

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Sunday, November 25, 2018 11:57 AM
To: 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #484

Carleton Masters Swimming Newsletter #484

Sunday, November 25th, 2018

To: Carleton Masters Coaches / Staff (7 addresses)

Bcc: Those registered for Fall 2018 and Alumni: 7:30am Earlybirds I (42 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).

"Take the time to get your mind right each day before practice. How well the sets go, how you respond to adversity, and how focused you are all start with the mindset you bring on deck with you."

Masters Swimming Program Notes

- **The Fall session runs from Wed Sept 5th to Thu Dec 20th, 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 now full (wait list available).
 - The Winter session starts on **Wed Jan 2nd** for both morning and evening groups (yes, a workout on Wednesday evening).
 - There will be some interim pay-as-you-go workouts between the Fall and Winter sessions. Details coming soon!

Swimmer Notes

Swimmer Updates:

- **Next Weekend!!: 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 8th**. Thank you to **Don** and **Joanie** for hosting again! Full details here: <http://carletonmasters.tripod.com/festive2018.pdf>.

- **Tue Nov 27th is "Giving Tuesday"** (following Black Friday and Cyber Monday). On this date, Carleton will be matching charitable donations made. They will release \$250,000 in matching funds at midnight and then another \$250,000 at noon. Thus, the best times to donate to be sure your gift is matched are midnight to 2am and noon to 2pm. There are many worthy causes available here: <https://futurefunder.carleton.ca/>. The Carleton Ravens Varsity Swim Team is raising funds again this year to purchase team gear and travel to swim meets. Your support is greatly appreciated: <https://futurefunder.carleton.ca/campaigns/ravens-swim-team/>.

- **Fran Craig**, formerly in charge of the Athletics Welcome Centre for many years, has moved to a new position with Information Carleton. We wish **Fran** all the best in her new position.

- Condolences to **Candace Newman** (7:30am Earlybirds) whose father passed away from Parkinson's disease on Nov 8th while she was at the Barbados swim camp, so she had to cut the trip short. The funeral was held in Windsor on Tue Nov 13th.

- **Steve Dods** (7:30am Earlybirds) has finished radiation and the first round of chemotherapy for his brain tumour. All the best to him for his recovery.

- **Nadine Bennett** Swam an "Ice Mile" (water below 5C) in Meech Lake on Remembrance Day. **Aimee Jones** (6pm Whitecaps) was an observer. Here's the story:
https://www.facebook.com/nadine.bennett.750/media_set?set=a.10155594112796599&type=3.

- Rodney's House (Carleton's Ravens Gear Store) also sells items on-line, which can be picked up at the store (by Tim Hortons) to avoid shipping costs. They are offering some holiday specials (<https://shopravens.myshopify.com/collections/holiday-limited-time-offer>). Some of the items can have "SWIMMING" included below the Ravens logo at no extra charge. Those are: Sport Hoodie, Unisex Cotton Long Sleeve, UA Men's Locker Tee, and Cotton Ladies T-shirt.

- Thanks to **Sandy Lawson** (7:30am Earlybirds) for her report on Barbados. The results of the open water swims are in the "Meet Results" section of the newsletter.

Masters Swim Camp in Barbados by Sandy Lawson (7:30am Earlybirds)

The 3rd annual "Freestyle Experience" Masters Swim Camp was held in Hastings, Barbados from Nov 3 - 10, 2018. The "Freestyle Experience" is the creation of retired Olympic swimmer Katie Brambley.

This year's camp attracted 30 Masters Swimming enthusiasts. Most swimmers were from Ottawa and Toronto along with a few others from places like Kirkland Lake, Calgary and the United Kingdom.

A typical day started with yoga on the beach (led by Lori Meyers) followed by a quick breakfast before boarding the shuttle bus to the pool. Once at the pool, Lori led us through some activation exercise with bands and balls to prepare us for the water. Lori led stretch, strength, yoga, myofascial release and pilates activities before and after each swim to mitigate any injuries.

Morning pool swims included a clinic and a workout. There was a clinic every day – different strokes and starts and turns. Each clinic was led by a former Olympic swimmer. Did I mention that we were coached by 6 Olympians!!! – Katie Brambley, Samantha Cheverton, Martha McCabe, Jen Button, Andrea Smith and Amira Tawashy. They effused a love of life, people and swimming. We learned lots and had tons of fun with them!

Afternoon swims (following food and a snooze on the beach) were either in the pool or ocean. In preparation for the Barbados Open Water Swim Festival (<https://www.swimbarbadosvacations.com/>), many of us participated in practise swims in the ocean. Each swim left from a different beach and was great way to see more of the Island. The Swim Festival was held in Carlisle Bay and had 1.5 k, 3.3k, 5k and 10k races. Open water swimming in the ocean is a little different than a beach to beach swim at Meech Lake – once I got used to rolling along in the "big blue sea, I was enchanted by the sea life – beautifully coloured fish, starfish and sea turtles. In fact, during my 3.3 k race, I was nearly kissed by a sea turtle swimming towards me – so cool!!

There were 7 swimmers from Carleton Masters who attended – Karen Jensen (7:30am Earlybirds), Colette Kenny (8:30am Earlybirds), Natalie Aucoin (8:30am Earlybirds), Candace Newman (7:30am Earlybirds), Dawn Walsh (7:30am Earlybirds), and Claire Robinson (x-Earlybirds). We have lots of stories to tell. Just ask us. We had an absolute blast and I think we are all swimming a little longer and stronger than before!



- On **Tue Dec 4th**, Carleton is hosting a parents' evening for prospective students and their families to meet faculty, staff, and students and learn more about Carleton. Details here: <https://admissions.carleton.ca/parents-evening/>.

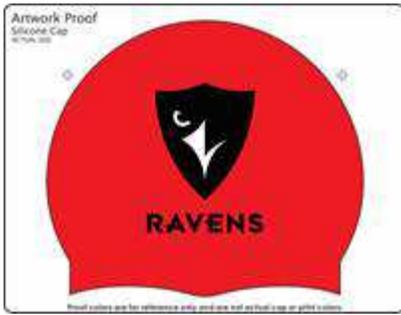
- Some Canadians are researching Masters athletes and sport, and have developed this web page: <https://coachingmastersathletes.com/>. They are starting a new phase of research and have an online survey that they are asking Masters athletes to complete: <https://www.surveymonkey.com/r/adultsportathletesurvey>. 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 11th) and contact Carine if you have questions or would like a showing.

- 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:

- A Hollywood Ending; article about **Rudy Hollywood** by **Louise Rachlis** (both of whom have swum with Carleton Masters): <https://www.pressreader.com/canada/ottawa-citizen/20181112/282114932599536>
- What Swimming Taught **Catherine McKenna** About Confronting a Challenge [thanks to **Ian Lorimer** (7:30am Earlybirds)]: <https://www.theglobeandmail.com/opinion/article-what-swimming-taught-catherine-mckenna-about-confronting-a-challenge/>
- South African **Cameron Bellamy** Swims Around Barbados (41 hours; the Carleton swimmers in Barbados saw part of this): <https://www.swimbarbadosvacations.com/festival-blog/category/swim-around-barbados>
- **Lindsay Cole** is Swimming 200 Miles in the Thames River in a Mermaid Tail to Educate People on the Damage of Plastic Pollution: <https://www.facebook.com/BBCOne/videos/188957108651488/>
- **Vlad Morozov** Swims Second Fastest Ever 100 free SCM in 44.95: <https://swimswam.com/watch-morozovs-44-95-100-free-stunner-from-singapore/>
- Sports Kid of the Year, **Leah Hayes**, is a Very Fast Swimmer with Alopecia Universalis: <https://www.sikids.com/sikids/2018/11/21/our-sportskid-year>
- **Stefan Carter**, 90, of Winnipeg is a Competitive Badminton Player: <https://www.cbc.ca/news/canada/manitoba/at-90-stefan-carter-is-training-to-be-a-competitive-badminton-player-1.4915581>
- Regular Exercise May Keep Your Body 30 Years Younger: <https://www.nytimes.com/2018/11/21/well/move/regular-exercise-may-keep-your-body-30-years-younger.html>
- Is it OK to Be a Weekend Warrior? [by **Julia Aimers** (8:30am Earlybirds)]: <https://pbest.ca/blog/92514/IRON-WEEKEND-WARRIORS-UNITE-Is-it-OK-to-be-an-Iron-Weekend-Warrior->
- First Endurance Capital Podcast by **Kelsey Hunter**: <https://endurancecapitalpodcast.com/episode-1-ottawa-triathlon-club/>
- **Julie Gautier**, Free Diver: Information and AMA (short movie): https://www.youtube.com/watch?v=hDd4dMz_gR0 and <https://www.youtube.com/watch?v=bdBuDg7mrT8>

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 5th to Thu Dec 19th; excluding Mon Oct 8th.

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.

Sean coached for **Lynn** on **Sat Nov 24th**.

Lynn is coaching for **Mark** on **Thu Dec 13th**.

Fin Days:

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

Thu Nov 22nd / Fri Nov 23rd

Time Trials:

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

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

Mon Oct 29th: timed 200 choice

Mon Nov 12th: timed 800 / 1500 free

Tue Nov 27th / Wed Nov 28th: timed 100 choice

Wed Dec 18th / Thu Dec 19th: "funner" day (e.g. relays)

The **7:10pm Whitecaps** swimmers affected by the fire alarm on **Tue Oct 2nd**, and the **8:30am Earlybirds** swimmers affected by the power outage on **Wed Oct 24th** 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. Apologies to **Sylvie Bourgoing** (6pm Whitecaps) for the mistake in her attendance, now corrected.

7:30am Earlybirds: Sept 5-Nov 23rd (34 workouts); range: 14-26; average: 20.4

Missed 1 Workout: **Harley Gifford, Liliane Cardinal**

Missed 2 Workouts: **Robin Henderson**

Missed 3 Workouts: **Bruce Brown**

Missed 4 Workouts: **Mike Wheatley, Ursula Scott**

8:30am Earlybirds: Sept 5-Nov 23rd (34 workouts); range: 13-29; average: 20.1

Missed 4 Workouts: **Debby Whately**

6pm Whitecaps: Sept 6-Nov 22nd (33 workouts); range: 20-33; average: 26.3

Missed 1 Workout: **Nicole Delisle**

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

Missed 3 Workouts: **Sylvie Bourgoing**

Missed 4 Workouts: **Cam Dawson**

7:10pm Whitecaps: Sept 6-Nov 22nd (33 workouts); range: 7-22; average: 13.8

Missed 1 Workout: **Lynn Brodsky**

Thanks to those who participated in the **distance** time trials on **Mon Nov 12th**. There were 8 improvements and a tie, led by Eleanor Fast (7:30am Earlybirds), **Melanie Heroux** (8:30am Earlybirds), **Cam Dawson** (6pm Whitecaps), and **Kasia Poplawski** (7:30am Earlybirds) with improvements of 70, 64, 57, and 49 seconds. Here's the full list:

800fs (4)

Melanie Heroux	64.0	EB2
Cam Dawson	57.0	WC1
Liliane Cardinal	17.0	EB1
Bill Gregg	3.0	EB2

1500fs (4 and a tie)

Eleanor Fast	70.0	EB1
Kasia Poplawski	49.0	EB1
Konstantin Petoukhov	16.0	WC1
Bill Meyer	7.0	EB1
Steve Kennedy	0.0	WC1

Ask the Coach

Dear Coach: Re the question where to find a masters swimming club in Washington DC. The US Masters Swimming organization provides a link to where all the masters swimming clubs are in the US. <https://www.usms.org/clubs>. Bob Tipple

Dear Bob: Thanks for this information -- very helpful!

Dear Coach: Do you have any experience with swimmer's ear and/or ear infections from swimming and do you know of any tips? I am using ear plugs and ear drops but still having a hard time. Swimmer with Swimmer's Ear

Dear S.w.S. Ear: I use home-made ear drops after I swim or shower. My home-made drops are about 90% rubbing alcohol and 10% hydrogen peroxide (vinegar works, too). The idea is that the rubbing alcohol will get any water still in the ears to evaporate and the peroxide / vinegar changes the pH in the ear so that infections are less likely. They're similar to the over the counter drops you can buy, but cheaper. However, perhaps other swimmers have some suggestions for avoiding and getting rid of swimmer's ear?

Dear Coach: I'm having problems with my push off the wall after a freestyle flip turn. I find it challenging to roll onto my side after pushing off on my back. Any suggestions? Flip Turning Swimmer

Dear F.T. Swimmer: When you push off the wall, push with a twist. If you push off flat on your back, without a twist, it will indeed be challenging to roll.

Dear Coach: I'm trying to make my freestyle stroke longer. What should I focus on? Working on Technique

Dear W.o. Technique: Think about extending the hand in front just below the surface of the water and stretching forward (not down). Meanwhile, for the back hand, think about finishing the stroke (which we forget as we get tired) and ensuring that the finish of the stroke is separate from the arm recovery.

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 1st to Aug 31st. This registration can be done quite quickly, so it doesn't have to be done very far in advance of the competition you are interested in. (You can also pay a \$5 registration fee for each MSO-sanctioned competition that you enter, but then you would **not** be swimming for Carleton Masters.)
2. If you wish to compete outside Ontario, or in Ontario SO-sanctioned meets, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$65** for Sept 1st to Aug 31st. Registration several weeks in advance of the meet deadline is required, as you will not be eligible to compete until your registration has been processed by SO.
3. You can register with both MSO and SO. This costs **\$75** for Sept 1st to Aug 31st.

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.

Sun Dec 2nd Technosport Masters Meet, Ottawa (MSO registration required) <https://www.technosport.ca/swim/ottawa-swim-meets/>

Sat Dec 8th Sainte-Foy Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32066/>

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

Sun Dec 9th Nepean Red vs. Blue Meet (MSO registration required)

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

Sat Dec 15th North York Masters Meet (MSO registration required)

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

Sat Jan 12th Drummondville Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32069/>

Sun Jan 13th Clarington Masters Meet (MSO registration required)

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

Sun Jan 20th Alderwood SCY Masters Meet, Toronto (MSO registration required)

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

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

Sat Feb 2nd Mont-Tremblant Masters Meet (SO registration required) <https://www.swimming.ca/en/meet/32070/>

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

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

Sat Feb 16th Nepean Winterlude LCM Meet, Ottawa (MSO registration required)

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

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

Sun Feb 24th Thornhill Masters Meet, Toronto (MSO registration required)

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

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

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

<https://www.swimming.ca/en/meet/32075/>

Fri-Sun Mar 22-24th MSO Provincials, Markham (MSO registration required)

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

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

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

Fri-Sun Apr 26-28th SO Provincials, Etobicoke (SO registration required)

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

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

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

Sat Jun 1st 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-Sun Nov 9-11th Howe Cup, Philadelphia Cricket Club Squash Tournament

Luz Osorio (6pm Whitecaps) was on a Canadian team that finished 5th (out of 13) in singles and 5th (out of 9) in doubles. Great job, **Luz!**

Sat-Sun Nov 10-11th Barbados Open Water Festival

Congratulations to the Carleton swimmers who took part!

1.5k Nov 10th (321 participants): Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=96908>

Sandy Lawson (7:30am Earlybirds; 45-54): 89th overall; 52nd woman; 15th in category in 25:39

Natalie Aucoin (8:30am Earlybirds; 45-54): 111th overall; 63rd woman; 19th in category in 26:29

Dawn Walsh (7:30am Earlybirds; 55-64): 125th overall; 71st woman; 14th in category in 27:16

Karen Jensen (7:30am Earlybirds; 55-64): 205th overall; 123rd woman; 36th in category in 32:47

Claire Robinson (x-Earlybirds; 45-54): 206th overall; 124th woman; 30th in category in 32:48

3.3k Nov 11th (149 participants): Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=97289>

Natalie Aucoin (8:30am Earlybirds; 45-54): 55th overall; 26th woman; 7th in category in 1:03:32

Sandy Lawson (7:30am Earlybirds; 45-54): 70th overall; 36th woman; 9th in category in 1:04.43

Karen Jensen (7:30am Earlybirds; 55-64): 75th overall; 40th woman; 9th in category in 1:05.44

Dawn Walsh (7:30am Earlybirds; 55-64): 77th overall; 42nd woman; 11th in category in 1:05:58

Sat Nov 17th Willy Lee Meet, Brewer Pool, Ottawa

Four swimmers represented Carleton. **Cheri** swam for B-Train and was very pleased with her results in her new "spanx" swimsuit. Congratulations to **Harley** on his club record in 200 free! Full results here:

<https://ms.mastersswimmingontario.ca/web/stats/meets/narrowMeet.php?MeetID=976>. Updated club records:

<http://carletonmasters.tripod.com/181117.Records.pdf>.

Natalie Aucoin (8:30am Earlybirds; 45-49): 1st 200fs (2:56.41), 100bk(1:41.24), 100fl(1:30.33: results say fs but she did do fly!)

Sandy Lawson (7:30am Earlybirds; 50-54): 1st 200fs (2:50.86), 100bk(1:35.56); 2nd 100br (1:52.22)

Lynn Marshall (Coach; 55-59): 1st 50fs (30.42), 200fs (2:18.54), 100bk (1:14.93), 100br (1:28.70)

Harley Gifford (7:30am Earlybirds; 60-64): 1st 200fs (2:44.13 PB, Club Record), 50bk (37.60), 100bk (1:19.33); 2nd 50fl (39.96)

Cheri Reddin (Alumni; 45-49; swimming for B-Train): 1st 100fs (1:23.62), 200IM (3:18.24); 2nd 50fl (41.87); 4th 50bk (45.70)

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 22nd**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

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

Mon-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

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 5th to Thu Dec 20th; no workouts Mon Oct 8th

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 2nd to Sat Apr 13th; no workouts Mon Feb 18th
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 2nd**: **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 2nd**.
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).

Happy lengths!
Lynn

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