

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Wednesday, February 22, 2012 12:36 PM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; Nico Belisle; 'Tim Kilby'
Subject: Carleton Masters Swimming Newsletter #301

Carleton Masters Swimming Newsletter #301

Wednesday, February 22nd, 2012

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2011 / Winter 2012 and Alumni: 7:30am Earlybirds I (39 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (43 addresses), 7:10pm Whitecaps II (26 addresses), 8:10pm Whitecaps III (32 addresses), Saturday Only (3 addresses), Masters "Alumni" (35 addresses).

"The only opinion about your dream that really counts is yours. The negative comments of others merely reflect their limitations - not yours." – Cynthia Kersey

Masters Program Notes and Cancellations

- Note that there will be **no workouts on Fri Apr 6th (Good Friday) or Mon Apr 9th (Easter Monday)**. There is a workout **Sat Apr 7th** for those registered for the Saturday group.
- The Winter session ends **Sat Apr 7th, Thu Apr 12th or Fri Apr 13th** depending on your group(s).
- Pro-rated prices are now available for those who wish to join Masters (or add an additional group) for the remainder of the Winter term. There is space in all groups, except the 6pm Whitecaps.

Swimmer Notes

Swimmer Updates:

- Happy 40th Birthday to **Natalie Aucoin** (8:30am Earlybirds). Natalie turned 40 on Valentine's Day.
- **Chris Macknie** (7:30am Earlybirds) deserves special mention for two consecutive weekends of an extreme amount of racing. On Feb 11-12th he did the Canadian Ski Marathon, gold coureur du bois – 160km of skiing over two days, camping out on the Saturday night. Then on Feb 18-19th he did the 51k classic Keskinada Loppet ski on the Saturday and ran a marathon on Sunday! He says he's taking next weekend off!
- Congratulations to **Isabelle Fradette** (8:30am Earlybirds) and her husband, **Marc Roy**, the owners of Sportstats, on the acquisition of Vancouver-based Race Headquarters: <http://runningmagazine.ca/2012/02/sections/news/sportstats-acquires-race-headquarters/>.
- Congratulations to **Jamie Wildsmith** (6pm Whitecaps)'s girlfriend, **Audrey**, on a 3 medal performance at the Atlantic University Conference Championships. Audrey won 50m breast and 100m breast, and was 3rd in 200m breast – all in best times, without a taper. Next up, the Canadian University Championships!
- In the last newsletter, I mentioned that **Lucie Boudreau** (8:30am Earlybirds) was 4th in her age group in the Winterlude Triathlon on Feb 4th. Lise Meloche, also in Lucie's 50-59 age group, was the 3rd overall woman, so she received an overall women's award. So Lucie received an award for 3rd in her age group. Congratulations, Lucie!
- An article by **Rick Hellard** (7:30am Earlybirds) is featured in iRun.ca's February issue: The 'Oops' Factor: Arm Swing: <http://irun.ca/issues/article.php?id=353&intIssueID=26>. Check it out!
- For that special evening at a Cuban Resort, check out: <http://carletonmasters.tripod.com/12photo/>. Thanks to **Theresa Wallace** (8:30am Earlybirds) for sending this in!
- **Lisa Balerna** (lisabalerna@rogers.com) is organizing a Run Talk at Westboro Lululemon 340 Richmond Rd Sat Feb 25th at 9am. There will be a 45min talk followed by a 30min run. All welcome.
- If anyone would like some beautiful cards, **Penny Estabrooks** (8:30am Earlybirds) has both winter cards (http://www.pennye.ca/art/cards_Nov11.htm) and all occasion cards from any of her paintings (<http://www.pennye.ca/art/index.html>) available. They are \$2 or 6 for \$10.
- As many of you know, **Debby Whately** (6pm Whitecaps) is an avid paddler. Her Dragon boat team is having a fundraiser selling Organic Free Trade Coffee. They are selling one pound bags for \$15. They have a medium dark roast in regular or decaf and you can get beans, regular grind or espresso grind. If you are interested, please talk to Debby at workout or contact her via e-mail at: whately@cheo.on.ca.
- I was asked to bring this MSC (Masters Swimming Canada) announcement to your attention: <http://www.mymisc.ca/Documents/2012-02-10-MS-Announcement.pdf>.

News Articles:

- Lance Armstrong Visits a Calgary Masters Team: <http://teamtixem.timexblogs.com/2011/09/15/swimming-with-a-7-time-tour-de-france-champion/>
- Thanks to **Robin Henderson** (8:30am Earlybirds) for sending this in: Engagement of two US swimmers on the medal podium: <http://ca.sports.yahoo.com/blogs/olympics-fourth-place-medal/olympic-swimmer-proposes-girlfriend-medal-stand-video-151602945.html> and <http://www.youtube.com/watch?v=4LWLNgh2-c>.
- Exercise Hormone May Fight Obesity: <http://well.blogs.nytimes.com/2012/01/11/exercise-hormone-helps-keep-us-healthy/?ref=health>
- Workouts Have their Limits: <http://www.reuters.com/article/2012/01/11/us-chlorine-lungs-idUSTRE80A2BZ20120111>
- How to Adjust Your Workouts for an Off-Day: <http://www.runningtimes.com/Article.aspx?ArticleID=23528>
- How Exercise May Keep Alzheimer's at Bay: <http://well.blogs.nytimes.com/2012/01/18/how-exercise-may-keep-alzheimers-at-bay/>
- Giving Your Muscles a Lift: <http://www.nationalpost.com/todays-paper/Giving+your+muscles+lift/6006027/story.html>

Swim Suits for Sale: The suits range in brand, style, and colour. Prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask!

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. Latex caps are 50c (plus a few brand new latex caps for \$1) and silicone caps \$2. Just ask if you're interested in looking at these.

Nose Clips for Sale: Cost \$5. Mostly size medium, plus a few small and large. Contact me if you are interested.

Winter Session Information

The usual pool allocations and coaches are as follows:

7:30-8:30am MWF Earlybirds: Deep End; Lynn
8:30-9:30am MWF Earlybirds: Deep End; Lynn
6:00-7:10pm MTuTh Whitecaps: Shallow Monday, Deep Tuesday/Thursday; Lynn
7:10-8:10pm MTuTh Whitecaps: Shallow End; Monday: Lynn; Tuesday/Thursday: Mits
8:10-9:10pm TuTh Whitecaps: Shallow End; Mits
8:15-9:25am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be mentioned here, if I have enough notice.

Fin Days for the Winter session are:

6pm Tue Feb 7th / 7:30am/8:30am Wed Feb 8th
6pm Tue Mar 13th / 7:30am/8:30am Wed Mar 14th

Winter Time Trials are as follows:

All Mon Feb 13th: 400 fs or IM
6pm Tue Feb 28th / 7:30am/8:30am Wed Feb 29th: 2 x 50 ch
6pm Thu Mar 8th / 7:30am/8:30am Fri Mar 9th: 100 ch
All Mon Mar 19th: 200 ch
Tue Mar 27th / 7:30am/8:30am Wed Mar 28th: 1500 fs (800 fs for those over 2:15/100m)
6pm Thu Apr 12th / 7:30am/8:30am Fri Apr 13th: relays

Full schedule of workouts is available at: <http://carletonmasters.tripod.com/mastplanwint12.pdf>. Thanks to a suggestion from **Chris Macknie** (7:30am Earlybirds), we'll do a special "leap day" themed workout after the 50 time trials on Feb 28/29th.

Thanks to all who participated in the 400 time trials on Mon Feb 13th. No less than **24** swimmers improved! There were also 10 brave swimmers who did a 400IM, including **Margaret King** (7:30am Earlybirds) who did her first one. The biggest improvements were by **Roy Hanes** (7:10pm Whitecaps) and **Amelia Zimmermann** (6pm Whitecaps) who improved their 400 free times by 54 and 49.1 seconds, respectively! Here's the list of improvements:

400fs

Roy Hanes (7:10pm Whitecaps): 54.0
Amelia Zimmermann (6pm Whitecaps): 49.1
Malika Shaath (8:30am Earlybirds): 39.5
Marie Steele (6pm Whitecaps): 34.0
Christian Cattan (7:30am Earlybirds): 27.6
Jordan Monnink (7:10pm Whitecaps): 27.4
Dave Grynspan (6pm Whitecaps): 27.1
Cindy Steele (6pm Whitecaps): 26.3
Susan Hulley (7:30am Earlybirds): 20.0
Lucette Lafamme (7:10pm Whitecaps): 19.4
Lois Frankel (7:30am Earlybirds): 12.3
Dave Caldwell (7:30am Earlybirds): 12.0
Theresa Wallace (8:30am Earlybirds): 11.6
Andrea Chandler (8:30am Earlybirds): 11.1
Joanne Dawson (6pm Whitecaps): 10.1
Ray Anderson (7:30am Earlybirds): 9.2
Matt Brenning (7:10pm Whitecaps): 6.2
Deb Low (6pm Whitecaps): 5.7
Shauna Ironside (8:30am Earlybirds): 5.7
Cheri Reddin (6pm Whitecaps): 4.6
Robin Henderson (8:30am Earlybirds): 4.3
Dmitry Lyzenko (7:10pm Whitecaps): 1.9

400IM

Jamie Wildsmith (6pm Whitecaps): 4.7
Robert Fabes (7:30am Earlybirds): 4.2

Here are the weekday attendance statistics for the Winter term. There are now **9** swimmers with perfect attendance to date. Keep it up!

6:00pm Whitecaps (Jan 3-Feb 21st; 21 workouts; range: 20-31; avg.: 24.7)

Perfect Attendance: **Dave G, Lee S**
Missed 1 Workout: **Deb Low, Don W**
Missed 2 Workouts: **Marie S**

7:10pm Whitecaps (Jan 3-Feb 21st; 21 workouts; range: 11-19; avg.: 13.9)

Missed 1 Workout: **Jamie C, Joanie C**
Missed 2 Workouts: **Dave B, Matt B**

8:10pm Whitecaps (Jan 3-Feb 21st; 15 workouts; range: 8-18; avg.: 13.1)

Missed 2 Workouts: **Elaine Y, Jean K, Veronica T**

7:30am Earlybirds (Jan 4-Feb 22nd; 21 workouts; range: 20-29; avg.: 24.5)

Perfect Attendance: **Angela D, Bruce B, Robert F, Susan H**
Missed 1 Workout: **Chris M, Margaret K, Ursula S, Zoe P**

Missed 2 Workouts: **Brad S**

8:30am Earlybirds (Jan 4-Feb 22nd; 21 workouts; range: 13-21; avg.: 18.3)

Perfect Attendance: **Isla P, Margaret DK, Theresa W**

Missed 1 Workout: **Amir B, Mark B, Penny E, Shauna I**

Missed 2 Workouts: **Renee R**

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2012 is now open. Cost is \$36. Please pay by cash or cheque payable to "Lynn Marshall". Your MSO membership will be good until Dec 31st, 2012. Contact me for more details. Note that you must register with MSO at least **3 weeks** before the **due date** of the entry for your first competition.

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/competition/schedule01.htm>.

For Quebec competitions see: <https://www.swimming.ca/MeetInfo.aspx>, select FNQ <show>, upcoming meets, then the appropriate month, then select the appropriate Masters meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming nearby competitions (mostly) in Ontario and Quebec. More meets and more details will be added as the information become available. Note that meet entries and confirming meet information and entry dates are your responsibility.

Sat Feb 25th Nepean Masters LCM Winterlude Meet

<http://www.mastersswimmingontario.ca/pdf/2012NepeanMastersWinterlude.pdf>

Sun Mar 4th Technosport SCM Meet <http://www.mastersswimmingontario.ca/pdf/technosportmarch42012.pdf>

Sun Mar 4th Milton SCM Meet <http://www.mastersswimmingontario.ca/pdf/MMAC2012.pdf>

Mar 8-18th PP Travel and Training Swim Cruise psimard34@sympatico.ca

Sun Mar 11th Etobicoke Swim for Heart 1500 LCM <http://www.mastersswimmingontario.ca/pdf/Heartswim2012.pdf>

Sat Mar 17th DDO St Patrick Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=12148>

Mar 30th – Apr 1st Ontario Masters SCM Championships, Toronto area

<http://www.mastersswimmingontario.ca/pdf/2012MSOChamps.pdf>

Apr 13-15th Quebec Masters SCM Championships, Gatineau **** Entry due to me by Wed Mar 14th ****

<https://registration.swimming.ca/MeetInfo.aspx?meetid=11438>

Sat Apr 21st Downtown Swim Club LCM Meet, U of Toronto

<http://www.mastersswimmingontario.ca/pdf/DSCAIIOUTApril212012.pdf>

Sun May 6th Thornhill Masters SCM Meet <http://www.mastersswimmingontario.ca/pdf/ThornhillMay62012.pdf>

May 18-21st Canadian Masters Nationals, Kelowna, BC <http://cmsc2012.ca/>

Jun 3-17th FINA World Aquatic Championships, Riccione, Italy <http://www.finamasters2012.org/>;

qualifying times: http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082

Sat Jun 9th Longueuil LCM Masters Meet (details TBA)

Sat Jul 14th Bring on the Bay 3k Swim (MSO registration not required) <http://www.bringonthebay.com>

Sat Jul 14th London LCM Meet (details TBA)

Summer 2014 FINA World Aquatic Championships, Montreal (details TBA)

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

Sat-Sun Feb 11-12th Canadian Ski Marathon

Congratulations to **Chris Macknie** (7:30am Earlybirds) on achieving his 2nd gold bar (160km and camp overnight), in his 6th CSM weekend! Unfortunately, **Zoe Panchen** (7:30am Earlybirds), in her 8th CSM weekend and 6th doing the gold coureur de bois didn't have a great weekend and had her first ever DNF (reprinted from TriRudy):

"The Saturday of this year's Canadian Ski Marathon (CSM) was a perfect day, cold but sunny. The CSM team had promised good snow conditions and they did not disappoint, probably the best conditions I have participated in.

This was to be my 8th CSM having done the bronze, silver and five golds. I had been out of town the weekend of the CSM for the past few years and so this year I would finally have the opportunity to wear my golden permanent bib number I had earned 4 years ago. I had never not finished the CSM, but this year was to be different.

There is a great sense of camaraderie at the CSM and it was fun to catch up with all the people I have got to know over the years, many of whom I only see this one weekend of the year. So as we headed out from the start in the dark, head torches bobbing, it was cool to hear little phrases like "hey Zoe, how you doin', good to see you at the CSM", "hey Greg, nice to see you!".

Section after section, I admired and marvelled at the beautiful winter wonderland, enjoying skiing across fields, woods, valleys and hills. Much of the route was familiar but there were some new stretches I had not skied before. The grooming was superb, considering how little snow we have had, the trails were well covered with snow, no skied out patches on the down hills and no skittering across icy farm yards. The CSM team had done an excellent job preparing the trail.

My training had gone well, I had 400km of skiing under my belt, was skiing at a pace that would get me comfortably to the check point cut offs on time, felt comfortable and in balance carrying a pack and I had no wheezing at the end of long cold skies (the only symptom I ever have of cold induced asthma).

One of my biggest challenges on the CSM is skiing with a pack. I am on rather the small side - just over 5ft tall. The requirement for CSM gold is to carry a pack of at least 5kg containing everything you need to sleep outside. Most golds I would recon have a pack weighing around 20lbs which is about a fifth of my weight. This year I had whittled my pack down to somewhere around 7 or 8kg but balancing on skinny skis on a twisty downhill with a big lump on my back still proves difficult. On more difficult downhills I usually resort to the tried and tested snow plough or swallowing the pride and taking the skis off and walking down. I have become more proficient over the years and this year I was proud to have skied the 1st section in the dark with no falls. Alas fallless streak did not last and I fell on a silly little hill just out of the 1st check point. Someone then skied into me, I twisted my knee, he broke his pole. We both checked each other were OK and off we skied with no bad feelings, such is the spirit between CSM skiers.

Every year I make up a little card with the times I need to reach a check point in order to meet the cut off times. I have a 7km/hr column which is the bare minimum to make the cut offs and an 8km/hr column which is a comfortable speed for me. This year I was way ahead of my 8km column, cruising along comfortably. Things were looking good.

However on the last section of the first day when I'd already been skiing for 9hrs and 75km, I started wheezing, my breathing was a bit laboured and the pace slowed. This is not unusual for me, it happens every year at the CSM and I'm usually fine the next day. For the first few years I had no idea that there was even a problem, cold induced asthma was something most had never heard of at that time. Finely someone in the know heard me wheezing and encouraged me to go to the doctors and I was told I had cold/exercise induced asthma. Half of me did not really believe it as I only got a wheeze & a cough and no hint of an asthma attack and I noticed no difference with the various inhalers I tried.

I arrived at gold camp at 5pm, happy to be finished for the day. I quickly changed my inner clothing layer to prevent getting chilled and refuelled for the next day. New friends were made around the camp fire and epic stories of the day and past years told. Everyone retires early at camp when it is close to -20C and

there is a long day ahead.

I had barely got settled in my sleeping bag when I had my first ever asthma attack. It was scary and I really wasn't sure what to do. The noise of the wheezing was alarming. I felt trapped in my bivy bag, every slight movement exacerbated the gasping breathing. I worked hard to relax and take deep breaths. In panic I sat up and that seemed to help. I somehow got my breathing under control. I found lying with my head propped up (on my ski boot of all things!) seemed to help. I went on to have one of my warmest and most comfortable sleeps at camp.

By the next morning I felt fine and off I set but it wasn't long before the wheezing returned and my pace slowed. Mr. Sandbag Mike Giles skied by looking strong and fast for someone who said he was injured and not well trained with encouraging words but I was drifting towards the tail end of the skiers. I was 1/2hr behind schedule at the 1st check point. I resolved to keep going until I was stopped at a check point because of missing the cut off. I arrived at the 2nd check point an hour behind schedule. I could have kept going but the next section was the infamous Rouge River section with huge up and down hills. I was concerned I didn't have the mental fortitude to negotiate this section and that I might have another asthma attack so I reluctantly and sadly decided to call it quits.

I was disappointed, this was the 1st time I had not finished the CSM or any event for that matter. I was disappointed not to ski the rest of the tougher sections on a year with such good snow conditions that would have made it easier to negotiate.

It is three days on now, I am still wheezing and breathless but already I have resolved to return and redeem myself. I am scheming of ways to make my pack even lighter and to take this asthma thing more seriously and figure out how to better control it. I want to ski the whole CSM with that golden number! Look out for #227 and say hi!

I hope that this report will be of interest to those that have or might think they have cold/exercise induced asthma. If anyone has suggestions let me know & I will maybe compile and post on TriRudy."

Sun Feb 12th Burlington Masters Meet

Jamie Chalmers (7:10pm Whitecaps) was Carleton's only swimmer at this meet. Full results at: <http://mymsc.ca/ShowMeet.jsp?id=446>. Congratulations to Jamie on 3 PBs and 2 Club records!! The updated club records can be found at: <http://carletonmasters.tripod.com/120212.Records.pdf>. Here's how he did:

Jamie Chalmers (7:10pm Whitecaps; 65-69): 1st 200bk (4:00.09 Club Record & PB); 2nd 400fs (8:23.74 Club Record & PB); 3rd 100fs (1:25.79), 100br (2:12.25 PB), 100IM (1:50.13); 4th 100bk (1:44.89); 5th 50fs (36.14)

Sat-Sun Feb 18-19th Keskinada Loppet

Full results at: <http://www.sportstats.ca>. If I missed anyone, do let me know! Congratulations to Sheila, Chris and Lucie:

Saturday 51k Classic (331 participants):

Chris Macknie (7:30am Earlybirds; 45-49): 112th overall, 104th man and 25th in age group in 3:41:33.1

Sunday 51k Skate (422 participants):

Sheila Kealey (6pm Whitecaps; 45-49): 41st overall, 4th woman and 1st in age group in 2:26:33.9

Lucie Boudreau (8:30am Earlybirds; 55-59): 272nd overall, 32nd woman and 4th in age group in 3:18:01.0

Sun Feb 19th Winterman Marathon (69 participants)

Full results at: <http://www.sportstats.ca>. If I missed anyone, do let me know! Well done Chris – what a crazy two weekends in a row!

Chris Macknie (7:30am Earlybirds; 45-49): 3rd overall and 1st in age group in 3:01:18.3

Sun Feb 19th LaSalle (Montreal) Masters Meet

There were four Carleton swimmers in attendance: **Jamie Chalmers** (7:10pm Whitecaps), **Lina Vincent** (6pm Whitecaps), **Lee Storm** (6pm Whitecaps) and **me**. A nice facility, except for the water being very warm. We don't yet have official results, but unofficially, Lina set 4 club records in the 60-64 age group (50m, 100m, 200m breast, and 100m IM), and Jamie (65-69), Lee (40-44) and myself (50-54) each set one (200m breast, 400m IM and 100m fly, respectively), with mine also being a National Record. Full details once we have the official times!

2012 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 (by gender and age group both SCM and LCM) at:

<http://www3.sympatico.ca/chberger/#canada> (last update Feb 19th).

Ask the Coach

Further to the question on when to push off the wall from last time (see below), thanks to **Jamie Wildsmith** (6pm Whitecaps) for this suggestion: When swimming backstroke, if you do flip turns, you can cross over to the other side of the lane while doing the one freestyle stroke before your turn.

Dear Coach: Where should I push off the wall when we are swimming in workout? Swimmer in a Busy Lane

Dear S.i.a.B. Lane: For all strokes except backstroke, you should cross over to the far side of the lane as soon as it is clear to do so, and thus do your turn on the far side of the lane and push off straight. If you are certain that there is no one just behind you, then this is less critical. In backstroke, where you cannot see ahead of you, the opposite applies. It's safer to turn on the side you are on, and cross over as you leave the wall, unless you are certain that there is no one just ahead of you. When finishing a repeat, finish straight ahead, and then move out of the way of any other swimmers behind you.

Dear Coach: What strokes may I do flip turns on? Learning to Flip

Dear L.t. Flip: You may do flip turns for freestyle to freestyle turns and for backstroke to backstroke turns. As you must touch the wall with both hands on breast and fly, you would gain no time from a flip turn. And as you must touch the wall on your back in a back to breast turn, there is again no advantage to doing a flip turn.

Dear Coach: Should I use a board when I kick? Improving my Kick

Dear I.m. Kick: Generally, you should not use a board for backstroke kick. However, if you are doing just 25m of backstroke kick, keep the board, but hold it out of the water – ask for a demo. For the other strokes, you generally should use a board, unless there's a specific drill that we're working on, or if the kick board causes you back pain, etc.

Dear Coach: During the timed 400, I noticed some swimmers were not pushing back all the way. Why is that? Observant Swimmer

Dear O. Swimmer: First of all, most swimmers tend to shorten their strokes as they get tired. In addition, it sometimes appears that swimmers are not pushing as far back as they are if they start their arm recovery with their hand still in the water. However, I expect that your observation was more the former than the latter ☺!

Private and Semi-Private Masters Swim Lessons

Winter Availability:

Mon 9:45-10:45am: Mar 12, 19, 24; Apr 2

Fri 9:45-10:45am: Mar 9, 23, 29

Some evening and weekend times will be added during Carleton's Reading week (Feb 18-26th) and during April exams (Apr 1-13th). I also usually have lots of evenings available during the May-August timeframe. E-mail me for more details.

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Reminders

Masters Winter Programs:

You must be a Carleton Athletics member, and Masters program registration must be done by phone or in person (not on-line). The only change from last year is that Child Safety Supervision will not be offered.

Winter Session: Tue Jan 3rd to Fri Apr 13th (no workouts Mon Feb 20th, Fri Apr 6th, Mon Apr 9th)

Earlybirds 1 (7:30-8:30am MWF): Barcode 3541; \$126+HST; Coach: Lynn

Earlybirds 2 (8:30-9:30am MWF): Barcode 3542; \$126+HST; Coach: Lynn

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 3550; \$138+HST; Coach: Lynn (**Full for Winter: wait list available**)

Whitecaps 2 (7:10-8:10pm MTuTh): Barcode 3554; \$126+HST; Coaches: Mon: Lynn; Tue/Thu: Mits

Whitecaps 3 (8:10-9:10pm TuTh): Barcode 3558; \$92+HST; Coach: Mits

Saturday Earlybirds (8:15-9:25am Sat): Barcode 3544; \$42+HST; Coaches: rotating schedule, see web site

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 the Workouts?: Are you interested in getting copies of myworkouts ahead of time? Let me know. I usually e-mail out two week'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! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

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

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

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