

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Sunday, February 10, 2019 12:57 PM  
**To:** 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; 'David Thibodeau'  
**Subject:** Carleton Masters Swimming Newsletter #490

## Carleton Masters Swimming Newsletter #490

Sunday, February 10<sup>th</sup>, 2019

**To:** Carleton Masters Coaches / Staff (7 addresses)

**Bcc:** Those registered for Fall 2018, Winter 2019, and Alumni: 7:30am Earlybirds I (49 addresses), 8:30am Earlybirds II (31 addresses), 6pm Whitecaps I (53 addresses), 7:10pm Whitecaps II (29 addresses), Saturday Only (4 addresses), Alumni (34 addresses).

**Courage is knowing it might hurt, and doing it anyway. Stupidity is the same. And that's why life is hard. – Jeremy Goldberg**

### Masters Swimming Program Notes

- The Winter Masters session runs from Wed Jan 2<sup>nd</sup> to Sat Apr 13<sup>th</sup>, inclusive, except for **Mon Feb 18<sup>th</sup>**.
  - While there are **no workouts on Mon Feb 18<sup>th</sup> (Family Day)**, all other workouts run as usual during Carleton's Reading Week.
  - Full details on dates, prices, etc., can be found in the "Notes and Reminders" section near the end of the newsletter.
  - The 7:30am Earlybirds and 6pm Whitecaps groups are now full (wait lists available). **If you are on a wait list, please let me know, including your position on the list.**

### Swimmer Notes

#### Swimmer Updates:

- You may remember that **Liliane Cardinal** (7:30am Earlybirds) was chosen by Masters Swimming Canada to be featured in the May 2018 Zoomer magazine. There were nine other people featured representing different sports / pursuits each in a different issue of the magazine. We now get to choose our favourite! **Liliane** stresses that it's the voter that wins (a two night stay in a Fairmont hotel plus a \$200 Visa gift card), so you can vote for any of the ten, but I suggest voting for her ☺ : <http://ultimatezoomer.com/nominees/>. The deadline to vote is **March 1<sup>st</sup>** (one vote per email address). You can also check out my tweet retweeting the one from MSC but including **Liliane's** name: <https://twitter.com/LynnSMarshall/status/1094637028132540418>.

- Congratulations to **Mars Nienhuis** (6pm Whitecaps) and **Christiane Wilke** (7:30am Earlybirds) who participated in the January Jam to raise money for MS. They were part of the GLOW (Great Lakes Open Water) Adventures team that finished second (again!) this year to COWS (Connecticut Open Water Swimming): <http://dynoswim.com/january-jam/results-by-affiliation>. **Mars** finished 12<sup>th</sup> overall with a January swim total of 138,287 yards, and **Christiane** was 23<sup>rd</sup> with 58,291: <http://dynoswim.com/january-jam/results-by-distance>. **Christiane** rides her bike to the pool, and her yardage total was reduced due to the many snow days! Both **Christiane** and **Mars** finished first in their age groups: <http://dynoswim.com/january-jam/results-by-age-group>. Awesome!

- **Melanie Heroux** (8:30am Earlybirds) is participating in the 5<sup>th</sup> Annual Special Olympics Polar Plunge to be held on **Sat Mar 2<sup>nd</sup>**. If you are interested in sponsoring her to raise funds for Special Olympics here's the [link](#).

- The official launch of "Courage, Curiosity, Teapots, and Snakes: Stories of Teaching at Carleton University" is **Thu Feb 14<sup>th</sup>**: <https://carleton.ca/teachinglearning/courage-curiosity-teapots-and-snakes-stories-of-teaching-at-carleton-university/>. I have a story in the book. Do any other swimmers?

- The Impossible Swim, a documentary about 16-year-old **Maya Farrell**'s attempt to swim across Lake Ontario, part of TSN's Engraved on a Nation series, premieres Wed Feb 27<sup>th</sup> 7:30pm: <https://www.tsn.ca/engraved>. There's a 4min trailer (link at top) that covers all six episodes of the series.

- **Miguel Mejicano Quintana** (7:10pm Whitecaps) is selling a 920xt GPS watch. He is asking \$270 for it and a heart rate strap is included (photo below). Please contact **Miguel** at [MiguelMejicanoQuinta@cmail.carleton.ca](mailto:MiguelMejicanoQuinta@cmail.carleton.ca) for more details.



- Carleton Varsity "RAVENS" swim caps (\$15) and "RAVENS SWIMMING" T-shirts (\$20) are available as a fundraiser to support the Varsity team:



### News and Links:

- Oceans Seven South African Swimmer **Cameron Bellamy** Gives Speech: <https://www.swimmingworldmagazine.com/news/oceans-seven-endurance-swimmer-cameron-bellamy-to-give-speech-in-san-francisco/>
- Distance Swimmer Sun Yang Doping Controversy: <https://swimswam.com/vial-of-sun-yangs-blood-allegedly-smashed-in-drug-test-altercation/>; <https://www.smh.com.au/sport/swimming/chinese-swim-body-backs-sun-yang-following-explosive-report-20190128-p50u60.html>
- Results of Open Water Swimming Drafting Research: <http://dailynews.openwaterswimming.com/2019/01/revealing-results-of-drafting-research.html>
- Ice Skating / Swimming: <https://www.youtube.com/watch?v= 6IsFPRosLY&feature=youtu.be>

- Swimming May Slow Down Aging by Decades [from **Robin Henderson** (7:30am Earlybirds)]: <http://www.everythingzoomer.com/health/fitness/2018/08/11/swimming-exercise-aging/>
- 19 Pictures That Will Make Total Sense To Swimmers But Confuse Anyone Else: <https://www.buzzfeed.com/samstryker/swimmer-problems-december-2018>
- Dog Let Out to Pee Runs Half Marathon and Finishes Seventh: <https://www.healthnutnews.com/dog-accidentally-runs-half-marathon-after-being-let-out-for-pee-finishes-7th/>
- 72 Year Old Woman Doing "Atomic" Sit Ups: <https://nypost.com/video/72-year-old-woman-nails-atomic-sit-ups/>
- The Best Way to Keep Fit Changes as You Age [thanks to **Mark Blenkinsop** (Coach)]: <https://qz.com/quartz/1517773/the-best-way-to-keep-fit-changes-as-you-age/>
- The Enduring Fight Over the First Ironman Triathlon: <https://www.nytimes.com/2019/01/25/sports/ironman-original-lawsuit.html>

**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 2<sup>nd</sup> to Sat Apr 13<sup>th</sup>; excluding Mon Feb 18<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 (coming soon)

Exceptions will be noted here.

**Adrian Finn** (Pool Staff; 8:30am Earlybirds) is coaching for **David** on **Tue Feb 26<sup>th</sup>**.

### Fin Days:

Mon Jan 28<sup>th</sup>

Thu Mar 7<sup>th</sup> / Fri Mar 8<sup>th</sup>

### Time Trials:

Tue Feb 5<sup>th</sup> / Wed Feb 6<sup>th</sup>: timed 400 free or IM

Tue Feb 19<sup>th</sup> / Wed Feb 20<sup>th</sup>: two timed 50s choice

Thu Feb 28<sup>th</sup> / Fri Mar 1<sup>st</sup>: timed 100 choice

Thu Mar 14<sup>th</sup> / Fri Mar 15<sup>th</sup>: timed 200 choice

Tue Mar 19<sup>th</sup> / Wed Mar 20<sup>th</sup>: timed 800 / 1500 free

Thu Apr 11<sup>th</sup> / Fri Apr 12<sup>th</sup>: "funner" day (e.g. relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint19.pdf>.

Here are the weekday attendance statistics for the term to date. Please let me know of any errors or omissions. Apologies to **Cam Dawson** (6pm Whitecaps) and **Christian Cattan** (6pm Whitecaps). They should have both been listed as having perfect attendance in the previous newsletters this term.

**7:30am Earlybirds:** Jan 2 -Feb 8<sup>th</sup> (17 workouts); range: 15-28; average: 22.1

Perfect Attendance: **Liliane Cardinal, Steve Dods, Susan Hulley, Ursula Scott**  
Missed 1 Workout: **Heloise Emdon, Mike Mopas, Robin Henderson**

**8:30am Earlybirds:** Jan 2 - Feb 8<sup>th</sup> (17 workouts); range: 14-25; average: 20.6  
Perfect Attendance: **Chris Whitehead, Debby Whately**  
Missed 1 Workout: **Bill Gregg, Isla Paterson, Natalie Aucoin**

**6pm Whitecaps:** Jan 2 - Feb 7<sup>th</sup> (17 workouts); range: 16-34; average: 25.8  
Perfect Attendance: **Cam Dawson, Konstantin Petoukhov**  
Missed 1 Workout: **Mars Nienhuis, Peter Lithgow**

**7:10pm Whitecaps:** Jan 2 - Feb 7<sup>th</sup> (17 workouts); range: 4-24; average: 13.6  
Missed 1 Workout: **Lynn Brodsky**

Thanks to those who participated in the **400 time trial on Tue Feb 5<sup>th</sup> / Wed Feb 6<sup>th</sup>**. There were **13** improvements, all in 400 free (list below), led by **Fay Hjartarson** (8:30am Earlybirds) with a 39.2 second improvement! Special mention to the three brave swimmers who did the 400IM: **Steve Kennedy** (6pm Whitecaps), **David Caughey** (7:30am Earlybirds), and **Heather McBurney** (7:30am Earlybirds)!

#### 400fs (13)

|                       |      |     |
|-----------------------|------|-----|
| <b>Fay Hjartarson</b> | 39.2 | EB2 |
| <b>Amanda Klassen</b> | 26.5 | EB1 |
| <b>Mike Wheatley</b>  | 13.4 | EB1 |
| <b>Sydney Steele</b>  | 11.0 | WC1 |
| <b>Alison Slater</b>  | 10.7 | WC2 |
| <b>Susan Hulley</b>   | 9.6  | EB1 |
| <b>Rebeka Rubio</b>   | 6.8  | EB1 |
| <b>Mars Nienhuis</b>  | 2.5  | WC1 |
| <b>Michelle D'Eon</b> | 1.9  | WC2 |
| <b>Eleanor Fast</b>   | 1.7  | EB1 |
| <b>Megan Holtzman</b> | 1.5  | EB2 |
| <b>Natalie Aucoin</b> | 0.7  | EB2 |
| <b>Bill Gregg</b>     | 0.7  | EB2 |

#### Ask the Coach

**Dear Coach:** Any suggestions for foggy goggles? Looking at the World Through Blurry Goggles

Dear L.a.t.W.T.B. Goggles: I go with saliva and a drop or two of pool water in each lens. Others like store bought anti-fog drops but some find that they irritate the eyes. Others swear by a small amount of dish soap or baby shampoo. Try not to rub the inside of the lenses when cleaning or applying your favourite anti-fog solution, as once the lenses are scratched, it's impossible to stop them from fogging up. If you are near (or far) sighted, prescription goggles can also help improve your vision (see next question).

**Dear Coach:** Where can I buy prescription goggles in Ottawa? Need New Goggles

Dear N.N. Goggles: Quite a few sports stores carry these for near-sighted swimmers and you can just buy them off the shelf. They usually come in half or full diopters, e.g. -1.5, -2, etc. up to about -10. Goggles for those who are far-sighted are harder to find. Sports Experts at Lansdowne had a big display of Speedo prescription goggles last time I was there, and Aquasport also carries prescription goggles. Especially if you need a high prescription, phone ahead to check that they have what you need.

**Dear Coach:** What should we do if one swimmer is passing another and we are both going to get to the wall about the same time? Polite Swimmers

Dear P. Swimmers: In an ideal world (pool!), all the swimmers in the lane know approximately where the other swimmers are, and thus a swimmer will be aware that someone is coming up behind to pass. If I'm about to be passed, it should be my decision as to which of us will get to the wall first, and I make a move accordingly. If I think that I'll get to the wall first, I will move across the lane so that I do my turn near the lane rope (or wall) that I'll be swimming beside on the **next** length. If I think the swimmer passing me will get to the wall first, I squeeze towards the lane rope (or wall) that I'm **currently** swimming beside, to allow the passing swimmer to move across the lane. If I think we're both going to get to the wall about the same time, then either of the above is fine. The important thing is to make a **definite** move one way or the other, so that the passing swimmer knows that you are aware that you are about to be passed, and knows which way you are going to move, so that they can move the other way.

## Masters Swimming Competitions

This season (September 2018 to August 2019), you have several options for registration for competitions:

1. You can register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times will probably be accepted by MSC (e.g. for the Top 20 rankings) but will probably not be recognized by FINA (e.g. for World Records). 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, are 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.

Sat-Sun Feb 9-10<sup>th</sup> Quebec City LCM Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32074/>

Sun Feb 10<sup>th</sup> Burlington Masters Meet (MSO registration required)

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

Sat Feb 16<sup>th</sup> Nepean Winterlude LCM Meet, Ottawa (MSO registration required)

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

Sat-Sun Feb 23-24<sup>th</sup> Lake Memphremagog Winter Swim Festival <http://kingdomgames.co/memphremagog-winter-swimming-society/>

Sat Feb 23<sup>rd</sup> Pointe-Claire Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/32193/>

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://www.technosport.ca/swim/ottawa-swim-meets/>

Sat Mar 16<sup>th</sup> Dollard-des-Ormeaux Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/32075/>

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>

Sun Apr 14<sup>th</sup> Milton Masters Meet (MSO registration required) <https://ms.mastersswimmingontario.ca/web/schedule.php>

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

<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

Fri-Sun Apr 26-28<sup>th</sup> Quebec Provincial Masters Champs, TBC (SO registration required): There is an issue with the pool at Trois-Rivieres and the provincials may be moved. If they are moved to LaSalle, their Mar 30<sup>th</sup> LC meet may be cancelled.

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

Sat Jun 1<sup>st</sup> Longueuil LC Meet (TBC: not listed in the calendar)

Sat Jul 6<sup>th</sup> King Wolf 5k and 11k open water swims (part of Global Swim Series -- link below)

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!)

**Sat Feb 2<sup>nd</sup> Winterlude Triathlon** (8k skate / 5k run / 6k ski)

Congratulations to **Margaret** on her age group win! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=100450>.

**Margaret King** (7:30am Earlybirds; 55-59): 83<sup>rd</sup> overall; 21<sup>st</sup> woman, and 1<sup>st</sup> in category in 1:36:29.4

**Sun Feb 3<sup>rd</sup> Technosport Masters Swim Meet**

I was Carleton's only swimmer. Full results:

<https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=955>.

**Lynn Marshall** (Coach: 55-59): 1<sup>st</sup> 50fs (30.69), 100fs (1:05.24), 400fs (4:44.66), 200br (3:10.96), 100fl (1:13.69)

**Sat Feb 9<sup>th</sup> International Ice Dragon Boat Federation World Championships, Ottawa**

Two women's teams with Carleton swimmers participated. **Colette Kenney** (8:30am Earlybirds), **Debby Whately** (8:30am Earlybirds), **Cheri Reddin** (Saturdays), **Isabelle Fradette** (Earlybirds), and **Carolyn Odecki** (Whitecaps) were on the Bytown Frosties, and **Megan Holtzman** (8:30am Earlybirds) was on the Bytown Icicles. The Frosties were 1<sup>st</sup> overall in the semi-final. The Icicles **won** their heat in the semi-finals and were ranked 4<sup>th</sup> going into the final. In the final, the Frosties were 3<sup>rd</sup>, and the Icicles (after getting hit by another boat) managed 5<sup>th</sup>! The mixed boat with **Isabelle** as one of the paddlers and **Carolyn** steering had the **fastest** time in the semis and was **third** in the final. Full results: <http://www.icedragonboat.ca/recent-results/>. The finals are races 54 (women) and 55 (mixed). Well done, ladies, and thanks to **Debby** and **Megan** for the results info!

**Masters Swimming Canada 2018 Rankings**

The MSC Top 20 rankings are now complete for the 2018 year. Here's how Carleton swimmers did:

**Short Course** (25m pools):

**Mars Nienhuis** (6pm Whitecaps; 25-29): 3<sup>rd</sup> 1500fs; 6<sup>th</sup> 800fs; 17<sup>th</sup> 400fs

**Derek Woodard** (6pm Whitecaps; 25-29): 8<sup>th</sup> 100fl; 12<sup>th</sup> 200IM; 19<sup>th</sup> 50bk

**Julie Mouris** (6pm Whitecaps; 30-34): 19<sup>th</sup> 400fs

**Jian-Lok Chang** (6pm Whitecaps; 30-34): 1<sup>st</sup> 400fs; 3<sup>rd</sup> 50bk; 4<sup>th</sup> 100IM; 7<sup>th</sup> 50fs; 9<sup>th</sup> 100br; 15<sup>th</sup> 50br; 17<sup>th</sup> 200fs

**Steve Kennedy** (6pm Whitecaps; 35-39): 3<sup>rd</sup> 200fs, 400fs; 4<sup>th</sup> 100fs; 6<sup>th</sup> 50fs; 9<sup>th</sup> 100IM; 14<sup>th</sup> 100br; 16<sup>th</sup> 50br; 20<sup>th</sup> 50bk

**Megan Holtzman** (8:30am Earlybirds; 40-44): 12<sup>th</sup> 1500fs; 18<sup>th</sup> 400IM

**Natalie Aucoin** (8:30am Earlybirds; 45-49): 9<sup>th</sup> 400IM; 11<sup>th</sup> 50fl; 14<sup>th</sup> 100fl

**Sandy Lawson** (7:30am Earlybirds; 50-54): 14<sup>th</sup> 200IM; 17<sup>th</sup> 200fs

**Lynn Marshall** (Coach; 55-59): 1<sup>st</sup> 200fs, 400fs, 800fs, 1500fs, 200bk, 50br, 100br, 200br, 100fl, 200fl, 200IM, 400IM; 2<sup>nd</sup> 100fs, 100bk, 100IM; 3<sup>rd</sup> 50fs, 50fl; 5<sup>th</sup> 50bk

**Harley Gifford** (7:30am Earlybirds; 60-64): 3<sup>rd</sup> 100bk; 4<sup>th</sup> 50bk; 13<sup>th</sup> 200IM; 20<sup>th</sup> 100fs

**Liliane Cardinal** (7:30am Earlybirds; 65-69): 2<sup>nd</sup> 200fl, 400IM; 4<sup>th</sup> 100fl; 10<sup>th</sup> 200bk, 200br, 200IM; 20<sup>th</sup> 100bk

**Long Course** (50m pools):

**Lynn Marshall** (Coach; 55-59): 1<sup>st</sup> 50fs, 100fs, 200fs, 400fs, 800fs, 1500fs, 200bk, 100br, 200br, 50fl, 100fl, 200fl, 200IM, 400IM; 2<sup>nd</sup> 50bk, 100bk, 50br

## Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 rankings (by gender and age group, both SCM and LCM) at: <http://www.statsman.ca/#canada> (last update **Feb 8<sup>th</sup>**).

## Private and Semi-Private Masters Swim Lessons

### Winter Schedule:

Mon 9:35-10:35am

Mon, Tue, Thu 11:45am-12:45pm or noon to 1pm

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

### Winter Session Information

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. 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 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/>.

**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: **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: Note that there is a workout on **Wed Jan 2<sup>nd</sup>**: **Full: wait list available**

**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. 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.slowlitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days!

**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 ([lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

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