

## Lynn Marshall

---

**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** June 7, 2024 5:49 PM  
**To:** 'Colin Adams'; 'Steve Baird'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'  
**Subject:** Carleton Masters Swimming Newsletter #635

## Carleton Masters Swimming Newsletter #635

Friday, ~~May 24~~, 2024

June 7

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

**Bcc:** Those registered for Fall 2023, Winter, Spring, Summer 2024 and Alumni: 7:35am Earlybirds I (59 addresses), 8:40am Earlybirds II (50 addresses), 6:00pm Whitecaps I (59 addresses), 7:15pm Whitecaps II (48 addresses), Saturday Only (10 addresses), Alumni (40 addresses).

"The only thing standing between you and outrageous success is continuous progress." – Dan Waldschmidt

## Masters Swimming Program Notes

- The Spring session started on **Saturday May 4** and runs until **Saturday June 29**.
  - Details on the dates and programs can be found in the "Notes and Reminders" section near the end of the newsletter.
- Registration for both the Spring and Summer sessions is underway.
  - The 7:35am Earlybirds and 6pm Whitecaps are full for Spring. Wait lists are available. Please let me know if you are on a wait list.

## Swimmer Notes

- **Tom Heyerdahl** (8:40am Earlybirds) is participating in the Catholic Youth Center in Wilkes-Barre, Pennsylvania's fundraising challenge of 24 miles in 24 hours. Each hour from **7-8pm June 6 to 6-7pm June 7**, or until they've had enough(!), participants swim 1650yd!! You can read more and sponsor him here: <https://www.nepagives.org/p2p/377398/kibblesn-bits>. Go, **Tom**! Here's an 8 hour video of the first part of the swim: <https://www.facebook.com/stephen.rouch/videos/992621448586918>. I watched the first 1650 live and **Tom** finished the first 1650 around 32:30. The first swimmer finished around 20:30 and the last (15 swimmers total) around 43:00. **Tom** is in the far lane, nearest the lane rope.

- Thank you to **Coach Mark Blenkinsop** for fixing one of Carleton's broken pace clocks! We again have a second pace clock on the deck in the shallow end! All indications are "so far so good!" Coaches will continue to monitor the clock to make sure it keeps time and remains synchronized. If you notice anything odd, please let your coach know!

- **Katie Macdonald** (7:35am Earlybirds) owns an Airbnb cottage not too far from Ottawa. She is kindly offering \$100 off a stay for Carleton Masters swimmers. Details here: <https://www.airbnb.ca/rooms/43542793?locale=en&set bev on new domain=1717429837 MzYxMWE3MTMxMWJl>, and you can contact her at: [kmacdon3@gmail.com](mailto:kmacdon3@gmail.com).

- **June** is Participaction's Community Challenge: [https://www.participaction.com/programs/community-challenge/?utm\\_campaign=Community\\_Challenge](https://www.participaction.com/programs/community-challenge/?utm_campaign=Community_Challenge). Anyone may sign up as an individual. If there is support, I can sign up Carleton Masters and report our numbers for each workout.

- Rideau River Pedestrian Bridge Opening **Saturday June 15**: <https://students.carleton.ca/2024/06/rideau-river-pedestrian-bridge-opening-saturday-june-15/>.

- Carleton's Spring Convocation will be from **Monday June 17 to Friday June 21, with ceremonies at 9am, noon, and 3pm**. During these times, parking in Lot 5 will be restricted to convocation attendees. Those with a Lot 5 parking pass may park for free in any other legal spot on campus.

- The results from the Earlybird Triathlon/Duathlon/Swim-Cycle/Run events and Ottawa Race Weekend results that I know of are included below. If I missed anyone, please let me know!

- From **Anne Griffith** (8:40am Earlybirds):

For the third year in a row, I will be swimming the Bushtakuh Bring on the Bay 3km Open Water Swim and raising money for Easter Seals on behalf of **Amelia**. My two-year (2022 & 2023) fundraising total was over \$15000 and I can't wait to keep adding to that with your help!

This year will be extra special as I received approval to pull **Amelia** behind me in a small dinghy (providing her health and the weather cooperate). We trained last year, getting up to 2.4 km, and she loves it! One of her favourite spots to play or nap.

Over the past year, **Amelia** has been using a manual pediatric wheelchair at her weekly physiotherapy visits to CHEO to increase her independence. Once she's a little bigger, we will purchase one specifically designed for her and will be requesting financial assistance from Easter Seals. As well, Easter Seals is helping our family by funding incontinence supplies as we are unable to potty train **Amelia**.

Thank you for donating to this amazing cause and supporting our family 😊. Here's the link: <https://secure.e2rm.com/p2p/fundraising/386897/participant/5413487/en-CA>.

#### **June 2 update:**

We swam our first open water 2k yesterday. Amelia loved it. Carleton Masters have donated \$400 and counting!



#### **Aquatic-Related Links:**

- Boy, 9, Dead After Being Pulled From Water at Britannia Beach on June 3:  
<https://www.cbc.ca/news/canada/ottawa/britannia-beach-dead-child-june-2024-1.7222570>

- Indiana Sports Corp. Unveils Lucas Oil Stadium US Olympic Trials Pool: <https://www.swimmingworldmagazine.com/news/indiana-sports-corp-unveils-lucas-oil-stadium-trials-pool/>
- Dream Job Unlocked: Teaching Baby Seals How to Swim: [https://twitter.com/ask\\_aubry/status/1779620598756278579](https://twitter.com/ask_aubry/status/1779620598756278579)
- Life's Hard as a Duckling When Mom Keeps Disappearing Every Five Seconds: <https://twitter.com/AMAZINGNATURE/status/1778247879993253928>
- Art: Spectacular Street Swimmers Plunge into Park Avenue, New York: <https://patronsofparkavenue.org/art/>
- Oiso Beach in Japan has a 250m (!) Pool: <https://www.facebook.com/photo?fbid=832823095542958&set=a.630504745774795>
- Three Freestyle Mistakes That Lead to Swimmer's Shoulder: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/three-freestyle-mistakes-that-lead-to-swimmers-shoulder>
- Windsurfer Gets Hit by Whale: <https://twitter.com/its oceans0/status/1793238611930030558>
- A Fun Workout!?:



**News and Other Links:**

- Five Shoulder Exercises to do Every Day [thanks to **Bicki Westerheide** (6pm Whitecaps)]: <https://www.instagram.com/reel/C477yOtx3xZ/?igsh=MXFvNm5wMG5xNTdtbg%3D%3D>
- A Spoonful of Olive Oil a Day Lowers Risk of Death from Dementia, Study Suggests: <https://www.theglobeandmail.com/life/health-and-fitness/article-a-spoonful-of-olive-oil-a-day-lowers-risk-of-death-from-dementia-study>
- A Low-Pressure Guide to Make Strength Training a Habit: [https://www.nytimes.com/2022/10/12/well/move/strength-training-beginners-guide.html?unlocked\\_article\\_code=1.s00.qGFf.JWt7bzx4yW55&smid=em-share](https://www.nytimes.com/2022/10/12/well/move/strength-training-beginners-guide.html?unlocked_article_code=1.s00.qGFf.JWt7bzx4yW55&smid=em-share)
- Ectomorph, Endomorph And Mesomorph: How To Train For Your Body Type: <https://www.coachweb.com/lifestyle/4511/ectomorph-endomorph-or-mesomorph-what-is-your-body-type>

- **Community Members Parking:** Most community memberships include a Lot 5 parking pass (<https://athletics.carleton.ca/memberships/>). As long as your parking information is on file with the Welcome Centre, members can enjoy up to 3 hours of parking in Lot P5 during the Fitness Centre's hours of operation. If you get a new car or new plate, let the Welcome Centre know so that your parking information can be updated. If you are erroneously issued a parking ticket in Lot 5, send me a copy and I'll get it cancelled for you. If necessary, I'll also get your plate information updated.

- **Permanent Lockers Available:** Permanent lockers are now available for 12-month rentals. Inquire at the Welcome Centre for availability and details.

- The Carleton Ravens Athletics App (<https://athletics.carleton.ca/mobile-app/>) is available on iOS and Android devices. The app allows users to view pool schedules, register for sessions, and subscribe to personalized push

notifications including aquatics updates for any closures or schedule changes. The public swim schedule can also be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

## Spring Session Information

Dates: Wednesday May 1 to Saturday June 29; Monday May 20 workouts are one hour later than usual for the morning groups, and one hour earlier than usual for the evening groups.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End: **Lynn**

8:40-9:40am Mon/Wed/Fri Earlybirds 2: Deep End: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Mon/Tue: Shallow; Thu: Deep: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow; Thu: Deep: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

8:15-9:25am Saturdays (10:45-11:55am on May 18): Shallow End: rotating coach schedule

Further details and changes will be noted here.

Thanks to all those who participated in the time trials on Fri Jun 7. The results (fastest and improvements) will be in the end-of-term newsletter!

### Special Sets:

Thu/Fri May 30/31: fin day

Thu/Fri June 6/7: short distance time trials: a.m.: lanes 1 – 3

Tue/Wed June 11/12: short distance time trials: a.m.: lanes 4 – 6

Mon June 17: 1500/800 free time trial

Thu/Fri June 27/28: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum24.pdf>.

Here are the attendance statistics for the term so far. Please let me know of any errors or omissions! Note that only the swimmer(s) with the best attendance **for each group** are listed below.

**7:35am Earlybirds:** May 6 to June 7 (15 workouts); range: 16-31; average: 26.9

Perfect Attendance: **Jennifer Glassman, Margaret Janse van Rensburg, Pauline Phelan, Shealagh Pope**

**8:40am Earlybirds:** May 6 to June 7 (15 workouts); range: 14-28; average: 22.2

Missed 1 Workout: **Bob Tipple, Flo Kellner, Susan Hulley**

**6:00pm Whitecaps:** May 6 to June 6 (15 workouts); range: 16-30; average: 22.9

Perfect Attendance: **Don Wells, Matthew Sinclair**

**7:15pm Whitecaps:** May 6 to June 6 (15 workouts); range: 6-15; average: 11.7

Perfect Attendance: **Joel Meredith**

**8:15am Saturdays:** May 4 to June 1 (5 workouts); range: 20-27; average: 23.8

Perfect Attendance: **Audrey Belanger Baur, Christine Bogie, Cori Dinovitzer, Margaret King, Mariette Kenney, Mikayla Jensen-Large, Natalie Aucoin**

## Ask the Coach

**Dear Coach:** Is there a trick to ensuring that my goggles are comfortable and don't leak? Frustrated Swimmer

Dear F. Swimmer: The most important thing for comfort and fit is the nose piece of your goggles. Many brands come with an adjustable nose piece or different sized nose pieces that you can use. To test the fit, when you are out of the water, push the goggles against your eyes (without using the strap). If the fit is correct, they should stay for at least a

couple of second before falling off. If they don't "stick" then adjust the nose piece and try again. If they fit well, you will not need to have the strap super tight which makes them more comfortable.

**Dear Coach:** How should I push off the wall in backstroke? Improving My Backstroke

Dear I.M. Backstroke: First, just like in all the other strokes, you should always push off with your hands above your head in a streamline position. Also, like in the other strokes, you want to duck under the water and then push off, i.e. you should be completely submerged when you leave the wall. Ask for a demo / clinic if this is not clear!

**Dear Coach:** I'm still struggling with the dolphin kick. Any suggestions? Want-to-be Butterfly, but Still a Caterpillar

Dear W-t-b.B.b.S.a. Caterpillar: Sit on the floor (or a wide bench) with your legs extended. First point your toes, and then turn your toes and knees in, attempting to touch your big toes to the ground. This is the position that you want for dolphin (and flutter) kick. This is the position you want to mimic while dolphin kicking. Ensure that you keep some space between your knees and that your ankles are extended. Flexing your ankles will be like putting on the brakes. Now you want to use your core to move your hips up and down as you kick. Ensure that you kick both **up** and down. Ask your coach for some tips!

**Dear Coach:** I have another idea for a set. With the Olympics coming up, could we do a workout where we do all (or most) of the pool swimming events? Earlybird Swimmer

Dear E. Swimmer: Sure! We can add that just before the Olympics start!

## Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2024), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$50**. For both, it's **\$65**. Contact me for more details.

Here's a list of upcoming meets and races mostly in Ontario and Quebec.

Details of Swim Ontario and Quebec meets can be found (after they are sanctioned) at

<https://www.swimming.ca/en/events-results/live-upcoming-meets/>. (I will add detailed links below when available, if I remember!) Details on MSO meets can be found here: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

June 30 to August 25 Quebec 5km and 10km Open Water Circuits <https://fng.ca/circuit-deau-libre-2024/>

July 7 Collingwood Terminals 1k, 3k, 5k Swims and 12k Swim/Run Challenge

<https://raceroster.com/events/2024/84585/collingwood-terminals-open-water-swim-and-swimrun-challenge>

July 13 Bring on the Bay 3km and 1.5km Open Water Swims, Ottawa <https://bringonthebay.com/>

July 13-14 Ontario Open Water Championships, Gravenhurst (SO registration required)

<https://www.swimming.ca/en/meet/41099/>

August 10 Traversée du Lac Simon (Outaouais) 500m, 2km, 4km, 12km, relays

<https://www.facebook.com/events/1041186130447023>; <https://www.traverseelacsimon.com/>

August 11 Deep River 1.5km Cross River Swim <https://www.wateranddirt.ca/water/cross-river-swim/>

August 17 Traversée du Lac Nicolet 500m, 1k, 2.5k, 5km relay <https://hydrosports.ca/>

August 18 Parry Sound 15k Ultra Swim and SwimRun Championships

<https://raceroster.com/events/2024/87564/mudskipper-canadian-individual-swimrun-championships-and-parry-sound-15k-ultra-swim>

August Canadian Open Water Festival, Welland (SO registration required)

November 6-10 Barbados Open Water Festival [www.barbadosopenwaterfestival.com](http://www.barbadosopenwaterfestival.com)

Global Open Water Swim Series (Year Round) <https://globalswimseries.com/races/>

## Race Results

Please send in your results, and/or let me know if I missed anyone or any races!

### May 18 Early Bird Triathlon and Duathlon at Carleton U

Please let me know if you participated! Full results: <https://sportstats.one/event/ottawa-early-bird>.

### **Long Duathlon** (5k run / 30k bike / 2.5k run; 23 competitors)

Great job, **Jake!**

**Jake Graham** (7:35am Earlybirds; M40-44): 20<sup>th</sup> overall; 15<sup>th</sup> man, and 2<sup>nd</sup> in category in 2:04:22.

### **Swim Cycle** (500m swim / 30k bike; 18 competitors)

Congrats to **Sam** on a podium finish!!

**Sam Holmstrom** (Saturdays; F30-34): 8<sup>th</sup> overall; 3<sup>rd</sup> woman, and 1<sup>st</sup> in category in 1:29:44.

### **Try a Tri** (100m swim / 10k bike / 2.5k run; 94 competitors)

Fantastic job, **Juliette!**

**Juliette Pons** (6pm Whitecaps; F19&U): 1<sup>st</sup> overall; 1<sup>st</sup> woman, and 1<sup>st</sup> in category in 40:18

**Joel Meredith** (7:15pm Whitecaps) and all his family participated also in the Try a Tri / Kids Tri – well done!

## **May 23-25 Special Olympics Provincial Games, Kitchener-Waterloo**

Fantastic job by **Melanie**, who participated in the swimming events, and won **five** medals!! Full results:

<https://provincialgames.com/results/>.

**Melanie Heroux** (8:40am Earlybirds; F40-49): 1<sup>st</sup> 4 x 50m mixed freestyle relay (4:01.56); 2<sup>nd</sup> 100m freestyle (3:11.56), 50m butterfly (1:45.95); 3<sup>rd</sup> 100m backstroke (3:20.06), 100m IM (3:09.97)

## **May 25-26 Ottawa Race Weekend**

Full results: <https://sportstats.one/event/ottawa-race-weekend>.

### **5k** (7399 competitors)

**Steve Kennedy** (6pm Whitecaps; M40-44): 222<sup>nd</sup> overall; 194<sup>th</sup> male, and 17<sup>th</sup> in category in 20:43

**Sheila Kealey** (8:40am Earlybirds; F55-59): 224<sup>th</sup> overall; 28<sup>th</sup> female, and 3<sup>rd</sup> in category in 20:43

### **Half Marathon** (8643 competitors)

**Sandra Kiviaho** (8:40am Earlybirds; F45-49): 2951<sup>st</sup> overall; 888<sup>th</sup> female, and 83<sup>rd</sup> in category in 1:57:54

**Jake Graham** (7:35am Earlybirds; M40-44): 8199<sup>th</sup> overall; 4092<sup>nd</sup> male, and 459<sup>th</sup> in category in 3:00:51

### **Marathon** (5032 competitors)

**Colin Kiviaho** (8:40am Earlybirds; M45-49): 82<sup>nd</sup> overall; 77<sup>th</sup> male, and 5<sup>th</sup> in category in 2:53:29

**Kevin Woodley** (7:35am Earlybirds; M45-49): 457<sup>th</sup> overall; 418<sup>th</sup> male, and 38<sup>th</sup> in category in 3:17:42

**Randy Dube** (7:35am Earlybirds; M40-44): 679<sup>th</sup> overall; 605<sup>th</sup> male, and 80<sup>th</sup> in category in 3:25:59

**Jesula Drouillard** (7:15pm Whitecaps; F55-59): 1104<sup>th</sup> overall; 135<sup>th</sup> female, and 5<sup>th</sup> in category in 3:39:07

**Susan Nevitt-Yelle** (7:35am Earlybirds; F60-64): 1704<sup>th</sup> overall; 310<sup>th</sup> female, and 3<sup>rd</sup> in category in 3:52:18

Here's a note and photo from **Jake** on his half marathon that was really **\*under\* 3 hours:**

I was aiming for 3 hours or under for the half marathon but I got 3:00:51. I am back of the pack when it comes to running but seeing me shave 10 minutes off of my time from last year was nice to see. However, I looked at my watch and I traveled 21.458 km, so adjusted down to 21.1, I get 2:57:58. I still achieved my goal. That's my story, and I am sticking to it! I still had fun.

I have signed up for Ironman Ottawa August 2025 (full distance), so I am now doing more running than ever! If you ever wonder why I two-beat kick on the free all the time, it's because I need to save my legs!



**Whiteface Mountain Uphill 8 Mile Bike and Run Race, Run Division** (73 competitors)

Great job, **Peter**!! This 13km race involves 1080m of elevation (and no descents)! I noticed that there is also a unicycle division – maybe next year 😊 ! Full results: <https://auvertiming.com/pdf/Whiteface%20Uphill%20Run.pdf>.

**Peter Konecny** (6pm Whitecaps; 60-64): 15<sup>th</sup> overall, 13<sup>th</sup> male, and 1<sup>st</sup> in category in 1:20:39



## Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 rankings (by gender and age group, both SCM and LCM) at: <http://www.statsman.ca/#canada> (last update **June 5**).

## Notes and Reminders

### Carleton Masters Spring/Summer Programs

Registering online is recommended unless you wish to use a credit on your account, then register by phone or in person. Here are the details of the programs and dates:

**Spring Session:** Saturday May 4 to Saturday June 29; Monday May 20 workouts are one hour later for the morning groups and one hour earlier for the evening groups.

**Earlybirds 1:** Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST (full: wait list available)

**Earlybirds 2:** Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$112+HST

**Whitecaps 1:** Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$115+HST (full: wait list available)

**Whitecaps 2:** Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$108+HST

**Saturdays:** 8:15-9:25am, except 10:45-11:55am on May 18; Coaches: Rotating Schedule; \$56+HST

**Summer Session:** Tuesday July 2 to Saturday August 31; no workouts Monday July 1 or Monday August 5.

**Earlybirds 1:** Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST



**Whitecaps 1:** Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$120+HST

**Saturdays:** 12:15-1:25pm; Coaches: Rotating Schedule; \$56+HST

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

## Private and Semi-Private Masters Swim Lessons

### Spring/Summer Schedule:

Monday 4:00-5:00pm and 5:00-6:00pm

Tuesday 3:30-4:30pm and 4:30-5:30pm

**Prices: Private:** \$52.50 per hour, plus HST; **Semi-Private** (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for more details.

### General Masters Information:

- **Memberships:** To be able to swim with Masters, you need a membership good for the entire term. It must include pool access and be valid for the time of day when you will be swimming. The different membership options are listed here: <https://athletics.carleton.ca/memberships/>.
- **Parking:** Most community memberships include parking in Lot 5. However, between 10am and 4pm Monday to Friday, you must use the hot spot code to register for two hours free parking. (We hope that use of the hot spot will soon be eliminated.)

### Students May Add Carleton Masters to their Co-Curricular Record

Carleton students who swim with Carleton Masters may now get this added to their co-curricular record. Just add "Carleton Masters Swim – Member". Information on how to do this is provided here: <https://carleton.ca/seo/ccr/>.

**Team Aquatic Supplies / Aquasport Discount for Carleton Masters Swimmers:** Aquasport (2730 Iris Street) is under new management, now being run by Team Aquatic Supplies. We receive a 20% discount on regularly priced merchandise until the end of August 2024. When ordering on-line (<https://team-aquatic.com/>) use the code on the card. When shopping in person, show a copy of this [discount card](#).

**Carleton Ravens Gear:** Swim caps (\$15), and T-shirts, hoodies, and size 36 women's suits (\$20 each) are available as a fundraiser to support the Varsity swim team. Ask for more details.

**Swim Suits for Sale:** The suits range in brand, style, and colour. Most prices are \$45 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 annual fees to register Carleton Masters with Masters Swimming Ontario and Swim Ontario. We have a few triathlon latex caps (50c), some silicone caps (\$2), as well as some brand new Speedo silicone caps and Speedo thick polyester caps (\$5). 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.

**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 a month's worth of workouts at a time. (Note that these are only the workouts that I coach.)

**General Information:** Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

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 ([lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

[lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)

Club website: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>