

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Saturday, September 15, 2018 4:39 PM  
**To:** 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; David Thibodeau  
**Subject:** Carleton Masters Swimming Newsletter #479

## Carleton Masters Swimming Newsletter #479 2018

Saturday, September 15<sup>th</sup>,

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those registered for Fall 2018, plus those registered for Fall 2017, Winter 2018, Spring 2018, Summer 2018, and Alumni: 7:30am Earlybirds I (40 addresses), 8:30am Earlybirds II (25 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (24 addresses), Saturday Only (4 addresses); 2017-2018: 7:30am Earlybirds I (33 addresses), 8:30am Earlybirds II (15 addresses), 6pm Whitecaps I (23 addresses), 7:10pm Whitecaps II (18 addresses), Saturday Only (12 addresses), and Masters Alumni (25 addresses).

**Wins and losses come a dime a dozen. But effort, nobody can judge effort. Because effort is between you and you. Effort ain't got nothing to do with nobody else. – Ray Lewis**

### Masters Swimming Program Notes

- **The Fall session runs from Wed Sept 5<sup>th</sup> to Thu Dec 20<sup>th</sup>, inclusive.**
  - There are **no Masters workouts on Mon Oct 8<sup>th</sup> (Thanksgiving)**.
    - The only public swim on Mon Oct 8<sup>th</sup> is 1:30-4:30pm.
  - The 6pm Whitecaps and 7:30am Earlybirds groups are full for Fall: wait lists available. **If you are on a wait list, please let me know, including your position on the list.**
  - Full details on the Fall and Winter sessions can be found in the "Notes and Reminders" section near the end of the newsletter.
- Apologies to the Saturday swimmers for Parking Lot 5 being closed this morning due to the Ravens Rally. Some swimmers received an email from Athletics about this and some didn't. (I didn't, so I wasn't able to let you know ahead of time.)

### Swimmer Notes

#### Swimmer Updates:

- **Megan Holtzman** ([megan@holtzman.ca](mailto:megan@holtzman.ca)) now has all the data from the **TritonWear** visit to Carleton on **Tue Jun 26<sup>th</sup>** and **Wed Jun 27<sup>th</sup>**. If you wore a unit and would like to get the metrics and data, please contact **Megan**. She noticed one interesting trend that the triathletes in the group tended to take less advantage of the walls than the swimmers, i.e. the triathletes didn't push hard off the walls.

- I also received a USB with the videos from the visit by HeadStartPro to the morning workout on **Mon Jul 11<sup>th</sup>**. They are posted [here](#). (Note that there are some sub-directories.)

- Huge congratulations to **Melanie Heroux** (8:30am Earlybirds) who, in this, the 50<sup>th</sup> year of Special Olympics, has been selected to the Ottawa-area Special Olympics team for the 5 Pin Bowling Provincial Championships in Oshawa in June!

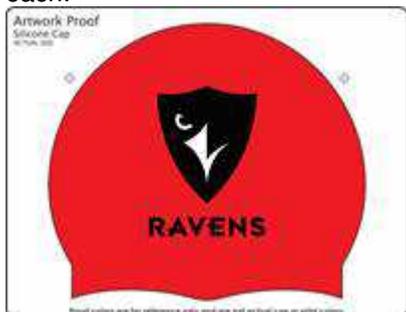
- **Luciara Nardon** (8:30am Earlybirds), Associate Professor of International Business at the Sprott School of Business, is the new Director of the Centre for Research for Women and Work (CREWW) at Carleton University (CREWW) as of July 1, 2018. Prof. Nardon's background in research in multicultural environments and her extensive international experience, informs her first steps as the new director. In September, Prof. Nardon will kick off a new series of online videos and a podcast to complement the existing distance education initiative housed on the CREWW website. She is also the author

of Working in a Multicultural World: A Guide to Developing Intercultural Competence (2017). Read her recent interview about the book with the Globe and Mail [here](#). Over the next five years, as Prof. Nardon works to build new international networks, a new digital presence for research dissemination, and a new focus on workforce integration for women who have recently immigrated, the Centre stands to benefit greatly from her leadership. Congratulations **Luciara!**

- Best wishes to **Larry Durr** (7:30am Earlybirds) for a quick recovery from cataract surgery.
- Congratulations to **Lisa Meyer** (8:30am Earlybirds) on her 15<sup>th</sup> anniversary of starting work at Carleton!
- After several years of commuting between Vancouver and Ottawa every few months, **John Weston** (7:30am Earlybirds) has moved back to Vancouver. Keep in touch, **John!**
- Please complete this Masters Swimming Canada (MSC) survey by **Sept 24<sup>th</sup>** to provide your input and be eligible for some prizes: <https://goo.gl/forms/sYN1cx4E3oZwFsl1>.
- If you or someone you know is interested in getting into coaching, the Coaching Association of Canada, with the support of Investors Group, offers [Get Coaching!](#), a four step tutorial series to help new coaches get the right start. Speaking of which...
- Special Olympics Ottawa is looking for volunteers for the following positions (great chance for high school students to earn volunteer hours):
  - head coach for 5 pin bowling
  - assistant coach for 10 pin bowling
  - head coach for gymnastics
  - additional volunteers for Active Start and Fundamentals (West End)contact Andrea [volunteer\\_lead@specialolympicsottawa.ca](mailto:volunteer_lead@specialolympicsottawa.ca) 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:

- **Katie Ledecy** Freestyle Catch: <https://www.facebook.com/swim360coach/videos/494540921013347/>
- Biomechanics Study: Kicking May Bring No Benefit in Freestyle [Ed. Note: This would make me very happy, but if you read on, you will see that you have to be holding a **\*very\*** fast pace for this to be true!]: <https://swimswam.com/biomechanics-study-kicking-may-bring-no-benefit-in-freestyle/>
- 'Hero' Syrian swimmer arrested by Greek police for helping migrants reach Lesbos [thanks to **Christiane Wilke** (7:30am Earlybirds)]: <https://www.telegraph.co.uk/news/2018/08/30/hero-syrian-swimmer-arrested-greek-police-helping-migrants-reach/>

- Three Secrets to Swimming Faster: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/three-secrets-to-swimming-faster>
- How Body Type May Determine Runners' and Swimmers' Destinies: <https://www.nytimes.com/2018/08/14/well/body-type-weight-swimmers-runners-swimming-running.html>
- **Claude Fung-A-Ling**: 100 Year Old Tennis Player from Montreal: <https://tennis.life/2018/09/02/fung-a-ling-still-courting-at-100/>
- Preventing Muscle Loss Among the Elderly: <https://www.nytimes.com/2018/09/03/well/live/preventing-muscle-loss-among-the-elderly.html>
- Exercising in Middle Age Can Save Your Memory Later: <https://pursuit.unimelb.edu.au/articles/exercising-in-middle-age-can-save-your-memory-later>
- Why Exercising is a Higher Priority than My Business: <https://www.entrepreneur.com/article/245224>
- Five Tips for a Successful Off Season: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/five-tips-for-a-successful-off-season>
- Take a Vacation From Exercise? Your Body May Not Thank You: <https://www.nytimes.com/2018/08/01/well/exercise-break-vacation-metabolic-diabetes-health.html>
- An Underappreciated Key to College [Ed. Note: and Life!] Success: Sleep: <https://www.nytimes.com/2018/08/13/well/an-underappreciated-key-to-college-success-sleep.html>
- Exercise Increases Brain Size: <https://www.sciencedaily.com/releases/2017/11/171113195024.htm>

**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.

## Fall Session Information

Dates: Wed Sept 5<sup>th</sup> to Thu Dec 19<sup>th</sup>; excluding Mon Oct 8<sup>th</sup>.

The usual pool allocations and coaches are as follows:

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

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

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

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

8:15am Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

**Tim** coached for **Lynn** on **Sat Sept 1<sup>st</sup>**.

**Lynn** coached for **Sean** on **Sat Sept 8<sup>th</sup>**.

### Fin Days:

Tue Oct 23<sup>rd</sup> / Wed Oct 24<sup>th</sup>

Thu Nov 22<sup>nd</sup> / Fri Nov 23<sup>rd</sup>

### Time Trials:

Thu Oct 11<sup>th</sup> / Fri Oct 12<sup>th</sup>: timed 400 free or IM

Thu Oct 18<sup>th</sup> / Fri Oct 19<sup>th</sup>: two timed 50s choice

Mon Oct 29<sup>th</sup>: timed 200 choice

Mon Nov 12<sup>th</sup>: timed 800 / 1500 free

Tue Nov 27<sup>th</sup> / Wed Nov 28<sup>th</sup>: timed 100 choice

Wed Dec 18<sup>th</sup> / Thu Dec 19<sup>th</sup>: “funner” day (e.g. relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall18.pdf>.

Here are the weekday attendance statistics for the term to date. Please let me know of any errors or omissions.

**7:30am Earlybirds:** Sept 5-14<sup>th</sup> (5 workouts); range: 17-25; average: 20.6

Perfect Attendance: **Bill Meyer, Bruce Brown, Debby Whately, Harley Gifford, Heather Morrison, Heloise Emdon, Liliane Cardinal, Marie-Odile Junker, Mike Mopas, Mike Wheatley, Robin Henderson**

**8:30am Earlybirds:** Sept 5-14<sup>th</sup> (5 workouts); range: 18-21; average: 19.4

Perfect Attendance: **Luciara Nardon, Mark Blenkinsop, Megan Holtzman, Melanie Heroux, Sebastien Robillard-Cardinal, Sheila Kealey, Tony Revitt**

**6pm Whitecaps:** Sept 6-13<sup>th</sup> (4 workouts); range: 25-32; average: 28.5

Perfect Attendance: **Aimee Jones, Cam Dawson, Dave Grynspan, Don Wells, Francois Parent, Joanie Conrad, Konstantin Petoukhov, Luz Osorio, Mars Nienhuis, Nicole Delisle, Ruth Fawcett, Sabrina Fontaine, Sydney Steele, Sylvie Bourgoing**

**7:10pm Whitecaps:** Sept 6-13<sup>th</sup> (4 workouts); range: 8-15; average: 12.0

Perfect Attendance: **Alison Slater, Brianna Jennett-McNeil, Michelle D'Eon, Robynn Allan**

## Ask the Coach

**Dear Coach:** I want to enter some Masters swimming competitions this season. What's the difference between signing up for SO and/or MSO. Confused Swimmer

Dear C. Swimmer: It certainly is confusing and honestly a mess! It all stems from a disagreement between Masters Swimming Ontario and Swim Ontario / Swim Canada. MSO has gone out on its own and its meets are sanctioned separately. If you don't plan to set any National or World records, then either is fine, and you can just choose based on the meet you want to swim in. National and World Masters records cannot be set at competitions sanctioned by MSO, as they are not recognized outside Ontario. I've included the sanctioning organization for the meets now added below, which should help you decide.

**Dear Coach:** What's the secret to the fly to back turn? Mine isn't working well. IM Swimmer

Dear I. Swimmer: The fly to back turn is an open (i.e. non-flip) turn. Like all open turns you want one arm to go over and one arm to go under the water as you turn. Many swimmers bring both arms out of the water on the turn, which is not efficient or streamlined. After touching the wall with both hands simultaneously, lift one shoulder so that your shoulders are at a 45 degree angle. The arm of the higher shoulder goes above the water and the other below as you turn, and you push off at a 45 degree angle. Ask your coach to watch your turn if you need more tips.

**Dear Coach:** Is it safe to swim in open water? Is it possible to get sick? Pool Swimmer

Dear P. Swimmer: If you are concerned about water quality, <https://www.theswimguide.org/find/> gives you an idea of the water quality at nearby beaches. It is possible to get sick, but the water quality in our area is generally good. Given our nice weather lately, the water temperatures are still reasonable! Some swimmers get seasick in very wavy water, but that, of course, has nothing to do with the water quality!

## Masters Swimming Competitions

Updated: This season (2018-2019), 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 **\$15** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>. 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, or in Ontario SO-sanctioned meets, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$65** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>. 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 **\$75** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>.

Note that the Carleton Masters club code is CARMA.

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, 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.** Meets are SCM unless otherwise indicated.

Sun Sept 30<sup>th</sup> Nepean Sportsplex Aquathon (650m swim + 5k run) visit any City of Ottawa recreation centre service desk and register for barcode 1416974 (\$22.25). For more information contact Steve Papai at 613-580-2424 x41261 or [steve.papai@ottawa.ca](mailto:steve.papai@ottawa.ca).

Sat Oct 27<sup>th</sup> Brossard Masters Meet, Montreal (SO registration required)

Sat Nov 10<sup>th</sup> Maitres ACC Masters Meet, Montreal (SO registration required)

Sun Nov 11<sup>th</sup> Guelph Masters Meet (MSO registration required) <https://ms.mastersswimmingontario.ca/web/schedule.php>

Sun Dec 2<sup>nd</sup> Technosport Masters Meet, Ottawa (MSO registration required)

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

Sat Dec 8<sup>th</sup> Sainte-Foy Masters Meet (SO registration required)

Sat Dec 8<sup>th</sup> Montreal Nord Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/25893>

Sat Dec 15<sup>th</sup> North York Masters Meet (MSO registration required)

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

Sat Jan 12<sup>th</sup> Drummondville Masters Meet (SO registration required)

Sun Jan 20<sup>th</sup> Alderwood SCY Masters Meet, Toronto (MSO registration required)

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

Sat Jan 26<sup>th</sup> Cote-St-Luc Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/24727>

Sat Feb 2<sup>nd</sup> Mont-Tremblant Masters Meet (SO registration required)

Sat-Sun Feb 2-3<sup>rd</sup> Quebec City LCM Masters Meet (SO registration required)

Sun Feb 3<sup>rd</sup> Technosport Masters Meet, Ottawa (MSO registration required)

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

Sat Feb 23<sup>rd</sup> Pointe-Claire Masters Meet, Montreal (SO registration required)

Sun Feb 24<sup>th</sup> Thornhill Masters Meet, Toronto (MSO registration required)

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

Sun Mar 3<sup>rd</sup> Technosport Masters Meet, Ottawa (MSO registration required)

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

Sat Mar 16<sup>th</sup> Dollard-des-Ormeaux Masters Meet, Montreal (SO registration required)

Fri-Sun Mar 22-24<sup>th</sup> MSO Provincials, Markham (MSO registration required)

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

Sat Mar 30<sup>th</sup> La Salle Masters LCM Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/29970>

Fri-Sun Apr 26-28<sup>th</sup> SO Provincials, Etobicoke (SO registration required)

Fri-Sun Apr 26-28<sup>th</sup> Quebec Provincial Masters Champs, Trois-Rivieres (SO registration required)

Fri-Sun May 24-26<sup>th</sup> MSC Nationals, Montreal Claude Robillard (?) (SO registration required)

Global Open Water Swim Series (Year Round): <https://globalswimseries.com/races/>

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

### Sun Aug 19<sup>th</sup> Ironman Mont-Tremblant

Congratulations to **Tracey** on a fantastic accomplishment! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=94117>.

**Tracey Matthews** (7:30am Earlybirds; 45-49): 2188<sup>th</sup> overall, 580<sup>th</sup> female, and 115<sup>th</sup> in category in 16:27:31.0 (1:14:43 swim)

### Sat Sept 1<sup>st</sup> Ironman 70.3 World Championships, Nelson Mandela Bay, South Africa

Congratulations to **Nicole Mikhael** on her great results at the first Ironman World Championships event held in Africa! Full results: <http://www.ironman.com/triathlon/events/americas/ironman-70.3/70.3-world-championship-womens-race/results.aspx#axzz5RCVU6nrk>.

**Nicole Mikhael** (6pm Whitecaps; 35-39): 2354<sup>th</sup> overall; 416<sup>th</sup> female; and 75<sup>th</sup> in category in 5:30:54 (43:34 swim)

### Sat Sept 1<sup>st</sup> Sprint Canadian Triathlon, Ottawa (0.8k/30.9k/5k; 107 participants)

An age group win by Julia! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=94214>.

**Julia Aimers** (8:30am Earlybirds; 50-54): 26<sup>th</sup> overall, 4<sup>th</sup> woman and 1<sup>st</sup> in category in 1:52:15.8 (16:27 swim)

### Sat Sept 8<sup>th</sup> Sprint Triathlon Esprit de Montreal (0.8k/20k/5.2k; 1242 participants)

Congratulations to **Julia** on another awesome race! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=94270>.

**Julia Aimers** (8:30am Earlybirds; 50-54): 284<sup>th</sup> overall; 78<sup>th</sup> woman, and 4<sup>th</sup> in category in 1:19:59.5 (14:32 swim)

### Sun Sept 9<sup>th</sup> Welland 5km Swim

Congratulations to **Christiane Wilke** (7:30am Earlybirds) on completing her first 5k race! We are still waiting for the official results. Here's her race report:

On Sept 9th I swam my first ever 5k at Welland Canal, which was designed for rowing and canoeing competitions, but works really well for swimming. The main challenge was staying warm before getting into the water: the air was 11 degrees and it was windy. There were about a dozen participants in the 5k race (and another few brave souls who swam 15k). The water was still very warm (22 degrees). I chose to not follow the crazy speed of almost everyone else at the start, so I ended up swimming a pretty even 5k (at a pace that was a bit faster than my best 4k). I'm really glad I went; this is such a nice place to swim and to push myself to swim a bit faster and further than before.

My unofficial time (on my Garmin) is: 1:45:43.

### 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 **Sept 12<sup>th</sup>**).

### Private and Semi-Private Masters Swim Lessons

#### Fall Schedule:

Mon/Wed/Fri 9:35-10:35am

Mon/Wed 4:30-5:30pm or 5:00-6:00pm

Tue/Thu 4:00-5:00pm

Other times may be available upon request.

#### 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

### Fall and Winter Session Information

Registration for Fall and Winter Masters is underway. Masters is a members-only program with no student discount. Registration can be done in person or by phone: 613-520-4480. Note that membership information will be in the old (CLASS) system, while the program registration will be done in the new (FUSION) system. There are likely to be some growing pains, and while the staff has been trained, please be patient! If there are any major issues with your

registration, please contact **Fran Craig** ([fran.craig@carleton.ca](mailto:fran.craig@carleton.ca); 613-520-2600 x8441). Originally, the Winter registration was going to be in October, but that has been moved forward **only** for Masters swimming, which will save time for those who want to register for both. Eventually the new system will allow on-line registration for Masters, which will make life easier for everyone. Note that the new system does **\*not\*** have barcodes. When you register, please identify the program(s) by the name and time of the swims. As per usual, for Fall and Winter, if you want to swim on Saturdays, that is a separate registration. The Masters program information is also available on the web site:

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

**Fall 2018: Wed Sept 5<sup>th</sup> to Thu Dec 20<sup>th</sup>; no workouts Mon Oct 8<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST: **Full: wait list available**

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$165+HST: **Full: wait list available**

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$150+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

**Winter 2019: Wed Jan 2<sup>nd</sup> to Sat Apr 13<sup>th</sup>; no workouts Mon Feb 18<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$165+HST: Note that there is a workout on **Wed Jan 2<sup>nd</sup>**.

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Mark**): cost \$150+HST: Note that there is a workout on **Wed Jan 2<sup>nd</sup>**.

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+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:** Check out some new and old team photos:

<http://www3.sympatico.ca/lynnmarshall/teamphotos.html>.

**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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca) (or for quicker response: [lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca))  
Club website: <http://carletonmasters.tripod.com>