

THE CAMPBELL RIVER KILLER WHALE COMPETITOR



ISSUE 3
November 2011

SWIMMING TOWARDS EXCELLENCE SINCE 1979

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IMPORTANT DATES

Dec 3 Poinsettia Pickup 6-8pm
Dec. 4 Poinsettia Pickup 1-5
Dec. 4 CRKW Winter Classic
Dec.9-11 X-mas Cracker Invitational
Dec. 25 Merry Christmas Everyone

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PRESIDENT'S MESSAGE

Hello all Swimmers,

Thanks to all of the people that attended and helped out for our "year end" awards banquet. It was great to see our pod of swimmers together having fun. Thank you to the coaches for arranging the awards and t-shirts.

Congratulations to all of the new swimmers who over-came their first swim meet fears and anxieties . It was great to see so many swimmers trying their best and really pushing themselves to their limits. As we go through November I am constantly amazed how quickly time is going. Our next swim meet is here in Campbell River on December 4. We will be looking for volunteers to time, officiate, set up/take down as well as other various jobs. If there is anyone out there that is "technically inclined" we will be needing some help with our timing computer. Please let me know if you can help in any way president@crkw.ca

I must say that things are going much smoother this year at this time compared to last year. If you have any questions or concerns, please contact me so that we can solve any issues quickly. I believe that open communication is key and imperative to a successful program.

Regards,

Brian Skuse



James Estes
"Have I been good? You mean that swimmin' good isn't enough?"

Swimming Towards Excellence With Head Coach Chris Koopmans

Congratulations to all those first year swimmers who competed at the Comox Super Six Invitational (their first competition ever) it was quite the sight to see. So many Killer Whales in the pool all racing their hearts out. Now that we have been in the water for 7 weeks we are starting to look like a competitive swim team and we are now a week away from hosting our own home meet, the Campbell River Winter Classic. As there is a lot of new athletes to the sport of swimming here are a few points you will need to know, and for those veterans read to re-fresh your memory.

These would include diet, warm-up/down, clothing and input from the coaches. Diet is very important and can always be improved upon. A swimmer should not drastically change their eating habits prior to a swim meet. However watch the quantity of food eaten before a swim. Swimmers should bring nutritional snacks to the pool and avoid foods high in sugar (the sweets) and energy drinks.

Sandwiches, muffins, granola, fruit and fruit juices are examples of good snacks. Avoid anything with high sugar as they provide empty calories and not much in lasting energy for the length of the competition. Sugar makes the athlete hyper and not ready to swim a controlled race. Yes they provide a quick boost in energy but this is short lived and is followed by a longer duration of low energy, (Remember we all want to get best times in all of our races), which usually hits the swimmer when they are on the block in their later races. Please stick to more complex carbohydrates that will do the job and provide the fuel for exceptional performance over a longer period of time.



"The pool was more fun when you let me splash you."

Fluids (water) should also be part of the snack. There is a lot of energy that is expended during the meet and this is evident by the presence of sweat. Yes they do sweat!! When an athlete is sweating he/she

is losing body fluids. A swimmer must constantly replace this fluid. For More information read my article [What should I eat?](#) , later in this newsletter.

Swimmers are to bring their team swim cap, t-shirt, and track suit, two pairs of goggles, two towels and flip-flops. The swim cap helps all swimmers swim faster not to mention keeping the long hair out of your eyes. Most of the best swimmers in the world wear two caps at competitions. The t-shirt and tracksuit help keep you stay warm between events. Why warm-up to become stiff due to not wearing adequate clothing? Swimmers need to stay warm not only to have their muscles ready to perform, but also to prevent injury. Flip flops are important as they help keep our body warm as well, remember you lose heat through your head and your feet the fastest. Now that its winter time , the pool deck and be a breezy place. When finished swimming get dried off and quickly put our clothes back on. Swimmers need to pair of goggles in case one break or goes missing, and both should have been tested on a dive. I have seen swimmers run up behind the block wiping out their goggles from the packaging only to dive in and have them fall off because they had not been tested yet.

During the swim meet, there should be communication between the swimmer and the coach. An athlete should know how she/he intends to swim a particular race, and should consult the coach before going behind the block. It is important that after each race, the swimmer comes back immediately to the coach to talk about the swim. This means the swimmer finds the coach and waits until the coach is free to talk to you. A coach does not have time to chase each swimmer to talk about the race and still do a good job with the rest of the group.

Lastly, all CRKW swimmers are expected to act responsible at all swim meets. Each swimmer is there to swim well, have fun and make new friendships. This includes listening to all officials, coaches and lifeguards. So put on your CRKW uniform and make our home meet a great success!!! GO FOR IT!

Chris Koopmans, Head Coach

FUNDRAISING UPDATE

If you have a fundraising idea please let me know. We can always use new and exciting money generators. Here is what is happening on the fundraising front:



Our first ever **BULB FUNDRAISER** was a hit!! Thank you to Pamela Goijberg for doing all the work! There's going to be some beautiful gardens this spring thanks to our sales!

TAG DAY was a GREAT success. We raised \$2355 and change!! Thank you to all who participated and to Suzy Scott for organizing!

POINSETTIA SALES were brisk this year with close to 400 plants sold. Well done! Pick up will be December 2nd (6pm to 8pm) and 3rd (1pm to 5pm) at my house at 327 Wayne Road (off Dahl). PLEASE pick them up when requested. I do not want to be responsible for the plants nor do I want to sit around all day waiting for people. Most plants are collected on time but there's always a few people I have to track down. Also, be sure to transport them in a warm vehicle and delivery to warm houses! DO NOT leave on doorsteps!!



NEW DEADLINE for SPONSORSHIP SIGNS this year: **Get your sign money in by January 31st.** Contact Karsha Dunn at kldunn@shaw.ca if you have questions concerning this fundraising option. Don't leave it to the last minute; go ask businesses NOW!!



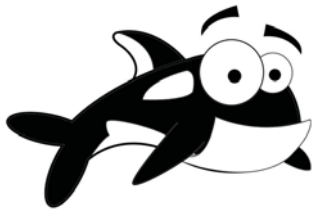
I would love to give out some **THRIFTY FOODS SMILE CARDS**. This easy program costs you NOTHING but gives the club 5% of your grocery purchase. The company has pledged us up to \$2000. Let me know if you (or a relative) want one!! The more we get into circulation the more money we will get!!

Don't forget to check out the Fundraising **TRACKING SHEET**, which is up in the viewing room. You can track your fundraising progress to date!

Kim Windle

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ORCA GROUP NEWS

The Orca swim group had an outstanding month of swimming in October. Our group worked hard refining skills in anticipation of our first competitive swim meet in Nanaimo. The results paid off, as the group performed at a very high rate, swimming to a 95.5% best time ratio. Out of 88 swims we only had 4 that were not personal bests. Outstanding!!

Now comes the hard part....to continue the momentum and keep improving. One of the reasons why our performance was so strong was because of a strong attendance figure. We had, as a group, an 89% attendance rate for the month of October. Combine that with keen attention to detail and hard work, we expect to keep improving. From a coaching perspective, this group is a pleasure to coach. We demonstrate tremendous potential and I fully expect our group to perform at the highest level possible. Our 10 and unders rival and surpass most programs on Vancouver Island. Through hard work and dedication (did I mention fun?) we should continue to build on our successes, in anticipation for the VIR Champs, where we will shine above all. Our 11 and over swimmers have also produced some breakout performances. They have displayed improvement that will continue to elevate them to the next level of swimming. Keep up the great work everyone. Let's keep it going! – Dave Healy

CAMPBELL RIVER KILLER WHALES SWIM MEET SCHEDULE

2011-2012



SWIM MEET	DATE	LOCATION	GROUPS
CRKW Winter Regional Meet	Dec. 4	Campbell River	Blackfish and Below
UVPCS X-Mas Cracker Inv	Dec.9-11	Victoria	Dolphin & Above
VIR 10 & Under Camp	Jan 14	Duncan	Selected 10& U
VIR Short Course Championship	Jan 20-22	Nanaimo	Qualifiers
TBA (Comox vs CRKW)	Jan28-29	TBA	Selected
Swim BC & VIR 12 & Under Camp	Feb 4-5	TBA	Selected 12 & U
BC "AA" SC Championships	Feb.10-12	Chilliwack	Qualifiers
Western Canadian Championships	Feb 16-19	Winnipeg	Qualifiers
CRKW Eliminator Invitational	Feb18-19	Campbell River	Whole Club
BC AAA Championships	March 1-4	Surrey	Qualifiers
Duncan Regional invitational	March11-12	Duncan	All those not at AAA's
Canadian Olympic Trials	March27-01	Montreal	Qualifiers
VIR Regional Meet	Mar. 25	Comox	To be determined
PCS WAVE MAKER INV	APR. 27-29	Victoria	Senior, Blackfish, Orca, Dolphin,
Zajac Jr International	May 25-27	UBC	Qualifiers
NRST Sprint Meet LC.	May 26-27	Nanaimo	Blackfish and below
VIR Long Course Championships	June 8-10	Victoria	Qualifiers
BC AA Long Course Champs	June 22-24	Victoria	Qualifiers
Duncan June Jamboree	June 23-24	Duncan	Blackfish & below
BC AAA L.C. Championship	July 5-8	Richmond	Qualifiers
BC Open Water Championships	July 9	Richmond	Qualifiers
Summer Senior Nationals	July 19-23	Edmonton	Qualifiers
Age Group Nationals	July 25- 30	Calgary	Qualifiers
2012 OLYMPIC GAMES	Jul28-Aug3	London	Qualifiers



DOLPHIN WHITE GROUP NEWS

The Dolphin White group consists of swimmers in the Dolphin group that are 11 years of age and older. For the most part they are a group that has past experience in competitive swimming. Although this group did not attend the Nanaimo swim meet, it has worked hard in the pool. Our attendance rate for the month was good at **82%**. The swimmers have worked hard, learning new skills and fine tuning old ones. If we can continue our strong attendance figure, coupled with hard work, our group will continue to improve and become a group that can have a strong influence for CRKW at swim competitions in the future. – Dave Healy



"I have a confession. I'm scared of swimming!"

DOLPHIN BLUE GROUP NEWS

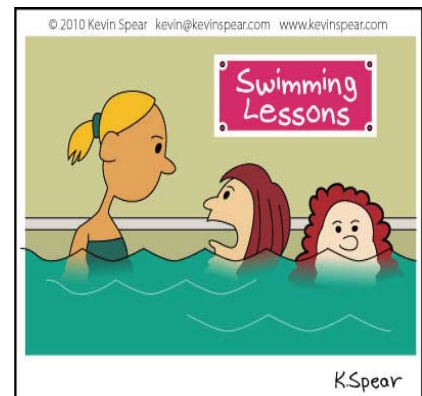


Well this little mighty group of athletes have been ripping up the pool since our last newsletter. Of course we have been practicing our streamlines and it is great to see that we can all get past the red line in the pool. Now we just need to continue to be consistent on this and soon we will be like Carson who can make it the whole length (without a breathe). Our attendance for the month of October was a record **87.6%** and it showed in the pool performances because the Dolphin Blue Group achieved 91.7% best times at this swim meet and led our club in time taken off with an outstanding 359.51 seconds. That is just amazing in such a short amount of time. A special congratulations to Bradley, Jocelyn, Carson, Kailee, Jessica Travis and Gage who all got 100% best times in Comox! Now we need to continue to work on our turns as that is one area we lost a lot time to our competitors on. Lets Go For It! Chris Koopmans



SEA WOLF GROUP NEWS

The Seawolf group is a new group to CRKW and one that is an important part of our program. This is a group of new swimmers that will feed our Dolphin and Orca group in the future. This young group of swimmers have displayed a strong desire to improve and is ready to jump into the world of competitive swimming.



"When are you going to teach us something valuable, like how to survive in the belly of a whale?"

Keep up the great work and great attendance figures. 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:

- 1) **Passion** – The fall in love with the sport
- 2) **Teamwork** – help the her swimmers
- 3) **Commitment** – they are willing to pay the price
- 4) **Purpose** – challenges themselves to be the best they can be through goals

First, Fall in Love with the Sport. Someone once said to me: “ To swim on a team is great. To swim and win a race is greater. To love the sport of swimming, well that’s the greatest.” If you are in love with the sport, you will study everything about it so you can perform at your best. Your ability to develop your best self varies **with your interest in the sport**: little interest, little development; **great interest, great accomplishment**. If you have a keen interest in your sport you will spend your spare time thinking and dreaming about it.

Second, Help the Other Swimmers. The importance of teamwork is obvious: for a relay team to be successful they must perform as one. But real teamwork goes beyond the obvious. It means **helping teammates** improve themselves. It means appreciating what they do for you. And it means understanding the positive force that can come from the special chemistry of **a team that truly works together**.

Third, Be Willing to Pay the Price. Many athletes fail because they neglect to do those things that would enable them to succeed in crucial moments. You won’t blame the referee for making a call against you if you spend the time necessary to perfect your game. You won’t eliminate errors altogether, but you will minimize the number. A smart athlete makes the fewest mistakes. A real athlete is willing to put in the effort to **master the sport**. This mastery will help him or her at crucial moments in a competition – he will be able to swim back to back events with little rest; she will be able to out touch her opponents when it is very close; he will still be able to perform on a Sunday late night final. In summary, the athlete who has paid the price the price of tedious training will become the “**clutch player**” under pressure.

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

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



CRKW SWIMMER OF THE MONTH

BLACKFISH GROUP

Name: Sabrina Jordan

Age: 13

Birthday: August 11, 1998

Favorite Stroke: Freestyle/Butterfly



Highlight of swimming career so far: Going to VIR'S and of course watching the WORLD Trials in Victoria last year.

Goals for 2010-2011 Swim Season: I would like to qualify for AAA's this year, but first I think I'll start with AA's . I also want to get better at Breaststroke so that I can get under 50 sec in the 50 meters.

Things I love about the Campbell River Killer Whale Swim Club: We are all soooo tight, there is nobody that I can say isn't like a brother or a sister to me. I love that we can laugh together, and how we cheer for each other.

My tip on training for the rest of the Killer Whales : Don't Give up!! Especially not on the main set!

My Favorite Set is: ANYTHING x 25 FREE on 1:00

I like my coach because: He is the best at giving criticism and / or compliments, and he pushes us so hard (that's a good thing) and he very persistent, understanding and awesome!

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

My MOTTO or Favorite Quote is : "They say man can survive 5 days without water, but not if he's on the swim team"

The last book I read was: An Abundance of Katherines , I gave it an 9 out of 10

When I grow up, I want to be a : Marine Biologist or an Olympic Swimmer or an Author or a Singer or an artists, so many choices

Coach's Comments: The month of October, Sabrina was on fire in the pool. Every set she was pushing not only herself but those around her to be better. Taking charge of the lane and leading! Wow! And this confidence paid off as she has taken off 122.79 seconds off so far this year which puts her on track for over 500 seconds taken off!!! Shoot for the Stars Sabrina!

DOLPHIN WHITE GROUP

Name: Ian jay Ralston

Age: 11 **Birthday:** February 13, 2000

Favorite Stroke: Freestyle



Highlight of swimming career so far: 32 laps at the swim meet and 50 laps at practice last Wednesday.

Goals for 2010-2011 Swim Season : To Beat my time all the time!

Things I love about the Campbell River Killer Whale Swim Club: Fun to be in and I love to practice all the time with my coach DAVE.

My tip on training for the rest of the Killer Whales : Listen to the coach.

My Favorite Set is: 800 freestyle

I like my coach because: he is funny and fun to be with, also he is tough and makes you work until you burn.

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

My MOTTO or Favorite Quote is : " Focus on your Work"

The last book I read was: Submarines , I gave it an 10 out of 10

When I grow up, I want to be a : Builder

Coach's Comments: I am very pleased to announce our Swimmer of the Month for October was Ian Ralston. Ian has been a source of inspiration to us all. His attendance rate for the month of Oct. was 88%. Ian comes on deck every day "ready to go". He has demonstrated a strong will to compete and push himself to be better. In addition, he has displayed leadership skills that all his fellow swimmers have learned to appreciate. Well done Ian! Coach Dave

CRKW SWIMMER OF THE MONTH

ORCA GROUP

Name: Jasmine Skuse

Age: 9 **Birthday:** April 18, 2002

Favorite Stroke: breaststroke



Highlight of swimming career so far: Swimming my first 1500 meter free in Comox and I'm 9!

Goals for 2010-2011 Swim Season : to get my 11 & under AA time for the 100 breaststroke

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

My tip on training for the rest of the Killer Whales : Work hard and you will go fast in a race! And show up to practice.

My Favorite Set is: 8 x 75 of 1m order Kick(no Board), Drill, Swim on 1:45

I like my coach because: he's cool, fun and makes us work hard!

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

My MOTTO or Favorite Quote is : " Practice Hard To Race Hard"

The last book I read was: Thea Stillton, I gave it an 9 out of 10

When I grow up, I want to be a : World record holder in the 200 meter breaststroke

Coach's Comments: The swimmer of the month award goes to Jasmine Skuse. As a member of the group, she has maintained a 96% attendance rate and a 100% Best time performance. On a daily basis she brings to the pool a positive attitude that is infectious to our entire group, not to mention her coach. A real team leader and supporter of all, it is a pleasure to recognize her for this ward. Keep up the great work Jasmine. Coach Dave

DOLPHIN BLUE GROUP

Name: Travis Lathangue

Age: 8 **Birthday:** March 16, 2004

Favorite Stroke: Breaststroke



Highlight of swimming career so far: Winning my heat in the 200 free in COMOX

Goals for 2010-2011 Swim Season : to get my first "AA" time

Things I love about the Campbell River Killer Whale Swim Club: I have a lot of friends and the coaches are nice

My tip on training for the rest of the Killer Whales : Kick harder!!!

My Favorite Set is: six kick switch

I like my coach because: he's funny!

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

My MOTTO or Favorite Quote is : " Fight now ,calm later"

The last book I read was: Charlie & the Chocolate factory, I gave it an 9 out of 10

When I grow up, I want to be a : Dentist or a video game programmer

Coach's Comments: What an improvement for Travis in the month of October, he has shown tremendous progress!! Travis has be developing his under water streamlining technique and racing the other boys around him. He has taken off 30.21 seconds at the first meet of the year and looks to surpass the 100 second mark!! He always rises to the challenge before him and has been trying to conquer his nemesiskicking. Keep it up Travis!!! – Coach Chris

A PARENTS GUIDE TO SELF –CONFIDENCE IN SPORT

HOW TO HELP YOUR CHILD BECOME A CONFIDENT SWIMMER

BY CHRIS KOOPMANS

The following article is one that I wrote for a club newsletter about 13 years ago. I am reprinting this article as I still believe that self-confidence is key to our athletes performances, and you the parent play a very big role in building and maintaining your child's confidence. As you already know, in our sport of competitive swimming nobody has the perfect race, there is always something that can be improved on and because of this a child's confidence can be shaken. Please read this article and see what you can do to help further your child's performance.

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

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

Over the years I faced similar quick-fix requests and have always failed to come up with a personally satisfying description. I now, more than ever, shy away from the Band-Aid solution and prefer to explain the psychological development associated with growth in sport. It takes years of physical preparation to reach an ultimate state of readiness. Similarly, the seeds for psychological success in swimming are planted early in the swimmer's career, taking years to emerge.

This article deals with a particular aspect of psychological development in sport, the development of self-confidence. It is aimed at parents of eight to fourteen years old age group swimmers, children who are in critical periods of psychological development. So for the parent who asked me that question in the parking lot

(about 7 years late) here are my views of how parents can help contribute to the "success" of their children in swimming.

1) Have your Child Focus on Progress Goals

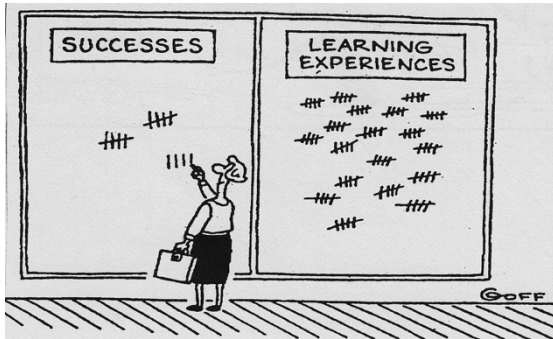
The idea of goal setting in sport is hardly new. Most often goals are set only in "outcome" terms. "I want to win the 50", or "I'm going to go 1:09 for my 100 free", are a common type of goal statements focused on outcome. You should encourage your child to set goals which will focus on the *progress*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

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

2) Have Your Child Make a Commitment

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

through June they will likely feel more confident with their abilities in the sport.



3. Make Sure Your Child Experiences Success

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

As a sport, swimming allows for little reflective satisfaction. Your child is always trying to get a little bit better, and is rarely happy with where they are. Every practice they work to swim better, yet believe the stroke is never good enough. Every meet they press to swim faster, yet never believe they are fast enough. Whether it is butterfly, will breaststroke, kicking, turns, sit-ups or reading the clock, every child has something they are good at. Talk to your child's coach and find out what it is, and then let your child bask in the glory of their ability.

4. Let Your Child Experience Failure

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

5) Avoid Constant Comparison With Others

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

6. Reward Their Efforts as Well as Their Accomplishments

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

7) Keep Rewarding Their Accomplishments

Rewards are great if they provide your child with information regarding their ability, and if you keep their use and intent in perspective. It gives your child some tangible evidence that they have produced a worthwhile effort or desirable result. BUT..... rewards can be destructive if your use them to bribe or control your child, or if the size of accomplishment doesn't justify the value of the reward. While it's fine to take the family out for pizza to acknowledge a great week of training,



problems may arise if you offer them \$100 to win a gold medal. Children lose sight of the inherent value of participation if they become interested in swimming only for the material rewards they can obtain as a result of their performances. Trying to “bribe” your child to perform or participate almost inevitably produces results contrary to your initial intent. You must remember that swimming can be inherently challenging and rewarding and strive to clarify that point in your child’s mind.

8) Encourage Your Child to Make Independent Decisions

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

9) Ensure That Your Child Accepts Responsibility for Their Decisions

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

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

10) Watch out for Subtle Verbal Cues

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

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

Before jumping in and commenting on a performance make sure you ask all the questions First. Like, What is your goal time? How did your coach ask you to swim it? What technical aspect have you been stressing lately? Try to get as much information about the swim before you give a comment.

11) Above All Be Consistent and Have Fun

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

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

Chris Koopmans , Head Coach of CRKW

Leadership Manifesto by George Ambler



[Photo by Wesley Fryer](#)

1. Leaders shape the future. Leaders bring change and leaders challenge the status quo. If there is no need for change, there is no need for leadership.
2. Leadership is a choice. Leadership does not just happen. Leadership is a choice we make to live our a vision and purpose daily.
3. Leaders are made and not born. Leaders know who they are, understand their unique purpose, strengths and skills. They use who they are to bring their vision into the present.
4. Leaders live their vision. They become the change that they want to see in the world. They set the example and show the way.
5. Leaders incite conversation. Leadership is about making a difference and driving change which stimulates conversation and debate. The ideas that get talked about are the ones worth talking about.
6. Leaders understand that character matters. Character establishes the foundation for trust. Without trust you cannot lead.
7. Leaders invest in themselves. Leaders take care of their emotional, mental spiritual and physical needs.
8. Leaders are results focused. Leaders initiate and make things happen.
9. Leaders inspire. Leaders cannot achieve their visions alone. They inspire others to come alongside and participate in the journey.
10. Leaders leave a legacy. Success is what we do for ourselves whilst legacy is what we do for other. A leaders legacy is what they do for other and how they have invested in and developed others.

WHAT SHOULD I EAT BEFORE, DURING AND AFTER A SWIM MEET?

Swim workouts help perfect your techniques and endurance, which will help your performances greatly. Weight training and dry-land exercises increase your strength which in turn increases your performances. The benefits of positive nutrition of conditioning and training. Nutrition can be your weak link or enhance your performance at a swim meet.

Some swimmers feel that physical training is a factor in top performance. This is not true. Your optimal performance depends not only on physical training but a combination of physical, mental, and nutritional needs being met.

So what's the best way. Your nutrition program should involve three parts. There is a plan for eating before, during and after swim competitions.

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BEFORE: Nervous tensions usually become a factor before swimming competitions. Your stomach is unsettled. These feelings are a result for stress and tension causing a decrease in blood flow to your stomach and small intestine, slowing down their activity. Stress can also increase acid in stomach. You may feel like you have butterflies in your stomach or its tied in a knot. Individuals have different feelings and reactions to the same food such that it is hard to give a specific menu. Most of the time its done by trial and error by the swimmers, but follow these guidelines:

- a) Choose food high in carbohydrates, the stomach can break down these foods fast such as – grains, rice, breads and cereals, potatoes, pasta
- b) Choose foods that are low in in fat and protein, bacon and eggs are not a good choice for a pre-meet meal
- c) Choose meats which are light digestible like turkey, chicken and fish
- d) Choose fresh fruits or canned fruits (watch the sugar) or dried fruits like raisin, figs, dates apples apricots

- e) Water is vital for top performance!! Dehydration causes fatigue, grogginess and muscle cramps- drink 1 cup of water for every 50lbs you weight about two hrs. before competing and 2 cups about 20-30 minutes before your race.

When you go to a meet try to eat a small meal about 2 hrs.- 4 hrs. before because you should have an empty stomach when you compete. Avoid greasy foods because the your stomach can not break down the oil fast enough and it leaves your stomach feeling heavy. Remember the food has go through your stomach then it will be processed into energy your body can use for competing.

DURING: During the competition the major goal is trying to keep yourself hydrated and maintaining energy. During the meet you should drink 1 to 2 cups of water or fruit juices regularly because your stomach can only absorb one quart of fluid intake an hour.

Over the hours of a meet you need to supply energy., from carbohydrates to maintain your energy storage. Foods such as muffins, breads, biscuits (I used to love digestive cookies) fresh fruits, dried fruits such as raisins , dates apples ect... all can accomplish an adequate supply of energy.

Foods such as chips, cheeses, pop, donuts and candy bars go against what your body needs at this time. Salt reduces water levels in stomach. Cheese, chips, chocolate bars , pizza slices and donuts are too hard to digest and will sit in the stomach during the entire meet session. Pop and coffee have large quantities of caffeine and this will dehydrate the body at the swim meet.

AFTER: As you can see, it is important to eat properly before and during a meet but a lot people forget that it is important to eat properly after that racing is done.

After the meet you have two major nutrition needs. One is to replace the fluid debt that has been developed over the meets duration. The second is to replace your carbohydrate or glycogen storage in your liver and muscles plus high protein and fat.

True champions not only develop winning training, mental and competition plans but they also have self-discipline in their nutrition plans.

REF: Nutrition by Linda Houtkooper MS RB

CRKW CLUB RECORD BREAKERS!!!!

Congratulations to the following swimmers who established a new standard for our club members to strive towards.

1. Cassidy Scott set a new record o **33.42** in the 11 & 12 girls 50 butterfly
Marissa Gorjeu previously held the record in 2005 with a time of 33.48
2. Jamsine Skuse set a new record of **27:38.91** in the 10 & girls 1500 free
No one previously dared to race it



The Christmas Cheer

(sung like Jingle Bells)

The Chorus

Oh, Swim Real Fast,
Swim Real Fast
Swimming all the way!
Oh what fun it is to swim
Almost every day!!! HEY!!

Swim Real Fast!
Swim Real Fast!
Swimming for the GOLD!
Oh What Fun it is to WIN
Almost everyday!!!! Hey!

Swimming through the water,
As fast as we can go.
33 for 50 free ,
For us is very slow!!!!

We win Free, Fly and Back
And don't forget the Breast!
But to tell you the truth
Our Relays are the BEST!!

Sing Chorus

By the Individual Medley

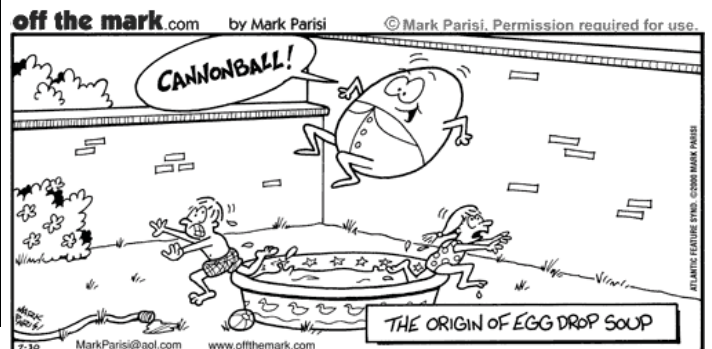
JUST REWARDS

Many will be shocked to find,
When the day of judgment nears,
That there's a special place in Heaven,
Set aside for Volunteers.

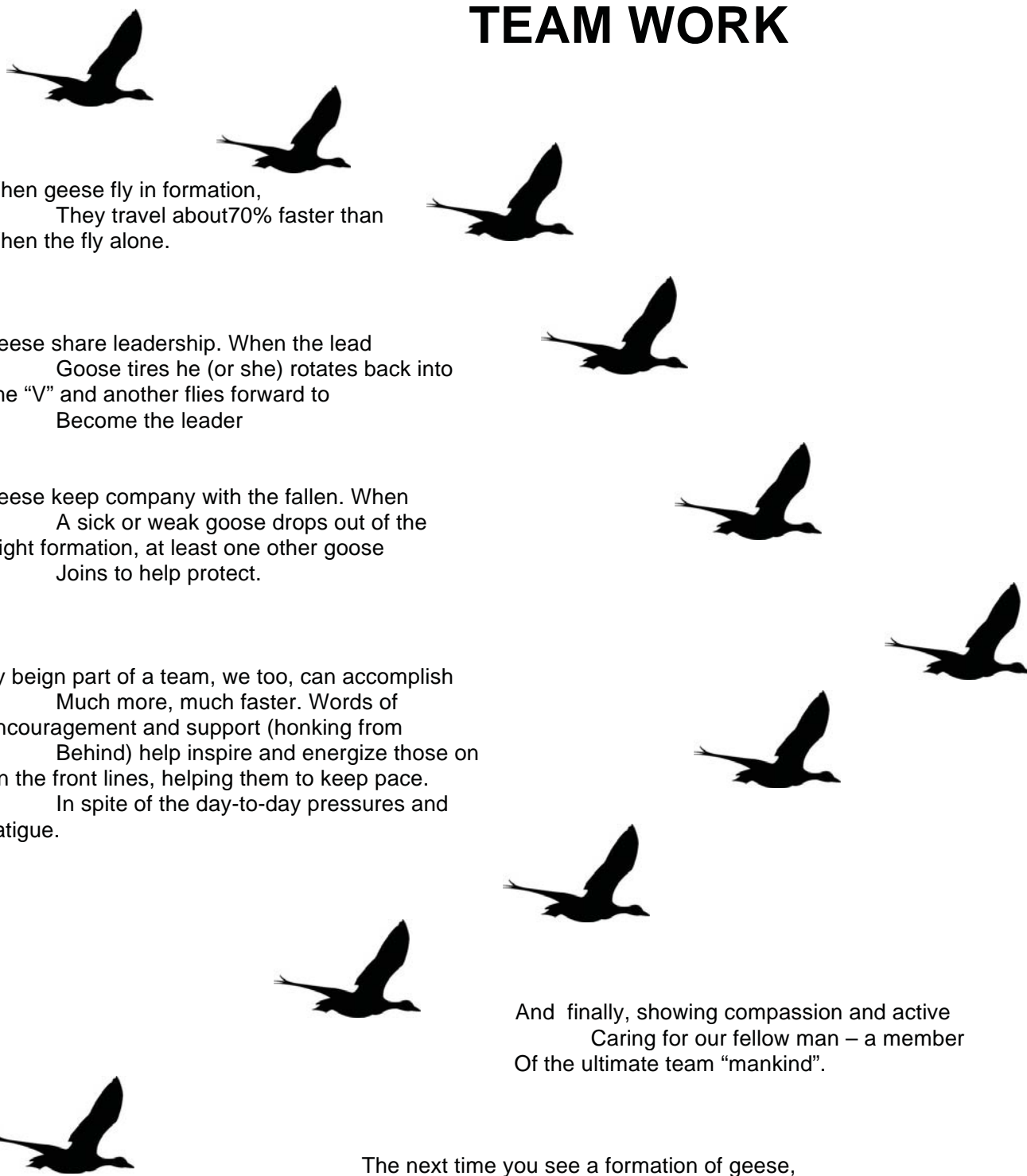
Furnished with big recliners,
Satin couches and footstools
Where there's no committee chairman,
No group leaders or carpools
'No eager team that needs a coach,
No bazaar and no bake sale.

There will be nothing there to staple,
Not on thing to fold or mail,
Telephone lists will be outlawed.
But a finger snapped will bring,
Cool drinks and gourmet dinners,
And rare treats fir for a king.
You ask, who will serve these privileged few,
And work for all they're worth?
Why, all those who reaped these benefits.
And not once **VOLUNTEERED on EARTH.**

A creative moment by Chris Koopmans



TEAM WORK



When geese fly in formation,
They travel about 70% faster than
When they fly alone.

Geese share leadership. When the lead
Goose tires he (or she) rotates back into
The "V" and another flies forward to
Become the leader

Geese keep company with the fallen. When
A sick or weak goose drops out of the
Flight formation, at least one other goose
Joins to help protect.

By being part of a team, we too, can accomplish
Much more, much faster. Words of
Encouragement and support (honking from
Behind) help inspire and energize those on
On the front lines, helping them to keep pace.
In spite of the day-to-day pressures and
Fatigue.

And finally, showing compassion and active
Caring for our fellow man – a member
Of the ultimate team "mankind".

The next time you see a formation of geese,
Remember that it is a reward, a challenge,
And a privilege to be a contributing member
Of a team.

ANONYMOUS

CAMPBELL RIVER KILLER WHALES SWIM CLUB SHORT COURSE RECORDS					
EVENT	10 & UNDER GIRLS	11 – 12 GIRLS	13-14 GIRLS	15-16 Girls	SENIOR WOMEN
50 Freestyle	32.33 S. Savard /1996	29.72 T.Padington / 2007	27.35 T. Padington / 2009	27.41 A. Gilbert / 2006	27.82 K. Rowbotham /2009
100 Freestyle	1:11.80 S. Savard / 1996	1:04.89 J. Cormier / 2008	59.00 T. Padington / 2009	59.64 K. Rowbotham /2008	1:00.86 K.Rowbotham/2009
200 Freestyle	2:45.12 J. Cormier /2006	2:20.29 T.Padington / 2007	2:08.17 T. Padington / 2009	2:09.94 K.Rowbotham/2008	2:13.70 A. Preston / 2009
400 Freestyle	5:45.92 J. Cormier / 2006	4:55.30 T.Padington / 2007	4:33.30 M. Kelly / 1990	4:34.82 M. Gorjeu / 2008	4:43.94 A. Preston / 2009
800 Freestyle	12:58.97 T.Padington / 2004	10:07.43 M. Kelly / 1988	9:18.18 T. Padington /2009	9:23.55 M. Gorjeu / 2008	9:46.83 K.Rowbotham/2009
1500 Freestyle	27:38.91 J. Skuse / 2011	19:29.28 T.Padington/ 2007	17:57.06 T.Padington /2009	18:02.52 M. Gorjeu / 2008	
50 Backstroke	39.37 J. Forrester / 2002	35.34 A. Bernard / 2004	32.00 A. Preston / 2006	31.52 A. Gilbert / 2006	31.06 C.Mabee /1992
100 Backstroke	1:24.49 A. Bernard / 2002	1:15.86 S. Kikuchi / 1999	1:07.83 A. Preston / 2007	1:07.65 K.Rowbotham/2009	1:04.64 C.Mabee /1992
200 Backstroke	3:08.40 J. Forester / 2002	2:39.73 J. Cormier / 2008	2:27.37 A. Preston / 2007	2:27.12 A. Preston / 2007	2:20.42 C.Mabee /1992
50 Breaststroke	44.47 T. Adamschek / 2008	38.08 A. Ellis / 1987	34.56 K. Rowbotham / 2006	34.47 K. Rowbotham /2009	36.86 J. Cybulski / 1998
100 Breaststroke	1:35.87 S. Sayard / 1996	1:21.84 A. Ellis / 1987	1:14.83 K.Rowbotham/2006	1:14.60 K.Rowbotham/2009	1:15.01 K.Rowbotham/2009
200 Breaststroke	3:27.88 J. Cormier / 2005	2:53.34 K.Rowbotham/2005	2:45.19 K.Rowbotham/2007	2:39.74 K.Rowbotham/2008	2:40.73 K.Rowbotham/2009
50 Butterfly	37.26 A. Preston / 2003	33.42 C. Scott / 2011	30.64 A. Preston /2007	29.93 A. Preston / 2009	30.67 A. Preston / 2009
100 Butterfly	1:25.23 A. Preston / 2003	1:11.94 2.Kikuchi / 1999	1:08.04 S. Kikuchi / 2001	1:06.01 A. Preston / 2009	1:06.31 A. Preston / 2010
200 Butterfly	3:39.22 J. Cormier / 2005	2:41.67 M. Gorjeu / 2005	2:30.89 M. Gorjeu / 2007	2:25.23 A. Preston / 2008	2:27.09 A. Preston / 2009
100 Ind. Medley	1:24.34 J.Cormier / 2006	1:19.92 S.Kikuchi / 1999	1:10.54 S. Burrell /1989	1:09.87 B. Row / 1991	1:14.99 K.McFarlane/ 2002
200 Ind. Medley	3:01.71 J. Cormier/ 2006	2:40.06 J. Cormier / 2008	2:24.77 S. Burrell / 1989	2:25.00 K.Rowbotham/2009	2:25.11 K.Rowbotham/2009
400 Ind. Medley	7:28.51 A. Bakker / 2002	5:36.91 J. Cormier / 2008	5:17.35 J. Guindon / 2009	5:01.78 S. Burrell / 1990	5:18.72 A. Preston / 2009
EVENT	10 & UNDER BOYS	11 – 12 BOYS	13-14 BOYS	15-16 BOYS	SENIOR MEN
50 Freestyle	31.36 C. Gorjeu /2006	28.27 T. Roberts /1989	25.88 A. Page / 2008	25.14 D. Palmer / 2011	24.76 D. Botsford /2008
100 Freestyle	1:10.10 C. Skuse / 2010	1:00.42 T. Roberts / 1989	55.71 A. Page / 2008	55.08 D. Palmer/2011	54.46 T. Healy / 1988
200 Freestyle	2:36.53 C. Gorjeu /2006	2:13.30 S. Pallan / 1987	1:38.98 A. Page / 2008	1:55.06 A. Page / 2009	1:55.00 T. Healy / 1988
400 Freestyle	5:30.10 C. Skuse / 2010	4:38.58 S. Pallan / 1987	4:10.92 A. Page / 2008	4:01.21 A. Page / 2009	4:07.33 T. Healy / 1988
800 Freestyle	10:49.49 C. Gorjeu /2006	9:52.10 S. Pallan /1987	8:24.87 A. Page / 2008	8:17.32 A. Page / 2009	8:57.16 T. Healy / 1988
1500 Freestyle	21:41.30 C. Gorjeu /2006	18:33.10 S.Pallan /1987	16:33.82 A. Page / 2008	15:37.83 A. Page / 2009	16:37.66 T. Healy /1988
50 Backstroke	38.58 C. Skuse / 2010	35.45 C. Gorjeu / 2007	29.66 A. Page / 2008	28.27 A. Page / 2008	27.19 D. Botsford / 2005
100 Backstroke	1:19.60 C. Skuse / 2010	1:13.73 R. Nuttall / 1994	1:03.22 A. Page / 2008	1:01.41 J. Stamhuis / 1995	58.46 D. Botsford / 2008
200 Backstroke	2:56.25 C. Skuse / 2009	2:36.52 T. Diagle / 2000	2:17.12 A. Page / 2008	2:10.76 J. Stamhuis / 1995	2:17.81 J. Stamhuis / 1996
50 Breaststroke	42.81 C. Gorjeu /2005	33.80 T. Roberts / 1989	32.56 T. Roberts / 1989	30.32 J. Stamhuis / 1995	30.08 T. Brekke / 1997
100 Breaststroke	1:32.35 C. Gorjeu /2005	1:11.70 T. Roberts / 1989	1:09.56 T. Roberts / 1990	1:03.15 J. Stamhuis /1995	1:05.76 T. Brekke / 1997
200 Breaststroke	3:19.49 C. Gorjeu /2005	2:36.12 T. Roberts /1989	2:29.91 A. Page / 2008	2:16.48 J. Stamhuis / 1995	2:22.15 J. Stamhuis / 1996
50 Butterfly	35.77 C. Skuse / 2010	31.93 A. Page /2006	28.57 A. Page / 2008	27.77 A. Page / 2008	26.84 D. Botsford /2008
100 Butterfly	1:23.43 C. Skuse / 2009	1:10.21 T. Roberts / 1989	1:00.74 A. Page / 2008	58.82 A. Page / 2009	1:01.89 T. Healy / 1988
200 Butterfly	3:11.72 H. Ramsey / 2003	2:37.41 A. Page /2006	2:13.39 A. Page / 2008	2:08.48 A. Page / 2009	2:17.32 T. Healy / 1988
100 Ind. Medley	1:26.17 C. Gorjeu /2005	1:11.79 T. Roberts / 1989	1:09.52 J. Calder / 2005	1:01.05 J. Stamhuis / 1995	1:02.25 D. Botsford / 2007
200 Ind. Medley	2:51.22 C. Gorjeu /2006	2:28.97 T. Roberts / 1989	2:14.96 A. Page / 2008	2:07.73 J. Stamhuis / 1995	2:12.33 J. Stamhuis / 1996
400 Ind. Medley	6:22.47 B. Hoyt /1999	5:20.27 K. Hancock / 1993	4:44.03 A. Page / 2008	4:31.18 A. Page / 2009	4:39.36 J. Stamhuis / 1996

Nov.10, 2011

Note To All Parents:

Please if you are coming on to the pool deck please remove your shoes before doing so. When a coach is at a swim meet or workout, or is dealing in some other capacity with a swimmer, parents should stay off the deck unless they have been assigned there. If you wish to speak with the coach, call him aside, hand him a note or best of all see him after the session. When possible, arrange appointments. Coaching from the side of the pool deck is not helping and can lead to mixed messages about what is the focus during that practice or meet event. If you have questions about how your child is being trained please talk to the coach directly. It would be a good idea to familiarize yourself with the team's philosophies which can be found in the club handbook located on our website. www.crkw.ca

