



THE COMPETITOR

SWIMMING TOWARDS EXCELLENCE SINCE 1979

Monthly Newsletter

Issue 4 - February 2012

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IMPORTANT UPCOMING DATES

Feb. 18-19	CRKW ELIMINATOR	All Groups
Mar. 1-4	BC "AAA'S" S.C. CHAMPIONSHIPS	Qualifiers
Mar. 10-11	DUNCAN INVITATIONAL	Those not at AAA's
Mar. 12	Club Picture Day	Whole Club
Mar. 16th	SWIM-A-THON Begins	Whole Club
Mar.24	Comox mini meet	Sea Wolf, SuperFish
Mar. 31-01	LOSC LC Invitational	Qualifiers
April 2-15	Superfish, Sea Wolf, Dolphin B&W	No workouts
April 2-15	Training for Senior, Blackfish, Orca	Training Camp
April 21	CLUB Bottle Drive	Whole Club
April 27-29	PCS Wavemaker Invitational	Dolphin Blue & Up
May 4th	SWIM-A-THON	Whole Club
May 19-20	HYACK Invitational	ORCA & UP
May 26/27	COMOX VS CRKW DUEL	SuperFish- Dolphin
June 8-10	VIR Long Course Champs	Qualifiers
June 16-17	Duncan Invitational	Superfish & UP

President's Message

Greeting swimmers!

Congratulations to all the swimmers who competed at VIR's. We had a great turn out and a very successful meet. Hoping to see even more Whales at the long course VIR's in June: great job to the coaches for pushing the swimmer's beyond their limits to achieve success.

Good luck to all the swimmers who will be off to Chilliwack to compete in the BC AA's Provincial Championships. Remember that you are a Killer Whale and you represent your team: give it your all and good luck!

While on the topic of success, I would like to congratulate all the people who participated in our club Black vs White. It too was a success and it was nice to see so many people attending and having a good time. A big THANK YOU to our new Social Coordinators, Charlotte and Heather who did a



Swimmers getting ready at the Black vs White Inter-squad meet

fantastic job with the food and décor. It was very well done and much appreciated by all. Thank you! To all the parents who helped time, stroke and turn as well as to all the volunteers: this is what makes our club such a great place for all the kids to be a part of.

Remember: Motto for all – if we all do a little, a whole lot gets done.

Our two day meet, the Eliminator is coming up on February 18 and 19th. This is a big meet for us as well as a huge fundraiser. If you know of anyone who would like to advertise in our heat sheets, this is a great way for them to get their business

information out. Please contact myself, or our meet manager (Pamela) for more information. We will need **MANY** volunteers for this meet as it is a two day meet. For each day you will receive a VPS point. If you can't volunteer both days, one day would be great. There is a sign up sheet in the viewing room, so please take a look and see where you can help out. If you are unsure, please drop me a line and I'm sure we can find something that will suit you.

Just a reminder: after swim meets, work outs etc, our swimmer's are so excited that sometimes some articles are left behind (eg: team shirts, towels, water bottles, suits etc). If everything is labeled with a sharpie, it increases the possibilities of a safe return to the owner. Please take a moment to put initials/ name on your child's belongings.

Lastly, while many of us enjoy watching our children swim, please stay off the pool deck during practice as it distracts your children and does not allow the coach to do their job. The coaches are always available before or after work out to answer any questions or concerns about your children's progress.

Regards to all,

Brian Skuse, CRKW President



HEAD COACH'S CORNER

Lets Go For it 2012!



A Little Success Goes A Long Way!

It has been a terrific season so far for our Killer Whales, one that has been filled with accomplishment and success.

In September the coaching staff had set some very ambitious goals and while some have not been achieved all of them yet, we are well on our way to making them become a reality.

We implemented program changes and restructuring of the groups, which has allowed us to grow in numbers, establish group identities and group goals/standards.

So far at every meet, we are getting not only better, but noticed by other teams for our improvement. This past weekend it was great to watch many of swimmers discover and rediscover the joys that this sport can bring.

There now is an expectation that we(CRKW) can do more, become more, achieve more. It is great to see more swimmers becoming aware of how fast they are swimming, what standards are, where they are ranked in the B.C./ Canada. All of these changes in awareness helps our Killer Whales strive to be the best they can be.

Our coaching staff are eager to help as the constantly challenge our swimmers to be better, and strive for the next level. While they may never achieve perfection, they certainly can achieve personal excellence. Perfection is impossible, Excellence is not. Excellence is the pursuit of perfection. This can all be done in a supportive team environment. Remember you are there not only to help get yourself better, but help make those around you better as well.

So if we are to continue a successful swim year, we need to continue to challenge ourselves and those around you every workout. Just Go For It!!!

CRKW INVITATIONAL

I would Like to thank all the volunteers that helped make the meet a success for our club. I realize it takes a lot of preparation to man hours to pull of a two day meet, but I thought we did a very good job. Congratulations to Pam Goujberg for her first time meet manager experience and Kim Windle and Heather Miller's behind the scene's efforts. I would also like to thank Kevin Lathangue for his generous donation that helped us buy all

those colorful ribbons. They are really appreciated.

The End of Short Course

For those new to the sport, we have two swimming seasons in the sport of competitive swimming: Short Course season -swum in 25 meter pools September to March. Long Course season - swum in 50 meter Pools swum Match to July. Unfortunately here in Campbell River we only have a 25 meter pool.

Our swimmers are preparing to end of the season with a bang. We have athletes competing at BC "AAA" Short Course Championships in two weeks. Then we will have the swimmers from Dolphin groups and up, travel and compete in Duncan. This will be an excellent meet for those level kids to continue to pursue their goals. I know we will have more swimmer achieve their "AA" time at this meet.

We will also have a development meet to for our SuperFish and Sea Wolf groups in Comox. Coach Erin and Courtney want to make this special for these groups and are planning a team function after the meet. It will be fun, and I can't wait to see the improvement.

Then Long Course season begins and due to limited pools, there are of course limited opportunity to race long course. So make every effort to attend. I know some athletes view long course as a different sport all together, but with proper training and increased fitness, I find most age groupers swim faster Long course and Short course. Please make sure to look at the calendar to see what is in store for your swim group.

Choosing Events?

This has been a common question lately, so I am going to take the time to answer it. In our sport there are 18 events that one can swim, with various distances and strokes. As a coach we need the swimmers to swim all of them throughout swimming year. (not at the same meet LOL) Each event and stroke teaches something that will ultimately help the athlete when the specialize latter on in the career. Specialization at an early stage does lead to early plateau's and burnout. Yes age groupers may have a favorite stroke, but they to realize by working on their weak stoke they are developing their strong on. They should all

be in pursuit of the mastery of the skills in all 4 strokes.

When it comes to picking strokes, the coach as a plan with regards to what they have been working on in practice and also ensuring that they experience every event as much as their training will allow.

The competitions are really tests to see if what they have been working on is developing. The longer distance swims are very important as they help develop aerobic capacity which shows significant growth in females 11-14 and males 12-15, so we plan to capitalize on this with our training in the pool.

What we would like our athletes to think of is they are swimmers, not butterflyers or backstrokers..... swimmers. When they get latter into their teens then they can begin to specialize, but currently we just think of them as swimmers. Parents help by encouraging their children to race other event that they find challenging. It is important that they approach these races in particular with supportive parent and coach. Yes 200 fly, 400 IM, 200 breast may seem like a daunting task at first but after achieving them most swimmer quickly continue working on improving them. Remember it is all about the improvement and developing good mental and training habits that will ultimately translate into success in the pool.

A Couple of Reminders

Please let us know if your email has changes as this is how we communicate with families in CRKW.

The Check drop is the locked box in the Viewing area marked "CRKW"

TEAM PICTURE DAY is March 12 at the Pool, there will be no swimming on that day.

Swimming Towards Excellence
Chris Koopmans
Head Coach of CRKW





ORCA GROUP NEWS

The Orca swimmers have put a solid session of training in preparation for the VIR and AA Championship swim meets.

The dedication that this young group of swimmers has demonstrated has been inspirational. Each day they come to the pool ready to go and willing to work hard. The results have been indicative of their hard work and determination. We had 7 swimmers from this group attend the VIR Championships with an 84% best time performance. This is outstanding as many in this group were experiencing a "championship" meet for the first time. All 7 swimmers competed in the 10 and under category. We witnessed great racing, podium performances and even Club Records. We saw some truly inspiring swims from Julia Alguire, Kasey Lathangue and Cianna Dunn. Jasmine Skuse contributed with 100% best times.

From there we hosted a "time trial" where we saw 4 swimmers attain their AA standard enabling them to participate in the AA Championship swim meet. Sydney Boyle, Megan Wilson, Heather Cooke and Melayna Beaudin attained their 11 and under AA standard. We sent 6 swimmers from the Orca group to the AA meet and all performed extremely well. Once again we witnessed Club Record performances from Cianna Dunn and Melayna Beaudin. All swimmers attending witnessed strong competition and represented CRKW extremely well.

Congratulations go out to the entire group for the performances to date. Keep up the great work and let's keep it going!

Coach Dave Healy

Superfish Red / Green

Greetings from the pool deck! So excited for the upcoming home meet on February 18 and 19 and for everyone who is coming to participate. I am very proud of all my



swimmers who participated in the Black vs White meet a few weeks ago and I hope everyone had as much fun as I did! The groups really showed a lot of progress in many areas. In fact I did not recognize a few of you in the water as you were going so fast.

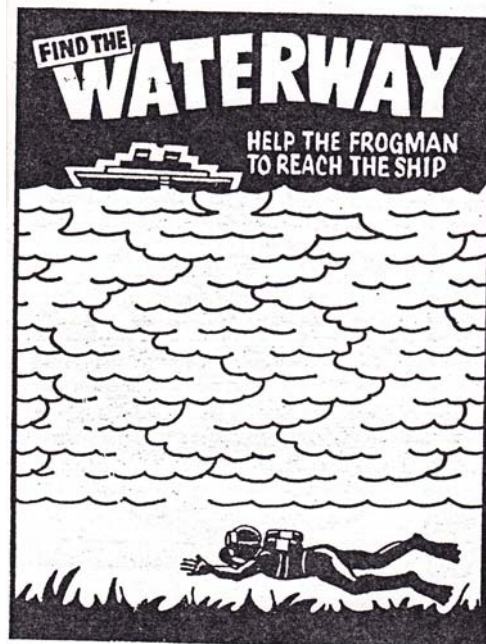
Now we need to keep up the good work and continue to improve our skills. Remember a little progress everyday adds up. Our SuperFISH swimmers should be ready to go with more kicking challenges, as well as a few more test sets and continued learning on how to read the clock!

Of course this could lead to more skittle workouts in the future.

I am so very proud of all of you.

Keep it up SUPERFISH

Your coach Courtney Wilson!!!



SEAWOLF NEWS

Seawolf has had a great start to 2012 and I am very happy to be working with this fabulous group of swimmers. Throughout January we've been working very hard at building endurance and building all four strokes technically. At the end of January we had our first endurance swim of the year and I was very impressed with the results as for some of the new swimmers to the group, this was their first shot at it and everyone made the 400 meters in under 10 minutes. In the upcoming months my hope is that as a group everyone will be able to complete it in under 9. We have also been working hard at practicing streamlines off of every wall and using flip turns in our freestyle and backstroke at each and every practice. In the months to come I plan to focus on building our technical skills and strengthening breaststroke and butterfly. It's been a great month and I can't wait to see what the next few hold!

Good Luck at the Eliminator Meet
Coach Erin Dusdal

SuperFish Blue

I am very proud of my growing Superfish Blue group! We have been working very hard and it has been a fantastic start to 2012! I was blown away by our very first test set early in the year as the Superfish took on the Kicker's Club and blew it out of the water! Not only did most of the group make the club, some even made times qualifying them in a higher category! Way to go everyone! I have been seeing vast improvements in the groups endurance and ability. Throughout February and March we will be working on perfecting our flip turns and streamlines so that everyone does them second nature without much thought. We will also be beginning to do more technical work around breaststroke and be introducing butterfly to the mix more often to build Superfish skills in all strokes and ensure they are confident going into upcoming swim meets. Way to go everyone!
Coach Erin Dusdal



CAMPBELL RIVER "AA" TEAM WITH OLYMPIAN JOANNE MALAR

FUNDRAISING NEWS

Mark your calendars...

Saturday, April 21st:

BOTTLE DRIVE!! This is a club fundraiser so the money we raise together goes towards general revenue but you can earn VPS points for helping out!!

Last year we raised \$2000 and had a LOT of FUN doing it. Stay tuned for more info. Start stock piling your bottles now and don't forget to ask your friends and family too!!

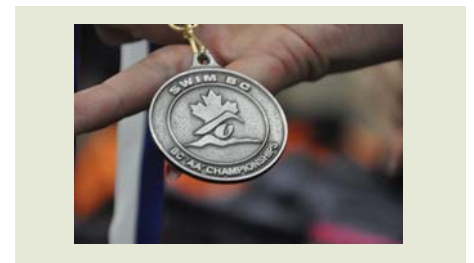
Friday, May 4th:

SWIMATHON!! You collect set pledges from friends and family as a reward for swimming TWO hours straight!! This is a HUGE fundraiser for the club. All the money you raise goes into your fundraising account. There will be prizes for swimmers too. Watch for details!

Saturday, May 12th: This is only a tentative date but we think **TAG DAY** would work well here. You earn \$20 per hour for standing in front of a local

business asking for donations for the club. If not Tag Day, then we'll do a **CAR WASH/SALMON BURGER BBQ** as a club fundraiser this weekend. I'll let you know which event is happening soon.

KIM WINDLE





Dolphin White NEWS

Our group of Dolphin White swimmers have been a dedicated group that has aspired to become strong swimmers. They have demonstrated a willingness to get better each and every day.

The attendance rate has been good and their attention to hard work even better. The group has not had an opportunity to compete of late but will be looking forward to the CR Eliminator coming up. The hard work that they have put in will result in a strong showing and a high percentage of best times. This group of swimmers has been a pleasure to coach. Their demeanor has been reserved at times but also very aggressive. They have displayed a strong desire to race to become strong members of CRKW.

We are excited to see this group flourish. I am expecting great swimming at our meet.

COACH DAVE HEALY

Dolphin BLUE NEWS

This group just continues to get better and better. Since the break, our group has been working on breaststroke and butterfly as well as improving our endurance.

Now we just have to continue to work on the basic skills for swimming and our next meet will be amazing.

Lets become the best streamliners in the club!!! This simple skill is so important for you to become a better swimmer, that

you can never do enough of it. In fact, when I went down to Cal Berkley to observe Matt Biondi (World record holder in the 50 and 100 free and double Olympic Medalist), I was surprised to see him dedicate and entire workout to pushing streamline.

He of course is trying to take a hundredth of a second off to set another world record, but for our Dolphin Blue group you will literally take seconds off your swim.

Lets Go For IT!

Chris Koopmans



Links to Keep

1. Our Facebook page CRKW!!!! Lots of great pictures from our club
2. www.swimtrials.ca see all the action of swimmers trying to make the Canadian Olympic Team
3. www.swimming.ca where all of your times are posted!!!
4. www.london2012.com
5. www.swimnews.com

It Couldn't Be Done

By Edward Guest

Somebody said that it couldn't be done,
But, he with a chuckle replied
That "maybe it couldn't" but he would be one
Who wouldn't say so till he'd tried.

So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, as he did it.

Somebody scoffed: "Oh, you'll never do that;
At least no one we know has done it";
But he took off his coat and he took off his hat,
And the first thing we knew he'd begun it.

With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.

There are thousands to tell you it cannot be done,
There are thousands to prophesy failure;
There are thousands to point out to you, one
by one,
The dangers that wait to assail you.

But just buckle right in with a bit of a grin,
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That cannot be done, and you'll do it



CRKW SWIMMER'S OF THE MONTH

BLACKFISH GROUP for December and January



Name: **Mackenzie Paddington** Age: 12 Birthday: **March 2, 1999** Favorite Stroke: **Breaststroke**

Goals for 2011-2012 Swim Season : **To Final at Age Groups and break some 13-14 year old records**

Highlight of swimming career so far: **placing 2nd in the 200 fly at VIR's when no one thought I could even my mom & me**

Things I love about the Swim Club: **That all the people encourage you to get better and work harder.**

My tip on training for the rest of the Killer Whales : **When the going gets tough keep on swimming!!!**

My Favorite Set is: **50's @ 1:01**

I like my coach because: **He pushes me to get better and he will always help me with anything.**

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

My MOTTO or Favorite Quote is : **"Shoot for the moon. Even if you miss you'll land among the stars"- Les Brown**

The last book I read was: **Glee Foreign Exchange** , I gave it an 10 out of 10!!!

When I grow up, I want to be a : **to work with children who have disabilities**

Coach's Comments: **Mackenzie really had an incredible two months. Not only did she challenge herself to work harder but she decided to improve her worst stroke, butterfly. It wasn't easy but you can do great things when you make up your mind to do so. Mackenzie also was able to set several club records and is currently 16th in Canada for the 200 Breaststroke. Never Stop believing in yourself!! Coach Chris**

DOLPHIN BLUE GROUP



Name: **Cameron King** Age: 10 Birthday: **May 8, 2001** Favorite Stroke: **Backstroke**

Goals for 2011-2012 Swim Season : **To get 3 "AA" times**

Highlight of swimming career so far: **setting the club record for the most DQ's in one meet**

Things I love about the Swim Club: **Everything!!!**

My tip on training for the rest of the Killer Whales : **Try hard and KICK!!!**

My Favorite Set is: **1 arm backstroke**

I like my coach because: **he is funny and all around awesome!**

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

My MOTTO or Favorite Quote is : **"Kick harder"**

The last book I read was: **Pictures of Hollis Woods** , I gave it an 10 out of 10!!!

When I grow up, I want to be a : **salvage diver**

Coach's Comments: **What awesome two months of training Cameron had. Improving every test set and challenging the other group members every meter down the pool. Keep it up Cameron you are on your way to reaching your goals.**

DOLPHIN WHITE GROUP

Name: **Brendan Kobayashi** Age: 11 Birthday: **October 11, 2001** Favorite Stroke: **Freestyle**

Goals for 2011-2012 Swim Season : **Is to get an "AA" so I can go camping with Coach Dave and Coach Chris**

Highlight of swimming career so far: **making the Kicker's Klub!!**

Things I love about the Swim Club: **I have some really nice friends.**

My tip on training for the rest of the Killer Whales : **Swim fast, swim hard and keep trying everyday!**

My Favorite Set is: **400 free**

I like my coach because: **he is cool and awesome teacher!!**

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

My MOTTO or Favorite Quote is : **"Treat others as you wish to be treated yourself"**

The last book I read was: **Star Wars: The Attack of the Clones** , I gave it an 5 out of 10!!!

When I grow up, I want to be a :

Coach's Comments: **Brendan Kobayashi is the swimmer of the month for Dolphin White. He has really stepped up his intensity at workouts of late. His attendance is near perfect and his work ethic outstanding. I am pleased to see the results from his hard work and look forward to some fast swimming from Brendan in the future. Congratulations Brendan. Coach Dave!**



CRKW SWIMMER'S OF THE MONTH

ORCA GROUP



Name: **Kasey Lathangue** Age: **10** Birthday: **April 20, 2001** Favorite Stroke: **Breast/Freestyle**

Goals for 2011-2012 Swim Season : **To get my AA for 11& under**

Highlight of swimming career so far: **Getting 37.87 in the 50 free (I took three seconds off!!)**

Things I love about the Swim Club: **Everyone is really encouraging and friendly and they keep you going in any event**

My tip on training for the rest of the Killer Whales : **Keep trying and you will get the hang of it, even in the hardest things!!!**

My Favorite Set is: **12 x 25 decending strokes and breaths**

I like my coach because: **Dave works us hard but we have fun sometimes too!! He is really encouraging and over all he is awsome!**

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

My MOTTO or Favorite Quote is : **"Dont tell me the sky is the limit when there are footprints on the moon"**

The last book I read was: **HATCHET** , I gave it an 8 out of 10!!!

When I grow up I want to be: **A VET**

Coach's Comments: **Kasey Lathangue is the swimmer of the month for January. Kasey has been outstanding for the entire season. Each and every day she comes to the pool with a desire to perform well. Her excellent attitude is one that all coaches hope for from their athletes. Whether the day is hard or easy, Kasey always approaches it with a strong desire to make it successful. Well done Kasey. Coach Dave**

ORCA GROUP



Name: **Sydney Boyle** Age: **11** Birthday: **Oct. 6, 2000** Favorite Stroke: **Freestyle**

Goals for 2011-2012 Swim Season : **"AA"s for long course and grow taller**

Highlight of swimming career so far: **800 free and going to AAA's when I was 10**

Things I love about the Swim Club: **My friends & coaches & going to swim meets.**

My tip on training for the rest of the Killer Whales : **Improve your attendance and have fun!**

My Favorite Set is: **18 x 75 IM order 50 kick 25 swim**

I like my coach because: **He makes working hard fun!**

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

My MOTTO or Favorite Quote is : **"I dont need easy, I just need possible"**

The last book I read was: **The Wreckers** , I gave it an 8 out of 10!!!

Coach's Comments: **Sydney Boyle was the swimmer of the month for Dec. Her attendance and work ethic was outstanding. She is a swimmer that comes to the pool each day hoping for a tough practice and one that she can perform very well. She demonstrates strong leadership in her quest to improve and is a pleasure to coach. Coach Dave**

SUPER FISH!!



Name: **Taya Jordan** Age: **6** Birthday: **August 12, 2005** Favorite Stroke: **Backstroke**

Goals for 2011-2012 Swim Season : **is to get faster at butterfly**

Highlight of swimming career so far: **Skittles day and dominos!!**

Things I love about the Swim Club: **Playing games with my coach.**

My tip on training for the rest of the Killer Whales : **Go faster (and they are already fast!)**

My Favorite Set is: **One arm Backstroke**

I like my coach because: **She is very nice and has a nice voice and she is fun!**

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

My MOTTO or Favorite Quote is : **"Abushida!"**

The last book I read was: **Camp Baby Mouse** , I gave it an 10 out of 10!!!

Coach's Comments: **The Superfish Swimmer of the Month for the month of February was Taya Jordan. Taya always shows up to practice with a smile and a ready to go attitude. She never fails to surprise me with how hard she works in practice, and her interest in trying new things while not being shy to ask questions lead to great improvement at our recent Black vs White meet. Good job Taya! Coach Courtney**

RECORD BREAKERS

There have been 27 club records set to date, and we are only half when through the year.

Records set at NRST Inv. Oct.22-23,2011

1. Cassidy Scott 11-12 50 fly 33.42 held by Marissa Gorjeu 33.48/2005
2. Deke Botsford SR 100 Fly 1:01.30 held by Tony Healy 1:01.89/1988

Records set at COMOX Super Six Nov.5-6,2011

3. Jasmine Skuse 10&u 1500 free 27:38.91 held by no one

Records set at CRKW Winter Classic Dec.4,2011

4. Jenna Beadun 11-12 100IM 1:18.63 held by S. Kikuchi 1:19.92/1999
5. Conner Skuse 11-12 50 back held by Carter Gorjeu 35.45/2007
6. Mackenzie Padington 11-12 100 IM 1:14.51 held by S. Kikuchi 1:19.92/1999

Records set PCS X-Mas Cracker Dec.9-11,2011

7. Mackenzie Padington 11-12 100 Fr 1:04.62 held by J. Cormier 1:04.89/2008
8. Mackenzie Padington 11-12 200 Fr 2:18.89 held by T. Padington 2:20.29/2007
9. Mackenzie Padington 11-12 100 Br 1:20.88 held by A. Ellis 1:21.84/1987
10. Jenna Beaudin 11-12 200 IM 2:37.46 held by Jocelyn Cormier 2:40.06/2007
11. Jenna Beaudin 11-12 200 IM 2:36.50 held by Jenna Beaudin 2:37.46/2011
12. Conner Skuse 11-12 50 back 35.00 held by Conner Skuse 35.05/2011

Records set at VIR Championships Jan 20-22, 2012

13. Deke Botsford SR 100 Fly 58.59 held by Deke Botsford 1:01.30/2011
14. Deke Botsford SR 100 Fly 58.10 held by Deke Botsford 58.59/2012
15. Deke Botsford SR 200 Fly 2:16.61 held by Tony Healy 2:17.32/1988
16. M. Padington 11-12 100 Free 1:04.01 held by M. Padington 1:04.62/2011
17. M. Padington 11-12 200 Breast 2:51.70 held by K. Rowbotham 2:53.34/2008
18. M. Padington 11-12 200 Free 4:53.91 held by Taylor Padington 4:55.30/2007
19. M. Padington 11-12 50 Free 29.60 held by Taylor Padington 29.72/2007
20. Cianna Dunn 10 & U 200 Free 2:44.99 held by Jocelyn Cormier 2:45.12/2006



Records set at CRKW Time Trial Jan 29,2012

21. Melayna Beaudin 10& U 200 Back 3:06.32 held by J. Forrester 3:08.40/2002

Records set at BC "AA"'s Championships Feb10-12

22. Melayna Beaudin 10 & U 200 Back 3:02.52 held by M. Beaudin 3:06.32/2012
23. Cianna Dunn 10 & U 200 Free 2:44.95 held by Cianna 2:44.99/2012
23. Cianna Dunn 10 & U 200 Free 2:42.17 held by Cianna Dunn 2:44.95/2012

Records set at CRKW Eliminator Inv. Feb 18-19,2012

24. Melayna Beaudin, Kasey Lathangue, Aleah Jordan and Cianna Dun set a record 10&u 4x 50 free relay in a time of 2:23.81

Previously held by J. Cormier, K. Healy, M. Boyel and K. Padington held Jan 20, 2006 with a time 2:24.68

25. Melayna Beaudin 10 & U 50 back 38.91 held by Jessica Forrester 39.37/2002
26. Cianna Dunn 10 & U 400 Free 5:42.92 held by Jocelyn Cormier 5:45.92/2006
27. Conner Skuse 11-12 100 Back 1:13.37 held by Robert Nuttall 1:13.73/1994





WHAT TO BRING TO A SWIM MEET

Do you ever wonder what to bring to swim meet for yourself as well as your child?? Hopefully the following list will help you out a bit!

For the Swimmer:

- Swim suit (some kids like to warm up in one suit and change into a racing suit)
- Swim cap and goggles (2 sets – because we all know that before that magical racing moment: the sacred goggle strap will break!)
- 2 towels (one for after the race and one for the shower)
- Team t-shirt with swimmer’s initials on the tag
- Jogging pants or shorts to slip on after a race (it’s important to stay warm)
- Change of clothes to go home in
- WATER - LOTS OF IT in a labeled water bottle
- Snacks (rice crisps, cooked tortellini, crackers, juice box, cheese, veggies, fruit, small pieces of a protein bar are all good things to pack because the swimmers get **VERY** hungry but should only eat small amounts at a time)
- Book, cards, crossword puzzles, colorings
- A winning and great attitude!!
- Cheering voice for all their team mates

For the Parent:

- Water : lots of it!
- Snacks
- Book, cards, sanity ☒
- Lounge Chair to sit in(something comfortable it’ll be a LONG day!)
- Wear something cool because it is usually quite warm in the pool (shorts or capris, t-shirts, flip flops etc)
- Cheering voice for the kids
- Positive attitude

KAT SKUSE

Mental Toughness

Mental Toughness by Judy Goss
(Adapted from an article from the latest issue of Coaches of Canada magazine)

I find the concept of Mental toughness to be misunderstood when it comes to explaining performance (or lack of it). The concept is overused and poorly defined.

Here is the generally accepted definition: Mental Toughness is the natural or developed psychological edge that enables mentally tough (MT) performers to generally cope better than their opponents with the demand and related pressures that occur at the highest level of sport.

But what are the actual attributes, characteristics or skills that these mentally tough athletes possess? Through several investigations of elite athletes, researchers have found 4 distinct dimensions of MT, each with specific attributes: Attitude/Mindset; Training; Competition; Post-competition.

Attitude/Mindset has two attributes of belief and focus. MT athletes have that unshakable self-belief that they can do it. The more that they do overcome obstacles and perform, the stronger this becomes. MT athletes also have the ability to focus on a long term goal and prioritize every aspect of their life to achieve their sporting goal.

Training has three attributes. MT athletes are able to use long term goals as a source of motivation. They understand that there are many years of hard work, obstacles that arise and plans that don’t come to fruition. These athletes also take action and control their environment. In their training, they are not swayed by external factors they can’t control. MT athletes push themselves to the limit, not so much the no pain no gain concept, but these athletes “take pleasure in and

welcoming the parts of training regime that most other performers avoided or disliked”

Competition has 6 attributes. MT athletes handle pressure and they enjoy it, yes easier said than done but part of that is adapting and coping with pressure. These athletes also regulate their performance, they bring that killer instinct and raise their level of performance when needed. MT athletes can maintain focus regardless of the distraction, staying focused internally and on the process. These athletes are also committed to the belief of goal achievement. MT athletes also have an awareness and control of their thoughts and feelings. This may mean taking inappropriate thoughts and feeling and turning them into ones that help them succeed. The attribute of controlling the environment is closely linked to training, however in competition it is not letting conditions or other performers have a negative impact on them.

Post-competition has two attributes. MT athletes handle failure by adding knowledge and understanding to what they have to do to get better and achieve their goal. These athletes also handle success by celebrating the success and pressure and knowing when to move on and focus on the next challenge.

Developing Mental Skills takes regular deliberate practice. All four dimensions must be practiced often and with high focus in order to be able to use them when they most count.

IN THE BLEACHERS



“This is getting really weird, Joan, He’s hit 50 straight baskets ... I mean, this guy is unconscious.”

Reading a Set - by Glen Mills

When a coach gives swimmers a set, chances are there is meaning behind the set. This is especially true in complex sets, sets that don't follow the typical pattern of 10 x something.

How athletes analyze a set prior to starting becomes as important as swimming the set. The longer I'm around swimming, the more I start to realize that far too many swimmers view sets as parts of practice to get through... to get to the next set. They tend to miss the meaning of the set, and don't put enough thought into planning how to accomplish what's been placed before them.

A point of reference: There is typically a huge difference between how a swimmer who is merely attending practice views a workout...and how a swimmer who earns his/her living by swimming or who truly cares about their swimming (I mean deep inside) views a workout. Professional swimmers (or those who act professionally during a practice) view sets as

mini opportunities to improve something, or to move one step closer to their goal. There is very little wasted time in any practice, and each set is meant to give a chance to learn, train, or improve something. Seeing sets as chances rather than chores can in itself help make you a better swimmer.

When the coach gives a set, an athlete should immediately begin figuring out how they are going to accomplish that set.

Which part will they be demanded to work, and which part can they take the chance to work on something else? If there's a really tough part in the middle, the athlete will do their best to save up through the beginning part, and then do their best to survive the rest, after they've made that middle part.

Here's a quick example from this morning's practice. This set was given and the thought process immediately started. It was long course meters:

- 4 x 50 kick on 1:00
- 4 x 100 on 1:25 - mix up the strokes
- 4 x 50 kick on :50
- 4 x 200 on 2:45 - mix up the strokes if possible

At first glance, what's the tough part of that set? If you picked the 4 x 50 kick on the :50, you're correct. Right in the middle of the set, and it's kicking, which to most swimmers means... REST TIME! In

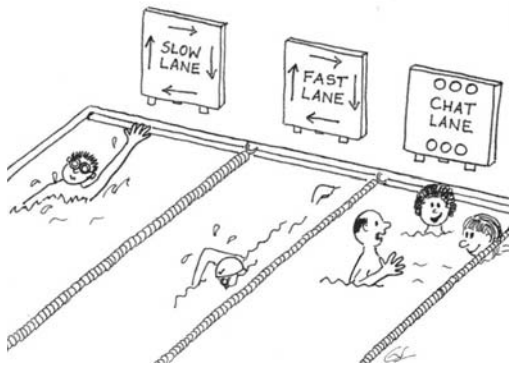
this particular set, it basically meant a 200 sprint kick, and then jump right into 4

x 200 on a reasonable interval. The swimmers needed to be aware of this at the beginning of the set. They needed to understand WHICH part of the set was going to be the toughest, rather than worrying about the 200s at the end, or how long it was going to take... they needed to relax just enough in the first part so that they could ACCOMPLISH the set.

This happens every day at pools all across the country.

Coaches give sets and workouts and, for some reason, swimmers everywhere think "intervals" are "suggestions." They are not. Think of it this way,

interval \neq
suggestion,
interval =
demand. It's the coach's job to create sets that ARE difficult, and D O demand performance. If that demand is the same every day, done with the same distance, same stroke, same



interval... what a BORING practice you must have. To have a coach that puts the fast stuff at various spots in a practice is exciting... unless you're just going through the motions.

I've written somewhere else on the site about descending intervals, and how to accomplish them, and that's in the same thought process as reading a set. Here's another example:

- 4 x 100 on 1:25
- 4 x 100 on 1:20
- 4 x 100 on 1:15
- 4 x 100 on 1:10

In this example it's EASY to see what is going to be hard.

So the question is: How do you approach and swim the set so that you can accomplish it? If you're unaware of your ability to make the 1:10s, you may need to "taste test" a couple times while you've got the rest. Rather than waiting until it's forced on you, dip down under 1:10 for one or two 100s while you're on the 1:25. Maybe dip down again while you're on the 1:20... and then barely make the 1:15s, saving as much of your energy as possible until it's time to RIP. Swimming the 1:15s as easily as possible will be teaching you a lot about efficiency and the importance of saving energy. If you're questioning



your ability to make the 1:10s, and you wait until the last minute to attack, there's a good chance you may over swim the first one and go too fast... say a 1:03... and use all your energy, meaning you don't make #3-#4. The idea would be to go the last 4 x 100s at about 1:08 and accomplishing the set, rather than blasting one or two, and not finishing.

When you start to accomplish sets like this, that set can continue down to 4 x 100 on 1:05 - 1:00 - :55 depending on what kind of pool you're in and your ability.

Swimmers need to be in a bit of panic prior to a set that incorporates tight intervals.

"How am I going to make it?" Swimmers need to be in a bit of panic prior to a set that DOESN'T incorporate tight intervals. "What am I going to learn to make me faster?"

Going through the motions of going back and forth in a pool may ultimately get you in better shape, and may ultimately make you faster. The question is NEVER about whether swimming back and forth is beneficial to health. The question is whether the time you spend in the pool, and how you utilize that time, will aid in you reaching your POTENTIAL!

Understanding the meaning of a set prior to pushing off means having a plan of what, and how, you're going to accomplish what's been assigned. Not doing this means you're really not doing all you can to reach your potential, and you won't be as happy at the end of the season as those people who HAVE planned... on each set.

Now go back to practice and HEAR what the coach gives you, don't just listen. :)

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"Eat less and exercise more? That's the most ridiculous fad diet I've heard of yet!"