

THE CAMPBELL RIVER KILLER WHALE COMPETITOR



ISSUE 7
MARCH 2011



SWIMMING TOWARDS EXCELLENCE SINCE 1979

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IMPORTANT DATES

April 3rd Regional Meet – Comox
April 16-18th Mies Schootman LC – Vancouver
April 29- 01 PCS Wavemaker Inv,
May 13th SWIM-A-THON
May 15th Black vs White Intersquad

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PRESIDENT'S MESSAGE

Hello Killer Whales!

Wow! I can't believe that spring break is upon us and we are – it's true: in the pool! I know, everyone is amazed at the changes at the pool and we're glad they took as long as they did: it was definitely worth it ☺

Anyways, it is true, it is great to be back in our home pool and once again, thank you to all those parents and swimmer's who took the trek down to Comox almost daily and persevered with the crazy schedule; but we did it and it's in the past now.

Remember: *“what doesn't kill you will definitely make you stronger”.*

Speaking of stronger: the small group of Whales that attended Provincials definitely held their own against some stiff competition; Congratulations swimmers you made our team proud!

Next came the Duncan meet with 27 swimmers attending and I was amazed at the incredible team spirit that emanated from our group. There were many compliments from other teams on our team spirit and it just goes to show you what a great team the Campbell River Killer Whales really is.

I think it's great that our swimmers all had on their black bathing suits, t-shirts, caps and jackets. I believe it is important that all the swimmers wear their team gear at meets to define ourselves as the

Campbell River Killer Whales as well as make ourselves feel like a team. Great job to all participants and I look forward to seeing huge improvements at the upcoming meets.

Regarding meets: Coach Chris has spent a lot of time devising a meet schedule that would benefit all swimmers. I think that all competitive Whales should embrace this schedule and really try to

PRESIDENT'S MESSAGE

Continued

come out and participate at as many meets as they can. They are not only a lot of fun but they really emphasize how much hard work has been put into every practice. There is something very satisfying about improving at something you have been working so hard towards.

This has been a different year (to say the least) and I think that we should embrace the different meets that Coach Chris has picked for us this year. We are happy to provide team travel if this will ease the burden for some families. Thank you Chris for your hard work and dedication, without it we wouldn't be where we are today.

Lastly, you might have heard that Campbell River and Comox are joining in an Association for Provincial and higher level meets. The idea behind this was to have more than a handful of swimmers attend these meets. By joining the two clubs for meet purposes, we hope to eventually become a powerhouse of competition against the bigger teams. What we would like the swimmers to do is: **come up with a name for the Association**. We would like to get as many names as the swimmers can come up with and then the swimmers can vote on which one they would like to be called. Once a name has been chosen, we'll have a logo etc made up. Good luck to all entries!

Have a safe and happy spring break. See you at the pool,

Brian Skuse
President CRKW

Campbell River Killer Whales Swim Meet Schedule



| SWIM MEET | DATE | LOCATION | GROUPS |
|--------------------------------|---|----------------|-------------------------------------|
| VIR Regional Meet | April 3 rd | Comox | Blackfish, Orca, Dolphin, Superfish |
| Mise Schootman LC Invitational | Apr.16-18 th | Vancouver | Senior, Blackfish |
| PCS Wave Maker INV | April 29-01 | Victoria | Senior, Blackfish, Orca, Dolphin, |
| Black VS White Intersquad | May 15 th | Campbell River | The WHOLE CLUB! |
| NRST Sprint Meet LC. | May 28-29 | Nanamio | ASK YOUR COACH! |
| VIR Long Course Championships | June 10 th -12 th | Victoria | Qualifiers |
| BC AA Long Course Champs | June 24-26 | Kelowna | Qualifiers |
| VIR Regional Meet | June 18-19 th | Duncan | Blackfish, Orca, Dolphin, Superfish |
| BC AAA L.C. Championship | July 7-10 | Victoria | Qualifiers |
| Summer Senior Nationals | July 21 st -24 th | Point Claire | Qualifiers |
| Age Group Nationals | July 27- Aug 1 st | Montreal | Qualifiers |
| PCS Midnight Madness | Aug. 6-7 | Victoria | Dolphin swimmers and above |

Tentative Schedule- Check with your Coach

Fundraising Update

Help!! **THE CLUB NEEDS YOU!!** The prolonged pool renovation has meant the cancellation of club hosted swim meets, which normally generate thousands of dollars in revenue for our non-profit organization. Losing these events has impacted our bottom line so we need everyone to work hard in the fundraising department to get us caught up!! I'm confident our Killer Whale family of swimmers and parents will pull together for the cause!!

Our recent **BOTTLE DRIVE** was only the beginning of the fundraising activities that are planned. Thank you to all who helped raised nearly \$2000. The turn out and enthusiasm was wonderful!



Just some of the many who came out to help

Fundraising Update

CONTINUED!

Getting the itch to SPRING CLEAN??? Well, save all your goodies because we're going to have a **GARAGE & BAKE SALE** once the weather warms up. Your donations of goods will be sold for the benefit of the club. There will be a bake table as well as a hot dog stand. Stay tuned for more information. For now, just save your stuff (please)!!



Mark your calendars for May 27th and 28th. That's when our second **TAG DAY** happens. This fundraiser helps YOU with your individual fundraising requirements because you are credited \$20 for every hour you stand outside a local business asking for donations. We'd like to see EVERY Killer Whale participate in this "pure profit" fundraiser!! A sign up sheet will be posted closer to the date.



SWIM-A-THON was a huge success last year and we hope to have the same response this May when it happens again. Swimmers do laps for 2 hours straight after collecting pledges. There will be prizes and lots of FUN had by all!!

It won't be long and we'll be selling **CANDIED SALMON** again. Watch your emails for details!!

Lastly, if anyone is interested in helping organize fundraising activities or has great money making idea please get in touch with me.

Volunteers are always needed and appreciated!!



HEAD COACH'S CORNER

**"Many of life's failures are people who did not realize
how close they were to success when they gave up."**

Thomas A. Edison

Wow, has time flown by this month. It is of course nice to see the sun up when I get to morning practice.

Since our last newsletter, we have had two competitions, BC "AAA" Championships and The Duncan Regional Invitational. Both these swim meets I felt our swimmers did a good job representing our city, Campbell River.

However, both of those swim meets, we as a club, were at a disadvantage due to the ongoing pool renovations. I would say that in talking to both the radio and the newspapers, there is an expectation that the Killer Whales are going to finish this year very strong.

I have been hard at work, recruiting new swimmers into our club and am happy to say we are now a club over 130 which is higher than we were last year.

I hope all the parents and swimmers that have been in club for a while; welcome the newcomers; and help them all love the sport of competitive swimming. It is now our coaching staff job to develop this young talent so our club can become more competitive in the province of British Columbia.

So we have a pool, motivated coaches and lots of swimmers in the club, what do we need now??

Well, we need a stronger commitment from our swimmers over the remaining months to have our club have the strong finish and meet expectations of not only our community, but our selves.

So this month (April) is attendance month, as the month of March was the worst I have seen it in my 25 years of coaching. Granted there was March break where families took this opportunity to get away, but that was only one week.

In our sport there are 4 competitive strokes, 4 types of kicks, 7 competitive turns, 13 swimming events and 4 competitive dives that we coaches need to teach and train our swimmers in.

We try and cycle through all of these either during a week or two week cycle and missing workouts mean you will miss something that is important in your overall development as a young swimmer.

Also there is a team aspect that is unique to competitive swimming where challenging each other on a daily basis, pushing each other to be better is lost due to poor attendance. We also support each other in the ups and downs of training making each other laugh or cheering them on in a tough set, not to mention relays like in the upcoming Comox Spring Invitational.

In some cases it can be extremely frustrating to an athlete if they fall too far behind the group and then can not attend the same competitions as their friends do or even train in the same lane.

So let's make this month a better month and have all our groups try and achieve 85% attendance.

Swimming Towards Excellence

Chris Koopmans
Head Coach of CRKW

FROM THE WAVY LANES OF SUPERFISH AND DOLPHIN

The Dolphin and Superfish swimmers are now settled nicely into our new routine in our own pool. It is nice to have pool time, space, equipment, and mostly, a short commute to the pool. It is now time to work hard, refine our swimming skills, and race, race, race.

Our group recently attended the Duncan Swim meet on March 13 and performed admirably. As a group we had 92% of our swims as best times. This is outstanding and something we want to continue to accomplish at our upcoming meets. For this to happen, we will need every swimmer to improve their individual attendance percentages and work hard in the pool.

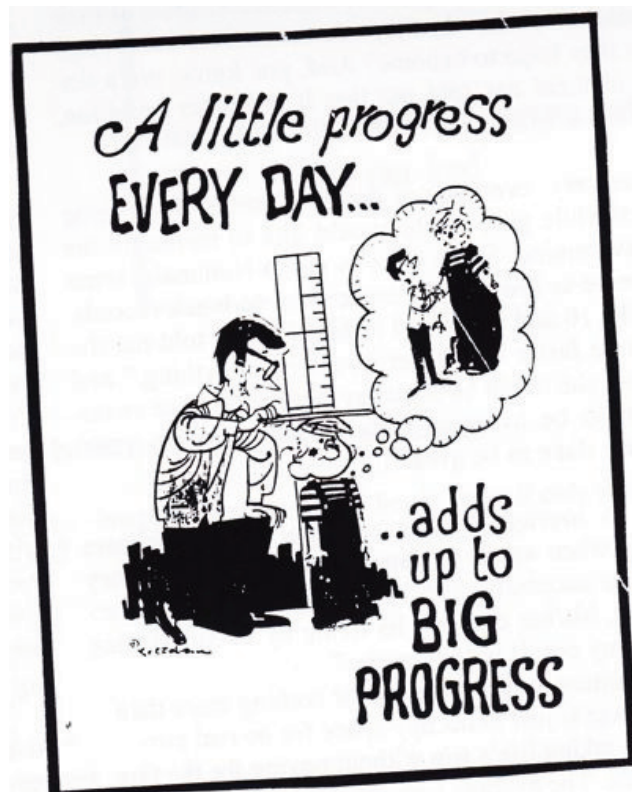
We have another swim meet coming up in April and it will take place Sunday, April 3rd in Courtenay. I hope to see our entire group in attendance and look forward to some strong swimming performances.

At this time, many of our swimmers will be holidaying during Spring Break. As well, many will be home and should be capable of attending all practices. Following Spring Break, it is my hope that our young Dolphin and Superfish swimmers will be healthy and committed to attend as many or all practices for the upcoming months.

Our group and parents have done a great job to date, under the circumstances that our year beginning offered us, to be at practices, working hard. For continued improvements in the pool, we will need a stronger commitment to attend. Saying that, I also understand many have other commitments and that is understandable at this time of their lives. CRKW swimmers and coaches are excited for the final 3 and half months of swimming. It promises to be full of good times and Fast Swimming.

Happy Swimming,

Coach Dave



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:

Passion – The fall in love with the sport

Teamwork – help the her swimmers

Commitment – they are willing to pay the price

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**.

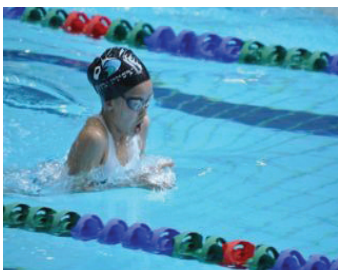
Third, Be Willing to Pay the Price. Many athletes fail because they neglect to do those things that would enable them to succeed in crucial moments. You won’t blame the referee for making a call against you if you spend the time necessary to perfect your game. You won’t eliminate errors altogether, but 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**.

DOLPHIN GROUP

Name: Jamine Skuse **Age:** 8 **Birthday:** Dec 1, 1999 **Favorite Stroke:** Butterfly



Highlight of swimming career so far: Making it to VIR Championships

Goals for 2010-2011 Swim Season: To get my 10 & under "AAA" time in the 200 IM

Things I love about the Campbell River Killer Whale Swim Club: They support each other like a family

My tip on training for the rest of the Killer Whales: practice it right to do it right in a race.

My Favorite Set is: 25-50-75-100-75-50-25 in IM order

I like my coach because: he is fun and makes us train hard. HE ROCKS!!!!

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

My MOTTO or Favorite Quote is : "TRAIN FAST TO SWIM FAST! DREAM IT! BELIEVE IT! ACHIEVE IT!"

The last book I read was: Ivy and Bean, I gave it an 10 out of 10

Coach's Comments: Jasmine Skuse is the swimmer of the month for February in the Dolphin Group. Throughout her training sessions down in Courtenay, Jasmine had exemplary attendance and showed up each session ready to give it her best. Her enthusiasm for swimming is infectious and she is displaying good leadership skills in her workouts. At the races, Jasmine has demonstrated a strong desire to improve her swimming skills illustrated by her recent 100% best time performance at the Duncan Swim meet. Congratulations Jasmine, keep up the great work. Coach Dave

BLACKFISH GROUP

Name: Maddy Kowalko **Age:** 913 **Birthday:** April 20,2001 **Favorite Stroke:** Freestyle



Highlight of swimming career so far: The Duncan Meet was pretty fun!!!

Goals for 2010-2011 Swim Season: To make it to "AA" at least once this year (or come pretty close!)

Things I love about the Campbell River Killer Whale Swim Club: Everyone is always supporting each other and we always manage to make each other laugh!!!

My tip on training for the rest of the Killer Whale's : Though pushing yourself is good, never over-work yourself, it doesn't end well.

My Favorite Set is: Anything that has freestyle in it!

I like my coach because: He is always pushing me to do my best, even though I am quite reluctant sometimes.

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

My MOTTO or Favorite Quote is : No one got any where by sitting on their butt and doing nothing.

The last book I read was: TENDERNESS. I'll give it a 9 ½ out of 10!!!

Coach's Comments: Maddy has grown lot as swimmer this year. She has been really developing her confidence and it showed at the last meet in Duncan. She was on fire, and even was able to exceed her expectations in her first 100 meter butterfly. Keep it up Maddy and continue to reach for your goals. Coach Chris Koopmans

Traits of a Champion

I love this time of year, we have college basketball tournament concluding, with the Final Four. Also, the NHL and NBA have their regular season coming to a close with the anticipation of exciting playoffs to watch. In Swimming we have our Senior Nationals where athletes like Ananamay Pierse, Ryan Cochrane and Mike Brown are all competing. In the US, there are the Big 10 Championships and NCCA's where many of Canadian athletes go to university. What do they all have in common..... one's quest to become a **CHAMPION**.

The easiest way to develop into a true champion is to work industriously towards these qualities. When you realize that much of your success depends on mental attitude, then you will be on the way of being the chief actor at the tense moment when victory hangs in the balance. This prize is brought at a price: desire of attainment, and willingness to work long hours until these qualities are part of your character.

A True Champion. . . .

- ... Has team spirit and prefers team victory to personal glory
- ... Keeps in good physical & mental condition at all times
- ... Likes to see others succeed
- ... Deals honestly with coach and teammates
- ... Never blames anyone else for his or her own failure
- ... Strives to master all the details of the game.
- ... Knows that one failure does not mean a succession of failures
- ... Is gracious in defeat and thus is not tense in a tight spot (players who see defeat and victory in proper proportion are cool under fire, which is one secret to relaxation)
- ... Can take a knock from life and get back to achieving
- ... Loves a Challenge
- ... Has a friendly, competitive attitude toward their opponents
- ... Loves to play for the pleasure of playing and strives to overcome weaknesses
- ... Realizes that the difference between most players is not so great that intelligent effort can not overcome it
- ... Never has to question if they are "trying"
- ... Studies qualities of champions, past and present
- ... Cultivates kindness, friendliness and unselfishness
- ... Has a well-balanced outlook on life with sufficient interests to keep any single thing from becoming a stumbling block to success.
- ... Always looking to contribute
- ... Knows when the pain is great so will be their reward
- ... Can't wait for the sun to come up so they can get back to doing what they love
- ... Revels in competition, wants the last shot, wants to race the best

The Three R's of Competitive Swimming

Rhythm, Range and Relaxation From 1997 Video Alexandre Popov

Since water is four hundred times thicker than air and water resists our efforts to push against it by squaring the resistance of whatever we push against it. (An example might be – we push four pounds of pressure into the water and it resists with sixteen pounds in return.)

It has become very obvious to me that the best way to gain speed is through the elimination of resistance and drag, as opposed to developing more power. I am not saying that power is not important, because it is very important, only that without the ability to split the water, forming a small hole between sheets of water to slide the body through, we can not ever generate enough power to over come the water's resistance. It is much like designing an automobile that is streamlined enough to get better gas mileage.

From beginner to Olympian, technique has got to be the most important aspect of competitive swimming. You can be very successfully competitor with great technique and limited strength, as opposed to the other way around.

The first of three R's – **RHYTHM** – the human body works in rhythmical cycles, so

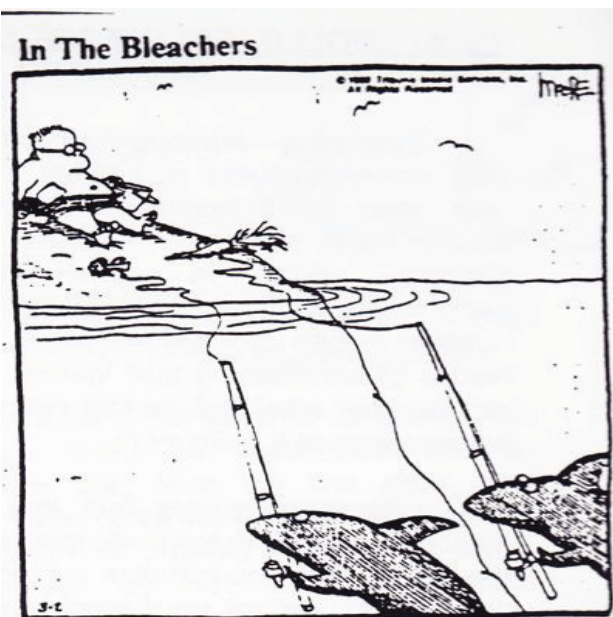
finding a rhythm that accommodates your stroke is very important. The law of physics that says a body that is in motion tends to stay in motion. It is like pushing a very heavy object. If you can keep it moving, it is much easier than letting it slow down or stop. Starting up or regaining speed takes much more effort.

Since we have two hands, it is important that one hand is always in contact with the water at all times. This way there is no stoppage or slowing down in the rhythm or your stroke. For the short axis strokes (butterfly and breaststroke) you have arms and legs rather than two arms, so it is important to make certain that one or the other are in contact with the water at all times

There you have it in a Nutshell. Ultimate efficiency in swimming depends upon maintaining momentum and assuming an ideal sequence of changing shapes and transitions to achieve the desired affects. Catching the water by feeling the oncoming flow by flexing the hand at the wrist. Once you have connected the flow, the hand engages, nurses and holds it firmly while propelling the body forward until you have released the water as the body has proceeded beyond your anchor point.



It is very important to power your stroke with larger muscle groups. You have two choices: you can either use: A) your arms and shoulders which have only a limited amount and duration of power or B) your back, lats and shoulder blades which are all much larger and stronger groups of muscles. In my opinion, the best way to engage your stronger muscle groups is to keep the pressure of the water on the little finer side of the hand. This side of the hand has a connection to the bicep muscles, which attaches into the



"... Liver, carrots, Brussels sprouts, broccoli
... criminy, nothing is working."

armpit and the larger back muscles. By keeping the water pressure against your little and ring fingers, several good things happen. You are working with more powerful muscles, you allow your shoulders and arms to be more relaxed and you engage your opposite hip into your stroke rotation which allows you to swim from the "inside out", which generates maximal power.

Secondary – **RANGE** – (or distance per stroke) – every animal on earth increases speed by extending the length of their stride. Unfortunately many swimmers think that this

means to turn over faster and take more strokes. Runners would not shorten up their stride and take many more steps.

There is not a animal that increases speed by taking smaller strides. Your posture, line, balance and technique become very important. If you are going to separate the layers of water to slide through the smallest possible hole with minimum resistance and drag, you must create the tightest thinnest body line possible from your finger tips to toes. Every single body part that sticks out beyond the body line (elbows, head, knees or toes) will slow you down to some extent. To get the maximum distances per stroke cycle, you can not allow any body parts or angles in the body line to extend beyond the narrowest streamline. So Maximum distance per stroke cycle is determined by the fewest number of stroke cycles in the least amount of time.

Third – **RELAXTION**—the body carries tension in the muscles to create power. However, to create the maximum amount of tension in one side of the body, let's say the arm – if you wish to bend your elbow by flexing your biceps, then you must relax your triceps on the back side of your arm. If your triceps stay locked in full contraction, the biceps cannot bend the arm. The more relaxation that you can bring into opposing muscle groups, the more speed you can create on the contracting side. A certain amount of tension in the body is necessary to function, but too much causes slowness of the movement and rapid fatigue. Learning to carry tension in the working side and maximum relaxation in the non working side is the secret to success.

It obvious to me that repetition is the only way to become successful. You cannot become good while fast until you are perfect in slow motion. This takes motivation, patience and dedication.

Good Luck
Coach Chris

Her First Swim Meet

Her curly red hair was disheveled as she sleepily left the car. She half-heartedly pushed the door closed as her stifled yawn hinted that she had recently been sound asleep. She walked toward the entrance. Her tattered swim bag dragged on the ground every other step.

It was definitely a hand-me-down, perhaps from an older brother or sister. It stretched half her body length, and it was full of her gear and accessories, some of which was bulging out the top. In it were her suit, her goggles and a Mickey Mouse towel. In the outer pocket, it appeared that a Barbie doll was hanging on for dear life.



But her most important treasure – a well-worn teddy – was tucked under her arm. It was probably a gift at one time from someone; it was quite clear that this one-eyed special friend was very much loved.

She headed toward the pool along with all of the other swimmers, each one plodding along. With her confidence bolstered by her nearly blind companion, she entered the aquatic centre.

The aquatic center had been built for the Canada Games. Her eyes widened at the sight of the brightly-lit arena. She had never seen such a large pool. The 50-meter away end seemed forever. The loud speaker echoed commands for warm-ups and the touchpads were being tested.

She appeared a bit nervous, however, without hesitation she entered the woman's locker room and a moment later emerged from it in her team suit. Her too large cap crinkled on her head and

she fumbled to get her goggles to get them to fit just right. She didn't seem to mind that her hot pink goggles clashed with her cap or that her suit slightly sagged. She carefully tucked the last few curls under her cap and headed for the team area.

She staked out her area along with her teammates. The spread-out towels were covered with playing cards, iPods, video games and such. But on hers was only a teddy. Barbie was nowhere to be seen.

She headed to the pool where her young coach gave her encouraging words. Anyone could tell the coach loved her work. Her smile and strong brow gave the swimmer the confidence she needed.

In a moment, the age grouper was stroking along a blue and white lane line. Before long the meet referee cleared the pool and first call was heard over the address system. The over-used national anthem tape silenced the crowd as a few swimmers silently continued working in the warm-up tank.

The pink-goggled swimmer went to her claimed area. On her towel, she quietly entertained her bear. She listened intently though, for races first and second call. Always checking her arm where her mother had written her events in ink. She certainly did not want to miss her race.



Finally her event, the 50-meter breaststroke was called. Her best friend must have wished her luck as only as a mangy old bear could, she kissed him on the snout and left him sitting on her swim bag at the head of the towel. Her coach showed her the breaststroke motion one more time.

Then together hand in hand they headed for the correct lane. The crowd was oblivious to her as she waited near the timers. Some parents were acting like coaches while others were catching up on the latest gossip.

Newspapers were common while others seemed to be mesmerized by each swim, taking down every possible split time.

At last, her long wait was over. Without fear, after the blow from the whistle, she stepped on the block. The announced race was given and she was frozen in time as then starter call for her and others to "....take your mark."

A flash of light and a horn's piercing sound later, the water came alive with eight little girls stroking and pulling for the far end of the pool. One minute or so later, the heat was over, and she with the others wearily dragged themselves out of the pool.

Before she had time to dry her self off, another heat was on the way. Her race was one of many that day, perhaps nothing special except only those who had invested interest, a nervous mother or a cheering dad.

The day wore on, and the red-haired girl swam in other events. But in the midst of the hundred entries, cheers, tears, her races were lost in the business of the day. The competition finally ended as the sky began to darken. She slowly exited out the locker room and wearily made her

way toward the car. Her coach's instructions had already become a faint memory. Her mother and father walked behind her arm in arm, only now the swim bag was draped over his shoulder.

This day was a wonderful moment in this young athlete's life. She had joined the ranks of Annamay Pierse, Joanne Malar, Nancy Sweetman, for she was now a competitive swimmer.

As she got in the car, she wrapped her friend and herself in a blanket together they snuggled with a pillow for the long trip home. Then with a puff of blue exhaust, she disappeared down the road. But her lifelong companion was adorned differently than when she first arrived, for his chest was pinned a sixth-place purple ribbon . . . and he was honored to wear such a prize.

Coach Chris





SWIM-A-THON IS HERE!

Each year, swimmers in our club participate in this annual fundraiser, which has our athletes young and old, trying to swim 200 lengths in 2 hours. This team event helps build confidence in our younger swimmers as they usually exceed their expectations on how much they can accomplish. The "I think I can" attitude and of course encouragement from teammates and parents really is what it's all about.

Any swimmer that can not be there for that event, will be given an alternative day for them to swim. Swimmers are encouraged to get pledges from friends, neighbors, businesses, family and others to help raise money for our swim club.

This year it has been difficult financially for our swim club, so we are hoping that this will be a huge success. The money raised goes to keeping our fees for programs lower than any other swim club on the island. We will have incentive prizes and draw prize that will be announced soon.

Of course, this is also a great team bonding event and showcases true armature sport at its best.

This year **SWIM-A-THON** will take place on **Friday May 13th** (Freaky Friday) and we will also have our **Black vs White Dual** meet on the **Sunday May 15th** at our home pool. This will be a great opportunity for our new swimmers to have their first taste of competition. Our Campaign begins on **April 8th** so start lining your pledges up.



CAMPBELL RIVER TOP TEN LEADER BOARD 2011

| TIME TAKEN OFF THIS YEAR | | | HEAT WINNERS | | | BEST TIME PERCENTAGE | | |
|--------------------------|---------------------|----------|--------------|--------------------|--------------|----------------------|---------------|------------|
| Rank | NAME | TIME OFF | Rank | NAME | HEAT WINNERS | Rank | NAME | BEST TIME% |
| 1 | Aleah Jordan | 175.33 | 1 | David Palmer | 9 | 1 | Jasmine Skuse | 100% |
| 2 | Sydney Boyle | 164.43 | 2 | Sabrina Jordan | 5 | 2 | Cameron King | 100% |
| 3 | Jasmine Skuse | 155.38 | 3 | Kiersten Padington | 4 | 3 | Natalie Fair | 100% |
| 4 | Conner Skuse | 141.59 | 4 | Conner Milligan | 4 | 4 | Avery Moskal | 100% |
| 5 | Cianna Dunn | 139.50 | 5 | Cailyn Collis | 3 | 5 | Julia Alguire | 100% |
| 6 | Austin Johnson | 130.23 | 6 | Maddy Kowalko | 3 | 6 | Ian Ralston | 100% |
| 7 | Cassidy Scott | 128.37 | 7 | Natalie Fair | 3 | 7 | Lilan Forsyth | 100% |
| 8 | Mackenzie Padington | 125.56 | 8 | Melayna Beaudin | 3 | 8 | Bradley Cooke | 100% |
| 9 | Heather Cooke | 104.22 | 9 | Austin Johnson | 3 | 9 | Liam May | 100% |
| 10 | Cailyn Collis | 92.25 | 10 | Gage Windle | 3 | 10 | Cole Reid | 100% |