

THE CAMPBELL RIVER



KILLER WHALE COMPETITOR

ISSUE 5
JANUARY 2011



SWIMMING TOWARDS EXCELLENCE SINCE 1979

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IMPORTANT DATES

Jan 29 COMOX vs CRKW 8am-12pm
Jan 30 Time Trial Comox 9am-12pm
Feb 11-13 BC AA Champs – Chilliwack
Feb 17-20 Canadian Western Champs
Mar.3-7 BC AAA Champs – Victoria
Mar. 11-12 BC Senior Champs- Vancou
March 12 Regional Meet - Duncan

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PRESIDENT'S MESSAGE

HAPPY NEW YEAR

Happy New Year to all,

Hope you all had a Merry Christmas and a successful Christmas training camp. With the New Year upon us it is time to get down to some serious training. How do we do that without a pool? Well, we do that by carpooling to Comox and thanking all the parents that take time out of their busy day to get our swimmer's there. Which brings us to our next topic: the local pool fiasco.

Coach Chris and I have attended a meeting with the Regional District on January 12th. Basically it was stated that the pool will be ready for us to use on or around February 23rd. Therefore it seems that there is light at the end of our long -awaited tunnel. Coach Chris asked if this was a firm date or just another make-believe date. They assured us that the engineer's and contractor have both done progress reports and this is the date that they both agree upon. With that date only 4 weeks away I would like to thank all of our members for being so patient and understanding during this untimely renovation process.

Sitting here at VIR's, it has been great to see how excited the Whales have been to compete. Other clubs on the Island have come up to us and commented on what an inspiration the Campbell River Killer Whales are due to their trials and tribulations we have been having with this long pool renovation. Congrats to the swimmers for overcoming this adversity. I hope that they are proud of how far they have come and know how far they still have to go.

This is a new year, 2011, and before we know it we will be into our long course season and 2010 short course will be one we won't forget for a long time. Thanks to the coaches for keeping our kids inspired and focused. I will be up at the pool on and off in the next couple of weeks checking on the progress that is being made: keeping my fingers crossed for February 23rd.

Regards,

Brian Skuse
CRKW President

HEAD COACH'S CORNER

Let's Go For IT

Workout Updates

I realize that our schedules are not exactly desirable but we are making it work. Thanks to all the parents who are helping out with car pools. I have seen a lot of terrific progress in the pool, however we need to make every meter count. It is extremely difficult to change old bad habits and our swimmers need to be more aware of how you are training. So lets commit our selves over the next three weeks to perfect swimming, each meter going down the pool.

We recently had our sit-up, push-up and chin up test sets. And as a group (orca, blackfish and Senior) we really show steady progress. I hope that you are beginning to realize what is involved (in the matter of intensity and quantity) to have this kind of improvement.

Most Improved in Max Sit-ups in 1 minute

Orca Group – Cianna Dunn – 70% is now at **68**
Blackfish Group – Cassidy Scott – 43.75% is now at **69**
Senior Group – David Palmer – 37.78% is now at **72**

Most Improved in Max push-ups in 1 minute

Orca Group – Jermei McInnes – 73.33% is now at **52**
Blackfish Group – Jennifer Miller – 213% is now at **47**
Senior Group – Karlyn Healy – 97.44% is now at **77**

Most Improved in Max Chin-ups

Senior Group – Karlyn Healy – 900% can do **10**

Vancouver Island Regional Champs

Congratulations to everybody who attended, we certainly represented Campbell River well. Our small team of 15 ended up coming 7th a placing we hope to improve on for long course.

David Palmer tied the 15-16 yr old boys club record and as his sights on breaking it at the Canadian Western Championships in February.

We ended up 71.5% best times and had many swimmers getting closer to making a breakthrough and achieving their AAA's

Here is a list of how they did:

Sydney Boyle	6/6 100%
Cianna Dun	8/8 100%
Melayna Beaudin	6/6 100%
Jasmine Skuse	6/6 100%
Kennedy Windle	6/6 100%
Cassidy Scott	6/6 100%
Austin Johnston	6/6 100%
Conner Skuse	8/9 88.9%
Mackenzie Paddington	6/7 85.7%
David Palmer	7/9 77.8%
Jenna Beaudin	7/9 77.8%
Jennifer Miller	4/6 66.6%
Kiersten Paddington	2/9 22.3%
Jocelyn Comier	0/9 00%
Karlyn Healy	0/9 00%

This is the second meet in a row that Kennedy Windle and Jasmine Skuse has had 100% best times, keep up the great training girls.

Comox VS CRKW and Time Trial

We are doing this to help our swimmers have an opportunity to compete in a fun atmosphere. So **LET'S GO FOR IT!** If you have not done so, please let your coach know if you are not going.

Parents, please contact Laura Boyle to help with the running of this competition. As you know the old pool in Comox does not have any seating, so the best way for you to view you child is by helping as an official. Again, this is a great opportunity for our whole club to come together and strut our stuff.

Saturday Warm-ups 8:00am Finish 12:00pm
Sunday Warm-ups 9:00am Finish 12:00pm

Swimming Towards Excellence
Chris Koopmans
Head Coach of CRKW

FROM THE WAVY LANES OF SUEFISH AND DOLPHIN

How GREAT it is to be swimming finally! Our young Dolphin and Superfish swimmers have been working hard trying to catch up on the time we have missed in the pool. Our swimmers have all tried to attend as many practices as possible and the results are showing. Thanks go out to all the parents who have made extra efforts for carpooling in order for our swimmers to attend sessions in Courtenay. Although the commuting is still not ideal, our present situation is better than recent months. Our journey back to Strathcona Gardens is getting closer by the day.

We have an exciting swim meet coming up the last weekend in Jan. We will be competing with the Comox Sharks in Courtenay on Sat. Jan 29. I am excited to see our group of swimmers perform. The emphasis is on fun and participation. It will be our first chance for most of our group to compete in a nice relaxed atmosphere. I hope to see you all attend.

Family Circus



Sun. Jan.30 we will once again be participating in a Time Trial Competition. This is another great opportunity for our swimmers to test themselves and see results from their hard work during swim practice and dry-land training. Again, the emphasis is on fun and participation. I will be entering our entire group into both competitions, unless already excused, due to prior commitments. If you cannot attend, please contact me ASAP.

Coach Dave Healy

FUNDRAISING UPDATE!

Happy New Year parents & swimmers! I don't have too much to report this month. Here's the important stuff...



Due to the newest proposed pool opening we are extending the payment deadline for **Sign Sponsorships** to **March 1st**. Signs will now run from January

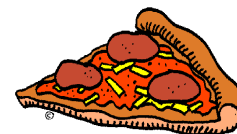
to January so you will not need to approach your sponsors again until the end of the year. Please take the time to thank your sponsor for their support & patience with our timeline!! Karsha Dunn is the one to contact if you have signage questions. She can be reached at bradz79@hotmail.com.



January is a great time to take in all your holiday recyclables, so make a trip to The Encorp Return-It Recycling center in Campbellton. All the \$\$\$ goes directly towards your

fundraising. **Please put your swimmer's name on the back of the receipt!**

I haven't bothered to post the Fundraising Tracking sheets in the viewing room but am happy to let you know your status. Just email me (kwindle@shaw.ca) for your account balance.



Stay tuned for a new fundraising opportunity coming in February. It involves **PIZZA!**

Kim Windle

CAMPBELL RIVER KILLER WHALE SWIM CLUB

PRESENTS.

SWIMMER'S OF THE MONTH

This is a new section in the Campbell River Competitor where we will showcase those swimmers in each group 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:

- 1) **Passion** – The fall in love with the sport
- 2) **Teamwork** – help the her swimmers
- 3) **Commitment** – they are willing to pay the price
- 4) **Purpose** – challenges 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.** If you have a keen interest in your sport you will spend your spare time thinking and dreaming about it.

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 tedious training will become the **“clutch player”** under pressure.

Fourth, Be A Champion. A real athlete **wants to win.** That’s why we keep score. And a real athlete knows what winning requires: love of the sport, teamwork, mastery of the fundamentals, and all those things imply. He or She knows 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. **First,** you should set tough but realistic goals within your sport. **Second,** you should develop a philosophy that includes a healthy view of athletics, of competition and of those principles that can carry over into your life outside of swimming. This means that **you should have purpose.**

Having a purpose means working toward an ideal; part of that ideal should be a concept of what it means to be a champion. The season’s won-lost records can reveal at most, one clear champion; but a proper concept of what it means to be a champion is not that narrow. You will have learned a valuable lesson from athletics if you learn what it takes to win and **everybody can be a champion.**

BLACKFISH GROUP

Name: Kennedy Windle

Age: 11

Birthday:

Favorite Stroke: Butterfly



Highlight of swimming career so far: I qualified for BC Provincial AAA's and competed in Kamloops last July.

Goals for 2010-2011 Swim Season: To get AA's in all of my races.

Things I love about the Campbell River Killer Whale Swim Club: My Friends

My tip on training for the rest of the Killer Whales : Go to as many practices as possible and train hard!!!!

My Favorite Set is: IM switch drill. We did it last Sunday (January 16th)

I like my coach because: He lets me wear a fancy cap at practices.

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

My MOTTO or Favorite Quote is : "I don't Know"

The last book I read was: Poison Ivy, I gave it an 8 out of 10

Coach's Comments: This girl knows what hard work is. She is determined, level headed and has fire in eyes. Watch out because you know in practice she is out to get you. Whether its push-ups or sits-ups or just plain training, Kennedy has demonstrated a willingness to accept the coaches challenges. I love seeing athletes with this winning attitude, you just know they will be successful latter on in life. There are times when I have to slow her down to work on her technique, but those old habits are close to finally being done with (yeah no more straight arm freestyle). She is re-programmed, eager to learn and ready to take on anything or anybody that stands in her way. Keep your yes open for this one. She is certain to make her mark and possibly break a few club records on the way. Shoot for the stars Kennedy!!! – Chris Koopmans

DOLPHIN GROUP

Name: Aleah Jordan

Age: 11

Birthday:

Favorite Stroke: Breaststroke

Highlight of swimming career so far: when everyone came over to my house for a swim in my family's pool.

Goals for 2010-2011 Swim Season: Make AA time in 50 breaststroke (which I am only 5 seconds away). Do 200 laps at the swim-a-thon.

Things I love about the Campbell River Killer Whale Swim Club: They are always welcoming new swimmers. They work you hard and the swimmers respect that.

My tip on training for the rest of the Killer Whale's : Pretend that somebody evil is chasing you or a person you don't like is racing you and winning.

My Favorite Set is: Probably - well, I love them all.

I like my coach because: He is AWESOME in so many ways and I love him because he is fun but he still teaches you stuff (and because he gives me a hug every time I see him) and because he is so cool.....PS I can go on forever about him

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

My MOTTO or Favorite Quote is : 1) maca-waca or 2) ridonkulous!

The last book I read was: Superfudge. I'll give it a 10.

Coach's Comments:

Aleah is the swimmer of the Month for December. She has shown great dedication to her swimming; working hard at every practice. Her Attendance and Sportsmanship has been exemplary. Congratulations Aleah. Keep up the great work!!! – Dave Healy



THE RACE!

“Quit!! Give up! You’re beaten!”
They shout out and plead.
“There’s just too much against you now.
This time you can’t succeed!!”

And as I start to hand my head
In front of failure’s face,
My downward fall is broken by
The memory of a race.

And Hope refills my weaken will
As I recall that scene;
For just the thought of that short race
Rejuvenates my being.

* * * * *

A Children’s race – young boys, young men;
How I remember it well...
Excitement, sure, but also fear;
It wasn’t hard to tell.

They all lined up so full of hope;
Each thought to win the race.
Or tie for first, or if not that,
At least take second place.

And fathers watched from the side
Each cheering for his son.
And each boy hoped to show his dad,
That he would be the one.

The whistle blew and off they went!
Young hearts and hopes afire.
To win, to be the hero there,
Was each young boy’s desire.

And one boy in particular
Whose dad was in the crowd,
Was running near the lead and thought,
“My dad will be so proud”

But as they speeded down the field
Across a shallow dip
The little boy who thought to win
Lost his step and slipped

Trying hard to catch himself,
With hands flew out to brace
And amid the laughter of the crowd
He fell flat on his face

But as he fell his dad stood up
And showed his anxious face
Which to the boy so clearly said
"Get up and win the race"

He quickly rose, no damage done
Behind a bit that's all
And ran with all his night and mind
To make up for the fall

So anxious to restore himself
To catch up and to win
His mind went faster than his legs
He slipped and fell again

He wised then that he had quit before
With only one disgrace
"I'm hopeless as a runner now
I shouldn't try to race"

But in the laughing crowd he searched
And found his fathers face
That steady look which said again
"Get up and win the race"

So up he jumped to try again
Ten yards behind the last
If I'm going to gain those yards he though
I've got to move real fast

Exerting everything he had
He regained eight or ten
But trying hard to catch the lead
He slipped and fell again

Defeat, he lay there silently
A tear dropped from his eye
There's no sense running anymore
Three strikes, I'm out, why try?

THE RACE!

CONTINUES.....

The will to rise had disappeared
All hope had fled away
So far behind so error prone
A loser all the way

"I've lost, so what", he thought
I'll live with my disgrace
But then he thought about his dad
Whom soon he'd have to face

"Get up" the echo sounded low
"Get up" and take your place
You were not meant for failure here
"Get up", and win the race

With borrowed will "Get up" it said
"You haven't lost at all"
For winning is no more than this
To rise each time you fall

So up he rose to run once more
And with a new commit
He resolved, that win or lose
At least he shouldn't quit

So far behind the others now
The most he'd ever been
Still he'd give it all he had
And run as though to win

Three times he'd fallen, stumbling
Three times he'd rose again
Too far behind to hope to win
He still ran to the end

They cheered the winning runner
As he crossed the line first place
Head high and proud and happy
No falling, no disgrace

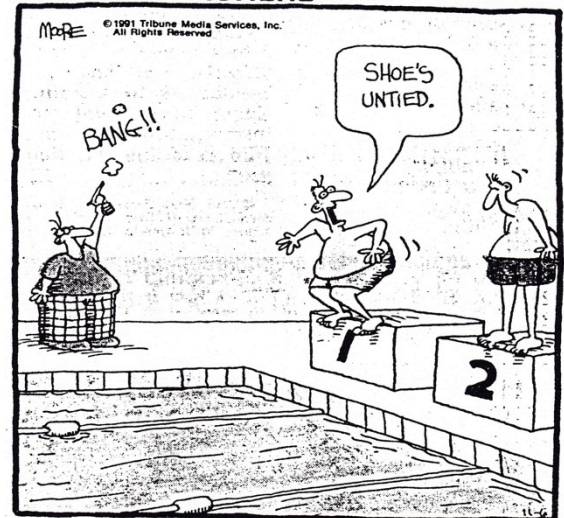
But when the fallen youngster
Crossed the line, last place
The crowd gave him the greater cheer
For finishing the race

And even though he came in last
With head bent low, unproud
You would have thought he'd won the race
To listen to the crowd

And to his dad he sadly said
"I didn't do too well"
"To me you won", his father said
"You rose each time you fell"

by D. H. Groberg

IN THE BLEACHERS



A common, but effective, trick in olympic swimming competition.

Apparel Report

Did you lose your swim cap at VIR's? Are your goggles leaking? Is your bagged-out suit only fit for drag training? We can help! If you need new gear you can reach us at jandccormier@shaw.ca or 250-286-0413

And don't forget that you can order gear direct from Team Aquatic too! Visit their site <https://www.team-aquatic.com/store/> and log in with the username: crkw and the password: killerwhales1 to get special pricing. They will ship directly to your home.

A PARENTS GUIDE TO SELF –CONFIDENCE IN SPORT

HOW TO HELP YOUR CHILD BECOME A CONFIDENT SWIMMER

BY CHRIS KOOPMANS

~~~~~  
*The following article is one that I wrote for a club newsletter about 12 years ago. I am reprinting this article as I still believe that self-confidence is key to our athletes performances, and you the parent play a very big role in building and maintaining your child's confidence. As you already know, in our sport of competitive swimming nobody has the perfect race, there is always something that can be improved on and because of this a child's confidence can be shaken. Please read this article and see what you can do to help further your child's performance.*

**Chris Koopmans**

I was on my way back to practice one evening a number of years back, when I was pulled aside by a particularly keen and interested parent of one of my swimmers. "I understand that you are studying sports psychology? Was the question. I explained that yes, I was taking this course in my second year at the University of Toronto and I enjoyed the subject very much. "Well then, tell me what I can say to my boy to get him to swim fast this weekend". I muddled through some type of explanation, said there is no one thing to say and then proceeded to go on deck and coach the workout.

To this day I can't remember how the boy swam that particular weekend. What I do remember is the perception the parent held about the "magic" of sports psychology.

Over the years I faced similar quick-fix requests and have always failed to come up with a personally satisfying description. I now, more than ever, shy away from the Band-Aid solution and prefer to explain the psychological development associated with growth in sport. It takes years of

physical preparation to reach an ultimate state of readiness. Similarly, the seeds for psychological success in swimming are planted early in the swimmer's career, taking years to emerge.

This article deals with a particular aspect of psychological development in sport, the development of self-confidence. It is aimed at parents of eight to fourteen years old age group swimmers, children who are in critical periods of psychological development. So for the parent who asked me that question in the parking lot (about 7 years late) here are my views of how parents can help contribute to the "success" of their children in swimming.

### 1) Have your Child Focus on Progress Goals

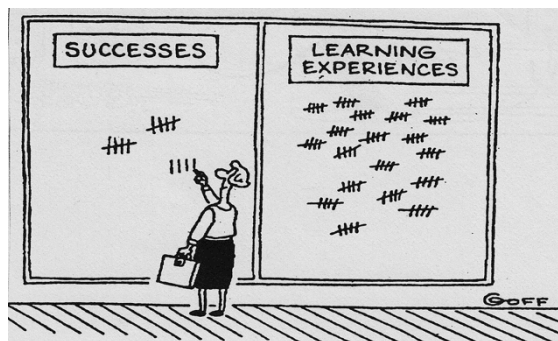
The idea of goal setting in sport is hardly new. Most often goals are set only in "outcome" terms. "I want to win the 50", or "I'm going to go 1:09 for my 100 free", are a common type of goal statements focused on outcome. You should encourage your child to set goals which will focus on the *progress* rather than the *product* of their performance. Learning is the process, performance is the product. By establishing the intention to learn a new turn, or improve their kick your child will begin to understand the link between preparation and performance.

The linkage may seem intuitively obvious to you, but young children often do not understand the relationship between preparation and performance. To improve themselves and their ability will, in the future, lead to more successful performances. In the mean time remember the old adage, "those who fail to prepare, prepare to fail".



## 2) Have Your Child Make a Commitment

One of the keys to development of confidence is the establishment of competence. In order to become a competent swimmer your child must commit to the learning process that at times seem long and tedious. Sit them down at the beginning of the season and make it clear to them what they are committing to. Do not allow them the option of withdrawing mid-season, or sleeping in rather than going to morning workout. They don't have to commit to a life long career as a competitive swimmer, but you should make it clear to them early that the decision to participate or withdraw, is only made once a year—in September. By enduring the learning process through an entire season a more accurate self comparison of their developed competence can be made. By comparing their personal technical and performance gains from September through June they will likely feel more confident with their abilities in the sport.



## 3. Make Sure Your Child Experiences Success

A little success goes along way. It is imprint for your child to experience success in swimming and develop the belief that they are good at it. The trick here is carefully frame the success experience to allow your child that feeling. As a parent you must understand that it is easy for your child to forget just how good they have become.

As a sport, swimming allows for little reflective satisfaction. Your child is always trying to get a little bit better, and is rarely happy with where they are. Every practice they work to swim better, yet believe the stroke is never good enough. Every meet they press to swim faster, yet never believe they are fast enough. Whether it is butterfly, will breaststroke, kicking, turns, sit-ups or reading the

clock, every child has something they are good at. Talk to your child's coach and find out what it is, and then let your child bask in the glory of their ability.

## 4. Let Your Child Experience Failure

A little failure goes a long way. Don't be afraid to let your child experience a little failure. Do avoid placing your child in a situation where they are experience a constant or repeated failure. Swimming is sure to prove your child with more than his or her share of failure experience. This is not necessarily a bad thing. Confronting a failure and learning to overcome problems are a crucial step in the development of confidence. Failure can be a great instructor. Teach your child to learn for it. Once your child has learned not to fear failure, but to increase their efforts and use effective coping mechanisms, they have taken a giant stride towards being a truly confident swimmer. Always seek situations and set challenges that allow your child to experience a balance between success and failure.

## 5) Avoid Constant Comparison With Others

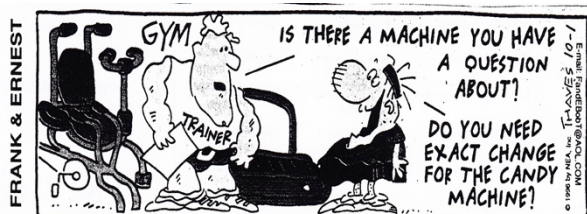
"If Jimmy can do it, you can too." A confident swimmer will be able to successfully make these comparative deductions themselves. You don't have to remind them how they are doing. If you spend too much time using such comparisons, your child will become fixated on the outcome and will concern themselves more with comparative rankings than with personal improvement. The obvious result of this orientation is, when given a choice, your child will select a less challenging situation in order to gain a favorable comparison rating. Your child will feel threatened by anyone with a higher skill, ability or experience and will seek a smaller pond for them to become the "big fish" in. In the process of doing so, they have lost considerable opportunity for personal improvement. Try to motivate your children by constantly comparing their performances with each other and you will find yourself driving one child to the pool and the other to the gym. Measuring each child on his or her own merits will lead to a happier coexistence (and perhaps less wear and tear on your car).

## 6. Reward Their Efforts as Well as Their Accomplishments

Go out of your way to reward your child's efforts in swimming. Don't restrict yourself to rewarding only their accomplishments. What you wish to establish is to focus on the **process** of improvement – diligent work, a positive attitude and an enthusiastic approach to the challenges the sport provides. Remember these are the values you probably wished to develop when you placed your child in swimming to begin with. Make sure the rewards are dependent upon their efforts. Don't reward them for a job well done when it really wasn't. Children are quick to pick up on no contingent rewards and their effect is quickly lost. At the same time make sure that your affection and attention are contingent on their behavior – the unconditional love of a parent is a solid foundation of child's self-esteem. And don't be afraid to reward the little things or you may end up waiting a whole career for the ultimate expression of excellence.

## 7) Keep Rewarding Their Accomplishments

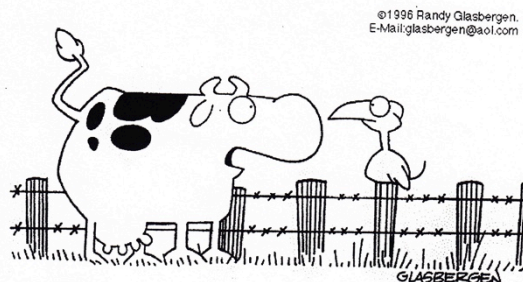
Rewards are great if they provide your child with information regarding their ability, and if you keep their use and intent in perspective. It gives your child some tangible evidence that they have produced a worthwhile effort or desirable result. BUT..... rewards can be destructive if you use them to bribe or control your child, or if the size of accomplishment doesn't justify the value of the reward. While it's fine to take the family out for pizza to acknowledge a great week of training, problems may arise if you offer them \$100 to win a gold medal. Children lose sight of the inherent value of participation if they become interested in swimming only for the material rewards they can obtain as a result of their performances. Trying to "bribe" your child to perform or participate almost inevitably produces results contrary to your initial intent. You must remember that swimming can be inherently challenging and rewarding and strive to



clarify that point in your child's mind.

## 8) Encourage Your Child to Make Independent Decisions

Swimming is a great laboratory of life. One which allows your child to develop into an independent free-standing individual. Confident swimmers are those who believe in their own abilities, not the individual's who are dependent on others to produce desired results. A good measure of this confidence comes from making correct decisions, thus allowing your child some measure of self control. Empower your child with the opportunity to evaluate situations and make decisions. Start out small in the decision making process, allowing them to work through the antecedents and consequences of each decision. Don't give them free rein in all decision making until they have matured and earned it. Your 10 years old may have sufficient information on what goggles they need to purchase but may lack the ability to make a quality decision about how much to eat this week. Define the boundaries of decision making and try to widen the range of effective self control as your child grows within the sport.



"It's true, I did jump over the moon.  
I had waaaaay too much coffee that day!"

## 9) Ensure That Your Child Accepts Responsibility for Their Decisions

Assuming that your child understands that they have your love and support in their ventures, make sure they realize that when the mud hits the wall, the black splash hits the one who threw it.

In development of personal empowerment your child is struggling to become competent and confident in their own abilities. The decision making process is an important step toward being

toward being confident and self sufficient, but cannot occur in a vacuum. If your child elects to miss a training session or a coinciding school activity it is important for them to consider, understand and accept the possible consequences of their decision. Little will be gained if you are constantly “making things right” for your child.

#### 10) Watch out for Subtle Verbal Cues

One girl brought this one to me: “When I go up to my mom before the race and she asks me how I feel, I often tell her I feel great and that I’m going to swim such and such a time. When the time is really fast, my mom always so to me, “That’s Okay Honey, just do your best.”

The swimmer said the main reason she felt her mom said this was because she didn’t think that she (the swimmer) could go that fast. Therefore she (the mom) didn’t want her daughter to be disappointed. This was an extremely unintentional, subtle yet very real way of not showing confidence and support of the athlete.

Before jumping in and commenting on a performance make sure you ask all the questions

First. Like, What is your goal time? How did your coach ask you to swim it? What technical aspect have you been stressing lately? Try to get as much information about the swim before you give a comment.

#### 11) Above All Be Consistent and Have Fun

Be consistent. You are the child’s primary role model during this age span. Make sure you are consistent in your behavior and a great deal of emotional stability will trickle down to your child

Above all **Have FUN!!!** Swim is a lot of fun! After your child’s career is over, the things they remember the most are the friendships they made and the experiences they gained. If you are having fun, your child will have fun. Fun is great contributor to confidence, it helps reduce stress and reduces the fear of failure. Fun is the internal motivation which will continually draw your child back to life long involvement in the sport.

Chris Koopmans  
Head Coach of CRKW

### Campbell River Killer Whales Swim Meet Schedule

| SWIM MEET                                    | DATE                                    | LOCATION              | GROUPS                                     |
|----------------------------------------------|-----------------------------------------|-----------------------|--------------------------------------------|
| Comox VS CRKW                                | January 29 & 30                         | Comox old pool        | ALL Club Members                           |
| BC AA Championships                          | February 11-13                          | Chilliwack            | Qualifiers                                 |
| Canadian Western Championships               | February 17-20                          | Kamloops              | Qualifiers                                 |
| BC AAA Championships                         | March 3-6                               | Victoria              | Qualifiers                                 |
| Senior BC Champs                             | March 11-12                             | Vancouver             | Qualifiers                                 |
| VIR Regional Meet                            | March 12 <sup>th</sup>                  | Duncan                | Blackfish, Orca, Dolphin, Superfish        |
| Spring Senior Nationals                      | March 31- April 3                       | Victoria              | Qualifiers                                 |
| VIR Regional Meet                            | April 3 <sup>rd</sup>                   | Comox                 | Blackfish, Orca, Dolphin, Superfish        |
| <b>TBA still looking for a meet in April</b> |                                         |                       | <b>Senior, Blackfish, Orca</b>             |
| <b>CRKW Personal Best Meet</b>               | <b>May 1<sup>st</sup></b>               | <b>Campbell River</b> | <b>Blackfish, Orca, Dolphin, Superfish</b> |
| Rapids West Coast Open                       | May 7-8 <sup>th</sup>                   | Richmond              | Senior, Blackfish, Orca                    |
| VIR Long Course Championships                | June 10 <sup>th</sup> -12 <sup>th</sup> | Victoria              | Qualifiers                                 |
| BC AA Long Course Champs                     | June 24-26                              | Kelowna               | Qualifiers                                 |
| VIR Regional Meet                            | June 18-19 <sup>th</sup>                | Duncan                | Blackfish, Orca, Dolphin, Superfish        |
| BC AAA Long Course 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                 |