

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Wednesday, June 06, 2012 12:12 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 #309

Carleton Masters Swimming Newsletter #309

Wednesday, June 6th, 2012

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2011 / Winter 2012 / Spring 2012 and Alumni: 7:30am Earlybirds I (43 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (30 addresses), 8:10pm Whitecaps III (34 addresses), Saturday Only (4 addresses), Masters "Alumni" (33 addresses).

"It's not whether you get knocked down; it's whether you get up." – Vince Lombardi

Masters Program Notes and Cancellations

- The Spring session ends **Sat Jun 30th**.
- **The Athletics facility is closed on Sun Jul 1st**, and there are no Masters workouts on **Mon Jul 2nd**.
- The Summer session starts **Tue Jul 3rd**.
- Some Spring/Summer groups are near full:
 - **7:30am Spring:** 1 spots left
 - **6pm Spring:** 2 spots left
 - **6pm Summer:** 8 spots left
- Dates, prices, etc. for the Spring/Summer programs can be found near the end of the newsletter.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Nathan Fudge** (6pm Whitecaps) and **Anne-Sophie** who got married on May 12th at the Museum of Civilization and recently returned from a honeymoon in Jamaica. **Nathan** hopes to be back in the pool for the Summer session.
- **Debby Whately** (6pm Whitecaps) recently saw **George Tomblor** (x-6pm Whitecaps) at the General Hospital for yet another platelets appointment. He is doing well, and still driving occasionally. He asked that Debby pass on his greetings to everyone at the pool.
- **Ursula Scott** (8:30am Earlybirds), her husband, **Sean Kelly** (x-Earlybirds), and I attended the Sun Jun 3rd farewell service for **Jim Lee** (6pm Whitecaps) at the Carleton Memorial United Church. Jim and his wife **Debra Lee** (6pm Whitecaps) and their whole family were in attendance for a very nice event.
- Congratulations to **Eddie Montes** (8:10pm Whitecaps and Pool Staff) on playing for the El Salvador National Water Polo team that recently won the CAMEX tournament (Central America / Mexico). This is the first step to qualifying for the 2015 Pan Am Games in Toronto.
- **Sandy Lawson** (7:30am Earlybirds) and **Natalie Aucoin** (8:30am Earlybirds) will be representing Carleton at the World Masters Aquatic Championships in Riccione, Italy in June!! Best of luck to you both! We look forward to the race results and photos.
- So far we have three children confirmed for **Child Safety Supervision** Fall/Winter 2012/2013. Please let me know ASAP if anyone else is interested.
- I recently wrote an article for Good Guys Tri titled "Ten Swimming Tips for Triathletes": <http://www.goodguystri.ca/resource-articles/ten-swimming-tips-for-triathletes>
- Once again, please remember to put your equipment away after workout. Yellow boards and torpedo-shaped pull-buoys go in the blue cage, and all other equipment on the shelves along the wall. Thank you!!

News and Links:

- An article about **Dara Torres**, attempting to qualify for London in her mid-40s!: http://www.washingtonpost.com/sports/olympics/2012-olympics-dara-torres-pursues-speed-for-the-ages/2012/05/16/gIQAAPF6TU_story.html
- Check out the National Capital Fit Day, Sat Jun 16th: <http://www.nationalcapitalfitday.com/>
- This is Your Brain on Sugar: High-Fructose Diet Sabotages Learning, Memory: <http://www.sciencedaily.com/releases/2012/05/120515150938.htm>
- How Perception can Boost Performance: <http://well.blogs.nytimes.com/2012/03/28/the-psychology-of-sports-performance/>
- Do the Performance Benefits of Caffeine Come at a Cost?: http://running.competitor.com/2012/03/nutrition/do-the-performance-benefits-of-caffeine-come-at-a-cost_49856
- Regular Chocolate Eaters are Thinner: <http://www.sciencedaily.com/releases/2012/03/120327091227.htm>
- How to Defeat Negative Self-Talk: <http://www.iavr-connect.com/training/negativeselftalk/>
- Do Statins Make it Tough to Exercise?: <http://well.blogs.nytimes.com/2012/03/14/do-statins-make-it-tough-to-exercise/?ref=health>

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.

Spring 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 (Mon/Tue) and Mits (Thu)

7:10-8:10pm MTuTh Whitecaps: Shallow Monday, Deep Tuesday/Thursday; Lynn (Mon/Tue) and Mits (Thu)

8:15-9:25am (10:15-11:25am on May 19th and Jun 30th) Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Fin Day for the Spring session is:

Tue Jun 12th/Wed Jun 13th

Spring Time Trials are as follows:

Fri Jun 1st: 400 TT

Tue Jun 5th/Wed Jun 6th: 200 TT

Mon Jun 11th: 800/1500 TT

Tue Jun 19th/Wed Jun 20th: 50 & 100 TT

Thu Jun 28th/Fri Jun 29th: fun day

The Spring and Summer workout themes are at: <http://carletonmasters.tripod.com/mastplansprsum12.pdf>.

Thanks to all who participated in the 400 time trials on Fri Jun 1st. Just two hardy souls chose to do IM: **Angela Davis** (7:30am Earlybirds) and **Chris Kent** (8:30am Earlybirds). A couple of swimmers were permitted to do just a 200fs: **Margaret Diben King** (8:30am Earlybirds – still recovering from her knee replacement), and **Ahmed Doha** (7:30am Earlybirds – just getting back into swimming shape). Everyone else did a 400fs. There were quite a few improvements! Ahmed improved his 200fs by just over a minute (next time he has to do the full 400 ☺!). The biggest improvements in the 400fs were by **Francois Mathieu** (7:10pm Whitecaps): 22.1 seconds and **Susan Hulley** (7:30am Earlybirds): 11.0 seconds. The full list of improvements follows. Congratulations, all!

200fs:

Ahmed Doha (7:30am Earlybirds) 1:00.5

400fs:

Francois Mathieu (7:10pm Whitecaps) 22.1

Susan Hulley (7:30am Earlybirds) 11.0

Margaret King (7:30am Earlybirds) 9.6

Robin Henderson (7:30am Earlybirds) 4.4

Chris Macknie (7:30am Earlybirds) 3.4

Siobhan MacManus (7:30am Earlybirds) 1.6

Francois Jacques (7:30am Earlybirds) 0.7

Ursula Scott (8:30am Earlybirds) 0.2

Lots of great swims during the 200 time trials on Tue Jun 5th / Wed Jun 6th. Special mention to **Madelayne DeGrace** (7:30am Earlybirds) and **Mark Blenkinsop** (8:30am Earlybirds) who both swam 200 fly! The biggest improvements were by **Kevin Graham** (7:30am Earlybirds) with 17.0 seconds in his 200fs. **Greg Payne** (7:30am Earlybirds) also improved his 200fs by 12.3. **Francois Jacques** (7:30am Earlybirds) improved his 200IM by 10.9, and **Alison Storm** (6pm Whitecaps) improved her 200fs by 10.8. Most consistent award goes to **Francois Mathieu** (7:10pm Whitecaps) for matching his best time exactly in his 200fs. A list of all the improvements can be found below.

200fs:

Kevin Graham (7:30am Earlybirds) 17.0

Greg Payne (7:30am Earlybirds) 12.3

Alison Storm (6pm Whitecaps) 10.8

Cindy Steele (6pm Whitecaps) 8.6

Andrea Mrozek (6pm Whitecaps) 6.8

Dave Caldwell (7:30am Earlybirds) 6.0

Margaret King (7:30am Earlybirds) 5.3

Lauren Dowler (7:10pm Whitecaps) 5.2

Dave Grynspar (6pm Whitecaps) 5.1

Susan Hulley (7:30am Earlybirds) 4.6

Katherine Venance (6pm Whitecaps) 3.3

Ursula Scott (8:30am Earlybirds) 3.2

Mike Lau (6pm Whitecaps) 2.9

Zvi Weinstock (6pm Whitecaps) 2.9

Malika Shaath (8:30am Earlybirds) 2.7

Liz MacNeill (6pm Whitecaps) 1.8

Isaac Fierro Marquez (6pm Whitecaps) 1.2

Amir Banihashemi (8:30am Earlybirds) 0.9

Mike Mopas (7:30am Earlybirds) 0.9

Bruce Brown (7:30am Earlybirds) 0.4

200br:

Sean Dawson (6pm Whitecaps/8:30am Earlybirds) 2.4

Elaine Yardley (6pm Whitecaps) 1.6

200IM:

Francois Jacques (7:30am Earlybirds) 10.9

Jenna Roudell (7:10pm Whitecaps) 0.7

Here are the weekday attendance statistics. So far, there are **10** swimmers with perfect attendance. Let's see who can keep it up for the term.

6pm Whitecaps: May 1-June 5th (15 workouts); range: 20-31; average: 24.2

Perfect Attendance: **Elaine Y, Mike L**

Missed 1 Workout: **Alison L, Dave G, Deb Low, Heather G**

7:10pm Whitecaps: May 1-June 5th (15 workouts); range: 13-22; average: 17.3

Perfect Attendance: **Jamie C**

Missed 1 Workout: **Mike H**

7:30am Earlybirds: May 2-June 6th (15 workouts); range: 14-28; average: 23.2
Perfect Attendance: **Bruce B, Christian C, Dave C, Robin H**
Missed 1 Workout: **Angela D, Siobhan M**

8:30am Earlybirds: May 2-June 6th (15 workouts); range: 12-23; average: 18.1
Perfect Attendance: **Alan H, Amir B, Ursula S**
Missed 1 Workout: **Margaret DK, Mark B**

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.

Jun 3-17th FINA World Aquatic Championships, Riccione, Italy <http://www.finamaster2012.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 <http://registration.swimming.ca/MeetInfo.aspx?meetid=12819>
Sun Jun 24th Technosport 2k Meech Lake Swim (MSO registration not required) <http://technosport.ca/series/series.htm>
Sat Jul 14th Bring on the Bay 3k Swim (MSO registration not required) <http://www.bringonthebay.com>
Sat Jul 14th London LCM Meet <http://www.mastersswimmingontario.ca/pdf/londonsunset07142012.pdf>
Sun Jul 22nd Technosport 3k Meech Lake Swim (MSO registration not required) <http://technosport.ca/series/series.htm>
Sat Aug 11th Lake Ontario 3.8 and 10k Open Water Swims
http://mastersswimmingontario.ca/pdf/LOST38_10kNatChamps2012.pdf
Sun Aug 12th Technosport 4k Meech Lake Swim (MSO registration not required) <http://technosport.ca/series/series.htm>
Sun Aug 19th Welland 1, 3, 5, 10k Open Water Swims: several links at:
<http://mastersswimmingontario.ca/competition/schedule01.htm>
Summer 2014 FINA World Aquatic Championships, Montreal (details TBA)

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

Sat May 12th Day Before Mother's Day Long Distance Duathlon (2.5k/30k/5k; 66 part)

Congratulations, **Robert!** Full results at: <http://www.sportstats.ca>.

Robert Fabes (7:30am Earlybirds; Clydesdale): 52nd overall; 38th man and 2nd in category in 1:32:36.7

Sat-Sun May 26-27th Cabot Trail Relay

Natalie Aucoin (8:30am Earlybirds) participates in this race every year. Full results at: <http://cabottrailrelay.com/race-results/overall-results/>. This year her team, The Acadiens, placed 47th out of 70 teams in 25:33:01. Congratulations on a grueling weekend – Masters Worlds will be easy compared to that!

Sat-Sun May 26-27th Ottawa Race Weekend

Congratulations to all who took part! Please let me know if I missed anyone. Full results at: <http://www.sportstats.ca>. Here are some performances of note: Amazing job by **Lucette Laflamme** (7:10pm Whitecaps) for a PB and 3rd place finish out of 200 women in her category in the half marathon! **Mike Lau** (6pm Whitecaps) was 5th in his category also in the half, even though this race was not a key competition for him this year. In the marathon, **Lucie Boudreau** (8:30am Earlybirds) was 7th in her category, and also 1min under the Boston Marathon qualifying time! **Susan Nevitt-Yelle** (7:30am Earlybirds) placed 9th in her age group in the marathon in a PB! Also, **Steve Morton**, **Stephane Raynaud** (both x-6pm Whitecaps) and **Gi Wu** (6pm/7:10pm Whitecaps) had a competition amongst themselves in the half marathon, the winner being the one with the biggest improvement. Congratulations to **Steve Morton** on winning the competition due to a 15 second improvement. And a big thank you to **Debby Whately** (6pm Whitecaps) for volunteering all weekend for the umpteenth year in a row!

- Sat May 26th Ottawa Race Weekend 2k (3409 participants)

Nicole Walsh (x-Safety Supervision; 8&U): 355th overall; 141st female and 22nd in category in 12:22.5 (12:10.9)

Dawn Walsh (8:30am Earlybirds; 45-49): 356th overall; 142nd female and 9th in category in 12:23.2 (12:11.4)

Colette Kenney (8:30am Earlybirds; 50-54): 846th overall; 396th female and 34th in category in 0:14:58.2 (0:14:47.6) – running with her nephews

Emma McConery (Kristi's daughter; 11-13): 1033rd overall; 498th female and 66th in category in 0:15:50.6 (0:14:37.7)

Raphaelle McConery (Kristi's daughter; 9-10): 1042nd overall; 504th female and 93rd in category in 0:15:53.2 (0:14:39.6)

Jim McConery (Kristi's husband; 40-44): 1043rd overall; 539th male and 60th in category in 0:15:53.2 (0:14:40.0)

Kristi Dean (Coach; 40-44): 2502nd overall; 1369th female and 163rd in category in 0:26:41.2 (0:25:27.2)

- Sat May 26th Ottawa Race Weekend 10k (8956 participants)

Erin Kelly (6pm Whitecaps; 25-29): 2994th overall; 1092nd woman and 191st in category in 1:00:57.4 (57:51.1)

Rodney Walsh (Dawn's husband; 40-44): 6608th overall; 3062nd man and 377th in category in 1:15:48.7 (1:11:26.1) – his first 10k!

Jamie Wildsmith (6pm Whitecaps; 30-34 – running as a guide for blind runner and paralympic swimmer **Tim McIsaac**): 7760th overall; 3302nd man and 431st in category in 1:34:57.7 (1:14:39.4)

- Sun May 27th Ottawa Race Weekend Half Marathon (11763 participants)

Mike Lau (6pm Whitecaps; 50-54): 90th overall; 89th man and 5th in category in 1:26:26.2 (1:26:20.3)

Steve Morton (x-6pm Whitecaps; 40-44): 323rd overall; 281st man and 53rd in category in 1:33:42.9 (1:33:16.4)

Lucette Laflamme (7:10pm Whitecaps; 55-59): 1627th overall; 362nd woman and 3rd in category in 1:50:13.3 (1:49:16.1)

Gi Wu (6pm/7:10pm Whitecaps; 25-29): 2301st overall; 1689th man and 167th in category in 1:55:00.5 (1:52:44.2)

Jen Corner-Gardiner (7:10pm Whitecaps; 35-39): 2746th overall; 792nd woman and 161st in category in 1:57:45.8 (1:56:57.6)

Dave Grynspan (6pm Whitecaps; 35-39): 2954th overall; 2052nd man and 405th in category in 1:58:54.5 (1:54:18.4)

Lisa Hans (x-6pm Whitecaps; 45-49): 4313rd overall; 1624th overall and 179th in category in 2:06:46.8 (2:02:22.8)

Renee Robert (8:30am Earlybirds; 55-59): 5378th overall; 2295th woman and 43rd in age group in 2:13:52.5 (2:09:51.3)

Jenna Roundell (7:10pm Whitecaps; 25-29): 5791st overall; 2550th woman and 413th in category in 2:16:26.5 (2:12:26.1)
Stephane Raynaud (x-6pm Whitecaps; 35-39): 6920th overall; 3592nd man and 645th in age group in 2:26:07.8 (2:23:48.0)

- Sun May 27th Ottawa Race Weekend Marathon (5290 participants)

Susan Nevitt-Yelle (8:30am Earlybirds; 45-49): 977th overall; 137th woman and 9th in category in 3:38:14.8 (3:37:16.0)

Lucie Boudreau (8:30am Earlybirds; 55-59): 2235th overall; 547th woman and 7th in category in 4:11:16.1 (4:08:27.8)

Margaret King (7:30am Earlybirds; 50-54): 2506th overall; 618th woman and 42nd in category in 4:17:25.2 (4:15:23.9)

Jean-Denis Yelle (Susan's husband; 55-59): 3391st overall; 2360th man and 148th in category in 4:47:32.0 (4:44:35.5)

Sat Jun 2nd Nage-au-thon AIDS Fundraiser 1500m, Parc Jean-Drapeau, Montreal

Not ideal conditions as it was a very cold, rainy and windy day at the 50m outdoor pool built for the 2005 FINA World Championships. However, there was a good turnout of about 50 mostly Montreal swimmers, and the post meet brunch warmed us up! I was the only Carleton swimmer. Full official results are not yet available, but here's how I did (not a very fast time, unfortunately):

Lynn Marshall (Coach; 50-54): 1st overall in 18:35.00

The most impressive 1500 was done by Pablo (Montreal) who swam 1500 fly and held a nice stroke the whole way, finishing in about 22:30 (1:30/100m pace)!

The highlight of the day was asking a security guard for directions to "la piscine" and being sent to "la piste", so I got to drive around the track, one week before the real Grand Prix drivers ☺!

Sun Jun 3rd Spartan Sprint Race Ottawa

Lucie Boudreau (8:30am Earlybirds) participated in the 5k Sprint on Sunday – sounds like it was quite an experience and likely one that she won't repeat. Results should be posted soon at: <http://www.spartanrace.com/spartan-race-results-2012.php>.

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 Jun 1st).

Ask the Coach

Dear Coach: Can you give me the link to the Man from Atlantis theme? I know it was in an old newsletter, but I can't find it. Improving my Fly Kick

Dear I.m.F. Kick: Sure, here it is: <http://www.youtube.com/watch?v=Smj78NAme9M>. Note also that all the old newsletters are posted on the web site, so you could also find it there.

Dear Coach: How much rest should we get between repeats during the main set? Learning to Use the Clock

Dear L.t.U.t. Clock: It depends on the length of the repeat and the purpose of the set (e.g. intensity, etc.). For moderately-fast repeats of 100m in length, you should get about 10sec rest (give or take 5 seconds). For longer repeats or for sprints, you would usually get more rest. If the pace times aren't working out well in your lane, talk to your coach about adjusting them.

Private and Semi-Private Masters Swim Lessons

Spring/Summer Availability:

Mornings:

Mon 9:45-10:45am: Jun 11, Jun 18, Jun 25

Fri 9:45-10:45am: Jun 15, Jun 22, Jun 29

Evenings:

Mon 7:15-8:15pm: Jul 16, Jul 23, Jul 30

Tue 7:15-8:15pm: Jul 3, Jul 10, Jul 17, Jul 24, Jul 31

Wed 6:00-7:00pm: Jun 13, Jun 20, Jul 18, Jul 25, Aug 1, Aug 8, Aug 15, Aug 22

Wed 7:00-8:00pm: Jun 13, Jun 20, Jul 18, Jul 25, Aug 1, Aug 8, Aug 15, Aug 22

Thu 7:15-8:15pm: Jul 19, Jul 26

Prices:

Private: \$52.50 per hour, plus HST.

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

Reminders

Masters Spring/Summer Programs:

You must be a Carleton Athletics member, and Masters program registration must be done by phone or in person (not on-line).

Spring Session: Tue May 1st to Sat Jun 30th (no workouts Mon Apr 30th, Mon May 21st)

Earlybirds 1 (7:30-8:30am MWF): Barcode 4526; \$64+HST; Coach: Lynn

Earlybirds 2 (8:30-9:30am MWF): Barcode 4527; \$64+HST; Coach: Lynn

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 4531; \$72+HST; Coaches: Mon/Tue: Lynn; Thu: Mits

Whitecaps 2 (7:10-8:10pm MTuTh): Barcode 4532; \$64+HST; Coaches: Mon/Tue: Lynn; Thu: Mits

Saturday Earlybirds (8:15-9:25am Sat, **except** 10:15-11:25am May 19th and Jun 30th): Barcode 4529; \$26+HST; Coaches: rotating schedule

Summer Session: Tue Jul 3rd to Sat Sept 1st (no workouts Mon Jul 2nd, Mon Aug 6th)

Earlybirds 1 (7:30-8:30am MWF): Barcode 4528; \$64+HST; Coach: Lynn

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 4533; \$72+HST; Coaches: July: Lynn; Mits: August

Saturday Earlybirds (10:15-11:25am Sat): Barcode 4530; \$26+HST; Coaches: rotating schedule

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 my workouts 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 (lynmarshall@sympatico.ca).

Happy lengths!
Lynn

lynmarshall@sympatico.ca (or for quicker response: lynmar@sce.carleton.ca)

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