

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: December-13-13 1:58 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 #351

Carleton Masters Swimming Newsletter #351

Friday, December 13th, 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).

"The blank page gives us the right to dream." – Baston Bachelard [Ed. Note: For those setting goals for 2014.]

Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 21st**.
 - There are no further cancellations this term.
 - **Alex** will coach for me on the morning of **Mon Dec 16th** due to my students' exam.
- We will hold a few interim workouts (pay as you go) between the Fall and Winter sessions. Your support in attending these workouts (if you are in town) is appreciated! Details in the next paragraph.
- The Winter session starts **Thu Jan 2nd**. Full details near the end of the newsletter.
 - 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!**
 - Here are the Winter groups with fewer than 15 spots left:
 - **Saturday** (13 spots)
- **6pm Whitecaps Winter coaching change:**
 - **Alex** will coach on Mondays; **Lynn** will coach on Tuesdays; **Alex and Lynn** will take turns on Thursdays

Fall/Winter Interim Workout Schedule

In between the Fall and Winter sessions, we are offering four interim workouts. Each workout costs \$4.85 (the cost of a public swim pass). Note that these workouts are only open to those with a valid Athletics membership (or student/staff card) for the date/time of the workout. Note that if you have a morning-only membership, it is good all day on "reduced hours" days, i.e. all of these dates. Guests (who do not have to be members) are welcome, if they pay the \$4.85 fee and are accompanied by a member. **You must pay the public swim \$4.85 fee at the Welcome Centre, get a receipt (*not* a hand stamp!), write your name on the back, and give your receipt to the coach on deck before you get in the water.** No receipt, no swim, no exceptions!!

Schedule:

Mon Dec 23rd 6:00-7:15pm; Coach: **Alex**; Theme: long fs
Fri Dec 27th 6:00-7:15pm; Coach: **Alex**; Theme: short ch
Sat Dec 28th 12:00-1:15pm; Coach: **Lynn**; Theme: short IM
Mon Dec 30th 6:00-7:15pm; Coach: **Alex**; Theme mid ch

Carleton Pool Public Swim Schedule: Dec 13th to Jan 5th

Those planning to swim during public swims over the next 4 weeks should check the following carefully!

Fri Dec 13th to Fri Dec 20th: Regular schedule with the following exceptions:

Fri Dec 13: 8:10-9:25 pm - CANCELLED
Sat Dec 14: 1:00-4:00 pm - Public Swim (whole pool)
Sun Dec 15: 12:00-1:30 pm - Women's Only Swim (whole pool)
Sun Dec 15: 1:45-4:30 pm - Public Swim (whole pool)

Sun Dec 15: 9:10-10:25 pm - CANCELLED
 Mon Dec 16: 9:10-10:25 pm - Public swim (whole pool)
 Tues Dec 17: 9:15-10:30 pm - CANCELLED
 Weds Dec 18: 4:30-6:00 pm - Public Swim (whole pool - 50M long-course)
 Weds Dec 18: 8:45-10:15 pm - Public Swim (whole pool - 50M long-course)
 Thurs Dec 19: 9:15-10:30 pm - CANCELLED
 Fri Dec 20: 11:30 am-2:30 pm - Holiday Swim (whole pool)
 Fri Dec 20: 4:30-6:30 pm - Public swim (whole pool)
 Fri Dec 20: 8:10-9:25 pm - CANCELLED
Sat Dec 21st to Sun Jan 5th: Holiday schedule: Only the following swims are available:
 Sat Dec 21: 1:30-4:30 pm - Holiday Swim (whole pool)
 Sun Dec 22: 11:45am-1:15 pm - Women's Only Swim (whole pool)
 Sun Dec 22: 1:30-4:30 pm - Holiday Swim (whole pool)
 Mon Dec 23: 1:30-4:30 pm - Holiday Swim (whole pool)
 Mon Dec 23: 4:30-6:00 pm - Public Swim (whole pool)
 Tues-Weds-Thurs, Dec 24-25-26: POOL CLOSED
 Fri-Sat Dec 27-28: 1:30-4:30 pm - Holiday Swim (whole pool)
 Sun Dec 29: 11:45am-1:15 pm - Women's Only Swim (whole pool)
 Sun Dec 29: 1:30-4:30 pm - Holiday Swim (whole pool)
 Mon Dec 30: 12:30-3:30 pm - Holiday Swim (whole pool)
 Tues-Weds, Dec 31 & Jan 1, 2014: POOL CLOSED
 Thurs-Fri Jan 2 & 3: 12:30-3:30 pm - Holiday Swim (whole pool)
 Sat Jan 4: 1:30-4:30 pm - Holiday Swim (whole pool)
 Sun Jan 5: 11:45am-1:15 pm - Women's Only Swim (whole pool)
 Sun Jan 5: 1:30-4:30 pm - Holiday Swim (whole pool)
Mon Jan 6th: Regular schedule resumes

Carleton Fitness Centre Holiday Schedule

Regular schedule ends on Mon Dec 23rd

Tue Dec 24: 8am-4pm

Closed Dec 25-26

Fri Dec 27: 8am-7:30pm

Sat, Sun Dec 28, 29: 9am-7pm

Mon Dec 30: 8am-7:30pm

Closed Dec 31, Jan 1

Regular schedule resumes Thu Jan 2nd

Swimmer Notes

Swimmer Updates:

- **Jose Vivanco** (8:10pm Whitecaps) is organizing a gathering to celebrate the life of **George Tombler** (6pm Whitecaps) at the **Colonnade restaurant, 280 Metcalfe St.**, on what would have been **George's 89th birthday: Sun Dec 22nd at 6:30pm**. If you plan to attend please let **Jose** know at jvivanco@rogers.com. **George** swam with Carleton Masters for over 20 years.

- **Ursula Scott** (7:30am Earlybirds) and **Sean Kelly** (ex-Earlybirds) are members of the Orpheus Choral Group. The Choral Group's Christmas concert is at 7 p.m. on Saturday, December 21st at Woodroffe United Church, 207 Woodroffe Avenue. Free admission. Refreshments served afterwards.

- Congratulations to **Matthew Tucciarone** (8:30am Earlybirds) on completing his undergrad degree. He had his last exam and submitted his thesis yesterday!

- Congratulations also to **Monique Potvin Kent** (8:30am Earlybirds) on being hired for a 2-year teaching position at the University of Ottawa.

- Best wishes to **Francois Jacques** (7:30am Earlybirds) and **Kevin Nelson** (7:30am Earlybirds) for quick recoveries from their injuries. **Francois** has pulled a muscle near his shoulder blade and **Kevin** is suffering from a shoulder injury.

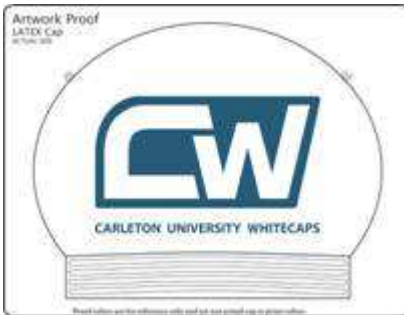
- Holiday gifts and discounts for athletes:

- Carleton Athletics Personal Training Special: <http://athletics.carleton.ca/2013/looking-for-a-fitness-gift-these-holidays/>
- Use code save5 for a \$5 discount on an Ultra Fast-Dry Swim and Travel Towel from Canadian (BC) company: <http://www.discoverytrekking.com/>.

- 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.](#)

- 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/>.

- **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:

- Film about a US Masters Swimmer: Suzanne Heim-Bowen: 50 year old Freshman: http://www.mercurynews.com/los-gatos/ci_24454152/mcdonald-captures-more-than-images-her-camera-she;

http://openwaterpedia.com/index.php?title=50_year_old_FRESHMAN_Suzanne_Heim-Bowen, and

<http://www.amazon.com/50-year-old-FRESHMAN-Heim-Bowen/dp/B00APNWK52> (Unfortunately, not available in Canada)

- World Record: 225m underwater (no breathing) in 4:30: <http://www.youtube.com/watch?v=kjTD2CNnlco>

- Fuggetaboutit! By **Rick Hellard** (Triathlon Coach and former Carleton Masters Swimmer):

<http://www.irun.ca/blog/index.php/fuggetaboutit/>

- Physical Fitness Linked to Better Memory: <http://www.nbcnews.com/health/physical-fitness-linked-better-memory-2D11638180>

- Maintaining Fast Twitch Muscles as You Age: <http://www.patriotledger.com/lifestyle/family/x919108601/KEEPING-FIT-Maintaining-fast-twitch-muscles>

- The Use of Mental Rehearsal to Improve Performance: <http://www.wright.edu/~scott.williams/LeaderLetter/rehearsal.htm>

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 100 time trial (Tue Dec 3rd to Fri Dec 6th). There were lots of improvements, led by **Masahiro Oishi** (8:30am Earlybirds) with a 6.6 second improvement in 100fs. **Kim Fever** (7:30am Earlybirds) and **Matthew Tucciarone** (8:30am Earlybirds) were close behind, improving by 5.4 and 5.0 seconds, respectively, in their 100s free. **Nicole Le Saux** (7:30am Earlybirds), who was doing pull due to a knee injury, improved her 100m free pull by 4.0 seconds. A full list of all improvements follows:

100fs (14)

Masahiro Oishi (8:30am Earlybirds) 6.6

Kim Fever (7:30am Earlybirds) 5.4

Matthew Tucciarone (8:30am Earlybirds) 5.0

Seema Akhtar (6pm Whitecaps) 1.8

Paola Osorio (6pm Whitecaps) 1.5

Margaret King (7:30am Earlybirds) 1.4

Masashi Kobayashi (7:10pm Whitecaps) 1.3

Vanessa Woods (6pm Whitecaps) 1.3

Jian-Lok Chang (6pm Whitecaps) 1.2

Bill Westcott (6pm Whitecaps) 1.0

Mike Lau (6pm Whitecaps) 0.6

Mike Mopas (7:30am Earlybirds) 0.5

Paul Denys (7:10pm Whitecaps) 0.4

Michael Halasz (7:10pm Whitecaps) 0.3

100 fs pull (due to injury) (1)

Nicole Le Saux (7:30am Earlybirds) 4.0

100bk (1)

Carolyn Odecki (6pm Whitecaps) 0.8

100fl (2)

Dave Grynsan (6pm Whitecaps) 1.2

Luz Osorio (6pm Whitecaps) 0.3

100IM (2)

Kevin Graham (7:30am Earlybirds) 1.3

Lucie Boudreau (8:30am Earlybirds) 0.6

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: 23.6

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

Missed 3 Workouts: **Margaret K, Ursula S**

Missed 4 Workouts: **Jim L, Kevin G**

Missed 5 Workouts: **Brad S, Bruce B, Kim F**

8:30am Earlybirds: Sept 4-Nov 29th (37 workouts); range: 10-26; average: 19.3

Missed 3 Workouts: **Margaret DK**

Missed 4 Workouts: **Amir B, Natalie A**

6:00pm Whitecaps: Sept 3-Nov 28th (37 workouts); range: 16-31; average: 24.7

Missed 3 Workouts: **Don W**

Missed 4 Workouts: **Deb L, Debby W, Jian-Lok C**

Missed 5 Workouts: **Marg E, Nicole D**

7:10pm Whitecaps: Sept 3-Nov 28th (37 workouts); range: 7-20; average: 14.6

Missed 2 Workouts: **Joanie C**

Missed 3 Workouts: **Jordan M**

8:10pm Whitecaps: Sept 3-Nov 28th (37 workouts); range: 4-11; average: 7.0

Missed 5 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.**

Wed Jan 1st Sears Great Canadian Chill, Britannia Beach, Kids Cancer Fundraiser (open to all)

<http://ottawa.thesearsgreatcanadianchill.ca/>

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

Sun Jan 26th **[Note date change]** 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-Sun Feb 8-9th Quebec City LC Masters Meet

Sun Feb 9th Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2014/>

Fri Feb 14th **[Note date change, though a Friday seems strange!]** La Salle Masters Meet, Montreal

Sat Feb 15th Nepean LC Masters Meet

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/>
Sat Apr 5th [Note date change] All Out Swim LC, Toronto
Fri-Sun Apr 11-13th Quebec Provincials, Ste- Foy <https://registration.swimming.ca/MeetInfo.aspx?meetid=14653>
Sun May 4th Thornhill Masters Meet
Fri-Mon May 16-19th Nationals, Windsor <http://cmssc2014.ca/>
Sat Jun 7th Longueuil LC, Montreal (TBC)
Jul 27th – Aug 10th 2014 FINA World Aquatic Championships, LC Parc Jean-Drapeau (outdoors) and other pools, Montreal <http://finamasters2014.org/home/> (under construction); Time Standards: http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082

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

2013 Eastern Ontario Cyclocross Series Results

Lisa Meyer (8:30am Earlybirds) and **Lucie Boudreau** (8:30am Earlybirds) both participated in the Women's C division. Congratulations to **Lisa** on her win, and to **Lucie** for doing yet another sport on top of Winter and Summer triathlons! Full results at: www.cyclocross.org/page11/files/pointfinalR25nv.pdf.

Lisa Meyer (8:30am Earlybirds; Women C): 1st with 116 points from the best 6 of 7 races

Lucie Boudreau (8:30am Earlybirds; Women C): 9th with 43 points from 4 races

Sat Nov 23rd Swim Ottawa Meet, Brewer Pool

The results at now posted: <http://mymssc.ca/ShowMeet.jsp?id=618>. **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)

Francois 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 30th Clarington Masters Meet

Jamie Chalmers (7:10pm Whitecaps) was Carleton's only representative. Congratulations to Jamie on yet another club record! Updated club records at: <http://carletonmasters.tripod.com/131130.Records.pdf>. Official results are not yet available, but here's how Jamie did:

Jamie Chalmers (7:10pm Whitecaps, 70-74): 1st 50fs (37.93), 200fs (3:45.66), 400fs (8:11.78 Club Record), 50bk (50.83), 50br (1:01:06)

Sat Nov 30th TriRudy Award Ceremony

Chris Macknie (7:30am Earlybirds) received his 9th TriRudy award. Well done! Here's a photo of the award winners: <http://trirudy.com/region/oe/>. **Chris** is in the back row, 2nd from the right. **Rudy Hollywood** is in the front row, left.

Sun Dec 1st Technosport Masters Meet, U of Ottawa

Margaret King (7:30am Earlybirds) and **Lynn Marshall** (Coach) were Carleton's two representatives. Results (with some errors) are at: <http://mymssc.ca/ShowMeet.jsp?id=620> (Margaret's 100fs time is incorrect, and I did 100fl not 100fs). Here's how we did (after corrections to the results):

Margaret King (7:30am Earlybirds; 50-54): 1st 200fs (3:09.40), 100br (1:45.91); 2nd 100fs (1:25.79); 3rd 50fs (38.50)

Lynn Marshall (Coach; 50-54): 1st 50fs (31.13), 50bk (36.51), 50br (43.59), 50fl (34.28), 100fl (1:13.59), 200IM (2:41.44)

Sat Dec 7th Montreal Nord Masters Meet

Jamie Chalmers (7:10pm Whitecaps) was Carleton's only swimmer. He improved his position in the short course rankings by completing the 1500 freestyle, setting yet another club record in the process. A great first year in his new age group! Updated club records are at: <http://carletonmasters.tripod.com/131207.Records.pdf>. Official results are available at: <https://www.swimming.ca/meetreport.aspx?mid=14832>. Here's how Jamie did
Jamie Chalmers (7:10pm Whitecaps; 70-74): 1st 50fs (37.55), 200fs (3:44.28), 1500fs (34:56.27 Club Record), 50br (59.69); 11th (50+ category) 25fs (16.00)

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 **Dec 2nd**).

Ask the Coach

Dear Coach: When will the women's sauna be fixed? Missing the Sauna

Dear M.t. Sauna: The sauna was damaged by someone pouring water on the heating element. Replacement parts have been ordered and are expected to arrive next week. As soon as the parts arrive, repairs will be made.

Dear Coach: Can you recommend a good sports massage therapist? Sore Body

Dear S. Body: Yes. **Dave Eggleton** 613-296-3780 (Uplands area).

Dear Coach: Why do you like us to use the pace clock and not a watch to get our times when we swim? Pace Clock Challenged

Dear P.C. Challenged: Let me count the ways! Firstly, for Masters swimming competitions, wearing a watch is a disqualifiable offence, so best not to be in the habit of wearing your watch in the pool. Secondly, although watches tend to be quite small these days, it hurts a lot more if you hit arms with someone wearing a watch than without. Thirdly, if everyone uses the pace clock, everyone in the lane is aware of when the lane should be leaving (i.e. your watch might not be synchronized with the pace clock). Fourthly, it is possible to glance at the pace clock while breathing (vs. stopping to look at your watch). If you can't see the pace clock, it is possible to buy very inexpensive goggles for most prescriptions.

Private and Semi-Private Masters Swim Lessons

Tue 8:15-9:15pm Dec 17

Mon 9:40-10:40am Jan 20; Feb 3, 10; Mar 3, 17, 31

Fri 9:40-10:30am Jan 10, 17, 31; Feb 21; Mar 7, 21, 28; Apr 11

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

Winter Masters Swimming Programs, Barcodes and Prices

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 change for this year are that the 8:10pm group is now three times per week (rather than two). 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>.

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 (full: waitlist available)

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): Coaches: M: Alex; Tu: Lynn; Th: Lynn/Alex; barcode 6667; cost \$142+HST (full: waitlist available)

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6669; cost: \$126+HST

8:10pm Whitecaps 3: 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex; 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)

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