

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: December-19-14 5:48 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 #380

Carleton Masters Swimming Newsletter #380

Friday, December 19th, 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 (23 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (4 addresses), Masters "Alumni" (28 addresses)

"I have found that the greatest help in meeting any problem with decency and self-respect and whatever courage is demanded, is to know where you yourself stand. That is, to have in words what you believe and are acting from." – William Faulkner

Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 20th**. (The end of term newsletter is a little early, as my students have their exam tomorrow and I'll be busy marking after that!)
- The Winter session starts on **Mon Jan 5th**.
- The 6pm and 7:30am groups are getting close to full for Winter. Register soon to avoid disappointment!
 - Winter 7:30am Group: **5** spots left
 - Winter 6pm Group: **7** spots left
- We **will** run some interim workouts during the two weeks between the Fall and Winter terms. Please see details below, and if you are able to attend, please do so!
- Full details on the Winter programs can be found near the end of the newsletter, and the themes are now posted here: <http://carletonmasters.tripod.com/mastplanwint15.pdf>.

Interim Workouts

The sign-up is close to where we need it to be to break even on these workouts – many thanks to those who have signed up so far – so we will go ahead with the following:

Mon Dec 22nd 6:00-7:15pm: Coach: Sean; Theme: mid-dist IM (deep)

Tue Dec 23rd 6:00-7:15pm: Coach: Alex; Theme: long dist fs (deep)

Sat Dec 27th noon-1:15pm: Coach: Lynn; Theme: short dist ch/fs (deep)

Mon Dec 29th 6:00-7:15pm: Coach: Lynn; Theme: long dist ch (shallow)

Tue Dec 30th 6:00-7:15pm: Coach: Alex; Theme: mid-dist fs (shallow)

Sat Jan 3rd noon-1:15pm: Coach: Lynn; Theme: short dist IM/ch (deep)

The coaches and themes can also be found on the Google doc sign-up page here: <http://tinyurl.com/kzavp3r>, and on the web site. Please sign up if you can attend some of these and haven't already done so.

The workouts are available to all Carleton Masters swimmers with a current membership at a cost of **\$4.85** per workout. (Note that a morning-only membership **is** valid for the evening swims as they are all on "reduced hours" days.) Carleton Masters swimmers may also bring a guest to each workout, again at a cost of **\$4.85**.

Payment Instructions: Please pay for a **public swim** (as it costs \$4.85) at the Welcome Centre (where you swipe your card), and get a **receipt** (not a hand stamp!). Write your name on the back of the receipt and give it to the coach on deck **before** your swim.

Carleton Athletics Holiday Hours

A full list of the pool and fitness centre hours, as well as a sauna update, can be found here:

<http://athletics.carleton.ca/2014/holiday-hours-closures/>.

Swimmer Notes

Swimmer Updates:

- Best of luck to **Sandy Lawson** (7:30am Earlybirds), **Francois Jacques** (7:30am Earlybirds), **Robert Fabes** (7:30am Earlybirds), **Kevin Graham** (7:30am Earlybirds), **Lee Storm** (Saturday Earlybirds), Robert's friend **Julie Paquette**, and Lee's friend **Karen Zerr** for their 100 x 100m on 2:00 on Sat Jan 3rd at 9:30am.

- Congratulations to **Dawn Walsh** (8:30am Earlybirds) and **Ellen Pazdzior** (Saturday Earlybirds) on being selected to attend the Tier one age 50+ National Dragon Boat Team training camp in March!

- I was quite proud of having swum 12.5k this past **Sat Dec 13th**, until I found out that a Cornwall man, **David Merpaw**, also did a charity swim the same date. However, he swam for **12 hours and a total of 43km**, despite stopping to thank everyone who dropped by to donate to the OSPCA and the United Way (he'd hoped for at least 45km). That's a 1:40 pace (if there were no stops) for 12 hours. He swam further than a marathon, and he tells me that he felt fine afterwards and swam again the next morning!!! And he raised \$800. I am not so proud anymore ☹️. **David** is training to swim the St. Lawrence from Kingston to Quebec City this coming summer as a 50th birthday celebration. He plans to swim about 80km/day (current assisted, and stopping at night) for 12 days. Here's an article about this: <http://www.standard-freeholder.com/2014/12/13/local-plans-to-swim-rivers-length>.

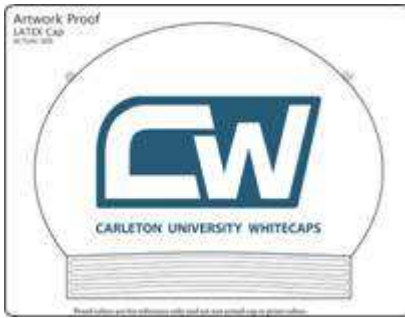
- Despite the fact that David's swim has put mine to shame, I'm still asking for donations recognizing my 120 x 100 @ 1:30 in memory of my friend and rival Masters swimmer, who passed away from pancreatic cancer last month, **Jeanne Carlsen** on-line: <http://albertacancer.ca/jeanneteamlynn>. I'd like to raise at least \$500 by early January and I am currently at \$315.

- The GO Kingfish are hosting a screening of the documentary "Touch the Wall" the story of US swimmers **Missy Franklin** and **Kara Lynn Joyce** leading up to the 2012 London Olympics. You can watch a trailer here: <https://www.youtube.com/watch?v=eGAXCG0pZIE>. The screening is **7pm Fri Jan 9th** at the University of Ottawa's Alumni Theatre. Tickets are \$12 and can be purchased here: <https://www.eventbrite.ca/e/touch-the-wall-documentary-film-presented-by-go-kingfish-swim-club-tickets-14805155619>. Thanks to **Natalie Aucoin** (8:30am Earlybirds) for sending this information.

- Another swimming related screening and can you believe it's on the same date at almost exactly the same time?! "Ia te Onkwehonwe: Blood, Identity and Belonging" (Club Native: How Thick is Your Blood). This documentary examines the present-day reality of Aboriginal identity, with moving stories from a range of people from Kahnawake. It will be followed by a discussion led by three guest speakers, including **Waneek Horn-Miller** a Carleton graduate who played Water Polo and swam on the Varsity team, and also went to the Olympics for Water Polo. The screening is **6pm Fri Jan 9th** in Carleton's River Building room 2200, and the discussion will be at **8pm** in 228 Paterson Hall. More information and a trailer can be found here: <http://www.carleton.ca/aboriginal/cu-events/ia-te-onkwehonwe-blood-identity-belonging/>.

- **Freezin' for a Reason:** On **Sat Feb 21st**, Ottawa's First Annual Polar Bear Plunge will be held at TD Place. This is a Special Olympics fundraiser and Special Olympics Athlete Ambassador and Gold Medalist, **Melanie Heroux** (8:30am Earlybirds) is participating. Read about the fundraiser here: <http://athletics.carleton.ca/2014/freezin-reason/>, and you can sponsor **Melanie** here: <https://secure.e2rm.com/registant/FundraisingPage.aspx?registrationID=2656016&langPref=en-CA>.

- **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:

- Sauna Use Can Improve Athletic Performance [Ed. Note: A good reason to fix our saunas!]: <http://www.peakcentre.ca/news-events/sauna-use-improve-athletic-performance/>
- Back to Breast Turn (Very Advanced Version): <https://www.youtube.com/watch?v=jpuym9UXjtc>
- This is Why we have Attendance Awards – Just Showing up is Half the Battle!: <http://www.drrobbell.com/n-never-give-up/>
- Reach Fitness Success: <http://athletics.carleton.ca/2014/reach-fitness-success/>
- Run to Stay Young: <http://well.blogs.nytimes.com/2014/12/03/run-to-stay-young/>

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.

Winter 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/Thursday: **Sean**; Tuesday: **Mits**

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

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

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

Exceptions will be noted here.

Fin Days:

Mon Feb 2nd

Thu Mar 12th / Fri Mar 13th

Time Trials:

Tue Feb 10th / Wed Feb 11th: 400fs or IM

Tue Feb 24th / Wed Feb 25th: two 50s choice

Thu Mar 5th / Fri Mar 6th: 100 choice

Thu Mar 19th / Fri Mar 20th: 200 choice

Tue Mar 24th / Wed Mar 25th: 800 / 1500fs

Thu Apr 9th / Fri Apr 10th: fun day (relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint15.pdf>.

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 28th / Wed Oct 29th

Thu Nov 27th / Fri Nov 28th

Time Trials:

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

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

Mon Nov 3rd: 200 choice

Tue Nov 18th / Wed Nov 19th: 800 / 1500fs

Tue Dec 2nd / Wed Dec 3rd: 100 choice

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

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

at: <http://carletonmasters.tripod.com/mastplanfall14.pdf>.

Thanks to the 6pm Whitecaps group for their patience this week as both the Tuesday and Thursday workouts were again moved to the shallow end to accommodate ROC Swimming and their bubbles.

Alex is coaching for **Mits** on **Sat Dec 20th**.

Thanks to those who participated in the relays on **Fri Dec 19th**. There were five teams at 7:30am and four at 8:30am. The relay results can be found near the end of the term summary. Here is a list of all those who improved in the relays, including 3 swimmers with improvements of over 2 seconds!:

50fs (3)

Bill Gregg (8:30am Earlybirds) 2.2 [compared to earlier this term]

Jeremy Cotton (7:30am Earlybirds) 1.7

Aaron Holtzman (8:30am Earlybirds) 1.0

50bk (1)

Christian Cattan (7:30am Earlybirds) 0.2

50br (1)

Malika Shaath (7:30am Earlybirds) 0.4

50fl (2)

Megan Holtzman (8:30am Earlybirds) 2.8 [compared to earlier this term]

Kim Fever (7:30am Earlybirds) 2.1 + 0.1 [from earlier in term] = 2.2 total

Fall Session Summary

A big thank you to evening/Saturday coaches **Alex Joubert**, **Mits Kachi**, **Sean Dawson**, and to Saturday coaches **Tim Kilby**, and **Blake Christie** for their coaching this term.

Thanks to **Mits** for bringing chocolates for the evening groups on **Thu Dec 18th**.

A big thank you to **Margaret Dibben King** (8:30am Earlybirds) and all the 7:30am and 8:30am Earlybirds for the cards made by **Penny Estabrooks** (8:30am Earlybirds), the goodies, and Foolish Chicken gift certificates. The Foolish Chicken is owned by **Natalie Aucoin** (8:30am Earlybirds) and her husband.

Here's the summary of the attendance and time trials for the Fall session. If you notice any errors or omissions, please do let me know. Those of you who earned awards (perfect attendance, top 3 most improved overall, top 3 fastest overall, relay winners overall) will receive certificates early in the Fall term or by e-mail.

Weekday Attendance:

Congratulations to **Bruce Brown** (7:30am Earlybirds) and **Mike Mopas** (7:30am Earlybirds) for their perfect attendance!

6pm Whitecaps: Sept 2-Dec 18th (46 workouts): range 15-33; avg.: 22.9

Missed 1 Workout: **Deb L**

Missed 4 Workouts: **Cam D, Don W, Joanne D, Nicole D, Peter L**

7:10pm Whitecaps: Sept 2-Dec 18th (46 workouts): range 6-18; avg.: 12.9

Missed 2 Workouts: **Joanie C**

8:10pm Whitecaps: Sept 2-Dec 18th (32 workouts): range 4-13; avg.: 7.9

Missed 3 Workouts: **Manuel L**

Missed 4 Workouts: **Lynn B**

7:30am Earlybirds: Sept 3-Dec 19th (46 workouts): range 18-34; avg.: 25.6

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

Missed 3 Workouts: **Harley G, Jennifer M**

8:30am Earlybirds: Sept 3-Dec 19th (46 workouts): range 13-26; avg.: 20.3

Missed 2 Workouts: **Amir B, Penny E**

Missed 4 Workouts: **Mark B**

Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Fall session, and includes the relay splits from the end of term relays. Times done in competitions are **not** included. If your times are not listed here and you're curious, just e-mail me for details. (I have all time trial times since May 2001.)

This term time trials were done by 139 different swimmers: 83 women and 56 men. There were 573 completed time trials: 327 for women and 246 for men. If you notice any errors or omissions, please let me know.

Forty-six swimmers (23 women and 23 men) improved in at least one event (79 total improvements). Most improved overall was **Manuel Lebron** (8:10pm Whitecaps) with a 3:17 (13.1 sec/100m) improvement in 1500fs. Second most improved and top woman was **Ursula Scott** with a 1:31 (11.4 sec/100m) improvement in 800fs. Next was **Jerome Cyr** (8:30am Earlybirds) with a 20.8 (10.4 sec/100m) improvement in 200fs, followed by **Aaron Holtzman** (8:30am Earlybirds) with a 1:49 (7.3 sec/100m) improvement in 1500fs. Rounding out the top 3 for the women were **Lucette Laflamme** (8:10pm Whitecaps) with a 6.5 sec improvement in 100fs, and **Christiane Wilke** (7:30am Earlybirds) with a 2.9 sec (5.8 sec/100m) improvement in 50fs. **Mike Mopas** (7:30am Earlybirds) improved in six different events! (He also had perfect attendance – perhaps not a coincidence ;-)! **Aaron Holtzman** (8:30am Earlybirds), **Bill Westcott** (6pm Whitecaps), **Jennifer Murdock** (7:30am Earlybirds), and **Jerome Cyr** (8:30am Earlybirds) all improved in four different events.

The International Point Scores (link to web page below) are used to determine the best swims. Twenty-six swimmers (13 women and 13 men) scored 400 plus points in at least one event (59 swims total). **Lindsay Buckingham** (6pm Whitecaps) had the highest score with 658 points for a 1:04.4 100fs. Next, and top man, was **Jian-Lok Chang** (6pm Whitecaps) with 612 for a 2:09.9 200fs. He was followed by Coach **Sean Dawson** who earned 585 points for 27.0 in 50fs. **Paola Osorio** (6pm Whitecaps) was next, and 2nd woman, with 547 points for a 5:19.0 400fs, followed by **Maureen Mahoney** (6pm Whitecaps) with 531 for 32.0 in 50fs. Rounding out the top 3 for the men were **Tony Revitt** (8:30am Earlybirds) and **Peter Lithgow** (6pm Whitecaps) with 522 and 490 points for 19:43 and 20:12, respectively, in the 1500fs. **Mark Blenkinsop** (8:30am Earlybirds) scored over 400 points in six different events! **Julie Mouris** (6pm Whitecaps), **Lindsay Buckingham** (6pm Whitecaps), and **Tony Revitt** (8:30am Earlybirds) all scored over 400 points in five events. **Jian-Lok Chang** (6pm Whitecaps) and **Sean Dawson** (Coach) scored above 400 in four events.

All those improving and all those scoring over 400 points, as well as the top 3 improvements and the top 3 times for each event are listed below, as are the results of the relays.

Many thanks to all of you who participated in the time trials!

Key:

EB1 = 7:30am Earlybirds I, EB2 = 8:30am Earlybirds II, WC1 = 6pm Whitecaps I, WC2 = 7:10pm Whitecaps II, WC3 = 8:10pm Whitecaps III, TR = Masters trial workout.

Most Improved Swimmers (best event for each person):

Only those who have swum Carleton Masters time trials in the same event at least twice are eligible. This term there were 23 women and 23 men who improved in at least one event.

| Pl | Name | Group | Gender | Event | Imp | Imp/100m |
|----|-------------------------|------------|----------|---------------|--------------|-------------|
| 1 | Ursula Scott | EB1 | F | 800fs | 91.0 | 11.4 |
| 2 | Lucette Laflamme | WC3 | F | 100fs | 6.5 | 6.5 |
| 3 | Christiane Wilke | EB1 | F | 50fs | 2.9 | 5.8 |
| 4 | Megan Holtzman | EB2 | F | 50fl | 2.8 | 5.6 |
| 5 | Lynn Brodsky | WC3 | F | 400fs | 22.1 | 5.5 |
| 6 | Renata Osika | EB2 | F | 400fs | 19.9 | 5.0 |
| 7 | Kim Fever | EB1 | F | 50fl | 2.2 | 4.4 |
| 8 | Mary Lou Davies | EB2 | F | 200fs | 6.9 | 3.5 |
| 9 | Rocio Aranda | WC3 | F | 400fs | 11.9 | 3.0 |
| 10 | Lindsay Buckingham | WC1 | F | 200fs | 5.4 | 2.7 |
| 11 | Claire Owen | EB2 | F | 50fs | 1.1 | 2.2 |
| 11 | Tracey McGrath | WC2 | F | 50bk | 1.1 | 2.2 |
| 13 | Lisa Meyer | EB2 | F | 200br | 4.2 | 2.1 |
| 14 | Maureen Mahoney | WC1 | F | 50fs | 1.0 | 2.0 |
| 14 | Sylvia Williams | WC2 | F | 200fs | 4.0 | 2.0 |
| 14 | Sheila MacLean | WC1 | F | 200fs | 3.9 | 2.0 |
| 17 | Erin McLean | WC2 | F | 100fs | 1.8 | 1.8 |
| 18 | Kathy Cotton | EB1 | F | 50fs | 0.8 | 1.6 |
| 18 | Malika Shaath | EB1 | F | 1500fs | 24.0 | 1.6 |
| 20 | Jennifer Murdock | EB1 | F | 400fs | 4.2 | 1.1 |
| 21 | Natalie Aucoin | EB2 | F | 200IM | 2.0 | 1.0 |
| 22 | Deb Low | WC1 | F | 200fs | 1.5 | 0.8 |
| 23 | Meredith Curren | WC1 | F | 200fs | 1.4 | 0.7 |
| 1 | Manuel Lebron | WC3 | M | 1500fs | 197.0 | 13.1 |
| 2 | Jerome Cyr | EB2 | M | 200fs | 20.8 | 10.4 |
| 3 | Aaron Holtzman | EB2 | M | 1500fs | 109.0 | 7.3 |
| 4 | Francois Jacques | EB1 | M | 200br | 10.7 | 5.4 |
| 5 | Mike Halasz | WC2 | M | 1500fs | 77.0 | 5.1 |
| 6 | Bill Gregg | EB2 | M | 50fs | 2.2 | 4.4 |
| 6 | Mike Mopas | EB1 | M | 50br | 2.2 | 4.4 |
| 8 | Andrew Dechamplain | WC3 | M | 100fs | 3.8 | 3.8 |
| 8 | Kevin Graham | EB1 | M | 50bk | 1.9 | 3.8 |
| 8 | Mike Kujawski | EB1 | M | 400fs | 15.1 | 3.8 |
| 11 | Jeremy Cotton | EB1 | M | 50fs | 1.7 | 3.4 |
| 12 | Bill Westcott | WC1 | M | 400IM | 8.8 | 2.2 |
| 13 | Mark Blenkinsop | EB2 | M | 400IM | 7.5 | 1.9 |
| 14 | Harley Gifford | EB1 | M | 1500fs | 27.0 | 1.8 |
| 15 | Matthew Tucciarone | WC1 | M | 1500fs | 25.0 | 1.7 |
| 16 | Peter Lithgow | WC1 | M | 50bk | 0.6 | 1.2 |
| 17 | Paul Denys | WC2 | M | 400fs | 3.4 | 0.9 |
| 18 | Brad Shapansky | EB1 | M | 1500fs | 11.0 | 0.7 |

| | | | | | | |
|----|-----------------------|-----|---|-------|-----|-----|
| 19 | Isaac Fierro Marquez | WC1 | M | 200fs | 0.9 | 0.5 |
| 19 | Jean-Francois Jacques | EB1 | M | 400IM | 1.8 | 0.5 |
| 21 | Christian Cattan | EB1 | M | 50bk | 0.2 | 0.4 |
| 22 | Chris Kent | EB2 | M | 100IM | 0.1 | 0.1 |
| 22 | Jian-Lok Chang | WC1 | M | 200fs | 0.2 | 0.1 |

Fastest Swimmers (best event for each person):

All those scoring 400 or more points are shown. This term there were 13 women and 13 men who made the list.

| P1 | Name | Group | Gender | Event | Time | Points |
|----|-----------------------|-------|--------|--------|--------|--------|
| 1 | Lindsay Buckingham | WC1 | F | 100fs | 1:04.4 | 658 |
| 2 | Paola Osorio | WC1 | F | 400fs | 5:19.0 | 547 |
| 3 | Maureen Mahoney | WC1 | F | 50fs | 32.0 | 531 |
| 4 | Julie Mouris | WC1 | F | 50fs | 33.0 | 491 |
| 5 | Shauna Ironside | EB1 | F | 50fs | 34.1 | 450 |
| 6 | Justine Schweizer | WC2 | F | 400fs | 5:44.4 | 448 |
| 7 | Kristen Balogh | WC3 | F | 50fs | 34.4 | 439 |
| 8 | Sam Buffam | EB1 | F | 100fs | 1:15.9 | 435 |
| 9 | Natalie Aucoin | EB2 | F | 50fl | 37.0 | 413 |
| 10 | Cynthia Nelson | WC3 | F | 1500fs | 23:36 | 411 |
| 11 | Jenna Roundell | WC2 | F | 100IM | 1:27.5 | 410 |
| 12 | Sheila MacLean | WC1 | F | 200fs | 2:50.0 | 403 |
| 13 | Jennifer Murdock | EB1 | F | 50fs | 35.6 | 400 |
| 1 | Jian-Lok Chang | WC1 | M | 200fs | 2:09.9 | 612 |
| x | Sean Dawson | EB1 | M | 50fs | 27.0 | 585 |
| 2 | Tony Revitt | EB2 | M | 1500fs | 19:43 | 522 |
| 3 | Peter Lithgow | WC1 | M | 1500fs | 20:12 | 490 |
| 4 | Jean-Francois Jacques | EB1 | M | 50fs | 29.0 | 488 |
| 5 | Mark Blenkinsop | EB2 | M | 50fs | 29.3 | 475 |
| 6 | Gi Wu | WC1 | M | 50fs | 29.8 | 454 |
| 7 | Don Wells | WC1 | M | 400fs | 5:13.2 | 448 |
| 8 | Bill Westcott | WC1 | M | 1500fs | 21:04 | 439 |
| 9 | Alex Bronson | WC2 | M | 200fs | 2:28.2 | 437 |
| 10 | Francois Jacques | EB1 | M | 50fs | 30.6 | 422 |
| 11 | Zack Deutsch | WC1 | M | 200fs | 2:30.3 | 420 |
| 12 | Isaac Fierro Marquez | WC1 | M | 1500fs | 21:35 | 410 |

(For point scores, see: <http://www.swimnews.com/ipspoints>. Note that SCM = short course meters [25m pool].)

Top 3 Swimmers Improving in Each Event:

Minutes and/or seconds improved and sec/100m improvement are both listed. The numbers in parentheses below the event indicate the number of women and men, respectively, who improved in that event. If the improvements are close, more than three swimmers may be shown.

| | Name | Group | Gender | Imp | Imp/100m |
|-------------|------------------|-------|--------|-----|----------|
| 50fs | | | | | |
| 1 | Christiane Wilke | EB1 | F | 2.9 | 5.8 |
| 2 | Claire Owen | EB2 | F | 1.1 | 2.2 |
| 3 | Maureen Mahoney | WC1 | F | 1.0 | 2.0 |
| 1 | Bill Gregg | EB2 | M | 2.2 | 4.4 |

| | | | | | |
|---------------|---------------------------|------------|----------|--------------|-------------|
| 2 | Jeremy Cotton | EB1 | M | 1.7 | 3.4 |
| 3 | Mike Mopas | EB1 | M | 1.1 | 2.2 |
| (8/4) | | | | | |
| 100fs | | | | | |
| 1 | Lucette Laflamme | WC3 | F | 6.5 | 6.5 |
| 2 | Erin McLean | WC2 | F | 1.8 | 1.8 |
| 3 | Rocio Aranda | WC3 | F | 0.3 | 0.3 |
| 1 | Andrew Dechamplain | WC3 | M | 3.8 | 3.8 |
| 2 | Jeremy Cotton | EB1 | M | 1.5 | 1.5 |
| 3 | Mike Mopas | EB1 | M | 0.4 | 0.4 |
| (4/3) | | | | | |
| 200fs | | | | | |
| 1 | Mary Lou Davies | EB2 | F | 6.9 | 3.5 |
| 2 | Lindsay Buckingham | WC1 | F | 5.4 | 2.7 |
| 3 | Sylvia Williams | WC2 | F | 4.0 | 2.0 |
| 4 | Sheila MacLean | WC1 | F | 3.9 | 2.0 |
| 1 | Jerome Cyr | EB2 | M | 20.8 | 10.4 |
| 2 | Aaron Holtzman | EB2 | M | 1.1 | 0.6 |
| 3 | Isaac Fierro Marquez | WC1 | M | 0.9 | 0.5 |
| (7/6) | | | | | |
| 400fs | | | | | |
| 1 | Lynn Brodsky | WC3 | F | 22.1 | 5.5 |
| 2 | Renata Osika | EB2 | F | 19.9 | 5.0 |
| 3 | Rocio Aranda | WC3 | F | 11.9 | 3.0 |
| 1 | Mike Kujawski | EB1 | M | 15.1 | 3.8 |
| 2 | Jerome Cyr | EB2 | M | 14.1 | 3.5 |
| 3 | Mike Mopas | EB1 | M | 3.7 | 0.9 |
| (6/5) | | | | | |
| 800fs | | | | | |
| 1 | Ursula Scott | EB1 | F | 91.0 | 11.4 |
| (1/0) | | | | | |
| 1500fs | | | | | |
| 1 | Kim Fever | EB1 | F | 47.0 | 3.1 |
| 2 | Malika Shaath | EB1 | F | 24.0 | 1.6 |
| 3 | Rocio Aranda | WC3 | F | 4.0 | 0.3 |
| 1 | Manuel Lebron | WC3 | M | 197.0 | 13.1 |
| 2 | Jerome Cyr | EB2 | M | 118.0 | 7.9 |
| 3 | Aaron Holtzman | EB2 | M | 109.0 | 7.3 |
| (4/10) | | | | | |
| 50bk | | | | | |
| 1 | Tracey McGrath | WC2 | F | 1.1 | 2.2 |
| 1 | Kevin Graham | EB1 | M | 1.9 | 3.8 |
| 2 | Peter Lithgow | WC1 | M | 0.6 | 1.2 |
| 3 | Bill Westcott | WC1 | M | 0.6 | 1.2 |
| (1/4) | | | | | |
| 200bk | | | | | |
| 1 | Harley Gifford | EB1 | M | 2.5 | 1.3 |
| (0/1) | | | | | |

| | | | | | |
|--------------|-----------------------|-----|---|------|-----|
| 50br | | | | | |
| 1 | Malika Shaath | EB1 | F | 0.4 | 0.8 |
| 1 | Mike Mopas | EB1 | M | 2.2 | 4.4 |
| 2 | Jerome Cyr | EB2 | M | 2.1 | 4.2 |
| 3 | Francois Jacques | EB1 | M | 1.3 | 2.6 |
| (1/3) | | | | | |
| 100br | | | | | |
| 1 | Bill Westcott | WC1 | M | 0.5 | 0.5 |
| (0/1) | | | | | |
| 200br | | | | | |
| 1 | Lisa Meyer | EB2 | F | 4.2 | 2.1 |
| 1 | Francois Jacques | EB1 | M | 10.7 | 5.4 |
| (1/1) | | | | | |
| 50fl | | | | | |
| 1 | Megan Holtzman | EB2 | F | 2.8 | 5.6 |
| 2 | Kim Fever | EB1 | F | 2.2 | 4.4 |
| (2/0) | | | | | |
| 100IM | | | | | |
| 1 | Aaron Holtzman | EB2 | M | 5.6 | 5.6 |
| 2 | Chris Kent | EB2 | M | 0.1 | 0.1 |
| (0/2) | | | | | |
| 200IM | | | | | |
| 1 | Natalie Aucoin | EB2 | F | 2.0 | 1.0 |
| (1/0) | | | | | |
| 400IM | | | | | |
| 1 | Mark Blenkinsop | EB2 | M | 7.5 | 1.9 |
| 2 | Bill Westcott | WC1 | M | 8.8 | 2.2 |
| 3 | Jean-Francois Jacques | EB1 | M | 1.8 | 0.5 |
| (0/3) | | | | | |

Fastest Three Times in Each Event:

The numbers in parentheses below the event indicate the number of female and male, respectively, time trials in that event (some swimmers may have done more than one time trial of the same event). If times are really close, more than 3 swimmers are included. (The 800m is intended only for those who cannot complete 1500m in under 34:00.)

| | Name | Group | Gender | Time |
|-------------|-----------------------|-------|--------|------|
| 25fs | | | | |
| 1 | Colleen Hyslop | EB2 | F | 23.8 |
| 2 | Lucie Boudreau | EB2 | F | 25.0 |
| 3 | Penny Estabrooks | EB2 | F | 28.1 |
| (5/0) | | | | |
| 50fs | | | | |
| 1 | Lindsay Buckingham | WC1 | F | 30.0 |
| 2 | Maureen Mahoney | WC1 | F | 32.0 |
| 3= | Julie Mouris | WC1 | F | 33.0 |
| 3= | Paola Osorio | WC1 | F | 33.0 |
| x | Sean Dawson | EB1 | M | 27.0 |
| 1 | Tony Revitt | EB2 | M | 28.8 |
| 2 | Jean-Francois Jacques | EB1 | M | 29.0 |

| | | | | |
|---------------|---------------------------|------------|----------|---------------|
| 3 | Mark Blenkinsop | EB2 | M | 29.3 |
| (70/57) | | | | |
| 100fs | | | | |
| 1 | Lindsay Buckingham | WC1 | F | 1:04.4 |
| 2 | Sam Buffam | EB1 | F | 1:15.9 |
| 3 | Cynthia Nelson | WC3 | F | 1:17.5 |
| 1 | Jian-Lok Chang | WC1 | M | 59.1 |
| 2 | Isaac Fierro Marquez | WC1 | M | 1:11.9 |
| 3 | Miguel Chavez | EB1 | M | 1:13.6 |
| (28/19) | | | | |
| 200fs | | | | |
| 1 | Lindsay Buckingham | WC1 | F | 2:22.1 |
| 2 | Maureen Mahoney | WC1 | F | 2:33.7 |
| 3 | Julie Mouris | WC1 | F | 2:45.7 |
| 1 | Jian-Lok Chang | WC1 | M | 2:09.9 |
| 2 | Tony Revitt | EB2 | M | 2:19.2 |
| 3 | Alex Bronson | WC2 | M | 2:28.2 |
| (41/29) | | | | |
| 400fs | | | | |
| 1 | Lindsay Buckingham | WC1 | F | 5:12.0 |
| 2 | Paola Osorio | WC1 | F | 5:19.0 |
| 3 | Maureen Mahoney | WC1 | F | 5:27.1 |
| 1 | Jian-Lok Chang | WC1 | M | 4:39.3 |
| 2 | Tony Revitt | EB2 | M | 5:05.7 |
| 3 | Don Wells | WC1 | M | 5:13.2 |
| (46/29) | | | | |
| 800fs | | | | |
| 1 | Lynn Brodsky | WC3 | F | 17:50 |
| 2 | Sylvia Williams | WC2 | F | 18:49 |
| 3 | Mariette Kenney | WC2 | F | 19:14 |
| 1 | Jamie Chalmers | EB1 | M | 19:05 |
| 2 | Roy Hanes | WC2 | M | 20:46 |
| (9/3) | | | | |
| 1500fs | | | | |
| 1 | Lindsay Buckingham | WC1 | F | 20:14 |
| 2 | Julie Mouris | WC1 | F | 23:00 |
| 3 | Cynthia Nelson | WC3 | F | 23:36 |
| 1 | Jian-Lok Chang | WC1 | M | 18:48 |
| 2 | Tony Revitt | EB2 | M | 19:43 |
| 3 | Peter Lithgow | WC1 | M | 20:12 |
| (32/33) | | | | |
| 25bk | | | | |
| 1 | Colleen Hyslop | EB2 | F | 30.4 |
| 2 | Lucie Boudreau | EB2 | F | 31.3 |
| 3 | Margaret Dibben King | EB2 | F | 54.0 |
| (4/0) | | | | |
| 50bk | | | | |
| 1 | Lydia Awad | EB2 | F | 41.6 |

| | | | | |
|--------------|-----------------------------|------------|----------|---------------|
| 2 | Shauna Ironside | EB1 | F | 42.4 |
| 3 | Robin Devey | WC2 | F | 49.0 |
| 4 | Claire Owen | EB2 | F | 49.1 |
| 1 | Peter Lithgow | WC1 | M | 35.2 |
| 2 | Don Wells | WC1 | M | 35.8 |
| 3 | Bill Westcott | WC1 | M | 38.0 |
| (23/16) | | | | |
| 100bk | | | | |
| 1 | Margaret Dibben King | EB2 | F | 4:20.2 |
| (2/0) | | | | |
| 200bk | | | | |
| 1 | Sandy Lawson | EB1 | F | 3:42.9 |
| 2 | Melanie Heroux | EB2 | F | 8:32.3 |
| 1 | Don Wells | WC1 | M | 2:39.6 |
| 2 | Dave Bourdon | EB1 | M | 3:04.3 |
| 3 | Harley Gifford | EB1 | M | 3:09.0 |
| (2/4) | | | | |
| 25br | | | | |
| 1 | Penny Estabrooks | EB2 | F | 32.0 |
| 2 | Fay Hjartarson | EB2 | F | 35.1 |
| (2/0) | | | | |
| 50br | | | | |
| 1 | Heather McBurney | EB1 | F | 46.5 |
| 2 | Malika Shaath | EB1 | F | 48.5 |
| 3 | Kristen Balogh | WC3 | F | 51.9 |
| x= | Sean Dawson | EB1 | M | 37.4 |
| 1= | Tony Revitt | EB2 | M | 37.4 |
| 2 | Don Wells | WC1 | M | 39.3 |
| 3 | Peter Lithgow | WC1 | M | 41.1 |
| (18/18) | | | | |
| 100br | | | | |
| 1 | Fay Hjartarson | EB2 | F | 2:47.9 |
| 2 | Melanie Heroux | EB2 | F | 4:28.2 |
| 1 | Bill Westcott | WC1 | M | 1:23.9 |
| 2 | Don Wells | WC1 | M | 1:27.4 |
| 3 | Francois Parent | WC1 | M | 1:39.1 |
| 4 | Robert Fabes | EB1 | M | 1:40.2 |
| (2/4) | | | | |
| 200br | | | | |
| 1 | Lisa Meyer | EB2 | F | 4:03.1 |
| 2 | Annemarieke Goldsmith | EB2 | F | 4:12.5 |
| 3 | Lucie Boudreau | EB2 | F | 5:03.9 |
| 1 | Francois Jacques | EB1 | M | 3:22.9 |
| 2 | Amir Banihashemi | EB2 | M | 3:35.4 |
| 3 | Josh Gladstone | EB1 | M | 4:01.0 |
| (3/3) | | | | |
| 50f1 | | | | |
| 1= | Julie Mouris | WC1 | F | 35.0 |

| | | | | |
|--------------|-----------------------|-----|---|--------|
| 1= | Paola Osorio | WC1 | F | 35.0 |
| 3 | Natalie Aucoin | EB2 | F | 37.0 |
| x | Sean Dawson | WC1 | M | 30.0 |
| 1 | Mark Blenkinsop | EB2 | M | 32.6 |
| 2 | Gi Wu | WC1 | M | 34.5 |
| 3 | Bill Westcott | WC1 | M | 35.0 |
| (21/13) | | | | |
| 100IM | | | | |
| 1 | Jenna Roundell | WC2 | F | 1:27.5 |
| 2 | Deb Low | WC1 | F | 1:34.1 |
| 3 | Dawn Walsh | EB2 | F | 1:38.2 |
| 4 | Lina Vincent | WC1 | F | 1:39.1 |
| x | Sean Dawson | EB1 | M | 1:10.5 |
| 1 | Mark Blenkinsop | EB2 | M | 1:16.1 |
| 2 | Peter Lithgow | WC1 | M | 1:19.2 |
| 3 | Marshall Perrin | WC2 | M | 1:30.5 |
| (15/10) | | | | |
| 200IM | | | | |
| 1 | Natalie Aucoin | EB2 | F | 3:17.3 |
| 2 | Anne Trepanier | EB2 | F | 3:49.7 |
| 3 | Penny Estabrooks | EB2 | F | 4:48.6 |
| 1 | Mark Blenkinsop | EB2 | M | 2:46.1 |
| 2 | Gi Wu | WC1 | M | 3:07.9 |
| 3 | Chris Kent | EB2 | M | 3:23.9 |
| (3/5) | | | | |
| 400IM | | | | |
| 1 | Karen Jensen | EB1 | F | 8:25.3 |
| 1 | Mark Blenkinsop | EB2 | M | 5:59.8 |
| 2 | Bill Westcott | WC1 | M | 6:05.2 |
| 3 | Jean-Francois Jacques | EB1 | M | 6:31.5 |
| (1/3) | | | | |

Fun Relays (Fri Dec 19th)

4x50 Free Relay

7:30am Earlybirds

1. 2:26.0 7:30am Earlybirds Team 3: Christian Cattan, Miguel Chavez, Sandy Lawson, Jeremy Cotton

2. 2:32.6 7:30am Earlybirds Team 2: Kevin Graham, Malika Shaath, Jim Lee, Bruce Brown

3=. 2:34.8 7:30am Earlybirds Team 5: Robin Jenderson, Heather McBurney, Jennifer Murdock, Mike Kujawski

3=. 2:34.8 7:30am Earlybirds Team 1: Tony Michel, Larry Durr, Kim Fever, Sean Dawson

5. 2:35.7 7:30am Earlybirds Team 4: Jamie Chalmers, Madelayne DeGrace, Ian Lorimer, Mike Mopas

8:30am Earlybirds

1. 2:43.9 8:30am Earlybirds Team 3: Renee Robert, Amir Banihashemi, Melanie Heroux, Susan Hulley

2. 2:59.8 8:30am Earlybirds Team 1: Margaret Dibben King, Isla Paterson, Dawn Walsh, Lisa Meyer

3. 3:01.3 8:30am Earlybirds Team 2: Colleen Hyslop, Lucie Boudreau, Renata Osika, Megan Holtzman, Paul Scully

4. 3:02.4 8:30am Earlybirds Team 4: Bill Gregg, Fay Hjartarson, Penny Estabrooks, Mark Blenkinsop, Aaron Holtzman

4x50 Medley Relay

7:30am Earlybirds

1. 2:55.1 7:30am Earlybirds Team 3: Christian Cattan, Miguel Chavez, Sandy Lawson, Jeremy Cotton

2. 3:04.7 7:30am Earlybirds Team 2: Kevin Graham, Malika Shaath, Jim Lee, Bruce Brown

3. 3:04.8 7:30am Earlybirds Team 1: Tony Michel, Larry Durr, Kim Fever, Sean Dawson

4. 3:06.0 7:30am Earlybirds Team 4: Jamie Chalmers, Madelayne DeGrace, Ian Lorimer, Mike Mopas

5. 3:10.5 7:30am Earlybirds Team 5: Robin Jenderson, Heather McBurney, Jennifer Murdock, Mike Kujawski

8:30am Earlybirds

1. 3:23.1 8:30am Earlybirds Team 1: Margaret Dibben King, Isla Paterson, Dawn Walsh, Lisa Meyer

2. 3:25.4 8:30am Earlybirds Team 4: Bill Gregg, Fay Hjartarson, Penny Estabrooks, Mark Blenkinsop, Aaron Holtzman

3. 3:32.6 8:30am Earlybirds Team 2: Colleen Hyslop, Lucie Boudreau, Renata Osika, Megan Holtzman, Paul Scully

4. 4:09.3 8:30am Earlybirds Team 3: Renee Robert, Amir Banihashemi, Melanie Heroux, Susan Hulley

Ask the Coach

Dear Coach: When should I breathe on fly? Out of Breath Swimmer

Dear O.o.B. Swimmer: For most swimmers it's best to breathe every second stroke on fly, as the breath usually throws off the undulation. Start lifting your head and you finish the stroke and finish the breathe and tuck your chin down before your arms enter the water.

Dear Coach: How can I keep my arms straight on the breaststroke glide? Breaststroke Challenged

Dear B. Challenged: As you move your arms forward, keep your hands facing down or up, vs. palms together, as it's hard to straighten the arms in the "prayer hands" position. Once your reach full extension, make sure the palms are facing down (towards the bottom of the pool), but near the surface. If you still have a hard time getting the elbows straight, you can interlock your thumbs, or put one hand on top of the other and wrap your thumb around to pull the arms straight.

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. 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 Jan 18th U of T Masters Meet <http://www.mastersswimmingontario.ca/events/u-of-t-january-18/>
Sun Jan 18th Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-40th-annual-scy-swim-meet/>
Sat Jan 24th Pointe Claire Masters Meet (TBC)
Sun Feb 1st Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-1-2015/>
Sat-Sun Feb 7-8th Quebec City LC Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=16699>
Sun Feb 8th Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2015/>
Sat-Sun Feb 14-15th La Salle Masters Meet, Montreal (TBC – I don't think this meet is happening in 2015)
Sat Feb 21st Nepean LC Masters Meet <http://www.mastersswimmingontario.ca/events/winterlude-2015/>
Sat Feb 28th or Sun Mar 1st Cote St-Luc, Montreal (details TBD)
Sun Mar 1st Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-1-2015/>
Sun Mar 1st Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-spring-invitational-swim-meet/>
Sat Mar 14th Dollard-des-Ormeaux, Montreal (details TBD)
Sun Mar 22nd Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-regrets-clarington-masters-invitational-swim-meet-march-22/>
Thu-Sat Apr 2-4th (or Apr 3-5th) Ontario Provincials, Etobicoke <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championship-2015/>
Fri-Sun Apr 17-19th Quebec Provincials, Quebec City <https://registration.swimming.ca/MeetInfo.aspx?meetid=16436>
Sun Apr 19th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational/>
Sat Apr 25th All Out Swim LC, Toronto (TBC)
Sun Apr 26th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/wp-content/uploads/2014/12/Thornhill-April-26-2015.pdf>
Fri-Mon May 15-18th Nationals, Montreal (details TBD)
Sat Jun 6th Longueuil LC, Montreal (details TBD)
Aug 5-16th World Masters Swimming Championships, Kazan, Russia <http://masters.kazan2015.com/en>

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

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 Dec 18th).

Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Winter is:
Mon and Fri: 9:40-10:40am

Some evenings will likely be available during Reading Week and December exams.

Prices:

Private: \$52.50 per hour, plus HST.

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

Please e-mail me for the exact schedule and more details.

Reminders

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 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>.

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

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/Thu: **Sean**; Tue: **Mits**; barcode 8649; cost \$140+HST

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

8:10pm Whitecaps 3: 8:10-9:10pm TuTh (shallow): Coaches: Tue: **Mits**; Thu: **Alex**; 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).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>