

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Friday, February 22, 2013 1:37 PM
To: 'Fran Craig'; 'Steve Baird'; Alex Joubert; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; Nico Belisle; 'Tim Kilby'; Zoe Todd
Subject: Carleton Masters Swimming Newsletter #328

Carleton Masters Swimming Newsletter #328

Friday, February 22nd, 2013

To: Carleton Masters Coaches / Staff (11 addresses)

Bcc: Those Registered for Fall 2012, Winter 2013 and Alumni: 7:30am Earlybirds I (49 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (37 addresses), 8:10pm Whitecaps III (24 addresses), Saturday Only (7 addresses), Masters "Alumni" (26 addresses).

"Feel the fear and do it anyway." – Susan Jeffers

Masters Program Notes and Cancellations

- Thanks to **Zoe Todd** (Pool Staff / ROCS Coach) and **Nico Belisle** (Masters Sub Coach / ROCS Coach) for stepping in to help out with the evening Masters coaching over the past few weeks. It's greatly appreciated by me and all the swimmers!
- As a courtesy to the pool staff and coaches, please exit the pool promptly at the end of your session and put all your equipment away. Thank you.
- Note that there will be **no workouts on Fri Mar 29th or Mon Apr 1st** (Easter).
 - For those registered for Saturdays, there is workout Sat Mar 30th.
- The Winter session ends **Fri Apr 13th**.
- Details on the Winter session (times, dates, prices) can be found near the end of the newsletter.
 - The 6pm Whitecaps and 7:30am Earlybirds are full – waitlists available.
 - If you are on the waitlist and haven't heard from me, please get in touch!
 - The other groups are filling up.
 - There are just **2** spots left in the Saturday group, and **6** in the 8:10pm Whitecaps

Swimmer Notes

Swimmer Updates:

- A big "welcome back" to Coach **Mits Kachi**. Thanks to all those who signed his cards and contributed to the club's \$200 donation to the Ottawa Hospital Foundation in **Hiroshi Kachi's** name.
- Thanks to all those who got together after the 8:30am Earlybirds workout this morning to meet 4 week old **Bennett Geddes** along with his parents, **Shauna Ironside** (8:30am Earlybirds) and **Andrew Geddes**.
- It was great to see to many of the "missing" 8:30am Earlybirds back in the pool this week: **Dawn Walsh** (although still recovering from her vertigo); **Colette Kenney** (still hobbling from her Tae Kwon Do foot injury); **Shauna Ironside** (back after having her baby); and **Alan Hunt** (back after hurting his ribs in a fall).
- Get well wishes to **Isabelle Fradette** (8:30am Earlybirds). She was hit by a truck while cycling in the Caribbean during the Cruise to Run she was accompanying as the Sportstats representative. She tore a ligament in her knee as well as hurt her ankle and shoulder. The ankle and upper body are improving, but the ligament will take a while. Thanks to **Susan Nevitt-Yelle** (7:30am Earlybirds) for the updates.
- Congratulations to **Isabelle Fradette** (8:30am Earlybirds) and husband **Marc Roy**, the owners of Sportstats, on Sportstats becoming the official timer for North American Ironman Events:
<http://www.ironman.com/triathlon-news/articles/2013/sportstats-partnership.aspx#axzz2LUmZxcLA>.
- Congratulations to **Sheila Kealey** (x-6pm Whitecaps) on being the first inductee into the Gatineau Loppet Trail of Legends and the Radio-Canada / Le Droit Personalite de la Semaine: <http://www.xcottawa.ca/articles.php?id=2574>. Sheila has finished in the top 4 women in the Gatineau Loppet for 16 years!
- The Gatineau Sports Centre is hosting the Canada Cup FINA Grand Prix May 2-5th, with about 100 of the world's best divers in attendance. Tickets on sale starting March 1st at <http://www.diving.ca/>. This event was last held in the capital region in 1991 at the Nepean Sportsplex (I was there!). Thanks to **Lucie Boudreau** (8:30am Earlybirds) for bringing this to my attention.
- Carleton's Annual Kid's Chemistry Show is this **Sat Feb 23rd**. They are also having an outdoor evening show on **Sat May 11th**. Here are the details on this weekend's show: <http://www.carleton.ca/chemistrymagicshow>. You can also watch it live at: <http://www2.carleton.ca/cuol/access-your-courses/>.
- Carleton Athletics' March Break and Summer Sports Camps are now open for registration: <http://athletics.carleton.ca/camps/>.
- Carleton's CKCU is hosting Radio Camps during March Break and in the summer. Details at: <http://www.ckcufm.com/radio-camp>.

Swimming News and Links:

- 27 Struggles only a Swimmer can Understand (thanks to **Jennifer Prevost** (x-Carleton Varsity) and **Carolyn Odecki** (6pm Whitecaps) for sending this one: <http://www.buzzfeed.com/kdries/27-struggles-only-a-swimmer-can-understand>
- **Michael Phelps** Pees in the Pool, and that's ok, Scientists Say?!: <http://www.redorbit.com/news/health/1112754894/michael-phelps-pees-in-the-pool-and-thats-ok-122812/>

Other News and Links:

- PepsiCo replacing BVO in Gatorade: <http://www.reuters.com/article/2013/01/25/us-pepsico-gatorade-idUSBRE90017D20130125>
- The Post-Race Workout: http://running.competitor.com/2013/01/training/workout-of-the-week-the-post-race-workout_65043
- Fitness Experts Look at "Core" Beliefs: <http://www.latimes.com/health/la-he-core-20130202.0.1979475.story>
- Burning More Calories is Easier When Working Out with Someone Better: <http://www.sciencedaily.com/releases/2012/11/121126130938.htm>
- Stand-Up Desks: http://www.nytimes.com/2012/12/02/business/stand-up-desks-gaining-favor-in-the-workplace.html?_r=1&adxn1=1&ref=nutrition&adxn1x=1356458912-YtT4mq+J2sevDTXXCS2vRA
- Protein Linking Exercise to Bigger, Stronger Muscles Discovered: <http://www.sciencedaily.com/releases/2012/12/121206121728.htm>

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. Just a few silicone caps left at \$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. Mostly size medium, plus a few small. Contact me if you are interested.

Winter Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; Lynn

8:30am Earlybirds: Deep End; Lynn

6pm Whitecaps: Shallow End Monday: Alex; Deep End Tuesday/Thursday: Lynn

7:10pm Whitecaps: Shallow End; Monday: Alex; Tuesday/Thursday: Mits

8:10pm Whitecaps: Shallow End; Mits (usually just 4 lanes available)

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Thanks again to **Nico Belisle** (Masters Sub Coach / ROCS Coach) and **Zoe Todd** (Pool Staff / ROCS Coach) for all their help with coaching the 7:10pm and 8:10pm Whitecaps over the past month!

Fin Days:

Mon Feb 4th

Mon Mar 11th

Time Trials:

Tue Feb 12th / Wed Feb 13th: 400fs or IM

Tue Feb 26th 6pm / Wed Feb 27th: 2 x 50 choice

Thu Mar 7th 6pm / Fri Mar 8th: 100 choice

Thu Mar 21st 6pm / Fri Mar 22nd: 200 choice

Tue Mar 26th / Wed Mar 27th: 800 / 1500fs

Thu Apr 11th 6pm / Fri Apr 12th: relays

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint13.pdf>.

Thanks to all who participated in the 400 time trial on Tue Feb 12th / Wed Feb 13th. There were lots of improvements! **Paul Kane** (7:10pm Whitecaps) improved his 400fs by 1:21.7. **Wendy Statham** (7:10pm Whitecaps) also improved by her 400fs by over a minute (1:01.5). The biggest improvement in 400IM was 24.6 seconds by **Tony Michel** (7:30am Earlybirds). Here's the full list of improvements:

400fs (18)

Paul Kane	1:21.7
Wendy Statham	1:01.5
Kim Fever	34.9
Malika Shaath	18.6
Nicole Delisle	17.4
Francois Jacques	13.3
Anne Trepanier	12.6
Ursula Scott	12.5
Zoe Panchen	11.2
Jennifer Murdock	11.0
Nathan Fudge	10.4
Mike Lau	6.6
Susan Hulley	4.4
Julie Mouris	3.5
Olga Bednarek	2.9
Martin Blumenauer	2.3
Natalie Stern	2.1
Joanne Dawson	2.0
Jian-Lok Chang	1.6

400IM (6)

Tony Michel	24.6
Jamie Wildsmith	11.1
Brad Shapansky	8.7
Natalie Aucoin	8.5
Margaret King	7.4
Luz Osorio	2.5

Here are the weekday attendance statistics. Those with perfect attendance for the term will be recognized in the newsletter and will receive a certificate at the end of the term. Please let me know if you notice any errors.

7:30am Earlybirds: Jan 2-Feb 22nd (22 workouts); range: 18-33; average: 24.7

Perfect Attendance: **Christian C, Zoe P**

Missed 1 Workout: **Chris M, Robin H**

8:30am Earlybirds: Jan 2-Feb 22nd (22 workouts); range: 8-21; average: 15.8

Perfect Attendance: **Margaret DK**
Missed 1 Workout: **Matthew T**

6pm Whitecaps: Jan 3-Feb 21st (21 workouts); range: 21-32; average: 26.7
Perfect Attendance: **Cam D, Don W, Mike L**
Missed 1 Workout: **Deb L, Jamie W, Lina V, Nathan F**

7:10pm Whitecaps: Jan 3-Feb 21st (21 workouts); range: 12-22; average: 16.3
Missed 1 Workout: **Joanie C**

8:10pm Whitecaps: Jan 3-Feb 21st (15 workouts); range: 5-15; average: 9.3
Perfect Attendance: **Manuel L**
Missed 1 Workout: **Lynn B**

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2013 is now open. Cost is \$36. Please pay by cash or cheque payable to "Lynn Marshall". I also need your address, phone number, and date of birth. Your MSO membership will be good until Dec 31st, 2013. Contact me for more details. Note that you must register with MSO 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/events/>.

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

Here's a list of tentative and confirmed upcoming competitions, mostly in Ontario and Quebec, for 2012-2013. For the ones listed "details TBA", the dates should be correct but the meets are not yet sanctioned. For the ones listed "TBC" I guessed at these using the dates from last year's schedule, so they could be completely wrong and/or not happening this season. 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 23rd Swim Ottawa Pentathlon Fun Meet (25fl, 50bk, 75br, 100IM, 200fs; free if you swim all events, but not sanctioned) [More details and online signup here](#)

Sat Mar 2nd Cote St-Luc SCM Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=13331>

Sun Mar 3rd Milton SCM <http://www.mastersswimmingontario.ca/wp-content/uploads/2012/11/MiltonMar32013.pdf>

Sun Mar 3rd Technosport SCM Ottawa U <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/> and <http://www.mastersswimmingontario.ca/pdf/technomarch32013.pdf>

Sun Mar 10th Etobicoke LCM 1500 <http://www.mastersswimmingontario.ca/wp-content/uploads/2013/01/Heartswim20131.pdf>

Sat Mar 16th Dollard-des-Ormeaux SCM <https://registration.swimming.ca/MeetInfo.aspx?meetid=13338>

Thu-Sat Mar 28-30th Ontario Provincials SCM London <http://www.2013provincialchampionships.com>

Fri-Sun Apr 19-21st Quebec Provincials SCM Montreal Olympic Pool (details TBA)

Sat Apr 20th Downtown Toronto All Out LCM <http://www.dsctoronto.ca/alloutswim>

Sun May 5th Thornhill SCM <http://www.mastersswimmingontario.ca/wp-content/uploads/2012/09/ThornhillMay520132.pdf>

Fri-Mon May 17-20th Nationals SCM Nepean <http://www.cmssc2013.ca/>

Sat Jun 8th Longueuil LCM (details TBA)

Sat Jul 13th London ON LCM (TBC)

Jul 27th – Aug 10th 2014 FINA World Aquatic Championships, Parc Jean-Drapeau (outdoors), Montreal <http://www.finamasters2014.org/>; Time Standards: <http://www.finamasters2014.org/files/pdf/Time%20standards%20Montreal%202014.pdf>

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

Sun Jan 27th Technosport Masters Meet (U of Ottawa)

The results are now available: http://www.technosport.ca/results/Jan27_2013results.pdf. Our official times are below. Congratulations to **Jamie** on his records. The link to the updated records is under the Quebec City meet (below).

Jian-Lok Chang (6pm Whitecaps; 25-29 swimming for EMSC): **1st** 50fs (25.77), 100bk (59.99)

Jamie Chalmers (7:10pm Whitecaps; 70-74): **1st** 50bk (53.34), 100bk (1:55.37 Club Record); **3rd** 100fs (1:35.77), 100IM (1:57.84); **5th** 50fs (40.44; Club Record)

Lynn Marshall (Coach; 50-54): **1st** 100fs (1:06.06), 100bk (1:14.91), 100br (1:30.58), 200fl (2:40.15), 100IM (1:17.35), 200IM (2:41.35)

Sat-Sun Feb 2-3rd Coupe de la Capitale, Quebec City Masters Meet (LCM)

Official results are now available: <http://mymsc.ca/ShowMeet.jsp?id=542>. Congratulations again to **Jamie** on his records. The updated club records (including his records from Technosport and Quebec City are here: <http://carletonmasters.tripod.com/130203.Records.pdf>.

Jamie Chalmers (7:10pm Whitecaps; 70-74): **1st**: 50fs (36.33 Club Record), 50bk (49.92 Club Record), 100bk (2:01.25), 200fl (6:21.98 Inaugural Club Record and LC PB), 200IM (4:34.00 Club Record)

Sat-Sun Feb 9-10th Canadian Ski Marathon

Congratulations to **Cheri Reddin** (6pm Whitecaps) on completing 4 sections of the CSM. She did two each day for a total of about 70km. She also had some very impressive blisters to show for it!

Chris Macknie (7:30am Earlybirds) completed his 3rd Gold Bar and here's his excellent race report, complete with photos!: <http://forum.slowwitch.com/gforum.cgi?post=4422011>. He claims that the CSM is easier than a 1500 freestyle time trial ☺ !

Sat-Sun Feb 16-17th LaSalle Masters Meet

Jamie Chalmers was Carleton's only swimmer. He had another great meet, setting four club records (2 new ones, one of his, and one of **George's**). As we don't yet have the official results, the club records have not yet been updated. The lowlight of the weekend was that Jamie's car was broken into making it undrivable due to the Lexus anti-theft "features".

Jamie Chalmers (7:10pm Whitecaps; 70-74): 50fs (38.81), 100fs (1:28.37 Club Record), 200fs (4:00+?), 400fs (8:16 Club Record), 50br (1:02.98), 50fl (57.22 Inaugural Club Record), 100fl (2:22 Inaugural Club Record), 200IM (not sure of time)

Sat-Sun Feb 16-17th Gatineau Ski Loppet

Zoe Panchen and **Chris Macknie** participated in the 55km Classic (375 participants). If I missed anyone else, do let me know! Full results at: <http://sportstats.ca/>.

Chris Macknie (7:30am Earlybirds; 45-49): 183rd overall; 154th man and 24th in category in 4:31:40.2

Zoe Panchen (7:30am Earlybirds; 45-49): 298th overall; 57th woman and 13th in category in 5:51:13.5

Here's **Zoe's** race report ("borrowed" from TriRudy):

I had to search through a wall of plaques with smiling Rudy faces to figure this out but I haven't done the Keski/Gatineau Loppet since 2008, when I did my 5th Rudy award. Truth be told the only reason I have ever done it is because of the Rudy award. I'm not a good or fast skier and I am hard pressed to justify paying 100 bucks plus to ski on "boring" parkways that I can ski any time when the real race is happening several hours ahead of me. The only conciliation has always been that, having done the Coureur de Bois Gold at the Canadian Ski Marathon (CSM) the previous weekend, it was my first ski without a pack and it was "only" 50km!

This year, however, I was inspired to do the 55k classic on Saturday purely because the route traversed the length of the park from Lake Phillippe to Gamelin. There is something about a point to point event and many people I met skiing in the park this winter who don't normally do the Loppet were of the same mind and had signed up for the 55k or 38k classic Loppet.

I was intrigued to see how the logistics of getting to the start would work out and how the starting area (just a small parking area for a couple of dozen cars surrounded by trees) would accommodate 100s of skiers. Turns out these logistical challenges were extremely well organised. There were 3-4 buses assigned for each wave which left Mont Bleu at 5min intervals and arrived 40mins later at the start area. The A wave buses entered the start area, turned around in the maintenance yard and dropped the A wavers in the P19 parking lot and then drove out of the area. The B wave buses were waiting at the park entrance and entered when the A wave buses left and so on through the waves. Each wave had about 15mins from being dropped off before their wave left so not much hanging around in the cold and the sun had just hit p19, which can be an ice box in the shade. Each wave was called into the start area 5mins before their start time. Things couldn't have gone more smoothly. There were plenty of volunteers/ambassadors directing buses and skiers to make sure everything ran smoothly and there were clear announcements over a loud speaker system at the start. There was a warm up area set up and I heard one person commenting on how crisp the track setting was there.

My recollection of the 55k classic starts in years past at Mont Bleu is one of absolute chaos. With poles and skis being stepped on and skiers falling over where the number of tracks reduced every few 100yrd on the twisty start. In contrast, the start at Lake Phillippe was incredibly clean, there were 6 straight tracks for the first 1km and 4 for the next couple of Kms and then down to 2 tracks at about 3kms. This seemed plenty of time for skiers to get that starting adrenaline rush out of the system and get organised into race order. By the time the fast skiers from the wave behind caught up with the tail end of skiers of the wave ahead every one was in the right hand track and it was easy to pass.

One thing that always bothered me about the Mont Bleu start was the huge bottle neck at the small incline less than a km into the race and again at the start of the hills on trail 15, although the latter was partly solved by routing the race down to Gamelin before going up 15. This year's route had 13km of rolling, wide track before reaching the hilly, narrower trail 36 section, plenty of time for skiers to spread out. No queues of skiers at the top or bottom of hills waiting for slower or fallen skiers this year!

The grooming was great even though this year has had a weather roller coaster ride. Over the years I have seen a marked improvement in grooming generally. I remember icy, half pipe, nerve wracking toboggan runs on the downhill of trail 15 and 3 where 100s of skiers had skied them out. This year along trail 36, the trail was nice and flat on the downhill and, although hard packed, there was a thin layer of snow on top so the descents were easy and a lot of fun but then again, fresh in my mind, was skiing down the infamous toboggan run to the Rouge River on the CSM last weekend! Although the Loppet is usually advertised as 55km, I believe this is the first year I have actually skied 55km, usually the course is shortened due to poor conditions or cold weather.

I always remember frigid weather and overcast skies for this race, with starts delayed and courses shortened because it was just too cold to ski! So this year felt relatively warm and the sun made it a very pleasant ski. With perfect blue skies and fresh snow on the trees, the beautiful scenery along Lake Phillippe, Meech Lake and the escarpment, it all made for a great show case of the eastern Canadian winter for visiting out of town/country skiers. I do hope this new route continues in future years!

Sun Feb 17th Winterman Marathon (66 participants)

Congratulations to **Robert** for persevering through the marathon on such a cold day! Full results at: <http://sportstats.ca/>.

Robert Fabes (7:30am Earlybirds; 50-54): 54th overall, 42nd man and 6th in category in 5:21:00.4

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

Check out the MSC statistics including the National Records and 2013, as well as previous years, top 20 (by gender and age group both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update Feb 15th).

Ask the Coach

Dear Coach: Someone told me that closing your eyes while swimming will help keep the head down, especially during the breaststroke glide. What do you think? Streamlined Swimmer

Dear S. Swimmer: Sure, give it a try and see how it works for you. That said, try it in very small doses and be careful not to bump into your lane-mates, the lane rope or the wall!

Dear Coach: How can I improve my 400 time trial? A Little Slower

Dear A.L. Slower: The key thing in a 400m race is pacing. You will do best if you maintain a consistent pace through the swim. To be able to do that, you need to know what the desired pace feels like. Take your target time and divide it by 8 to get a 50 split time, or by 4 to get a 100 split time. When you are doing 50s or 100s in workout, get your times and see how close you are to your target time. Sprints and long distance swims (i.e. a variety) will also help you get stronger and fitter. Asking your coach for some technique tips will help, too. You can also apply the same idea to longer (and shorter) races.

Private and Semi-Private Masters Swim Lessons

Availability:

E-mail me for details.

Prices:

Private: \$52.50 per hour, plus HST.

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

Reminders

Winter Masters Programs:

As staff need to check your membership, you must register in person or by phone (613-520-4480) for Masters. Here are the program details:

Winter: Wed Jan 2nd to Fri Apr 12th (no workouts: Tue Jan 1st; Mon Feb 18th; Fri Mar 29th; Mon Apr 1st)

7:30am Earlybirds 1: 7:30-8:30am MWF: barcode 4821; cost \$122+HST; Coach: Lynn: **full** (waitlist available)
8:30am Earlybirds 2: 8:30-9:30am MWF: barcode 4822; cost \$122+HST; Coach: Lynn
6:00pm Whitecaps 1: 6:00-7:10pm MTuTh: barcode 4825; cost \$134+HST; Coaches Alex (Mon) and Lynn (Tue/Thu): **full** (waitlist available)
7:10pm Whitecaps 2: 7:10-8:10pm MTuTh: barcode 4827; cost \$122+HST; Coaches: Alex (Mon) and Mits (Tue/Thu)
8:10pm Whitecaps 3: 8:10-9:10pm TuTh: barcode 4829; cost \$91+HST; Coach: Mits
8:15am Saturday Earlybirds: 8:15-9:25am Sat: barcode 4823; cost \$42+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 my 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 (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>