

# THE CAMPBELL RIVER KILLER WHALE COMPETITOR



ISSUE 9  
MAY 2011



SWIMMING TOWARDS EXCELLENCE SINCE 1979

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## IMPORTANT DATES

- May 25 Team Picture Day
- May 28-29 Nanaimo Sprint Inv
- June 10-12 VIR Championships
- June 18-19 Duncan Jamboree
- June 24-26 BC AA L.C Champs
- July 7-10 BC AAA L.C. Champs

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## PRESIDENT'S MESSAGE

Greetings All Swimmers!!

I can't believe we are approaching June! It feels like we just started swimming and now we are nearing the end of our swim season. Even though it has been a short year, I feel that it has been a productive one. We have accomplished so many great things in a very short time. In addition to our accomplishments whether they have been to achieve a special time, master a certain stroke or just make it to all practices in a week we have become a better team for all of our adversity that has challenged us this year. I feel that despite all of our set backs we have come out on top. You should all feel very proud of yourselves and all of your accomplishments. A special thank you goes out to Coach Chris and his coaching staff for their hard work and dedication they have put into our club.

Onto **Swim-A-Thon...** WOW!! We raised over \$8700!! Great work Whales! A huge thank you goes out to Coach Dave and Coach Chris for organizing the event and to all of the parents who helped count. It was a fantastic success! I can't wait to see what happens next year now that the bar has been set so high! These funds come at a much needed time in our financials due to our short season... thanks to all who participated!

**Swim meets:** the next two months will have some great swim meets to attend. First in June we have VI Regional Championships which Coach Chris tells us we have more qualifiers than last year. Great job Killer Whales! Duncan will be hosting a two day swim meet mid-June which will be a great wind up for the swimmer's not attending AA's in Kelowna. Then we have AA and AAA Provincial Championships where we have quite a few swimmers attending. Congratulations to all the swimmers qualifying for Provincials! Remember: please wear your team gear to the swim meets. Not only does it identify you as part of the Killer Whales team, it identifies you as one of the pod and the pod always sticks together! Stay tuned for our year end swim meet and wind-up party which will be a fun way to end the season. Coach Chris and Coach Dave have some great ideas so watch your emails for information to come!

Lastly, Coach Chris is looking to extend the swim season into July and then attending the PCS Midnight Madness in the beginning of August. This looks to be a really fun meet and one that would be a great team builder for the swimmers and families attending. Stay tuned to this as well. I guess there is a lot to stay tuned for, but well worth it!

Good Luck at the meets the month of June and July!! Swim hard, reach for your goals and be proud of your accomplishments.

Regards,

Brian Skuse  
President

## HEAD COACH'S CORNER WITH CHRIS KOOPMANS

### **Story of the Butterfly**

*A man found a cocoon of a butterfly.*

*One day a small opening appeared.  
He sat and watched the butterfly for several hours as it  
struggled to squeeze its body through the tiny hole.  
Then it stopped, as if it couldn't go any further.*

*So the man decided to help the butterfly.  
He took a pair of scissors and snipped off the remaining  
bits of the cocoon.  
The butterfly emerged easily but it had a swollen body  
and shriveled wings.*

*The man continued to watch it, expecting that any  
minute the wings would enlarge and expand enough to  
support the body.*

*Neither Happened!*

*In fact the butterfly spent the rest of its life crawling  
around. It was never able to fly.*

*What the man in his kindness and haste did not  
understand:*

*The restricting cocoon and the struggle required the  
butterfly to get through the opening was a way of  
forcing the fluid from the body into the wings so that it  
would be ready for flight once that was achieved.*

*Sometimes struggles are exactly what we need in our  
lives.  
Getting through life with no obstacles would cripple us.  
We will not be as strong as we could have been and we  
would never fly.*

~~~~~

Our team has just begun the process of coming together over the past 3 weeks and although the struggles sometimes have not been pretty to watch, the transformation has been beautiful.

These weekly and daily struggles deepen the experience of competitive sport and enriching our relationships with our teammates.

So what do we have to show for it??? Well quite a bit of **SUCCESS... ..**

### **Wavemaker Invitational**

The Wavemaker Invitational was an excellent swim meet for our club, as we were able to show off the depth of our developing team. We had contributions from everybody that help us finish third behind two very large teams. We had the most swimmers ever at a meet, and this allowed us to have multiple relays which score big at meets.

Not to mention that we had **89.5%** best time percentage, our highest to date since I joined the Club last November. However it was the team spirit that really put the spotlight on our team. People coming back to finals to cheer their teammates on, supporting each other. It was noticed by other coaches at the meet, who remarked at our comeback from having no pool.

Last year by this time we would have competed in **16** swim meets and have taken off **5967.23** seconds off and a personal best percentage of **69.8%** and had a total **83 100%** swim meets.

Compared that to this year we have only competed **8 swim meets** and we are sitting at **78.9%** best time percentage for the club with **94 100%** meets, also have taken off **5132.08**. We are down in number of heat winners achieved but way up in number of VIR champ qualifiers.

So I feel we are ahead of last year by a long shot but still need a lot of work to catch up to where we should be. I would like to thank the coaching staff for all the work that they are putting in to help develop our swimmers.

## HEAD COACH'S CORNER

### Continued

#### INTERQUAD MEET Black Fish vs White Fish

The storied history of this intersquad continued on May 15<sup>th</sup> and it was extremely close. It started with the draft on the Friday night were new teams drawn. Next was the competition and this year it seemed to really showcase our swimmers. In the end the WHITE FINS were victorious over the BLACK FISH with a score of 1871 to 1607. "It was really close" said Coach Dave Healy, "And we would have won if we had our whole team there.". Better luck next time....

#### SWIM-A-THON

I was impressed with the swimming, at this years swim-a-thon. There were many swimmers taking up the challenge and were exceeding their expectations on how many lengths they could actually swim. (Note. That breaststroke is the slowest stroke to swim and also the hardest one to pass in a lane). Hats off to the first timers, I really believe an event like this lead to a stronger more confident swimmer.

The Swim Club raised a total of \$8700.18 which is short of our goal of \$12,000 but much more than our club raised last year. A Special congratulations (and thanks) to Joeelyn Diemer who raised \$484.00 in her first swim-a-thon ever!!!

#### GROUP MOVEMENTS

Group movements happen up to three times a year, and this happens when the coach feels a swimmer may be ready (technically, physically, attendance, and competitively) to take the next step. So far all the swimmers that have been asked to step up to the next group have been working out great.

#### BLACKFISH AND SENIOR NEWS

These two group have been progressing and last week was probably their best week as a group. It harkened back to the March break training.

In our sport you need to love training, coming to the pool, excited to be challenged by the coaching staff.

There are some sports that go to more competitions than they do practice, but not ours. We can be training for 50 hours before our next competition and during those 50 hour most of us never forget that our competitors are also training to be ready to challenge us at the next competition.

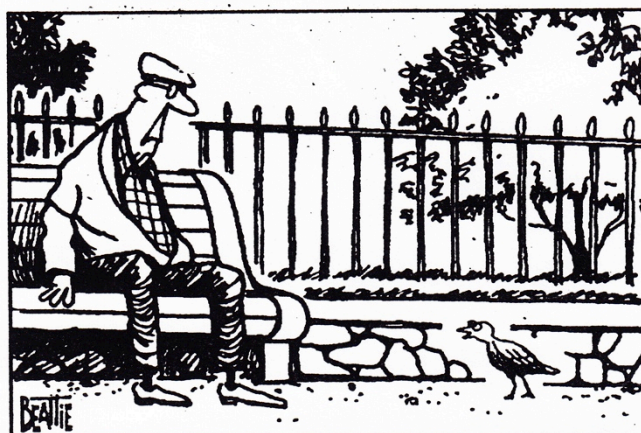
So we challenge ourselves to train faster (and hopefully faster than our competitors) each workout.

So here is some of our success:

#### Maximum Chins -ups

| Name       | max     | may 20  |
|------------|---------|---------|
| Karlyn     | 7 full  | 10 full |
| Kiersten   | 12 full | absent  |
| David      | 24 full | 15 full |
| Natalie F  | 5 half  | 3 full  |
| Austin     | 19 full | 22 full |
| Jennifer M | 10 half | 7 full  |
| Nicole     | 3 half  | 6 half  |

#### SNAFU



"Okay, okay, so I'm a failure as a homing pigeon!  
I still need you to give me directions."

## HEAD COACH'S CORNER

### Continued

#### 1500 Flutter Kick Test May 19<sup>th</sup>

| Name                | time   | improvement |
|---------------------|--------|-------------|
| David Palmer        | 22:08  | 1:50        |
| Kiersten Padington  | 25:31  | -1:46       |
| Conner Skuse        | 24:10  | 1:59        |
| Karlyn Healy        | 25:11  | 0:45        |
| Jenna Beaudin       | 26:55  | 2:09        |
| Mackenzie Padington | 27:04  | 2:52        |
| Catalina Manders    | 27:06  | 4:10        |
| Natalie Fair        | 27:40  | 2:12        |
| Nicole Johnson      | 27:58  | 2:59        |
| Jennifer Miller     | 28:19  | 1:27        |
| Kennedy Windle      | 29:47  | 1:37        |
| Sabrina Jordan      | 29:30  | 5:53        |
| Cianna Dunn         | 30:14  | 5:11        |
| Cassidy Scott       | 30:21  | 0:39        |
| Sydney Boyle        | 31:50  | 5:18        |
| James Sidhu         | 32:53  | 8:54        |
| Austin Johnson      | 33:26  | 2:05        |
| Connor Milligan     | 36:08  | 2:26        |
| Jared Perras        | 36:41  | 2:02        |
| Maddy Kowlako       | Absent |             |
| Gosha Maruzhenko    | Absent |             |

#### 30 x 100 free test set (how many they made)

|                     | May 5     | May 21    |
|---------------------|-----------|-----------|
| Karlyn Healy        | 1:30 (30) | 1:25 (20) |
| Kiersten Padington  | 1:30 (25) | 1:25 (11) |
| Conner Skuse        | 1:40 (30) | 1:30 (30) |
| David Palmer kick   | 1:40 (30) | 1:35(30)  |
| Jenna Beaudin       | 1:40 (30) | 1:35(30)  |
| Mackenzie Padington | 1:40 (21) | 1:35(30)  |
| Jennifer Miller     | 1:50 (30) | 1:35(30)  |
| Cassidy Scott       | Absent    | 1:40 (5)  |
| Kennedy Windle      | 1:50(30)  | 1:40(5)   |
| Natalie Fair        | Absent    | Absent    |
| Maddy Kowlako       | 1:50(30)  | 1:45(30)  |
| Nicole Johnson      | 1:50 (30) | 1:45(30)  |
| Sabrina Jordan      | Absent    | 1:45(30)  |
| Catalina Manders    | 2:00(30)  | 1:45(30)  |
| Connor Milligan     | 2:00(30)  | 1:45(30)  |
| Austin Johnson      | 2:00(30)  | Absent    |
| Cianna Dunn         | 2:00(30)  |           |
| Sydney Boyle        | 2:00(30)  |           |

|                  |          |
|------------------|----------|
| James Sidhu      | 2:00(30) |
| Jared Perras     | DNF      |
| Gosha Maruzhenko | 2:00(30) |

#### Kickers Klub done May 4<sup>th</sup>

| NAME                  | 50          | 100           | 200           | 400           |
|-----------------------|-------------|---------------|---------------|---------------|
| *Karlyn Healy         | 48.3        | 1:38.9        | 3:21.7        | 6:52.1        |
| Kiersten Padington    | Absent      |               |               |               |
| <b>Conner Skuse</b>   | <b>39.7</b> | <b>1:27.9</b> | <b>3:01.6</b> | <b>6:22.7</b> |
| David Palmer          | 37.0        | 1:17.9        | 2:48.9        | 5:54.8        |
| Jenna Beaudin         | 46.8        | 1:36.9        | 3:24.9        | 7:10.7        |
| Mackenzie Padington   | 48.5        | 1:40.7        | 3:31.7        | 7:20.8        |
| *Jennifer Miller      | 45.9        | 1:39.9        | 3:39.9        | 7:39.3        |
| Cassidy Scott         | Absent      |               |               |               |
| *Kennedy Windle       | 46.8        | 1:44.3        | 3:42.6        | 7:41.3        |
| Catalina Manders      | 44.0        | 1:38.4        | 3:28.2        | 7:13.6        |
| *Nicole Johnson       | 45.1        | 1:36.0        | 3:17.8        | 7:11.3        |
| Natalie Fair          | Absent      |               |               |               |
| Maddy Kowlako         | Absent      |               |               |               |
| <b>Sabrina Jordan</b> | <b>45.6</b> | <b>1:42.4</b> | <b>3:39.6</b> |               |
| Connor Milligan       | 49.0        | 1:52.9        | 4:17.8        |               |
| Austin Johnson        | Absent      |               |               |               |
| * <b>Cianna Dunn</b>  | <b>49.0</b> | <b>1:48.2</b> | <b>3:39.6</b> |               |
| *Sydney Boyle         | 51.2        | 1:49.7        | 3:52.4        |               |
| James Sidhu           | 50.0        | 1:52.8        | 4:17.0        |               |
| Jared Perras          | 55.6        | 2:00.1        | 4:25.9        |               |
| *Gosha Maruzhenko     | 54.1        | 2:13.3        | 4:47.6        |               |

\* means swimmer improved on every repeat  
Bold means they made the Kickers Klub

**Well Done Folks!!**

**Lets Keep it up!!**

Adam





## HEAD COACH'S CORNER

### Continued

#### ORCA NEWS

This group has also been progressing along quite nicely. Lately we have been able to focus developing good technical habits in the pool. It is amazing to see the progress in such a short time for those that have been coming out regularly.

This success habits will pay off down the road when these have become automatic and you can think of other things in order to go fast.

We have completed on test set together since the move ups, 20 X 50 flutter kick and it was a resounding success. We will probably have the majority of the group being able to kick on 1:00 before the end of the year which will put us ahead of the Blackfish group. Kick is so important in our sport and now that it is long course many of you can now realize just how important it is.

#### THE SUMMER AND NEXT YEAR

With the good weather lately we have begun to start thinking about the summer and next year. First you can see by our results that we are probably where we wanted to be this February if the pool reno did not happen. Time marches on, people age up and need to qualify for the larger meets. With this in mind, it is still our intention to swim through to July into the first

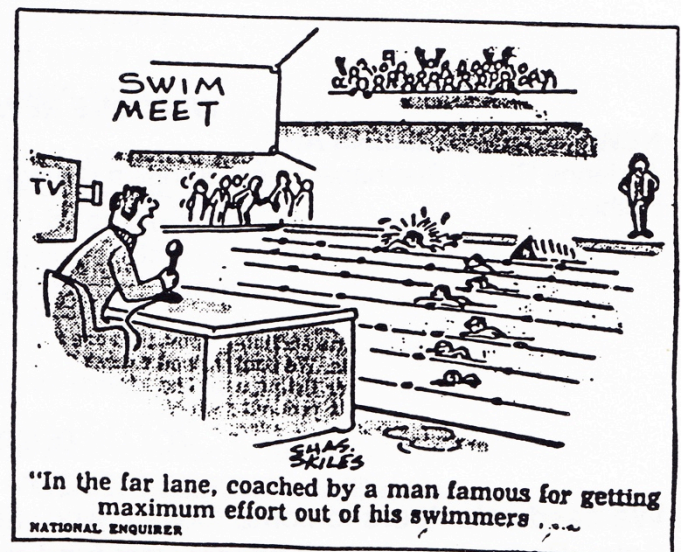
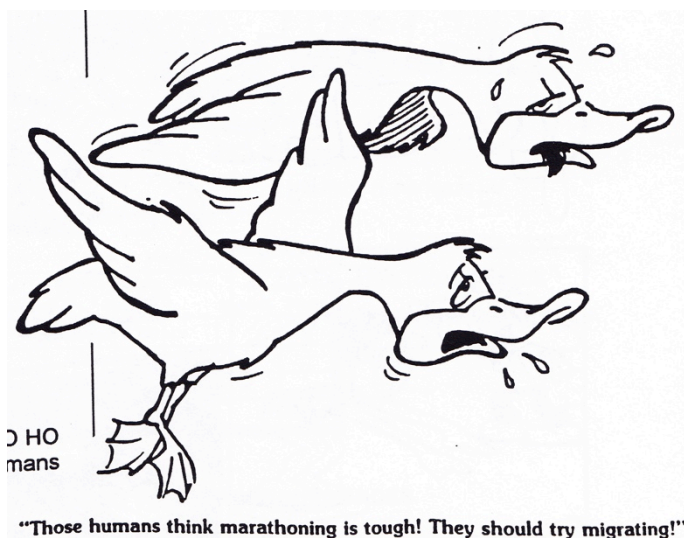
week in August. All of our competitive swimmers are able to swim the PCS Midsummer Madness Meet held in Victoria (PCS swims all year round). This will not only help our swimmers make up lost time, but you will not be total out of shape when we begin again in September. I will be working on schedule that will include our pool and the outdoor pool.

You should know that our pool (Strathcona pool) will be close the month of August so they can re-tile the actual pool. (my fingers are crossed)

Coach Dave and myself will perform a program review which will help us make decisions about next years program. Please feel free to talk to both of us if you have any ideas or concerns.

We should all keep in mind that our club will grow and this will mean changes to accommodate this growth, not to mention swimmers getting older and need to be continually challenged in order to be the best they can be.

Swimming Towards Excellence  
Chris Koopmans  
Head Coach of CRKW  
250-914-1214



## RESPONSIBILITY

One of the most misunderstood aspects of character development is responsibility. Several years ago I came across the best definition of responsibility that I have ever read and although it seems a bit esoteric it is, nonetheless, useful in illustrating who is responsible and for what, here it is...

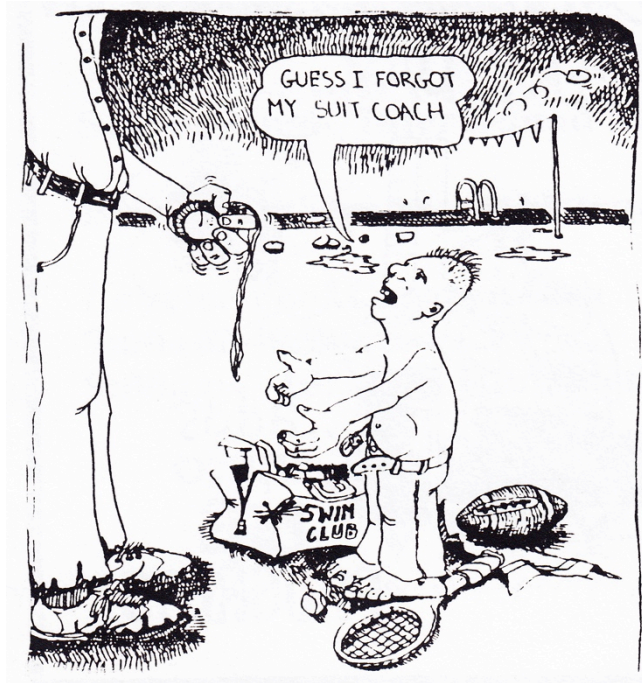
**Responsibility** starts with the willingness to acknowledge that you are the cause in the matter. It starts with the willingness to deal with a situation from and with the point of view, whether at the moment realized or not, that you are the source of what you are, what you do and what you have. This point of view extends to include even what is done to you and ultimately what another does to another.

**Responsibility** is not a fault, praise, blame, shame or guilt. All of these include judgments and evaluations for the good and bad, right or wrong, better or worse. They are responsibility as they are all beyond a simple acknowledgment that you are cause in your experience. Responsibility is being accountable, without judgment, as the source, agent, or cause of everything in your life experience.

In other words, we are responsible for everything. Narrowing it down to our club situation it's helpful to see that we're responsible if our cap tears when we're putting it on. We're responsible if we can't find our goggles when we need them. We're responsible if we miss practice. It doesn't matter why we miss we're still responsible. I have found it very hard to describe what this means to our swimmers. The largest barrier to understanding responsibility is our society's fascination with assigning blame. If something goes wrong we immediately seek to deny responsibility and assign blame to anyone but ourselves.

What is to be done? Being responsible means that we are the cause in the matter. If a cap rips or goggles go missing then we simply use our other cap or pair of goggles. (Responsible swimmers always carry at least two of each.) It means checking swim bags before leaving home to make sure that everything needed at practice is in your bag. It means being aware of war-up times, team meeting s ect... It means staying in the game and realizing that most of the time you know what you do is up to you.

Chris Koopmans  
Head Coach



## CRKW'S SWIMMER OF THE MONTH

In this section of the **Campbell River Competitor**, we will showcase those swimmers in the club 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** – They fall in love with the sport
- Teamwork** – They help their teammates become better swimmers, athletes and people
- Commitment** – They are willing to pay the price through the ups and downs
- Purpose** – They challenge 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**.

### 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 impeccable attendance and tedious training will become the **“clutch player”** under pressure.

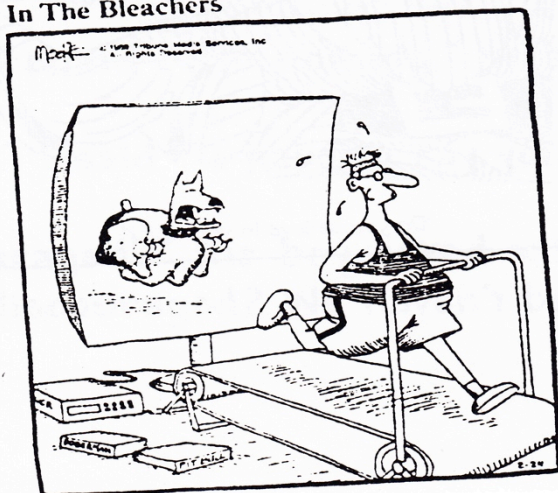
## CRKW'S SWIMMER OF THE MONTH

### Fourth, Be A Champion.

A Champion **wants to win**. That's why we keep score. And a Champion athlete knows what winning requires: love of the sport, teamwork, mastery of the fundamentals, and all those things imply. They know 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. It is an attitude that embodies that:

- 1) **You LIVE your Goal** – they are inspired by their goal and get after it!
- 2) **You AIM HIGH** – their goals are both realistic and difficult enough to push you to your limits.
- 3) **You Make a PLAN TO DO IT**– know what kind of training is needed, what kind of skills and knowledge
- 4) **You CULTIVATE YOUR MOTIVATION** – the Journey to mastery is long and difficult, you need sustained motivation to walk it. You can't depend on others to motivate yourself, you should be able to motivate yourself.
- 5) **You TRAIN HARD FOR A LONG TIME** - You need to have superior skills and knowledge to achieve your goal. There is no other way to have it but by training hard for long time.
- 6) **You GO BEYOND YOUR COMFORT ZONE** – For improvement to happen you need to continually tackle challenges that lie just beyond your competence, that take you out of your comfort zone to increase your capacity.
- 7) **Go ONE MILE FURTHER** - A champion won't just do things like anybody else. Instead, he tries to add a little more to what is expected. He walks the extra mile to give superior value. This certainly is not easy, but developing this attitude will put you ahead of the game.
- 8) **You HAVE COMPETITORS TO MOTIVATE YOU** - A healthy dose of competition is important to make you move forward at full speed. Without competition, it's very likely that you will do less than your actual capability. Competition keeps you alert to continuously improve yourself.
- 9) **You PUT YOUR SKILLS TO THE TEST** - Training is not enough, you must join real contests. Champions know they must race better competition in order to improve

### In The Bleachers



### Previous Swimmers of the Month

Kennedy Windle Blackfish Group – January 2011  
 Aleah Jordan – Dolphin Group – January 2011  
 Cailyn Collis – Dolphin Group - February 2011  
 Kasey Lathangue – Dolphin Group – February 2011  
 David Palmer – Senior Group – February 2011  
 Maddy Kowalko – Blackfish – March 2011  
 Jasmine Skuse – Blackfish – March 2011  
 Jocelyn Diemer – Superfish – April 2011  
 Conner Skuse - Blackfish – April 2011  
 Maya Rhuelen – Dolphin – April 2011



## CRKW'S SWIMMER for the MONTH of APRIL 2011

### SUPERFISH GROUP

**NAME:** Nicole Johnson

**AGE:** 14

**BIRTHDAY:** Dec 15, 1996

**FAVORITE STROKE:** Breaststroke

**Highlight of swimming career so far:** Making age group finals

**Goals for 2010-2011 Swim Season:** To qualify for VIR's

**Things I love about the Campbell River Killer Whale Swim Club:** It's a great place to meet new friends, learn good life skills and have lots of fun

**My tip on training for the rest of the Killer Whales:** Show up to all the practices they really make a difference!!!!

**My Favorite Set is:** 20 x 50 Kick

**I like my coach because:** he cares about us and the sport, he takes time to talk to each of us about swimming and our life.

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

**My MOTTO or Favorite Quote is :** " Don't tell me the sky is the limit when there are footprints on the moon!"



**The last book I read was:** Pretty Little Liars, I gave it a 10 out of 10

**Coach's Comments:** Way to Nicole, you certainly are well deserving of Swimmer of the month for April!! 100% attendance, 100% Best Times, Most Improved Blackfish swimmer in test result!!! Wow what a month! But it was your attitude change that was most transformational. You became more open to change and developed an intense "I will give it my best", and the results have shown. Keep it up as a string a couple of these months together and your ultimate goals will be reached! Coach Chris Koopmans

### BLACKFISH GROUP

**NAME:** Gage Windle

**AGE:** 7

**BIRTHDAY:** June 14, 2003

**FAVORITE STROKE:** Breaststroke

**Highlight of swimming career so far:** getting a "AA" at the last meet!

**Goals for 2010-2011 Swim Season:** get "AA"s in everything!!!

**Things I love about the Campbell River Killer Whale Swim Club:** being with my friends!

**My tip on training for the rest of the Killer Whales:** be streamlined when swimming

**My Favorite Set is:** breast and back

**I like my coach because:** He is funny!

**One word to describe what it means to be a Competitive Swimmer:** Work hard

**My MOTTO or Favorite Quote is :**

**The last book I read was:** Diary of a Wimpy Kid, I gave it a 10 out of 10

**Coach's Comments:**

Gage Windle is the swimmer of the month for May. He has been a strong performer all season and his success in the pool is a reason for this. His enthusiastic and sometimes mischievous way creates a fun atmosphere for his teammates and his coaches. Gage strives to do his best and continues to improve from hard work and desire. Keep up the great work Gage. – Coach Dave



## CRKW'S SWIMMER for the MONTH of APRIL 2011

### DOLPHIN GROUP

**NAME:** Melayna Beaudin

**AGE:** 9 ½

**BIRTHDAY:** June 13, 2001

**FAVORITE STROKE:** Backstroke



**Highlight of swimming career so far:** going to the Wavemaker this year and making finals

**Goals for 2010-2011 Swim Season:** To achieve a provincial AA time for 10 & unders

**Things I love about the Campbell River Killer Whale Swim Club:** I have great friends that are very friendly and encouraging!

**My tip on training for the rest of the Killer Whales:** The harder you work at practice the better you do at meets.

**My Favorite Set is:** IM pyramid set

**I like my coach because:** He is totally awesome!! He is encouraging and Very Very COOL!!!!

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

**My MOTTO or Favorite Quote is :** "There is no I in Team"

**The last book I read was:** The Devil, the Banshee and Me, I gave it a 10 out of 10

**Coach's Comments:** "Melayna Beaudin had a tremendous month of swimming. Her focus and desire at practice has been second to none. From her efforts, Melayna led the Dolphin group and CRKW to 3 Gold Medal Performances at the Wavemaker Meet in Victoria. Melayna has now graduated to the Orca group where we know she will continue to shine."

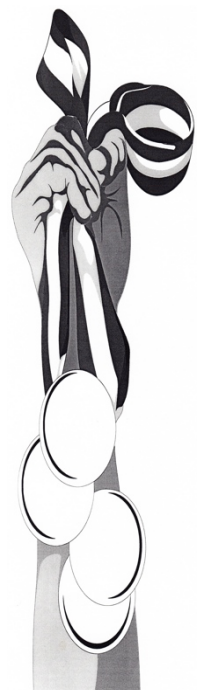
Dave Healy



## CAMPBELL RIVER SWIM CLUB MEET SCHEDULE 2011

*Tentative Schedule- Check with your Coach!*

| SWIM MEET                | DATE                                    | LOCATION     | GROUPS                           |
|--------------------------|-----------------------------------------|--------------|----------------------------------|
| NRST Sprint Meet LC.     | May 28-29                               | Nanaimo      | <b>ASK YOUR COACH!</b>           |
| VIR L.C. Championships   | June 10 <sup>th</sup> -12 <sup>th</sup> | Victoria     | Qualifiers                       |
| Duncan Jamboree          | June 18-19 <sup>th</sup>                | Duncan       | Blackfish, Orca, Dolphin, SuperF |
| BC AA L.C. Champs        | June 24-26                              | Kelowna      | Qualifiers                       |
| BC AAA L.C. 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       |



## LIFE IS A DO-IT YOURSELF PROJECT

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house building business and live a more leisurely life with his wife and enjoy his extended family.

He would miss the paycheck, but he needed to retire. They could get by. The contractor sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in the work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end his career.

When the carpenter finished his work, the builder came to inspect the house, the contractor handed the front-door key to the carpenter. "This is your house" he said, "my gift to you."

What a shock! What a shame! If he had only known he was building his own house, he would have done it all so differently. Now he had live in the home he had built none too well.

So it with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job the best effort. Then with a shock we look at the situation we have created and find that we are now living in the house we have built. If we had realized that, we would have done it differently.

Think of yourself as the carpenter. Think about your house. Each day you hammer a nail, place a board, erect a wall. Build wisely. It is the only life you will ever build. Even if you live it for only one more day, that day deserves to be lived to its fullest potential. The plaque on the wall says, **"LIFE is a do-it-yourself project"**.

Your life tomorrow will be the result of your attitudes and the choices you make today.

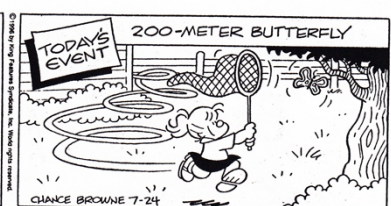
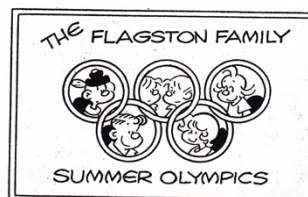
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## From the Wavy Lanes Of Dolphin and Superfish

As we approach the season finale it is important to keep our momentum going with strong attendance and great work ethic. The Dolphin group has experienced some recent additions from the Superfish group with the new swimmer showing strong potential. We have also moved some swimmers up to the Orca group and they too are performing admirably. Swim a thon was a tremendous success for CRKW. The Dolphin group raised more money than any other group and should be congratulated for it. Well done everyone.

We have a number of important meets and activities coming up. In June we have the VIR championships and we also have a regional meet in Duncan. For most of you this will be the last competition of the year. For that reason I am hoping all Dolphin swimmers will attend. Let's continue with our strong attendance and swimming performances. Also, at the end of June, we will be having our Awards Dinner Banquet. This promises to be a great time....more details to come.

See you at the pool!  
Dave Healy





## PEAK PERFORMANCE CUES

One of the comments that I have frequently heard from swimmers and other athletes across the country is that after a really great performance, they claim that they actually **KNEW** it was going to happen **BEFORE** the race or competition started. Further, because of this, “knowledge” they went into the race relaxed, composed and supremely confident.

In 1964, after the opening ceremony of the Tokyo Olympic Games, Dick Roth, the reigning world record holder in the 400 IM was stricken with an attack of appendicitis and had to be rushed to the hospital. The doctors wanted to operate immediately, but since Dick was a minor, they needed parental permission first. As Dick lay in the hospital bed facing the prospect of not being able to compete after having trained **SO HARD**, he made the decision that no matter what he was going to race. By the time the doctor’s found Dick’s parents, they were surprised to discover that the swimmer’s condition was no longer crucial and they could postpone the operation two weeks later.

Four hours before the finals for the 400 IM while listening to the radio to an incredible comeback story being broadcast from the Olympic track event, Dick became convinced that he was going to win his race. He went into the race, **KNOWING** that this was going to happen and ended up knocking 3 and a half seconds off his world record.

Having listened to stories like this one over and over again it becomes quite clear to me that races are won and lost well before the swimmers get on the blocks or in the pool to await the start. It’s time before the race and the swimmer’s attitude and self talk that are the critical elements here. What attitude are taking into the race with you? What are your expectations about how well you’ll swim?? What are your thoughts about how you stack up against other swimmers and their best times???

## HOW TO GET THEM TO WORK MAGIC FOR YOU!

If you want to follow the lead of successful swimmers, then your key is to learn to **GO INTO YOUR RACES FEELING LIKE A “WINNER”**. In other words if you feel like a winner FIRST, then you’ll swim like one! What does that mean exactly? How can you predict that you’ll feel like a winner before the race and then make sure that you take this feeling with you?

Well, at first thought this seems a pretty difficult task. Feeling like a winner, whatever that means is something that seems to come and go as it pleases. Talk about elusive! One day you feel light and fast and just fly on top of the water. Next day your warm-up feels crummy, you feel tired and tight no matter what you try and you swim badly!

But don’t give up so quickly! What I would like to teach you in the article can help you isolate and “**practice**” experience these “**winning feelings**” and then help you transfer them to a big meet situation. Sound magical? Maybe!

Adam



First let’s start with a working definition of “**winning feelings**”. Most swimmers at one time or another in their lives have experienced the internal sensations and emotions that come with doing something to the very best of their ability.

Winning a big race, getting a good grade on an important test, swimming a life time best ect... At some point in your life there have been things that you have done in or out of the pool that have stirred your emotions and left you feeling on top of the world.



## PEAK PERFORMANCE CUES Continued....

Sometimes these “*winning feelings*” get localized in your body as tingling that might go up or down your spine. Or you may experience them physically as uplifting in that they, actually cause you to stand and walk taller. Sometimes you can even experience them as quickening or some other change in your breathing. How you experience them really isn’t as important as understanding that these feelings are not only very personal, but that you can begin to recognize them and systematically “recapture” them when they are needed.

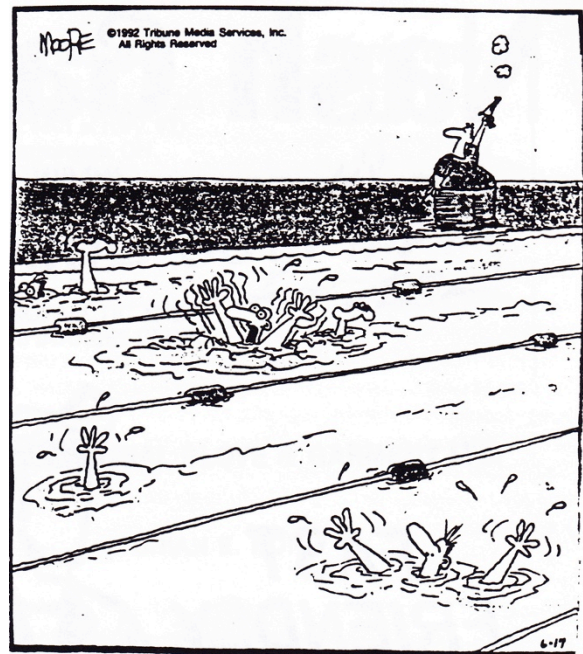
What I’m talking about here is based on an assumption that I frequently make. **YOU HAVE A SUPER SWIMMER INSIDE OF YOU.** That is, **YOU ALREADY HAVE EVERYTHING INSIDE YOU THAT YOU NEED TO BECOME SUCCESSFUL AS AN ATHLETE.**

No whether you believe this to be true or not, hear me out. MY point is that you have the resources inside that can help you **IF**, and that’s the key word, you know **HOW** to get those resources out.

What do I mean by resources? Confidence, Belief, Spontaneity, the ability to Concentrate, remain composed under pressure, Think on your feet ect.... I call these resources because they can be used to help you do certain things in your life. Actually every experience that you’ve ever had in your life at one time or another, actually serve as a resource for you and your swimming in the future. In fact, it is said that every experience we’ve ever had is recorded in our brain and can be recalled under the right circumstances.

For example, let’s say that as a 12 year old you had the experience of getting up in front of an audience, staying composed and confident and singing or acting beautifully. This experience remains as a resource to you. If you know **HOW**, you can transfer that **PAST** ability to remain confident and composed under pressure to the big meet at the end of the season.

So if you ever have a great swim, whether in practice or at an important meet, this experience can serve as a resource for you and help you in upcoming races. Remember our goal. Its to try to isolate those “*winning feelings*” and link them to something that you can use to bring those good emotions into the present for the race your are about to compete in.



The 400-meter flounder

Let me give you an example. A college coach brought with him a vial of wintergreen oil to all his practices and swim competitions. Whenever a swimmer did an exceptional fast time on a set, the manger went over to that swimmer stuck the wintergreen oil under the swimmers nose so he’d get a good whiff of it. Every time that particular swimmer completed a great set, he’d get smell the wintergreen oil. After a while, the smell of the wintergreen became associated with good feelings of having gone **FAST**. So **BEFORE** the team’s big meets, the coach would go around and give each swimmer a whiff of the oil to bring back those “*winning feelings*”.

## PEAK PERFORMANCE CUES Continued....

Here's how to make the idea work for you. Think about a time where you can remember having those winning feelings associated to your swimming. Perhaps you experienced them right after a satisfying victory or even in the middle of a race as you caught a second wind and felt yourself coming from behind for a sure win. Try to remember a time that was particularly laden with good feelings and emotions ie those *"winning feelings"*.

Next in a quiet place that's free from distractions, close your eyes and mentally review that entire race, or competition in as much detail as possible, seeing hearing, and feeling again what you experienced back then. You may want to repeat this part several times paying particular close attention to the feeling and emotions that begin to surface as you replay this performance.

Now find one point in the race where you felt those winning feelings and emotions the strongest and very carefully review that part of the performance focusing on those *"winning feelings."* As you continue to repeat that particular part of the race and feel those feelings allow your self to come up with a **PEAK PERFORMANCE CUE**, (the wintergreen oil in my story.) a reminder that you can call up all those good feelings. Your Peak Performance Cue can be a word, (ie. "Smooth", "Unstoppable", "Now"), a phrase, ("I'm fast and smooth," "I am awesome", "I am totally in control") a color (blue, red ect..) and powerful image (a wave overpowering an opponent, a dolphin or jaguar ect..) a physical sensation (the feeling of thumb touching a forefinger or arms slapping your back) or even a smell.

As you replay this peak performance in your mind's eye and stay focused on those *"winning feelings"* you want to repeat your peak performance cue to yourself. Feel the feelings, repeat the cue. With enough repetitions on the sequence of focusing in on those good feelings and linking them to your performance cue, the *"winning feelings"* will soon be associated with your cue. Then if you want to feel like

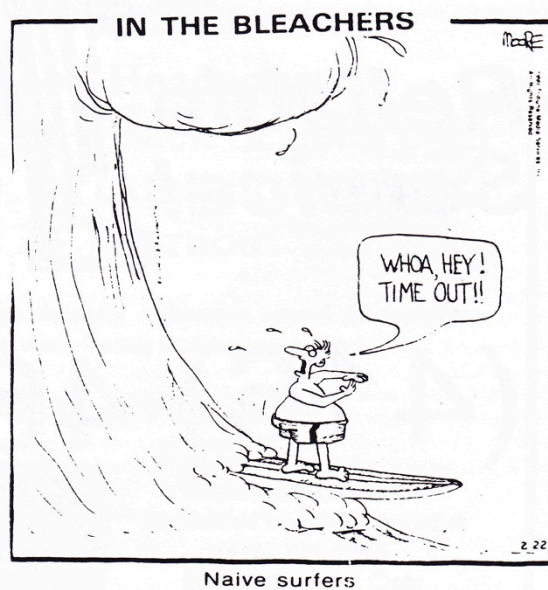
a winner before a swim, all you need to do is focus on your peak performance before the race.

Remember the key here is to **FEEL LIKE A WINNER FIRST** before you swim. **REGULAR** practice of this simple exercise at night before you go to bed will help to begin to isolate and recapture those elusive *"winning feelings"* so you can have them, available to you whenever you race. Every time you have a great meet or race you can continue to link these feelings to your peak performance cue. That way you can continually add to your reservoir of *"winning feelings"*.

Don't leave your prerace feelings to chance!!!!

**FEEL LIKE A WINNER GOING INTO YOUR RACES AND YOU'LL SWIM LIKE ONE!!!!**

Swimming Towards Excellence  
Chris Koopmans  
Head Coach of CRKW



Naive surfers



# LEADER BOARD TIME TAKEN OFF THIS YEAR

|                        |           |        |
|------------------------|-----------|--------|
| 1. Mackenzie Padington | Blackfish | 351.78 |
| 2. Conner Skuse        | Blackfish | 258.31 |
| 3. Aleah Jordan        | Orca      | 250.21 |
| 4. Sydney Boyle        | Orca      | 250.15 |
| 5. Austin Johnson      | Blackfish | 244.67 |
| 6. Kasey Lathangue     | Orca      | 228.64 |
| 7. Cianna Dunn         | Orca      | 225.17 |
| 8. Melayna Beaudin     | Orca      | 222.95 |
| 9. Jenna Beaudin       | Blackfish | 219.09 |
| 10. Sabrina Jordan     | Blackfish | 211.15 |
| 11. Heather Cooke      | Dolphin   | 201.49 |
| 12. Jasmine Skuse      | Orca      | 196.32 |
| 13. Cailyn Collis      | Orca      | 186.55 |
| 14. Maya Ruehlen       | Orca      | 160.66 |
| 15. Catalina Manders   | Blackfish | 158.28 |
| 16. Maddy Kowalko      | Blackfish | 155.79 |
| 17. Cassidy Scott      | Blackfish | 142.79 |
| 18. Conner Milligan    | Blackfish | 127.18 |
| 19. Nicole Johnson     | Blackfish | 123.37 |
| 20. Kennedy Windle     | Blackfish | 112.95 |
| 21. Jennifer Miller    | Blackfish | 84.83  |
| 22. Karlyn Healy       | Senior    | 81.13  |
| 23. Bradley Cooke      | Dolphin   | 76.27  |
| 24. Amy Johnson        | Dolphin   | 70.52  |
| 25. Travis Lathangue   | Dolphin   | 69.08  |
| 26. Natalie Fair       | Blackfish | 65.30  |
| 27. Jared Perras       | Orca      | 60.50  |
| 28. Gage Windle        | Dolphin   | 58.97  |
| 29. Avery Moskal       | Orca      | 55.53  |
| 30. Camero King        | Dolphin   | 51.63  |
| 31. Ian Ralston        | Dolphin   | 46.23  |
| 32. Jared McInnes      | Orca      | 42.52  |
| 33. Liam May           | Dolphin   | 36.66  |
| 34. David Palmer       | Senior    | 35.02  |
| 35. Lilan Forsyth      | Dolphin   | 33.74  |
| 36. Julia Alguire      | Dolphin   | 32.13  |
| 37. Cole Reid          | Dolphin   | 30.89  |
| 38. Gosha Maruzhenko   | Orca      | 29.12  |
| 39. Rylan Valentine    | Dolphin   | 27.89  |
| 40. Holly Crosby       | Dolphin   | 15.28  |
| 41. James Sidhu        | Orca      | 12.43  |
| 42. Jane Nighswander   | Dolphin   | 10.96  |
| 43. Sara Laur          | Dolphin   | 10.90  |
| 44. Kiersten Padington | Senior    | 6.55   |

**Total time off 5132.08**

# LEADER BOARD PERSONAL BEST PERCENTAGE

|                         |           |       |       |   |
|-------------------------|-----------|-------|-------|---|
| 1. Cameron King         | Dolphin   | 15/15 | 100%  | 3 |
| 2. James Sidhu          | Orca      | 11/11 | 100%  | 2 |
| 3. Julia Alguire        | Dolphin   | 10/10 | 100%  | 3 |
| 4. Jared Peras          | Orca      | 4/4   | 100%  | 1 |
| 5. Alexandra Apedaile   | Dolphin   | 4/4   | 100%  | 1 |
| 6. Gosha Maruzhenko     | Orca      | 8/8   | 100%  | 2 |
| 7. Jocelyn Diemer       | Dolphin   | 3/3   | 100%  | 1 |
| 8. Kim Hiebert          | Dolphin   | 4/4   | 100%  | 1 |
| 9. Jane Nighswander     | Dolphin   | 5/5   | 100%  | 1 |
| 10. Chelsea Davies      | Dolphin   | 4/4   | 100%  | 1 |
| 11. Holly Crosby        | Dolphin   | 5/5   | 100%  | 1 |
| 12. Tyrin Kowalko       | Dolphin   | 4/4   | 100%  | 1 |
| 13. Joshua Martin       | Superfish | 4/4   | 100%  | 1 |
| 14. Mackenzie Padington | Blackfish | 32/33 | 96.6% | 5 |
| 15. Jasmine Skuse       | Orca      | 32/33 | 96.6% | 5 |
| 16. Natalie Fair        | Blackfish | 22/23 | 95.6% | 3 |
| 17. Travis Lathangue    | Dolphin   | 22/23 | 95.6% | 4 |
| 18. Nicole Johnson      | Blackfish | 17/18 | 94.4% | 2 |
| 19. Lilan Forsyth       | Dolphin   | 17/18 | 94.4% | 3 |
| 20. Liam May            | Dolphin   | 16/17 | 94.1% | 3 |
| 21. Rylan Valentine     | Dolphin   | 14/15 | 93.3% | 2 |
| 22. Maddy Kowalko       | Blackfish | 28/30 | 93.3% | 3 |
| 23. Heather Cooke       | Dolphin   | 24/26 | 92.3% | 4 |
| 24. Conner Milligan     | Blackfish | 24/26 | 92.3% | 3 |
| 25. Cailyn Collis       | Orca      | 21/23 | 91.3% | 2 |
| 26. Sara Laur           | Dolphin   | 8/9   | 88.8% | 1 |
| 27. Maya Ruehlen        | Orca      | 22/25 | 88.0% | 3 |
| 28. Sabrina Jordan      | Blackfish | 29/33 | 87.9% | 2 |
| 29. Avery Moskal        | Orca      | 21/24 | 87.5% | 1 |
| 30. Catalina Manders    | Blackfish | 27/31 | 97.1% | 2 |
| 31. Bradley Cooke       | Dolphin   | 12/14 | 85.7% | 3 |
| 32. Cole Reid           | Dolphins  | 18/21 | 85.7% | 2 |
| 33. Melayna Beaudin     | Orca      | 24/28 | 85.7% | 2 |
| 34. Gage Windle         | Dolphin   | 21/25 | 84.0% | 2 |
| 35. Ian Ralston         | Dolphin   | 12/14 | 85.7% | 1 |
| 36. Jerney McInnes      | Orca      | 5/6   | 83.3% |   |
| 37. Amy Johnson         | Dolphin   | 14/17 | 82.3% | 1 |
| 38. Kasey Lathangue     | Orca      | 21/26 | 80.7% | 1 |
| 39. Aleah Jordan        | Orca      | 23/29 | 79.3% | 2 |
| 40. Cianna Dunn         | Orca      | 29/37 | 78.4% | 2 |
| 41. Kennedy Windle      | Blackfish | 38/49 | 77.6% | 3 |
| 42. Cassidy Scott       | Blackfish | 28/38 | 73.6% |   |
| 43. Sydney Boyle        | Orca      | 28/39 | 71.7% | 2 |
| 44. Austin Johnson      | Blackfish | 26/37 | 70.3% | 1 |
| 45. Conner Skuse        | Blackfish | 34/50 | 68.0% | 1 |
| 46. Jenna Beaudin       | Blackfish | 33/50 | 66.0% | 1 |
| 47. David Palmer        | Senior    | 23/55 | 65.7% | 1 |
| 48. Jennifer Miller     | Blackfish | 22/46 | 47.8% |   |
| 49. Kiersten Padington  | Blackfish | 6/27  | 22.2% |   |
| 50. Karlyn Healy        | Senior    | 8/38  | 21.0% |   |

**Totals 883/1119 78.9% 94**