

# THE CAMPBELL RIVER KILLER WHALE

## COMPETITOR



ISSUE 8  
April 2011

SWIMMING TOWARDS EXCELLENCE SINCE 1979

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### IMPORTANT DATES

April 29- 01 PCS Wavemaker Inv,  
May 13<sup>th</sup> SWIM-A-THON  
May 15<sup>th</sup> Black vs White Intersquad

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### PRESIDENT'S MESSAGE

Greetings Swimmers,

Hope everyone had a great long weekend and some much needed relaxation! It's been 6 weeks since we got back into our pool and its amazing how quickly we slide back into our regular routines.

The coaches have been working hard to get the swimmers ready for their next big competition: The PCS Wavemaker in Victoria and I hear that there are a lot of Whales attending. This should be a fun and fast meet for our competitive swimmers as well as a great team builder for those attending. Swim meets are a great way to measure success and hard work because it gives the swimmer and the coach an indication of what has been happening in practices. It also gives swimming back and forth a purpose! I look forward to watching everyone achieve the goals they have been working hard towards. Thank you Chris and Dave for your dedication.

On the fundraising front: because we had such a slow start, it's really important that everyone do the best that they can for the rest of the fundraiser's this year. Swim-a-thon is our biggest fundraiser of the year and I look forward to seeing which group raises the most funds! I hear that Coach Dave's group is revved up to raise the most funds so I encourage all groups to go out and do their best for the Club! Let's try and make our goal of \$12,000!!

With only 2 months to go in our swim season, I encourage everyone to continue building on their successes so that they finish the swim season with some goals achieved, satisfaction in their work ethics as well as an excitement for the following swim year.

Finally a "Good Luck", to all the swimmers attending the Wavemaker. Go Whales, Go!

Regards, Brian Skuse

## HEAD COACH'S CORNER WITH CHRIS KOOPMANS

### IT'S ABOUT TIME!!!

The basic challenge in swimming is to beat the clock. No matter what the level of competition, time is the one common target. Time is the one measure of improvement. No matter what the stroke or distance, time is the measuring stick, the variable that changes.

A 100 or 200-meter swim will always be just that distance it's fixed. The stroke one chooses is regulated by the rulebook: that is fairly constant. The variable then is how fast can a male, female, 10 year old, high school, college, university, club swimmer; swim a certain distance doing a certain stroke. Time is what makes us tick. More accurately, less time is the real challenge.

Without the factor of time, or sport would be quite different. We would have to measure how far a person could swim under certain conditions such as water temperature, current, using different strokes ect... We also compare Mary with Sally and Betty in a given race on a given day and thus determine first, second, third. But there would be no way to compare a performance in one location versus another.

However strange this may sound, most of us got involved in swimming in just this manner, first seeing if we could make it across the pool or perhaps a length or two. At the later stages, perhaps we raced the kid next door to see could win and who was the fastest. As we got ore sophisticated in our swimming skills,

we learned about time and the stopwatch. We then had a basis of comparison with everybody else in like circumstances, age, distance and stroke.

The objective of training then is to go faster or take less time to accomplish the distance. Its crazy but it seems we spend more and more time training to spend less time racing.

At any rate, we now have records for most anything you can think of, age group, club, meet, national, high school ect....

With all of these possibilities, there ought to be a record the some place I can hold. Ah yes, I just thought of whole bunch of them that are unique enough to be my records! These records are my own personal best times that I set at all the different stages in my career --- my 10 & under records, my college records, my club records.

The most important records are your own, for these are the only records that you can control. Only you can make you go faster. The records set by others are targets – goals, perhaps, that you might want to achieve; rarely do you have any control over how fast the other person swims.

After one retires from competitive swimming, one has to accept his/her “lifetime best” swims as just that. There is something positive about this. It may not have been even close to a “good” time but it is and will remain my best, my record and it will stay that way as long as I accept it as my best.

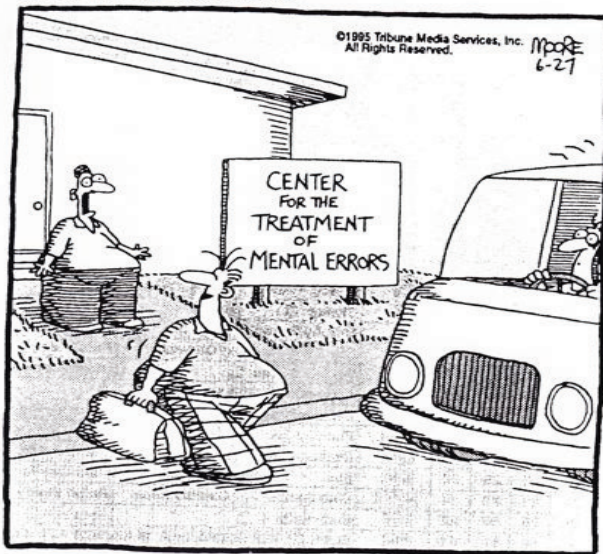
## HEAD COACH'S CORNER WITH CHRIS KOOPMANS

Records of achievements are certainly very important part of the total swimming program. These are times to CONQUER!!!

As more and more competitors entered our sport, it was necessary to set up qualifying standards. There are standards for everything now, the various age groups and classifications of ability levels.

The problem with records and time standards arises when these times become barriers or limiting factors. In the case of a time standard, for so many athletes, the goal seems to be just to make the standard.

### IN THE BLEACHERS



"Well, Bob, you're cured. You may return to your team now and ... Look out!!"

Unfortunately, there is no payoff for that kind of performance. The ultimate winners are not concerned about making standards, they are more concerned with the score, and with what it takes to win.

How many times has an athlete fallen short of the qualifying stand by a few tenths and "plateaued" on the wrong side of the standard?? Then he finally he achieves the standard, makes a big drop and koves to the next standard. That's because the limiting barrier has been removed

The same thing happened with records. We tend to use as limits or barriers. And even if we use the record as a target or a goal; it's the same story all over again. The athlete comes close and often plateaus for a bit in the range of the record. Then comes the break through – a new record. Unless the athlete is greatly motivated, the record remains their lifetime best.

We can not allow these times to be the limiting barriers to our success. After all, these times are just measures of what has been achieved, not what will be in the future.

We must erase limits form our thinking. We must think beyond these times, **think faster**. History will prove that today's records/standards were really quite slow. It's a game of "leap frog" – the last frog to leap has the new record. There will always be another frog going beyond the last frog.

It's about time that we removed the limits to our own personal performance. We must look beyond the standards, beyond time restrictions, beyond our pervious performances.

Less time is the challenge.  
Chris Koopmans  
Head Coach of CRKW

# Fundraising News...

**MAY** is a big Fundraising month for the Killer Whales!! Let's work together to raise some serious \$\$ for our club!!

## SWIM-A-THON

Our **SWIM-A-THON** goal is to collectively raise **\$12,000**. This sounds huge but if each swimmer collects **\$225** in pledges we can do it!! Ask your relatives, friends and neighbours to sponsor you as you swim laps for 2 hours from 4pm to 6pm on **Friday, May 13th**. There are lots of prizes to be won including a bike. The more money you raise the more prize raffle tickets you get. Pizza will be served to all swimmers afterwards. Important things to note: Parents will need to be there to count laps. Also, please count up all your pledges and **BRING YOUR \$\$** the day of the swim-a-thon. Parents, if you want to keep the

## TAG DAY

cash and write one cheque to CRKW for it all that would save us some time counting. Next on the agenda is **TAG DAY**, which is happening Friday, May 27<sup>th</sup> and Saturday, May 28<sup>th</sup>. We would like to see **ALL SWIMMERS** spend at least one hour (you can do as many as you want) in front of a local business asking for donations. Wear your CRKW gear and promote the club and the sport of swimming while you raise \$20 an hour for your fundraising account. Swimmers pair up for this job and have lots of fun!! Suzy Scott ([gsscott@shaw.ca](mailto:gsscott@shaw.ca)) is organizing this event and will have the sign up

sheet posted in the viewing room shortly. Keep your eyes peeled for it!!

## GARAGE & BAKE SALE

Our first ever **GARAGE & BAKE SALE** is going to happen over the summer sometime. We were thinking June would work but with swim meets and the craziness of school ending, we've decided to postpone it slightly. Please stock pile your belongings and stay tuned for more info!

## DON'T FORGET

If you have met your fundraising requirements already, please continue to fundraise for the club!! We desperately need the funds after the cancellation of our three swim meets. Any **EXTRA** money you raise over your required amount is split between the club and you 50/50. You can use this "extra" money to pay for swim meet fees or purchase CRKW apparel. It, however, cannot go towards monthly fees or insurance and will zero out at the end of the season. Another option is to donate back your "extra" money if you're feeling particularly generous!!



Thank you!!

KIM WINDLE



## CRKW'S SWIMMER OF THE MONTH

In this section of the **Campbell River Competitor**, we will showcase those swimmers in the club who have shown exceptional drive and determination, as they strive to reach their goals for the entire month. These individuals will have also shown the following qualities:

- Passion** – They fall in love with the sport
- Teamwork** – They help their teammates become better swimmers, athletes and people
- Commitment** – They are willing to pay the price through the ups and downs
- Purpose** – They challenge themselves to be the best they can be through goals

### First, Fall in Love with the Sport

Someone once said to me: “To swim on a team is great. To swim and win a race is greater. To love the sport of swimming, well that’s the greatest!” If you are in love with the sport, you will study everything about it so you can perform at your best. Your ability to develop your best self varies **with your interest in the sport**: little interest, little development; **great interest, great accomplishment**.

### Second, Help the Other Swimmers.

The importance of teamwork is obvious: for a relay team to be successful they must perform as one. But real teamwork goes beyond the obvious. It means **helping teammates** improve themselves. It means appreciating what they do for you. And it means understanding the positive force that can come from the special chemistry of **a team that truly works together**.

### Third, Be Willing to Pay the Price.

Many athletes fail because they neglect to do those things that would enable them to succeed in crucial moments. You won’t blame the referee for making a call against you if you spend the time necessary to perfect your game. You won’t eliminate errors altogether, but you will minimize the number. A smart athlete makes the fewest mistakes. A real athlete is willing to put in the effort to **master the sport**. This mastery will help him or her at crucial moments in a competition – he will be able to swim back to back events with little rest; she will be able to out touch her opponents when it is very close; he will still be able to perform on a Sunday late night final. In summary, the athlete who has paid the price the price of impeccable attendance and tedious training will become the **“clutch player”** under pressure.

## CRKW'S SWIMMER OF THE MONTH

### Fourth, Be A Champion.

A Champion **wants to win**. That's why we keep score. And a Champion athlete knows what winning requires: love of the sport, teamwork, mastery of the fundamentals, and all those things imply. They know that to win, one must also know how to handle pressure and how to come back from defeat. But it is more important to look beyond all that. It is an attitude that embodies that:

- 1) **You LIVE your Goal** – they are inspired by their goal and get after it!
- 2) **You AIM HIGH** – their goals are both realistic and difficult enough to push you to your limits.
- 3) **You Make a PLAN TO DO IT**– know what kind of training is needed, what kind of skills and knowledge
- 4) **You CULTIVATE YOUR MOTIVATION** – the Journey to mastery is long and difficult, you need sustained motivation to walk it. You can't depend on others to motivate yourself, you should be able to motivate yourself.
- 5) **You TRAIN HARD FOR A LONG TIME** - You need to have superior skills and knowledge to achieve your goal. There is no other way to have it but by training hard for long time.
- 6) **You GO BEYOND YOUR COMFORT ZONE** – For improvement to happen you need to continually tackle challenges that lie just beyond your competence, that take you out of your comfort zone to increase your capacity.
- 7) **Go ONE MILE FURTHER** - A champion won't just do things like anybody else. Instead, he tries to add a little more to what is expected. He walks the extra mile to give superior value. This certainly is not easy, but developing this attitude will put you ahead of the game.
- 8) **You HAVE COMPETITORS TO MOTIVATE YOU** - A healthy dose of competition is important to make you move forward at full speed. Without competition, it's very likely that you will do less than your actual capability. Competition keeps you alert to continuously improve yourself.
- 9) **You PUT YOUR SKILLS TO THE TEST** - Training is not enough, you must join real contests. Champions know they must race better competition in order to improve

### Pervious Swimmers of the Month

Kennedy Windle Blackfish Group – January 2011  
 Aleah Jordan – Dolphin Group – January 2011  
 Cailyn Collis – Dolphin Group - February 2011  
 Kasey Lathangue – Dolphin Group – February 2011  
 David Palmer – Senior Group – February 2011  
 Maddy Kowalko – Blackfish – March 2011  
 Jasmine Skuse – Blackfish – March 2011



"You mean I do the Hokie Pokie and I turn myself around, and that's what it's all about?"

## CRKW'S SWIMMER for the MONTH of APRIL 2011

### SUPERFISH GROUP

**NAME:** Jocelyn Diemer

**AGE:** 9 ½

**BIRTHDAY:** Oct. 16, 2001

**FAVORITE STROKE:** Backstroke



**Highlight of swimming career so far:** Winning the Award!

**Goals for 2010-2011 Swim Season:** To compete in my first swim meet.

**Things I love about the Campbell River Killer Whale Swim Club:** Good Coaching and Team Involvement

**My tip on training for the rest of the Killer Whales:** Work hard and listen to your coach

**My Favorite Set is:** n/a

**I like my coach because:** he gives clear instructions.

**One word to describe what it means to be a Competitive Swimmer:** DETERMINATION

**My MOTTO or Favorite Quote is :** "Do not go where the path leads, go your own way and leave a track." Annon

**The last book I read was:** An Ocean Apart, I gave it a 10 out of 10

**Coach's Comments:** Jocelyn Diemer is the first recipient of the swimmer of the month award for Superfish. Jocelyn was a unanimous choice for this award. Her attendance is second to none, her work ethic is outstanding and her sportsmanship is to be emulated. Jocelyn enjoys her swimming and performs the skills to the best of her ability. With great attitude and perseverance, Jocelyn will soon be progressing into the Dolphin group. Congratulations Jocelyn.

### BLACKFISH GROUP

**NAME:** Conner Skuse

**AGE:** 11

**BIRTHDAY:** Oct. 21, 1999

**FAVORITE STROKE:** Freestyle



**Highlight of swimming career so far:** going to Triple A's

**Goals for 2010-2011 Swim Season:** My goal is to go to Age Group Nationals!

**Things I love about the Campbell River Killer Whale Swim Club:** That I have a lot of great friends in it and they are like a family.

**My tip on training for the rest of the Killer Whales:** Always work hard in swimming.

**My Favorite Set is:** 40 25's kick on 40 seconds – that was really fun!

**I like my coach because:** My coach is the best coach in the world I like him a lot!

**One word to describe what it means to be a Competitive Swimmer:** Work hard

**My MOTTO or Favorite Quote is :** "Never give up and think positive"

**The last book I read was:** Kensuke's Kingdom, I gave it a 5 out of 10

**Coach's Comments:** I have watched Conner over the past year and half and his progress has been amazing to watch. Because of his infectious nature, his transformation has rubbed off on his teammates and this has helped create a very positive winning attitude in the Blackfish Squad. His commitment to the program and to his goals has been an example to us all, but it is his determination to become better that has really won my heart. He refuses to place any limits on himself and rises to any challenge I may throw at him. How he can smile after 30 x 100 free on 1:40, I do not know, but I like it! Conner Keep up the great work and as you can see in the picture above, get your head down on butterfly!!!!

## CRKW'S SWIMMER for the MONTH of APRIL 2011

### DOLPHIN GROUP

**NAME:** Maya Ruehlen **AGE:** 9 ½

**BIRTHDAY:** Sept. 21,2001

**FAVORITE STROKE:** Butterfly



**Highlight of swimming career so far:** winning the Sportsman Trophy last year

**Goals for 2010-2011 Swim Season:** To get faster at Freestyle and get a "AA" time

**Things I love about the Campbell River Killer Whale Swim Club:** Coaches who make us work hard and it is a very fun team of kids!

**My tip on training for the rest of the Killer Whales:** Start off slower and finish Fast!!!

**My Favorite Set is:** The arm changing FLY SET!!

**I like my coach because:** He works good with kids and teaches us a lot about swimming!!

**One word to describe what it means to be a Competitive Swimmer:** DETERMINATION

**My MOTTO or Favorite Quote is :** "Go KILLER WHALES GO!"

**The last book I read was:** The Bread Winner(Deborah Ellis), I gave it a 5 out of 10

**Coach's Comments:** Maya Ruehlen is the swimmer of the month for the Dolphin group. She had an outstanding performance at the Comox swim meet accomplishing 100% best times with some outstanding swimming. Maya has a great attitude and work ethic. She enjoys learning new skills and challenges herself to be great. Keep up the great work Maya.

*Tentative Schedule- Check with your Coach!*

SWIM MEET	DATE	LOCATION	GROUPS
PCS Wave Maker INV	April 29-01	Victoria	Senior, Blackfish, Orca, Dolphin,
Black VS White Intersquad	May 15 <sup>th</sup>	Campbell River	The WHOLE CLUB!
NRST Sprint Meet LC.	May 28-29	Nanaimo	ASK YOUR COACH!
VIR L.C. Championships	June 10 <sup>th</sup> -12 <sup>th</sup>	Victoria	Qualifiers
BC AA L.C. Champs	June 24-26	Kelowna	Qualifiers
VIR Regional Meet	June 18-19 <sup>th</sup>	Duncan	Blackfish, Orca, Dolphin, SuperF
BC AAA L.C. Championship	July 7-10	Victoria	Qualifiers
Summer Senior Nationals	July 21 <sup>st</sup> -24 <sup>th</sup>	Point Claire	Qualifiers
Age Group Nationals	July 27-Aug 1 <sup>st</sup>	Montreal	Qualifiers
PCS Midnight Madness	Aug. 6-7	Victoria	Dolphin swimmers and above





## KILLER WHALE WORD SEARCH

THE WORDS ARE IN ALL DIRECTIONS – VERTICALLY, HORIZONTALLY, DIAGONALLY AND BACKWARD. CIRCLE EACH WORD AND CROSS IT OFF THE LIST. THE LEFT OVER LETTERS SPELL A SPECIAL **KILLER WHALE QUOTE!**

S	W	I	M	M	I	N	G	P	O	O	L	S
H	A	I	L	E	C	A	R	A	T	E	A	M
S	T	A	N	D	S	I	T	L	L	I	N	E
I	C	O	G	L	D	U	C	Y	A	R	E	E
N	H	N	C	E	B	E	T	I	M	E	R	T
I	A	A	H	Y	C	S	S	H	A	L	O	J
F	R	E	E	R	E	L	A	Y	M	A	P	U
D	R	E	E	E	P	I	F	O	N	X	E	D
I	E	R	R	L	A	I	C	I	F	F	O	G
V	P	F	A	A	R	W	F	E	R	E	E	E
E	A	S	Y	Y	L	F	R	E	T	T	U	B
S	T	A	R	T	I	N	G	B	L	O	C	K

### WORD LIST (32 WORDS)

OFFICIAL	REFEREE	LAST	WATCH
SWIMMING POOLS	RACE	DIVES	STARTING BLOCK
MEDLEY RELAY	FREE RELAY	CALM	EASY
LANE ROPE	STANDS	TAPER	FINISH
FREE	PRIDE	TEAM	WIN
AGE	TIMER	FREESTYLE	LINE
FAST	CARD	MEET	LAP
CHEER	JUDGE	BUTTERFLY	RELAX

KILLER WHALE QUOTE FOUND ON PAGE 16



## KILLER WHALE FANS IN THE STANDS!

Swimming is an **“individual”** sport right so why should we cheer for our teammates?

The team aspects of swimming is very important to us. We all seem to understand and stress the importance of teamwork, team spirit, and team effort. Why is that? The swimmer dives in the water. . . alone . . . and swims back and forth between the walls as fast as they can . . . alone . . . and then gets out and listens to a critique of their race from a coach . . . alone . . . and then either goes off to reflect on the race, or goes up to get an award . . . alone. What’s the big deal about **“TEAM”**????

Most of us make a big deal about team because of our experiences in life. Most adults have been in a team situation either with sport or work or lucky enough for both. And so we understand one basic principle . . . individuals perform best when they are supported by a team, or performing for something other than themselves. Performing for the **“TEAM”**.

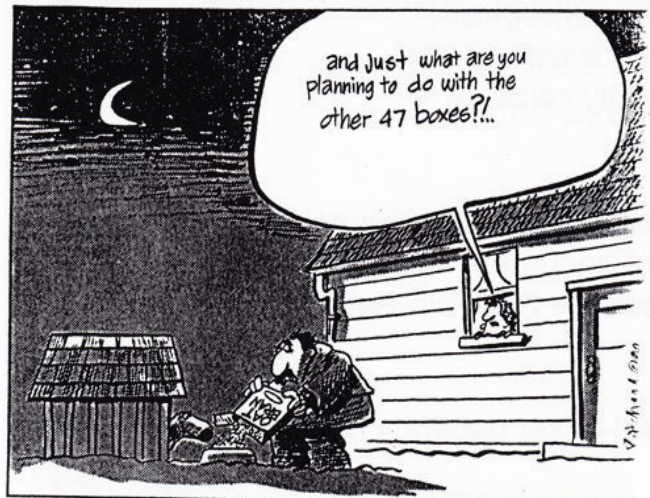
Each of us will commit all of our intelligence, energy and effort to keep from letting down our friends, and our teammates. If only our own ego or self esteem is on the line, we can choose to offer less than full effort and still accept it. Yet when have to **“answer to”** a group, we commit more fully, and thus perform better.

Simply put, the team makes us better people and better athletes.

Lets look one layer deeper. What does the team do for the individual that makes us so committed to it? Why should we **“care”** so much for the team?

We can’t improve nearly as effectively without our teammates support. This goes back to the name of our sport, **“Competitive Swimming”**. To compete is to **“STRIVE WITH”**.

Strive is defined as to **“to try”**. With – is a cooperative word. That is exactly what we do in swimming, we **“strive with”** our teammates on every repeat, on every set, every day. (Also with our fellow competitors in swim meets.) We dive in the pool side by side, and swim down the pool and back with them. We **“Compete”** in practice every day. As you swim faster, your teammates try to stay with you. As they swim faster on the next repeat, set after set, week after week, month after month, year after year..... you help each other get better.



Now, what if you didn’t compete? What if you came to the wall after each repeat and your friend say, **“Hey Joe, chillout, no need to go hard, let’s just cool it.”** Could you swim the next one harder? Not without alienating your friend. So each of us depend, to certain extent, upon the friends in lanes around us, and behind us, to put a honest effort every day, if we want to get better. Looking at it another way, when the swim in the middle, or the end of a hard set , and your buddy is handling it, isn’t it easier for you to keep pushing knowing that your friend is handling it, and it doesn’t take a superman or superwoman to handle this set? What if none else was there?

# KILLER WHALE FANS IN THE STANDS!

## Continued....

Could you keep pushing? Sharing the load, the effort, halves the work. Doing it by yourself doubles the load. First, you have to convince yourself you **CAN** do it, then you **HAVE** to do it.

Your teammates are a critical factor in helping you improve. That's why attendance is so important for the **TEAM**. Poor attendance will result in poor performances day and day out, and then of course at the swim meets not only for you, but the **TEAM**.

Why cheer for your teammates??? Because your destination in swimming is completely tied up in their destination and they are completely "dependent" on your support and effort. Your mutual interests ..... your mutual improvement. Every day, in practice or in a swim meets, how you do is going to be partly determined by how well those around you do. You have a stake in their success, and they have an important stake in your success. None of us can accomplish individually what we can accomplish working together as a team. Be a **CHEERLEADER!!**

### Some Famous Team Quotes

"Ask not what your teammates can do your you, Ask what you can do for teammates."

**Magic Johnston L.A Laker Basketball player**

"By recognizing other's excellence, You realize your own potential"

**Mark Tewksbury Canadian Olympic Swimmer**

"A group becomes a TEAM when each member becomes sure enough of himself and his contributions to praise the skills of others."

**John Wooden Head Coach UCLA Basketball**

"One man swimming like a champion can make his team be one too."

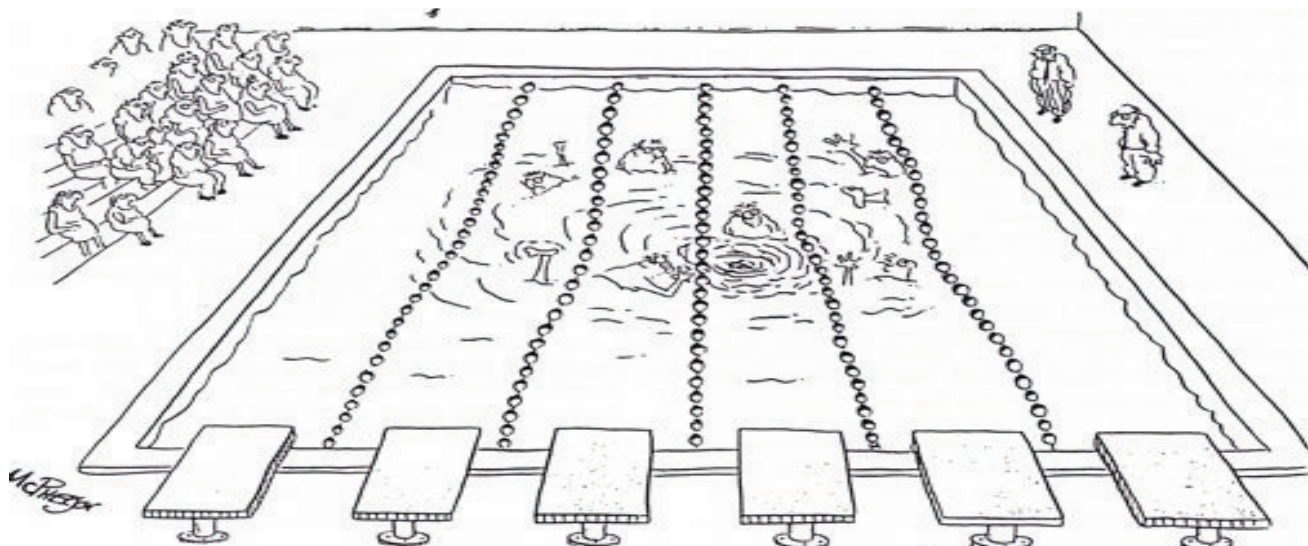
**Doc Councilman University of Indiana Swim Coach**

A Successful Team beats with one heart"

**Unknown**

"The strength of the team is each individual member...the strength of each member is the team."

**Coach Phil Jackson Chicago Bulls**



Midway through the 100-meter freestyle, somebody pulled the plug.

# From the Wavy Lanes Of Dolphin and Superfish

I cannot believe what is happening to our Canucks. They have become the Canucks of old in 1 week's time. It is our hope that game 7 will snap them out of the funk that they are in and defeat the defending champs in strong fashion.

The Canucks are in trouble but the Killer Whales are powering through the waters. The upcoming swim meet in Victoria should produce some great swimming as a reward for all the work the Whales have been doing. Our attendance this month has improved dramatically. On a couple occasions we had 98% attendance at practice. As a coach these kinds of numbers are what we strive for. The sport of competitive swimming is so technical and has a huge skill set that needs to be addressed. With strong attendance numbers the coaches can plan workouts and skill set training accordingly. So Keep it Up!

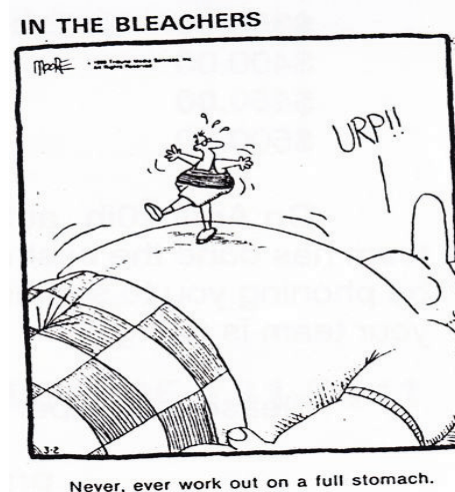
We have a busy month coming up in May. Most important is our annual Swim- a- Thon. This is a much needed fundraiser for the club. It is our goal to raise as much money as we can ... as we need it. If every swimmer can raise \$225.00 it would mean over \$12,000 to the club. The swimmers have been given pledge sheets as well as "hit Lists" The hit list sheet helps swimmers and parents with ideas and procedures on Swim- a- thon best practices. Please make every effort to inspire your swimmer to participate and promote the Swim a Thon... CRKW depends on you.

Also included in the month of May is our inter club swim meet, also known as Black vs. White. This will be a fun competition amongst our athletes. All swimmers from Superfish to the senior group will take part and it should turn out to be a fun day of fast swimming. Stay tuned for more information.

Lastly I want to say what a great bunch of young up and coming swimmers we have in the Dolphin and Superfish group. They come to the pool eager to go and give their best in every workout. Their enthusiasm is infectious. The future is bright for CRKW. Keep up the great work and outstanding attendance figures.

Happy Swimming,

Coach Dave



## Sally At The Anchor

By Jeffery Landis

(With apologies to “Casey at the Bat” by Earnest Lawrence Thayer)

The outlook wasn't brilliant for the Y swim team that day;  
They were down by 12 with two events and one more relay.  
Then Kelly was out-touched, and Kathy's fate was the same.  
The stands became deathly quiet, knowing only the 400 free relay still remained.

A few swimmers got discouraged and rose to depart,  
The optimistic others kept a small hope deep in their heart.  
For they knew a win was possible, but maybe only slim,  
As long as Sally was the anchor and was the last to swim.

But Jenny was the lead-off, the second leg was Kate.  
The first was often injured and the latter was a flake.  
The third leg was Janie, who was more into romance.  
The crowd still was hopeful, if just Sally had a chance.

But Jenny went like a bullet and swam a time unknown;  
And Kate followed likewise – she was in another zone.  
And even Janie sped through the water, advancing with a blast.  
As Sally's turn approached, it looked like they'd be fifth instead of last.

And then from the stands there rose and incredible roar,  
It rumbled through the bleachers and swelled out through the door.

It deafen all the swimmers, no one could hear a speck.

There was ease in Sally's manner as she proceeded to her place.  
There was pride in Sally's bearing and determination on her face.  
She waved to the fans her face was without rancor;  
And no stranger in the crowd could doubt 'twas Sally at the anchor.



Six hundred eyes were on her as she pulled her cap down tight,  
Three hundred voices cheered as she adjusted her goggles for the fight.  
The timers backed away as she stepped up to the block,  
For they knew Sally was now focused on the swimmers and the clock.

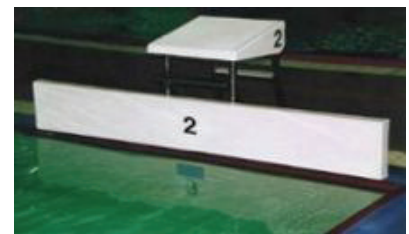
Janie was still kicking, though passed by two more lanes  
And Sally stood watching, sizing up the competition in her brain.  
Lanes One, Three, Four and Six eluded Janie's final burst  
But Sally took off perfectly – Lane One she would catch first!

Now Sally's strokes were powerful, her kicks were unconstrained  
She caught Lane One before the turn, only three more remained.  
She continued swiftly through the pool, her will was unbending:  
With 75 meters to go, Sally would bring home a happy ending.

She was fast approaching Lane Four's feet; it was first place or bust,  
And by the time she reached the wall, another bit the dust.  
Only 50 more meters left, Lane Six was now in sight,  
The natatorium stayed focused on each stroke – a left, then another right.

Swimmers and coaches now became aware of the possible result,  
Lane Six could not preserve her place, it was really not her fault.  
Now with but 25 meters, there was Sally and Lane Three,  
And everyone was holding their breath. Who would win the 400 free?

The crowd was all upon its feet, but one lane left to catch.  
The cheering was a level a rock concert could not match.  
And as the two approached the end, it was way too close to call.  
And then all eyes turned toward the clock: who would be first to hit the wall?



Oh, somewhere in this favored land, the sun is shining bright:  
The band is playing somewhere, and somewhere hearts are light.  
And somewhere men are laughing, and somewhere kids are glad:  
But there is no joy on the Y-Team – mighty Sally Missed the Pad!

## SWIMMING SCARED!

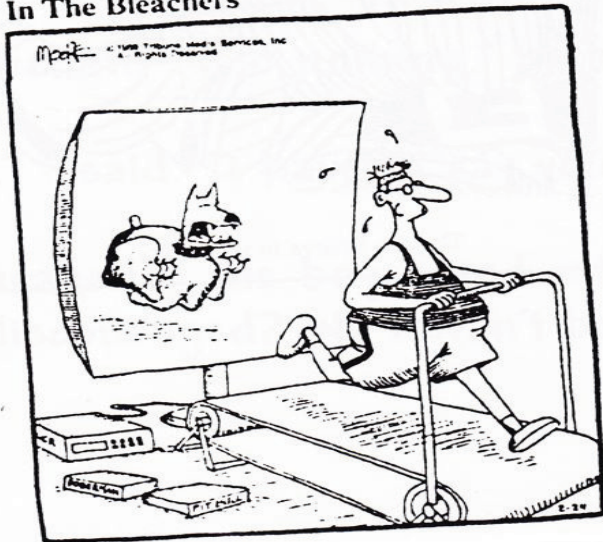
It never ceases to amaze me that a well-trained, prepared swimmer can get to a big meet and be **SCARED**. This happens far too frequently.

A swimmer who has spent hours and hours training, who has perfected stroke techniques and who has a race plan will look you in the eye and "*I'm Scared.*"

I have trouble with this for several reasons. One of the biggest is the negative impact being scared can have on your performance. The dictionary indicates that "being scared" means being terrified or frightened. Why would anyone be terrified or frightened while doing something they do so well?

Depending on the event one is about to swim, it will only last a few minutes at the most, a small fraction of the time one spends training. No physical harm will come of the athlete, no one will pound on the athlete physical, or have a swimmer lose a leg or arm. Perhaps it has happened, but I have never seen a racer drown or even come close in 25 years of watching swimming.

### In The Bleachers



### So why be SCARED?

The fear of failure or making a mistake can cause negative thoughts that can almost guarantee failure or making a mistake. If a swimmer dwells on missing a turn, it's almost certain that a turn will be missed. For every 100 meters of

continuous short course swimming there are 4 turns, Every 10,00 meters (which is two complete workouts for the Blackfish Group) means 400 turns in practice. If one is doing hundreds or repetitions of a motor skill each day, it should become automatic.

The problem is that these hundreds of turns each day are usually not fast turns and often illegal and sloppy turns. Thus it becomes automatic to turn slow or be sloppy. This kind of practice can leave the swimmer with a real fear of missing a turn in a race, as they are unsure what result they will get.

My point about writing about turns is to emphasize that, with all the opportunity given the swimmer to prepare for the race; all of the skills should be correct and automatic by race day.

Certainly there should not be any fear or poor starts, missed turns, disqualifications or improper stroke technique. If all the skills are being properly and correctly practiced, then there should be nothing to be scared of in the skills area.

### So why be SCARED?

There is another area that feeds the fear mentality; the mental games we play with ourselves, the fear of failure or the fear of success or even the fear of winning. Unfortunately, there are far more people in society thinking they can not perform well or feeling that they will fail, than those that believe they can overcome. Focusing on the negative forces that are around, you begin to limit yourself as to what can be accomplished. We build barriers and fences that hold us back. We begin to surround ourselves with "what ifs". What if my goggles fall off, what if I miss a turn, what if I get a late start?

None of these what ifs are worth the worry. Mostly they are negative thoughts that put you in a negative frame of mind and distract you from the challenge ahead. When these negative thoughts pop into your head, replace them immediately with the opposite positive thought. My goggles will stay on, I will execute perfect turns, I will have a fast start.... Ect..

## SWIMMING SCARED!

### So why be SCARED?

Being scared is a mental process, but certainly can affect the physical performance. Being scared can be a petrifying experience, it can deplete all the energy that an athlete has available, it can be the cause of a bad performance, it can cause the muscles to tighten up, and it can induce more negative thoughts causing certain failure.

Or, if handled properly, being scared can cause enough excitement, enough adrenaline flow to help create a great performance. The trick is to be in control of this emotion.

Scared is probably the wrong word for the athlete to use to describe the feeling before a race. Anxious or nervous are probably better words to describe the true emotion a swimmer feels. A certain amount of excitement and expectation before a race is desirable for a good performance. It's good to really care and want to swim well.

The kind of nervous and anxiety is necessary for a good performance. But how does one get control of these emotions? How does one keep from getting overexcited? How can one eliminate the fear and become positive?

First one must recognize before the race that if you care and really want to do well there will be a certain nervousness and anxiety. This perfectly normal and to be expected but, the feeling should be there only because the swimmer has determined to swim well.

At this time, the swimmer should focus on their goal. Focus on being ready, being prepared mentally and physically. Focus on fantastic turns, feeling strong, the challenge ahead and the satisfaction that comes with accomplishment.

Remind yourself the improvement in training that you have accomplished since the last competition. The race after all is just a test and should be a welcome measure of the swimmer's performance.

Soon you will have replaced all of your negative thoughts with either neutral or positive ones, causing you to **BELIEVE in YOURSELF**. Mentally rehearse the event and anticipate the race, it will be fun.

Now it is time to compete. Enjoy it. Savor it. Race it!

Chris Koopmans  
Head Coach of CRKW

## DISCOURAGED???

As I was on my way home from work one day, I stopped to watch a local Little League baseball game that was being played in a park by my home.

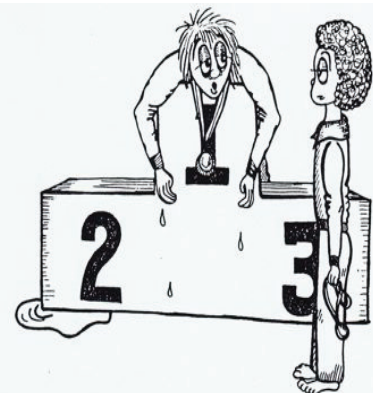
As I sat down behind the bench on the first-baseline, I asked one of the boys what the score was.

"We're behind 14 to nothing." He answered with a smile.

"Really?" I said "I have to say you don't look very discouraged."

"Discouraged?" the boy asked with a puzzle look on his face.

"Why should we be discouraged? We haven't been up to bat yet."



FOR MOTHER'S DAY THIS YEAR I PROMISED TO DO MY  
BEST TIME IN EACH EVENT...  
NEXT YEAR, MOM GETS CANDY.

## SWIM-A-THON 2011

Yes the May 13<sup>th</sup> is fast approaching!! Our goal to raise \$12000.00 is with our reach if everybody continues to work at it a little each day. So get out into your neighborhood secure you sponsorships.

**Date:** May 13<sup>th</sup> at the Strathcona pool

**Time:** 4:00pm to 6:00pm

**Afterwards:** Pizza for the swimmers

PS. If you know of any business that could help sponsor some of our prizes get in touch with Coach Dave

# LETS GO FOR IT

Word Search : You Can be a Champion



**KILLER WHALES**  
S W I M C L U B

## KILLER WHALE KICKER'S KLUB

Here are this years standards to become a member in the Killer Whales Kicker Klub!!!

	Super Fish	Dolphin	Orca	Black Fish	SR
50	1:15	1:00	50.0	42.5	37.5
100	2:30	2:10	1:50.0	1:35	1:17
200	4:45	4:00	3:40	3:10	2:50
400				6:30	6:00

Who is the KLUB so far!

Aleah Jordan – Dolphin  
Kasey Lathangue – Dolphin  
Sabrina Jordan – Orca  
Conner Skuse- Blackfish

