

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Monday, July 22, 2019 11:26 AM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'  
**Subject:** Carleton Masters Swimming Newsletter #502

## Carleton Masters Swimming Newsletter #502

Monday, July 22<sup>nd</sup>, 2019

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

**Bcc:** Those registered for Fall 2018, Winter 2019, Spring 2019, Summer 2019, and Alumni: 7:30am Earlybirds I (58 addresses), 8:30am Earlybirds II (34 addresses), 6pm Whitecaps I (57 addresses), 7:10pm Whitecaps II (33 addresses), Saturday Only (4 addresses), Alumni (32 addresses).



Congratulations to **Mars Nienhuis** (6pm Whitecaps) and **Steve Kennedy** (6pm Whitecaps) on winning their age groups at the Bring on the Bay 3k swim. More details in the Race Results section. Thanks to **Zoltan Csepregi** (6pm Whitecaps) for the photos!

## Masters Swimming Program Notes

- The Summer session runs until **Sat Aug 31<sup>st</sup>**, inclusive.
- The cancellations for the Summer term are:
  - **Sat Aug 3<sup>rd</sup>** and **Mon Aug 5<sup>th</sup>** (August Civic Holiday Weekend)
- Full details on the dates and prices for the Summer programs can be found in the “Notes and Reminders” at the end of the newsletter.
- A reminder that the only groups running for summer are 7:30am Earlybirds, 6pm Whitecaps, and 12:15pm Saturdays.
  - This summer, Saturdays are **not** included with your weekday registration.
- Both the Summer 7:30am Earlybirds and 6pm Whitecaps are **full**: wait list available. (Let me know if you’re on the wait list!)
  - There are spots left for 12:15pm Saturdays.
- Information on the Fall/Winter 2019/2020 Programs will be available by August 1<sup>st</sup>. Registration will start **Wed Aug 7<sup>th</sup>**.

## Swimmer Notes

### Swimmer Updates:

- Congratulations to **Jean-Francois Jacques** (Earlybirds/Whitecaps). He married **Reshmi Roy**, a resident in neurology, on **July 6<sup>th</sup>**.

- After a decade of swimming with Carleton Masters, **Dave Grynspan** (6pm Whitecaps) is leaving Ottawa for new challenges in Vernon, BC. To mark his departure, all Carleton swimmers are invited to **Francois Parent** (6pm Whitecaps)’s place on **Sun Jul 28<sup>th</sup> at 2pm** for a BYOB cocktail celebration at 95 chemin de la Belle Terre, Chelsea QC J9B 1S5.

- **Jean-Louis Tiernan** (6pm Whitecaps) is being posted to Washington, DC for four years by the government. We’ll miss you, **Jean-Louis**, but enjoy the experience and keep in touch!

- Congratulations to **Randi Karstad** (7:30am Earlybirds) on her graduation with an MPA (Masters of Public Administration). Here are the details from Randi:

*This May I graduated with an MPA (Master Public Administration) from NTNU in Trondheim, Norway. Thesis focus was democracy and citizenship training / teaching in Norwegian high schools. It was inspired by recent data from the OECD financed «International Civics and Citizenship Study» and supplemented with data from my own research.*

*The thesis was of interest to the regional school board in mid Norway (Trondheim) and the central administration of the region has now offered me an interesting position as advisor for educational development, starting this September.*

*Much as I would like to get back into the routine of regular swims with the best Masters program ever - thanks to your awesome coaching - and how genuinely sorry I am to have to give it up, - I’m also happy to start on a new chapter of my career.*

- To help you decide if it’s a good time to work out, the Carleton Fitness Centre has introduced a live tracker so you can see how busy it is. Just Google [Carleton Fitness Centre](#) for the current status.

- Best of luck to **Jamie Chalmers** (Earlybirds). He will be Carleton’s only representative at the FINA World Masters Championships in Gwangju, South Korea next month!

- **François Jacques** (7:30am Earlybirds, [jacla5@yahoo.ca](mailto:jacla5@yahoo.ca)) is organizing a 5km swim in Lac Grand, Val des Monts, Quebec on Sat Aug 10<sup>th</sup>. It will start at 9am, followed by brunch. It’s open water timed with prizes for <30, 30-55, >55 years, mixed. Open to all, free of charge! If anyone has experience in organizing an event like this, **François** would love to sit down and share ideas over a coffee and doughnut, or at his house with wine! Those interested in participating, meet at **Francois’** cottage (505 chemin du Barrage, Val des Monts) at 8am.

- **Peter J Lawrence** (water polo background) is “leading the charge” for a badly needed, modern aquatics complex in the National Capital Region. He is looking for swimmers and other interested parties to provide a letter of support. If you want to get involved, please contact:

**Peter John Lawrence**, Life Time Aquatic Sports Award 2018. <http://www.squidoo.com/peter-lawrence>,  
<https://www.linkedin.com/in/peter-john-lawrence-40a75a1/>, 613-726-0071, SKYPE: Dunmowdan, [hairy1936@gmail.com](mailto:hairy1936@gmail.com)

### **News and Links:**

- Swimming Race: Never Give Up: <https://www.facebook.com/watch/?v=906802536096043>

- Glory Swimming Days: Four Amigos Reunite: <https://swimswam.com/glory-days-four-amigos-reunite-by-jim-dickson-record-holder/>

- The Swimmer Who Walked on the Moon: <https://swimswam.com/the-swimmer-who-walked-on-the-moon>

- Aerobic Exercise is the Closest Thing We Have to a Miracle Drug: <https://www.businessinsider.com/best-exercise-for-brain-mental-health-2017-10>

- How Much Exercise Reverses the Effect of Sitting all Day?: <https://www.businessinsider.com/how-much-exercise-to-do-to-reverse-the-effects-of-sitting-2018-1>

### **Summer Session Information**

Dates: Tue Jul 2<sup>nd</sup> to Sat Aug 31<sup>st</sup>; excluding Mon Jul 1<sup>st</sup>, Sat Aug 3<sup>rd</sup>, and Sat Aug 5<sup>th</sup>.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End plus 2 Lanes Shallow: **Lynn**

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

12:15pm Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here.

**Tim** coached for **David** on **Tue Jul 9<sup>th</sup>**.

**Sean** coached for **Lynn** on **Fri Jul 12<sup>th</sup>** and the **morning of Mon Jul 15<sup>th</sup>**.

**Tim** coached for **Sean** on the **evening of Mon Jul 15<sup>th</sup>**.

**Tim** coached for **Lynn** on **Wed Jul 17<sup>th</sup>** and for **Sean** on **Thu Jul 18<sup>th</sup>**.

**Adrian** is coaching for **Sean** on the **evenings of Mon Jul 22<sup>nd</sup>** and **Mon Jul 29<sup>th</sup>**.

**Lynn** is coaching for **David** on **Tue Jul 23<sup>rd</sup>**.

**Mits** is coaching for **Sean** on **Thu Jul 25<sup>th</sup>** and **Thu Aug 1<sup>st</sup>**.

**Mark** is coaching for **Lynn** on **Wed Aug 7<sup>th</sup>**.

**David** is coaching for **Sean** on **Thu Aug 8<sup>th</sup>**.

**Tim** is coaching for **Lynn** on **Fri Aug 9<sup>th</sup>**.

**David** is coaching for **Mits** on **Sat Aug 10<sup>th</sup>**.

**TBD** is coaching for **David** on **Tue Aug 27<sup>th</sup>**.

### **Fin Day:**

Thu Aug 1<sup>st</sup> / Fri Aug 2<sup>nd</sup>

### **Time Trials:**

Mon Jul 8<sup>th</sup> am: 400 free or IM (evening group will do this later in the term)

Mon Jul 15<sup>th</sup> am / Tue July 16<sup>th</sup>: 100 and 50 choice

Tue Aug 6<sup>th</sup> / Wed Aug 7<sup>th</sup>: 800 / 1500 free

Tue Aug 13<sup>th</sup> / Wed Aug 14<sup>th</sup>: 200 choice

Thu Aug 29<sup>th</sup> / Fri Aug 30<sup>th</sup>: “funner” day (e.g. relays)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum19.pdf>.

Here's the weekday attendance, so far. Let me know of any errors or omissions.

**6pm Whitecaps:** July 2-18<sup>th</sup> (8 workouts); range 18-33; average: 26.3

Perfect Attendance: **Don Wells, Isaac Fierro Marquez**

Missed 1 Workout: **Adrian Finn, Christian Cattan, Peter Lithgow**

**7:30am Earlybirds:** July 3-22<sup>nd</sup> (9 workouts); range 24-37; average: 30.0

Perfect Attendance: **Bruce Brown, Derek Woodard, Ian Lorimer, Liliane Cardinal, Stephen Agberien, Steve Dods, Susan Hulley**

Missed 1 Workout: **Harley Gifford, Marta Kolbuszewska, Ralph Siemsen**

Thanks to the morning swimmers who participated in the **400 time trial on Mon July 8<sup>th</sup>**. There were seven improvements, led by **Marta, Janine**, and **David Caughey** who improved by 32.9, 29.8, and 21.9 seconds, respectively. Here's the full list:

#### 400 free (6)

<b>Marta Kolbuszewska</b>	32.9	EB1
<b>Janine Debanne</b>	29.8	EB1
<b>Ralph Siemsen</b>	17.2	EB1
<b>Stephen Agberien</b>	9.1	EB1
<b>Karen Jensen</b>	2.1	EB1
<b>Justin Kernot</b>	0.9	EB1

#### 400IM (1)

<b>David Caughey</b>	21.9	EB1
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Congratulations to all those who participated in the **100 and 50 time trials on the morning of Mon Jul 15<sup>th</sup> and the evening of Tue Jul 16<sup>th</sup>**. There were 11 improvements. **Rebeka Rubio** (6pm Whitecaps) and **Lisa Tauskela** (6pm Whitecaps) improved in both their 100 and 50 swims. **Rebeka** and **Marta Kolbuszewska** (7:30am Earlybirds) had the largest improvements. Here's the full list:

#### 50 free (6)

<b>Rebeka Rubio</b>	4.1	WC1
<b>Bekah Dyck</b>	2.4	WC1
<b>Jocelyn Pender</b>	1.3	EB1
<b>Lisa Tauskela</b>	1.3	WC1
<b>Lillian Wheatley</b>	0.7	EB1
<b>Zak Jacques</b>	0.5	EB1

#### 100 free (3)

<b>Marta Kolbuszewska</b>	5.4	EB1
<b>Rebeka Rubio</b>	2.4	WC1
<b>Lisa Tauskela</b>	0.9	WC1

#### 100 back (1)

<b>Sam Hersh</b>	2.2	EB1
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#### 100IM (1)

<b>Mike Wheatley</b>	0.1	EB1
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### Ask the Coach

**Dear Coach:** Can anything be done about the hot water temperature? Overheated Masters Swimmer

Dear O.H. Swimmer: Everything that can be done is being done, but when it's this hot outside (and on the pool deck), controlling the water temperature is a big challenge. Sorry!

**Dear Coach:** Is there still space in the Fall session? Anxious Swimmer

Dear A. Swimmer: The Fall / Winter program information will be available by August 1<sup>st</sup> and will be in the next newsletter. Registration (first come first served) will start Wed Aug 7<sup>th</sup>. So, yes, there is still space as no one has registered yet!

## 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.

Aug 2-4<sup>th</sup> Travessee du Lac Tremblant: 1k, 3k and 12k swims <https://www.traverseelactremblant.ca/en/>  
Aug 5-18<sup>th</sup> FINA World Masters Championships, Gwangju, Korea [http://www.fina-gwangju2019.com/masters\\_eng/](http://www.fina-gwangju2019.com/masters_eng/)  
Sat Aug 10<sup>th</sup> **Francois Jacques** (7:30am Earlybirds, [jacla5@yahoo.ca](mailto:jacla5@yahoo.ca)) is organizing a free 5k open water swim in Lac Grand, Val des Monts, Quebec: Meet at **Francois'** cottage (505 chemin du Barrage, Val des Monts) at 8am.  
Sat Aug 10<sup>th</sup> Ottawa Riverkeeper 750m, 1.5k, 4k swim <http://www.ottawariverkeeper.ca/2019-riverkeeper4k-testimonials/>  
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.  
Fri-Sun Mar 27-29<sup>th</sup>, 2020 MSO Provincials, Nepean  
Global Open Water Swim Series (Year Round): <https://globalswimseries.com/races/>

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

### **Sun Jun 2<sup>nd</sup> Ironman 70.3 Victoria** (1.9k/90k/21.1k; 1716 participants)

Congratulations to **Rachel** on her results, especially the great swim! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=103594>.

**Rachel Bennett** (6pm Whitecaps; 35-39): 1409<sup>th</sup> overall; 462<sup>nd</sup> female, and 86<sup>th</sup> in category in 7:19:50.0 (swim 32:26: **10<sup>th</sup>** in category)

### **Sat Jul 6<sup>th</sup> King Wolf 5km and 11km Open Water Swims, Kingston**

Great job by **Aimee, Cori,** and **Christian!** The races were shortened due to incoming thunder storms and were about 3.3 and 6.6k respectively. Results: <https://globalswimseries.com/wp-content/uploads/2019/07/King-Wolf-Swim-3.3km.pdf> and <https://globalswimseries.com/wp-content/uploads/2019/07/King-Wolf-Swim-6.pdf>.

#### **3.3km:**

**Christian Cattan** (6pm Whitecaps; 40-49 Wetsuit): 47<sup>th</sup> overall; 5<sup>th</sup> in category in 1:11:57

#### **6.6km:**

**Aimee Jones** (6pm Whitecaps; 30-39): 16<sup>th</sup> overall; 10<sup>th</sup> non-wetsuit; **1<sup>st</sup>** in category in 2:13:50

**Cori Dinovitzer** (7:30am Earlybirds; 50-59): 23<sup>rd</sup> overall;; 16<sup>th</sup> non-wetsuit; **2<sup>nd</sup>** in category in 2:46:47

### **Sun Jul 7<sup>th</sup> Ironman 70.3 Muskoka Team** (1.9k/90k/21.1k; 44 teams)

Congratulations to **Mars, Konstantin,** and **Rachel** on a great team performance! Results:

<https://www.sportstats.ca/display-results.xhtml?raceid=101200>.

Team Blood, Sweat, and Gears: **Mars Nienhuis, Konstantin Petoukhov, and Rachel Bennett** (all 6pm Whitecaps): 7<sup>th</sup> team overall in 5:15:30.0 (Mars' swim 29:36 was 2<sup>nd</sup> fastest!)

### **Sat Jul 13<sup>th</sup> Bring on the Bay 3km and 1500m Swims**

Great to see that so many Carleton swimmers participated! Mars and Steve won their age groups (photos at the top of the newsletter). Tim, Justin, Sean, and Candace also had podium finished. Carleton was 6<sup>th</sup> in the team competition with 31 points. Individual results: 1.5k: <https://www.sportstats.ca/display-results.xhtml?raceid=101248>; 3k:

<https://www.sportstats.ca/display-results.xhtml?raceid=101247>. Team results:

<https://bringonthebay.files.wordpress.com/2019/07/2019-final-team-challenge-points-1.pdf>.

#### **1500m** (125 participants):

**Candace Newman** (7:30am Earlybirds; 40-49): 66<sup>th</sup> overall; 44<sup>th</sup> woman, and **3<sup>rd</sup>** in category in 33:18.2

**Sean Kelly** (x-Earlybirds; 60-69): 68<sup>th</sup> overall; 23<sup>rd</sup> man, and **2<sup>nd</sup>** in category in 33:41.7

**Ursula Scott** (7:30am Earlybirds; 50-59): 70<sup>th</sup> overall; 47<sup>th</sup> woman, and 5<sup>th</sup> in category in 33:47.0

#### **3km** (598 participants):

**Steve Kennedy** (6pm Whitecaps; 30-39): 23<sup>rd</sup> overall; 19<sup>th</sup> man, and **1<sup>st</sup>** in category in 43:33.9

**Tim Kilby** (Coach; 50-59): 30<sup>th</sup> overall; 25<sup>th</sup> man, and **2<sup>nd</sup>** in category in 44:27.6

**Justin Kernet** (7:30am Earlybirds; 20-29): 37<sup>th</sup> overall; 30<sup>th</sup> man, and **2<sup>nd</sup>** in category in 45:28.9

**Mars Nienhuis** (6pm Whitecaps; 20-29): 48<sup>th</sup> overall; 11<sup>th</sup> woman, and **1<sup>st</sup>** in category in 46:33.8

**Zoltan Csepregi** (6pm Whitecaps; 40-49): 74<sup>th</sup> overall; 53<sup>rd</sup> man, and 5<sup>th</sup> in category in 48:51.8

**Isaac Fierro Marquez** (6pm Whitecaps; 30-39): 98<sup>th</sup> overall; 69<sup>th</sup> man, and 10<sup>th</sup> in category in 50:59.4

**Gillian Massel** (6pm Whitecaps; 20-29): 99<sup>th</sup> overall; 30<sup>th</sup> woman, and 4<sup>th</sup> in category in 51:01.3

**Derek Woodard** (6pm Whitecaps; 20-29): 100<sup>th</sup> overall; 70<sup>th</sup> man, and 8<sup>th</sup> in category in 51:21.3

**Margaret King** (7:30am Earlybirds; 50-59 Wetsuit): 149<sup>th</sup> overall; 48<sup>th</sup> woman, and 6<sup>th</sup> in category in 54:30.8

**Debby Whately** (7:30am Earlybirds; 60-69): 269<sup>th</sup> overall; 113<sup>th</sup> woman, and 4<sup>th</sup> in category in 1:00:40.4

**Gi Wu** (6pm Whitecaps; 30-39); 280<sup>th</sup> overall; 161<sup>st</sup> man, and 18<sup>th</sup> in category in 1:01:07.9

**Heather Morrison** (7:30am Earlybirds; 30-39): 287<sup>th</sup> overall; 123<sup>rd</sup> woman, and 9<sup>th</sup> in category in 1:01:19.5

**Robin Henderson** (7:30am Earlybirds; 60-69): 336<sup>th</sup> overall; 153<sup>rd</sup> woman, and 7<sup>th</sup> in category in 1:04:07.1

**Lisa Hans** (x-Whitecaps; 50-59): 374<sup>th</sup> overall; 171<sup>st</sup> woman, and 24<sup>th</sup> in category in 1:06:37.9

**Cori Dinovitzer** (7:30am Earlybirds; 50-59): 409<sup>th</sup> overall; 191<sup>st</sup> woman, and 28<sup>th</sup> in category in 1:09:15.9

**Kasia Poplawski** (7:30am Earlybirds; 30-39 Wetsuit); 419<sup>th</sup> overall; 198<sup>th</sup> woman, and 11<sup>th</sup> in category in 1:09:34.3

**Mary Donaghy** (7:30am Earlybirds; 50-59): 424<sup>th</sup> overall; 200<sup>th</sup> woman, and 29<sup>th</sup> in category in 1:09:57.8

**Janine Debanne** (7:30am Earlybirds; 50-59): 476<sup>th</sup> overall; 237<sup>th</sup> woman, and 35<sup>th</sup> in category in 1:13:14.1

### **Sat Jul 13<sup>th</sup> Ed and Ruth Shea Challenge Classic, Southern Illinois University, Carbondale, IL**

I was one of six swimmers to complete the Ironswimmer Glutton Challenge, despite severe vertigo in the 1500 free, luckily the last event. Results: <http://www.ozarklmsc.org/competition/2019shearesults.pdf>. I visited Memphis and Nashville after the meet.

**Lynn Marshall** (Coach; 55-59): 1<sup>st</sup> 200 fly (2:41.07), 200 back (2:43.97), 200 breast (3:16.18), 400IM (5:42.23), 1500 free (19:13.98)

## **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 **July 17<sup>th</sup>**).

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

### **Summer Schedule:**

Mon-Thu 11:30am-12:30pm

Mon-Thu 4:30-5:30pm

Wed 5:30-6:30pm

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**

### **Summer Masters Programs**

Details on the Summer Masters programs can be found below and on the web site:

<http://carletonmasters.tripod.com/>. The main change for this year is that there is a **separate registration for Saturdays in the Summer** program (i.e. it is no longer included with the weekday registration).

**Summer 2019: Tue Jul 2<sup>nd</sup> to Sat Aug 31<sup>st</sup>; no workouts Mon Jul 1<sup>st</sup>, Sat Aug 3<sup>rd</sup>, or Mon Aug 5<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep + 2 lanes shallow, if needed; Coach: **Lynn**): cost: \$76+HST

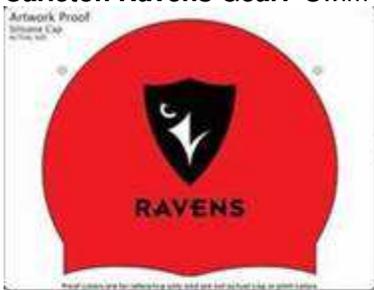
**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-coach: **Adrian**): cost \$84+HST

**12:15pm Saturday Earlybirds:** 12:15-1:25pm Sat (shallow; Coaches: rotating schedule): cost: \$34+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>