

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Saturday, November 10, 2018 4:16 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 #483

## Carleton Masters Swimming Newsletter #483

Saturday, November 10<sup>th</sup>, 2018

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

**Bcc:** Those registered for Fall 2018 and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (27 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (27 addresses), Saturday Only (4 addresses), Alumni (39 addresses).

"If you focus on the process... you will start to train like the swimmer you want to be and not the one that you are."

### 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 other planned workout cancellations this term.
  - 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.**
- Details on the Fall and Winter sessions can be found in the "Notes and Reminders" section near the end of the newsletter.
  - Registration is open for Winter and the 6pm Whitecaps group is getting close to full (2 spots left)

### Swimmer Notes

#### Swimmer Updates:

- Our condolences to **Melanie Heroux** (8:30am Earlybirds) and her mother. Last weekend, her mother's boyfriend unfortunately died by suicide. Our thoughts are with **Melanie** at this difficult time.

- **Date for your Diary:** The annual Carleton Masters holiday gathering will be held at **Don Wells** and **Joanie Conrad's** (both 6pm Whitecaps) on **Sat Dec 8<sup>th</sup>**. Thank you to **Don** and **Joanie** for hosting again! Full details here: <http://carletonmasters.tripod.com/festive2018.pdf>.

- Congratulations to **Julia Aimers** (8:30am Earlybirds) who received a Somersault Champions Challenge Award for completing at least three Somersault events (triathlons, duathlons, runs, etc.) over the past season and placed in the top 3 in her individual age categories.

- **Colette Kenney** (8:30am Earlybirds), **Dawn Walsh** (7:30am Earlybirds), **Karen Jensen** (7:30am Earlybirds), **Natalie Aucoin** (8:30am Earlybirds), **Sandy Lawson** (7:30am Earlybirds), and **Claire Robinson** (x-Earlybirds) were at a Freestyle Experience camp in Barbados last week. We look forward to a full report!

- Thanks to **Lucie Boudreau** (x-Earlybirds) for sending this link to a review of a movie about a French Men's Synchronized Swim Team, "Le grand bain: deux ou trois choses qu'on ne savait pas d'eux...": [http://plus.lapresse.ca/screens/125001e4-58bd-4360-bd61-b0ba2602290e\\_7C\\_0.html](http://plus.lapresse.ca/screens/125001e4-58bd-4360-bd61-b0ba2602290e_7C_0.html). And here's a trailer: <https://www.lapresse.ca/cinema/critiques/201811/09/01-5203581-le-grand-bain-deux-ou-trois-choses-quon-ne-savait-pas-deux-12.php>.

- On **Sat Oct 27<sup>th</sup>**, **Melanie Heroux** (8:30am Earlybirds) participated in the Motionball Marathon of Sport: <https://ottawa.ctvnews.ca/motionball-marathon-of-sport-doubles-fundraising-total-1.4152416>.

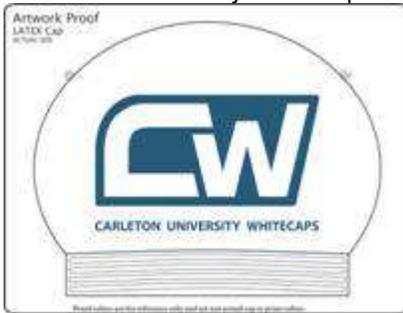
- Some Canadians are researching Masters athletes and sport, and have developed this web page: <https://coachingmastersathletes.com/>. They are starting a new phase of research and have an online survey that they are asking Masters athletes to complete: <https://www.surveymonkey.com/r/adultsportathletesurvey>. If you are interested, they value your opinion and appreciate you helping them to better understand Masters sport.

- **Carine Chisamore** (613-882-0807) has a bungalow for sale in Hunt Club Park. It has an indoor Hydropool Aquatrainer swim-spa. It has 2 seats with jets at one end and 3 jets to create a current at the other end to exercise/swim against. The room was designed and built to avoid moisture, mold and smells. Very low maintenance. An avid swimmer would love it. More information here: <https://comfree.com/on/ottawa-and-surrounding-area/ottawa/home-for-sale/hab-40-sai-crescent-821207>. There's an open house tomorrow (Sun Nov 11<sup>th</sup>) and contact Carine if you have questions or would like a showing.

- As well as swimming with Carleton Masters, **Melanie Heroux** (8:30am Earlybirds) also trains with the Orleans Riptides Special Olympics Swim Club. They are aiming to raise \$500 to purchase fins and pullbuoys for the team. You can donate here: <https://secure.e2rm.com/registant/FundraisingPage.aspx?registrationID=4204527>.

- uOttawa's Human and Environmental Physiology Research Unit (HEPRU) needs male and female volunteers aged 50 to 74 years old both with and without Type 2 diabetes and/or hypertension to participate in their research. Compensation is in the form of a fitness assessment and exercise program. For more information: [hepru@uottawa.ca](mailto:hepru@uottawa.ca) 613-562-5800 x4270, <https://hepru.ca/>.

- 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:

- **Ross Edgley** sets record for round Great Britain swim (157 days!): <https://www.bbc.com/news/uk-46088884> and <https://www.facebook.com/bbcnews/videos/252697602031236/>

- A 51 Year Old Has Been Swimming from Japan to San Francisco since June!: <https://www.businessinsider.com/swimmer-crossing-the-pacific-ocean-2018-5>

- US Swimmer **Erik Vendt**: Rumoured to Have Once Swum 30 x 1000yd on 10:00 [Ed. Note: 10:00 for 1000yd is equivalent to 8:45 for an 800 in a 25m pool]: <https://www.swimmingworldmagazine.com/news/erik-vendt-one-of-swimmings-most-unheralded-stars/>

- The Right and Wrong Times to Have High Elbows in Freestyle: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/the-right-and-wrong-time-to-have-high-elbows-on-freestyle>

- Tried and True Techniques to Improve Your Swim Speed: <http://blog.tritonwear.com/4-tried-and-true-techniques-that-will-improve-your-swimming-speed>

- For Those Swimming in Cold Water: The After-Drop: <https://outdoorswimmer.com/blogs/after-drop-is-real-and-how-to-deal-with-it>

- 85 Year Old Marathon Runner [Thanks to **Andrea Chandler** (6pm Whitecaps)]:  
<https://twitter.com/afpfr/status/1058615007385026560>

- Who Says **Allie Kieffer** Isn't Thin Enough to Run Marathons [Thanks to **Sheila Kealey** (8:30am Earlybirds)]:  
<https://www.nytimes.com/2018/10/27/sunday-review/allie-kieffer-weight-marathons-body.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.

## 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.

**David** and **Lynn** coached for **Sean** on **Mon Oct 29<sup>th</sup>**.

**Sean** is coaching for **Lynn** on **Sat Nov 24<sup>th</sup>**.

### Fin Days:

Tue Oct 23<sup>rd</sup> / Wed Oct 24<sup>th</sup> (The morning group did fins on Fri Oct 26<sup>th</sup> instead due to me being absent minded and the power outage!)

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)

The **7:10pm Whitecaps** swimmers affected by the fire alarm on **Tue Oct 2<sup>nd</sup>**, and the **8:30am Earlybirds** swimmers affected by the power outage on **Wed Oct 24<sup>th</sup>** will be a free interim workout between the Fall and Winter sessions. (Dates/times TBA.)

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-Nov 9<sup>th</sup> (28 workouts); range: 16-26; average: 21.1

Missed 1 Workout: **Harley Gifford, Liliane Cardinal, Mike Wheatley, Robin Henderson**

Missed 2 Workouts: **Bruce Brown**

**8:30am Earlybirds:** Sept 5-Nov 9<sup>th</sup> (28 workouts); range: 15-29; average: 21.2

Missed 1 Workout: **Debby Whately, Mark Blenkinsop**

Missed 3 Workouts: **Melanie Heroux**

**6pm Whitecaps:** Sept 6-Nov 8<sup>th</sup> (27 workouts); range: 20-33; average: 26.7

Missed 1 Workout: **Nicole Delisle**

Missed 2 Workouts: **Joanie Conrad, Konstantin Petoukhov, Mars Nienhuis**

Missed 3 Workouts: **Cam Dawson, Sylvie Bourgoing**

**7:10pm Whitecaps:** Sept 6-Nov 8<sup>th</sup> (27 workouts); range: 8-22; average: 14.3

Missed 1 Workout: **Lynn Brodsky**

Thanks to those who participated in the **200** time trials on **Mon Oct 29<sup>th</sup>**. There were 9 improvements, led by **Fay Hjartarson** (8:30am Earlybirds) and **Alison Slater** (7:10pm Whitecaps) with improvements of 15.2 and 10.3 seconds in 200fs. Here's the full list:

#### 200fs (7)

<b>Fay Hjartarson</b>	15.2	EB2
<b>Alison Slater</b>	10.3	WC2
<b>Janine Debanne</b>	8.7	EB2
<b>Harley Gifford</b>	7.2	EB1
<b>Eleanor Fast</b>	3.3	EB1
<b>Julia Aimers</b>	2.2	EB2
<b>Bill Meyer</b>	0.7	EB1

#### 200IM (2)

<b>Sam Gamble</b>	6.3	WC1
<b>Megan Holtzman</b>	3.1	EB2

### Ask the Coach

**Dear Coach:** When swimming, especially when swimming fast (e.g. time trials), I have trouble breathing and it leaves me feeling a bit panicky. Any suggestions? Breathless Swimmer

Dear B. Swimmer: Water is not a natural medium for a human, so it's normal to be a bit stressed in water. Add to that the stress of competing, as well as breathing hard, and getting air becomes a challenge. When we are under stress, we often don't breathe out properly. When we don't breathe out properly, we can't breathe in properly, and that leads to more stress. Thus, especially when you are swimming fast, focus on exhaling, and that will usually make breathing easier.

**Dear Coach:** I am going to be moving to Washington, D.C. How can I find a Masters team there? Travelling Swimmer

Dear T. Swimmer: A good first resource is: <https://www.swimmersguide.com/>. That allows you to find pools in any town in the world, as well as hours, etc. While it's aimed for those going on trips, rather than relocating, it also includes information on teams (including Masters teams) that train at the pools listed, so can be helpful. We'll miss you!

**Dear Coach:** I'd like to do a clinic on flip turns in the morning. What day would work? Learning to Flip Turn

Dear L.t.F. Turn: If you'd like to do a clinic ask at the beginning of any workout when we're not doing a "special set" -- generally any day without a fixed 20 minute workout. We can then ask others to join (up to 5 swimmers), and will do the clinic in the last 15 min of workout. Note, however, that there are prerequisites for the flip turn clinic. We will do push-offs, then open turns, then flip turns. Thus, usually three to four clinics total.

**Dear Coach:** Will Carleton participate in the MSO (Masters Swimming Ontario) Challenge Circuit (<https://www.mastersswimmingontario.ca/mso-challenge-circuit-new-for-2018-2019/>)? MSO Swimmer

Dear MSO Swimmer: No. We already run time trials, although they are not official (no officials, only one timer). For most people these are sufficient. The large majority of the team isn't registered with MSO, and those that are can participate in local meets. I believe that the challenge is intended for those who live far from major cities and thus have a hard time getting to sanctioned competitions.

## Masters Swimming Competitions

This season (2018-2019), 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 Nov 10<sup>th</sup> Maitres ACC Masters Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/32096/>  
Sun Nov 11<sup>th</sup> Guelph Masters Meet (MSO registration required) <https://ms.mastersswimmingontario.ca/web/schedule.php>  
Sat Nov 17<sup>th</sup> Willy Lee Swim Ottawa Meet, Brewer (MSO registration required)  
<https://ms.mastersswimmingontario.ca/web/schedule.php>  
Sun Dec 2<sup>nd</sup> Technosport Masters Meet, Ottawa (MSO registration required) <https://www.technosport.ca/swim/ottawa-swim-meets/>  
Sat Dec 8<sup>th</sup> Sainte-Foy Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32066/>  
Sat Dec 8<sup>th</sup> Montreal Nord Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/25893>  
Sun Dec 9<sup>th</sup> Nepean Red vs. Blue Meet (MSO registration required)  
<https://ms.mastersswimmingontario.ca/web/schedule.php>  
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) <https://www.swimming.ca/en/meet/32069/>  
Sun Jan 13<sup>th</sup> Clarington Masters Meet (MSO registration required)  
<https://ms.mastersswimmingontario.ca/web/schedule.php>

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) <https://www.swimming.ca/en/meet/32070/>

Sat-Sun Feb 2-3<sup>rd</sup> Quebec City LCM Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32074/>

Sun Feb 3<sup>rd</sup> Technosport Masters Meet, Ottawa (MSO registration required) <https://www.technosport.ca/swim/ottawa-swim-meets/>

Sat Feb 16<sup>th</sup> Nepean Winterlude LCM 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) <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, Trois-Rivieres (SO registration required)

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)

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!)

### **Fri Oct 26<sup>th</sup> - Sun Oct 28<sup>th</sup> Ontario Masters Squash Championships**

Congratulations to **Luz Osorio** (6pm Whitecaps) on her silver medal at the Ontario Masters Squash Championships -- awesome job!

### **Sat Nov 3<sup>rd</sup> 5km Cookie Run, Ottawa** (799 participants)

Congratulations to **Susan** on her first race since ACL surgery this summer and what a great result! Full results:

<https://www.sportstats.ca/display-results.xhtml?raceid=94635>.

**Susan Nevitt-Yelle** (7:30am Earlybirds; 50-59): 83<sup>rd</sup> overall, 25<sup>th</sup> woman, and 1<sup>st</sup> in category in 25:04.0

### **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 **Nov 6<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. 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!

**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

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

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