



Volume # 1 | Issue # 2 |

Upcoming Events

Friday, November 22 to Sunday, November 24
Beast Fall Invitational Meet

Monday, November 25
Commitment deadline for the CAMO Invitational (Montreal) – *No late entries permitted!*

Saturday, November 30
Beast Skate and Christmas Gift Exchange

Saturday, November 30
Commitment deadline for the Trent Invitational

Thursday, December 19
Last day of session for Jr. Beast, Masters & Jr. Masters (next session begins Monday, January 6, 2020)

Cancelled Practices

Friday, November 22 & Saturday, November 23 – due to BBST Fall Invitational Meet (Belleville)

Saturday, December 21 to January 3 – for Christmas Holidays (regular training schedule resume Saturday, January 4, 2020)

Special Practices

Friday, December 6 – AGP, AGD & NOVD from 5-6:30pm
(*Senior workout & NOVD dry-land CANCELLED due to the CAMO Invitational Meet – please note practice time*)

Saturday, December 7 – AGD and NOVP from 8:30-10am
(*Senior & AGP workout CANCELLED due to the CAMO Invitational Meet – NOVP starts earlier*)



Senior Update

The Senior swimmers have been nothing short of amazing! I couldn't ask for a better group to coach. Every single athlete works hard on a consistent basis and they are all a pleasure to coach. Right now, we have just completed a very intensive training cycle and the group stepped up big time! We have spent some time filming the athletes from a bird's eye view and will be emailing a link to the videos so the swimmers can view it. We will be filming underwater in the new year, once from the side and then later from the front.

We take a team approach to our training and racing; however, it has been nice to spend time talking to each individual on a regular basis and really get to know them. We have plenty of athletes looking into post secondary options and we are trying to help provide some opportunities to meet coaches and even swim a practice for swimmers when they explore campuses. It is important for a coach to forge meaningful relationships and I've tried hard to connect to every athlete to help build trust. Everything has remained very positive in the group and I hope that knowing each athlete better on a personal level, can help me support them towards reaching their goals and achieving optimal performances.

With high school swimming beginning, please remember that although practicing with your team is important, it is not a replacement for Senior level workouts (although Maggie does provide much harder sets for the competitive/open swimmers at Nicholson...). Please speak to your high school coach and inform them that you are getting plenty of great training on a regular basis and come up with a reasonable schedule that allows you to not miss much training with the Beast. For the most part, the more you are training in our program, the better swimmer you become. This goes for dry-land too and we are now counting dry-land sessions in the overall attendance percentage. Although swimming is the priority, dry-land at The Right Fit is a huge factor in contributing to your swimming success. Congratulations to Ashley, Adam, Victor, Owen and Alexis who are at over 90% attendance on the season and have swam an average of 200,000m already! Special mention to Isabella, Jenna, Lexy and Victoria who have attendance in the 80th percentile and who have all swam between 145,000 to 185,000m so far!

There should be some exceptional performances this weekend and the fun doesn't stop there as we will continue racing on Monday night to see who can collect some excess Halloween candy!

Upcoming Swim Meets

BBST Fall Invitational (Belleville)

We have 370 athletes attending this meet from 8 teams, including 97 Beast swimmers! We are still looking for some volunteers so please sign up [HERE](#) (must be signed in)

[Psych Sheets](#)

[Session Reports](#) (Tentative)

[Live Results](#) (also available on Meet Mobile)

[BBST Entries](#)

[BBST Relays](#)

CAMO Invitational (Montreal)

This meet is open to all Senior and Age Group swimmers (Novice swimmers may attend if they contact their coach for approval). They are now looking for final entries by Monday, November 25th at 12pm. Please commit ASAP.

Ontario Jr. International (Toronto Pan Am Centre)

So far we have one qualifier, Ashley, and are looking to add more this weekend! Austin has been selected to a Regional Learn to Train Camp on the Friday and Saturday, in conjunction with the meet, plus we have Lizzie, Lauren, Rayan and Mya attending the Swim Ontario FUNDamentals Camp on the Saturday.

Trent Invitational Meet (Peterborough)

This is an excellent meet for Age Group, Novice and Jr. Beast swimmers wanting to race for a last time in 2019. The commitment deadline is Saturday, November 30.



EQUIPMENT

The *Team Aquatic* team portal to purchase equipment is at <https://team-aquatic.com/collections/belleville-swimming>. You will be able to find recommended tools. Be sure to enter "BELO49" to enter the website and use it again to receive discounts when checking out. Also, please remember to use the *Shark Card* when visiting the store for discounts; found [HERE](#).

Go Swim will be at our meet this weekend and they offer plenty of great items. Please be sure to stop by and check them out.

Please be sure to respect your own and your teammates' equipment by keeping the equipment bins on deck neat or you won't be permitted to use them!

The *Kukri* order will hopefully arrive soon. The online store will be open again and a future order will be placed if we meet minimum quantities.

We are looking to place an order for custom *Q Swim Suits* before the new year. Sizing kits will be in soon and more details will be available shortly.



Age Group Update

Now that we have had some time to put in some work, our results are speaking for themselves! We continue to be impressed with our age groupers results from NORAC, NYAC and EBSC meets over the past few weeks. We saw massive time drops, new regional and festival times being attained as well as new team records broken. Over the past three meets, Age Group swimmers have collectively taken off over 20 minutes of time across their races! We are certainly off to a very solid start to our 2019-2020 season!

Last month, we had a major focus on technique and reinforcing good training habits. This month, age group swimmers are being asked to start "getting comfortable being uncomfortable" in both training and racing. If we want to get to that next level, we need to push ourselves harder than we ever have before. So far, coaches have been impressed with how swimmers have handled tougher pace times and an increase in volume. Our goal is to head into the new year as stronger, faster and more confident athletes than ever before by putting in quality effort into our training.

Next up, we have our meet here in Belleville November 22-24.

After that, we head to Montreal from the CAMO Invitational. Please be sure to commit online by **November 25th**.

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Novice Update

We are officially well into the season and Novice Performance is really beginning to make some waves in the water. Over the past two meets Rayan, Adam and Adrian have all qualified for regionals in numerous events and have even started to eye down some festival times! That being said, we have had some enormous time drops by everyone in the group and a few more regionals are on the horizon for Maisie and Nate. We have also had some incredible swimming from Leah and Tamas who have been challenging themselves by choosing some very tough events such as the 400 Free for Leah, the 100 Fly for Tamas and multiple 200m events every day of competition.

Our goal leading up into the new year is to maintain focus on technique for all strokes while beginning to excel in dives, flip turns and push offs. A focus on mental awareness during every race is something we will be working on weekly through challenges and group discussions as well as learning to train to succeed every day.



Novice Development is slowly coming together and beginning to find their identity as a group and with each other. A big focus has been on new techniques, new drills and a new mindset at the moment, and will continue to be so leading up into the new year. Over the past two meets, we have seen some major time drops and best times for many of the swimmers, while having fun and being positive.

Over the next couple of months, we will be looking to increase our metres during practice, while focusing on technique, turns and push offs.



MEET SCHEDULES:

Senior / Age Group / Novice / Jr. Beast



Jr. Beast Update

Our Junior Beast have made waves over the past month in both Port Hope and Ernestown, with many swimmers competing in their first meet ever! We have had a blast learning our new team cheer and were thrilled to say it loud and proud over the past few weeks. For anyone who is not yet familiar, a link is provided below for review:

<https://www.teamunify.com/team/canbyst/page/record-swims/team-cheer>

Now that we have reviewed and become more familiar with our strokes and technique, we have started to place more of a focus on our turns. Remember, practice doesn't necessarily make perfect. Only perfect practice makes perfect. We need to solidify good training habits in practice so that when we race, we can be sure we perform the proper turns and finishes. Reminder that breast and fly require two hand touches on all turns and finishes, and you must push off and finish on your back for backstroke!

Next up, we have our meet here in Belleville November 22-24

If you have any program related questions, please contact Coach Kristin.

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QUALIFYING STANDARDS

CALENDAR

Meet Results

NORAC (Port Hope) / NYAC Cup / Ernestown

HOLIDAY TRAINING CAMP

Senior and Age Group swimmers are invited to attend long course (50m pool) training on at the Markham Pan Am Centre and Toronto Pan Am Centre. Please see below for schedule. Please commit online so we know numbers for rock climbing and the team breakfast (information to be posted next week). The Ernestown Barracudas will also be joining us. More details will be sent out soon. This is a perfect way to start off 2020!

Thursday, January 2:

12-2pm Pool Workout at the Markham Pan Am Centre
3-5pm Rock Climbing at the Toronto Pan Am Centre
6:30-8:30pm Pool Workout at the Toronto Pan Am Centre

Friday, January 3:

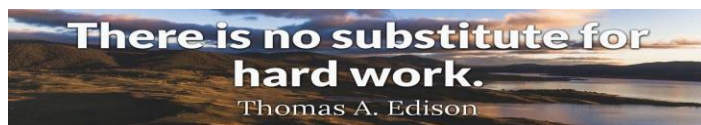
6:30-8:30am Pool Workout at the Toronto Pan Am Centre
9-10:30am Breakfast at Honey B Hives Restaurant (2816 Markham Rd.)
12-2pm Pool Workout at the Markham Pan Am Centre

Masters Update

Masters is beginning to hit their stride now with practices reaching between 2000-2300 metres every night. The group is challenging themselves every practice with new techniques being worked on or even learned for the first time. The group is made up of many different levels of swimmers, which makes the group dynamic a pleasure to coach and be part of. Swimmers usually leave with a red face after practice and talk of a nice drink before bed!

Jr. Masters Update

We have seen a great mix of fast swimming and fun with our Jr. Masters group. We are continuing to swim an average of 2000m a practice with some fast and challenging sets to finish the night. Everyone is having fun, smiling and the group atmosphere is fantastic as all the swimmers are getting along well with one another.



Belleville Beast Fall Invitational Meet Central

We have 370 swimmers attending this meet, from 8 teams. Please see below for meet information:

- [Psych Sheets](#)
- [Tentative Session Reports](#)
- [Live Results \(also available on Meet Mobile\)](#)
- [BBST Entries](#)
- [BBST Relays](#)

Friday, November 22 (Distance Session):

All Ages: Warm Up – 4:30pm (on deck at 4:15pm) / Start 5:30pm

Saturday, November 23:

13 & Over Prelims: Warm Up – 8am (on deck at 7:45am) / Start 9am

12 & Under: Warm Up – 12pm (on deck at 11:45am) / Start 1pm

13 & Over Finals: Warm Up 5pm (on deck at 4:45pm) / Start 6pm

Sunday, November 24:

12 & Under: Warm Up – 8am (on deck at 7:45am) / Start 9am

13 & Over: Warm Up – 1pm (on deck at 12:45pm) / Start 2pm

