

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Thursday, April 12, 2018 10:41 AM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; David Thibodeau
Subject: Carleton Masters Swimming Newsletter #467

Carleton Masters Swimming Newsletter #467

Thursday, April 12th, 2018

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, Winter 2018, and Alumni: 7:30am Earlybirds I (51 addresses), 8:30am Earlybirds II (30 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (41 addresses), Saturday Only 108 addresses), and Masters Alumni (31 addresses).

"You are braver than you believe, stronger than you seem, and smarter than you think." — Christopher Robin, Winnie the Pooh (A. A. Milne)

Masters Swimming Program Notes

- The Winter session started **Wed Jan 3rd** and ends **Sat Apr 14th**.
 - **A reminder that this is the last week of the Winter session! The last workouts are as follows:**
 - **6pm and 7:10pm Whitecaps: today, Thu Apr 12th**
 - **7:30am and 8:30am Earlybirds: tomorrow, Fri Apr 13th**
 - **8:15am Saturday Earlybirds: Sat Apr 14th**
- Information on the Spring session follows. There are currently 12 spots left in the 6pm Whitecaps for the Spring session. The other groups still have quite a bit of space.
- Information on the Summer session is coming soon.
- The end-of-term newsletter will be sent early next week.

Carleton Pool Annual Maintenance Shutdown

Please note that the Carleton pool will be **closed for annual maintenance from 4:30pm Sat Apr 14th until 6:00am Mon May 14th**. The Spring session will start on **Mon May 14th**.

Spring Session Information

Registration for the **Spring Masters** session will start on **Wed Apr 4th**. The strike is affecting Athletics, so the Summer program information and registration start date is not yet available. A reminder that Masters is open to members only. Students who are not taking summer courses will need to purchase a Summer membership (special prices available until Apr 30th). Here are the Spring Session details:

Spring 2018: Mon May 14th to Sat Jun 30th; no workouts Mon May 21st

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 15318; cost: \$70+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 15319; cost: \$70+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 15323; cost \$78+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 15324; cost: \$70+HST

8:15am Saturday Earlybirds: 8:15-9:25am (**May 19th**: 10:45-11:55am) Sat (shallow): barcode 15321; cost: \$30+HST

Swimmer Notes

Swimmer Updates:

- I am happy to report that the CUPE 2424 strike is over!

- Congratulations to **Paola Osorio** (6pm Whitecaps)! She and **Alejandro** were married on **Thu Mar 29th** and had their wedding reception on **Fri Mar 30th**. They will have a second Catholic wedding in Columbia at the end of the year, to celebrate with their families and friends there.

- **Jim Lee** (7:30am Earlybirds) started swimming with Carleton Masters before I started coaching, and that was in 2001! Later this month, **Jim** and his wife are moving to Stittsville to be nearer the grandchildren later this month, and he will then join the Stittsville Masters. We'll miss you, **Jim**!

- **Matt Tucciarone** (7:30am Earlybirds) is moving to Indonesia this month. He is engaged to an Indonesian woman, and is getting married there in August! Congratulations, **Matt**! Matt dropped by the pool to say goodbye on **Wed Mar 28th** and donated a pair of swim paddles, and a bottle of Lipikar shower gel that are free to a good home. Let me know if you are interested in either.

- Best wishes to get well soon to **Mary Lou Davies** (8:30am Earlybirds) who has pneumonia, and to **Aimee Jones** (6pm Whitecaps) who broke her wrist.

- **Christiane Wilke** (7:30am Earlybirds; oboe and oboe d'amore) and **Mike Mopas** (7:30am Earlybirds; double bass) are part of a quintet performing the music of Argentine tango composer Astor Piazzolla in a concert entitled "Of Angels and Solitude" on **Sat Apr 21st 4:30pm** at the Trinity Anglican Church, 1230 Bank Street. Details here: <https://linkedevents.net/ottawa/of-angels-and-solitude-the-music-of-astor-piazzolla/>.

- A large group of Carleton swimmers participated in the MSO (Masters Swimming Ontario) Provincial Championships at the Nepean Sportsplex from **Fri Mar 23rd to Sun Mar 25th**. There were lots of great swims, and official results can be found in the "Race Results" section. **Gi Wu** (6pm Whitecaps) arranged a group photo with many of those attending which is on the web site: <http://carletonmasters.tripod.com/>. Looking speedy!

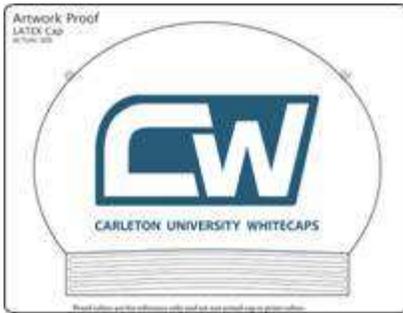
- Melanie Heroux (8:30am Earlybirds) reports that the March 3rd Ottawa Polar Plunge for Special Olympics had a total of 90 plungers who raised \$19,750 for Special Olympics. And here she is in action:



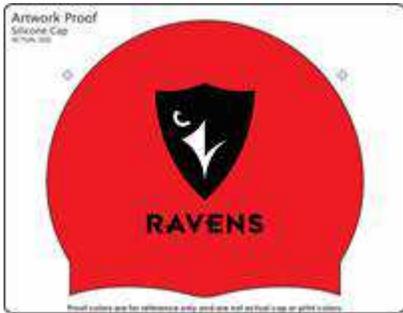
- In a previous newsletter, I included a link to information on the Hammer Head Swim Cap, which helps reduce concussions for swimmers. Their web page is: <https://www.hammerheadswimcaps.com/>. The caps will be available starting around April. Each costs US\$34.95 and currently shipping to Canada is not available. **Susan Hulley** (7:30am Earlybirds) is interested in getting a cap. If others are interested, please let me know and I can investigate a group price and shipping to Canada.

- The Ontario Masters Swimming Advocates (OMSA) are a group of concerned Masters club leaders, coaches and swimmers who believe the current state of Masters Swimming in Ontario can be improved. Please see this [Facebook site](#) for more details.

- Carleton University Whitecaps swim caps, great for training and competition, are available for \$5 each:



- For those who prefer silicone caps, Carleton Varsity swim caps are available as a fundraiser for the Varsity team for \$15 each:



News and Links:

- Kickstarter Fundraiser for Documentary on a Masters 360+ (i.e. average age 90) Relay Team: https://www.kickstarter.com/projects/812514902/360-its-never-too-late-for-a-fresh-start?ref=creator_nav
- How They Timed 220 yd Fly in a 25 yd Pool, 1961 Video: <https://www.youtube.com/watch?v=k4WOls8iGJI>
- 'I straight wanted to die': **Michael Phelps** wants USOC to help athletes cope with depression: <https://www.msn.com/en-us/sports/more-sports/%E2%80%98i-straight-wanted-to-die%E2%80%99-michael-phelps-wants-usoc-to-help-athletes-cope-with-depression/ar-BBKP7HE?ocid=sf>
- **Jaimie Monahan** Keeps Swimming On and On and On: <http://dailynews.openwaterswimming.com/2018/03/jaimie-monahan-keeps-swimming-on-and-on.html>
- Long Distance Swimmer, **Scott Wolford**, Dies in Fire: <http://www.chicagotribune.com/suburbs/post-tribune/news/ct-ptb-liberty-township-fatal-fire-st-0403-20180402-story.html>
- 17-year-old Russian, **Mikhail Mukhodinov**, Passes Away at Competition: <https://swimswam.com/russian-prospect-mikhail-mukhodinov-passes-away-during-competition/>
- Three Highly Recommended Pre-Race Meals: <https://swimswam.com/3-highly-recommended-pre-race-meals-for-swimmers/>
- Bodimax Swim Sleeves: <https://swimswam.com/the-truth-about-bodimax/>
- Heart Attacks of the Mega-Fit: How Safe is Extreme Sport? [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://www.smh.com.au/sport/heart-attacks-of-the-mega-fit-how-safe-is-extreme-sport-20180328-p4z6m7.html>
- How Exercise in Old Age Prevents the Immune System from Declining: <http://www.bbc.com/news/health-43308729>

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 \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We have a few triathlon latex caps (50c), as well as some silicone caps (\$2). 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.

Winter Session Information

Dates: Wed Jan 3rd to Sat Apr 14th; excluding Mon Feb 19th, Fri Mar 30th, and Mon Apr 2nd.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End: **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Mon: Shallow End; Tue/Thu: Deep End: Mon/Tue: **David**; Thu: **Sean**

7:10pm Whitecaps: Shallow End: Mon/Thu: **David**; Tue: **Sean**

8:15am Saturdays: Shallow End; rotating coach schedule (will be in workout themes soon)

Exceptions will be noted here.

Mits coached for **me** on **Sat Mar 31st**.

Fin Days:

Mon Jan 29th

Thu Mar 8th / Fri Mar 9th

Time Trials:

Tue Feb 6th / Wed Feb 7th: timed 400fs or IM

Tue Feb 20th / Wed Feb 21st: 2 timed 50s

Thu Mar 1st / Fr Mar 2nd: 100 choice

Thu Mar 15th / Fri Mar 16th: 200 choice

Tue Mar 20th / Wed Mar 21st: 800 / 1500fs

Thu Apr 12th / Fri Apr 13th: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint18.pdf>.

Here are the weekday attendance statistics for the term so far. Please let me know of any errors!

Note that the attendance statistics for this week will be included next time.

6pm Whitecaps: Jan 4-Apr 10th (40 workouts); range: 15-31; average: 24.2

Perfect Attendance: **Cam Dawson, Derek Woodard**

Missed 1 Workout: **Konstantin Petoukhov**

Missed 2 Workouts: **Mars Neinhuis**

Missed 4 Workouts: **Don Wells, Nicole Delisle**

7:10pm Whitecaps: Jan 4-Apr 10th (40 workouts); range: 9-24; average: 16.4

Missed 2 Workouts: **Alper Yorukcu**

7:30am Earlybirds: Jan 3-Apr 11th (40 workouts); range: 13-31; average: 19.0

Missed 3 Workouts: **Liliane Cardinal**

8:30am Earlybirds: Jan 3-Apr 11th (40 workouts); range: 9-21; average: 15.8

Missed 2 Workouts: **Rod Haney**

Missed 4 Workouts: **Bill Gregg**

Ask the Coach

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

Dear K. Swimmer: As the pool will be drained and closed for maintenance, no interim workouts will be held.

Dear Coach: Any recommendations on places to swim while the pool is closed? Another Keen Swimmer

Dear A.K. Swimmer: Here is a link to the [Ottawa Public Pools Schedule](#). Plus a link to the [Gatineau Public Pools Schedule](#). Here is the [Ottawa U Pool Schedule for April](#). I believe that the Ottawa U pool is closed in May for annual maintenance.

Dear Coach: In light of the extended maintenance break this year, will the fee for the Spring session be reduced? It should likely be reduced not only for actual workouts lost but also to encourage continuing participation. Longtime Masters Swimmer

Dear L.M. Swimmer: The Spring Masters programs and fees were planned according to a 7-week program (May 14 thru June 30). The Spring 2018 fees are therefore lower than the Spring 2017 fees.

Dear Coach: When will registration be available for Summer? Anxious Swimmer

Dear A. Swimmer: The CUPE 2424 strike involved many of the Athletics staff, thus the delay. This information will be available soon and will be circulated as soon as I have it. Thanks for your patience!

Dear Coach: Will the normal rotation of length/stroke workouts be dropped or significantly modified for the Spring session to account for reduced activity as many regular participants will be doing no, fewer, or much less intensive, interim workouts? The beginning of last year's Spring session was particularly difficult to endure as five long, four mid and only three short workouts were scheduled in the first twelve. This emphasis on mid and long early in the sessions risks creating frustration and injuries. Shorter, more varied workouts (e.g. focus on taking time to follow proper technique in a variety of drills and sets, warm-ups specifying use of more than just freestyle, more fins nights) could be in early weeks while introducing mid-length in later weeks. Could the timed swims simply be dropped or limited to shorter distances (200 and less) for the Spring? Many feel they are a time waster and kind of pointless in light of the points raised above. Longtime Masters Swimmer

Dear L.M. Swimmer: Thanks for your feedback. Last Spring one of the "short" days fell on Victoria Day Monday, when workouts were cancelled. I'll ensure that doesn't happen this Spring. We will be focusing on drills for the first four weeks, which will reduce the amount of time spent on the main set. However, as quite a few of the Carleton Masters swimmers are open water swimmers and triathletes, one third of the workouts will have a long distance focus. That said, the coaches will build into the term, with "not too too long" early on. We avoid fins and very fast short swims for the first few weeks as those are the hardest on the heart and joints, and thus not recommended after a long break. With the shorter term, the number of time trials will be slightly reduced. However, they remain a key part of the program, as it is important to provide an environment where those who are interested in competing can build the necessary skills. The 800/1500 will stay (near the end of the term), as long swims are a key focus for many, especially in the Spring/Summer. While the time trials are recommended for everyone for assessing current swim fitness, they are, of course, optional. The coaches recognize that as there are many different goals amongst the Carleton swimmers, it is hard to please everyone. Feedback and suggestions are always welcome.

Dear Coach: What dryland exercises would you recommend for swimmers? Improving Swimmer

Dear I. Swimmer: Ankle and shoulder flexibility are key for swimming, so stretches of those joints are recommended (ask your coach for a demo). Core strength is also vital, so planks (front and side) are great. Squats are good for starts and turns, and lat pull downs, seated rowing, and tricep extensions help with arm pull. Remember that swimmers want to be long and lean in the water, so you want to build long flexible muscles as opposed to looking like Mr. or Ms. Universe ☺! Any general weight training program is good. Note, however, that if your goal is to get faster in the pool, swimming more is likely a bigger bang for your buck, unless you are already swimming at least 4 or 5 times per week!

Masters Swimming Competitions

This year, you have several options for registration for competitions:

1. You can still register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times are not accepted by MSC (e.g. for the Top 20 rankings) and are not recognized by FINA. This costs **\$25** for Sept 1st to Aug 31st. This registration can be done quite quickly, so it doesn't have to be done very far in advance of the competition you are interested in. (You can also pay a \$5 registration fee for each MSO-sanctioned competition that you enter, but then you would not be swimming for Carleton Masters.)
2. If you wish to compete outside Ontario, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$75** for Sept 1st to Aug 31st. Registration several weeks in advance of the meet deadline is required, as you will not be eligible to compete until your registration has been processed by SO.
3. You can register with both MSO and SO. This costs **\$90** for Sept 1st to Aug 31st.

Note that the Carleton Masters club code is CARMA (no longer CAPS as that is being used by a team in Calgary).

For all of the above, if you haven't registered before, please send me your name, gender, date of birth, address and phone number. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**). Note that the above costs include a contribution to the club registration fee.

Many Ontario meets, including most local meets, will likely be MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals in Calgary, then SO registration is required.

For MSO competitions see: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

For Ontario SO competitions and Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select the province and the month of interest, then select the appropriate meet to get more info. Masters meets are identified as "Masters" under meet type. If it says "sanctioned" the meet package should be available. You can also look on the Masters Swimming Canada site, which should list competitions from all provinces, and is sometimes more helpful than the above: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>.

Here's a list of tentative and confirmed upcoming competitions in Ontario and Quebec. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". More meets and more details will be added as the information becomes available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

May 1st, 2017 to April 30th, 2018 Global Swim Series: <https://globalswimseries.com/races/>
Sun Apr 15th Milton Masters Swim Meet <https://ms.mastersswimmingontario.ca/web/schedule.php>
Fri-Sun Apr 20-22nd Quebec Provincials, Universite de Laval <https://swimming.ca/en/meet/21443/>
Fri-Sun May 4-6th SO Ontario Provincials, Barrie (SO Sanctioned)
<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>
Sat-Mon May 19-21st Canadian Nationals, Calgary <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>, <https://www.mastersswimmingcanada.ca/WP/en/2018-msc-nationals/>
Sat Jun 2nd Longueuil Masters Meet (Long Course) <https://swimming.ca/en/meet/21406/>
June 5-10th First International European-Asian Amateur Aquatic Competition, Athens (pool and open water)
<https://regswim.org/> <https://www.facebook.com/icas.sport/>
July 28 to Aug 4th Pan Am Masters Swim Championships Orlando, Florida (Long Course)
<http://www.2018panammasters.com/swimming.html>

Race Results: (Please send in your results, and/or let me know if I missed anyone.)

Sat Mar 17th Dollard-des-Ormeaux St Patrick's Masters Swim Meet

Sandy and **Natalie** were Carleton's two swimmers. Both were suffering from injury, so did very well under the circumstances! Here are the results: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-results/> (select Quebec), and **Sandy's** PB is now included!

Natalie Aucoin (8:30am Earlybirds; 45-49): **1st** 100f (1:29.43); **2nd** 100fs (1:18.80); **3rd** 50f (37.72); 4th 50fs (35.57), 200fs (2:55.42)

Sandy Lawson (7:30am Earlybirds; 50-54): **1st** 100br (1:51.76 **PB**); **2nd** 100fs (1:22.12), 100bk (1:36.90), 200IM (3:24.46); 6th 50br (52.76)

Sun Mar 18th Special Olympics Swim Meet, Kanata

Melanie competed for the Orleans Riptides and earned four ribbons. Congratulations, **Melanie!**

Melanie Heroux (8:30am Earlybirds; 30-39): **1st** 200fs (4:37.69), 100bk (3:03.50); **2nd** 100IM (3:33.96); **3rd** 50fs (1:15.64)

Fri Mar 23rd to Sun Mar 25th MSO Provincials Swim Meet, Nepean Sportsplex

Lots of Carleton swimmers! Great to see so many at the meet. Lots of great swims, too! Quite a few Personal Bests, and five Club Records (3 by **Harley**, 1 by **Jian**, and 1 relay: **Harley, Jian, Steve and Gi**)!

A bit of history on those club records. **Harley's** new records broke records that he previously set in 2016. **Jian's** 100 breast record broke **Mike Ritcey's** set at Worlds in Italy in 2004 by 0.01. And the relay record broke a record that had stood for over 20 years, and they broke it by over 20 seconds. The old record was 2:26.42 set by **Don Wells, Dan Beavon, John Waring, and George Tombler** at Nepean in 1995!

Full Results (with a few relay names missing): <http://www.mastersswimmingontario.ca/wp-content/uploads/2018/03/2018-03-23-MSO-Prov-Nepean.pdf>, and <https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=910>.

Updated **Club Records**: <http://carletonmasters.tripod.com/180325.Records.pdf>.

Carleton placed 13th overall with 266 points (out of 45 teams).

Mars Nienhuis (6pm Whitecaps; 25-29): **1st** 1500fs (20:51.65)

Julie Mouris (6pm Whitecaps; 30-34): 4th 50fl (36.54); 5th 200fs (2:43.79); 6th 50fs (33.89), 400fs (5:49.87); 9th 100IM (1:24.84)

Megan Holtzman (8:30am Earlybirds; 40-44): **2nd** 1500fs (27:00.61); 4th 400IM (7:59.17; 100fl split: 2:02.27 **PB**)

Natalie Aucoin (8:30am Earlybirds; 45-49): **1st** 400IM (7:00.81); 4th 50fl (35.00); 5th 200fs (2:45.20); 6th 50fs (33.15); 10th 100IM (1:28.05)

Sandy Lawson (7:30am Earlybirds; 50-54): 7th 50bk (46.43) [**Sandy** had to skip most of her events due to a rib injury ☹.]

Dawn Walsh (7:30am Earlybirds; 55-59): 3rd 50fl (42.72 **PB**); 5th 50fs (36.88), 100IM (1:38.54); 8th 200fs (3:17.77)

Robin Henderson (7:30am Earlybirds; 55-59): 5th 100bk (2:08.82); 9th 400fs (7:07.59 **PB**) [**Robin** had to miss some swims due to illness ☹.]

Derek Woodard (6pm Whitecaps; 25-29): **2nd** 100fl (1:06.44); 4th 200fs (2:19.96); 5th 200IM (2:38.80); 7th 100fs (1:01.54)

Jian-Lok Chang (6pm Whitecaps; 30-34): **1st** 50bk (27.26), 400fs (4:30.14), 100IM (1:02.55); **3rd** 100br (1:12.82 **Club Record**)

Gi Wu (6pm Whitecaps; 35-39): 6th 100br (1:28.07); 10th 50fs (28.85), 50fl (34.43)

Steve Kennedy (6pm Whitecaps; 35-39): **1st** 100fs (56.63); **2nd** 50fs (25.91), 200fs (2:06.38), 400fs (4:34.21), 100IM (1:06.36)

Harley Gifford (7:30am Earlybirds; 60-64): **2nd** 100fs (1:11.24), 50bk (36.29 **Club Record PB**), 100bk (1:18.77 **Club Record PB**); **3rd** 200IM (3:08.01 **Club Record PB**); 5th 50fs (32.14)

Relays:

4x50 mixed free relay 120+ **Jian** (25.10), **Derek** (27.30), **Megan** (37.23), **Dawn** (36.79): 11th (2:06.42)

4x50 mixed free relay 200+ **Steve** (25.70 **PB**), **Harley** (31.60), **Nat** (32.92) [team was DQ'd]

4x50 women's medley relay 160+ **Julie** (bk 38.89), **Megan** (br 53.32), **Natalie** (fl 34.30), **Dawn** (fs 36.48): 4th (2:42.99)

4x50 men's medley relay 160+ **Harley** (bk 36.33), **Jian** (br 32.29), **Steve** (fl 28.09), **Gi** (fs 29.07): **3rd** (2:05.78 **Club Record**)

Carleton Swimmers Swimming for other Teams:

Larry Durr (7:30am Earlybirds; 75-79 swimming for TECH): **1st** 200br (4:28.18); **3rd** 100bk (1:52.32); 4th 50br (53.35); 50bk (relay lead-off: 48.78)

Cheri Reddin (Saturdays; 45-49 swimming for B-Train): 6th 100bk (1:38.18), 50fl (40.89); 7th 50bk (46.60); 14th 100IM (1:33.29); 15th 50fs (38.27); 50fs (relay lead-off: 38.46; and 38.64 relay non-lead off); 50bk (relay lead-off: 46.06)

Sun Mar 25th Special Olympics Swim Meet, Brockville

Just a week after the meet in Kanata, **Melanie** competed for the Orleans Riptides in Brockville and earned four more ribbons! Congratulations again, **Melanie**!

Melanie Heroux (8:30am Earlybirds; 30&Over): **1st** 50fl (1:48.44); **2nd** 200 free relay (4:33.91); **3rd** 100fs (3:12.87), 100IM (3:34.24)

Sat Mar 31st LaSalle Long Course Meet, Montreal

I was Carleton's only swimmer. Full results: <https://www.swimming.ca/en/meet/22660/>.

Lynn Marshall (Coach; 55-59): **1st** 100fs (1:07.41), 200fs (2:22.51), 100bk (1:17.50), 200bk (2:41.06), 200br (3:13.13), 100fl (1:13.08), 200IM (2:43.03)

Sat Apr 7th OlymPINK Swim Meet, Brewer

Chris Whitehead (8:30am Earlybirds), **Christiane Wilke** (7:30am Earlybirds), and **Natalie Aucoin** (8:30am Earlybirds) took part. Event details: <https://olympink.org/>. Results next time.

Sun Apr 8th Special Olympics Bowling

Melanie Heroux (8:30am Earlybirds) placed first in her division. Placement in this event is one of the considerations for making the Ontario team. Congratulations yet again, **Melanie**!

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://www3.sympatico.ca/chberger/#canada> (last update **Apr 9th**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Mon/Fri 9:35-10:35am

Tue 4:00-5:00pm

(Other times may be available upon request.)

Spring schedule coming soon.

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.

Notes and Reminders

Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. As usual, Saturdays are **not** included in your weekday registration for Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

Winter 2018: Wed Jan 3rd to Sat Apr 14th; no workouts Mon Feb 19th, Fri Mar 30th, Mon Apr 2nd

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 14265; cost: \$140+HST: **Full: wait list available.**

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 14266; cost: \$140+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 14269; cost \$155+HST: **Full: wait list available.**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 14271; cost: \$140+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 14267; cost: \$62+HST

Aquasport Discount for Carleton Masters Swimmers:

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) In Ottawa, they are located at 2730 Iris Street in the West End. (The Montreal Road location has closed.) There are also several locations in Montreal. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

Carleton Masters Swim Team Photos:

Team Photos:

A big thank you to Coach **Sean Dawson** for organizing team photos, and to all those who were able to take part:

Fall 2017 Morning groups: <http://carletonmasters.tripod.com/earlybirdsteam2017.pdf>.

Fall 2017 Evening groups: <http://carletonmasters.tripod.com/whitecapsteam2017.pdf>.

Fall 2016 group photos (Saturday, Morning, Evening): <http://carletonmasters.tripod.com/fall16photos.pdf>.

Fall 2015 Evening groups: <http://carletonmasters.tripod.com/2015dec17whitecaps.pdf>.

Fall 2015 Morning groups: <http://carletonmasters.tripod.com/2015dec18earlybirds.pdf>.

There are some old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

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.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

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 (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

Club website: <http://carletonmasters.tripod.com>