

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: September 1, 2024 5:46 PM
To: 'Colin Adams'; 'Jennifer McPhee'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #642

Carleton Masters Swimming Newsletter #642

Sunday, September 1, 2024

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2024 and Alumni: 7:35am Earlybirds I (43 addresses), 8:40am Earlybirds II (34 addresses), 6:00pm Whitecaps I (42 addresses), 7:15pm Whitecaps II (20 addresses), Saturday Only (7 addresses), Alumni (1 address); plus Fall 2023, Winter 2024, Spring 2024, Summer 2024, Fall 2024, and Alumni: 7:35am Earlybirds I (20 addresses), 8:40am Earlybirds II (17 addresses), 6:00pm Whitecaps I (22 addresses), 7:15pm Whitecaps II (35 addresses), Saturday Only (11 addresses), Alumni (39 addresses).

"The difference between a good athlete and a great one is that, when they accomplish something, the great athlete asks, 'What's next?' " – Coach Bob Groseth

Masters Swimming Program Notes

- The Summer session ran from **Tuesday July 2 to Saturday August 31**.
- **There are no workouts on Monday September 2 (Labour Day)**.
- The Fall session runs from **Tuesday September 3 to Saturday December 21**.
 - The **6pm Whitecaps, 7:35am Earlybirds**, and **Saturday** groups are full. Wait lists are available. Please let me know if you are on a wait list.
 - Full details on Fall Masters can be found near the end of the newsletter in the "Notes and Reminders" section.

Swimmer Notes

- **August 21** marked **Margaret Janse van Rensburg** (7:35am Earlybirds)'s 366th consecutive day of swimming!! You can read her reflections on swimming every day for a year, a truly remarkable achievement, here: [https://docs.google.com/document/d/15y-mlyGzhi73AWeA7Hag8EDYLYgkAVXS/edit?usp=drive link&oid=111106899686116242855&rtpof=true&sd=true](https://docs.google.com/document/d/15y-mlyGzhi73AWeA7Hag8EDYLYgkAVXS/edit?usp=drive_link&oid=111106899686116242855&rtpof=true&sd=true). Amazing job and great write up!

Aquatic-Related Links:

- **Dorothy's** 99th Birthday Swim: <https://www.instagram.com/p/C-tH4wXykCm/>
- Build the Power You Need to Swim Faster and Use Throughout the Day: <https://www.youtube.com/watch?v=-Xh9oPtxxNQ>
- Vindication Swim (The inspirational story of **Mercedes Gleitze**, the first British woman to swim the English Channel and her battle against both the cold waters of the Channel and the oppressive society of 1920s England) Trailer: <https://www.imdb.com/title/tt10776714/>

- How to Swim for Fitness, and Five More Water Workouts: https://www.nytimes.com/2024/05/25/well/move/workout-swimming-exercises-pool.html?unlocked_article_code=1.x00.EYGQ.a-gik0rpdpEc&smid=url-share
- Three Freestyle Mistakes That Lead to Swimmer's Shoulder: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/three-freestyle-mistakes-that-lead-to-swimmers-shoulder>
- Check out Australia's Museum of Underwater Art: <https://www.moua.com.au/>

News and Other Links:

- How A Longevity-Focused MD Exercises For A Longer, Healthier Life: <https://www.mindbodygreen.com/articles/longevity-exercises>
- Is Your "Over-Training" Actually Under Recovering? Here are 3 Ways to Aid Recovery: <https://www.theinertia.com/health/is-your-over-training-actually-under-recovering-here-are-3-ways-to-aid-recovery/>
- The #1 Exercise to Do as You Get Older: <https://www.aarp.org/health/healthy-living/info-2022/squats-best-exercise-for-strength.html>
- Are You Emotionally Prepared for a Great Race?: <https://triathlonmagazine.ca/training/are-you-emotionally-prepared-for-a-great-race/>

- **Community Members Parking:** Most community memberships include a Lot 5 parking pass (<https://athletics.carleton.ca/memberships/>). As long as your parking information is on file with the Welcome Centre, members can enjoy up to 3 hours of parking in Lot P5 during the Fitness Centre's hours of operation. If you get a new car or new plate, let the Welcome Centre know so that your parking information can be updated. If you are erroneously issued a parking ticket in Lot 5, send me a copy and I'll get it cancelled for you. If necessary, I'll also get your plate information updated.

- **Permanent Lockers Available:** Permanent lockers are now available for 12-month rentals. Inquire at the Welcome Centre for availability and details.

- The Carleton Ravens Athletics App (<https://athletics.carleton.ca/mobile-app/>) is available on iOS and Android devices. The app allows users to view pool schedules, register for sessions, and subscribe to personalized push notifications including aquatics updates for any closures or schedule changes. The public swim schedule can also be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

Summer Session Information

Dates: Tuesday July 2 to Saturday August 31; no workouts Monday July 1 or Monday August 5.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and 3 lanes Shallow End: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

12:15-1:25pm Saturdays: Shallow End: rotating coach schedule

Further details and changes will be noted here.

Paddy coached **Earlybirds** for **Lynn** on **Friday August 23, Monday August 26, Wednesday August 28, and Friday August 30.**

Paddy coached **Whitecaps** for **Sean** on **Monday August 26.**

Special Sets:

Tue/Wed July 30/31: fin day

Tue/Wed August 6/7: short distance time trials: a.m.: lanes 1 – 3

Thu/Fri August 8/9: short distance time trials: a.m.: lanes 4 – 6

Tue/Wed August 13/14: short distance time trials: a.m.: lanes 7 – 9

Tue/Wed August 20/21 (and **Mon Aug 19**): 1500/800 free time trial

Thu/Fri August 29/30: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum24.pdf>.

Here are the attendance statistics for the term. Please let me know of any errors or omissions! Note that only the swimmer(s) with the best attendance **for each group** are listed below.

7:35am Earlybirds: July 3 to August 30 (25 workouts); range: 21-39; average: 32.6
Perfect Attendance: **Nancy Luitwieler**

6:00pm Whitecaps: July 2 to August 29 (25 workouts); range: 13-25; average: 17.8
Missed 3 Workouts: **Seana Biggs**

12:15pm Saturdays: July 6 to August 31 (9 workouts); range: 11-17; average: 13.8
Perfect Attendance: **Mariette Kenney**

Summer Session Summary

A big thank you to our coaches: **Adrian Finn, Blake Christie, Mark Blenkinsop, Paddy Mallia, Sean Dawson, and Tim Kilby.**

Thank you also to everyone who participated in time trials this term. We did some short distance time trials for the morning group, as well as the long distance freestyle time trial for the morning and some evening swimmers. There were 113 time trials completed: 75 by women and 38 by men. A total of 46 swimmers participated: 28 women and 18 men.

Below you'll find the list of fastest and most improved swimmers, as well as the top 3 fastest and most improved in each event. For the fastest swimmers, a cutoff of 225 on the FINA 2015 table was used (<https://www.swimmasters.eu/calculator/fina>). For the Top 3 in the 800 freestyle only those who could not easily complete the 1500 in the time limit are eligible. All times are compared to the "new" spreadsheet that I started in 2023.

There were 14 swims scoring 225 points or more (8 by women and 6 by men). A total of 10 swimmers met the threshold (6 women and 4 men). The top point score was 353 by **Tony Revitt** (7:35am Earlybirds) with a fantastic 20:02 1500 free. Next was **Brigitte Boland** (trial swim, thus exhibition) earning 352 points for 1:12.2 in 100 free. Next, and top (non-exhibition) woman, was **Seana Biggs** (6pm Whitecaps) with 284 points for 23:19 in her 1500 free. She was followed by **Paul Buzuloiu** (7:35am Earlybirds) with 270 points for 1:09.5 in 100 free. Next was **Stephanie Le Saux Farmer** (7:35am Earlybirds) with 258 points for 2:54.0 in 200 free. Rounding out the top three for the women and men, respectively, were **Margaret Janse van Rensburg** (7:35am Earlybirds) with 243 points for 6:56.4 in 400IM, and **Sam Hersh** (7:35am Earlybirds) with 241 for 22:45 in 1500 free. **Tony** scored 225+ in three different events.

There were 27 improvements (14 by women, and 13 by men). A total of 21 swimmers improved (10 women and 11 men). Most improved was **Pauline Phelan** (7:35am Earlybirds) who took a whopping 2:15 (16.9sec/100m) off her 800 free. Second overall and top man was **François Jacques** (7:35am Earlybirds) with a 2:04 (8.3sec/100m) improvement in 1500 free. Next was **Christine Rivas** (7:35am Earlybirds) with a 57sec (7.1sec/100m) improvement in her 800 free. Note that **Christine** was also one of the most improved swimmers last term! She was followed by **Margaret Janse van Rensburg** (7:35am Earlybirds) with a 26.8sec (6.7sec/100m) improvement in 400IM. It's rare to see the same swim win both a fastest and a most improved award! Great job, **Margaret**! Rounding out the top three for the men were both improvements in 1500 free: **Gray Winchell** (7:35am Earlybirds) with 1:08 (4.5sec/100m), and **Andrew Rolleston** (7:35am Earlybirds) with 58sec (3.9sec/100m). **Cheri Reddin** (7:35am Earlybirds), **Sandra Kiviaho** (7:35am Earlybirds), **Gray**, and **Tony** improved in two different events.

The perfect attendance winners for this term are: **Nancy Luitwieler** (7:35am Earlybirds), and **Mariette Kenney** (12:15pm Saturdays).

Fastest Swimmers:

P1	Name	Group	Gender	Event	Time	Points
x	Brigitte Boland	EB1	F	100fs	1:12.2	352
1	Seana Biggs	WC1	F	1500fs	23:19	284
2	Stephanie Le Saux Farmer	EB1	F	200fs	2:54.0	258
3	Margaret Janse van Rensburg	EB1	F	400IM	6:56.4	243
4	Cheri Reddin	EB1	F	1500fs	24:38	240
5	Natalie Aucoin	EB1	F	1500fs	24:51	234
1	Tony Revitt	EB1	M	1500fs	20:02	353

2	Paul Buzuloiu	EB1	M	100fs	1:09.5	270
3	Sam Hersh	EB1	M	1500fs	22:45	241
4	Bruce Brown	EB1	M	1500fs	22:52	237

Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Pauline Phelan	EB1	F	800fs	135.0	16.9
2	Christine Rivas	EB1	F	800fs	57.0	7.1
3	Margaret Janse van Rensburg	EB1	F	400IM	26.8	6.7
4	Katie Macdonald	EB1	F	1500fs	82.0	5.5
5	Janine Debanne	EB1	F	800fs	34.0	4.3
6	Susan Nevitt Yelle	EB1	F	800fs	32.0	4.0
7	Cheri Reddin	EB1	F	1500fs	39.0	2.6
8	Susan Hulley	EB1	F	1500fs	34.0	2.3
9	Shealagh Pope	EB1	F	800fs	9.0	1.1
10	Sandra Kiviaho	EB1	F	1500fs	7.0	0.5
1	Francois Jacques	EB1	M	1500fs	124.0	8.3
2	Gray Winchell	EB1	M	1500fs	68.0	4.5
3	Andrew Rolleston	EB1	M	1500fs	58.0	3.9
4	Julian Labrin	EB1	M	50fs	1.7	3.4
5=	Tom Heyerdahl	EB1	M	100fs	1.7	1.7
5=	Tony Revitt	EB1	M	1500fs	25.0	1.7
7	Ralph Siemsen	EB1	M	1500fs	17.0	1.1
8	Colin Kiviaho	EB1	M	1500fs	14.0	0.9
9	Paul Buzuloiu	EB1	M	100fs	0.7	0.7
10	Steve Dods	EB1	M	400fs	2.0	0.5
11	Bruce Brown	EB1	M	100bk	0.1	0.1

Fastest Three Swimmers Per Event:

Note that each swimmer is only listed once per event, and only those who would not have time to complete the 1500 are eligible to be listed below for the 800 free.

	Name	Group	Gender	Time
50fs				
1	Sandra Kiviaho	EB1	F	41.1
2	Susan Hulley	EB1	F	47.3
3	Susan Nevitt Yelle	EB1	F	50.5
1	Gray Winchell	EB1	M	34.6
2	Bruce Brown	EB1	M	37.3
3	Julian Labrin	EB1	M	38.2
(10/6)				
100fs				
x	Brigitte Boland	EB1	F	1:12.2
1	Natalie Aucoin	EB1	F	1:26.6
2	Sandra Kiviaho	EB1	F	1:32.9
3	Fiona Hill	EB1	F	1:38.9

1	Paul Buzuloiu	EB1	M	1:09.5
2	Gray Winchell	EB1	M	1:21.1
3	Francois Jacques	EB1	M	1:23.2
(8/8)				
200fs				
1	Stephanie Le Saux Farmer	EB1	F	2:54.0
2	Sandra Kiviaho	EB1	F	3:19.6
3	Ruth Fawcett	EB1	F	3:29.7
1	Colin Kiviaho	EB1	M	3:22.0
(5/1)				
400fs				
1	Nancy Luitwieler	EB1	F	10:22
2	Andrea Dorval	EB1	F	10:48
3	Kathleen Beall	EB1	F	12:55
1	Ken Johnson	EB1	M	10:48
2	Steve Dods	EB1	M	10:48
3	Jamie Chalmers	EB1	M	12:10
(3/3)				
800fs				
1	Susan Hulley	EB1	F	15:34
2	Janine Debanne	EB1	F	16:08
3	Susan Nevitt Yelle	EB1	F	16:08
1	Julian Labrin	EB1	M	16:08
(13/1)				
1500fs				
1	Seana Biggs	WC1	F	23:19
2	Cheri Reddin	EB1	F	24:38
3	Margaret Janse van Rensburg	EB1	F	24:39
4	Natalie Aucoin	EB1	F	24:51
1	Tony Revitt	EB1	M	20:02
2	Sam Hersh	EB1	M	22:45
3	Bruce Brown	EB1	M	22:52
(9/12)				
50bk				
1	Cheri Reddin	EB1	F	50.8
2	Ann Bortolotti	EB1	F	1:08.1
3	Jennifer Glassman	EB1	F	1:13.2
1	Paul Buzuloiu	EB1	M	39.5
2	Bruce Brown	EB1	M	43.3
(3/2)				
100bk				
1	Susan Nevitt Yelle	EB1	F	2:10.3
1	Tony Revitt	EB1	M	1:19.6
2	Bruce Brown	EB1	M	1:30.2

(1/2)				
50br				
1	Fiona Hill	EB1	F	51.4
x	Brigitte Boland	EB1	F	51.5
2	Ruth Fawcett	EB1	F	56.8
3	Natalie Aucoin	EB1	F	58.7
1	Francois Jacques	EB1	M	48.6
(8/1)				
100br				
1	Fiona Hill	EB1	F	1:48.6
2	Heloise Emdon	EB1	F	2:16.5
3	Nancy Luitwieler	EB1	F	2:32.6
(1/0)				
50fl				
x	Brigitte Boland	EB1	F	36.0
1	Natalie Aucoin	EB1	F	42.6
2	Cheri Reddin	EB1	F	45.3
3	Christine Rivas	EB1	F	1:08.8
1	Tony Revitt	EB1	M	34.5
2	Francois Jacques	EB1	M	52.1
(4/2)				
100IM				
1	Cheri Reddin	EB1	F	1:40.2
2	Ruth Fawcett	EB1	F	1:54.8
3	Christine Rivas	EB1	F	2:20.7
(4/0)				
200IM				
1	Margaret Janse van Rensburg	EB1	F	3:21.8
2	Jennifer Glassman	EB1	F	4:55.7
(2/0)				
400IM				
1	Margaret Janse van Rensburg	EB1	F	6:56.4
(1/0)				

Most Improved Three Swimmers Per Event:

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Sandra Kiviaho	EB1	F	0.2	0.4
2	Christine Rivas	EB1	F	0.0	0.0
1	Julian Labrin	EB1	M	1.7	3.4
2	Gray Winchell	EB1	M	1.3	2.6
(2/2)					
100fs					
1	Tom Heyerdahl	EB1	M	1.7	1.7

2	Paul Buzuloiu	EB1	M	0.7	0.7
(0/2)					
400fs					
1	Steve Dods	EB1	M	2.0	0.5
(0/1)					
800fs					
1	Pauline Phelan	EB1	F	135.0	16.9
2	Christine Rivas	EB1	F	57.0	7.1
3	Janine Debanne	EB1	F	34.0	4.3
4	Susan Nevitt Yelle	EB1	F	32.0	4.0
(6/0)					
1500fs					
1	Katie Macdonald	EB1	F	82.0	5.5
2	Cheri Reddin	EB1	F	39.0	2.6
3	Susan Hulley	EB1	F	34.0	2.3
1	Francois Jacques	EB1	M	124.0	8.3
2	Gray Winchell	EB1	M	68.0	4.5
3	Andrew Rolleston	EB1	M	58.0	3.9
(4/6)					
100bk					
1	Bruce Brown	EB1	M	0.1	0.1
(0/1)					
50f1					
1	Tony Revitt	EB1	M	0.7	1.4
(0/1)					
100IM					
1	Cheri Reddin	EB1	F	1.6	1.6
(1/0)					
400IM					
1	Margaret Janse van Rensburg	EB1	F	26.8	6.7
(1/0)					

Fall Session Information

Dates: Tuesday September 3 to Saturday December 31; no workouts Monday September 2 or Monday October 14.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End: **Lynn**

8:40-9:40am Mon/Wed/Fri Earlybirds 2: Deep End: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

8:15-9:25am Saturdays: Shallow End: rotating coach schedule (see workout themes)

Further details and changes will be noted here.

Special Sets:

Tue/Wed October 15/16: fin day

Mon November 4: 1500.800 time trial
Thu/Fri November 14/15: fin day
Mon November 25: short distance time trials
Thu/Fri December 19/20: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanfall24.pdf>.

Ask the Coach

Dear Coach: Would you recommend that I sign up for lessons with you or through Carleton (Adult group or private lessons) to work more on my technique? New Swimmer

Dear N. Swimmer: For the first month of each term we focus on technique in the weekday workouts, so I would recommend at least waiting until that is complete. After that, we do have a chance to do clinics (upon request) for the morning group, which is certainly more cost-effective than paying for extra lessons. Those will likely be more helpful than the Carleton lessons that are intended for beginner swimmers. My lessons are currently full for the Fall term, but ask to be added to my e-list to get on the cancellation list or to get early notification of the Winter schedule.

Dear Coach: Can you review the breaststroke arm movement? Another New Swimmer

Dear A.N. Swimmer: Start with your arms extended, palms down, thumbs together. Scull your hands out to just a little wider than shoulder width (out-sweep), then push the water with your hands and forearms (using your chest muscles) until your hands touch each other approximately below your neck (in-sweep). Then bring your elbows together as your hands return to the starting position. During the in-sweep, ensure that your fingers are pointing slightly forward and down, not straight down or pointing backwards. The arm pull should be a fairly small triangular motion. You can do it with a noodle under your armpits to ensure that your arms don't go too far back. As always, ask your coach for feedback!

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August **2025**), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$65**. For both, it's **\$80**. Contact me for more details.

Here's a list of upcoming meets and races mostly in Ontario and Quebec. Details of Swim Ontario and Quebec meets can be found (after they are sanctioned) at <https://www.swimming.ca/en/events-results/live-upcoming-meets/>. (I will add detailed links below when available, if I remember!) Details on MSO meets can be found here: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

November 6-10 Barbados Open Water Festival www.barbadosopenwaterfestival.com
November 30 EOMAC Semi-Serious Meet, Etobicoke (SO registration required)
December 15 Holiday Classic, Collingwood (SO registration required)
December 15 IM Fast, Toronto Pan-Am Sports Centre (SO registration required)
December 29 EOMAC 100 x 100 Etobicoke (SO registration required)
February 1 ROC Masters Meet, Clarington (SO registration required)
February 16 Burlington Winter Splash (SO registration required)
March 9 Swim for the Heart, 1500 LCM, Etobicoke (SO registration required)
March 23 Stephen Forsey Invitational, Markham Pan-Am Centre (SO registration required)
April 25-27 Swim Ontario Masters Championships, Markham Pan-Am Centre (SO registration required)
May 17-19 Canadian Masters Swimming Championships, Saskatoon (SO registration required)
June 29 Worlds Warm-Up LC Meet, Etobicoke (SO registration required)
August World Masters Aquatic Championships, Singapore (SO registration required)
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!

July 27 Kingdom Swims, Newport, Vermont

The results are now posted! Congratulations to **Cori Dinovitzer** (7:35am Earlybirds) who completed the 10 mile (16.09km) distance and to **Tom Heyerdahl** (7:35am Earlybirds) who completed the 25km Border Buster. Those are some very impressive swims!!! Details: <https://kingdomgames.co/kingdom-swim/>. Results: <https://longswims.com/events/kingdom-swim/2024/>.

10 Mile:

Cori Dinovitzer (7:35am Earlybirds; F60-64): 19th overall, 14th woman, and 2nd in category in 7:33:46

August 11 Thousand Islands Olympic Triathlon, Brockville

Congratulations to Seana and Kelly on great races, especially the swims! Awesome that Seana finished on the podium! Full results: <https://sportstats.one/results/141562>.

Seana Biggs (6pm Whitecaps; F25-29): 62nd overall, 17th woman, and 3rd in category in 3:08:41 (30:46 swim)

Kelly Biggs (6pm Whitecaps; F25-29): 111th overall, 39th woman, and 8th in category in 3:55:42 (34:13 swim)

August 24 End of Summer Spectacular LCM Meet, Avon, OH

I was the only Canadian. Full results: <https://www.usms.org/comp/meets/meet.php?MeetID=20240824avonL>.

Lynn Marshall (Coach; F60-64): 1st 100 free (1:12.07), 1500 free (20:50.84), 200 back (2:59.93), 200 breast (3:26.47), 50 fly (36.04), 400IM (6:07.01)

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 1**).

Notes and Reminders

Carleton Masters Fall Programs

Registering online (<https://rec.carleton.ca/>, search for "Masters") is recommended unless you wish to use a credit on your account, then register by phone or in person.

Here are the details of the programs and dates:

Fall Session: Tuesday September 3 to Saturday December 21; no workouts Monday September 2 or Monday October 14.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$210+HST: **Full: wait list available**

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$210+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$227+HST: **Full: wait list available**

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$207+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$103+HST: **Full: wait list available**

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

General Masters Information:

- **Memberships:** To be able to swim with Masters, you need a membership good for the entire term. It must include pool access and be valid for the time of day when you will be swimming. The different membership options are listed here: <https://athletics.carleton.ca/memberships/>.
- **Parking:** Most community memberships include three hour parking in Lot 5.

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Monday 4:00-5:00pm and 5:00-6:00pm

Some Tuesdays 3:30-4:30pm and 4:30-5:30pm

Lessons are currently all booked, but a cancellation list is available.

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.

Students May Add Carleton Masters to their Co-Curricular Record

Carleton students who swim with Carleton Masters may now get this added to their co-curricular record. Just add "Carleton Masters Swim – Member". Information on how to do this is provided here: <https://carleton.ca/se0/ccr/>.

Team Aquatic Supplies Discount for Carleton Masters Swimmers: Aquasport (2730 Iris Street) is under new management, now being run by Team Aquatic Supplies. We receive a 20% discount on regularly priced merchandise until the end of August **2024**. I'm not sure if it will be renewed for this season! When ordering on-line (<https://team-aquatic.com/>) use the code on the card. When shopping in person, show a copy of this [discount card](#).

Carleton Ravens Gear: Swim caps (\$15), and T-shirts, hoodies, and size 36 women's suits (\$20 each) are available as a fundraiser to support the Varsity swim team. Ask for more details.

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 annual fees to register Carleton Masters with Masters Swimming Ontario and Swim Ontario. We have a few triathlon latex caps (50c), some silicone caps (\$2), as well as some brand new Speedo silicone caps and Speedo thick polyester caps (\$5). 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.

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.)

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

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).

Happy lengths!
Lynn

lynnmar@sce.carleton.ca

Club website: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>