimmers Make The Best Lovers: <https://swimswam.com/british-heart-foundation-swimmers-make-the-best-lovers/>

- 125m Record Free Diving: <https://x.com/scaryunderwater/status/1931370823904067685>

News and Other Links:

- 'I Had a Score to Settle': 80-Year-Old **Bob Becker** Finishes Scorching Death Valley Foot Race:

<https://gearjunkie.com/endurance/80-year-old-finishes-badwater-135>

- Six Ways to Get Your Exercise Outside This Summer: https://www.nytimes.com/2025/07/04/well/move/outdoor-workout-activities-list.html?unlocked_article_code=1.Vk8.mv5H.2Yb35tCbh5hX&smid=url-share

- Does Breathing Actually Matter for Your Workout?: https://www.nytimes.com/2025/07/07/well/move/exercise-breathing-workout-tips.html?unlocked_article_code=1.Vk8.MuYB.-Sv4IsR5nBXO&smid=url-share

- What Are the Health Benefits of Sunshine?: https://www.nytimes.com/2025/07/08/well/health-benefits-sun-exposure.html?unlocked_article_code=1.Vk8.OpDu.DXloJ-e1vaiH&smid=url-share

- **Community Members Parking:** If you have an all-inclusive or Senior Ravens membership, there is no change to your parking process (ensure that your plate is on file at the Welcome Centre). However, for those with **Morning-only**, **Swim-only**, or a **Summer** membership, you must now **register with Hot Spot whenever you park at Athletics**. The link is: <https://hotspotparking.com/tapPoster/park/carletonU5>. For Morning-only use code: GYMAM. For Swim-only and Summer use code: GYM25.

If you are erroneously issued a parking ticket in Lot 5, take a photo or scan and send me a copy and I'll get it cancelled for you. If necessary, I'll also get your plate information updated.

- Note that the full list of Carleton Athletics memberships can be found here:

<https://athletics.carleton.ca/memberships/>. Only some categories of memberships may be purchased online.

- **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/>.

Summer Session Information

Dates: Monday June 30 to Saturday August 30; no workouts Tuesday July 1 or Monday August 4. or Monday May 19.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and Three Lanes Shallow: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark/Nick** (sub: **Adrian**)

12:15-1:25pm Saturdays: Shallow End: rotating coach schedule (see workout themes)

Further details and changes will be noted here.

Nick coached on **Thursday July 10**.

Paddy coached for **Sean** on **Monday July 21**.

Nick is taking over coaching from **Paddy** on **Tuesday evenings**, starting **Tuesday July 22**.

Paddy is coaching for **Sean** on **Monday August 18**.

Nick is coaching for **Sean** on **Monday August 25**.

Special Sets:

Tue/Wed July 29/30: fin day

Tue/Wed August 5/6: short distance time trials (morning: lanes 1-3)

Thu/Fri August 7/8: short distance time trials (morning: lanes 4-6)

Tue/Wed August 12/13: short distance time trials (morning: lanes 7-9)

Tue/Wed/Fri August 19/20/22: 1500/800 time trial

Thu/Fri August 28/29: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum25.pdf>.

Here are the attendance statistics for the term so far. Please let me know of any errors or omissions. Apologies for missing **Bruce Brown** and **Ken Johnson** from the Earlybirds perfect attendance list last time.

7:35am Earlybirds: June 30 to July 25 (12 workouts); range: 29-42; average: 33.9

Perfect Attendance: **Andrew Rolleston, Bruce Brown, Christine Rivas, Maddie Perrault, Margaret Janse van Rensburg**

6:00pm Whitecaps: June 30 to July 24 (11 workouts); range: 14-26; average: 21.0
Perfect Attendance: **Christian Cattán, Don Wells**

12:15pm Saturdays: July 5 to 19 (3 workouts); range 10-12; average: 11.0
Perfect Attendance: **Christian Cattán, Joanie Conrad, Mariette Kenney**

Ask the Coach

Dear Coach: What do you think of the advice on open turns in this video?:
<https://www.youtube.com/watch?v=fOuJ8xq7i7U>. I thought the drill with the chair was likely to end with the chair on my head! Working On My Turns

Dear W.O.M. Turns: Wow – that is an interesting drill! I would not recommend the chair drill, even for very good swimmers. Too much chance for injury. Maybe have swimmers hold noodles at the sides and a kickboard above the water, instead. Note that her advice for the turns is good, but very advanced!

Dear Coach: Our lane has swimmers of different speeds. I'm not sure that everyone is in the best lane for their speed. What do you recommend? Frustrated Swimmer

Dear F. Swimmer: In this case, please talk to the coach. This can be a sensitive issue, so it may be better to discuss after workout or send me an email.

Dear Coach: Is it better to breathe every stroke or every second stroke in butterfly? Improving My Fly

Dear I.M. Fly: It depends! For short distances, breathing isn't important! Elite swimmers race 50m fly without breathing. For longer distances, oxygen is much more important, so breathing more often, e.g. every stroke, is fine. Depending on your flexibility, breathing may affect your stroke, so experiment with what works best for you.

Dear Coach: I have trouble reading the pace clock while swimming. What do you recommend? Short-Sighted Swimmer

Dear S-S. Swimmer: Prescription goggles are great! You can get them in both negative (short-sighted) and positive (long-sighted) diopters, though the negative diopters are easier to find.. You don't need to get a special prescription. Just buy them off the shelf. If your eyes are significantly different, you can buy two pairs (they're about \$35 each) and swap the lenses. I like the Speedo Vanquisher Optical. They should be available at Team Aquatic Supplies (on Iris near Ikea).

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August **2025**), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$65**. For both, it's **\$80**. 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/>. Note that due to a new system, this link is not accurate (yet!). If you need to find meet packages, look here for Ontario:

<https://docs.google.com/spreadsheets/d/1xG03Eli1WBnfjwuMmBTWQ84RfXfHrEBTgiv4XyB7wQ/edit?gid=1189075859#gid=1189075859>, and here for

Quebec: https://docs.google.com/spreadsheets/d/1jTV5t_HJfBgaUimKIMGbQqv7hYOxvUyR4P6RGU_92MY/edit?gid=0#gid=0.

Details on MSO meets can be found here: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

July 26-27 Ontario Open Water Provincials Gull Lake, Gravenhurst

July 26 – August 22 World Masters Aquatic Championships, Singapore (SO registration required): Open Water Swim: July 26-27; Pool Swimming: August 7-14: If you are planning to attend the Worlds Masters in Singapore there is a WhatsApp channel you can join: <https://chat.whatsapp.com/Km9BOl8WGjWdKwg9vq39xR>

August 9 Traversee du Lac Simon 500m, 2k, 5k, 12k Swims <https://www.ms1inscription.com/traverseelacsimon2025>

August 16-17 Canadian Open Water Swimming Festival 200m, 500m, 1.5k, 2, 3k, 5k, 10k, 2 x 500m relay, Parc Jean-Drapeau, Montreal <https://www.ms1inscription.com/festivaleaulibre2025>

November 5-9 Barbados Open Water Festival <https://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!

May 17 Early Bird Triathlon, Carleton U

Apologies for missing **Alex**! Full results: <https://results.somersault.ca/e/early-bird-triathlon-run-2025>.

Long Triathlon (500m/30k/5k)

Alex Bloor (7:35am Earlybirds; M35-39): 66th overall; 55th male, and 12th in category in 1:41:50 (11:56 swim)

June 21 Mont Tremblant Olympic Triathlon

Great job, **Alex**! Full results: <https://www.ironman.com/races/5150-mont-tremblant/results>

Alex Bloor (7:35am Earlybirds; M35-39): 277th overall, 232nd male, and 27th in category in 2:58:17 (31:29 swim)

July 6 Ironman Muskoka 70.3

Fantastic job by **Eren** and **Alex**! Full results: <https://www.ironman.com/races/im703-muskoka/results>

Eren Perez (6pm Whitecaps; F30-34): 208th overall, 35th female, and 7th in category in 5:32:28 (35:34 swim)

Alex Bloor (7:35am Earlybirds; M35-39): 295th overall, 243rd male, and 40th in category in 5:44:22 (42:02 swim)

July 12 Meech Lake Triathlon (1200m, 21.66k, 6.4k)

Awesome race, **Sheila**! Full results: <https://results.somersault.ca/e/meech-lake/r/8e9d3ac1-8662-4726-a030-d441f860eddb>

Sheila Kealey (7:35am Earlybirds; F60-64): 19th overall; 2nd female, and 1st in category in 1:42:34 (25:15 swim)

July 12 First Blaze 25k Trail Run, Milton

Congratulations to **Luz Osorio** (Whitecaps). Full results: <https://results.raceroster.com/v2/en-CA/results/6e6r9duuej9p5ezf/results?subEvent=234247>.

Luz Osorio (6pm Whitecaps; female): 47th overall and 17th in gender in 4:36:08.

She says:

Another one in the bag! First Blaze 25K (27.6K) Trail Run with the best running crew. It was an extremely hot one (my watch recorded a 36C max). So a tough race, but I definitely enjoyed myself over 4.5 hours... and I only face planted once



July 12 Bring on the Bay Swims, Ottawa

Great job and wonderful to see so many Carleton swimmers participating! Special thanks to "Swim Angels" **Cori**, **Joanie**, **Lisa**, and **Peter** who helped keep less experienced swimmers safe! Full results: <https://sportstats.one/event/bushtukah-bring-on-the-bay-3k-open-water-swim>

1500m:

Joanie Conrad (6pm Whitecaps; F60-64 swim **angel**): 56th overall, 34th female, and 3rd in category in 35:04

Jennifer Glassman (7:35am Earlybirds; F55-59): 168th overall, 116th female, and 5th in category in 50:20

Cori Dinovitzer (7:35am Earlybirds; F60-64 swim **angel**): 195th overall, 134th female, and 12th in category in 1:15:29

3km:

Alex Moggridge (7:35am Earlybirds; M35-39): 11th overall, 7th male, and 1st in category in 45:36

Tim Kilby (Coach; M60-64): 37th overall, 21st male, and 2nd in category in 48:07

Rachel Bennett (6pm Whitecaps; F40-44): 65th overall, 30th female, and 4th in category in 50:17

Alex Cox-Tardowski (7:35am Earlybirds; M80+ [that can't be right!], should be M30-34): 77th overall, 44th male, and 2nd in category in 50:59

Enmanuel Mujica (Saturdays; M40-44): 82nd overall, 46th male, and 4th in category in 51:08

Gillian Massel (7:15pm Whitecaps; F30-34): 122nd overall, 55th female, and 2nd in category in 53:24

Natalie Aucoin (6pm Whitecaps; F50-54): 143rd overall, 66th female, and 5th in category in 55:03

Colin Kiviaho (7:35am Earlybirds; M50-54 wetsuit): 154th overall, 83rd male, and 4th in category in 55:40

Stephanie Le Saux-Farmer (7:35am Earlybirds; F30-34): 156th overall, 73rd female, and 5th in category in 55:45

Sandra Kiviaho (8:40am Earlybirds; F45-49 wetsuit): 165th overall, 77th female, and 10th in category in 56:08

Maddie Perrault (7:35am Earlybirds; F25-29): 175th overall, 81st female, and 5th in category in 56:36

Margaret Janse van Rensburg (7:35am Earlybirds; F30-34): 180th overall, 84th female, and 6th in category in 56:58

Christine Bogie (8:15am Saturdays; F60-64): 186th overall, 87th female, and 1st in category in 57:15

Mike Vanderveer (7:35am Earlybirds; M55-59): 203rd overall, 107th male, and 7th in category in 57:57

Cheri Reddin (7:35am Earlybirds; F50-54): 224th overall, 111th female, and 11th in category in 58:54
Steph Carr (7:35am Earlybirds; F25-29 wetsuit): 242nd overall, 116th female, and 5th in category in 59:34
Alex Bloor (7:35am Earlybirds; M no age, should be M35-39): 355th overall, 178th male, and 6th in category in 1:04:02
Tara Connolly (6pm Whitecaps; F50-54): 363rd overall, 180th female, and 16th in category in 1:04:14
Luciara Nardon (6pm Whitecaps; F50-54): 365th overall, 181st female, and 17th in category in 1:04:19
Mars Nienhuis (Whitecaps; F30-34): 374th overall, 186th female, and 9th in category in 1:04:34
Debby Whately (8:40am Earlybirds; F65-69): 375th overall, 187th female, and 3rd in category in 1:04:36
Miguel Mejicano (Earlybirds; M55-59 wetsuit): 412th overall, 204th male, and 20th in category in 1:06:03
Gonzalo Wills (8:40am Earlybirds; M55-59): 475th overall, 226th male, and 13th in category in 1:09:01
Danielle Le Saux-Farmer (Earlybirds; F35-39): 527th overall, 274th female, and 16th in category in 1:12:06
Jesula Drouillard (7:15pm Whitecaps; F55-59 wetsuit): 590th overall, 318th female, and 20th in category in 1:16:58
Jake Graham (Earlybirds; M40-44): 591st overall, 272nd male, and 12th in category in 1:16:59
Tom Heyerdahl (8:40am Earlybirds; M60-64): 599th overall, 279th male, and 17th in category in 1:17:56
Anne Griffith (8:40am Earlybirds; F45-49 towing Amelia!): 654th overall, 355th female, and 16th in category in 1:23:28
Matthew Sinclair (6pm Whitecaps; M35-39): 661st overall, 299th male, and 10th in category in 1:24:42
Peter Barton (8:40am Earlybirds; M65-69 swim **angel**): 700th overall, 320th male, and 6th in category in 1:37:01
Lisa Hans (Alumna, F55-59 wetsuit swim **angel**): 713th overall, 384th female, and 24th in category in 1:51:24

Swim Angels:



Alex C-T, Maddie, Steph, and Margaret:



Heloise and Jennifer:



July 20 Ironman Lake Placid

Great job, **Bryan**, and thanks for the race report!! Full results: <https://www.ironman.com/races/im-lake-placid/results>

Bryan Morris (7:35am Earlybirds; M60-64): 1139th overall, 893rd man, and 26th in category in 13:46:35 (1:09:21 swim: 9th in category!)

I wanted to share my IMLP with you and the team. I had a great swim (thanks to you), a good (for me) ride, with a bit of struggle thru the run, but got it done.

Swim: 1:09:21 (9th out of 68) 1:48/100m. Great swim in a beautiful lake. I expected it to be between 1:05 and 1:10; so that's a win.

Bike: 7:22:54 (49th/68) Avg: 24.3 km/h on a beautiful course with almost-biblical rain on the 2nd loop that seemed to align with every major descent. This was a good ride for me and close to what I expected.

Run: 4:49:32 (18th/68) Avg pace: 6:50/km. Definitely worse than expected with severe quad cramps at the 30km mark, but completed the run with a classic "Ironman Shuffle". The Adirondacks are hilly -- who knew?

Total: 13:46:35 (26th/68).

All in all, I loved the swim, bike and run courses and was pleased with the result.

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: <https://www.statsman.ca/#canada> (last update **July 23**).

Notes and Reminders

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 three hour parking in Lot 5.

Summer Masters Session Details

Monday June 30 to Saturday August 30; no workouts Tuesday July 1 (Canada Day) or Monday August 4 (Civic Holiday).

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$127+HST: Full: Waitlist available

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark/Nick, Sub: Adrian; \$133+HST: Full: Waitlist available

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$69+HST

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule:

Monday 4:00-4:40pm, 4:40-5:20pm, 5:20-6:00pm

Tuesdays 7:50-8:30am, 8:30-9:10am

Prices: Private: \$52.50 per lesson, plus HST; **Semi-Private** (2-3 swimmers; per swimmer): \$34 per lesson, plus HST. Please e-mail me for more details.

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 Discount for Carleton Masters Swimmers: Aquasport (2730 Iris Street) is run by Team Aquatic Supplies. We receive a 15% discount on regularly priced merchandise until the end of August **2025**. 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/>