



Our aim is not to produce champions, but to create an environment where champions are inevitable.

CRKW COMPETITOR

WINTER 2013

PRESIDENT'S REPORT

WELCOME EVERYONE TO ANOTHER GREAT YEAR AT CRKW!!

I can't believe that winter is quickly approaching and Christmas is just around the corner... where does the time go? I would like to take this opportunity to welcome all new swimmers to CRKW. We hope you are enjoying it and learning lots. A big welcome to all returning swimmers! I hope that everyone is ready to have a huge learning curve this year, see huge improvements as well as have lots of fun!! I know that Coach Darryl and the coaches are very excited with everything they are seeing so far and are looking forward to a great year!!



If at first you don't succeed: try, try, try again!!

WANTED

KIDS THAT LOVE THE WATER,
LOVE TO HANG OUT WITH GOOD
FRIENDS AND WANT TO LEARN
HOW TO SWIM FAST!!

WWW.CRKW.CA

TELL YOUR FRIENDS ABOUT
CRKW!

COACHSRUDOLF@GMAIL.COM

COACH DARRYL'S REPORT

The first third of the season is already over and CRKW has been off to a great start! We have competed at 10 meets already ranging from our own Mini-Meets to High School Provincial Championships to the X-Mas Cracker that was last weekend. Over that time CRKW has qualified 16 swimmers for AAA's, 8 for AA's and have broken 10 club records. This is all a very impressive feat after Swim BC changed the qualifying standards to double age categories, some of the swimmers have taken off more time in the first 3 months of racing than all year last year to achieve these times! This goes to show the dedication and hard work of all the Killer Whale swimmers and their dedication to the sport and achieving their goals. The big highlights from the start of the season have included having over 60 CRKW swimmers competing at our home meet! It is always great to have all our Killer Whales on deck, and creates a great atmosphere and gets everyone excited for some fast racing. The mini-meets that have been held on the weekends have been a huge success getting new swimmers racing as well as new parents involved in timing, starting and getting up early for a swim meet! The support from all the families this season has been great, and us coaches love to see so many happy faces in the morning. As we move into championship season starting in January with VIR's it is very important to keep the momentum going that we have created in the first part of the season. Be sure to come to practice ready to train and learn every day, which will only help you to become your fastest and best swimmer.



RECIPE FRUIT SMOOTHIE

- 1 CUP LOW FAT MILK
- 2 SMALL CONTAINERS LOW FAT VANILLA YOGURT (200 grams)
- 2 TABLESPOONS WHEAT GERM OR FLAX SEED (OPTIONAL)
- 1 TABLESPOON NUT BUTTER (OPTIONAL)
- ADD ANY OF THE FOLLOWING:
 - 1 LARGE RIPE BANANA
 - ½ CUP STRAWBERRIES
 - 1 PEELED LARGE PEACH
 - ½ CUP FROZEN MANGO

BLEND AND ENJOY!!

FUNDRAISING REPORT

Hi everyone,

So we have had a good start to our fundraising this year. Thanks to everyone that participated in the Tag Days, Bulbs, Mixing Spoon and Poinsettia fundraisers. Please keep in mind that we have on going fundraisers with Encorp Return-It Bottle Depot on Willow Street, Thrifty Foods Smile Cards, Boston Pizza and Sequoia Springs Golf Club. If you need a reminder on how these work please feel free to contact me. You have until January 1 to get your new sponsorship signage and renewals to Karsha Dunn. Thank you so much to the people who have been organizing fundraisers! Without you we would be hard pressed to meet our fundraising commitments!

Merry Christmas and Happy New Year to all of you!

Josée

Cras posuere, velit nec rutrum auctor, velit augue feugiat orci, nec ornare urna, quam ac massa. Nullam porta, mauris tempor, sollicitudin varius, diam ipsum imperdiet massa, eu sagittis pede diam sit amet nisi. Fusce vitae ligula ac nunc elementum dignissim. In hac habitasse platea dictumst. Suspendisse ultricies. Vivamus in metus dictum purus fringilla eleifend. Aenean ultricies erat ac neque. Pellentesque luctus.



QUALIFIERS

AAA QUALIFIERS

Julia Alguire, Melayana Beaudin, Jenna Beaudin, Sydney Boyle, Cailyn Collis, Cianna Dunn, Lilan Forsyth, Brendan Kobayashi, Mackenzie Paddington, James Sidhu, Conner Skuse, Jasmine Skuse, Emmy Stapff, Jamiliya Wellard, Megan Wilson, Kennedy Windle, Ian Ralston

AA QUALIFIERS

Carson Dunn, Kailee Fisk, Aleah Jordan, Maddyson Kowalko, Kasey Lathangue, Catalina Manders, Jen Miller, Connor Milligan, Maya Ruehlen

CLUB RECORD BREAKERS

Melayna Beaudin- 11/12 800 Free, 100 Back, 200 Back,
Cianna Dunn 11/12 200 Butterfly, 400 IM,
Mackenzie Paddington 13/14 200 Free, 100 Breaststroke, 200 IM, 400 IM
Lilan Forsyth 11/12 50 Back

FEELING FRUSTRATED?

Ever feel like no matter what you do you just can't get faster?? Well don't despair!! Sometimes it's as simple as changing your attitude. Attitude you say? Yeah, you know, the little voice inside your head that gets negative and gets you down?? We all get negative about things periodically – it's natural, it's human!! The trick is not listening to that voice but in fact proving it wrong!!

1.

START POSITIVE: FIND ONE THING THAT YOU THINK YOU DO WELL IN THE POOL AND BUILD ON IT.

2.

CONSISTENCY: PICK ONE THING AT PRACITCE THAT YOU WILL DO EVERY DAY – LIKE 6 DOLPHIN KICKS OR STREAMLINES OFF THE WALL AND DO THEM EVERYTIME

3.

THINK : THINK ABOUT WHAT YOU WANT TO ACHIEVE AND GO FOR IT!! DON'T WORRY ABOUT FAILURE... YOU ONLY FAIL IF YOU NEVER TRY.

BE PROUD OF HOW FAR YOU HAVE COME AND KNOW HOW MUCH FARTHER YOU STILL HAVE TO GO....

COACH SARAH'S CORNER

As we head into the second part of the season, and into another session of yoga, I thought it would be great to go over many of the amazing benefits that our swimmers get from developing their yoga practice. The article below is written by Baron Baptiste, a world renowned yoga teacher and athletic trainer that works with the Philadelphia Eagles, and other professional athletes, as well as Kathleen Finn Mendola.

Gentle on the joints, forgiving of injuries and other physical limitations, and deeply relaxing, swimming and yoga, when practiced together, unite their strengths, making for a more balanced athlete.

The minimal gravity effect of swimming is appealing to those who suffer from injury that precludes them from high-impact movement, as well as pregnant women, people with chronic joint pain, and the elderly. Logging laps in the pool undoubtedly provides physical and psychological benefits. But too much time spent in the water without counteracting or opposing activities can be detrimental, resulting in body misalignment and lack of bone strength.

Body alignment, integral to all sports performance, is often thrown off kilter in swimmers, says Leslie Sims, a former national swim coach who is currently a yoga teacher at "now YOGA" and head coach at Club Swim in Los Altos and Palo Alto, California. This is due to overdevelopment of the front of the body, which occurs from chronic overuse in three of the four basic swim strokes—butterfly, breast, and freestyle. Because a swimmer's pectorals are predominantly in a contracted state, the opposing fascia (where muscle attaches to bone) of the rhomboids is weakened. Because the backstroke can counteract some of the repetitive stroke motions that lead to such muscle imbalance, Sims instructs her swim students to perform the backstroke at the end of every workout. Often just doing the backstroke isn't enough, however. Learning proper alignment through a consistent yoga practice can help tremendously, Sims says.

The biggest drawback to a fitness routine based solely on water sports is that the body can't get stronger without gravity. Just as a coiled spring gets its force from resistance, the body needs stress to build strength in muscle and bone. Bone density, in particular, is developed through low- and high-impact weight-bearing exercise like running, walking, bicycling, dance, and yoga. This is an especially unfortunate drawback for women, who are most at risk for developing osteoporosis, a disease marked by a gradual weakening and thinning of the bones.

Competitive swimmers call it "dryland training"—incorporating other sports into an exercise regimen to compensate for what is missing in a primary workout. A yoga practice can complement even an amateur's swim routine by introducing two legs of the fitness triad—strength building and flexibility. Asanas (postures) utilize body weight as a powerful source of resistance: Outside of the water, gravity helps to build strength and muscle. In addition, postures take the body through a full range of motion, encouraging flexible, supple muscles that are less prone to injury.

Consistent practice of yoga also yields extended muscles, as opposed to the contracted, compact muscles associated with running or cycling. And extended muscles are physiologically necessary for a swimmer: To be efficient in the water, every stroke and kick demands a full extension of the arm and leg. When executing all four strokes, swimmers propel themselves by extending and contracting from the tips of their fingers to the ends of their toes.

Many competitive swimmers run to increase aerobic conditioning—the third leg of the fitness triad—because effective aerobic training requires more than just a few laps in the pool. "If you just casually swim laps, chances are you'll be unable to bring your heart rate up high enough and sustain it long enough to gain significant aerobic conditioning," says Sims. "By incorporating the four basic strokes when you swim—breast, freestyle, butterfly, and backstroke—you can get a full body workout. However, achieving a cardiovascular workout in the pool is more challenging. You must use interval training—swimming laps at a vigorous pace against a clock."

In Sims' work with swimmers, she focuses on key body areas and applies some of what she calls "universal principles" of asanas to help them ward off injury and improve performance:

Shoulder Blades: In Adho Mukha Svanasana (Downward-Facing Dog) and Urdhva Mukha Svanasana (Upward-Facing Dog), your instructor may tell you that the shoulder blades need to drop down the back. The same principle applies in swimming, where the shoulders create the biggest problems. Rotator cuff injuries or shoulder tendonitis (also called "swimmer's shoulder") occur when the rhomboids are not held in place when the arm is raised in freestyle stroke. Instead of the muscle carrying the weight of the arm, the tendon bears the burden. Over time the tendon becomes frayed and aggravated.

Hips: Baddha Konasana (Bound Angle Pose), with the soles of the feet touching together and the outsides of the knees flat on the floor, demonstrates a healthy external rotation of the hip. For many people, though, the hips remain locked and stiff. In a

swimmer, this congestion can manifest in a faulty breaststroke kick. Without free, loose hips, it's difficult to complete this stroke effectively and efficiently.

Ankles: In all of yoga's standing poses, it's important to place the foot on the ground in order to get full extension, and flexible ankles allow the foot to rest solidly on the ground. Similarly, swimmers use the ankles as the foundation of movement—propelling the body forward with a kick. The top of the foot should hit the water as if in Virasana (Hero Pose)—at 180 degrees. Sims will often work with runners who have such severe ankle stiffness that their kick literally pulls them backwards—"like trying to lift a plane off the ground with the flaps down."

Swimming to Samadhi

Both yogis and swimmers know about using the breath to move the body. Yogis use the breath to encourage the opening and lengthening of stubborn muscle groups, and the cleansing of physical and emotional toxins. Deep, full breathing enhances yoga asanas and increases circulation and cardiovascular capacity. Being immersed in the water makes this process easier, as water puts pressure on the lungs to expel excess air and allows fresh new prana to enter the body.

"All breathing in swimming should be done in an open chest position," says Sims. Just as yogis often exert effort on the inhalation and relax on the exhalation in asana practice, swimmers inhale before submerging, then utilize the extended exhalation to follow through on each stroke, propelling themselves through the water. The stroke facilitates the cycle of breath, with the rhythm modified according to each individual. In freestyle, swimmers are encouraged to become aware of alignment and pattern their breath cycles so that the head turns to breathe on alternating sides of the body. Not practicing this "bilateral breathing," Sims says, would be like doing Trikonasana (Triangle Pose) on only one side of the body.

It makes sense that breath awareness factors into good swimming. After all, swimming is a sport in which the senses are withdrawn and awareness is pulled inward. For some people, Sims adds, because "you are covered with water, with little sensory ability, little sound, little visual stimulation...it's a sense of the fifth limb of yoga—pratyahara," literally, a gathering toward oneself.

~Namaste



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WEBSITE

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WWW.CRKW.CA

WE ALWAYS STRIVE TO DO OUR BEST AT KEEPING OPEN COMMUNICATION, ADDRESSING CONCERNS AS WELL AS ANSWERING ANY QUESTIONS. IF YOU HAVE ANY OF THE ABOVE, PLEASE DIRECT THEM TO BRIAN SKUSE – PRESIDENT, COACH DARRYL OR ANY BOARD MEMBER (LIST FOUND AT WWW.CRKW.CA) WE APPRECIATE YOUR FEEDBACK.

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