

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** September-13-13 5:22 PM  
**To:** 'Fran Craig'; 'Steve Baird'; Alex Joubert; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; 'Tim Kilby'  
**Subject:** Carleton Masters Swimming Newsletter #344

## Carleton Masters Swimming Newsletter #344

Friday, September 13<sup>th</sup>, 2013

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those Registered for Fall 2013, plus Fall 2012, Winter 2013, Spring 2013, Summer 2013 and Alumni:

**2013-2014:** 7:30am Earlybirds I (40 addresses), 8:30am Earlybirds II (29 addresses), 6pm Whitecaps I (43 addresses), 7:10pm Whitecaps II (26 addresses), 8:10pm Whitecaps III (10 addresses), Saturday Only (5 addresses), Masters "Alumni" (7 addresses).

**2012-2013:** 7:30am Earlybirds I (19 addresses), 8:30am Earlybirds II (17 addresses), 6pm Whitecaps I (11 addresses), 7:10pm Whitecaps II (16 addresses), 8:10pm Whitecaps III (17 addresses), Saturday Only (7 addresses), Masters "Alumni" (26 addresses).

**"I have three messages. One is we should never ever give up. Two is you never are too old to chase your dreams. Three is it looks like a solitary sport but it takes a team."** – Diana Nyad after swimming from Cuba to Florida after five attempts over 35 years

### Masters Program Notes and Cancellations

- The Fall session is underway and runs until **Sat Dec 21<sup>st</sup>**. The only cancellation is **Mon Oct 14<sup>th</sup>** (Thanksgiving).
- Registration for both Fall and Winter Masters programs is underway (details at the end of the newsletter). Here are the groups with fewer than 15 spots left:
  - 6pm Fall: **full:** wait list available
  - 7:30am Fall: **full:** wait list available
  - Saturdays Fall: 8 spots left
  - 6pm **Winter:** 9 spots left
  - 7:30am **Winter:** 11 spots left
  - 7:10pm Fall: 12 spots left
  - 8:10pm Fall: 13 spots left

### Carleton Athletics Parking Lot 5 Closures

Apologies for the short notice on the closure of Lot 5 on Sat Sept 7<sup>th</sup>. It will be closed again **all day** on the following home football game dates:

**Sat Sept 21<sup>st</sup>**

**Fri Oct 11<sup>th</sup>**

**Sat Oct 19<sup>th</sup>**

You may park in any other parking lot. The best bet is Lot 4, first right after the left turn into Lot 5. From there it's a short walk to the south doors to Alumni Hall, and Athletics. You can also park in Lots 10 or 11 near the Ice House (left turn at the stop sign, just past the entrance to Lot 4).

### Masters Swimming Ontario Registration

Several of you have already asked about registering with Masters Swimming Ontario (MSO) so that you can do competitions this year, including the Worlds in Montreal next summer. As soon as registration opens and I know this year's cost, I will post the information here. Stay tuned!

### Masters E-List Clean-Up

It's time for my annual Masters newsletter and workouts e-lists clean up. If you are **not** planning to register with Carleton Masters for Fall 2013, and you wish to continue receiving the newsletter and/or workouts, please e-mail me to let me know.

## Swimmer Notes

### Swimmer Updates:

- Congratulations to **Mits Kachi** (Coach) and **Marijan Grobbink** on their marriage on Sat Aug 31<sup>st</sup>. Photos coming soon!
- Best wishes to **Heather Guthrie** (6pm Whitecaps) for her wedding on Sat Sept 14<sup>th</sup>.
- **Cheri Reddin** (6pm Whitecaps) has passed along the great news that she and her family are finally moving back to their home after almost a year out! You may remember that in February, just after their house renovations were completed and the day before they were to move back in, their house caught on fire, requiring much more work.
- As we are working on breaststroke technique drills and will soon be working on backstroke, I thought this (very out of date) picture was appropriate: <http://carletonmasters.tripod.com/swimtechnique.jpg>. (I recommend listening to your coach, rather than following these diagrams!)
- **Brad Young**, an associate professor in sport psychology and coaching science at the University of Ottawa, is doing research relating to Masters athletes and lifelong sport. For the current research project he is looking for masters swimmers age 45-65 who have a coach with whom they interact frequently. If you are interested, there will be some compensation for the time involved and there are two short documents to complete before being selected for an interview. You can find the documents here: <http://sce.carleton.ca/courses/ecor-2606/f13/4masters/>. If you are interested, please send the completed forms to Brad at: [byoung@uottawa.ca](mailto:byoung@uottawa.ca).
- All are invited to "Clean up the Campus" on Sat Sept 28<sup>th</sup> 9:30-11:30am. Participants receive a Tim Horton's gift card for breakfast, and students receive volunteer hours. Details and registration at: <http://www1.carleton.ca/healthy-workplace/cu-events/clean-up-the-campus>.
- All swimmers are reminded to please put their equipment away neatly after workout. The yellow kickboards and torpedo-shaped go in the blue bin. All the yellow boards should be placed vertically so that the water drains off them. Thank you!
- I have stocked up on more swim suits over the summer. They are available in girl's/women's size 26 to 44 (chest size in inches), and boy's/men's size 28 (Speedo FSI racing suit) and 32 to 40 (waist size in inches). Most suits are \$40 or less.
- **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:



### News and Links:

- Aquatic Shoulder Injury Prevention: [http://www.youtube.com/watch?v=tP7fV\\_d7cDQ](http://www.youtube.com/watch?v=tP7fV_d7cDQ)
- Man and Superman: [http://www.newyorker.com/arts/critics/atlarge/2013/09/09/130909crat\\_atlarge\\_gladwell](http://www.newyorker.com/arts/critics/atlarge/2013/09/09/130909crat_atlarge_gladwell)

- Prosthetic Leg Makes for Superhuman Swimmers?: <http://www.dvice.com/2013-8-8/amphibious-prosthetic-leg-promises-superhuman-swimmers>
- The near-fatal agony, ecstasy of Mac runner, aspiring Olympian: <http://www.thespec.com/sports-story/2247775-the-near-fatal-agony-ecstasy-of-mac-runner-aspiring-olympian/>

## Diana Nyad:

As per the quote at the top, Diana Nyad finally completed her Cuba to Florida swim on Labour Day weekend, 35 years after her first attempt. There has been lots in the news about this, interestingly coming at the same time as the preview of the documentary on her previous (four) attempts. I include both positive and negative articles about her swim.

- Diana Nyad The Other Shore: Movie: <http://www.theothershoremovie.com/> and trailer: <http://www.youtube.com/watch?v=hvTV-WiQbqw&feature=youtu.be>
- The end of the swim: <http://www.youtube.com/watch?v=mcvjw582G0&feature=share>
- David Letterman Top 10: <http://www.youtube.com/watch?v=K21MiUKkuOw>
- How Dangerous are the Sharks between Florida and Cuba?: [http://mobile.slate.com/articles/health\\_and\\_science/science/2013/09/diana\\_nyad\\_shark\\_swim\\_how\\_dangerous\\_are\\_the\\_sharks\\_between\\_cuba\\_and\\_florida.html?original\\_referrer=https%3A%2F%2Fm.facebook.com](http://mobile.slate.com/articles/health_and_science/science/2013/09/diana_nyad_shark_swim_how_dangerous_are_the_sharks_between_cuba_and_florida.html?original_referrer=https%3A%2F%2Fm.facebook.com)
- Marathon Swimmers Skeptical of Diana's Swim: <http://news.nationalgeographic.com/news/2013/09/130905-marathon-swimmers-skeptics-diana-nyad-record-sports/>
- Diana Roots for Others to Fail?: [http://seattletimes.com/html/nationworld/2021747534\\_nyadfeatxml.html##Static](http://seattletimes.com/html/nationworld/2021747534_nyadfeatxml.html##Static)

**Swim Suits for Sale:** The suits range in brand, style, and colour. Most prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask! If there's a particular suit you are looking for, I may be able to track it down.

**Caps and Goggles to Borrow:** I always have a "lost and found" bag full of spare caps and goggles to borrow if you forget (or break) yours.

**Swim Caps for Sale:** The money raised selling these caps goes towards the \$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. Contact me if you are interested.

## Fall 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: Monday: Shallow End; Tuesday/Thursday: Deep End: **Lynn**
  - 7:10pm Whitecaps: Shallow End: Monday/Thursday: **Alex**; Tuesday: **Mits**
  - 8:10pm Whitecaps: Shallow End: Monday/Thursday: **Alex**; Tuesday: **Mits**
  - 8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)
- Exceptions will be noted here.

I coached for **Mits** on Tue Sept 3<sup>rd</sup> as he was enjoying a short honeymoon.

### Fin Days:

- Tue Oct 29<sup>th</sup> / Wed Oct 30<sup>th</sup>
- Thu Nov 28<sup>th</sup> / Fri Nov 29<sup>th</sup>

### Time Trials:

- Thu Oct 17<sup>th</sup> / Fri Oct 18<sup>th</sup>: 400fs or IM
- Thu Oct 24<sup>th</sup> / Fri Oct 25<sup>th</sup>: two 50s choice
- Mon Nov 4<sup>th</sup>: 200 choice
- Tue Nov 19<sup>th</sup> / Wed Nov 20<sup>th</sup>: 800 / 1500fs
- Tue Dec 3<sup>rd</sup> / Wed Dec 4<sup>th</sup>: 100 choice
- Thu Dec 19<sup>th</sup> / Thu Dec 20<sup>th</sup>: relays

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall13.pdf>.

Congratulations to those swimmers who managed to do 25m freestyle in just 4 strokes (2 with each arm) while focusing on distance per stroke and body position during the freestyle drills on Thu Sept 5<sup>th</sup> / Fri Sept 6<sup>th</sup>: **Amir Banihashemi** (8:30am Earlybirds); **Christian Cattan** (7:30am Earlybirds); **Dave Bourdon** (7:30am Earlybirds); **Don Wells** (6pm Whitecaps); **Mike Mopas** (7:30am Earlybirds).

On the breaststroke distance per stroke drills on Thu Sept 12<sup>th</sup> / Fri Sept 13<sup>th</sup>, congratulations to **Don Wells** (6pm Whitecaps), **Jian-Lok Chang** (6pm Whitecaps), **Mark Blenkinsop** (8:30am Earlybirds), and **Tony Revitt** (8:30am Earlybirds) who all managed 25m with just two strokes (excluding the underwater pull out). **Don** and **Tony** each did a “do-over” at the end of workout, and each managed just one stroke. Awesome job!

Here are the weekday attendance statistics. Please let me know of any errors. The statistics will be updated throughout the term, with certificates awarded to those who maintain perfect weekday attendance:

**7:30am Earlybirds:** Sept 4-13<sup>th</sup> (5 workouts); range: 25-35; average: 30.2  
Perfect Attendance: **Bruce B, Christian C, Francois D, Francois J, Harley G, Kevin N, Larry D, Margaret K, Marie-Odile J, Mike M, Robin H, Scott W, Susan N-Y, Ursula S**

**8:30am Earlybirds:** Sept 4-13<sup>th</sup> (5 workouts); range: 18-25; average: 21.2  
Perfect Attendance: **Alan H, Amir B, Dawn W, Margaret DK, Mark B, Masa O, Natalie A, Tony R**

**6:00pm Whitecaps:** Sept 3-12<sup>th</sup> (5 workouts); range: 22-28; average: 25.0  
Perfect Attendance: **Cam D, Carolyn O, Don W, Jian-Lok C, Joanne D, Nicole D, Siobhan M**

**7:10pm Whitecaps:** Sept 3-12<sup>th</sup> (5 workouts); range: 18-20; average: 19.0  
Perfect Attendance: **Andrew G, Jamie C, Jordan M, Julia DF, Masashi K, Mindy F, Roy H**

**8:10pm Whitecaps:** Sept 3-12<sup>th</sup> (5 workouts); range: 6-7; average: 6.2  
Perfect Attendance: **Andrew D, 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 2014 will start in the Fall. Details coming soon. 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 2013-2014. Links will be added to further information when available. 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 Oct 26<sup>th</sup> Brossard Masters Meet, Montreal  
Sun Oct 13<sup>th</sup> Bermuda Around the Sound Open Water Swims <http://www.mastersswimmingontario.ca/events/23rd-annual-bermuda-round-the-sound-swims/>  
Sun Oct 27<sup>th</sup> Barbados Open Water Festival <http://www.mastersswimmingontario.ca/swim-barbados-vacations/>  
Sat Nov 9<sup>th</sup> Cote St-Luc Masters Meet, Montreal  
Nov 14-17<sup>th</sup> Dominican Republic Masters Meet [pablomota82@hotmail.com](mailto:pablomota82@hotmail.com)  
Sat Nov 23<sup>rd</sup> Swim Ottawa Meet at Brewer Pool  
Sat-Sun Nov 23-24<sup>th</sup> Coupe de Quebec LC, Montreal  
Sat Nov 30<sup>th</sup> Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/clarington-no-excuses-masters-meet/>  
Sun Dec 1<sup>st</sup> Technosport Meet at U of Ottawa (TBC)  
Sat Dec 7<sup>th</sup> Montreal Nord Masters Meet  
Sat-Sun Dec 7-8<sup>th</sup> Ste-Foy Masters Meet  
Sun Dec 8<sup>th</sup> North York Pentathlon  
Sun Jan 19<sup>th</sup> Alderwood SCY Masters Meet  
Sat Jan 25<sup>th</sup> Pointe Claire Masters Meet  
Sat-Sun Feb 8-9<sup>th</sup> Quebec City LC Masters Meet

Sun Feb 9<sup>th</sup> Burlington Masters Meet  
Sat Feb 15<sup>th</sup> Nepean LC Masters Meet  
Sat-Sun Feb 15-16<sup>th</sup> La Salle Masters Meet, Montreal  
Sat Mar 1<sup>st</sup> Cote St-Luc, Montreal  
Sat Mar 15<sup>th</sup> Dollard-des-Ormeaux, Montreal  
Fri-Sun Mar 28-30<sup>th</sup> Ontario Provincials, Windsor  
Fri-Sun Apr 11-13<sup>th</sup> Quebec Provincials, Ste- Foy  
Sat Apr 26<sup>th</sup> All Out Swim LC, Toronto  
Fri-Mon May 16-19<sup>th</sup> Nationals, Windsor  
Sat Jun 7<sup>th</sup> Longueuil LC, Montreal  
Jul 27<sup>th</sup> – Aug 10<sup>th</sup> 2014 FINA World Aquatic Championships, Parc Jean-Drapeau (outdoors) and other pools, 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 Aug 18<sup>th</sup> Ironman Mont Tremblant** (3.8k/180k/42.2k; 2306 competitors)

Great job, **Robert**, on completing your 2<sup>nd</sup> Ironman! Full results at:

<http://www.ironman.com/triathlon/events/americas/ironman/mont-tremblant/results.aspx#axzz2cQwGQ0wf>.

**Robert Fabes** (7:30am Earlybirds; 50-54): 1708<sup>th</sup> overall, 1331<sup>st</sup> man and 152<sup>nd</sup> in category in 14:27:36 (1:04:45 swim; 16<sup>th</sup> in category)

### **Sat Aug 31<sup>st</sup> Canadian Triathlon**

Full results at: <http://www.sportstats.ca/>.

#### **Iron 226** (3.8k/180k/42.2k; 33 competitors)

**Robert Fabes** (7:30am Earlybirds; 50-54): 19<sup>th</sup> overall, 15<sup>th</sup> man and 3<sup>rd</sup> in category in 14:00:17.5 (1:17:52 swim, includes transition)

This was **Robert's** second ironman distance triathlon in 13 days (see other one above). And this one was faster – WOW!!! **Robert** you are amazing!!

#### **Olympic** (1.5k/40k/10k; 134 competitors)

**Kim Lavoie** (7:30am Earlybirds; 40-44): 69<sup>th</sup> overall; 22<sup>nd</sup> woman and 5<sup>th</sup> in category in 3:13:34.9 (42:04 swim)

#### **Sprint** (750m/30k/5k; 186 competitors)

**Cory Fraser** (6pm Whitecaps; 20-24): 20<sup>th</sup> overall; 16<sup>th</sup> man and 2<sup>nd</sup> in category in 1:38:25.1 (20:50 swim)

**Vanessa Harman** (7:30am Earlybirds; 20-24): 99<sup>th</sup> overall; 27<sup>th</sup> woman and 3<sup>rd</sup> in category in 1:58:35.8 (18:17 swim)

### **Sat Sept 7<sup>th</sup> Carleton Place Dragon Boat Competition**

The **SportChicks** competed in this event. Web site: <http://fall400.com/>. They placed in the top 6, including mixed teams, and were the 2<sup>nd</sup> women's team, not far behind the Galley Girls. The Galley Girls have paddlers of all ages, while the **SportChicks** are all over 40! Good luck for this weekend's Quebec Cup.

### **Sun Sept 8<sup>th</sup> Muskoka 70.3** (1.9k/90k/21.1k; 1523 competitors)

Congratulations to **Lucie** on a great race – 4<sup>th</sup> place in her age group! **Robert Fabes** (7:30am Earlybirds), **Kevin Graham** (7:30am Earlybirds, and Kevin's brother decided to enter a team at the last minute. **Robert** swam and **Kevin** ran. After two full ironman triathlons and a half-ironman swim in three weeks, I think **Robert** should have a little rest! Full results at: <http://www.ironman.com/triathlon/events/americas/ironman-70.3/muskoka/results.aspx#axzz2eLGO8Ad8>.

**Lucie Boudreau** (8:30am Earlybirds; 55-59): 868<sup>th</sup> overall; 186<sup>th</sup> woman and 4<sup>th</sup> in category in 6:37:25 (43:54 swim)

**Team Norfolk and Chance**: 552<sup>nd</sup> overall; and 18<sup>th</sup> team in 5:57:16 (31:31 swim for **Robert** and 1:53:45 run for **Kevin**)

### **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 **Jun 20<sup>th</sup>**).

### **Ask the Coach**

**Dear Coach:** In freestyle, should I roll my body only when I breathe, or on every stroke? Improving My Freestyle

Dear I.M. Freestyle: You should roll your body on every stroke, whether you are breathing or not.



**Dear Coach:** I have a hard time stretching my arm out in front and keeping it at the surface of the water. Any suggestions? Tight Swimmer

Dear T. Swimmer: This is likely due to lack of shoulder and lat muscle flexibility. Here's a stretch to try: stand a few feet from a wall and place your hands on the wall about shoulder width apart. Bend at the waist until you feel the stretch in your shoulders.

**Dear Coach:** I go backwards when I do flutter kick with a board. What am I doing wrong? Slow Kicker

Dear S. Kicker: Ankle flexibility is key to a good kick. Add some ankle stretches to your stretching routine, such as sitting on your heels, or curling your toes under when you're sitting on a chair.

## Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am Sept 16; Oct 7, 28; Nov 11, 25; Dec 9, 16

Fri 9:40-10:40am Oct 11, 18, 25; Nov 1, 15; Dec 6, 13

(Some evenings likely available during December exams.)

### Prices:

**Private:** \$52.50 per hour, plus HST.

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

Please e-mail me for more details.

## Reminders

### Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is available for both Fall and Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. The main changes for this year are that the 8:10pm group is now three times per week (rather than two), and the Fall term is one week longer. Note that, as usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

#### **Fall 2013: Tue Sept 3<sup>rd</sup> to Sat Dec 21<sup>st</sup>; no workouts Mon Oct 14<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: Lynn; barcode 6660; cost: \$138+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: Lynn; barcode 6661; cost: \$138+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coach: Lynn; barcode 6666; cost \$155+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6668; cost: \$138+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6670; cost: \$138+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 6662; cost: \$54+HST

#### **Winter 2014: Tue Jan 2<sup>nd</sup> to Fri Apr 11<sup>th</sup>; no workouts Mon Feb 17<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: Lynn; barcode 6663; cost: \$126+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: Lynn; barcode 6664; cost: \$126+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coach: Lynn; barcode 6667; cost \$142+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: MTh: Alex (TBC); Tu: Mits; barcode 6669; cost:

\$126+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex (TBC); Tu: Mits; barcode 6671; cost:

\$126+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 6665; cost: \$46+HST

**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.slowlitch.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

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