

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** November-06-14 4:33 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 #376

## Carleton Masters Swimming Newsletter #376

Thursday, November 6<sup>th</sup>, 2014

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

**Bcc:** Those registered for Fall 2014 and Alumni 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (34 addresses), 6pm Whitecaps I (41 addresses), 7:10pm Whitecaps II (22 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (4 addresses), Masters "Alumni" (27 addresses)



### Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 20<sup>th</sup>**.
- The 6pm and 7:30am groups are 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.

## Masters Swimming Ontario Registration for 2014-2015 is Open

For those planning to participate in Masters swimming competitions this season, registration is now open and the cost is **\$38**. Please pay by cash (exact change) or cheque payable to Lynn Marshall. All MSO registrations paid for this Fall will be good until **Dec 31<sup>st</sup>, 2015**. If you are a first time registrant, I need your full name, date of birth, address, and phone number. If you are renewing your membership, please let me know if you have moved.

## Swimmer Notes

### Swimmer Updates:

- Congratulations to **Madelayne DeGrace** (7:30am Earlybirds) and her husband, **Kyle Campbell**, on the (10 days late!) arrival of their son, **Jeremy Bruce Campbell** at 6:32pm on **Sat Nov 1<sup>st</sup>**, weighing 9lb 7oz and 22" long. Here's a photo: <http://carletonmasters.tripod.com/14photo/>.

- **Sat Nov 29<sup>th</sup>** is the 5<sup>th</sup> annual Sports Day in Canada (as well as the **Carleton Masters Holiday Party** – see below). All Saturday swimmers are invited to bring a friend (free of charge). Coach **Sean** is planning a "fun" workout!

- **Anne Trepanier** (8:30am Earlybirds) has an organic Spartan apple orchard in the Ile d'Orléans, by Québec City. She is selling her apples, in order to keep her orchard viable. Her apples are very good to eat on their own, and to cook with. As they are organic, you can keep the peel with no worries of pesticide residue. As well as bringing some to the pool for us to sample, she has already donated many to food banks, and to schools for fundraisers. She is selling her organic apples for \$1.25/lb, cheaper than non-organic. She also has prepared apple sauce (with the peel pureed in, without sugar) - \$6/litre; \$4/500 ml. Also on offer are 250 ml jars of apple jelly/ \$6; and apple butter with vanilla, also \$6. Her apples are good value, and she is just interested in keeping her family's farming heritage, and not in a business venture. Please contact her directly if you would like to place an order: [anne\\_trepanier@carleton.ca](mailto:anne_trepanier@carleton.ca).

- Winnipeg's **Jaring Timmerman**, the first Masters swimmer to set World Records in the 105-109 age group, dies at 105: <http://www.winnipegfreepress.com/local/Winnipegs-Jaring-Timmerman-swimming-world-record-holder-dies-at-105-281694661.html>.

- **Dr. Michael Schuckers** (St. Lawrence University, New York) is giving a talk on Sports Analytics, the Use of Statistics in Sports at Carleton University on **Fri Nov 14<sup>th</sup>** at 11am in 4351 Herzberg building. Details here: <https://carleton.ca/math/2014/statistics-sports/>.

- A date for your diary: The not-to-be-missed **Carleton Masters Holiday Party** will be held once again at **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (7:10pm Whitecaps)'s house: 376 Hamilton Ave South, from **6:30pm Sat Nov 29<sup>th</sup>**. Full details [here](#). A big thank you to **Don** and **Joanie** for hosting!

### - Hot Water and Sauna Updates:

- There have been intermittent issues with Carleton Athletics' hot water over the past few weeks. This is due to problems with the Leslie valve. This is a high priority issue and it will be resolved as quickly as possible, but requires some work done during the daytime. In the meantime some temporary repairs have been made and they have improved things considerably.

- The men's and women's saunas are currently out of service, and new units are needed. A user survey has been completed, and various options are being investigated. This will be a lengthy and expensive process.

- **Jeanne Carlsen** (55-59), an Alberta Masters distance swimmer who has set 4 individual World Masters Records and numerous Canadian Masters Records, was diagnosed with stage 4 pancreatic cancer just over a year ago. You can read a bit about her here: <https://albertacancer.ca/Jeanneswimteam2015>. I am joining her **Jan 1<sup>st</sup>, 2015** 100 x 100m swim to raise money for pancreatic cancer. If you'd like to join me, let me know, or you may make a contribution at this link: <http://albertacancer.ca/jeanneteamlynn>.

- If you left or lost a necklace at Whitecaps Masters on **Mon Oct 20<sup>th</sup>**, please e-mail me to describe it.

- For those entering competitions, please note that there is a new warm-up rule this year: **During a meet warm up, if you enter the water in any way other than slipping in (dive, jump, etc.) except in designated sprint lanes, you may be scratched from your first event with no warning!**

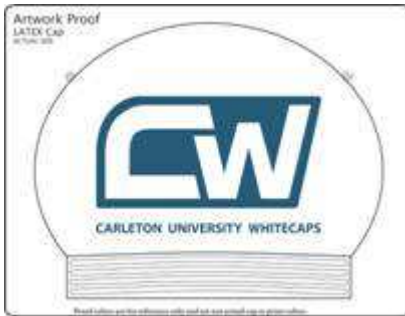
- **Andrea Chandler** (6pm Whitecaps) and **Derek Baas** (x-Whitecaps) younger son, **Stuart**, has been cast as a bear cub in Ballet Jorgen's Ottawa productions of the Nutcracker at Centrepointe Theatre at 1pm and 4pm on **Dec 13<sup>th</sup>**, and at the

Shenkman Arts Centre at 7pm on **Dec 14<sup>th</sup>**, and at 1:30pm and 7pm on **Dec 15<sup>th</sup>**. Ticket information here: [http://centrepointheatre.ca/en/events\\_tickets/december2014/nutcracker/](http://centrepointheatre.ca/en/events_tickets/december2014/nutcracker/) and [http://shenkmanarts.ca/en/calendar\\_calendrier/december\\_decembre\\_2014/nutcracker\\_cassenoisette/index.htm](http://shenkmanarts.ca/en/calendar_calendrier/december_decembre_2014/nutcracker_cassenoisette/index.htm).

- Interested in being in the **Torch Relay for the Pan Am Games** (it goes through Ottawa)? Apply here: <http://www.toronto2015.org/torch-relay/>.

- The MSC (Masters Swimming Canada) AGM will be held in Toronto at **9:30am Sun Nov 16<sup>th</sup>**. Details [here](#).

- **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:

- Ten Things Non-Swimmers will Never Understand: <http://swimswam.com/10-things-non-swimmers-will-never-understand-swimming/>

- Great Swimmer Descriptions: <http://www.yourswimlog.com/swimming-memes-perfectly-describe-swimmers/>

- The Seven Types of Slacker on Every Swim Team: <http://swimswam.com/7-types-slackers-every-swim-team/>

- Best Swim Meet Snacks: <http://swimming.about.com/od/nutrition/fl/Best-Swim-Meet-Snacks.htm>

- Plump Turtles Swim Faster than Lean Turtles: <http://phys.org/news/2014-10-plump-turtles-animals.html>

- Swim Suits are Ineffective in Reducing Breast Displacement in Swimming:

<http://www.swimmingscience.net/2014/09/breast-swimming.html>

- From **Sheila Kealey**: <http://www.sheilakealey.com/2014/10/24/week-food-health-fitness-27/> and

<http://www.sheilakealey.com/2014/10/29/week-food-health-fitness-28/>

- How Older Athletes Can Fight the Effects of Aging: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/how-older-athletes-can-fight-the-effects-of-aging/article21149953/>

**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.

**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>.

Thanks to all who participated in the 50 time trials on **Thu Oct 23<sup>rd</sup>** and **Fri Oct 24<sup>th</sup>**, and to **Mits'** and the **6pm Whitecaps swimmers** for help in tabulating the times. The biggest improvements were by **Christiane Wilke** (7:30am Earlybirds) **2.9sec** in 50fs; **Mike Mopas** (7:30am Earlybirds) **2.2sec** in 50br; **Jerome Cyr** (8:30am Earlybirds) **2.1sec** in 50br; and **Kevin Graham** (7:30am Earlybirds) **1.9sec** in 50bk. Those improving in both their 50s were **Mike Mopas** (7:30am Earlybirds; total **3.3sec**), **Tracey McGrath** (7:10pm Whitecaps; total **2.0sec**); and **Kim Fever** (7:30am Earlybirds; total **0.2sec**). A list of all improvements and ties follows:

**50fs (9+tie)**

**Christiane Wilke** (7:30am Earlybirds) 2.9  
**Claire Owen** (8:30am Earlybirds) 1.1  
**Mike Mopas** (7:30am Earlybirds) 1.1  
**Maureen Mahoney** (6pm Whitecaps) 1.0  
**Tracey McGrath** (7:10pm Whitecaps) 0.9  
**Kathy Cotton** (7:30am Earlybirds) 0.8  
**Lindsay Buckingham** (6pm Whitecaps) 0.5  
**Jennifer Murdock** (7:30am Earlybirds) 0.4  
**Kim Fever** (7:30am Earlybirds) 0.1  
**Shauna Ironside** (7:30am Earlybirds) tied best

**50bk (4)**

**Kevin Graham** (7:30am Earlybirds) 1.9  
**Tracey McGrath** (7:10pm Whitecaps) 1.1  
**Bill Westcott** (6pm Whitecaps) 0.6  
**Peter Lithgow** (6pm Whitecaps) 0.6

**50br (3)**

**Mike Mopas** (7:30am Earlybirds) 2.2  
**Jerome Cyr** (8:30am Earlybirds) 2.1  
**Francois Jacques** (7:30am Earlybirds) 1.3

**50fl (1+tie)**

**Kim Fever** (7:30am Earlybirds) 0.1  
**Julie Mouris** (6pm Whitecaps) tied best

Congratulations to all those who did the 200m time trial on **Mon Nov 3<sup>rd</sup>**, and thanks to **Sean** for getting the evening swimmers' times! There were **17** improvements, with the largest two being **20.8** seconds by **Jerome Cyr** (8:30am Earlybirds) in **200fs**, and **10.7** seconds by **Francois Jacques** (7:30am Earlybirds) in **200br**. A full list of improvements follows:

**200fs (13)**

**Jerome Cyr** (8:30am Earlybirds) 20.8  
**Mary Lou Davies** (8:30am Earlybirds) 6.9

**Lindsay Buckingham** (6pm Whitecaps) 5.4  
**Sylvia Williams** (7:10pm Whitecaps) 4.0  
**Sheila MacLean** (6pm Whitecaps) 3.9  
**Deb Low** (6pm Whitecaps) 1.5  
**Meredith Curren** (6pm Whitecaps) 1.4  
**Aaron Holtzman** (8:30am Earlybirds) 1.1  
**Christiane Wilke** (7:30am Earlybirds) 1.0  
**Isaac Fierro Marquez** (6pm Whitecaps) 0.9  
**Kevin Graham** (7:30am Earlybirds) 0.7  
**Jian-Lok Chang** (6pm Whitecaps) 0.2  
**Mike Mopas** (7:30am Earlybirds) 0.1

**200bk** (1)

**Harley Gifford** (7:30am Earlybirds) 2.5

**200br** (2)

**Francois Jacques** (7:30am Earlybirds) 10.7

**Lisa Meyer** (8:30am Earlybirds) 4.2

**200IM** (1)

**Natalie Aucoin** (8:30am Earlybirds) 2.0

Here is the weekday attendance to date. Please let me know of any errors! (Apologies for mistakenly saying that **Lynn B** had missed a workout last time!) Those with the best attendance will be recognized with certificates.

**6pm Whitecaps:** Sept 2-Nov 4<sup>th</sup> (27 workouts): range 15-33; avg.: 24.1

Perfect Attendance: **Deb L, Don W**

Missed 1 Workout: **Nicole D, Peter L**

**7:10pm Whitecaps:** Sept 2-Nov 4<sup>th</sup> (27 workouts): range 7-16; avg.: 12.8

Perfect Attendance: **Joanie C**

Missed 3 Workouts: **Marshall P**

**8:10pm Whitecaps:** Sept 2-Nov 4<sup>th</sup> (19 workouts): range 6-13; avg.: 9.1

Perfect Attendance: **Lynn B**

Missed 1 Workout: **Manuel L**

Missed 3 Workouts: **Cynthia N**

**7:30am Earlybirds:** Sept 3-Nov 5<sup>th</sup> (27 workouts): range 23-34; avg.: 26.8

Perfect Attendance: **Bruce B, Harley G, Mike M**

Missed 1 Workout: **Christiane W**

Missed 2 Workouts: **Brad S, Jennifer M**

Missed 3 Workouts:

**8:30am Earlybirds:** Sept 3-Nov 5<sup>th</sup> (27 workouts): range 14-26; avg.: 20.8

Perfect Attendance: **Penny E**

Missed 1 Workout: **Amir B**

Missed 2 Workouts: **Mark B**

Missed 3 Workouts: **Colleen H**

## Ask the Coach

**Dear Coach:** How far may I kick underwater when racing? New Racer

Dear N. Racer: It depends on the stroke. In freestyle, backstroke, and butterfly, you are permitted to kick underwater for 15m off the start and each turn. In butterfly, you must use fly kick. In freestyle and backstroke you may use free (flutter) or fly kick. In breaststroke, there is no limit as to how far you may go underwater, but you are limited to one underwater breaststroke pull out (see last newsletter: <http://carletonmasters.tripod.com/newsletter375.html>), so it is very challenging to go further than 15m, but not illegal.

**Dear Coach:** What are the rules for backstroke turns and finishes? Fledgling Backstroker



Dear F. Backstroker: First, let's assume you are doing a backstroke (vs. IM) race. In backstroke, you must start and finish the race on your back. You must leave every wall on your back, and if you choose to do open (non-flip) turns, then you must touch the wall at every turn on your back. When doing a backstroke open turn, you may do whatever you like between touching the wall on your back and leaving the wall on your back (i.e. it is ok to turn onto your stomach during the turn). If you choose to do a flip turn, you may turn onto your stomach and do one freestyle stroke into the turn. (You may not turn onto your stomach at the finish.) When doing a backstroke turn (either type) or finish, you may touch the wall with any part of your body. It is legal, but not recommended, to touch the wall with your head. Preferably, you will touch the wall with one hand on an open turn and at the finish, and with your feet on a backstroke flip turn. When you touch the wall, part of your body must be above the surface – you may not be completely submerged. For backstroke in an IM, the rules above apply, but note that the backstroke to breaststroke turn is considered a backstroke finish, so a flip turn is not permitted.

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2014-2015 is now open and cost is \$38. 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). 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.**

Sat-Sun Nov 8-9<sup>th</sup> Baie-Comeau Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=16909>

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/>

Thu Nov 20<sup>th</sup> Elliot Lake Masters Meet <http://www.mastersswimmingontario.ca/events/november-invitational-november-20/>

Sat Nov 22<sup>nd</sup> Swim Ottawa Meet, Brewer Pool <http://www.mastersswimmingontario.ca/events/willy-lee-invitational/>

Sat Nov 22<sup>nd</sup> Coupe de Quebec, Claude Robillard Pool, Montreal

<https://registration.swimming.ca/MeetInfo.aspx?meetid=17020>

Sat Dec 6<sup>th</sup> Montreal Nord Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=16978>

Sun Dec 7<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-december-7-2014/>

Sun Dec 7<sup>th</sup> North York Pentathlon <http://www.mastersswimmingontario.ca/events/gators-pentathlon/>

Sun Dec 7<sup>th</sup> Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-excuses-clarington-masters-invitational-swim-meet-december-7-2014/>

Sun Jan 18<sup>th</sup> U of T Masters Meet <http://www.mastersswimmingontario.ca/events/u-of-t-january-18/>

Sun Jan 18<sup>th</sup> Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-40th-annual-scy-swim-meet/>

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-Sun Feb 14-15<sup>th</sup> La Salle Masters Meet, Montreal (TBC)

Sat Feb 21<sup>st</sup> Nepean LC Masters Meet <http://www.mastersswimmingontario.ca/events/winterlude-2015/>

Sun Mar 1<sup>st</sup> Cote St-Luc, Montreal (details TBD)

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, Montreal (details TBD)  
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.)

### Sun Oct 19<sup>th</sup> Toronto Marathon (3969 participants)

Congratulations to **Bryan** on a great job in his first marathon! Full results at:

<http://www.canadarunningseries.com/results/2014/stwm/scotiaf.htm>.

**Bryan Morris** (7:30am Earlybirds; 50-54): 1333<sup>rd</sup> overall, 1043<sup>rd</sup> man, and 102<sup>nd</sup> in category in 3:47:56

### 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

Some evenings will likely be available in December.

#### 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. Pro-rated prices are available, space permitting, after about a month of each term. 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 ([lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca) (or for quicker response: [lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca))

Club website: <http://carletonmasters.tripod.com>