

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Saturday, September 14, 2019 4:21 PM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'  
**Subject:** Carleton Masters Swimming Newsletter #506

## Carleton Masters Swimming Newsletter #506

Saturday, September 14<sup>th</sup>, 2019

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

**Bcc:** Those registered for Fall 2019 and Alumni, plus those registered for Fall 2018, Winter 2019, Spring 2019, Summer 2019, and Alumni: 2019-2020 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (21 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (13 addresses), Saturday Only (1 addresses), Alumni (2 addresses); 2018-2019 7:30am Earlybirds I (16 addresses), 8:30am Earlybirds II (13 addresses), 6pm Whitecaps I (16 addresses), 7:10pm Whitecaps II (25 addresses), Saturday Only (3 addresses), Alumni (30 addresses).

**In fitness, there are no short cuts. It involves immense discipline and hard work. -- Mahesh Babu**

### Masters Swimming Program Notes

- The Fall session runs from Wed Sept 4<sup>th</sup> to Thu Dec 19<sup>th</sup>, inclusive, **excluding Mon Oct 14<sup>th</sup>**.
  - The 6pm Whitecaps and 7:30am Earlybirds groups are **full** for Fall: wait lists available. **If you are on the wait list, please let me know, including your position on the list.**
  - Full program details for the Fall and Winter programs is in the "Reminders" section at the end of the newsletter.

**Note that I'll be cleaning up my e-mail lists soon for 2019-2020. If you are currently receiving the workouts and/or newsletters and do not plan to register with Carleton Masters this Fall, just send me an e-mail if you wish to stay on the receiver list(s).**

### Lane Etiquette

Here are a few tips to ensure that you and your lane-mates all have a good swim.

- Ensure that you know what direction your lane-mates are swimming in (clockwise or counter-clockwise) before you start.
- Swim in a circle during warm-up, even if your lane isn't busy at the start of workout (there will often be late arrivals).
- If you arrive late, join in with the others in your lane, rather than starting at the beginning of the warm up.
- Keep a minimum 5 second gap between swimmers, except when passing.
- If you are catching up to the person in front of you, pass or ask to go ahead on the next repeat.
- **Pass only when it is safe to do so.** Your lane-mates should be aware of where you are, but if you suspect a lane-mate doesn't know that you want to pass, just tap lightly on his/her feet.
- Do your turns in the middle of the lane (on the cross on the wall), to avoid collisions with those behind you.
- If you stop at the wall during warm up, ensure that you move to a corner of the lane, so that those swimming can turn in the middle.
- During the main set, the lane should follow the set provided (correct distances and pace times, e.g. 4 x 50 is not a straight 200).
- If you need to make modifications to the workout due to injury, etc., ensure that your lane-mates are aware, and, if appropriate, move to a different lane.
- During the main set, ensure that everyone in your lane has space to finish at the wall at the end of each repeat. This may mean moving away from the wall if you're in a busy lane.
- If you get lapped in the main set, skip a 50 and join back in with your lane-mates.
- If you are not happy with the speed of your lane (too fast or too slow), please let your coach know, but keep in mind that we only have 6 lanes!

- Put all your equipment away neatly in the appropriate location after your swim. (Ask if you're not sure where something goes.)
- Keep an eye on the time, and exit the water promptly at the end of your workout.
- If there are any issues with lane etiquette in your lane, please let your coach know.

## Swimmer Notes

### Swimmer Updates:

- Apologies to the **7:10pm Whitecaps** for their short workout on **Tue Sept 10<sup>th</sup>** due to a fire alarm. Those affected will get a free interim workout swim between the end of the Fall session and the start of the Winter session.

- Congratulations to **Andrea Chandler** (6pm Whitecaps) on having an article published in the Globe and Mail. Here's her advice to first year university students: <https://www.theglobeandmail.com/life/first-person/article-university-is-not-a-harder-version-of-high-school-and-more-first/>.

- Congratulations to **Karen Jensen** (7:30am Earlybirds) who is leaving private practice to start a four-year renewable term as Canada's first Federal Pay Equity Commissioner: <https://www.canada.ca/en/employment-social-development/news/2019/09/government-of-canada-appoints-canadas-first-federal-pay-equity-commissioner.html>.

- **Lisa Meyer** (8:30am Earlybirds) is participating in the Special Olympics Motion Ball event at Carleton on **Sat Sept 21<sup>st</sup>**. Her team's goal is to raise money to support Special Olympics athletes like **Melanie Heroux** (8:30am Earlybirds)! You can sponsor Lisa here: <https://www.marathonofsport.com/sponsor/?r=27488>, and read more about the event here: <https://www.motionball.com/events/2019-motionball-marathon-of-sport-ottawa/>.

- **Norine Naguib** (x-Earlybirds) is now a red cross worker Bangladesh, working to support the 700,000 Rohingya refugees. Check out this article that includes an interview with **Norine**: <https://www.cbc.ca/news/canada/ottawa/ottawa-red-cross-worker-marks-two-years-rohingya-crisis-1.5259239>. Thanks to **Sandy Lawson** (7:30am Earlybirds) for passing this along, and we all agree with **Sandy** that **Norine** is an inspiration to us!

- **Isla Paterson** (8:30am Earlybirds)'s second cousin, **Aly Van Wyck-Smart**, has already earned two medals (silver and bronze) at the World 2019 Para Swimming Championships in the S2 category setting Americas records in both 50m and 100m backstroke in her first international competition: <https://swimming.ca/en/news/2019/09/13/canadian-para-swimmers-hit-10-medal-mark-at-worlds/>, <https://twitter.com/SwimmingCanada/status/1171836856637566978>, and video of 50m backstroke: <https://twitter.com/CDNParalympics/status/1172594338687094784>.

- Carleton's Campus Avenue is now one-way: <https://students.carleton.ca/2019/08/campus-avenue-converting-to-one-way/>.

- **Christine Harkin** (x-7:10pm Whitecaps) and Peter Elder's younger son, **Liam**, has just had his fourth relapse in 9 years. He has a rare type of childhood leukemia: Philadelphia chromosome positive acute lymphoblastic leukemia. **Liam** has been admitted to a clinical study at the National Institute of Health in Bethesda, Maryland for the next six to eight weeks, and a go fund me site has been set up to help the family with the unexpected expenses. They had five days' notice that **Liam** would be participating! Here's the link: <https://www.gofundme.com/f/help-the-elder-family-aide-la-familie-elder>.

- MSO (Masters Swimming Ontario) is hosting a symposium **8am-noon Sun Oct 20<sup>th</sup>** at the McMaster pool in Hamilton. This includes a two hour pool session that will cover racing skills and will be followed by a guest speaker, Marisa Morrow, who will speak on nutrition and will include lunch. Cost is \$30 for MSO members and \$36 for non-MSO members. (Details on registering with MSO in the "Masters Swimming Competitions" section and costs \$15.) Register on the MSO site: under the member menu, select "enter a swim meet".)

- Breaststroker **Lisa Blackburn**, who used to live in Ottawa, is hosting a clinic for Masters Swimmers and Triathletes **3-5pm Sat Sept 21<sup>st</sup>** for US\$50: <https://mastersswimclinicwithlisablackburn.eventbrite.com>. Note that registration with Swimming Ontario is also required (see details under "Masters Swimming Competitions", cost is C\$50 paid to me).

- Looking for a home with an indoor pool (36ft x 18ft) on a lake?! Here's a listing on Bennett Lake (near Perth) that may appeal to a swimmer: <https://oreb.mlxmatrix.com/matrix/shared/qjLz182HZp/616NEWYORKLANE>.

- **Ian Lorimer** (7:30am Earlybirds) and **Jackie Lyons** (formerly 6pm Whitecaps) participated in The Ride, a 50 or 109 km cycle ride on **Sunday Sept 8th** to raise funds for research at the Ottawa Hospital. Full details on the event at [https://secure3.convio.net/otthf/site/SPageServer/?pagename=2019\\_THE\\_RIDE\\_Home&s\\_locale=en\\_CA](https://secure3.convio.net/otthf/site/SPageServer/?pagename=2019_THE_RIDE_Home&s_locale=en_CA). Ian is on the Cancer Research team and Jackie is on the CycleOOS neighbourhood team. If you'd like to sponsor **Ian or Jackie**, here is the link: [https://secure3.convio.net/otthf/site/TR?sid=1212&fr\\_id=1070&pg=informational](https://secure3.convio.net/otthf/site/TR?sid=1212&fr_id=1070&pg=informational).

#### News and Links:

- 2019 PanAm Medallist Becca Mann First to Complete Maui Rui Triple Channel Swim: <https://www.swimmingworldmagazine.com/news/becca-mann-becomes-first-person-to-complete-maui-nui-triple-channel-swim/>
- Cancer Survivor Sarah Thomas to Attempt Quadruple English Channel Swim: <https://outdoorswimmer.com/news/sarah-thomas-to-attempt-quadruple-english-channel-swim>
- Five Swimming Drills that Do More than Just Improve Technique [thanks to **Tony Revitt** (x-8:30am Earlybirds)]: <https://swimswam.com/5-swimming-drills-that-dont-work-to-improve-technique/>
- Pre-Race Deep-Breathing Improves 50 & 100-yard Swim Performance in Female NCAA Swimmers: <http://www.swimmingcoach.org/journal/JSR%20Volume%2026-%20Grey%20-%20Manuscript.pdf>
- A Young Female Swimmer was Disqualified for how her Suit fit her Body. The Outcry Led to a Reversal (on a Technicality): <https://www.cnn.com/2019/09/11/us/high-school-swimsuit-disqualified-alaska-trnd/index.html>
- Aerobic Fitness May Trump Strength for Metabolic Health: <https://www.nytimes.com/2019/09/04/well/move/aerobic-fitness-may-trump-strength-for-metabolic-health.html>

#### Fall Session Information

Dates: Wed Sept 4<sup>th</sup> to Thu Dec 18<sup>th</sup>; excluding Mon Oct 14<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/Thu: **Sean**; Tue: **David**

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

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

Exceptions will be noted here.

#### Fin Days:

Tue Oct 22<sup>nd</sup> / Wed Oct 23<sup>rd</sup>

Thu Nov 21<sup>st</sup> / Fri Nov 22<sup>nd</sup>

#### Time Trials:

Thu Oct 10<sup>th</sup> / Fri Oct 11<sup>th</sup>: timed 400 free or IM

Thu Oct 17<sup>th</sup> / Fri Oct 18<sup>th</sup>: two timed 50s choice

Mon Oct 28<sup>th</sup>: timed 200 choice

Mon Nov 11<sup>th</sup>: timed 800 / 1500 free

Tue Nov 26<sup>th</sup> / Wed Nov 27<sup>th</sup>: timed 100 choice

Wed Dec 17<sup>th</sup> / Thu Dec 18<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/mastplanfall19.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 4-13<sup>th</sup> (5 workouts); range 23-28; average: 25.4

Perfect Attendance: **Bill Meyer, Bruce Brown, Christiane Wilke, David Caughey, Dawn Walsh, Eleanor Fast, Francois Jacques, Harley Gifford, Heather Morrison, Ian Lorimer, Liliane Cardinal, Margaret King, Marie-Odile Junker, Mike Wheatley, Robin Henderson, Sandy Lawson, Sean Dawson, Steve Dods, Susan Hulley, Susan Nevitt-Yelle, Ursula Scott**

**8:30am Earlybirds:** Sept 4-13<sup>th</sup> (5 workouts); range 17-19; average: 18.0

Perfect Attendance: **Chris Whitehead, Claire Owen, Colette Kenney, Debby Whately, Luciara Nardon, Melanie Heroux, Ralph Siemsen**

**6pm Whitecaps:** Sept 5-12<sup>th</sup> (4 workouts); range 22-28; average: 25.5

Perfect Attendance: **Cam Dawson, Cori Dinovitzer, Don Wells, Joanne Dawson, Jocelyn Pender, Konstantin Petoukhov, Marshall Perrin, Nicole Delisle, Peter Kallai, Peter Lithgow, Rachel Bennett, Sydney Steele**

**7:10pm Whitecaps:** Sept 5-12<sup>th</sup> (4 workouts); range 6-12; average: 9.0

Perfect Attendance: **Elaine Yardley, Gillian Massel, Karsten Reimer, Stephanie Le Saux Farmer, Stephen Agberien**

## Ask the Coach

**Dear Coach:** Can you explain what is and isn't permitted as far as dolphin kicks on a breaststroke turn? Confused Breaststroker

Dear C. Breaststroker: Sure. Let's start with a bit of history... The addition of a single dolphin kick as part of the breaststroke pull-out (on a start or turn) is relatively new. It was added as many swimmers were getting disqualified for doing a hard underwater arm pull which caused their body to undulate, thus appearing that they were doing a dolphin kick. As it was very difficult to judge whether a fly kick was actually being done, the rules were changed to permit one fly kick. The wording has changed a bit over the years and currently looks like this:

*SW 7.1 After **the** start and after each turn, **the** swimmer may **take** one arm stroke completely **back to the** legs during which **the** swimmer may be submerged. At any time prior to **the** first **Breaststroke** kick after **the** start and after each turn a single butterfly kick is permitted.*

As the fly kick does not have to be done during the underwater pull out, most swimmers now do the fly kick before the pull out, meaning that if they are not careful, it now looks like they are doing two fly kicks! Thus, the rule hasn't helped with the ambiguity, but does help swimmers improve their speed but still means that DQs are common. As an aside, **Cody Miller** from the US has been DQ'd so many times and in costly situations (a relay at the World Championships), that he now says he's going to go back to doing the fly kick during the pull-out: <https://swimswam.com/cody-miller-to-change-his-breaststroke-pullout-after-relay-dq-in-lima/>.

**Dear Coach:** I've done a few 10k swims, and want to move up in distance to 15k and perhaps beyond. Have you done any races that long? Do you have any suggestions? Ultra-Marathon Swimmer

Dear U.-M. Swimmer: Good for you – that's awesome! No, I haven't done any swim races longer than 10k. I did a bit of research and most of the advice is fairly common sense and includes picking a goal, working on your technique, building up gradually, doing open water and/or cold water training, practicing your nutrition, practicing with your accompanying kayak/boat, etc. Here are some links that might be of interest. Good luck and keep us posted!

- Seven Ways to Prepare for a Marathon Open Water Swim: <https://swimswam.com/7-ways-to-prepare-for-a-marathon-open-water-swim/>

- Training Plans for Marathon Swims 10km and Up: <https://forum.marathonswimmers.org/discussion/1811/training-plans-for-marathon-swims-10k-and-up>

- Marathon Swim Training: <https://lostswimming.com/training/>

- Race Reports (including lots of details) of Some Very Long Swims (English Channel, Lake Ontario) by **Loren King**: <https://lorenking.org/swimming/>

## Masters Swimming Competitions

This season (September 2019 to August 2020), you have many 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 be accepted by Christian Berger (for his Top 20 rankings) but will not be recognized by Swim Canada, MSC, or 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 \$6 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 **\$50** 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. Notice the price has been reduced by \$15 this year!

3. You can register with both MSO and SO. This costs **\$60** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>.

4. You can also register with MSC. This costs \$30. It's not yet clear what this gets you beyond a few discounts and the ability to use their Million Meter recording page. It will likely be required to swim at the MSC Nationals.

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 Swim Canada Masters 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 Oct 13<sup>th</sup> Bermuda 800m, 2k, 4k, 10k Around the Sound open water swims on the Canadian Thanksgiving long weekend. One of the organizers is from U of Waterloo: **Mike Cash** ([mike@bows.bm](mailto:mike@bows.bm)) and he's happy to help with logistics if anyone is interested.

Sat Oct 26<sup>th</sup> Brossard (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sun Nov 10<sup>th</sup> Guelph Marlins Meet (MSO registration required)

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

Sat Nov 16<sup>th</sup> Willy Lee Charity Meet, Brewer (MSO registration required)

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

Sat Nov 16<sup>th</sup> Quebec Manche 1, Montreal (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sun Dec 1<sup>st</sup> Technosport Meet, uOttawa (MSO registration required)

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

Sat Dec 7<sup>th</sup> Quebec Manche 2, Sainte-Foy (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sun Dec 8<sup>th</sup> Nepean Red vs. Blue Meet (MSO registration required)

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

Sat Jan 11<sup>th</sup> Quebec Manche 3, Drummondville (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sun Jan 19<sup>th</sup> Alderwood Yards Meet (MSO registration required)

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

Sat Jan 25<sup>th</sup> Cote St Luc Invitational, Montreal (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sat Feb 1<sup>st</sup> Quebec Manche 4 LC, Quebec (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sun Feb 2<sup>nd</sup> Technosport Meet, uOttawa (MSO registration required)

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

Sat Feb 22<sup>nd</sup> Quebec Manche 5, Pointe Claire, Montreal (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

Sun Mar 1<sup>st</sup> Technosport Meet, uOttawa (MSO registration required)

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

Sat Mar 14<sup>th</sup> Quebec Manche 6, Dollard-des-Ormeaux, Montreal (SO registration required)

<https://swimming.ca/en/events-results/live-upcoming-meets/>

Fri-Sun Mar 27-29<sup>th</sup> MSO Provincial Championships (MSO registration required)

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

Fri-Sun May 22-24<sup>th</sup>, 2020 MSC Nationals, Etobicoke (not recognized by Swim Canada, probably MSC registration required)

May SNC Nationals (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>

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 Sept 1<sup>st</sup> World Triathlon Grand Final ITU Sprint Age Group Championships, Lausanne, Switzerland**

**Julia Aimers** (8:30am Earlybirds) was in Switzerland and planning to compete, but had to pull out due to an illness that turned out to be Giardia. A good decision but not an easy one. You'll come back stronger next time, **Julia!**

## **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 **September 2<sup>nd</sup>**).

## **Private and Semi-Private Masters Swim Lessons**

### **Fall Schedule:**

Mon/Wed 4:30-5:30pm

Tue/Thu 4:00-5:00pm

Tue/Thu 5:00-6:00pm

Fri 9:35-10:35am

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/Winter Programs**

Masters is a members-only program with no student discount. Registration can be done in person or by phone: 613-520-4480. The 6pm and 7:30am groups fill quickly, so register early to avoid disappointment! The Masters program information is also available on the web site: <http://carletonmasters.tripod.com/>. Note that the system requires that the cost be the same for both Fall and Winter, so there are two bonus workouts in the Fall (i.e. you pay for 43 workouts and get 45) and one or two extra Winter workouts on unusual days to get 43 workouts in for all groups. Prices are unchanged from last year.

**Fall 2019: Wed Sept 4<sup>th</sup> to Thu Dec 19<sup>th</sup>; no workouts Tue Sept 3<sup>rd</sup>; Mon Oct 14<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST **Full: Waitlist 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/Thu: Sean; Tue: David): cost \$165+HST **Full: Waitlist Available**

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

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

**Winter 2020: Thu Jan 2<sup>nd</sup> to Sat Apr 11<sup>th</sup>; no workouts Mon Feb 17<sup>th</sup>; Fri Apr 10<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST: includes **Thu Jan 2<sup>nd</sup> and Thu Apr 9<sup>th</sup>**

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST: includes **Thu Jan 2<sup>nd</sup> and Thu Apr 9<sup>th</sup>**

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon/Thu: Sean; Tue: David): cost \$165+HST: includes **Fri Jan 3<sup>rd</sup>**

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: Mon/Thu: Sean; Tue: David): cost \$150+HST: includes **Fri Jan 3<sup>rd</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 Ravens Gear:** Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity team:



**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.

**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!

**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

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

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