

# THE CAMPBELL RIVER



## KILLER WHALE COMPETITOR

ISSUE 4  
DECEMBER 2010



**SWIMMING TOWARDS EXCELLENCE SINCE 1979**

### WHAT'S IN THIS ISSUE

1. President's Message
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3. Christmas Schedule

**A Special congratulations to Sydney Boyle who has qualified for the VIR 10 & under Swim Camp held in January**

### IMPORTANT DATES

Dec 27-30<sup>th</sup> – Schedule for swim workouts available

Jan 21-23 – VIR Short Course Championships - Victoria

Feb 11-13 BC AA Championships – Chilliwack

March 3-6 BC AAA Championships - Victoria

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### PRESIDENT'S MESSAGE

Greetings Killer Whales!!

As we head into the holidays, I was hoping to celebrate our "grand" re-opening to our "new" pool. This however, does not seem to be the case. The "new" pool will be open by the end of February and while we are disappointed with this news, it is good to know when our waiting game will finally be over. I ask that everyone remain patient for a little longer because the light is at the end of the tunnel.

Coach Chris is working on some more pool time in Comox now that they will have their second pool up and running and I know that our club will band together once again to car pool and increase our team bonding. It has been a long 3 months since the beginning of our season, but I have been so impressed with how strong everyone has become not just physically strong but mentally strong as a team.

The Campbell River Killer Whales are going to be the "little club that did". I am so proud of our club and how we have overcome this adversity as well as how the swimmer's have been putting in effort at dryland. The time put in at dryland was evident at the Christmas Cracker where the Whales held their own and still managed to make best times as well as achieve some Provincial and National time standards. Kudo's to the Whales and to their desire to achieve!

A special thank you to Coach Chris for keeping us all together and for training the kids despite all obstacles placed in front of him (and them!). I feel confident saying that once we are back in the pool and we start training as swimmer's in a pool, this "dry" period will be behind us and will be dimly remembered as a nothing but a bad dream.

Thank you again to all of the parents, you have been so supportive and positive. Remember: we are a team and we are all in this together. Positive thoughts breed positive outcomes.

Finally, I would like to wish everyone a very Merry Christmas and I look forward to seeing all the swimmer's and their families in the New year.

Feliz Navidad!  
Brian Skuse

## HEAD COACH'S CORNER

### Christmas Cracker NEWS

Pool?? Whats that???

Yes, our swimmers went to Victoria to compete at the annual Christmas Cracker invitational. I was a real joy for me to see our team enjoying themselves at a swimming pool, doing what they do best, swimming!!

They should all be recognized for the courage of going up against their competitors who have been deep in training for this competition. Competitive athletes know that you probably are not always going to have the best situation all the time when you have to perform at your best, and it was great to see our swimmers challenge themselves under these circumstances.



We had three swimmers who achieved 100% best times; they were: Kennedy Windle, Catalina Manders and Jasmine Skuse. In fact we ended the swim meet off with just under 70% personal bests for our club!! Which is

better than our swim club did last year at VIR's and Long Course Provincials!!!

Aleah Jordan showed tremendous spirit in the pool, taking a whopping 68.26 seconds off for our most improved swimmer!!!

With close to 700 swimmers it was a big challenge for our swimmers to race their way into a final, but David Palmer was able to get in there three times. In the 100 breaststroke, he was able to take off more than 5 seconds and make a Age Group National Time Standard, which will take place in Montreal this summer.

Overall I know that this was a positive experience for our swimmers. Everybody realized that they could have done much better if they had trained in the pool since September. But I think they also realized that our dryland program if done consistently can produce positive results in the pool. Not to mention there were obviously quite a lot of errors that we should easily correct before the next opportunity to compete.

### Pool Update

Just before our club was ready for the Christmas break, I received news that our pool was going to be delayed again.

This is completely frustrating how deadlines are consistently missed and there seems to be NO ACCOUNTABILITY from anyone on this project.

I had planned to attend the recreation Commission meeting but this was cancelled at the last minute as staff had not completed their reports. It has been now re-scheduled for January 12<sup>th</sup>.



## HEAD COACH'S CORNER CONTINUED

I set up a "tour" of the reno with Councillors Claire Moligive and Ziggy Stewart so they could see what I observe on a daily basis. It was plain for them to see that there is no urgency to get this project done on behalf of the contractor. They agreed something needed to be done.

I then met with the CAO of the Regional District, Brian Reardon, to explain our frustration as to nobody overseeing the project, the lack of accountability, and the lack of certainty for our programs. What we don't need is some slick communication plan, but some leadership and action. I tried to provide many solutions to the problem and felt I was listened to.

With that being said, we now have to wait till after the Christmas Break to see there is any change on how things are being handled.



"Have I been good? You mean that swimmin' good isn't enough?"

To be safe, we have cancelled our Eliminator swim meet in February to give visiting clubs enough time to seek alternatives.

I am working on a schedule for January and soon as I can get all the confirmations it will be out. The pool that is in COMOX has finished their reno, so I am hoping to acquire some more pool time. Stay Tuned!!!

## Christmas Training Schedule

We have booked the Comox pool for a little mini camp during the Christmas Break. We can do anything about the RENO but we can attend the mini camp and continue to try and improve our performances.

### Dolphin and Superfish Groups

Monday Dec 27 thru to Thursday DEC 30<sup>th</sup>  
4:15pm – 6:00pm at the COMOX Pool with Coach Dave Healy and Paul Carter (15 minutes dryland, 1.5 hours swimming)

### Senior, Blackfish and ORCA Groups

Monday Dec 27 thru to Thursday DEC 30<sup>th</sup>  
4:00pm – 6:00pm at the COMOX Pool with Coach Chris (30 minutes Dryland, 1.5 hours swimming)

Tuesday and Thursday **AM WORKOUT**  
6:45am- 9:00am (15 minutes dry, 2 hrs swim)

Cheers  
Chris Koopmans  
Head Coach of CRKW  
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