

Carleton Masters Swimming Newsletter #668

Friday, August 8, 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 (61 addresses), 7:15pm Whitecaps II (42 addresses), Saturday Only (21 addresses), Alumni (42 addresses).

"Why prefer to crawl through life? You were born with wings – fly!" – Rumi [Ed. Note: I don't think this is supposed to be about swimming, but ... 🐬 !]

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.
 - 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 started yesterday. Sign up sooner rather than later to get a spot in your preferred group! There is currently space in all groups, but the 7:35am Earlybirds, 8:40am Earlybirds, and 6pm Whitecaps are filling up quickly! Details are in the following section.

Fall Masters Programs

Registration for the Fall Masters programs started 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

- Coach **Paddy Mallia** is leaving Ottawa at the end of this month to attend Teacher's College at the University of British Columbia in Vancouver. He will coach his last Carleton Masters workout at **6pm on Monday August 18**. Thank you to **Paddy** for all his coaching! Coach **Mark** wrote this great summary:

Paddy has been a familiar face to us all for longer than we likely can recall! He first joined the lifeguard staff while in high school. I vaguely recall the young guy stumbling around the pool, but I have to be honest - I can't recall when exactly this was. I do recall his excitement about changes to the Varsity team when we had Pierre join as head coach. It was

around then that I got to know him quite a bit better. Through this time, Paddy improved as a competitive swimmer, while teaching kids what he had learned, which ultimately lead to him joining us all at Masters. While his time at the pool meant we began to see more and more of him, he also completed both a Bachelor's and Master's degree in English. Now he is leaving Ottawa for B.C. to pursue a teaching degree, a wholesome endeavor, but I have to say that he has left his mark and he will be missed. While I know some of us took full advantage of the opportunity to tease him and give him a hard time, I always described him as someone who is so kind and likeable that it's impossible to ever actually get mad at the guy! Personally, I wish to add that when the Varsity team traveled to Arizona for training camp, Paddy was a prince in how he interacted with my kids. While most of the other athletes were wrapped up in their training, and focusing on their circumstances, Paddy was one of people there who would always make a distinct effort to engage with my kids, and make them feel (and BECOME) part of the whole environment. So please join me in wishing him all the luck and good fortune, and please take a moment to reflect on who he is to each of us, and remark at how long he has been a part of our environment at the pool. Whether he was there in the background as a novice lifeguard, a supervisor sitting in the lifeguard's chair making sure we don't drown, or a coach on deck leading our workout/bearing the brunt of our criticisms, he has always been there, and he has been there for several years. He will be missed.



- Congratulations to **Katie Macdonald** (7:35am Earlybirds) and her **husband** on the arrival of their baby boy, **Holland Green**, two weeks late(!) on July 29. The family is all doing well and **Katie** says: "He's 8lb 12oz and so so sweet and cozy." We hope to see **Katie** back in the pool in the Winter term!





- Congratulations to **Megan Holtzman** (8:40am Earlybirds) and her daughter, **Arabella**, on their fantastic performance at the World Dragon Boat Championships and for their efforts being recognized: HIGH ACHIEVERS: A Mother-Daughter Outing With a Unique Twist for World Dragon Boat Medallists **Megan, Arabella Holtzman**:

<https://ottawasportspages.ca/2025/07/25/high-achievers-a-mother-daughter-outing-with-a-unique-twist-for-world-dragon-boat-medallists-megan-arabella-holtzman/>

- Congratulations also to **Rick Hellard** (Earlybirds) for battling many health issues to take on Ironman Canada Ottawa, and being pretty accurate in his guess as to his time!: HIGH ACHIEVERS: Medical Issues Have **Rick Hellard** Taking Different Approach to Ironman Canada Ottawa: <https://ottawasportspages.ca/2025/08/01/high-achievers-medical-issues-have-rick-hellard-taking-different-approach-to-ironman-canada-ottawa/>. Journalist **Martin Cleary** also wrote a follow-up article: HIGH ACHIEVERS WEEKEND WRAP: **Rick Hellard** relied on crowd support to reach IRONMAN Canada Ottawa finish line: <https://ottawasportspages.ca/2025/08/05/high-achievers-weekend-wrap-rick-hellard-relied-on-crowd-support-to-reach-ironman-canada-ottawa-finish-line/>.

- The Carleton University Pool Staff is diving into the Canadian Cancer Society's "Swim 10k in August Challenge", with a bold fundraising goal of \$3,000! 🏊❤️ They are calling all swimmers and coaches to support the cause – you can join the team and take on the challenge of swimming 10 kilometers in the month of August, make a donation toward our fundraising goal or both – either way you are helping us make waves in the fight against cancer. Let's show the power of our Carleton University Athletic community—every lap counts! You can check out the fundraising page here: <https://fundraisemyway.cancer.ca/teams/CUP>

- 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>

- **Summer McIntosh** didn't quite meet her goals, but a very impressive World Championships!:

- 2025 World Championships: Canadian **Summer McIntosh** and Frenchman **Leon Marchand** Win "Swimmer of the Meet": <https://swimswam.com/2025-world-championships-summer-mcintosh-and-leon-marchand-win-swimmer-of-the-meet/>

- **Summer McIntosh**: "I Hate Losing More Than I Like Winning" (Day Seven Worlds Quotes):

<https://swimswam.com/summer-mcintosh-i-hate-losing-more-than-i-like-winning-day-seven-worlds-quotes/>

- From CBC's "The Buzzer": **Summer McIntosh** Had an Historic World Championships — and She Still Wants More: After winning each of her first three events last week, Summer McIntosh's audacious attempt to become the only swimmer besides Michael Phelps to capture five individual gold medals at a single world championships fell short on Saturday when she took bronze in the women's 800-metre freestyle in Singapore.

The most anticipated showdown of the entire championships proved worthy of the hype, and then some. As expected, McIntosh went toe-to-toe with Katie Ledecky in the American superstar's signature event, but it turned into a surprising three-way chase as Australia's Lani Pallister refused to fall behind her more heralded rivals. McIntosh took the lead from Ledecky with just two laps left but couldn't maintain it for long, fading to third place in 8:07.29 as Ledecky (8:05.62) held off the dogged Pallister (8:05.98) for her seventh world championship in the 800m and 16th solo world title of her career.

It was the first time ever that three women went under 8:10 in the 800, and some swimming analysts called it the greatest distance race of all time. But that was cold comfort for McIntosh, who was disappointed by her performance.

"Obviously that's not even close to what I wanted time-wise, place-wise, how I executed the race," she said. "I want to say congrats to Katie of course and Lani, they had amazing swims, but that's not what I wanted for myself individually.

"I hate losing more than I like winning. The feeling right now is something that I never want to feel again."

She made sure not to feel it again on Sunday, bouncing back from that exhausting 800 to win the 400m individual medley — her own signature event — and finish the world championships with a spectacular four gold medals and a bronze in her five solo swims. Ledecky (2015) is the only other woman to win four individual golds at a single swimming worlds, and Sweden's Sarah Sjöström (2019) is the only other woman to earn five solo medals (one gold, two silver, two bronze).

So, while she failed to match Phelps, you can argue that McIntosh had the best world championships ever by a female swimmer. In addition to her gold in the 400 IM and her bronze in that classic 800 freestyle over the weekend, she beat Ledecky to win the 400m freestyle and also captured gold in the 200 IM and the 200m butterfly. In the latter, much to her chagrin, she fell just 0.18 of a second short of the once-untouchable world record set by China's Liu Zige during the ludicrous supersuit era.

The 800m loss to Ledecky (and, shockingly, Pallister) will surely bother McIntosh for a while too. But look at it this way: still just 18 years old and coming off three gold medals and a silver at last year's Olympics, no one would have blamed her for taking it a little easier this year. Instead, she not only went after the Phelps record but decided to do it by challenging the greatest distance swimmer of all time in her best event — and one that McIntosh didn't even swim at the Olympics last year.

Yes, she came up short, but the fact that she even tried this shows what kind of competitor McIntosh is. With her next Olympics still three years away, this bodes very well for Summer's chances of winning five solo golds in 2028 in Los Angeles — or maybe more.

"Going for six medals, why not?" said coach Fred Vergnoux, who trained McIntosh for these world championships over the past seven months in France. "It's for her to decide. But from a training perspective, her range is from the 200 all the way to the 1,500."

Heady stuff. And it'll be fascinating to see what lofty goals McIntosh cooks up once she relocates to Texas to begin working with Bob Bowman, the legendary coach who guided Phelps to his record eight golds (five of them solo) at the 2008 Beijing Olympics.

But these world championships made one thing clear: McIntosh has the competitive drive to accomplish pretty much whatever she wants. And she wants it all.

"Even if I were to get five golds," she said after her final swim in Singapore. "I would still want more."

Aquatic-Related Links:

- **Desirae Ridenour** Delivers Gold on Home Soil in Montreal at Americas Triathlon Cup:

<https://triathlonmagazine.ca/news/desirae-ridenour-delivers-gold-on-home-soil-in-montreal/>

- "I Just Felt Better and Better": Canadian **Mathis Beaulieu** Blazes to Victory at Americas Triathlon Cup, Montreal: <https://triathlonmagazine.ca/news/i-just-felt-better-and-better-mathis-beaulieu-blazes-to-victory-in-montreal/>
- Canadian **Paula Findlay** Reigns at Ironman 70.3 Boise: <https://triathlonmagazine.ca/news/paula-findlay-reigns-at-ironman-70-3-boise/>
- Making a Splash: Swimmers & Bathers in Canadian Art [Ed. Note: The July 18 Newsletter, view pdf]: <https://www.aci-iac.ca/newsletters/>
- Swimsuits Not Lawsuits: U.S. Masters Swimming Wants to Focus on Our Mission and Members: <https://swimswam.com/swimsuits-not-lawsuits-u-s-masters-swimming-wants-to-focus-on-our-mission-and-members>
- Swimming Wild and Free: <https://x.com/CosmicGaiaX/status/1923808019516694869>

News and Other Links:

- How Can I Build Muscle as I Age?: https://www.nytimes.com/2025/07/22/well/move/how-to-build-muscle-aging.html?unlocked_article_code=1.ZE8.akoV.7aLALZh8tJzc&smid=url-share
- Tour de Donut [Ed. Note: You get 5 minutes deducted from your time for each donut consumed! A professional eater finished with a negative time 😊 !]: <https://www.tourdedonut.org/>
- Should You Drink Chocolate Milk After a Workout?: <https://www.nationalgeographic.com/science/article/chocolate-milk-recovery-drink-endurance-exercise>
- Ottawa Outdoors: 10 Reasons to go Kayaking at Night: <https://indd.adobe.com/view/0c4c6d41-f3af-4d5b-8c34-82d506715aae>

- **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 is coaching for **Paddy** on **Tuesday evenings** for the rest of the term.

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.

7:35am Earlybirds: June 30 to August 8 (17 workouts); range: 27-42; average: 33.1

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

6:00pm Whitecaps: June 30 to August 7 (16 workouts); range: 12-26; average: 18.8

Missed One Workout: **Mike Lee**

12:15pm Saturdays: July 5 to August 2 (5 workouts); range 10-13; average: 11.4

Perfect Attendance: **Mariette Kenney**

Thanks to everyone who has participated in the short distance time trials so far. For any morning swimmers who didn't have a chance to do time trials this week, there is one more chance on Wednesday. The summary of fastest and most improved in each event will be in the end of term newsletter.

Ask the Coach

Dear Coach: If I arrive late, is it ok to do a short warm up before joining the workout? Always Running Late

Dear A.R. Late: If you need to arrive late, please ensure that you don't interfere with the others in the lane. If you want to do a short warm up just keep out of the way of your lane-mates while doing that. Ideally, you want to ensure that your lane-mates know that you are joining the lane, e.g. by entering the water and holding onto the wall as your lane-mates pass by so that you know they've seen you. Similarly, if you need to leave early, it's polite to tell your lane-mates that, for example, after the next repeat you will move to the end of the lane and do 50m easy before leaving for an early meeting.

Dear Coach: If I arrive late, how do I figure out where my lane-mates are in the warm-up? Another Late Swimmer

Dear A.L. Swimmer: Ideally, one of your lane-mates will let you know, if they see you are about to join. If you're not sure, ask the coach. If the coach is at the other end of the pool, then use the lemming approach (i.e. follow along until you figure it out)!

Dear Coach: In practice, if you can make a faster time than that assigned to your lane should you go for it? Eager Swimmer

Dear E. Swimmer: For most lanes, you should stick with the pace times given to you by the coach (or agreed upon by the swimmers in the lane). If those times are not working for you, then ask the coach about moving to a faster (or slower) lane. That said, there are some lanes (usually those at either edge of the pool) where there is a significant variety of speed. In that case, as long as you inform your lane-mates and are careful passing (or being passed), it is acceptable to have multiple pace times within the lane.

Dear Coach: For butterfly, should you breath to the side or always forward? Improving My Fly

Dear I.M. Fly: Generally, for 1-arm fly, you should breath to the side, and for full stroke fly, breath forward. However, that said, there are a some good flyers who breath to the side. I would recommend breathing forward for beginners. And, if you want a more challenging 1-arm fly, you can experiment with breathing forward.

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/1xG03Eli1IWbNfjwuMmBTWQ84RfXfHrEBTgiv4XyB7wQ/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 – 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/Km9BOi8WGjWDKwg9vq39xR>
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!

July 6 Ironman Muskoka 70.3

Apologies for missing Mike last time – well done! Full results: <https://www.ironman.com/races/im703-muskoka/results>
Mike Mopas (7:35am Earlybirds; M50-54): 1126th overall, 858th male, and 60th in category in 7:33:49 (43:19 swim)

July 27 Toronto Triathlon Festival Olympic Distance Triathlon

Great job by coach **Paddy**! Full results: <https://sportstats.one/event/toronto-triathlon-festival/leaderboard/144020>
Paddy Mallia (Coach; M25-29): 553rd overall, 405th overall, and 76th in category in 3:30:25 (29:32 swim)

August 3 Ironman Canada Ottawa

Awesome job by all the Carleton and Ottawa athletes!! Super impressive! Full results: <https://www.ironman.com/races/im-canada-ottawa/results>.

Tony Revitt (Earlybirds; M50-54): 136th overall, 126th male, and 14th in category in 10:32:51 (55:38 swim: 2nd fastest overall, and 1st in category!)

Colin Kiviaho (7:35am Earlybirds; M50-54): 254th overall, 229th male, and 27th in category in 11:06:25 (despite about a 1 hour break during the run!) (1:10:11 swim)

Sheila Kealey (7:35am Earlybirds; F60-64): 317th overall, 73rd woman, and 1st in category in 11:07:30 (1:13:25 swim: 2nd in category)

Steph Carr (7:35am Earlybirds; F30-34): 394th overall, 48th female, and 7th in category in 11:35:06 (1:18:40 swim)

Rick Hellard (Earlybirds; M55-59): 457th overall, 386th man, and 23rd in category in 11:52:27 (1:03:52 swim: 2nd in category)

Alex Bloor (7:35am Earlybirds; M35-39): 567th overall, 471st man, and 79th in category in 12:02:38 (1:26:35 swim)

Sarah Perron (Earlybirds; F30-34): 747th overall, 147th woman, and 23rd in category in 12:37:51 (1:13:46 swim)

Photos below: **Tony**, **Colin**, and **Sheila**.





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 29**).

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/>