

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** September-10-14 4:44 PM  
**To:** Fran Craig; Steve Baird; Alex Joubert; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby  
**Subject:** Carleton Masters Swimming Newsletter #372

## Carleton Masters Swimming Newsletter #372

Wednesday, September 10<sup>th</sup>, 2014

**To:** Carleton Masters Coaches / Staff (10 addresses)

**Bcc:** Those registered for Fall 2014 7:30am Earlybirds I (43 addresses), 8:30am Earlybirds II (27 addresses), 6pm Whitecaps I (42 addresses), 7:10pm Whitecaps II (16 addresses), 8:10pm Whitecaps III (10 addresses), Saturday Only (3 addresses), plus those registered for Fall 2013, Winter 2014, Spring 2014, Summer 2014, and Alumni: 7:30am Earlybirds I (12 addresses), 8:30am Earlybirds II (12 addresses), 6pm Whitecaps I (15 addresses), 7:10pm Whitecaps II (17 addresses), 8:10pm Whitecaps III (13 addresses), Saturday Only (8 addresses), Masters "Alumni" (30 addresses).

**"The person who says it cannot be done should not interrupt the person who is doing it." – Chinese Proverb**

### Masters Program Notes and Cancellations

- The Fall session is underway. It runs until **Sat Dec 20<sup>th</sup>**.
  - The only cancellation is **Mon Oct 13<sup>th</sup>**.
- The **Carleton Synchro Club** is going to be practicing in the diving well **Mon/Wed 7:00-8:30am, from Mon Sept 15<sup>th</sup> until at least late November**. A lane rope will be used to separate them from our Masters lanes. I will do my best to ensure that their music isn't too loud when I am explaining the warm up, drills and main set.
- The 6pm and 7:30am groups are nearly full for Fall. Wait lists are available. Please let me know if you are on a wait list.
- Details on the Fall and Winter programs can be found near the end of the newsletter

### Swimmer Notes

#### Swimmer Updates:

- Congratulations to the **Sportchicks** on winning **three silver medals** at the World Dragon Boat Championships in Italy. More details under Race Results!

- **Robert Fabes** (7:30am Earlybirds) raced in **three Ironman distance triathlons in 6 weeks** this summer! What an incredible feat! Details on the 3<sup>rd</sup> of the series can be found under Race Results, but to summarize, here are the three results:

- **Sun Jul 27<sup>th</sup> Whistler: Robert Fabes** (7:30am Earlybirds; 50-54): 1367<sup>th</sup> overall, 1020<sup>th</sup> male, and 121<sup>st</sup> in age category in 15:08:07 (1:04:45 swim)

- **Sun Aug 17<sup>th</sup> Mont Tremblant: Robert Fabes** (7:30am Earlybirds; 50-54): 1497<sup>th</sup> overall, 1205<sup>th</sup> man, and 153<sup>rd</sup> in category in 13:43:21 (1:05:14 swim)

- **Sat Aug 30<sup>th</sup> Ottawa: Robert Fabes** (7:30am Earlybirds; 50-54): 23<sup>rd</sup> overall, 19<sup>th</sup> man, and 3<sup>rd</sup> in category in 15:02:07.9 (1:17:35 swim+run to transition zone)

If **Robert** needs more of a challenge for next year, I have found the perfect race: You complete an ironman a day for 10 days: <http://www.decaultratri.co.nf/>. (Just kidding, **Robert!**)

- Thanks to the Earlybirds groups for their patience with being in the shallow end on **Fri Sept 5<sup>th</sup>** due to the window replacement. What an improvement the new windows are! Thanks also to the 6pm Whitecaps for dealing well with the last minute move to the shallow end on **Tue Sept 2<sup>nd</sup>** and **Thu Sept 4<sup>th</sup>**.

- Very sad news: Technosport swimmer and triathlete, **Laurie Strano**, was killed in the Ride the Rideau fundraiser: <http://ottawacitizen.com/news/local-news/ottawas-ride-the-rideau-cycling-event-raises-2-3m-for-cancer-research>.

- Please pass this along to anyone who may be interested: The Stittsville Vicious Fish Masters swim club swims out of the Richcraft Recreation Complex in Kanata. They are looking for coaches for both morning (Tue/Thu) and evening workouts (Tue/Thu/Sun). For more questions or to submit your resume contact: [information@viciousfish.ca](mailto:information@viciousfish.ca).

- **Christine Harkin** (x-7:10pm Whitecaps)'s son, **Liam Elder** was diagnosed on March 14th, 2011 at the age of 6 with a rare form of Leukemia. He underwent 2.5 years of treatment, including a 17 month long intense chemotherapy treatment, cranial radiation and countless blood product transfusions, and was in remission, as was reported in an earlier newsletter.

Liam relapsed with the same type of cancer on July 17th, 2014. Since his relapse Liam has suffered a blood infection and a serious fungal infection (Mucormycosis). In order to save his life, 3 surgeries were required to stop it from spreading into his brain (Mucormycosis has a mortality rate of 90%). The surgeons removed 2/3 of his hard palate, the septum, one sinus cavity, left eye tear duct, a nerve and a lot of debridement. All these infections and surgeries have been extremely taxing on his blood levels and in the past month Liam has required 12 platelet and 6 haemoglobin (red blood) transfusions. As he continues on the road to transplant he will require more blood product transfusions and an unrelated transplant match (no members of his immediate family are matches).

Please donate blood and provide an oral swab to see if you are a match. So many people lives depend on and benefit from blood products or unrelated transplant matches, not just Liam.

Christine and her husband, Peter, spend every moment they can with Liam but in order to do so, they need our help. Their many friends are trying to organize food, cleaning, childcare etc. but we know many of you are also eager to help. At the moment, we are hoping that you will help us raise funds. Christine has opened a TD Bank account in Liam's name and we are appealing to all of you who care about Liam to donate generously. The money collected will be used to fund their travel, daily expenses, for additional care for Liam's brother Ben and anything that will make their lives easier in this incredibly difficult time. Anything left after his transplant will be transferred to an RESP.

If you'd like to contribute, you can send an Interac email transfer to [friendsofliam@bell.net](mailto:friendsofliam@bell.net). The money goes directly to Christine and Peter. You may also go into a TD branch and deposit into the Friends of Liam account, care of Christine Harkin.

- For those interested, MSC (Masters Swimming Canada) is having an open meeting via conference call at **8pm Wed Oct 15<sup>th</sup>**. Details here: <http://mymsc.ca/SM2014/>.

- **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:

- International Swimming Hall of Fame (Florida): [http://www.washingtonpost.com/lifestyle/travel/in-fort-lauderdale-a-hall-of-fame-to-dive-deep-into/2014/09/04/11d35802-33b1-11e4-8f02-03c644b2d7d0\\_story.html](http://www.washingtonpost.com/lifestyle/travel/in-fort-lauderdale-a-hall-of-fame-to-dive-deep-into/2014/09/04/11d35802-33b1-11e4-8f02-03c644b2d7d0_story.html)

- Interview with **George Breen** (1500m free World Records of 18:05 and 17:52 in 1956) <https://www.youtube.com/watch?v=61GhHtRMX2k#t=126>

- Why Joining a Swim Team May Make You Happier: <http://www.macleans.ca/culture/books/put-down-the-smartphone-how-face-to-face-contact-makes-us-happier/>

- Another Marathon Swim for **Anneleise Carr**: <http://www.torontosun.com/2014/09/01/ont-teen-annaleise-carr-completes-another-marathon-swim>

- Problems With Swim Canada Team Selection?: <http://matthewswanston25.com/2014/09/04/dear-swimming-canada-figure-it-out/>

- **Sheila Kealey's** Latest: <http://www.sheilakealey.com/2014/09/05/whats-new-food-health-fitness/>,  
<http://www.sheilakealey.com/2014/08/29/week-food-health-fitness-20/>  
- Can We Hate Ourselves to Success?: <http://www.drrobbell.com/can-we-hate-ourselves-to-success/>

**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. We now have a few triathlon latex caps (50c), as well as some silicone caps (\$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; Monday/Tuesday: **Sean**; Thursday: **Mits**

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

8:10pm Whitecaps: Shallow End; Tuesday: **Alex**; Thursday: **Mits**

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

Exceptions will be noted here.

Thanks to **Sean** for coaching for **Mits** on **Thu Sept 4<sup>th</sup>**. **Sean** will also coach for **me** on **Fri Sept 12<sup>th</sup>**, and for **Alex** on **Sat Sept 13<sup>th</sup>**.

The 6pm group was moved to the shallow end on **Tue Sept 2<sup>nd</sup>** and **Thu Sept 4<sup>th</sup>** due to staff training. The Earlybirds groups were moved to the shallow end on **Fri Sept 5<sup>th</sup>** due to the window replacement project.

### Fin Days:

Tue Oct 28<sup>th</sup> / Wed Oct 29<sup>th</sup>

Thu Nov 27<sup>th</sup> / Fri Nov 28<sup>th</sup>

### Time Trials:

Thu Oct 16<sup>th</sup> / Fri Oct 17<sup>th</sup>: 400fs or IM

Thu Oct 23<sup>rd</sup> / Fri Oct 24<sup>th</sup>: two 50s choice

Mon Nov 3<sup>rd</sup>: 200 choice

Tue Nov 18<sup>th</sup> / Wed Nov 19<sup>th</sup>: 800 / 1500fs

Tue Dec 2<sup>nd</sup> / Wed Dec 3<sup>rd</sup>: 100 choice

Thu Dec 18<sup>th</sup> / Thu Dec 19<sup>th</sup>: fun day (relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall14.pdf>.

Congratulations to **Dave Bourdon** (7:30am Earlybirds) on having the lowest freestyle distance per stroke (dps) among the Earlybirds on **Fri Sept 5<sup>th</sup>**, with just 2 strokes for 25m.

Here is the weekday attendance to date. Please let me know of any errors! Those with the best attendance will be recognized with certificates.

**6pm Whitecaps:** Sept 2-9<sup>th</sup> (4 workouts): range 20-33; avg.: 27.0

Perfect Attendance: **Cam D, Cheri R, Dave G, Deb L, Don W, Elaine Y, Joanne D, Lina V, Matthew T, Mike L, Nicole D, Peter L**

**7:10pm Whitecaps:** Sept 2-9<sup>th</sup> (4 workouts): range 12-16; avg.: 13.5

Perfect Attendance: **Joanie C, Marloes N, Marshall P, Mike H, Mindy F, Sylvia W**

**8:10pm Whitecaps:** Sept 2-9<sup>th</sup> (3 workouts): range 6-9; avg.: 7.7  
Perfect Attendance: **Cynthia N, Lynn B, Manuel L, Rocio A**

**7:30am Earlybirds:** Sept 3-10<sup>th</sup> (4 workouts): range 24-33; avg.: 28.0  
Perfect Attendance: **Bruce B, Bryan M, Christiane W, Dave B, Dave C, Harley G, Jamie C, Jennifer M, Jeremy C, Larry D, Malika S, Mike K, Mike M, Norine N, Sandy L, Zoe P**

**8:30am Earlybirds:** Sept 3-10<sup>th</sup> (4 workouts): range 15-18; avg.: 17.0  
Perfect Attendance: **Alan H, Amir B, Claire O, Margaret DK, Marie-Odile J, Monique PK, Pam D, Penny E, Sean D, Susan H**

## Ask the Coach

**Dear Coach:** I am thinking about trying a Masters Swim Competition this year. How do I register and do you have any tips? New Racing Swimmer

Dear N.R. Swimmer: In the section below you will find information on upcoming competitions and how to register with Masters Swimming Ontario (MSO). Registration will start shortly – check the next few newsletters. Once you are registered, just pick a competition or two and follow the instructions provided in the meet information to register. If you let me know what meets you are interested in, I can find others who may be attending for carpooling or moral support!

**Dear Coach:** Will you be teaching us how to do flip turns? Want to Flip

Dear W.t. Flip: After we finish the stroke drills, time and space permitting I will do clinics upon request in the diving well for the last 15min of workout. If you want to learn flip turns, I ask that you do a couple of lead up clinics first: 1: push-offs; 2: open turns; 3: flip turns. The first to request a clinic gets first dibs and a maximum of five swimmers may participate.

**Dear Coach:** I am not going to be able to swim this term, but would like to continue to receive the newsletter. Is that possible? Want to Keep up on the Gossip

Dear W.t.K.u.o.t. Gossip: Of course! Just send me an e-mail to ask to stay on the list. I will be cleaning up the e-lists over the next couple of newsletters. If you have not registered, you will get two newsletters asking if you want to stay on the list. If you don't respond to either, you will be removed.

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for the remainder of 2014 and 2015 will start soon.. 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 2014-2015. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". 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.**

Sun Oct 12<sup>th</sup> Bermuda Open Water Swims <http://www.mastersswimmingontario.ca/24th-annual-bermuda-round-the-sound-swims/>

Sat Oct 25<sup>th</sup> Brossard Masters Meet, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=16702>

Oct 29<sup>th</sup> – Nov 2<sup>nd</sup> Barbados Masters Meet and Open Water Festival <http://www.mastersswimmingontario.ca/barbados-open-water-festival-2014/>  
Sat Nov 8<sup>th</sup> Cote St-Luc Masters Meet, Montreal (TBC)  
Sun Nov 9<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-november-9-2014/>  
Nov 13-16<sup>th</sup> Eighth Annual International Invitational Masters Meet, Dominican Republic [pablomota82@gmail.com](mailto:pablomota82@gmail.com).  
Sun Nov 16<sup>th</sup> Etobicoke Masters Meet <http://www.mastersswimmingontario.ca/events/eomac-semi-serious/>  
Sat Nov 22<sup>nd</sup> Swim Ottawa Meet, Brewer Pool (TBC)  
Sat-Sun Nov 22-23<sup>rd</sup> Coupe de Quebec LC, Montreal (TBC)  
Sat Nov 29<sup>th</sup> Clarington Masters Meet (TBC)  
Sat Dec 6<sup>th</sup> Montreal Nord Masters Meet (TBC)  
Sun Dec 7<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-december-7-2014/>  
Sat-Sun Dec 6-7<sup>th</sup> Ste-Foy Masters Meet (TBC)  
Sun Dec 7<sup>th</sup> North York Pentathlon (TBC)  
Sun Jan 18<sup>th</sup> Alderwood SCY Masters Meet (TBC)  
Sat Jan 24<sup>th</sup> Pointe Claire Masters Meet (TBC)  
Sun Feb 1<sup>st</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-1-2015/>  
Sat-Sun Feb 7-8<sup>th</sup> Quebec City LC Masters Meet (details TBD)  
Sun Feb 8<sup>th</sup> Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2015/>  
Sat Feb 21<sup>st</sup> Nepean LC Masters Meet <http://www.mastersswimmingontario.ca/events/winterlude-2015/>  
Sat-Sun Feb 14-15<sup>th</sup> La Salle Masters Meet, Montreal (TBC)  
Sat Feb 28<sup>th</sup> Cote St-Luc, Montreal (TBC)  
Sun Mar 1<sup>st</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-1-2015/>  
Sun Mar 1<sup>st</sup> (or Mar 8<sup>th</sup>) Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-spring-invitational-swim-meet/>  
Sat Mar 14<sup>th</sup> Dollard-des-Ormeaux, Montreal (TBC)  
Thu-Sat Apr 2-4<sup>th</sup> (or Apr 3-5<sup>th</sup>) Ontario Provincials, Etobicoke <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championship-2015/>  
Fri-Sun Apr 17-19<sup>th</sup> Quebec Provincials, Quebec City (details TBD)  
Sun Apr 19<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational/>  
Sat Apr 25<sup>th</sup> All Out Swim LC, Toronto (TBC)  
Fri-Mon May 15-18<sup>th</sup> Nationals (TBC)  
Sat Jun 6<sup>th</sup> Longueuil LC, Montreal (details TBD)

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

**Sat Aug 30<sup>th</sup> Canadian IronDistance Triathlon, Ottawa** (3.8k/180k/42.2k; 28 participants)

Congratulations to **Robert** on completing 3 Ironman triathlons in 6 weeks – wow! He was also first out of the water at this one! Full results at: <http://www.sportstats.ca/displayResults.xhtml?racecode=107178>.

**Robert Fabes** (7:30am Earlybirds; 50-54): 23<sup>rd</sup> overall, 19<sup>th</sup> man, and 3<sup>rd</sup> in category in 15:02:07.9 (1:17:35 swim+run to transition zone)

**Sat Aug 30<sup>th</sup> Canadian Try-a-Tri Triathlon, Ottawa** (200m/15k/5k; 99 participants)

Congratulations to **Matt** on his first triathlon! Full results at:

<http://www.sportstats.ca/displayResults.xhtml?racecode=109917>

**Matthew Tucciarone** (6pm Whitecaps): 60<sup>th</sup> overall and 20<sup>th</sup> man in 1:19:15.6

**Wed-Sun Sept 3-7<sup>th</sup> Club Crew Dragon Boat World Championships, Ravenna, Italy**

The **Sportchicks** (listed on the results as Bytown Dragon Boat Club, Ottawa) won 3 silver medals in the Women's Senior A (40+) category. Congratulations to: **Natalie Aucoin** (8:30am Earlybirds), **Isabelle Fradette** (x-8:30am Earlybirds), **Colette Kenney** (8:30am Earlybirds), **Margaret King** (7:30am Earlybirds), **Susan Nevitt-Yelle** (7:30am Earlybirds), **Carolyn Odecki** (6pm Whitecaps), **Isla Paterson** (8:30am Earlybirds), **Ellen Pazdzior** (6pm Whitecaps), **Claire Robinson** (x-8:30am Earlybirds), **Dawn Walsh** (7:30am Earlybirds), and **Debby Whately** (6pm Whitecaps). Their times were: 2000m: 10:13.09; 200m: 50.244; 500m: 2:07.324. The top four teams in all their races were the four Canadian teams! Full results at: [http://www.idbf.org/calendar\\_currentprogram.php](http://www.idbf.org/calendar_currentprogram.php). **Natalie** and **Isabelle** marched in the opening ceremonies to represent the club, and **Isla** participated in the ceremonial country boat paddle.



## Thu Sept 4<sup>th</sup> Ottawa Bike Club 15km Time Trial

Congratulations to **Lisa Meyer** (8:30am Earlybirds; 50-59) on being the 4<sup>th</sup> woman and 2<sup>nd</sup> in her category in 24:24 (just 8 seconds behind the 3<sup>rd</sup> place woman who was 1<sup>st</sup> in **Lisa's** category). Full details here: [http://www.timetrial.ca/cgi-bin/ttq.pl?Q\\_series=OTT&Q\\_date=2014-Sep-04](http://www.timetrial.ca/cgi-bin/ttq.pl?Q_series=OTT&Q_date=2014-Sep-04).

## Sat Sept 6<sup>th</sup> Demi-Esprit Half Ironman Distance Triathlon, Montreal (1.9k/90k/21.1k, 373 participants)

Congratulations to **Christian** on his great result – a PB, despite losing 45min due to 3 flat tires on the bike! Full results at: <http://www.sportstats.ca/displayResults.xhtml?racecode=110010>.

**Christian Cattan** (7:30am Earlybirds; 35-39): 292<sup>nd</sup> overall; 245<sup>th</sup> man; and 38<sup>th</sup> in category in 5:50:14.5 (swim 39:08)

## Sun Sept 7<sup>th</sup> Ironman 70.3 World Championships, Mont Tremblant (1.9k/90k/21.2k; 2234 competitors)

Congratulations to **Jordan** on an awesome performance! Full results at:

<http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=worldchampionship70.3&y=2014>.

**Jordan Monnink** (7:10pm Whitecaps; 25-29): 44<sup>th</sup> overall, 44<sup>th</sup> man, and 6<sup>th</sup> in men's 25-29 in 4:08:13 (26:48 swim)

## 2014 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and 2014 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 **July 30<sup>th</sup>**).

## Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Fall is:

Mon and Fri: 9:40-10:40am

### 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 the exact schedule and more details.

## Reminders

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

Registration is open 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. Note that the 8:10pm group will run only Tuesday and Thursday evenings (twice per week). 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 2014: Tue Sept 2<sup>nd</sup> to Sat Dec 20<sup>th</sup>; no workouts Mon Oct 13<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 8642; cost: \$142+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 8643; cost: \$142+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Sean**; Thu: **Mits**; barcode 8648; cost \$160+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: Mon: **Sean**; Tue: **Alex**; Thu: **Mits**; barcode 8650; cost: \$142+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm TuTh (shallow): Coaches: Mon/Tue: **Alex**; Thu: **Mits**; barcode 8652; cost: \$100+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 8644; cost: \$56+HST

#### Winter 2015: Mon Jan 5<sup>th</sup> to Fri Apr 10<sup>th</sup>; no workouts Mon Feb 16<sup>th</sup>, Fri Apr 3<sup>rd</sup>, Mon Apr 6<sup>th</sup>

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 8645; cost: \$120+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 8646; cost: \$120+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Sean**; Thu: **Mits**; barcode 8649; cost \$140+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: Mon: **Sean**; Tue: **Alex**; Thu: **Mits**; barcode 8651; cost: \$124+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm TuTh (shallow): Coaches: Tue: **Alex**; Thu: **Mits**; barcode 8653; cost: \$88+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 8647; cost: \$45.50+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 ([lynmarshall@sympatico.ca](mailto:lynmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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