

# December's News



## President's Report—Brian Skuse

Holiday Greetings to everyone!

Fast Thursday is over and I can't believe how our season is flying by with lots of fast swimming and broken records! Congratulations to all of the participants who came out to Fast Thursday and swam fast: black vs white! Many thanks to the

volunteers who helped make Fast Thursday a huge success as well as to Little Caesar's for their generosity with the pizza!

As 2009 comes to an end, I am anticipating that the 2010 season will bring us some exciting results from all of our swimmers, especially the younger ones. I hope that

everyone has a great Christmas holiday and will be excited and rested to come back in the new year.

I wish everyone a safe holiday season.

Merry Christmas and Happy New Year to you all!

Brian Skuse  
President

### Inside this issue:

New club records	3
Coach Carrie	4
All current club records	5-6
Fundraising	7
Fast Thursday	8
Christmas contest	8

## Head Coach's Report-Chris

As I look back at the past 4 weeks I have noticed a big change in our group. There is an air of expectation that was not there when I first arrived. This attitude change has made you all aware that there is more that you can do, to achieve your goals.

With more meters under our belts, our training is starting to take on a new focus in preparation of our championship season that is fast approaching. Physically you are in pretty good shape (although you can never do enough abs work), now we must factor in on improving our mental state. A physically and mentally fit athlete is a lethal combination, where success is inevitable.

When I swam I was lucky enough to have a chance to travel. Sometimes I traveled to compete other times I traveled to train. The summertime was a chance to get ahead of my competitors by training in Salt lake city at altitude. There not only did I work my buns off, but I was also taught to condition my mind so that I could reach my full potential. I always remember the pain I went through to swim fast. All that is gone and I probably will never feel that way again. However the mental skills I learned will always be with me and I use them every day.

It is amazing what your mind is capable of. Your mind holds the key to all of your current and future success and also your limitations. **VISUALIZATON** is your way to overcome your self imposed limits and really unleash the successful self that you train so hard to become.

### Upcoming events:

Christmas Cracker—Dec 11-13

VIR champs Jan 15-17

---

## Chris' Stuff

Visualization refers to the process of seeing yourself on a screen in your mind's eye, consciously evoking and guiding thoughts in which you appear towards a specific end. These thoughts can and do affect performance.

A key difference between humans and other animals is the fact that the human mind can visualize, picture and imagine things. Therefore it is possible for you to re-live experiences over and over again. It is also possible for you to **CREATE** images in your mind. Re-experiencing and creating these images, is **Key** to reaching your potential as an athlete.

Scientists who have concentrated on increasing athletic mental efficiency have determined a key factor in positive thinking and programming yourself for success: **THE MIND CANNOT TELL THE DIFFERENCE BETWEEN AN EVENT IMAGINED AND THE ACTUAL EVENT.**

The brain controls the body so, once you have taught your self to perform a skill, the mind can do it again without conscious effort that was required the first few times. Here are the steps for you to follow over the next 8-10 weeks, so that you can visualize your peak performance.

**1. GET YOURSELF IN THE RIGHT STATE OF MIND.** This means being relaxed, positive and focused. Empty your mind of any negative thoughts especially that word CAN'T.

**2. GET THAT WINNING FEELING.** This is reflective of your self-image and self-awareness. Focus on the positive, the good, your strengths and your successes. Listen to music, watch your teammates, there are many ways for you to capture that winning feeling.

**3. RELAXATION.** Most important in developing the proper attitude for visual exercises is be relaxed. All top performances are done in a relaxed state of mind. There are many ways to relax such as deep breathing exercises, stretching, or going to a quiet place just to name a few.

**4. RE-SWIM YOUR BEST RACE.** Recreate it in your mind. Use all of your senses. Think about the pool, how did you feel before the race, in the water after the race? Were you listening to music before?? Can you hear your coach, parents swimmers even the starter. Now get on the blocks (in your mind) and swim that race. You have just created a positive experience.

**5. SWIM YOUR GOAL RACE.** Now take those feelings and imagine yourself swimming the race you have listed as one of your goals for this year. Do it the same way. Imagine the pool, the water, the coach, the strokes, the smell of chlorine, feel the water on your body, the air in your lungs. See yourself with excellent technique and powerful turns. Be positive. Make your goal time split by split. Get that winning feeling.

Your visualization workout can be as quick as 5 minutes and as long as 20 minutes, so you can fit it in anytime during the day or before you go to bed.

To recap, here are 8 quick guidelines for using visualization:

1. Set a specific goal about what to practice.
2. Perform a relaxation exercise to clear your mind before you begin.
3. Focus on "how to perform"
4. Focus on the race performance in great detail – use your past successes
5. Always proceed to a successful conclusion.
6. Stimulate as many senses as possible.
7. Practice regularly to build confidence.

Enjoy

Visualization is a powerful tool. I hope that you all will use these techniques in swimming and even in your daily routine. They will help make you a more focused athlete. Good luck. Now close your eyes, relax and let your mind do the rest.

Chris Koopmans



# CRKW CLUB RECORDS SET THIS YEAR!!!!

AS OF DECEMBER 1, 2009

So far this year there has been 6 club records set and it looks like we will be busy changing the record board at the swim pool in the meets ahead. Lets keep it up.

1. Aven Preston 17	200 Free	2:13.70 Island Pacific Cup Invitational	Nov 6-8/09
Taken from	Kristin McFarlane	2:17.69 PCS Christmas Cracker Inv.	Dec.14-16/02
2. Aven Preston 17	200 Free	2:12.77 Island Pacific Cup Invitational	Nov 6-8/09
Taken from	Aven Preston	2:13.70 Island Pacific Cup Invitational	Nov 6-8/09
3. Jane Pomeroy	17 400 Free	4:56.32 Island Pacific Cup Invitational	Nov. 6-8/09
Taken from	Jane Pomeroy	4:56.53 TAS BC SR Championships	Jan. 30/09
4. Aven Preston 17	400 Free	4:43.94 Island Pacific Cup Invitational	Nov. 6-8/09
Taken from	Jane Pomeroy	4:56.32 Island Pacific Cup Invitational	Nov. 6-8/09
5. Aven Preston 17	100 Fly	1:08.32 Island Pacific Cup Invitational	Nov. 6-8/09
Taken from	Bambi Roy	1:08.55	Jan 3/ 1993
6. Conner Skuse	10 200 back	2:59.27 Island Pacific Cup Invitational	Nov. 6-8/09
Taken from	Finn Page	3:05.69 PCS Christmas Cracker Inv.	Dec 7/07



---

## Coach Carrie's Stuff

What a great start to the season! The swimmers are focused and determine to better their swimming at each and every practice. As the season progresses, I thought a review of nutrition at swim meets would aid us in attaining all our goals. Congrats to all the Swimmers of the Week and Swimmers of the Month; you are all great role models for your peers and competitors so keep up the great training!!!

### Here are some thoughts on Nutrition:

'Twas the time before practice and all through the pool,  
Not a swimmer was stirring, not one darn little fool;  
The lane ropes were hung on the wall with care,  
In hopes that the coaches soon would be there.

The swimmers began activating all 'round the deck;  
While visions of racing formed cramps in their neck.  
And Brock in his sweatshirt and Jane in her suit  
Georgina, Chris, Marissa, Kirsten and Carrie arrived with fresh fruit!

Before we jump in said the coaches to all  
Let's look at the poster, we stuck on the wall.  
The four food groups it showed and examples from each,  
This is something; however, coaches didn't want to preach.

Nutrition is important to swim your very best,  
Just as training is and goal setting and rest.  
But you don't have to eat fresh broccoli and beets,  
We just want you to think before you go to swim meets.

Whether fresh from a tree or sliced in a bowl,  
An apple or orange will fill that hungry hole.  
Maybe some crackers or how 'bout something cool.  
Anything that'll last a day at the pool.

Yoghurt is good for those pre-race hours,  
Get rid of those chips, chocolate doughnuts and sours.  
If you must have something for your true love of sweets,  
Eat fruit gummies or jube-jubes, only after all your heats.

If you only remember one thing, and no more,  
The most important foods are the ones you can pour.  
Be water or juice - apple or peach;  
You must remain hydrated to keep goals in your reach.

Saying "I'm thirsty" is unfortunately too late,  
Sip readily from a bottle, don't ever hesitate!  
After practice was over and the kids had gone home,  
The coaches went for a swim, in the pool all alone.

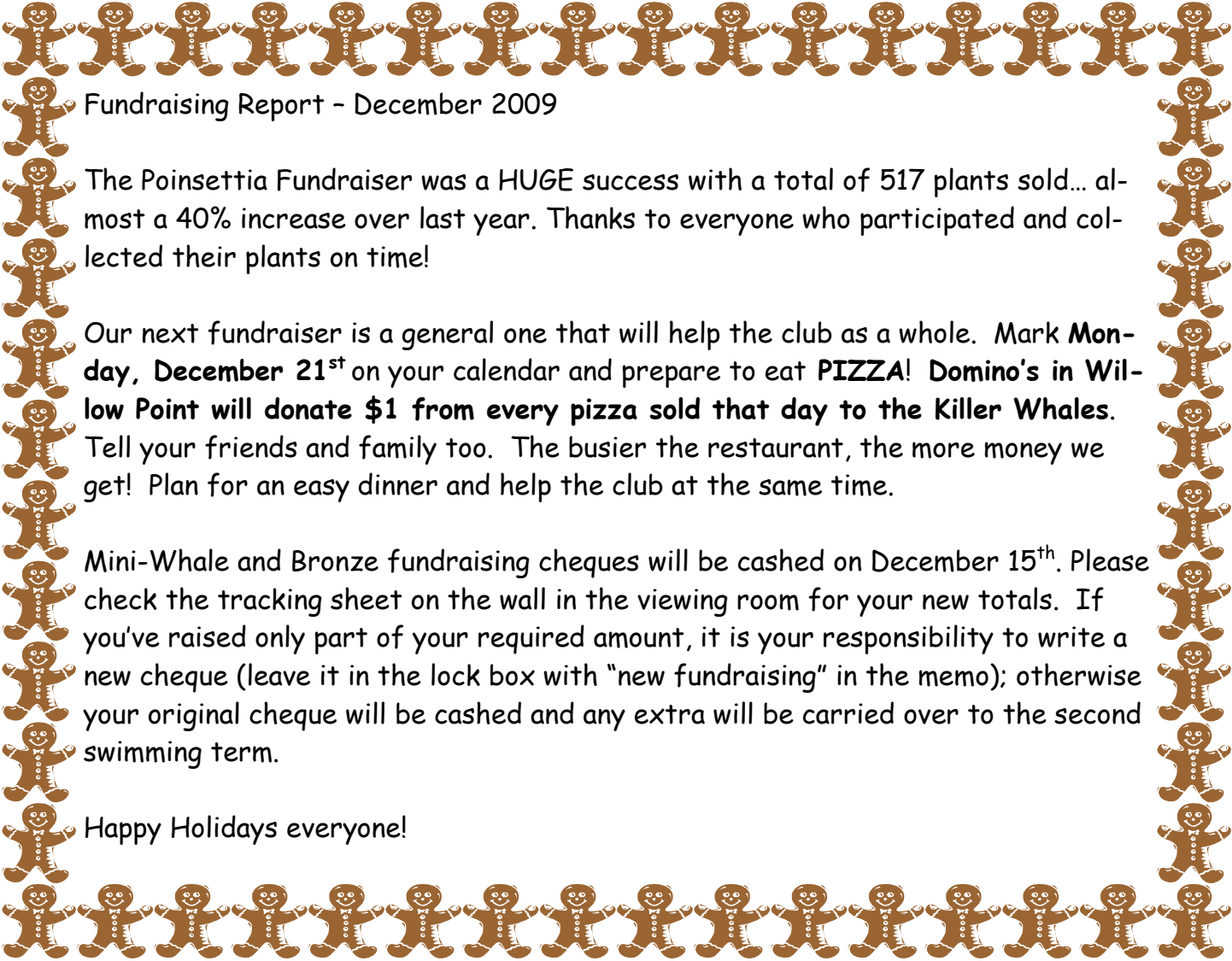
They exploded from the blocks at the sound of the whistle,  
And away they all swam, streamlined - like missiles!  
But they were heard exclaiming as they swam out of sight,  
"Healthy eating tomorrow and to all a good night!"

---

50 Freestyle	32.33 S. Savard / 1996	29.72 T. Paddington / 2007	27.35 T. Paddington / 2009	27.41 A. Gilbert / 2006	27.82 K. Rowbotham / 2009	
100 Freestyle	1:11.80 S. Savard / 1996	1:04.89 J. Cormier / 2008	59.00 T. Paddington / 2009	59.64 K. Rowbotham / 2008	1:00.86 K. Rowbotham / 2009	
200 Freestyle	2:45.12 J. Cormier / 2006	2:20.29 T. Paddington / 2007	2:08.17 T. Paddington / 2009	2:09.94 K. Rowbotham / 2008	2:13.70 A. Preston / 2009	
400 Freestyle	5:45.92 J. Cormier / 2006	4:55.30 T. Paddington / 2007	4:33.30 M. Kelly / 1990	4:34.82 M. Gorjeu / 2008	4:43.94 A. Preston / 2009	
800 Freestyle	12:58.97 T. Paddington / 2004	10:07.43 M. Kelly / 1988	9:18.18 T. Paddington / 2009	9:23.55 M. Gorjeu / 2008	9:46.83 K. Rowbotham / 2009	
1500 Freestyle		19:29.28 T. Paddington / 2007	17:57.06 T. Paddington / 2009	18:02.52 M. Gorjeu / 2008		
50 Backstroke	39.37 J. Forrester / 2002	35.34 A. Bernard / 2004	32.00 A. Preston / 2006	31.52 A. Gilbert / 2006	31.06 C. Mabee / 1992	
100 Backstroke	1:24.49 A. Bernard / 2002	1:15.86 S. Kikuchi / 1999	1:07.83 A. Preston / 2007	1:07.65 K. Rowbotham / 2009	1:04.64 C. Mabee / 1992	
200 Backstroke	3:08.40 J. Forester / 2002	2:39.73 J. Cormier / 2008	2:27.37 A. Preston / 2007	2:27.12 A. Preston / 2007	2:20.42 C. Mabee / 1992	
50 Breaststroke	44.47 T. Adamschek / 2008	38.08 A. Ellis / 1987	34.56 K. Rowbotham / 2006	34.47 K. Rowbotham / 2009	35.86 J. Cybulski / 1998	
100 Breaststroke	1:35.87 S. Sayard / 1996	1:21.84 A. Ellis / 1987	1:14.83 K. Rowbotham / 2006	1:14.60 K. Rowbotham / 2009	1:15.01 K. Rowbotham / 2009	
200 Breaststroke	3:27.88 J. Cormier / 2005	2:53.34 K. Rowbotham / 2005	2:45.19 K. Rowbotham / 2007	2:39.74 K. Rowbotham / 2008	2:40.73 K. Rowbotham / 2009	
50 Butterfly	37.26 A. Preston / 2003	33.48 M. Gorjeu / 2005	30.64 A. Preston / 2007	29.93 A. Preston / 2009	31.67 B. Roy / 1993	
100 Butterfly	1:25.23 A. Preston / 2003	1:11.94 J. Kikuchi / 1999	1:08.04 S. Kikuchi / 2001	1:06.01 A. Preston / 2009	1:08.32 A. Preston / 2009	
200 Butterfly	3:39.22 J. Cormier / 2005	2:41.67 M. Gorjeu / 2005	2:30.89 M. Gorjeu / 2007	2:25.23 A. Preston / 2008	2:40.36 J. Cybulski / 1998	
100 Ind. Medley	1:24.34 J. Cormier / 2006	1:19.92 S. Kikuchi / 1999	1:10.54 S. Burrell / 1989	1:09.87 B. Row / 1991	1:14.99 K. McFarlane / 2002	
200 Ind. Medley	3:01.71 J. Cormier / 2006	2:40.06 J. Cormier / 2008	2:24.77 S. Burrell / 1989	2:25.00 K. Rowbotham / 2009	2:25.11 K. Rowbotham / 2009	
400 Ind. Medley	7:28.51 A. Bakker / 2002	5:36.91 J. Cormier / 2008	5:17.35 J. Guindon / 2009	5:01.78 S. Burrell / 1990	5:19.98 K. Rowbotham / 2009	

50 Freestyle	31.36 C. Gorjeu /2006	28.27 T. Roberts /1989	25.88 A. Page / 2008	25.26 A. Page / 2008	24.76 D. Botsford /2008
100 Freestyle	1:11.36 C. Gorjeu /2006	1:00.42 T. Roberts / 1989	55.71 A. Page / 2008	55.13 J. Stanhuis / 1995	54.46 T. Healy / 1988
200 Freestyle	2:36.53 C. Gorjeu /2006	2:13.30 S. Pallan / 1987	1:38.98 A. Page / 2008	1:55.06 A. Page / 2009	1:55.00 T. Healy / 1988
400 Freestyle	5:30.49 C. Gorjeu /2006	4:38.58 S. Pallan / 1987	4:10.92 A. Page / 2008	4:01.21 A. Page / 2009	4:07.33 T. Healy / 1988
800 Freestyle	10:49.49 C. Gorjeu /2006	9:52.10 S. Pallan /1987	8:24.87 A. Page / 2008	8:17.32 A. Page / 2009	8:57.16 T. Healy / 1988
1500 Freestyle	21:41.30 C. Gorjeu /2006	18:33.10 S. Pallan /1987	16:33.82 A. Page / 2008	15:37.83 A. Page / 2009	16:37.66 T. Healy /1988
50 Backstroke	38.65 C. Gorjeu /2005	35.45 C. Gorjeu / 2007	29.66 A. Page / 2008	28.27 A. Page / 2008	27.19 D. Botsford / 2005
100 Backstroke	1:21.15 C. Gorjeu /2006	1:13.73 R. Nuttall / 1994	1:03.22 A. Page / 2008	1:01.41 J. Stanhuis / 1995	58.46 D. Botsford / 2008
200 Backstroke	2:59.27 C. Skuse / 2009	2:36.52 T. Diagle / 2000	2:17.12 A. Page / 2008	2:10.76 J. Stanhuis / 1995	2:17.81 J. Stanhuis / 1996
50 Breaststroke	42.81 C. Gorjeu /2005	33.80 T. Roberts / 1989	32.56 T. Roberts / 1989	30.32 J. Stanhuis / 1995	30.08 T. Brekke / 1997
100 Breaststroke	1:32.35 C. Gorjeu /2005	1:11.70 T. Roberts / 1989	1:09.56 T. Roberts / 1990	1:03.15 J. Stanhuis /1995	1:05.76 T. Brekke / 1997
200 Breaststroke	3:19.49 C. Gorjeu /2005	2:36.12 T. Roberts /1989	2:29.91 A. Page / 2008	2:16.48 J. Stanhuis / 1995	2:22.15 J. Stanhuis / 1996
50 Butterfly	36.91 C. Gorjeu /2006	31.93 A. Page /2006	28.57 A. Page / 2008	27.77 A. Page / 2008	26.84 D. Botsford /2008
100 Butterfly	1:26.63 C. Gorjeu /2006	1:10.21 T. Roberts / 1989	1:00.74 A. Page / 2008	58.82 A. Page / 2009	1:01.89 T. Healy / 1988
200 Butterfly	3:11.72 H. Ramsey /2003	2:37.41 A. Page /2006	2:13.39 A. Page / 2008	2:08.48 A. Page / 2009	2:17.32 T. Healy / 1988
100 Ind. Medley	1:26.17 C. Gorjeu /2005	1:11.79 T. Roberts / 1989	1:09.52 J. Calder / 2005	1:01.05 J. Stanhuis / 1995	1:02.25 D. Botsford / 2007
200 Ind. Medley	2:51.22 C. Gorjeu /2006	2:28.97 T. Roberts / 1989	2:14.96 A. Page / 2008	2:07.73 J. Stanhuis / 1995	2:12.33 J. Stanhuis / 1996
400 Ind. Medley	6:22.47 B. Hoyt /1999	5:20.27 K. Hancock / 1993	4:44.03 A. Page / 2008	4:31.18 A. Page / 2009	4:39.36 J. Stanhuis / 1996





## Fundraising Report - December 2009

The Poinsettia Fundraiser was a HUGE success with a total of 517 plants sold... almost a 40% increase over last year. Thanks to everyone who participated and collected their plants on time!

Our next fundraiser is a general one that will help the club as a whole. Mark **Monday, December 21<sup>st</sup>** on your calendar and prepare to eat **PIZZA!** **Domino's in Wil-low Point** will donate **\$1 from every pizza sold that day to the Killer Whales.** Tell your friends and family too. The busier the restaurant, the more money we get! Plan for an easy dinner and help the club at the same time.

Mini-Whale and Bronze fundraising cheques will be cashed on December 15<sup>th</sup>. Please check the tracking sheet on the wall in the viewing room for your new totals. If you've raised only part of your required amount, it is your responsibility to write a new cheque (leave it in the lock box with "new fundraising" in the memo); otherwise your original cheque will be cashed and any extra will be carried over to the second swimming term.

Happy Holidays everyone!

# Proud Sponsor of the Campbell River Killer Whales





# **Have Pride in How Far You Have Come - Have Faith in How Far You Can Go**



**HAVE A HAPPY AND SAFE  
HOLIDAY SEASON**

**Fast Thursday,**

**This fun competition takes place three times a year and has been a Campbell River Swim Club Tradition for over 20 years. This year saw many new faces taking to the pool to cheer on their team.**

**Team Black Attack got off to a quick start but soon Fast Thursday really became a seesaw battle between Team WHITE HOT and The Black Attack.**

**After the finally race was tallied TEAM WHITE HOT was victorious earning 1,622 points to THE BLACK ATTACK's 1387 points.**

**Competition between these two rival teams will commence in March 2010**

## **December Newsletter Contest**

1. Name 8 reindeer

---

---

---

2. Where does Santa live?

---

3. What should you eat before you practice? (read Coach Carrie)

---

YOUR NAME \_\_\_\_\_

GROUP \_\_\_\_\_

**Put your answer in the newsletter file in the club filing cabinet.**