

THE CAMPBELL RIVER



KILLER WHALE COMPETITOR

ISSUE 3
NOVEMBER 2010



SWIMMING TOWARDS EXCELLENCE SINCE 1979

WHAT'S IN THIS ISSUE

1. Strathcona Pool Update
2. President's Message
2. 2010 Big Splash Awards
3. Fundraising Report
4. Head Coach Report
5. Apparel Report
7. Dolphin Superfish News

IMPORTANT DATES

Dec 4-6th – Schedule for swim workouts available

Dec. 10-12th X-Mas Cracker – Victoria

Jan 21-23 – VIR Short Course Championships

SPONSORED BY

STRATHCONA POOL UPDATE

Looks like we can see the light at the end of the tunnel. The latest update that I have received, is that we could be in the water starting somewhere around the weekend of December 4th-6th. The workmen have been laying the tile around the deck and have begun grouting. So now it is a matter of allowing the deck enough time to cure, then clean up, and re-fill the pool and get the temperature and chemicals correct. So it would appear that the dates given are possible, but I think we have all learned to wait and see.

I would like to thank all of the parents and swimmers during this difficult time as we really did pull together. I received many positive and understanding emails in regards to our unfortunate situation that really convinced me, we will come out stronger as a club in the end.

It was terrific to see parents helping each other out with carpools to and from Comox on those early mornings. **THANK YOU!** I believe our swimmers got a lot out of practicing with the Comox Swim Club on so many levels, not to mention the enthusiasm that our swimmers brought to each of those workouts.

Someone recently asked me about our dry-land program and indicated that it will be a shame to end, when we get back in the pool. As you know I have been really happy with this part of our program and it will continue when we get back into the water, just that the sessions won't be as long. I wished I had filmed the first couple of workouts, where our swimmers struggled to do one push-up, or skip rope and had no idea what downward dog was. Yes they all have come along way and we will continue to develop all of those skills for the rest of the swim year.

We are planning to go to the Christmas Cracker invitational and although our training as not been ideal, I do see a lot of value in competing this swim meet. It will be our first swim meet for some of us in 6 months and I can expect will learn a lot and come back to Campbell River with that experience more motivated to train and pursue our goals.

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

PRESIDENT'S MESSAGE

Greetings Swimmers!

Well it's well into November now and there are rumors that we should be in the pool by the end of the month! I would like to thank everyone for their patience during this renovation period.

Thank you everyone who helped out at the Halloween Movie Night. I heard all the swimmer's had a great time.

With December approaching, as you have heard from your coaches, we are still going to the Christmas Cracker. I think this would be a great team builder for our swimmer's and a great first swim meet! I look forward to seeing many of you there.

Finger's crossed that we will be back in our "new" pool soon!
All the best,

Brian Skuse
CRKW President



2010 Big Splash Awards

The Big Splash Awards Gala (held Nov 29) will recognize outstanding achievements by Canadian swimmers and their coaches during the 2009-10 season.

"This red carpet gala will be an great night for Canadian swimming," said Pierre Lafontaine, CEO and National Coach for Swimming Canada. "We've revamped our awards gala to celebrate great achievements within our swimming family, and energize the younger generations attending this spectacular, fun event."

It was announced earlier that JUNO artist Shawn Desman would headline the musical portion of the Big Splash. Other big names such as Canadian artist Jesse Labelle, Mike Keenan (former NHL coach), Olympians Anne Ottenbrite, Sandy Goss, Steven Clark, Mike Brown, Joanne Malar and Alex Baumann will be amongst the stars setting foot onstage during the evening.

Nominees for the 2010 Big Splash Awards Gala are:

OMEGA Female Swimmer of the Year

Annamay Pierse – UBC Dolphins
Victoria Poon – Piscine Parc Olympique
Audrey Lacroix – CAMO/

OMEGA Male Swimmer of the Year

Ryan Cochrane – Victoria Amateur Swim Club
Stefan Hirniak - Victoria Amateur Swim Club
Brent Hayden – UBC Dolphins

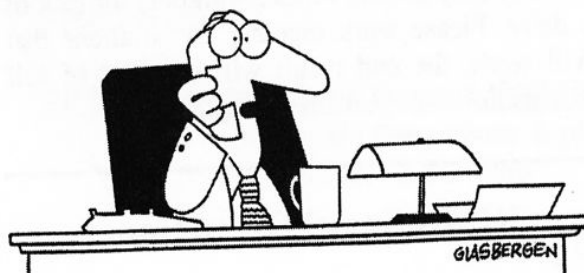
Open Water Swimmer of the Year

Simon Tobin – Université de Laval
Richard Weinberger - University of Victoria
Nadine Williams – Silver Tide Swim Club

Para-Female Swimmer of the Year

Summer Mortimer – DUCKS Swimming
Valérie Grand'Maison – McGill University
Chelsey Gotell – McMaster University

© 1998 Randy Glasbergen. E-mail: randyg@norwich.net
<http://www.norwich.net/~randyg/toon.html>



"When I was a small child, I had an imaginary friend who was always there for me when I needed him. Now that I'm the boss, I need him more than ever. So I've hired him as a consultant."

FUNDRAISING UPDATE

Great job on Poinsettia sales everyone! We sold 315 plants!! Pick up of the flowers will be SATURDAY, DECEMBER 4th from 12:30pm to 4:30pm at my house at 327 Wayne Road in Willow Point (off Dahl. Rd.) PLEASE show up as I don't want to be responsible for the plants any longer than I have to nor do I want to be trapped in my house all day waiting for people. Also, be sure to transport your plants in warm vehicles and delivery them to cozy homes. NEVER leave them on a door step... they will shrivel up and die!!



SPONSORSHIP SIGNS

Don't forget the NEW DEADLINE for is JANUARY 1st. A \$15 charge will be deducted from each sign to cover the cost of a THANK YOU photo for your sponsor. If you have your own business and do not want a picture of your own child please contact Karsha Dunn (bradz79@hotmail.com) so she can adjust the finances accordingly; otherwise, the \$15 will be deducted automatically. Just so you know, team photos will happen in January sometime.



If you need more Rocky Mountain Chocolate bars let me know. They come in milk chocolate, milk chocolate with almonds as well as dark chocolate and dark chocolate with almonds. You pay up front and then sell them at your leisure for \$3.25. Every bar sold gives you \$1 towards your fundraising. They would make great stocking stuffers or teacher gifts!!



I still have THRIFTY FOODS SMILE CARDS!! This easy program costs you NOTHING but gives the club 5% of your grocery purchase. The company has pledged us up to \$2500. Let me know if you (or a relative) want one!! The more we get into circulation the more money we will get!!

UPCOMING FUNDRAISER...

Stay tuned for more info on a partnership with PANAGO Pizza coming in the New Year.



If you want to know your FUNDRAISING STATUS just email me at kwindle@shaw.ca and I'll let you know. Happy Holidays everyone!!

Kim Windle

HEAD COACH'S CORNER

Developing the Skill of Concentration

In this issue of the "Killer Whale Competitor", I will begin to discuss how mental skills are a critical part of the preparation of an athlete for competition. There are however, steps that an athlete should take to be maximally prepared for peak performance, prior to arriving on the blocks

First, a definition of peak performance: it is "doing the absolute best you can under the present competitive conditions". In swimming, it is possible to have a "peak performance" in early season, mid season, or tapered at the final meet of the year, yet the results are likely to be very different in objective terms, due to the degree of physical preparation. It is important for an athlete to attempt a peak performance in each situation. Reaching your ultimate performance at the end of the year is a direct result of practicing to reach your peak all during the year. Like anything else, being a peak performer requires practice.

Most everyone who works in swimming and psychology agrees that there are some common traits of a peak performer. They are muscularly relaxed and have natural control of their breathing, they have developed into a state of concentration and they have prepared and excellent mental rehearsal of the races to come. Our topic today is about concentration.

IN THE BLEACHERS



"Well, Bob, you're cured. You may return to your team now and ... Look out!!"

Defining concentration is most difficult. It is almost easier to start with what it is **NOT**..... It is not meditation. It is not thought for thought's sake. It is a focusing ability, the ability to eliminate distractions from the mental attention of the athlete.

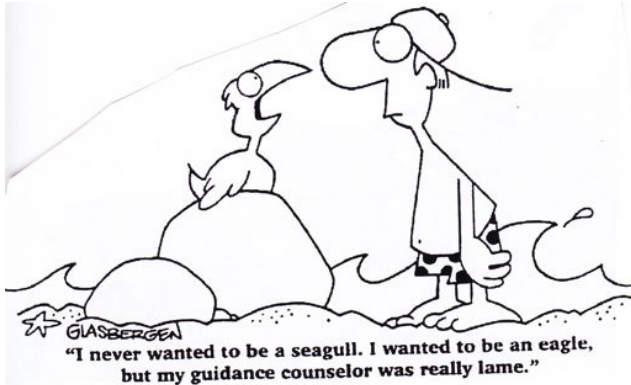
Typically, there are two models of concentration. Picture a group of radio antenna's on a hill. At first, all point in different directions. Many signals are received in one direction, and one signal becomes much stronger than others. Finally, we turn **ALL** of the receivers towards that one source. . . . and effectively tune out all other signals. That is an excellent illustration of the "receiving" model of concentration. The "sending" model is similar.... picture all those antenna's sending signals in different directions, then gradually aligning themselves to send one strong signal in one direction. In swimming, concentration is typically in the receiving mode. You can immediately see that an athlete who is not in the "Here and Now", as his/her antenna turned in some inappropriate directions. Being able to be ready for that moment is direct result of developing the skill of concentration. It is "tuning out" all that is not essential for the task at hand.

How does an athlete improve this ability to concentrate? First let's look at some of the characteristics of a concentrated state.

First, concentration must have an object.... There must be something to concentrate on. Second, it is easier to concentrate (to hold your attention on) on a complex object than a simple one. Try staying focused on a blank white wall. See how soon your attention wanders.

Now try to focus on an attractive member of the opposite sex. Note how much longer you can stay focused (Thank Heavens) **WHY?** The attractive member of the opposite sex has many more properties that can engage your mind, than does the blank white wall.

In the case of swimming, a perfect object is at hand literally. . . the water. Water has many properties; temperature, color, smell, taste, movement, weight and tactile sensations, to name a few. It is also perfect because it is what we work with to “do” our sport. We swim with the water. When an athlete wants to put him/herself into a concentrated state, you will now be able to more affectively mentally rehearse their event.



How does an athlete know he/she is in a state of concentration? Typically, if it is excellent concentration, he/she doesn't know.

Classic signs of concentration include a change in the perception of time, it either speeds up, or slows down. “Time flies when you are having fun.” Visual acuity may seem to improve. “I’m just seeing the ball really well now”, says .345 slugger on a baseball team. It seems to improve because more

brain cells are focused on the visual image of the ball. Tactile sensitivity may improve. “I can really feel the water moving on my body”. All of your senses may seem more sensitive. The process involves simply closing out the non-essential from your mind. When inappropriate thoughts creep into the attention, they are replaced with relevant thoughts. You cannot “Force something out of your mind” and replace with with something else.

Concentration is a skill in and of itself, and can be developed in a variety of ways including working first with your eyes closed in a quiet, non-disruptive environment, and then working gradually into the ability to focus on the object of concentration even when in a chaotic environment.

Next issue, we'll focus on some of the items and issues that are involved with creating and disrupting concentration in swimming and offer ideas on how to stay focused on your own object of concentration. Meanwhile, why not do some concentration practice yourself. It has been said that the art of concentration is the art form which all others arts flow.

Swimming Towards Excellence
Chris Koopmans
Head Coach of CRKW

Apparel Report

New gear has arrived! The new red jackets and black shorts look very sharp! If you ordered these or hockey jerseys and haven't heard from us yet –please call or e-mail us, sometimes it's hard to connect ☺

You can reach us at jandccormier@shaw.ca or 250-286-0413

For those who ordered Russell gear – hoodies or sweats, it's just being logoed and will be ready shortly.

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

Dolphin & Superfish - November News

The Dolphin and Superfish groups have been dryland training for the past couple of months in anticipation of our pool opening soon. Attendance has been steady and consistent with participation levels exceeding expectations. These groups of young swimmers are dedicated, enthusiastic and a real joy to be around.

Our sessions include running drills, soccer, distance running, stair repeats, strength training, core focus, and stretching. Also included have been opportunities for games, allowing the group to bond into a team through encouragement and support from each member.

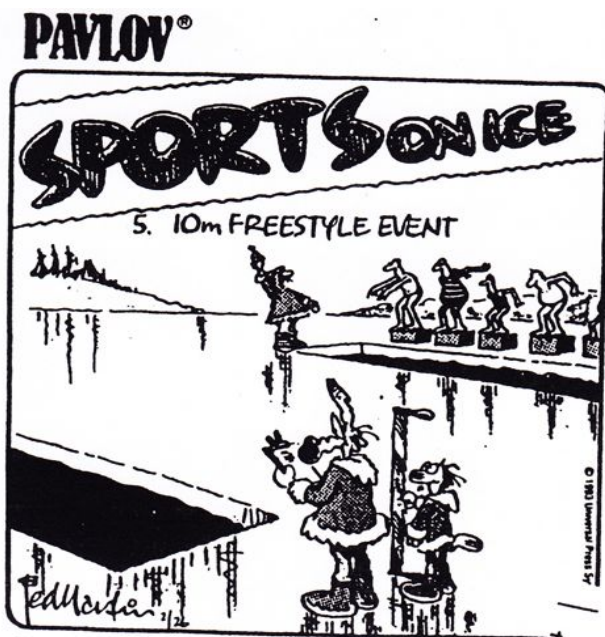
The group consists of swimmers in the 10 and under category with a couple 12 and unders as well. With such a young group it is expected that swimming improvements will occur almost immediately and frequently. Our dryland sessions will help build strength, stamina and endurance; all important components for swimming. From our most recent reports, we will be getting WET soon and will work towards our personal, group and team goals. Please do your best to stay healthy, keeping attendance and participation levels high. Through hard work, commitment and fun, we will soon forget that our pool was ever shut down.

Please do not hesitate to call, email or flag me down after workouts.

I have enclosed my cell phone number for your convenience. 250-830-4429

I can also be reached through email at dave@crkw.ca

Coach Dave



"Mrs. Hammond! I'd know you anywhere
from little Billy's Portrait of you."