

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** May-24-13 3:45 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 #335

## Carleton Masters Swimming Newsletter #335

Friday, May 24<sup>th</sup>, 2013

**To:** Carleton Masters Coaches / Staff (11 addresses)

**Bcc:** Those Registered for Fall 2012, Winter 2013, Spring 2013 and Alumni: 7:30am Earlybirds I (50 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (39 addresses), 8:10pm Whitecaps III (26 addresses), Saturday Only (9 addresses), Masters "Alumni" (27 addresses).

"Winning means you're willing to go longer, work harder, and give more than anyone else." – Vince Lombardi

### Masters Program Notes and Cancellations

- The Spring session runs until **Sat Jun 29<sup>th</sup>**.
- There are no further cancellations this term, however Saturday swimmers please note that the last swim of the session (Jun 29<sup>th</sup>) will be 12:15-1:25pm.
- Registration for the Spring **and** Summer sessions is open – details at the end of the newsletter. Some groups are full or close to full:
  - The 7:30am Earlybirds is **full** for Spring (wait list available), and has **7** spots for Summer.
  - The 6pm Whitecaps has **3** spots left for Spring, and **7** for Summer.

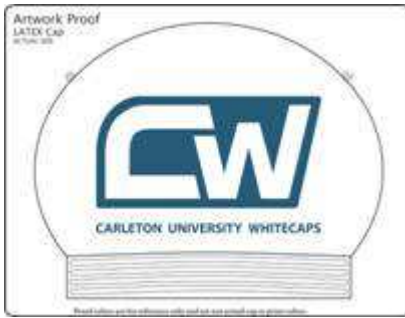
### Swimmer Notes

#### Swimmer Updates:

- **Zoe Panchen** (7:30am Earlybirds) is heading up to the far North (Ellesmere Island, not far from Alert, Nunavut) for three months to study how climate change is affecting plant life in the Arctic. We look forward to hearing how it's going!

- Congratulations to all the Carleton Masters swimmers who attended the Masters Nationals Swim Championships at the Nepean Sportsplex on the May long weekend. Lots of awesome swims, lots of medals, and many many club records. Details in the Race Results section.

- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps that she ordered in time for Masters Nationals. Note that our official team name for swim meets is Carleton University Masters Whitecaps, and although for registration purposes Carleton calls only the evening groups "Whitecaps", that doesn't mean these caps are intended only for evening swimmers! **Carolyn** got extra caps printed so that everyone on the team can get one (or two!). They are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. A very big thank you to **Carolyn** and her daughter for doing this!! This is what the caps look like:



- If you or any other Carleton swimmers that you know of are competing in the National Capital Race Weekend, please let me know. I hope to have a complete summary in the next newsletter.

### News and Links:

- Tips for Relieving Open Water Swim Anxiety: [http://triathlete-europe.competitor.com/2013/05/10/tips-for-relieving-open-water-swim-anxiety?utm\\_medium=whats-hot](http://triathlete-europe.competitor.com/2013/05/10/tips-for-relieving-open-water-swim-anxiety?utm_medium=whats-hot)
- Exercise and the Ever-Smarter Human Brain: <http://well.blogs.nytimes.com/2012/12/26/exercise-and-the-ever-smarter-human-brain/>
- Triathlon Speed and Strength Training: <http://www.triathlonmag.com.au/training/36-training/6937-speed-and-strength-training>
- Little Proof that Energy Drinks Deliver: <http://tinyurl.com/ao2mlkx>
- And Energy Drinks Linked to Emergency Room Visits: <http://www.nytimes.com/2013/01/12/business/more-emergency-room-visits-linked-to-energy-drinks-report-says.html>
- Live Like A Clock: How Routine Aids Performance: [http://running.competitor.com/2012/12/training/live-like-a-clock-how-routine-aids-performance\\_40840](http://running.competitor.com/2012/12/training/live-like-a-clock-how-routine-aids-performance_40840)

**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.

### Spring 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: Mits; Deep End Tuesday: Alex; Deep End Thursday: Lynn

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

8:15am Saturdays (10:15am May 18<sup>th</sup>; 12:15pm Jun 29<sup>th</sup>): Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

**Alex** will be coaching for me on **Thu May 30<sup>th</sup>** and **Thu Jun 6<sup>th</sup>**. Thanks, Alex!

### Fin Days:

Tue Jun 11<sup>th</sup> / Wed Jun 12<sup>th</sup>

### Time Trials:

Thu May 30<sup>th</sup> / Fri May 31<sup>st</sup>: 400fs or IM

Thu Jun 6<sup>th</sup> / Fri Jun 7<sup>th</sup>: 200 choice

Mon Jun 10<sup>th</sup>: 800 / 1500fs

Thu Jun 20<sup>th</sup> / Fri Jun 21<sup>st</sup>: 50 and 100 choice

Thu Jun 27<sup>th</sup> / Fri Jun 28<sup>th</sup>: relays

This information and more can be found with the Spring/Summer workout themes at:  
<http://carletonmasters.tripod.com/mastplansprsum13.pdf>.

Here are the weekday attendance statistics to date. Those with the best attendance will receive certificates at the end of the term. Please let me know of any errors!

**7:30am Earlybirds:** Apr 29<sup>th</sup> – May 24<sup>th</sup> (11 workouts); range: 21-30; average: 26.6  
Perfect Attendance: **Amir B, Bruce B, Jennifer M, Masashi M**

**8:30am Earlybirds:** Apr 29<sup>th</sup> – May 24<sup>th</sup> (11 workouts); range: 14-20; average: 16.5  
Perfect Attendance: **Isla P, Margaret DK, Mark B, Masahiro O, Rachel P, Ursula S**

**6:00pm Whitecaps:** Apr 29<sup>th</sup> – May 23<sup>rd</sup> (11 workouts); range: 17-26; average: 21.8  
Perfect Attendance: **Dave G**

**7:10pm Whitecaps:** Apr 29<sup>th</sup> – May 23<sup>rd</sup> (11 workouts); range: 9-17; average: 13.8  
Perfect Attendance: **Joanie C**

## 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 31<sup>st</sup>, 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 Jun 8<sup>th</sup> Longueuil LCM <https://registration.swimming.ca/MeetInfo.aspx?meetid=13142>

Sat Jul 13<sup>th</sup> London ON LCM <http://www.mastersswimmingontario.ca/events/2013-sunset-outdoor-long-course-swim-meet/>

Sat Jul 13<sup>th</sup> Bring on the Bay 3km Swim (open to all; wetsuits permitted) <http://www.bringonthebay.com>

Nov 14-17<sup>th</sup> Dominican Republic Masters Meet [pablomota82@hotmail.com](mailto:pablomota82@hotmail.com)

Jul 27<sup>th</sup> – Aug 10<sup>th</sup> 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.)

## Fri-Mon May 17-20<sup>th</sup> Canadian Masters Swimming Championships, Nepean

Congratulations to all those who swam – what great results! Full results at: <http://cmssc2013.ca/info/results/>. Updated club records at: <http://carletonmasters.tripod.com/130520.Records.pdf>, except that we're still waiting for **Angela's** correct times for her 1500 and all the splits. There were 17 Carleton swimmers participating: 15 swimming for Carleton (CAPS), 1 for Edmonton (EMSC), and 1 for the Y: National Capital Region (NCRM). Those swimming for Carleton earned a total of 1014 points, placing a very respectable 13<sup>th</sup> out of 111 teams, just one point behind NCRM (12<sup>th</sup>). EMSC was 4<sup>th</sup> with 3513 points. There were 39 club records set: 34 individual and 5 relay, and 30 medals earned: 28 individual and 2 relays. Here are the statistics leaders: **Angela** set the most club records: **13**, all individual. **Mark** and **Sean** were both on **3** record setting relays. **Andrea Z** broke the oldest club record: **1987**. **Five** other records over **15** years old were also broken – details below. **Andrea Z (200 breast)**, **Angela (200 fly)**, and **Carolyn (100 fly)** each won a **gold** medal. **Jamie**

C won the most medals: **6**. **Jamie C** earned the most individual points: **112** (one more than **Carolyn!**). **Mark** and **Sean** earned the most relay points with **34.5** each. **Carolyn** earned the most total points: **134.5**. Below you will find the full list of times and places (individual and relay), plus medals, club records, and points statistics, plus notes from **Mark** and **Robin**:

**Robin on being the deciding factor in the Y (NCRM) beating Carleton:**

"... had I known that my results would have made a difference to Carleton beating the Y, I might have swam for the highest bidder. For future reference, I can be bought by either a good glass of wine or a soft ice cream cone!"

**Mark's 200 fly and 800 free play-by-play:**

"I only had about 20 minutes to recover [after racing three 100m relay legs] before my 200 fly. I was out like a bullet, leading the heat. At the 100 meter mark my cheering squad was on their feet screaming with excitement. Unfortunately, my stroke unraveled in the last 35 meters. The guy in the lane beside me skillfully beat me out for the silver. He caught me at the final turn, and just pulled farther and farther ahead all the way to the wall. There's a lot to be said for maintaining the length in your stroke, and being able to maintain a fluid, smooth, almost effortless recovery. Thankfully, I was able to redeem myself in the 800 free, where I raced him again, and for the entire race I made sure to keep my wits about me and my stroke together. I kept my anxiety under control, and focused on my race. Only the 200 splits were available: 2:28, 2:38, 2:41, and 2:34, but to me those seem to be fairly even... minus the 10 second drop from the first 200 to the second :D Keeping a consistent stroke this time paid off, as my cheering squad saw me pull ahead at the beginning, and stay ahead the whole way. Focus and concentration leads to redemption, in this case."

**Andrea Zarins** (x-Whitecaps; 25-29): **1<sup>st</sup>** 200br (2:56.55 club record); **2<sup>nd</sup>** 50br (39.16), 100br (1:22.77 club record)

**Angela Davis** (7:30am Earlybirds; 65-69): **1<sup>st</sup>** 200fl (6:04.45; 100fl 2:41.58 both club records); **2<sup>nd</sup>** 1500fs (35:39 and all splits [1:11.3 per 50 avg]: 6 club records); **3<sup>rd</sup>** 200bk (4:39.78; 100bk 2:10.92 both club records), 200IM (4:55.55; 50fl 1:10.44 both club records) (**Angela** is Carleton's first ever female swimmer in the 65-69 category!)

**Carolyn Odecki** (6pm Whitecaps; 55-59): **1<sup>st</sup>** 100fl (1:30.38 club record); **3<sup>rd</sup>** 200br (3:37.76 club record), 50fl (37.95 club record), 400IM (7:02.05 inaugural club record); **4<sup>th</sup>** 200fl (3:32.96 club record); **5<sup>th</sup>** 200bk (3:22.62 club record), 200IM (3:15.31 club record) (7 for 7 club records!)

**Francois Descouens** (8:30am Earlybirds; 30-34): **5<sup>th</sup>** 400IM (5:52.55); **6<sup>th</sup>** 200br (3:02.87); **9<sup>th</sup>** 100fl (1:13.98), 200IM (2:42.64)

**Francois Jacques** (7:30am Earlybirds; 50-54): **10<sup>th</sup>** 200IM (3:09.11 club record); and 50fs club record on relay = 2 club records

**Ian Lorimer** (7:30am Earlybirds; 50-54): **15<sup>th</sup>** 200fs (2:49.17 club record); **17<sup>th</sup>** 100fs (1:14.60), 50fl (38.11)

**Jamie Chalmers** (7:10pm Whitecaps; 70-74): **2<sup>nd</sup>** 100bk (1:50.50), 200bk (4:09.26), 400IM (9:56.18 club record); **3<sup>rd</sup>** 50bk (48.36 club record), 100fl (2:26.66), 200fl (6:07.95 club record); **6<sup>th</sup>** 200IM (4:17.91)

**Julie Mouris** (6pm Whitecaps; 25-29): **4<sup>th</sup>** 800fs (11:37.86); **5<sup>th</sup>** 50fl (35.40), 100fl (1:20.39); **7<sup>th</sup>** 400fs (5:35.47); **8<sup>th</sup>** 100bk (1:25.70), **9<sup>th</sup>** 50fs (31.98); **11<sup>th</sup>** 200fs (2:38.01)

**Lina Vincent** (6pm Whitecaps; 60-64): **2<sup>nd</sup>** 200br (3:49.60); **3<sup>rd</sup>** 50fs (36.51), 50br (49.01), **4<sup>th</sup>** 100br (1:46.35), 100IM (1:38.24)

**Luz Osorio** (6pm Whitecaps; 25-29): **2<sup>nd</sup>** 100fl (1:10.34); **3<sup>rd</sup>** 50fl (32.36), 200fl (2:38.36); **6<sup>th</sup>** 100fs (1:04.44); **7<sup>th</sup>** 200fs (2:22.68)

**Mark Blenkinsop** (8:30am Earlybirds; 30-34): **2<sup>nd</sup>** 800fs (10:21.87); **3<sup>rd</sup>** 200fl (2:40.21); **7<sup>th</sup>** 400fs (5:07.24)

**Natalie Aucoin** (8:30am Earlybirds; 40-44): **5<sup>th</sup>** 100fl (1:22.80)

**Sandy Lawson** (7:30am Earlybirds; 45-49): **11<sup>th</sup>** 200IM (3:17.38)

**Sean Dawson** (6pm Whitecaps; 25-29): **2<sup>nd</sup>** 50fs (25.42 club record), 200fs (2:02.07), 400fs (4:31.05)

**Tony Revitt** (8:30am Earlybirds; 40-44): **7<sup>th</sup>** 200IM (2:35.14 club record); **9<sup>th</sup>** 100br (1:20.32), 100IM (1:08.34 club record)

**Jian-Lok Chang** (6pm Whitecaps; 25-29, swimming for EMSC): **1<sup>st</sup>** 50fs (24.73), 50bk (26.98), 100bk (59.49); **2<sup>nd</sup>** 800fs (9:24.28), 50fl (26.62), 100IM (1:01.93 tie); **3<sup>rd</sup>** 100fs (54.31); and also on lots of super-fast winning EMSC relays!

**Robin Henderson** (7:30am Earlybirds; 50-54, swimming for NCRM): **8<sup>th</sup>** 1500fs (27:48.75); **10<sup>th</sup>** 800fs (14:27.03); **12<sup>th</sup>** 200fs (3:26.86)

#### **Carleton Relays:**

**2<sup>nd</sup>**: 120+ 4x100 mixed medley relay: **Sean, Andrea, Mark, Carolyn** (1:06.56, 1:23.00, 1:08.40, 1:16.43 = 4:54.39)

**2<sup>nd</sup>**: 100+ 4x100 mixed free relay: **Andrea, Julie, Mark, Sean** (1:07.91, 1:11.48, 1:00.77, 55.94 = 4:16.03 inaugural club record)

**4<sup>th</sup>**: 240+ 4x50 mixed medley relay: **Jamie, Lina, Carolyn, Ian** (53.05, 47.31, 38.19, 32.37 = 2:50.92 club record by over 40 seconds!!)

**4<sup>th</sup>**: 120+ 4x50 women free relay: **Julie, Andrea, Luz, Carolyn** (32.72, 30.31, 29.48, 33.52 = 2:06.03 club record by 4 seconds)

**5<sup>th</sup>**: 120+ 4x100 men free relay: **Tony, Ian, Mark, Sean** (1:00.44, 1:12.85, 1:00.49, 55.27 = 4:09.05 club record) , and 40-44 club record for **Tony's** lead off 100fs (1:00.44)

**6<sup>th</sup>**: 120+ 4x50 women medley relay: **Angela, Andrea, Luz, Julie** (54.61, 38.69, 32.10, 32.45 = 2:38.15) 65-69 club record for **Angela's** lead off 50bk (54.61)

**7<sup>th</sup>**: 120+ 4x50 men medley relay: **Tony, Francois D, Mark, Sean** (32.06, 36.53, 28.63, 25.07 = 2:02.29) 40-44 club record for **Tony** in the lead-off 50bk (32.06) and just missed the club relay record

**9<sup>th</sup>**: 160+ 4x50 men free relay: **Tony, Jamie, Mark, Sean** (27.97, 36.42, 27.88, 26.16 = 1:58.43 club record by over 10 seconds!), and 40-44 club record for **Tony's** lead off 50fs (27.97)

**13<sup>th</sup>**: 160+ 4x50 mixed free relay: **Francois J, Natalie, Sandy, Ian** (29.98, 34.62, 34.28, 32.65 = 2:11.53 – a 10+ second improvement), with best times for all and a 50-54 club record and sub-30 for the first time for **Francois J's** lead off 50fs (29.98)!

**Carleton Medals Summary:** 30 (28 individual + 2 relay)

**Andrea:** 1 gold, 2 silver, 2 relay silvers (5)

**Angela:** 1 gold, 1 silver, 2 bronze (4)

**Carolyn:** 1 gold, 3 bronze, 1 relay silver (5)

**Jamie:** 3 silver, 3 bronze (6)

**Sean:** 3 silver, 2 relay silver (5)

**Lina:** 1 silver, 2 bronze (3)

**Luz:** 1 silver, 2 bronze (3)

**Mark:** 1 silver, 1 bronze, 2 relay silver (4)

**Julie:** 1 relay silver (1)

**Club Record Summary:** 39 (34 individual + 5 relay)

#### **Individual Records:**

**Angela:** 12 + 1 relay lead-off = 13

**Carolyn:** 7

**Tony:** 2 + 3 relay lead-off = 5

**Jamie:** 3

**Andrea:** 2

**Sean:** 1

**Ian:** 1

**Francois J:** 1 + 1 relay lead-off = 2

#### **Relay Records:**

**Mark:** 3

**Sean:** 3

**Julie:** 2

**Ian:** 2

**Tony:** 2  
**Carolyn:** 2  
**Jamie:** 2  
**Andrea:** 2  
**Lina:** 1  
**Luz:** 1

**Total Records:**

**Angela:** 13 + 0 = 13  
**Carolyn:** 7 + 2 = 9  
**Tony:** 5 + 2 = 7  
**Jamie:** 3 + 2 = 5  
**Andrea:** 2 + 2 = 4  
**Sean:** 1 + 3 = 4  
**Ian:** 1 + 2 = 3  
**Mark:** 0 + 3 = 3  
**Francois J:** 2 + 0 = 2  
**Julie:** 0 + 2 = 2  
**Lina:** 0 + 1 = 1  
**Luz:** 0 + 1 = 1

**Oldest records broken:**

1987 **Cathy Duchesne** 25-29 3:17.80 200br by **Andrea Zarins** (broken by over 20 seconds!)  
1992 **Jim Wright** 40-44 29.40 50fs by **Tony Revitt**  
1993 160+ men's 4x50FR 2:08.91 **Peter Lithgow, George Tombler, Don Wells, John Waring** by **Tony R, Jamie C, Mark and Sean**  
1993 **John Waring** 25-29 25.62 50fs by **Sean Dawson**  
1996 **Ann Kilby** (Coach **Tim**'s mother) 55-59 2:02.11 100fl by **Carolyn Odecki**  
1997 **Ann Kilby** 55-59 4:33.59 200fl by **Carolyn Odecki**

**Point Scores:** (20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1; double for relays, so each swimmer earns half the individual points)

**Individual Points:**

**Jamie:** 112  
**Carolyn:** 111  
**Julie:** 81  
**Lina:** 79  
**Luz:** 74  
**Angela:** 69  
**Andrea:** 54  
**Sean:** 51  
**Francois D:** 45  
**Mark:** 45  
**Tony:** 30  
**Natalie:** 14  
**Francois J:** 7  
**Sandy:** 6  
**Ian:** 2

**Relay Points:**

**Mark:** 34.5  
**Sean:** 34.5  
**Andrea:** 31  
**Carolyn:** 23.5  
**Julie:** 22.5  
**Tony:** 17.5  
**Ian:** 16.5  
**Luz:** 14  
**Jamie:** 12  
**Lina:** 7.5  
**Angela:** 6.5

**Francois D:** 6  
**Francois J:** 2  
**Natalie:** 2  
**Sandy:** 2

**Total Points:**

**Carolyn:**  $111 + 23.5 = 134.5$   
**Jamie:**  $112 + 12 = 124$   
**Julie:**  $81 + 22.5 = 103.5$   
**Luz:**  $74 + 14 = 88$   
**Lina:**  $79 + 7.5 = 86.5$   
**Sean:**  $51 + 34.5 = 85.5$   
**Andrea:**  $54 + 31 = 85$   
**Mark:**  $45 + 34.5 = 79.5$   
**Angela:**  $69 + 6.5 = 75.5$   
**Francois D:**  $45 + 6 = 51$   
**Tony:**  $30 + 17.5 = 47.5$   
**Ian:**  $2 + 16.5 = 18.5$   
**Natalie:**  $14 + 2 = 16$   
**Francois J:**  $7 + 2 = 9$   
**Sandy:**  $6 + 2 = 8$

**2013 Statistics: Masters Swimming Canada Top 20, Records, etc.**

Check out the MSC statistics including the National Records and 2013 rankings, 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 **May 23<sup>rd</sup>**).

**Ask the Coach**

**Dear Coach:** Where can I find the full workout schedule if I want to check for workout cancellations and time changes? Forgetful Swimmer

Dear F. Swimmer: There is a short summary of the dates/times of the current session near the end of the newsletter. You can also find this information on the web site: <http://carletonmasters.tripod.com>. It is under program information and can also be found in the workout themes: <http://carletonmasters.tripod.com/mastplansprsum13.pdf>.

**Dear Coach:** When there are a lot of activities going on at Carleton Athletics it can be difficult to find a parking spot in the front part of Parking Lot 5. Are the Athletics parking passes good in the larger back part of Parking Lot 5? Don't Want to be Late for Swimming

Dear D.W.t.b.L.f. Swimming: Yes, you can park anywhere in Parking Lot 5 with your Athletics parking pass.

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

Mon 9:40-10:40am June 24th  
Mon 7:15-8:15pm August 19, 26  
Wed 6:00-7:00pm August 21, 28  
Wed 7:00-8:00pm July 17, 24; August 14, 21, 28  
Fri 9:40-10:40am June 14, 21, 28  
Please 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**

**Spring/Summer Masters Program Details**

**Spring:** Mon Apr 29<sup>th</sup> to Sat Jun 29<sup>th</sup> (no workouts Mon May 20<sup>th</sup>)

**7:30am Earlybirds:** 7:30-8:30am MWF: \$78+HST; barcode: 6009; Coach: **Lynn** (full: waitlist available)  
**8:30am Earlybirds:** 8:30-9:30am MWF: \$78+HST; barcode: 6010; Coach: **Lynn**  
**6pm Whitecaps:** 6:00-7:10pm MTuTh: \$88+HST; barcode: 6014; Coaches: Mon: **Mits**; Tue: **Alex**; Thu: **Lynn**  
**7:10pm Whitecaps:** 7:10-8:10pm MTuTh: \$78+HST; barcode: 6015; Coaches: Mon: **Mits**; Tue: **Alex**; Thu: **Lynn**  
**Saturday Earlybirds:** 8:15-9:25am Sat (except: May 18<sup>th</sup>: 10:15-11:25am; Jun 29<sup>th</sup>: 12:15-1:25pm): \$30+HST; barcode: 6012; Rotating Coach Schedule  
**Summer: Tue Jul 2<sup>nd</sup> to Sat Aug 31<sup>st</sup>** (no workouts Mon Jul 1<sup>st</sup>, Mon Aug 5<sup>th</sup>)  
**7:30am Earlybirds:** 7:30-8:30am MWF **and** 12:15-1:25pm Sat: \$85+HST; barcode: 6011; Weekday Coach: **Lynn**  
**6pm Whitecaps:** 6:00-7:10pm MTuTh **and** 12:15-1:25pm Sat: \$95+HST; barcode: 6016; Weekday Coaches: Mon: **Mits** (July) and **Lynn** (August); Tue/Thu: **Alex**  
**Saturday ONLY:** 12:15-1:25pm: \$30+HST; barcode: 6294; Rotating Coach 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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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