

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: July 26, 2024 10:37 AM
To: 'Colin Adams'; 'Jennifer McPhee'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'
Subject: Carleton Masters Swimming Newsletter #639

Carleton Masters Swimming Newsletter #639

Friday, July 26, 2024

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2023, Winter, Spring, Summer 2024 and Alumni: 7:35am Earlybirds I (67 addresses), 8:40am Earlybirds II (50 addresses), 6:00pm Whitecaps I (62 addresses), 7:15pm Whitecaps II (48 addresses), Saturday Only (15 addresses), Alumni (43 addresses).

"Develop a passion for learning. If you do, you will never cease to grow." – Anthony J. D'Angelo

Masters Swimming Program Notes

- The Summer session runs from **Tuesday July 2** to **Saturday August 31**.
 - **There are no workouts on Monday August 5 (Civic Holiday).**
- A reminder that the only groups running in the Summer session are the 7:35am Earlybirds (9 lanes), 6pm Whitecaps, and 12:15pm Saturdays.
- The 7:35am Earlybirds and 6pm Whitecaps are full. Waitlists are available. Please let me know if you are on a waitlist!
- Registration for Fall Masters will start at **Tuesday August 13 at 9am**. Program details follow.

Carleton Masters Fall Programs

Registration starts at **9am on Tuesday August 13**. Registering online (<https://rec.carleton.ca/>, search for "Masters") 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:

Fall Session: Tuesday September 3 to Saturday December 21; no workouts Monday September 2 or Monday October 14.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$210+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$210+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$227+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$207+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$103+HST

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

Swimmer Notes

- Congratulations to **Leila Mostaçõ-Guidolin** (7:35am Earlybirds)! **Leila** and her husband **Luiz** welcomed their first child, a baby girl, on **July 16**. Her name is **Liv Guidolin** and she was 2.9kg (6lb 6oz) and 49cm (19") at birth. **Leila** says:

Little fun fact from early days: she seems to love water and bath time is one of her favourite moments of the day - followed closely by a "3 course milk meal" and naps. So far, she is adapting really well with a swimmer's routine ;)

- The Canadian Transplant Games is hosting a swimming event at the Nepean Sportsplex on **Wed Aug 7 at 8am**. They are looking for volunteer officials, preferably holding level 1 (or above) certification. If you are interested please reach out to Sherrie Logan logan.sherrie@gmail.com.

- As the Olympic Swimming events start tomorrow, **Natalie Aucoin** (7:35am Earlybirds) suggested that this morning's workout be Olympic themed, so we did our Olympic preparation workout this morning. The idea was to do each Olympic individual event: Warm up was: 200 free, 200 breast (kick optional), 200 back (pull optional), 200 fly (drill optional), 200IM. Then the main set was: 50 free; 4 x 100 one each fly, back, breast, free; optional 50 easy; 400 free, 400 IM; optional 50 easy; 800 free. The 1500 free and 10k open water swim are part of the Olympic program, but we didn't have time to include those today! Great job by everyone and here's the post workout picture:



Standing left to right: **Bruce Brown, Steve Dods, Ian Lorimer, Tony Michel, Ralph Siemsen, Tom Zinck, Harley Gifford, Bob Tipple, Julian Labrin, Francois Jacques, Sigi Johnson, Fiona Hill, Heloise Emdon, Margaret Janse van Rensburg, Ken Johnson**

Kneeling/sitting left to right: **Alex Bloor, Ursula Scott, Sandy Lawson, Ray Anderson, Isla Paterson, Sheila Kealey, Katie Macdonald, Natalie Aucoin, Nancy Luitwieler, Janine Debanne, Susan Nevitt-Yelle, Susan Hulley, Paul Buzuloiu, Andrea Chandler**

Lying: **Lynn Marshall**

- Here is **Anne Griffith** (8:40am Earlybirds)'s report on her swim and being the top fundraiser at Bring on the Bay. Carleton's results can be found in the results section below. The link to donate is:

<https://secure.e2rm.com/p2p/fundraising/386897/participant/5413487/en-CA>.

WE DID IT!!

The swim was a huge success and Amelia, like always, was a great swimming partner. She fell asleep quite quickly and woke up with about 500 m to go so she could experience the very enthusiastic cheers from spectators at the finish line. We could not have asked for better weather and water conditions which helped with the smooth sailing.

Thank you to everyone who donated to Easter Seals for my Bring on the Bay swimming fundraiser. The response was astounding and so far nearly \$12,500 has been raised for kids living with physical disabilities.

We received a lot of publicity prior to event which helped create awareness of the swim and its fundraising goals. It will be difficult for us to return to our non-famous status in the coming days ;). Please check out the links below including one from the Ottawa Citizen which has a few photos of us in the water.

Again, thank you for your financial support and words of encouragement leading up to our swim. It was such a huge success I will likely have to pull Amelia again next year!

Have a great rest of your summer and all the best,

Anne & Amelia

Ottawa Citizen

[Swimming for Amelia: Mom to tow disabled daughter in Bring on the Bay](#)

[Photos: Bring on the Bay open water swim](#)

CBC

[Evening News July 11](#)

[Mother-daughter team won't let paralysis halt their racing spirit](#)

- **Roseann Runte**, a Past President of Carleton University, has published a new book, *Canadians who Innovate* that features Distinguished Research Professor **Marie-Odile Junker**:

https://twitter.com/cu_research/status/1813626535749759047. In this description: <https://www.amazon.ca/Canadians-Who-Innovate-Trailblazers-Changing/dp/1668023857>, **Marie-Odile** is "the linguist who works with Indigenous people to make online dictionaries", and her work is discussed in Chapter 59.

- **July 21 to 27** is National Drowning Prevention Week. This year, the Lifesaving Society Ontario is focusing on non-fatal drowning: <https://www.lifesavingsociety.com/media/407203/ontariononfataldrowningreport2023-20231020.pdf>.

- Are you interested in trying out dragon boat? The Bytown Dragon Boat Club has crews for all age groups and are especially looking to fill out our new Senior D (aged 69+) and Para teams. Newcomers are welcome to try out a practice. Visit <https://www.bytowndbc.ca> to learn more. Carleton students can check out the Carleton Dragon Boat Club on Facebook: <https://www.facebook.com/groups/532745783732775>. You can read the club's race report near the end of the newsletter for information on their exciting recent events.

- **Nathan Fudge** (6pm Whitecaps) owns a cottage that would be great for any open water swimmers who love clean, cool, and calm waters. It is available for much of August. Check it out here: <https://www.cottagesincanada.com/41030>.

- **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.

Aquatic-Related Links:

- Time Lapse of Paris Olympic Pool Being Built: <https://www.facebook.com/watch/?v=511523078112085&ref=sharing>

- **Laura Reinsborough**: The Ottawa River Deserves an Olympic Medal for Swimmability:

<https://ottawacitizen.com/opinion/reinsborough-the-ottawa-river-deserves-an-olympic-medal-for-swimmability>

- Paris 2024: How Carleton Grads are Shaping the Summer Olympics: <https://newsroom.carleton.ca/story/summer-olympics/>

- Will They Swim in the Seine for the Paris Games? Sport Minister Hits the River to Ease Concerns: <https://triathlonmagazine.ca/news/will-they-swim-in-the-seine-for-the-paris-games-sport-minister-hits-the-river-to-ease-concerns/>
- In-Seine: What if the World's Best Swimmers Can't Even Make it Around the 10km Course?: <https://swimsmooth.substack.com/p/10km-marathon-swim-paris-2024>
- The Seine Is Typically Filthy. What To Know Before Olympic Swimmers Dive In: <https://www.cbc.ca/news/world/paris-olympics-seine-water-quality-sewage-1.7265482>
- Météo De La Seine: Quelle Est La Qualité De L'Eau Du Fleuve? [Ed. Note: Seine Water Quality Readings]: <https://www.paris.fr/pages/meteo-de-la-seine-quelle-est-la-qualite-de-l-eau-du-fleuve-27467>
- **Katie Ledecky, Kate Douglass**, and Others Getting Digital Doppelgangers for Paris Olympics Could Be a Game Changer for USA: <https://www.essentiallysports.com/us-sports-news-olympics-news-swimming-news-katie-ledecky-kate-douglass-and-others-getting-digital-doppelgangers-for-paris-olympics-could-be-a-game-changer-for-usa/>
- How America's Fastest Swimmers Use Math to Win Gold: <https://www.quantamagazine.org/how-americas-fastest-swimmers-use-math-to-win-gold-20240710/>
- Underwater Freestyle: A Few of Us Tried This on Wednesday: https://www.tiktok.com/@markus_marthaler/video/7298370540652350752

News and Other Links:

- By the Numbers: Team Canada Heading into the Paris 2024 Olympic Games: <https://olympic.ca/2024/07/16/by-the-numbers-team-canada-heading-into-the-paris-2024-olympic-games/>
- The 50-Year-Old Skateboarder Bound for the Paris Olympics: https://www.nytimes.com/2024/07/08/sports/olympics/andy-macdonald-olympics.html?unlocked_article_code=1.7k0_duY.smTdSG0OcYZz&smid=url-share
- ESPN's Ranking the Top 100 Professional Athletes Since 2000: https://www.espn.com/espn/story/_/id/40446224/top-100-athletes-21st-century
- The Health Trends That Are Defining 2024: https://www.nytimes.com/2024/07/03/well/health-wellness-trends-2024.html?unlocked_article_code=1.6k0.7vyS.RxnRICLyO4e&smid=url-share

- **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/>.

Summer Session Information

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

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and 3 lanes Shallow End: **Lynn**

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

12:15-1:25pm Saturdays: Shallow End: rotating coach schedule

Further details and changes will be noted here.

Special Sets:

Tue/Wed July 30/31: fin day

Thu/Fri August 8/9: short distance time trials: a.m.: lanes 1 – 3

Mon August 12: short distance time trials: a.m.: lanes 4 – 6

Tue/Wed August 13/14: short distance time trials: a.m.: lanes 7 – 9

Tue/Wed August 20/21 (and **Mon Aug 19**): 1500/800 free time trial
Thu/Fri August 29/30: 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: July 3 to 26 (11 workouts); range: 30-37; average: 33.7
Perfect Attendance: **Bob Tipple, Bruce Brown, Nancy Luitwieler, Steve Dods**

6:00pm Whitecaps: July 2 to 25 (11 workouts); range: 15-25; average: 19.1
Perfect Attendance: **Don Wells, Kelly Biggs**

12:15pm Saturdays: July 20 (3 workouts); range: 14-17; average: 15.3
Perfect Attendance: **Mariette Kenney**

Ask the Coach

Dear Coach: I'd like to learn to do better flip turns. Can you help? Struggling Flipper

Dear S. Flipper: Of course. For the morning group, we have access to the dive tank so we can do clinics most days. Just make a request at the beginning of workout. Note that for those who are beginning swimmers, I recommend doing a push-off and open turn clinic before the flip turn clinic.

Dear Coach: Will improving my kick help me perform better at next year's Bring on the Bay? Poor Kicker

Dear P. Kicker: Improving your kick won't hurt. However, your legs have big muscles which require a lot of oxygen. For sprinting, by all means, kick like a maniac 😊, but for longer distances, it's best to conserve energy and oxygen. Your kick is used mainly for balance. You want to get a good body position by using your head (lower head = higher hips), and work on generating more power from your arms which gives you a bigger bang for the (oxygen) buck.

Dear Coach: Can you review the freestyle hand entry? New Swimmer

Dear N. Swimmer: You want to have the hand enter the water with the elbow slightly bent (elbow pointing up) and the fingers pointing forward with the palm flat. Slide the hand forward until the arm is straight and roll to get the arm fully extended (shrug your shoulder up, like when you raise your hand to ask a question). Before starting the arm stroke, take the time to stretch forward slightly as you would do if you were nearly at the wall and were reaching out to touch it.

Dear Coach: Is there a clock on the Carleton pool deck? How do I know what time it is? Another New Swimmer

Dear A.N. Swimmer: All the pace clocks on the pool deck have (or should have!) their minute hand set to the correct time. Thus, as long as you know the hour, you can figure out the time from the pace clocks. Only the pace clock on the wall above the shallow end has an hour hand.

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://fnq.ca/circuit-deau-libre-2024/>
July 30 Canadian Open Water Festival, Welland (SO registration required) <https://www.swimming.ca/en/meet/42212/>

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 17 LOST Race and LOST Mile (3.8km and 1 mile 'sprint') Oakville, Ontario (GTA) <https://lostswimming.com/lost-race/>

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 24 Rideau Speedeaus SwimEAUThon 1500m individual or team fundraiser, 9am-noon Crestview Pool

November 6-10 Barbados Open Water Festival 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!

Sun June 23 Ironman 70.3 Mont Tremblant Half Ironman Distance Triathlon

Apologies for missing **Tom** last time! This was his first 70.3 race! Full results: <https://www.ironman.com/im703-mont-tremblant-results>.

Tom Zinck (7:35am Earlybirds;):

July 3-7 Water Polo Canada National Provincial Championships, Parc Jean Drapeau, Montreal

Results available here: <https://www.waterpolo.ca/article/96105>. Thank you to Mike Wheatley (7:35am Earlybirds) for the summary and pictures:

Each year there is a National tournament for Provincial teams drawn from clubs across each province. Ontario rostered 3 x 19U Men, 2 x 19U Women, 2 x 15U boy and 1 x 15U girl teams. Earlybirds Alumni **Lillian** and **Coulson** played on 19U developmental teams. Team Ontario swept the tournament winning golds in 19U men, 15U boys and girls and earning silver in 19U women's categories.

Earlybird **Michael Wheatley** was the official photographer for the event. You can view a selection of photos on their Facebook page here: <https://m.facebook.com/media/set/?vanity=waterpolocanada&set=a.932433058895052>.







Sun July 7 Ironman Muskoka 70.3 Half Ironman Distance Triathlon

Very well done, Eren! Full results: <https://www.ironman.com/im703-muskoka-results>.

Eren Perez (6pm Whitecaps; F30-34): 261st overall, 38th female, and 7th in category in 5:29:49 (swim 36:06)

Sat July 13 Bring on the Bay, Ottawa

Great to see so many Carleton swimmers participating!! If I missed anyone, please let me know. A shout out to **Joanie** and **Lisa** for being swim angels (accompanying someone needing a bit of extra assistance or reassurance). Awesome job by the podium finishers: **Juliette**, **Joanie**, **Tim**, **Margaret K**, and **Christine B**. And here are some photos:

<https://ottawacitizen.com/news/local-news/bring-on-the-bay-in-photos>.

1500m

Full results: <https://sportstats.one/results/140463>.

Juliette Pons (6pm Whitecaps; F15-19 wetsuit): 34th overall, 13th female and 1st in category in 29:07

Joanie Conrad (6pm Whitecaps; Swim Angel F60-69 no wetsuit): 64th overall, 35th female and 1st in category in 33:39

3km

Full results: <https://sportstats.one/results/140462>.

Tim Kilby (Coach; M60-69 no wetsuit): 43rd overall; 31st male and 1st in category in 45:47

Gillian Massel (Saturdays; F30-39 no wetsuit): 152nd overall, 63rd female, and 8th in category in 53:25

Cheri Reddin (7:35am Earlybirds; F50-59 no wetsuit): 161st overall, 68th female, and 8th in category in 54:02

Margaret Janse van Rensburg (7:35am Earlybirds; F20-29 no wetsuit but chip didn't work ☹️: data from Strava): 181st overall, 79th female and 11th in category in 55:35

Margaret King (Saturdays; F60-69 wetsuit): 184th overall, 79th female, and 1st in category in 55:49

Christine Bogie (Saturdays; F60-69 no wetsuit): 234th overall, 108th female, and 2nd in category in 58:18

Luciara Nardon (6pm Whitecaps; F50-59 no wetsuit): 304th overall, 147th female, and 21st in category in 1:01:58

Jake Graham (7:35am Earlybirds/Saturdays; M30-39 no wetsuit): 409th overall, 198th male, and 12th in category in 1:10:41

Tom Heyerdahl (7:35am Earlybirds; M60-69 no wetsuit): 427th overall, 205th male, and 12th in category in 1:12:28

Anne Griffith and **Amelia** (8:40am Earlybirds; F40-49 no wetsuit): 437th overall; 226th female and 29th in category in 1:13:34

Jesula Drouillard (7:15pm Whitecaps; F50-59 wetsuit): 458th overall, 238th female, and 26th in category in 1:16:29

Chris Clement (7:35am Earlybirds; F50-59 wetsuit): 472nd overall, 247th female and 27th in category in 1:18:00

Ursula Scott (7:35am Earlybirds; F60-69 wetsuit): 473rd overall, 248th female, and 19th in category in 1:18:03

Lisa Hans (Alumna, Swim Angel F50-59 wetsuit): 497th overall, 265th female and 28th in category in 1:27:45

Sat July 13 Meech Lake Triathlon, Gatineau

Awesome job, **Sheila** – you are incredible!! Full results: <https://sportstats.one/results/141508>.

Sheila Kealey (7:35am Earlybirds; F60-64): 11th overall, 2nd female, and 1st in category in 1:35:50 (swim 23:32)

Sun July 14 Toronto Triathlon Festival Sprint Triathlon

Congratulations to **Paddy**. He improved 10 minutes from last year! Full results: <https://sportstats.one/results/141475>.

Paddy Mallia (Coach; M20-24): 287th overall, 199th male and 26th in category in 1:45:06 (swim 16:07)

Sun July 14 Ironman 70.3 Musselman Half Ironman Distance Triathlon, Geneva, NY

Congratulations to **Lara** on a great race! The conditions were not ideal: “The swim had some crazy swirly currents that slowed down the swim times. The steep hills on the run combined with the 40C heat put the extreme challenge on to get to the finish.” Full results: <https://www.ironman.com/im703-musselman-results>.

Lara Winnemore (7:35am Earlybirds; F50-54): 1112nd overall, 365th woman, and 41st in category in 7:08:44 (48:21 swim)

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 July 1).

Notes and Reminders

Carleton Masters Summer Program

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:

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/lynymar/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/se0/ccr/>.

Team Aquatic Supplies 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).

Happy lengths!
Lynn

lynnmar@sce.carleton.ca

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