

THE CAMPBELL RIVER KILLER WHALE COMPETITOR

ISSUE 1
SEPTEMBER 2010



SWIMMING TOWARDS EXCELLENCE SINCE 1979

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IMPORTANT DATES

- OCT. 5TH SUPER FISH & ORCA
START DRYLAND
- OCT. 13TH AGM 7-9PM
- OCT. 14TH APPAREL TRY ON
AT THE POOL 4-5PM
- OCT. 15-16TH 1 ST TAG DAY
- OCT. 31ST POOL SIGNAGE
DEADLINE
- DEC. 5TH – CRKW REGIONAL
SWIM MEET
- DEC 10-12TH –CHRISTMAS
CRACKER INV.

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PRESIDENT'S MESSAGE

Greetings Killer Whales!!

Welcome back swimmer's to another season of swimming with the Pod. As you must have noticed, there have been a lot of changes and we are very excited for all of them. We have new programs, new coaches, new faces, new webpage and new ideas! I am very pleased to welcome back Coach Chris for his second year with the Killer Whales. Coach Chris has been working very hard all summer designing a program that will fit everyone's needs. We are excited to see how well this program is going to work and how fast everyone will be swimming this year. Currently, we are not yet in the pool, but Coach Chris has the older groups getting conditioned with dry land practices as well as yoga which is being taught by Lorna Seldon from Yogastream. Welcome Lorna!

The pool renovations are moving along on schedule and we hope that our projected time of October will still be achieved. Please check out our new website for updated information.

This year our AGM is October 13 from 7 to 9 pm in the Mezzanine. This is a great meeting to attend if you have any questions, concerns, curiosities or just want to find out more about your club. We also have some positions available and we hope that they will be filled by some new members who will bring fresh new ideas to the board. I encourage everyone to attend and I look forward to seeing many new and old faces there. If you would like to find out more about these positions, please send me an email: president@crkw.ca and I can let you know what positions need to be filled. These positions can be shared between two people to minimize the work load. There are many jobs that just need extra help, if this is something you might be interested in, please come out to the meeting or drop me an email and we can put you on the contact list.

I would like to thank our current Executive and Board of Directors for the great job they have done and continue to do. This club definitely runs smoothly with all of the behind-the-scene jobs that get done on a continual basis. Thank you!

Lastly, I hope that everyone has an excellent year swimming and please contact me if you have any questions or concerns. I believe that we will have another great year of swimming ahead of us with lots of fun and friendships made along the way.

Regards,

Brian Skuse
CRKW President

HEAD COACH'S CORNER

Welcome Back Killer Whales

It's that time of year when we once again have the pleasant task of welcoming back those returning swim team members and greet the new member for the first time. Of course what is weighing on everybody's mind is the completion of our swimming pool renos. Although I would agree that this can be a terrible distraction for our swimmers, but it does not have to be. Currently we have had many swimmers committing to dryland workouts and should have the rest of our competitive program doing the same by the first week in October.

These dryland workouts are very important to every competitive swimmer (young and old) and will not only help with their fitness levels, but help develop coordination, balance, and flexibility; all which will help the young developing swimmer when we finally get into the pool. So I would as parents to be positive about what your child can achieve during this time, and encourage your child to continue to be the best they can be.

Over the summer the Board of Directors and myself have been working hard on planning this years to be the best year this club has seen in 31 years. There has been some changes to our program in group structure and content and this has been done to not only broaden our young base but to also accommodate more competitive swimmers in our club. Also with this new structure we will be able to follow the Canadian long Term development athlete model more closely, which will result in not only creating better athletes but athletes that will stay in our sport longer. I would like to briefly go over our program, but please read the hand book for more detailed description.

Looking at the more experienced athletes in our program, it is hard to imagine that they started out in one of our introductory levels. Our **KILLER WHALES SWIM SCHOOL** gives youngsters a chance to get their feet wet and begin to learn the basics of the four competitive strokes. This year the program has been changed to help these swimmers reach even farther in competitive swimming. Our **SPLASH**

program is targeted for 6-7 year olds that centers on developing the body movements necessary in swimming. The next program is our **OLYMPIC WAY** program, which has three levels, Bronze, Silver and Gold. Here they are taught the basic 4 strokes in a progressive manner and are challenged to increase their efficiency and develop the endurance required to maintain this efficiency. We also offer a **TEEN CROSS TRAINER** program for those teens who are starting to learn about competitive swimming late, or have other sports they compete in.

Our **SUPER FISH Group** is the next progression and allows the swimmer to experience more of the many skills involved in the sport as well as an introduction to competition. The focus of this group is developing all four strokes as well as starts and turns.

The **DOLPHIN Group** is a new level to our club this year as it provides a stepping stone between Superfish and our ORCA group. Fundamental technical skills of the sport will be reinforced. Swimmers will also be introduced to a dryland component that will be used to develop coordination and flexibility, which are key factors in developing a foundation for age group swimmers.

Our ORCA Group: There is a very natural progression from the Dolphin Group to our ORCA program. In this group the swimmer continues to receive stroke instruction while being introduced to basic training techniques. The main emphasis will be to train for the Individual Medley and for Distance Free events, which establishes a good base for further development. Swimmers at this level are made aware of BC provincial standards and begin to learn about goal setting. Swimmers are asked to make an 80% commitment to the program.

The Blackfish Group: In this group a swimmer will continue to refine the four competitive strokes and begin to develop the training background required to move to a more senior level. In this group they are taught more advanced technical aspects of the 4 competitive strokes. They are also introduced to

race strategies and intensifies their training techniques which will develop their aerobic endurance.

Our Senior Group: This is our top group in the CRKW and swimmers should have mastered the technical skills required for intense training sessions and broaden their perspective towards goal-oriented competition. The athletes in this group are being introduced to the National scene in swimming, and are working towards developing skills that allow them to compete at this level. The swimmers in this group are willing to work hard daily and consistently to achieve their high performance goals.

University Program : Returning University swimmers can be a great asset to our club by adding depth, experience, leadership and team spirit. At the Campbell River Swim Club, we take great pride in our swimmers who swim for a university. Some swimmers will have moved across Canada or to the United States on Scholarship. We look forward to these swimmers once again competing as a CRKW swimmer. These swimmers will be fitted into the Senior Program depending on ability and room.

While we cannot be all things to all people , we feel that our new structure will meet the needs of a very broad range of swimmers and assist them to be the best they can be.

MEET OUR STAFF

I feel that this year the Campbell River Killer Whales has an outstanding staff so let's meet them.



Courtney Wilson - Hello !

I'm really excited about starting coaching this season with the C.R. Killer Whales! A little bit about me is I am currently playing volleyball at school & involved in our Leadership & Interact Club. I

love to swim, ski and in the past I've played soccer & been a part of the Junior Triathlon Club. Aside from sports I also love to sing, read books and do photography!

This will be a great swim season & I look forward to meeting all of you ! ~Courtney



Paul Carter - Hi, my name is Paul. I'm a recent Carihi graduate in French Immersion and am currently attending North Island College in the Drafting program. I've been swimming with the Campbell

River Salmon Kings since I was 5 years old. I have been a coach in training for the summer club for the last 4 years and I love seeing kids improve their technique and succeed at their goals. I compete as a member of the Salmon Kings and I have qualified to attend Provincials every year since 2006. I have heard great things about the Killer Whale club and I look forward to working with the Coaches and Swimmers of the Killer Whales



Jenn Guindon - Hey my name is Jenn Guindon. This is my first year of coaching with the Killer Whales and I'm very excited to be apart of the club this season! I have swum for seven years in the past with the Killer

Whales Swim Club. When I did swim I qualified to go to Age Group Nationals in 2008 and to Western Nationals in 2009. After I stopped swimming I still wanted to stay involved with the club so coaching is giving me that opportunity.



Campbell Montgomery - Hi, my name is Campbell Montgomery.

I have worked in aquatics for the past two years as a lifeguard at the indoor and the outdoor pool. I have taught swimming lessons as well as other programs for both pools over this time. I am an avid swimmer who first got into the sport while gaining my open water diving certificate. I participated in the CRKW for two years while I was attending school before setting my sights on becoming a lifeguard. I am glad to say that I am now back with the club as a coach. I look forward to being part of the coaching staff, and hope to contribute to its well-known reputation as a club that strives for the best in and out of the water.



David Palmer – I am a swimmer in the Senior Group. Look forward to another great year in the Campbell River swim club.

our program will only help the overall team reach new heights in 2011.

If you have a question, please speak to a member of the coaching staff. Wait for practice to conclude and approach the coach. If you can do this, please email them to set an appointment.

Dave Healy - I am a fully certified Level 2 NCCP swimming Coach. I have a combined 7 years of coaching experience in swimming, as well as a coach in Basketball and Soccer. This will be my third time as Age Group Coach for CRKW with my most recent time being in 2003/04. I have coached many swimmers to Provincial championship levels and as Age group National qualifiers. Outside of swimming I am presently active in soccer and other athletic activities. My goal, as a coach, is to take CRKW to the "next level". I hope to inspire young swimmers to be "the best they can be". It is a privilege to be part of the new CRKW. I am looking forward to the upcoming season with it's many challenges.

The Challenge is Ahead of Us

I believe we will be in the swimming pool sometime in October but what I have seen so far of our club, shows the energy and enthusiasm towards competitive swimming. Our swimmers have been very positive to the challenges that wait ahead for our club, and seemed committed to not only their success but also our teams success. This terrific attitude will really help our club grow and mature and ultimately become stronger and faster at all levels.

Now that I have talked about our program and our staff, I would like to briefly talk to you about our sport and why we do it.

Chris Koopmans (that's me) – Am the Head Coach and I have been involved in coaching and leading competitive swim teams for 24 years. I was a competitive swimmer when I was younger and just loved it. I am a graduate from the university of Toronto and am currently a NCCP level 3 coach.



I have had the pleasure to have coached athletes from the Novice level to the Senior National level and am very proud to be part of the Campbell River Killer Whales Team. This will be my second year here and am confident that we will build on the successes from last year.

As you can see there is a great deal of experience on our coaching staff and their commitment towards developing excellence with in

Training for competitive swimming is not always the most glamorous or immediately gratifying activity you can do with your life. There are lasting values however, that create benefits. I believe that some of the important ones are:

- 1) The ability to mentally sustain the inner drive and focus required for a long seasonal effort,
- 2) Learning to set goals and a) identifying their areas of sacrifice and dedication and b) understanding why training commitment requires both sacrifice and dedication,
- 3) The realization that hard work is good, satisfying and fulfilling. Hard work through time does pay off.
- 4) Working in a supportive team environment allows the swimmer to grow in mature, ready to advance into the professional world.

Taking part in athletics and particularly swimming makes you mentally and physically tougher and as individual. Whether you succeed or fail you have

always gained from the experience by taking part. The reasons why I know this to be true is that as a former swimmer athlete, I personally experienced much of the kinds of training and competitive experiences of which the swimmers are going through now. As a Coach working with young athletes, I have witness many times the proof that the kind of training we do conditions their minds and bodies to handle our demanding work loads and difficult schedules. As a older coach I have seen many of my athletes become very successful in life after going through university.



Being part of a well organized swimming program helps acquire the mental and emotional tools you need in order to learn how to plan and organize each day/week/year. It requires you to make decisions about your life as contemplate each daily part of your plan. To be a successful planner requires an honest approach to each daily training session which means you must decide: 1) whether to attend and 2) once attending, deciding how

meaningful that workout will be to your overall development and pursuit for your goals.

Our swimming program will be a beautiful and meaningful experience that can give you the opportunity to continually challenge yourself to become better than you are. This is fundamental to our program, as the swimmers want to be better than their last workout, then last week, last month ect...

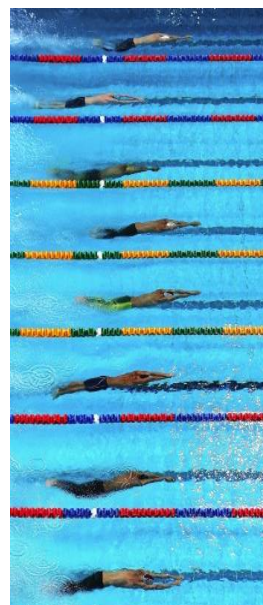
However if you allow the wrong attitudes to interfere with your plans , it can be difficult, boring and even frustrating, particularly if you are not willing to **TRY**. Always consider “I’ll try” over “I can’t”. In fact remove “I cant” from your vocabulary – you do not need it because it places a negative burden upon your conscience that will make it impossible for you to succeed. If you say “I’ll TRY” and make an honest attempt – and don’t’ succeed – you were willing to put forth a 100% effort, and that’s all anyone can ask of you.

When this happens you have met the definitions and requirements of being a dedicated athlete and the sport of swimming will now have something to give back to you.

Swimming towards Excellence
Chris Koopmans
Head Coach of CRKW
250-914-1214

VPS NEWS

My name is Carrie Johnston, and I am the VPS coordinator for the CRKW swim club. VPS also known as (Volunteer Point System) is based on points that a family accumulates over the year. A great way to earn points is by volunteering at swim meets, take courses, and attend meetings. To run a swim club effectively, we need all the help we can get. I will keep a list posted in the viewing room of points that each swimmer has accumulated. To discuss concerns or have any questions please contact me at vpscoordinator@crkw.ca, or phone 250-923-3782. Keep your eyes and ears posted for upcoming events!



THE FUNDRAISING REPORT – September 2010

Hi! My name is Kim Windle and I'm the Fundraising Coordinator for the Killer Whales. I know most of you are returning swimmers who are familiar with the ways of our fundraising, but here are a few reminders and some new info for your reading pleasure...

Along with all the new group names this season, there is also a new policy which has made every level seasonal. This means you have the ENTIRE year to meet your fundraising commitments. However, I strongly suggest you budget it over the course of the whole season. We have several fundraising opportunities available for you to choose from; read below for details on our first offerings...

Our first Tag Day is scheduled for **Friday October 15th and Saturday October 16th**. Hopefully you got a chance to sign up during registration. If not, please contact Suzy at gsscott@shaw.ca to get your name on the schedule. Don't forget to wear your CRKW gear and be on time! Always use your manners and thank people for their generous donations! Every hour you work, earns you \$20 towards your fundraising commitment and you can work as many hours as you want!!

Get ready to sell poinsettias!! It won't be long and I'll be sending out info on this popular fundraiser. I'm not positive of all the details now that the dreaded HST is here but plants will sell for around \$13.00 each with \$5 going towards your fundraising requirements. Watch your email for more details!

Bottle collection continues at the *Encorp Return- It Bottle Depot* on Willow Street. Please ensure that "CRKW" and the swimmer's name and group are written on the back of the receipt. Updated totals should be posted by the middle of the next month. For example, any bottles returned in the month of September will be on the books by mid October. 100% of your bottle totals go towards your fundraising requirements. Ask your friends and

relatives to take in their bottles on your behalf and really watch your totals grow!

Sponsorship Signage is another great way to raise money. Karsha Dunn oversees this program and recently emailed out information to members. If you did not receive it, please contact her at 250-923-7236 or bkdunn@shaw.ca. **Deadline for signs is October 31st**. Please respect this date as it takes a lot of time and energy to organize this program. Our installer would like to go up the ladder once,



not repeatedly. Those people who have not submitted cheques by the **October 31st deadline** for renewal signs will have their sign removed from the wall. There are a few changes in the package in terms of the sizes being offered so check with Karsha if you have any questions.

THRIFTY FOODS™

THRIFTY FOODS SMILE CARDS are back as a general fundraiser for the club. Here's how the program works: You charge up the card (it looks like a gift card) BEFORE you buy your groceries. You can use debit, cash or even your credit card to put on any amount you want. Then you buy your groceries. Any extra money remains on the card for your next visit to the store. You use the same card over and over by charging it up repeatedly. It sounds simple and it is... 5% of what you spend is donated back to the club by the store. This fundraiser does not credit individual swimmers, but helps the club in general. It costs you nothing to

participate so please consider getting a card. Ask your relatives, friends and neighbours too. The more people shopping there, the more money the club gets! Thrifty Foods has pledged a maximum of \$2500 to our cause so let's get shopping!! Contact me at kwindle@shaw.ca if you want a card or have questions.

I would also like to remind you about our "Incentive Policy" which encourages swimmers to go beyond their required fundraising

responsibilities. Any "extra" money raised is split with the club 50/50. Your portion can be used towards swim meet fees or team apparel.

Lastly, the Fundraising Tracking sheet will soon be posted in the viewing room so you can check to see the status of your swimmer's account on a regular basis. If you have any questions concerning fundraising please email me at kwindle@shaw.ca. Thanks... and happy swimming!!



APPAREL NEWS

New for this season – Now you can order some of your gear directly from Team Aquatic! Visit their website at <https://www.team-aquatic.com/store/> and use the following log in info: Username – **crkw** Password – **killerwhales1**

You will be able to order poly suits for practice, swim bags or whatever you like at special team pricing and have it shipped directly to you. Logoed team gear is still available through the club.

To order team gear you can find the apparel form on our newly revamped website or pick one out of the apparel file at the pool. Fill out the form and drop it in the apparel orders file at the pool or e-mail your order to: jandccormier@shaw.ca

Payment is due when you receive the order. If you have any questions please call Janis or Craig at 250-286-0413.



We will be having an apparel try-on night at the pool soon October 14th 4:00pm – 5:00pm, and taking orders for new gear as well as hockey jerseys.

REMINDER !!

CAMPBELL RIVER KILLER WHALES

AGM OCTOBER 13TH 7:00PM – 9:00PM

**HELD IN THE MEZZANINE AT THE STRATHCONA RECREATION
COMPLEX**

SWIM MEET INFO

Unfortunately due to the pool renovation's running into the start up of our club, our swimmers will not be competing until December. At the time of writing this newsletter it is unclear as to whether the pool construction will be completed by our CRKW Winter Invitational, but we will update you as soon as we know. If in fact, this swim meet is cancelled then, we will run a time trial for the affected swimmers in December. The higher groups will have an opportunity to compete at the annual Christmas Cracker held on Dec 10-12th in Victoria. Let's all hope that the pool renovation construction continues to run smoothly.

There will be an officials' clinic announced soon and will probably be in the month of November. Please remember that it takes our whole club to run an effective swim meet for not only our swimmers but the visiting teams.

COMMONWEALTH GAMES DELHI 2010



This past summer was amazing for our sport on TV, there was US Nationals, Pacifics, Jr. Olympics and the JR Pan Pacs all available on TV. With all the negative press about the Delhi Commonwealth Games 2010, we could gloss over the fact that we are all anticipating swim great performances for the Canadian National Team. Below is the schedule to watch, and of course the CBC website has the full account of the events.

All times in Eastern Standard

Date	EVENT	CBC TV	CBCSPORTS.CA	BOLD TV
SUN OCT 3	Opening Ceremony	9:00am – 1:00pm ET	9:00am – 1:00pm ET	TBA
MON Oct. 4	Mens & Womens SEMI Finals & Finals		6:00am-8:00am ET	6:00am-8:00am ET
	Mens & Womens SEMI Finals & Finals			10PM – 12am ET
TUE Oct. 5	Mens & Womens SEMI Finals & Finals		6:30am- 8:00Am ET	6:30am- 8:00Am ET
	Mens & Womens SEMI Finals & Finals			11:30pm-1:00am ET
WED Oct. 6	Mens & Womens SEMI Finals & Finals		6:30am- 8:00Am ET	6:30am- 8:00Am ET
	Mens & Womens SEMI Finals & Finals			11:30pm-1:00am ET
THUR Oct.7	Mens & Womens SEMI Finals & Finals		6:00am- 8:00Am ET	6:00am- 8:00Am ET
	Mens & Womens SEMI Finals & Finals			10:00pm-12:30am ET
FRI Oct. 8	Mens & Womens SEMI Finals & Finals		7:30am- 9:00Am ET	7:30am- 9:00Am ET
	Mens & Womens SEMI Finals & Finals			2:30pm 4:30pm ET
SAT Oct. 6	Mens & Womens SEMI Finals & Finals		6:30am- 8:00Am ET	6:30am- 8:00Am ET
	Mens & Womens SEMI Finals & Finals			1:30pm-3:30pm ET