

NOVEMBER'S  
NEWS

NOVEMBER 8, 2008



## PRESIDENT'S REPORT—BRIAN SKUSE

## INSIDE THIS ISSUE:

CARRIE'S  
REPORT 2STORIES FROM  
COACH CHRIS 3-4

FUNDRAISING 4

MEET MANAGER 4

TEAM PICTURES 5

MINI WHALES 5

APPAREL 5

A month has gone by since our last newsletter and WOW do we have a lot of changes! First off, I would like to welcome our new head coach Chris Koopmans who started with the Killer Whales October 15th! He brings with him years of coaching experience which we feel confident he will pass on to our swimmer's at all levels! Welcome Chris! Thank you everyone for your patience and understanding during our search for a head coach. I hope we will all move forward from this point on and focus on the positive things that will be happening in our club. A big THANK YOU to Coach Carrie who, once again, kept the workouts and training going

during our transition period!

We will be hosting our first swim meet: the Winter Classic on December 6. We will need all hands on deck as it is shaping up to be a busy and successful meet! Thank you to everyone involved for getting it started and we look forward to seeing everyone there participating and helping out!

It was great to see so many swimmer's at our first meet of the year in Nanaimo. There were many great swims, lots of best times and great team spirit. I think it is an indication of what a successful and fun year all levels of the Killer Whales will have. Great job

and keep up the hard work.

We will be having our annual Team Photo's on November 16 and 17th at the pool. Sue Reid will be coordinating this event. She will be distributing order forms in everyone's folders so please remember to check your folders.

We are currently planning our Fast Thursday for the end of the first session. We will be having our Christmas Wind-up at the same time. We'll let you know once the dates are finalized with the pool.

Have a great November!

Regards,

Brian Skuse

CRKW President

UPCOMING  
EVENTS:

- Duncan Swim Meet—November
- Team picture days November 16-17
- Fast Thursday December
- Christmas Party December

## HEAD COACH'S REPORT—CHRIS KOOPMANS

Time has just flown by in the past two weeks since I have been hired as your new Head Coach for the Campbell River Killer Whales. Being new to Campbell River, I have been very appreciative of

the warm welcome that I have received while observing all the different swim groups. I am still learning everybody's name, but have been really impressed with the energy and enthusiasm for our club and the sport of

swimming. This will go a long way in helping our swim club grow and become stronger.

It is clearly evident that our coaching staff, board of directors and parent volunteers have

## CHRIS'S STUFF



been working hard to make the Campbell River Killer Whales Swim Club a smashing success this year and for the years to come. They deserve our thanks and appreciation for their dedication to our club.

The swimmers have been doing a terrific job in the pool and this will no doubt lead to positive results in the future. Our first swim meet in Nanaimo has set up our young athletes for future gains and this is something to definitely be excited about.

Over the next few weeks, I will be focusing my attention on the following areas:

- 1) **COMMUNICATION** – I realize that this needs quite a lot of improvement. I ask for a little patience as we work out

the kinks in this area, but feel you will see a big improvement over the few weeks. I am now living here full time so I will be available for any questions you may have in regards to the program. My contacts are **Home** : 250-914-1214 **Club Cell**  
**Phone** : 250- 203 2254  
**Email:**  
[Chris.Koopmans@mac.com](mailto:Chris.Koopmans@mac.com)

- 2) **MENTORING our COACHING STAFF:** I have already begun this process over the past week by watching our coaches coach. We have a terrific team of coaches here at CRKW and I will help them develop their coaching skills to their fullest.

- 3) **INCREASED MEMBER-**

**SHIP** : Our club has a lot of potential to grow and I feel we should be taking advantage of this by working to increase our membership by this January. I am currently working on recruitment packages that will be ready for a push at the end of November.

I feel our swimming program will be a beautiful and meaningful experience that can give you an opportunity to continually challenge yourself to become better than you are within this supportive team atmosphere. I look forward to getting to know everybody on our team and look forward to working together to make our Club continually better.

Swimming Towards Excellence

Chris Koopmans

Head Coach CRKW

## ASSISTANT COACH-CARRIE MATHESON

Well my little swimmers, how are you feeling after your first meet?? I hope you are as proud of yourselves as I am of you. You are way ahead of where I thought you would be at this time in the season. Don't get me wrong, there still is lots of stuff we need to accomplish before the end of the season, but I think we are well on the way to obtaining all of our goals. Speaking of goals, this last couple of weeks we have started thinking about goal setting. What are our long-term goals, how can we break

them down into smaller steps. Also, how we can work on specific items each day to help us on the road to our goals. Wow, that is a lot to think about!! Make sure to bring your "swimming" brain to practice everyday!!

Now about practice ethics, during the last couple of practices we have spend a large amount of time learning how we can help each other as well as help ourselves. Hopefully, with spending this time on these issues, we can all work

together to improve each other's training as well as our own strokes. Remember, everyone is required to read the pace clock for themselves not relying on going 5 or 10 seconds after the person in front of them. Also, we need to be more respectful of each other while doing our dryland and swimming. Remember, we can only be as good as the people we train with, so it is your responsibility to swim the "smartest" you can in order to help everyone achieve their goals as well as your own. Keep on swimming!

# **Three Stories From Coach Chris**

## **BUSTING LOOSE!!!**

I have three little stories to tell you that are amazing, and true. They will provide you with a powerful insight into your inner strength that has inspired many athletes and teams to suddenly “**bust loose**” into dramatic achievements that they never dreamed possible.

**Parents please read these stories to your children and have a discussion together. You may even get some insights yourself.**

## **THE STORY OF THE ELEPHANT**

The elephant is the strongest “athlete” in the animal kingdom. But if you ever get backstage at a circus, you’ll notice something very strange about the way the trainers keep the elephants tied up.

Wrapped around the leg of the little baby elephant will be a great big chain, but wrapped around the leg of the huge elephant will be a flimsy rope. The elephant trainer will tell you that after a few months of straining against a big chain, the baby elephant will finally give up. After that, the trainer can replace the big strong chain with a weak rope, and the elephant will never notice the difference.

Even though the adult elephant could easily snap the rope with one mighty tug, he never does. Why? Because for long months of struggling, the chain has conditioned and convinced him to believe that it’s impossible.

## **THE STORY OF THE FLEA**

Believe it or not, the common flea is the greatest “jumping athlete” in the animal world. A jump of three feet by a tiny flea, is the equivalent to a human jumping one mile high!!!

If you’ve ever had the chance to see “trained fleas”, you know that somehow the trainer taught these little bugs to stay within a very small area on an open table top, and limit their jumps to only a two or three inches in height. These fleas could easily jump three or four feet off the table and get away.... But they seldom do. That’s because the trainer has kept them locked up in a small box with a three-inch ceiling. Every time the fleas would try and jump out of the box, they would crash into the ceiling three inches above.

Soon the fleas would become trained just like the elephants. They begin to believe that two or three inches is as high as they can ever possibly jump. And from then on, even when the trainer removes them from the box, the fleas will never try to jump any higher.

## **THE STORY OF THE BARRACUDA**

As a fish, the barracuda is one of the “fiercest” athletes in the animal kingdom. He is swift, powerful and confident.

In an experiment, scientists put a big barracuda and a little mackerel together in the same fish tank. The barracuda immediately swam over and ate the mackerel for dinner. Afterwards, scientists put another mackerel in the tank – only this time they put a clear plastic divider between the mackerel and the barracuda.

Now every time the barracuda tried to swim over to the mackerel, he would bump his nose against the invisible plastic shield. For two days the frustrated barracuda tried and failed to get the mackerel. Finally, desperate, confused and hungry, he gave up.

At that point, the scientists removed the shield, leaving the barracuda a clear path to the frightened mackerel. But the barracuda knew better. He knew from experience that it was “impossible” for him to swim to the other side. Imagine the poor barracuda’s surprise when the scientists dropped a second barracuda in the water, which immediately swam over and gulped down the tasty mackerel.

## **BUSTING LOOSE...**

These three stories share the same moral. Very often, the only things that hold a person back are the imaginary obstacles. Like the elephant, the flea and the barracuda, we’ve sometimes been trained and conditioned to limit our own potential.

For instance, if we do poorly at a sport when we were very young, we sometimes give up on that sport completely, thinking that we are bound to continue doing poorly, even when we are older.

If people tell us over and over that we’re too small, too weak or too clumsy to play a certain sport, we may eventually believe it.... And act like it....

If we believe the newspapers when they say that our team is a 21 point underdog, we might just live up to that prediction and lose that game.

If girls accept the opinion that they can’t do well in a certain sport – sure enough they might not even try out for that particular team.

If the record books ever convince us that human beings just can’t run faster, jump any higher or swim any faster, then we will never again break a new record.

Like the elephant, if we don’t believe we can break the rope, we won’t!

Like the flea, if we don’t believe we can jump higher, we won’t!

Like the barracuda, if we don’t believe we can swim to the other side, we won’t!

**How about you or your team? Have you been accepting someone else’s expert opinion about your athletic ability?**

**Is there a flimsy rope, imaginary ceiling or invisible shield standing between you and your goals? If so, busting loose may be easier than you think. A little belief goes a long way.**

I would like to congratulate all swimmers for participating in their first competition this year. I think you all did very well and I look forward to seeing your progress throughout the year as you Bust Loose from what is holding you back!!!

## Meet Manager Report:

Hello everyone! My name is Heather Miller and I'm the new Meet Manager for the Killer Whales.

It is almost time for us to host our first swim meet of the season and that means it is time for us to start asking for volunteers. We have a smaller club this year and we will need every family's help to make our meet successful. This first meet is a one day regional meet that takes place on Sunday, December 6. Whether your child is swimming in this meet or not, we would still appreciate all hands on deck that day. There are jobs for everyone to do and you can contact either Laura Boyle (officials@crkw.ca) or I if you are unsure of how you can help. Some jobs take only a short amount of time (helping set up, making food for the officials), while others are during the meet. Some of the jobs require no previous experience, so we can help you find the job that is right for you. For each job you will earn VPS points, and remember that you are required to help at swim meets if your child swims in the Silver level or above.

Sign up sheets for this meet will appear soon in the viewing area of the pool.

Remember that by volunteering you get the best seat in the house with food and drinks provided.

See you at the pool,

Heather Miller

meetmanager@crkw.ca



## \* Fundraising Report - November 2009

\* Here's what's happening in the area of FUNDRAISING...

\* Tag Day was a huge success!! A total of \$4258.43 was raised; thank you to all those who participated and to Suzy Scott for organizing this event.

\* We had another successful Poinsettia campaign this year. All money & forms are now in my possession and I'm in the process of tallying up the totals. The plants are being delivered to my house on the afternoon of Wednesday, November 25<sup>th</sup> so pick-up can happen that night or on Thursday, November 26<sup>th</sup>. I will return your order form at that point so you can then make your individual deliveries. I live at 327 Wayne Road (off Dahl Rd.) in Willow Point. Don't forget to pick up your plants... I don't want to be responsible for them any longer than I have to. 😊 Thanks.

\* Bottle collection continues at the *Encorp Return- It Bottle Depot* on Willow Street. Please ensure that "CRKW" and the swimmer's name and group are written on the back of the receipt. **Mini-Whale and Bronze people want to get their bottles in during the month of November in order for them to count towards their session 1 total. Fundraising Cheques will be cashed December 15<sup>th</sup> so any bottles returned in December will apply to their January numbers.**

\* The Fundraising Tracking sheet is posted in the viewing room; please check to see the status of your swimmer's account. Poinsettia and October bottle totals will be added shortly!



My name is Marisa Gorjeu and I proudly coach mini whales and bronze. I have been an active part of the killer whales for over 7 years, first competing with them and now coaching. Currently I am a grade 12 student attending timberline secondary] I am very pleased with the great amount of progress in my swimmers so far. They all have so much potential and I am very excited to what this season brings!

***CRKW Apparel***

If you need new gear, we can help. You will find the order form online at the CRKW website under the Team Gear button, or at the pool in the Apparel Order Form file. Fill it out and place into the Apparel file at the pool and we will contact you when your order is ready. Payment is due when you receive your order.

If you have any questions, please contact Janis or Craig at 286-0413 .

**DON'T DELAY.... THERE IS STILL  
TIME TO GET A FEW CHRISTMAS GIFTS!**

DON'T DELAY.... THERE IS STILL  
TIME TO GET A FEW CHRISTMAS GIFTS!



ATHLETE CENTERED, COACH DRIVEN,  
PARENT SUPPORTED

**DON'T FORGET THAT TEAM PICTURE DAY IS NOVEMBER 16 AND 17!! CHECK YOUR FILES FOR YOUR ORDER FORM**

**We will be having our first Fast Thursday in December....**

This is a great way to show your team spirit and have fun at our inter-squad meet. Who will be this years Champs????

Will it be Black or White? Make sure you come out and support your team!

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