

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: November-29-13 12:56 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 #350

Carleton Masters Swimming Newsletter #350

Friday, November 29th, 2013

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2013 and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (30 addresses), 6pm Whitecaps I (43 addresses), 7:10pm Whitecaps II (27 addresses), 8:10pm Whitecaps III (17 addresses), Saturday Only (6 addresses), Masters "Alumni" (38 addresses).

"Age is an issue of mind over matter. If you don't mind, it doesn't matter." – Mark Twain

Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 21st**.
 - There are no further cancellations this term.
- The Winter session starts **Thu Jan 2nd**.
 - Both the **7:30am and 6pm groups are now full for Winter**. Waitlists are available.
 - Please **let me know if you are on the waitlist!**
- We will likely hold a few interim workouts (pay as you go) between the Fall and Winter sessions. The schedule is not yet confirmed but will likely be the evenings of **Mon Dec 23rd**, **Fri Dec 27th**, and **Mon Dec 30th**, plus a late morning workout **Sat Dec 28th**. Details will be in the next newsletter.

Swimmer Notes

Swimmer Updates:

- Long-time Carleton Masters swimmer, **George Tombler**, passed away on Sun Nov 17th, age 88. No formal funeral service is planned. If you knew **George**, please sign a card for his wife, **Poppy**, at the pool next week. A short note (with a link to his obituary) can be found on the Masters Swimming Ontario web site:

<http://www.mastersswimmingontario.ca/george-tombler-will-be-missed/>. A Masters dinner at the Colonnade restaurant (downtown) will be held in his honour in December. At that time we will discuss what else we can do as a team. Suggestions include a plaque at the pool, and a swim meet in his name.

- A big thank you to **Joanie Conrad** (7:10pm Whitecaps) and **Don Wells** (6pm Whitecaps) for hosting the holiday party again! The food and company was, as usual, a treat!

- **Penny Estabrooks** (8:30am Earlybirds) is participating in a [Craft Show](#) on **Sat Nov 30th 1-4pm** at 94 Cameron. Check out the [cards](#) that she will be selling.

- **Seema Akhtar** (6pm Whitecaps) is a member of the Big Soul Project choir. They are performing at the Christmas Lights Illumination Ceremony on Parliament Hill **Thu Dec 5th**. The ceremony starts at 6pm and the choir will sing at about 6:30pm.

- If you ever notice that your cap feels a bit tight, check to be sure that there is nothing inside it. One swimmer did the entire workout with a bar of soap in her cap earlier this week! ☺

- In the latest Masters Swimming Canada 2013 overall rankings adjusted for age and gender (<http://www3.sympatico.ca/chberger/index7.html>), **Jian-Lok Chang** (6pm Whitecaps) is 7th, and **Carolyn Odecki** (6pm Whitecaps) is 20th overall in the short course rankings. **Jamie Chalmers** (7:10pm Whitecaps) is 10th in the long course rankings. Congratulations! (Of course, these rankings will change as other meets are added.)

- On June 7-8th 2014, **Alex Joubert** (Coach) will be participating in the Enbridge Ride to Conquer Cancer. He is doing this in support of his father who was diagnosed with melanoma over the summer, and is now doing well. He is hoping to raise \$2500 and would like your support! [Here is the link to his fundraising page.](#)

- Masters Swimming Ontario AGM information: <http://www.mastersswimmingontario.ca/events/mso-annual-general-meeting-agm/>.

- Are you a Carleton employee with a parking pass for a parking lot other than P5 (Athletics)? If so, you can now get a special sticker for your parking pass that will allow you to park in P5 while you work out during the following times: weekdays: 7-9am, 11am-2:30pm (max 90min), and after 5pm, plus anytime on weekends. Details here: <http://carleton.ca/healthy-workplace/parking-athletics/>.

- Interested in some help with your fitness? **Nick Westcott** (Nicolas.Westcott@carleton.ca) is Carleton Athletics' new High Performance Centre's Strength and Conditioning Coach. He works with individual athletes and groups to develop strength programs to help you improve in your chosen sport(s). Details are here: <http://athletics.carleton.ca/facilities/rental-information/high-performance-centre/>.

Note that Carleton also offers personal training aimed at general fitness rather than high performance. Details on that can be found here: <http://athletics.carleton.ca/fitness/#personal-training>.

- **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:

- Running 40-100 km/week or doing high intensity workouts will add 16 years to your life [Thanks to **Mike Lau** (6pm Whitecaps) for this one]: <http://www.news.com.au/national/victoria/new-research-shows-ultra-marathons-could-add-16-years-to-your-life/story-fnii5sms-1226763742845>

- Moscow Subway Accepts 30 Squats as Payment: <http://www.viralviralvideos.com/2013/11/11/moscow-subway-ticket-machine-accepts-30-squats-as-payment/>

- Four Athlete-Friendly Microwave Meals: <http://www.stack.com/2013/11/04/athlete-microwave-meals/>

- 13 Athletes Share Killer Workouts: <http://espn.go.com/espnw/athletes-life/article/9906327/espnw-allyson-felix-elena-delle-donne-ashley-wagner-other-top-athletes-share-their-scariest-workouts-honor-halloween>

- Comparing Vastly Different Body Types: <http://www.mymodernmet.com/profiles/blogs/howard-schatz-beverly-ornstein-athlete>

- Statistics about Male Olympian Swimmers:

<https://www.facebook.com/groups/113823994902/permalink/10152072937324903/#!/photo.php?fbid=649256835125274&set=gm.244738695684409&type=1>

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.

Alex will be coaching for me on the **morning of Mon Dec 16th**, due to my students’ final exam.

Fin Days:

Tue Oct 29th / Wed Oct 30th

Thu Nov 28th / Fri Nov 29th

Time Trials:

Thu Oct 17th / Fri Oct 18th: 400fs or IM

Thu Oct 24th / Fri Oct 25th: two 50s choice

Mon Nov 4th: 200 choice

Tue Nov 19th / Wed Nov 20th: 800 / 1500fs

Tue Dec 3rd / Wed Dec 4th: 100 choice

Thu Dec 19th / Thu Dec 20th: relays

This information and more can be found with the Fall workout themes at:

<http://carletonmasters.tripod.com/mastplanfall13.pdf>.

Thanks to all who participated in the 800 / 1500 time trial on Tue Nov 19th / Wed Nov 20th. **Jordan Monnink** (7:10pm Whitecaps) improved by close to 3 minutes, and **Masashi Kobayashi** (7:10pm Whitecaps) improved by close to 2 minutes! **Deb Low** (6pm Whitecaps) improved by nearly a minute, while **Kevin Graham** (7:30am Earlybirds) and **Kim Fever** (7:30am Earlybirds) improved by just over and just under 45 seconds, respectively. A list of all improvements (and a tie) follows:

1500 (10 + 1 tie)

Jordan Monnink (7:10pm Whitecaps) 2:47

Masashi Kobayashi (7:10pm Whitecaps) 1:55

Deb Low (6pm Whitecaps) 56

Kevin Graham (7:30am Earlybirds) 47

Kim Fever (7:30am Earlybirds) 44

Matthew Tucciarone (8:30am Earlybirds) 37

Marie-Odile Junker (7:30am Earlybirds) 36

Norine Naguib (7:30am Earlybirds) 24

Margaret King (7:30am Earlybirds) 13

Erin McLean (8:10pm Whitecaps) 2

Zoe Panchen (7:30am Earlybirds) 0 [tied best]

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-Nov 29th (37 workouts); range: 13-35; average: 24.1

Perfect Attendance: **Christian C, Susan N-Y**

Missed 3 Workouts: **Margaret K, Ursula S**
Missed 4 Workouts: **Bruce B, Jim L, Kevin G, Zoe P**

8:30am Earlybirds: Sept 4-Nov 29th (37 workouts); range: 10-26; average: 19.7
Missed 1 Workout: **Amir B**
Missed 2 Workouts: **Natalie A**
Missed 3 Workouts: **Margaret DK**

6:00pm Whitecaps: Sept 3-Nov 28th (37 workouts); range: 16-31; average: 24.7
Missed 3 Workouts: **Deb L, Don W, Jian-Lok C**
Missed 4 Workouts: **Debby W, Nicole D**

7:10pm Whitecaps: Sept 3-Nov 28th (37 workouts); range: 7-20; average: 14.7
Missed 2 Workouts: **Joanie C**
Missed 3 Workouts: **Jordan M**

8:10pm Whitecaps: Sept 3-Nov 28th (37 workouts); range: 4-11; average: 7.3
Missed 4 Workouts: **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 2013-2014 is now open. Note that you must register with MSO before the **due date** of the entry for your first competition. You must register with MSO (as a Carleton Masters swimmer) if you want to enter any competitions (e.g. the Masters World Championships in Montreal next summer). The cost has gone up slightly: **\$38**. If you have not registered with MSO and Carleton Masters (or have not competed since 2008), I need the following: name, date of birth, address, phone number. If you have registered with us in the past five years, I just need to know if any of your information has changed. You may pay by cash or cheque payable to me (**Lynn Marshall**).

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 Nov 30th Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/clarington-no-excuses-masters-meet/>
Sun Dec 1st Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-2/> and <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>
Sat Dec 7th Montreal Nord Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=14832>
Sat-Sun Dec 7-8th Ste-Foy Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=15386>
Sun Dec 8th North York Pentathlon <http://www.mastersswimmingontario.ca/events/north-york-gators-pentathlon-2/>
Sun Jan 19th Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bears-39th-annual-scy-meet/>
Sat Jan 25th Pointe Claire Masters Meet
Sat-Sun Feb 8-9th Quebec City LC Masters Meet
Sun Feb 9th Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2014/>
Sun Feb 9th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-3/> and <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>
Sat Feb 15th Nepean LC Masters Meet
Sat-Sun Feb 15-16th La Salle Masters Meet, Montreal
Sat Mar 1st Cote St-Luc, Montreal
Sun Mar 2nd Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-4/> and <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>
Note that Etobicoke's Annual 1500m Heart Swim, usually held in March, is cancelled for 2014 due to pool renovations
Sat Mar 15th Dollard-des-Ormeaux, Montreal
Fri-Sun Mar 28-30th Ontario Provincials, Windsor <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championships-2014/>

Fri-Sun Apr 11-13th Quebec Provincials, Ste- Foy <https://registration.swimming.ca/MeetInfo.aspx?meetid=14653>
Sat Apr 26th All Out Swim LC, Toronto
Sun May 4th Thornhill Masters Meet
Fri-Mon May 16-19th Nationals, Windsor <http://cmsc2014.ca/>
Sat Jun 7th Longueuil LC, Montreal
Jul 27th – Aug 10th 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 Nov 10th Technosport Masters Meet, U of Ottawa

Official results are now available: http://www.technosport.ca/results/technosport_nov_10_meet_results.pdf. The updated club records are here: <http://carletonmasters.tripod.com/131110.Records.pdf>. You can also check out a couple of photos here: <http://carletonmasters.tripod.com/13photo/>.

Natalie Aucoin (8:30am Earlybirds; 40-44): **1st**: 50fs (34.31 PB), 50fl (35.36 PB), 100fl (1:20.50 PB), 100IM (1:27.10 PB)

Sandy Lawson (7:30am Earlybirds; 45-49): **1st**: 200fs (2:52.73); **2nd**: 100fs (1:16.96 PB), 100IM (1:37.41 PB)

Ian Lorimer (7:30am Earlybirds; 50-54): **1st**: 50fs (34.75), 200fs (2:53.66); **2nd**: 100fs (1:17.34)

François Jacques (7:30am Earlybirds; 50-54): **1st**: 100fs (1:07.27 PB and Club Record), 100br (1:38.18), 100IM (1:27.44)

Jim Lee (7:30am Earlybirds; 55-59): **1st**: 100IM (1:42.23); **2nd**: 100fs (1:32.81), 50bk (51.88 Club Record), 50fl (49.31)

Harley Gifford (7:30am Earlybirds; 55-59): **1st**: 50fs (33.12 Club Record), 100fs (1:13.44 Club Record), 50bk (40.91 Club Record), 100bk (1:31.43 Club Record)

Dream Team Relay 4 x 50 FR 160+: **1st**: **Ian, Sandy, Natalie, and François** (2:16.51)

Sun Nov 17th Philadelphia Marathon (10895 finishers)

Congratulations to **Mike** on a second marathon in 6 weeks!! Full results at:

<http://live.xacte.com/templates/philadelphiamarathon.com/for-runners/race-results#>

Mike Lau (6pm Whitecaps, 50-54): 393rd overall, 354th man and 14th in age group in 3:04:01 (3:03:40)

Mike reports: "The weather was almost ideal (11C, light wind and overcast) at the start of the race. I am pleased with my finishing time of my 20th marathon finish at the 20th Philadelphia Marathon. My time in the second half was only 90 seconds slower than first half."

Sat Nov 23rd Swim Ottawa Meet, Brewer Pool

Congratulations to the 8 Carleton Masters swimmers (plus **Bill Westcott** [6pm Whitecaps] swimming for Nepean) who participated. This was **Margaret King** (7:30am Earlybirds)'s first swim meet!! **Jim Lee** (7:30am Earlybirds), **Carolyn Odecki** (6pm Whitecaps), and **François Jacques** (7:30am Earlybirds) each set a club record. **Harley Gifford** (7:30am Earlybirds) set three! Updated club records are here: <http://carletonmasters.tripod.com/131123.Records.pdf>. The results were sent to me by e-mail, but are not yet posted. **Tom Anzai** (Swim Ottawa) organized this meet in honour of his friend and Masters swimmer, **Willy Lee**, who passed away in 2001.

Here's how we did:

Natalie Aucoin (8:30am Earlybirds; 40-44): **1st**: 50fl (35.05 PB), 100fl (1:21.86); **2nd**: 50fs (34.53), 100fs (1:15.93 PB)

Sandy Lawson (7:30am Earlybirds; 45-49): **1st**: 200fs (2:51.21); **2nd**: 50fs (35.73), 50bk (43.87 PB)

Margaret King (7:30am Earlybirds; 50-54): **1st**: 100fs (1:23.23), 100br (1:43.19); **2nd**: 50fs (37.53), 50br (47.28)

Lynn Marshall (Coach; 50-54): **1st**: 50fs (31.06), 50bk (37.03), 50br (43.30), 200IM (2:40.64)

Carolyn Odecki (6pm Whitecaps; 55-59): **1st**: 50fs (35.40), 50bk (41.66 Club Record, PB), 50fl (40.40), 100fl (1:34.61)

François Jacques (7:30am Earlybirds; 50-54): **1st**: 200fs (2:36.72 Club Record, PB), 100br (1:31.73 PB); **2nd** 50fs (30.63)

Jim Lee (7:30am Earlybirds; 55-59): **1st**: 100fl (1:59.01 Club Record); **2nd**: 50bk (48.27 PB), 100bk (1:46.40), 100br (1:52.91)

Harley Gifford (7:30am Earlybirds; 55-59): **1st**: 50bk (37.23 Club Record, PB), 100bk (1:23.63 Club Record, PB), 200IM (3:16.97 Club Record)

Women's 4x50 Free Relay 160-199 (racing in the mixed relay category): **Carolyn, Margaret, Sandy, Natalie: 3rd** (2:23.65)

Bill Westcott (6pm Whitecaps; 50-54; swimming for Nepean Masters): **1st**: 50fs (30.21), 100fs (1:08.22); **2nd**: 50fl (33.23)

Sat Nov 23-24th Coupe de Montreal LC Masters Meet

Jamie participated in this meet to raise his long course ranking and succeeded in improving most of his season's times – well done, **Jamie!** The results are posted here: <http://mymsc.ca/ShowMeet.jsp?id=616>. Here's how he did:

Jamie Chalmers (7:10pm Whitecaps, 70-74): 1st 100fs (1:30.30), 400fs (8:45.87 PB), 100bk (2:05.56), 200bk (4:25.67), 400IM (10:18.77); 2nd 200fs (3:53.40); 3rd 800fs (19:18.41)

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 **Nov 24th**).

Ask the Coach

Dear Coach: I always lose count during the 1500 time trial. Any suggestions for counting lengths? How Many More?

Dear H.M. More?: While not permitted during an official race, while training the best thing is to look at the pace clock every once in a while (say every 200 to 300m). If you know what pace you should be swimming at, and if you swim at a consistent pace, the pace clock can be very helpful. For example, let's say that you plan to swim about 1:40 per 100m, that works out to 50 seconds per 50, or 5:00 per 300m. Thus, if you started on the red top, you should turn at about the red top at 300m, 600m, 900m, 1200m, and also finish about the red top at 1500m. If you are checking your splits regularly, you'll know whether you are under or over your pace and can continue to use the pace clock to help you count. This method doesn't work very well if your pace is very near 1:00, 2:00, or 3:00 per 100m.

Dear Coach: How can I avoid drafting during the 1500? Caught Up But Can't Pass

Dear C.U.B.C. Pass: The best way to avoid drafting is to start ahead of anyone who is about the same speed as you. Then it's their problem to avoid drafting! Seriously, though, if you are catching up to the person in front of you, you get an advantage from swimming in their wake. Thus, to be fair, you need to pass or drop back. If you are unable to pass or slow down a little, then take a short break (e.g. have a sip of water) and ensure that you are outside the draft zone before starting again. And next time go ahead of the person you were drafting!

Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am Dec 9
Mon 7:15-8:15pm Dec 9
Tue 7:15-8:15pm Dec 10, 17
Fri 9:40-10:40am Dec 6

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 3rd to Sat Dec 21st; no workouts Mon Oct 14th (pro-rated prices now available)

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 2nd to Fri Apr 11th; no workouts Mon Feb 17th

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.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>