

THE CAMPBELL RIVER KILLER WHALE COMPETITOR



ISSUE 1
SEPTEMBER 2011



SWIMMING TOWARDS EXCELLENCE SINCE 1979

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IMPORTANT DATES

Sept. 14	Club Registration
Sept.13-15	Free Swim Assessments
Sept. 15	New Swimmer Registration
Sept.20-22	Free Swim Assessments
Sept. 22	New Swimmer Registration
Sept. 26	Swim School Begins
Oct. 3	Poinsettia Orders Start
Oct. 10	Thanksgiving
Oct.19	AGM
Oct. 22-23	Nanaimo Invitational
Oct. 29-30	Tag Day

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PRESIDENT'S MESSAGE

Welcome back swimmers!

I can't believe the summer holidays are over! Wow! Where does the time go? I hope that everyone had a relaxing and fun summer. I'm sure all the swimmers are getting ready to be back, training hard and swimming fast in the pool.

This year will be very different for us: we have a pool in September! The senior kids have already been training since early September and once registration occurs, the rest of the pod will be joining them. Coach Chris has been working hard all summer getting the program together, making a few changes here and there as well as getting ready for the upcoming swim season. Lots of new and exciting things are on the way for the Killer Whales this 2011-2012 season. I think this will be a very exciting year for everyone. Stay tuned for all of the new info coming soon!

We have a new apparel coordinator: Cori Beaudin. Craig and Janis Cormier, who were in charge of apparel for seven years, have retired and we are very sad to see them go. I would like to thank them for all of their hard work and dedication over the past several years. They will be greatly missed! Thank you Craig and Janis.

Our AGM will be October 19, so I hope that everyone will be able to come out and attend. You will receive 1 VPS per family so come on out to the meeting and find out what's new and upcoming with the 2011 swim season. We are ALWAYS looking for new ideas and new helpers. If you are interested in helping out or have any great ideas you would like to share with us, please come out to the meeting and voice your opinion and share your ideas. Stay tuned for more info regarding the AGM.

Lastly, we mostly communicate via emails so please ensure that Heather our registrar and Coach Chris have the most up-to-date email so that you don't

miss any pertinent information throughout the year. Please contact me if you have any questions or concerns and I look forward to a great swim season!

Regards,

Brian Skuse
CRKW President

Swimming Towards Excellence

With Head Coach Chris Koopmans

BUILDING ON LAST YEAR'S SUCCESS!

It's that time of year when we once again have the pleasant task of welcoming back those returning swim team members and greet the new members for the first time.

Last year the club was up against quite a bit of adversity to which many of our athletes were able to not only conquer, but excel in. This was not only due to the supportive team environment that we strived to create, but an unwavering positive parental and coaching staff support. Of course this was not easy, but a valuable lesson for those who took the time to understand it. This attitude change went along way in our club over coming obstacles and improving on a regional and provincial level. The Killer Whales were able to show tremendous progress in the Long Course Season, highlighted by more qualifiers than ever in VIR Champs (27 compared to 14 the year previous) and BC "AA" and "AA" championships, something for all us to build on this upcoming swim season. And to think, we did this all with out having a proper training regiment for 6 months.

Some of our highlights are:

Club Stats	2009-2010	2010-2011
Time Taken Off	6873.44	7175.81
% Best times	1208/1638 73.7%	1157/1443 80.2%
Heat Winners	288	244
VIR SC	7 th (1143)	7 th (832)
VIR LC	5 th (1051)	5 th (1405)
AAA SC	did not rank (0)	38 th (86)
AAA LC	33 rd (70)	24 th (304)

OUR CONFIDENCE AND EXPECTATIONS RISE!

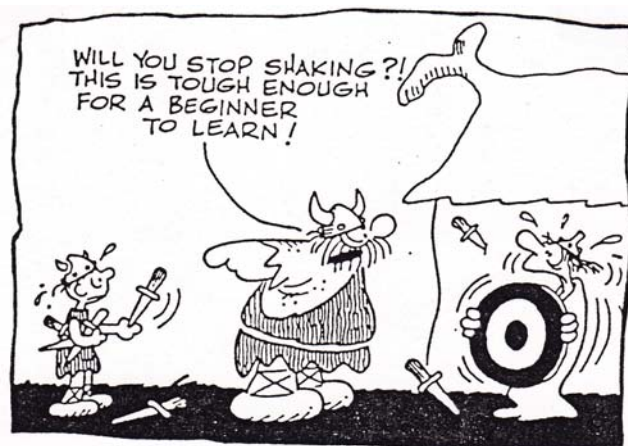
It was terrific to see our swimmer's progress so quickly over a few months of dedicated training. We now have higher expectations and a renewed confidence for this up coming swim season. Not to mention that it is an OLYMPIC Year where athlete's that have been dedicating themselves over the past 4 years, push themselves closer to their dream. With Only 314 days to the 2012 London Olympic Games we too can share in this journey. Let's all dream big and work towards our goals.

CLUB CHANGES OF LONG TERM DEVELOPMENT

"Success is a journey not a destination. The doing is often more important than the outcome" – Arthur Ashe – US Champion 1968, Australian Champion 1970, Wimbledon Champion 1975.

This year you will notice there is a few changes to our program, specifically the addition of new swim levels with in our club. This has been done to not only allow our club to grow in numbers, but to accommodate swimmers at most levels of development. In all of my previous swim clubs I had designed our programs to closely follow the LONG TERM ATHLETE MODEL that is now widely accepted across the country.

It is based on a scientific understanding of how a childs body grows, changes and develops and the most appropriate type of training and competition for that developing body. It recognizes, for example, that what would be appropriate training for a young adult whose major growth spurt was nearly over and whose muscles were developed enough to be working on strength training, would not be right for someone in late childhood whose body had not yet gone through those changes - and that it could in fact cause serious damage.



Throughout a swimmers development it emphasizes the refinement and development of swimming skills, particularly in the earlier stages, as the sound foundation on which to develop once the body has matured sufficiently.

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With Head Coach Chris Koopmans

While it is possible to train younger bodies harder to achieve early success, particularly those who are early developers, the danger is that without a solid technique foundation they will find themselves overtaken by those who have taken a more patient route, or even worse, will be forced to give up because of 'burnout' or injury.

It aims to avoid trying to produce children who peak at 11 or 12 - and who have given up swimming by 14.

Its aim is to ensure that swimmers will be able to reach their genetic potential as they mature based on a solid skill foundation, with healthy, well trained bodies and the mental skills and confidence to be still enjoying their swimming.

Virtually all young people will follow the same pattern of growth from infancy through adolescence to adulthood, but there can be significant individual differences in both the timing and magnitude of the changes that take place both mentally and physically and girls also tend to develop earlier than boys. For this reason the ages used are only guidelines - the physical stage of development of the child is much more important.



"I'm running away from home and I want to do it in under ten minutes a mile."

I can't tell you how many swimmers I have seen go through such a program and be successful later on in their swimming careers. Scientific research has concluded that it takes a minimum of 10 years and 10,000 hours of training for a talented athlete to reach elite levels. This factor is supported by The Path to Excellence, which provides a comprehensive view of the development of U.S. Olympians who competed between 1984 and 1998.

A successful long-term development program has three parts: the mental, the technical, and the physical.

MENTAL

The mental program aims to create a team culture based on a philosophy of "ARETE", an ancient Greek term referring to all-encompassing excellence. It teaches swimmers to think like champions on the understanding kids who think like champions act -and swim- like them. It teaches that fun results from improvement and that's winners should aim to improve in as many ways as possible with each practice. We teach these lessons through almost daily meetings to discuss the way of a champion and even more through the understood expectations about our methods in our organization. In addition to the motivational aspects of this mental training, we are also concerned with the cognitive, namely the whys of the sport: getting the swimmers to understand why we teach the strokes the way we do, why we do the kinds of training sets we do, why we train all four strokes and so on..... We want swimmers to be the students of the game.

TECHNICAL

We work on technique all the time, even in main sets that have a physiological focus. Swimmers should never mindlessly swim up and down the pool. We use a stroke catechism that breaks down each stroke into its fundamentals and we refer to these stroke points continually. Efficiency in the water matters. Beauty matters. Ugly strokes replete with thrashing and splashin signify that a swimmer is expending too much effort for the results they are getting.

PHYSICAL

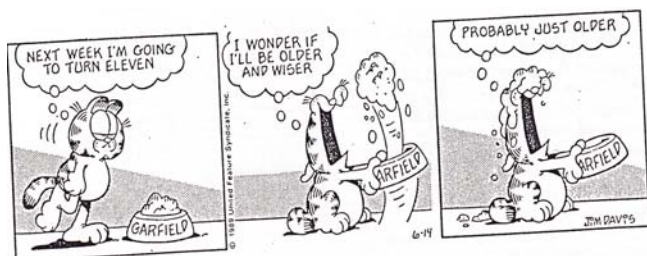
The program in the water emphasizes building an aerobic base through training all four strokes and individual medley. Usually each day's practice has one major focus and one major stroke, and you cycle through the strokes daily. For out of water training, we work on general athleticism (coordination, agility, quickness, core strength, flexibility in key joints) and play. As swimmers age and develop, their training

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needs to change dramatically. What is proper training for a 10 year old is not appropriate for a 14 year old. Generally as swimmer age and develop, the demands, skill levels and performance levels rise gradually.

Our Coaching staff integrates these three parts in every group in our club, with a positive attitude that gets our swimmers to swim positive and ultimately see their positive results. This will develop our swimmers for the long term but successful every step of the way.



THE CHALLENGE IS AHEAD OF US

"The ultimate reason for setting goals is to entice you to become the person it takes to achieve them."

Jim Rohn

We have a big job ahead of us, in re-establishing our swim club not only with in the region but in the province of British Columbia. Our club needs to develop an attitude of success, which will encompass our whole program. Not only success in the pool, but successful home meets, fundraising drives, membership, social activities ect... It will take all of use working together if we want our club to reach its potential in 2012. I am truly excited this year for our club to take on these challenges and meet them

Swimming Towards Excellence,

Chris Koopmans
Head Coach of CRKW

CLUB AWARDS BANQUETE

COME AND CELEBRATE THE
ACCOMPLISHMENTS OF THE
CAMPBELL RIVER SWIM CLUB FOR
THE 2010-2011 SEASON



Unfortunately we will need to change the date of this club event, so Stay Tuned for a New Date and Location



ONE OF THE SWIMMING GREATS!

During the Olympic Year, I intend to write an article about past swimming Olympians. Around this time of year I get very sentimental. My hero on November 13th, 1989 died in a Montreal hospital after he had been struck by a car. He always inspired me when I swam, especially because my stroke was also breaststroke. His Name was Victor Davis.



Victor started competitive swimming at age 12 when his coach Clifford Barry saw him swimming in a recreational swim in Waterloo, Ontario. Victor realized as a kid the competitive streak that ran through him when he and friend entered a charity SWIM-A-THON for fun. Davis completed 138 laps. His friend went on for 26 more, as Davis sat on the side of the pool, hating the taste of defeat.

“After that, I was even competitive at checkers.”

He took up full-time training at age 14. Davis was a world-record holder at the 200 breaststroke at age 18 after 4 years of commitment and hard work.

The swimming world first heard of Victor Davis in January 1981, when he recorded breaststroke victories at swim meets in new Zealand and Australia. On that trip, he and Alex Baumann became close friends. It wasn't until March of that year that Victor won his first national Championship, coming from behind in the 100 meter breaststroke to nip one of the greatest Canadian Swimmers of all time, Graham Smith.

He triumphed in both breaststroke events at Winter and

Summer nationals that year, and went on to win both at the Canada – West Germany – Soviet Unit, Tri-Meet in Heidelberg. A year earlier, Victor was just a consolation finalist at the Canadian Nationals.

Clearly he was becoming a force to be reckoned with on the international scene. His timing couldn't have been better.

For a while the New Zealand, Australia and Germany gold medals were fine international accomplishments, no one had to tell Victor they precious little in a year as big as 1982. So he started the new year off right, winning the prestigious U.S. Swimming International in Gainesville, Florida.

From there he coated to 5 gold medals at Winter Nationals, albeit with a n injured Alex Baumann watching from the poolside, and another couple at Canada's World trials. Then it was on to the biggest global swim meet in four years, the World Championships.

Victor aroused the interest of the Ecuadorians with his shadow-boxing, head dunking and hyperventilating that served to psyche him up before a race. For that matter, he piqued the curiosity of some of the other competitors as well.



“I think I'm a pretty emotional person”, he points out. ‘Ever since I can remember, I've been very hyper and emotional behind the blocks. I'm just getting ready. Its not a show, it's a natural thing. I need it. Everybody's different. Most of the times, I don't even notice it.’

His first race at Worlds was the 100 breaststroke, loosing by a fraction of a second to the American world record holder Steve Lundquist, arguably the best start and turns man in the sport.

“Another meter and that race is mine, “ a fiercely competitive Davis said later. His frustration is not easily disguised. “I had him I was closing. But I don't have the speed. I'm not a raw sprinter just yet.”

But the 200 is Victor's race and no one is going to deny him this one.

ONE OF THE SWIMMING GREATS!

Continued

"My strategy," he tells reporters, "is to go out smooth on the first 50, and make sure I'm in touch with the field at the 100, then leave 'em all behind."

And that's exactly the way it happened, en route to a world record of 2:14.77. It erased Great Britain's David Wilkies' 2:15.11 set at the Montreal Olympics in 1976.

After that swim Davis went on to split a 1:01.08 on the Canadian Medley relay, the fastest breaststroke split ever done.

"It was unbelievable," Victor says of he record much later. "To set your sights on one thing and spend years on it, years that come down to a couple minutes in one day."



Victor continues to train as well as feed his competitiveness. The year was 1984, and the place was the Los Angeles Olympic Games.

Victor roared to victory in the 200 meter breaststroke in a time of 2:13.34 a world record that stood for 5 years until Mike Barrowman of the United States broke it. He also raced his menaces in the 100 breaststroke Steve Lundquist to a silver medal. He also was able to help the Canadian relay win a silver medal narrowly beating the heavy Russian favorite.

After the 1984 Olympics the breaststroke started to evolve into a the wave style breaststroke that we all now do. This was a difficult time for Victor as it was very hard for him to change.

During the 1988 Olympic Trials, Davis swam a world record split in the 200 meter breaststroke the folded up coming home to finish third and not qualifying in his best event. "I didn't have the guts to finish", he said. He did qualify for the 100 meters, but that was not his specialty and he ended up fourth in the 1988 Seoul Olympics.

Still the Canadian team looked for leadership. In one of his final races of his career with Canada's men looking like they will be shut out of any medals (a first in

Canadian swimming), Davis swam a relay leg that typified what he as was about. His aging shoulders pulled him through the fastest 100 meter split in history (1:00.70) past the vaunted Soviets for a team silver medal. Many say he willed the rest of the team to perform beyond their capabilities. But that's what Victor prided himself in, his ability to win.

"This means 10 times more than L.A. – this is my gold for 1988." Davis said. "A lot of people thought it was impossible to beat the soviets. I never, ever, ever had a doubt."



It was the first time in two years he'd felt the kind of hunger that makes athletes great. 'I've got to feel numb, then I know that the adrenaline has filled every blood corpuscle in the body. Its not an easy thing to come about. There's an inner strength that has to be there, an inner strength that only the world's elite athlete's have."

For Davis, Victor wasn't just a name. It was a mandate.

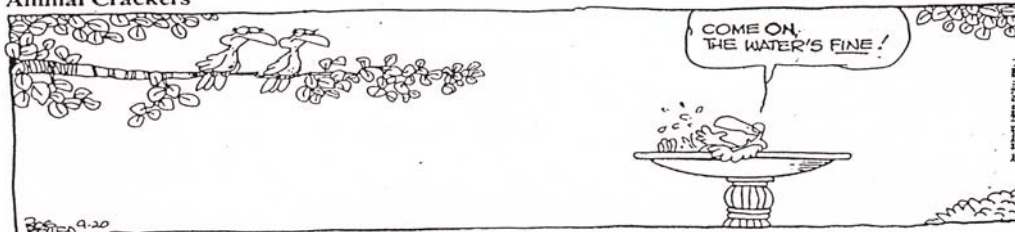
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Head Coach of CRKW

MENS 200 BREASTSTROKE LONG COURSE WORLD RECORD PROGRESSION

Time	Swimmer	Date	Place
3:09.2	 Frederick Holman	July 18, 1908	 London, United Kingdom
3:08.3	 Robert Andersson	April 18, 1909	 Stockholm, Sweden
3:00.8	 Félicien Courbet	October 2, 1910	 Schaarbeek, Belgium
2:56.6	 Percy Courtman	July 28, 1914	 Garston, United Kingdom
2:54.4	 Erich Rademacher	November 12, 1922	 Amsterdam, Netherlands
2:52.6	 Bob Skelton	March 21, 1924	 Milwaukee, United States
2:50.4	 Erich Rademacher	April 7, 1924	 Magdeburg, Germany
2:48.0	 Erich Rademacher	March 11, 1927	 Brussels, Belgium
2:45.0	 Yoshiyuki Tsuruta	July 27, 1929	 Kyoto, Japan
2:44.6	 Lionel Spence	April 2, 1931	 Chicago, United States
2:44.0	 Lionel Spence	April 1, 1932	 New Haven, United States
2:42.6	 Jacques Cartonnet	February 8, 1933	 Paris, France
2:42.4	 Erwin Sietas	March 16, 1935	 Düsseldorf, Germany
2:39.6	 Jacques Cartonnet	May 4, 1935	 Paris, France
2:37.2	 Jack Kasley	March 28, 1936	 New Haven, United States
2:36.8	 Alfred Nakache	July 6, 1941	 Marseille, France
2:35.6	 Joseph Verdeur	April 5, 1946	 Bainbridge, United States
2:35.0	 Joseph Verdeur	February 15, 1947	 New Haven, United States
2:32.0	 Joseph Verdeur	February 14, 1948	 New Haven, United States
2:30.5	 Joseph Verdeur	April 2, 1948	 New Haven, United States
2:30.0	 Joseph Verdeur	June 28, 1948	 New Haven, United States
2:28.3	 Joseph Verdeur	March 31, 1950	 New Haven, United States
2:27.3	 Herbert Klein	June 9, 1951	 Munich, West Germany
2:37.4	 Knud Gleie	March 14, 1952	 Copenhagen, Denmark
2:36.6	 Masaru Furukawa	April 10, 1954	 Tokyo, Japan
2:35.4	 Masaru Furukawa	April 10, 1954	 Tokyo, Japan
2:35.2	 Mamoru Tanaka	September 17, 1954	 Tokyo, Japan
2:33.7	 Masaru Furukawa	August 5, 1955	 Tokyo, Japan
2:31.0	 Masaru Furukawa	October 1, 1955	 Tokyo, Japan
2:36.5	 Terence Gathercole	June 28, 1958	 Townsville, Australia
2:33.6	 Chester Jastremski	July 28, 1961	 Tokyo, Japan
2:29.6	 Chester Jastremski	August 19, 1961	 Los Angeles, United States
2:28.2	 Chester Jastremski	August 30, 1964	 New York City, United States

2:27.8	 Ian O'Brien	October 15, 1964	 Tokyo, Japan
2:27.4	 Vladimir Kosinsky	April 3, 1968	 Tallinn, USSR
2:26.5	 Nikolai Pankin	March 22, 1969	 Minsk, USSR
2:25.4	 Nikolai Pankin	April 19, 1969	 Magdeburg, East Germany
2:23.5	 Brian Job	August 22, 1970	 Los Angeles, United States
2:22.79	 John Hencken	August 5, 1972	 Chicago, United States
2:21.55	 John Hencken	September 2, 1972	 Munich, West Germany
2:20.52	 John Hencken	August 24, 1973	 Louisville, United States
2:19.28	 David Wilkie	September 6, 1973	 Belgrade, Yugoslavia
2:18.93	 John Hencken	August 24, 1974	 Concord, United States
2:18.21	 John Hencken	September 1, 1974	 Concord, United States
2:15.11	 David Wilkie	July 24, 1976	 Montreal, Canada
2:14.77	 Victor Davis	August 5, 1982	 Guayaquil, Ecuador
2:14.58	 Victor Davis	June 17, 1984	 Etobicoke, Canada
2:13.34	 Victor Davis	August 2, 1984	 Los Angeles, United States
2:12.90	 Mike Barrowman	August 4, 1989	 Los Angeles, United States
2:12.90e	 Nick Gillingham	August 19, 1989	 Bonn, West Germany
2:12.89	 Mike Barrowman	August 20, 1989	 Tokyo, Japan
2:11.53	 Mike Barrowman	July 20, 1990	 Seattle, United States
2:11.23	 Mike Barrowman	January 11, 1991	 Perth, Australia
2:10.60	 Mike Barrowman	August 13, 1991	 Fort Lauderdale, Seattle
2:10.16	 Mike Barrowman	July 29, 1992	 Barcelona, Spain
2:09.97	 Kosuke Kitajima	October 2, 2002	 Busan, South Korea
2:09.52	 Dimitri Komornikov	June 15, 2003	 Barcelona, Spain
2:09.42	 Kosuke Kitajima	July 24, 2003	 Barcelona, Spain
2:09.04	 Brendan Hansen	July 11, 2004	 Long Beach, United States
2:08.74	 Brendan Hansen	August 5, 2006	 Irvine, United States
2:08.50	 Brendan Hansen	August 21, 2006	 Victoria, Canada
2:07.51	 Kosuke Kitajima	June 8, 2008	 Tokyo, Japan
2:07.31	 Christian Sprenger	July 30, 2009	 Rome, Italy

Animal Crackers



BUSTING LOOSE!!!

(Reprinted from Club Newsletter Nov. 2009)

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.

Killer Whales, I look forward to seeing your progress throughout the year as you **Bust Loose** from what is holding you back!!!

Swimming Towards Excellence
Chris Koopmans
Head Coach of CRKW



Campbell River Killer Whales Swim Meet Schedule 2011-2012

SWIM MEET	DATE	LOCATION	GROUPS
Nanaimo Invitational	Oct22-23	Nanaimo	Dolphin and Above
Comox Super Six Speed Meet	Nov5-6	Comox	Everyone
Island Invitational	Nov11-13	Victoria	Blackfish & SR
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



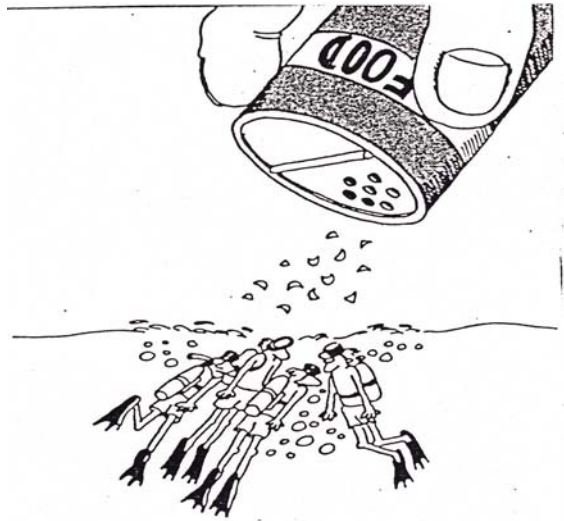
Swimming Techno Stuff

Yes, even swimming has gotten on to the Technology boom and has even made our lives a little easier

Top 10 swimming Apps

1. Live Results (where you find swim meet results fast!)
2. Go SWIM (excellent teaching tool)
3. Live results (Barton Wells)
4. Swim News
5. Swim Coach Plus HD
6. Swim Coach HD
7. Killer Whales – Swimming the Ocean
8. Freestyle Swimming
9. Breaststroke Swimming
10. FitVideo- Swimming

* Don't forget to join the CRKW Facebook page, loaded with lots of pictures from the club activities during the swim year ***



SOMETHING TO THINK ABOUT.....

A man sat at a metro station in Washington DC and started to play the violin; it was a cold January morning. He played six Bach pieces for about 45 minutes. During that time, since it was rush hour, it was calculated that thousands of people went through the station, most of them on their way to work.

Three minutes went by and a middle-aged man noticed there was a musician playing. He slowed his pace and stopped for a few seconds and then hurried up to meet his schedule.

A minute later, the violinist received his first dollar tip: A woman threw the money in the till and without stopping continued to walk. A few minutes later, someone leaned against the wall to listen to him, but the man looked at his watch and started to walk again. Clearly he was late for work.

The one who paid the most attention was a 3 yr old boy. His mother hurried him along, hurried but the kid stopped to look at the violinist. Finally the mother pushed hard and the child continued to walk turning his head all the time. This action was repeated by several other children. All the parents, without exception, forced them to move on.

In the 45 minutes the musician played, only 6 people stopped and stayed for a while. About 20 gave him money but continued to walk at their normal pace. He collected \$32. When he finished playing and silence took over, no one noticed it. No one applauded, nor was there any recognition.

No one knew this but the violinist was Joshua Bell, one of the best musicians in the world. He played one of the most intricate pieces ever written with a violin worth 3.5 million dollars. Two days before his playing in the subway, Joshua Bell sold out at a theater in Boston and the seats averaged \$100.00 each.

This is a real story. Joshua Bell playing incognito in the metro station was organized by the Washington Post as part of a special experiment about perception, taste and priorities of people. The outlines were: In a commonplace environment at an inappropriate hour, do we perceive beauty? Do we stop to appreciate it? Do we recognize the talent in an unexpected context?

One of the possible conclusions from this experiment could be: If we do not have a moment to stop and listen to one of the best musicians in the world playing some of the best music ever written, how many other things are we missing?

ZERO IN ON THE PERFECT PUSH-OFF

There are basically only two kinds of push-offs: good ones and bad ones. The good ones give swimmers a forceful burst of speed off every wall. The bad ones tend to grind to a halt before they ever get started. When a swimmer loses a race by a narrow margin, push-offs sometimes take the blame for the loss. By the same token, push-offs sometimes get the credit when a swimmer wins by a touch. Either way, it's easy to see that push-offs have the potential to make or break a race.

When performed correctly, a push-off employs the human body's most effective posture for minimizing resistance through water. And resistance-reducing measures are clearly called for since water is about 800 times denser than air. In fact, water is so dense that a bullet fired into a body of water will lose all velocity after traveling less than eight feet. It is water's tremendous stopping power that compels swimmers to minimize resistance whenever possible.

Once swimmers understand just how dense water is, they invariably want to know how this affects their swimming. The answer is that resistance increases

exponentially with speed. A doubling of speed equals a tripling of resistance when a swimmer is traveling beneath the surface. This same doubling of speed results in a quadrupling of resistance when a swimmer is traveling at the surface. A streamlined push-off is a potent countermeasure to the ever-increasing resistance that comes with speed.

In the world of the natural-born swimmers, the common dolphin travels at speeds up to 23 miles per hour. The barracuda can reach speeds up to 27 miles per hour. Human swimmers are slow by comparison, topping out at around six miles per hour. One reason for this is that the human physique cannot rival the sleek form of most aquatic creatures. A streamlined push-off is as close as swimmers ever get to fish-like form. This explains why swimmers routinely travel faster during their push-offs than they do when swimming all-out at the surface.

But a push-off only delivers speed if executed properly. And, as with any exacting skill, learning a proper push-off takes time and concentrated effort. To fine-tune a less-than-perfect push-off, a swimmer

should work at mastering the following push-off fundamentals.

1 To avoid the water's surface tension and any swimmer induced turbulence, a swimmer should push off no less than 12 to 24 inches below the waterline. Swimmers who require greater depth to take full advantage of dolphin kicking should angle their push-offs slightly downward.

2 When a push-off emanates from a flip turn, the swimmers feet should be planted on the wall 12 to 15 inches below the surface. Planting the feet too far down on the wall will usually result in a push-off that is improperly angled upward. For butterfly and breaststroke push-offs, the feet should be planted 18 to 20 inches below the surface. Planting the feet too high or too low can interfere with turn mechanics and diminish the effectiveness of the push-off.

3 Regardless of which stroke propels the swimmer to the wall, the push-off needs to be explosive. The swimmer's feet should be on and off the wall in 0.3 seconds or less. This leaves little adjustments – the incoming turn must precisely align the body in preparation for the push-off.

4 The angle of flexion at the knees, just prior to pushing off, should be somewhere between 90 and 120 degrees. A smaller

When a swimmer loses a race by a narrow margin, push-offs sometimes take the blame for the loss

angel indicates that the swimmer is too close to the wall and in a weakened position for pushing with the legs. It also means that the swimmer wasted time and energy swimming farther than necessary into the wall. If the angle at the knees is greater than 120 degrees, the legs cannot produce a maximum pushing force.

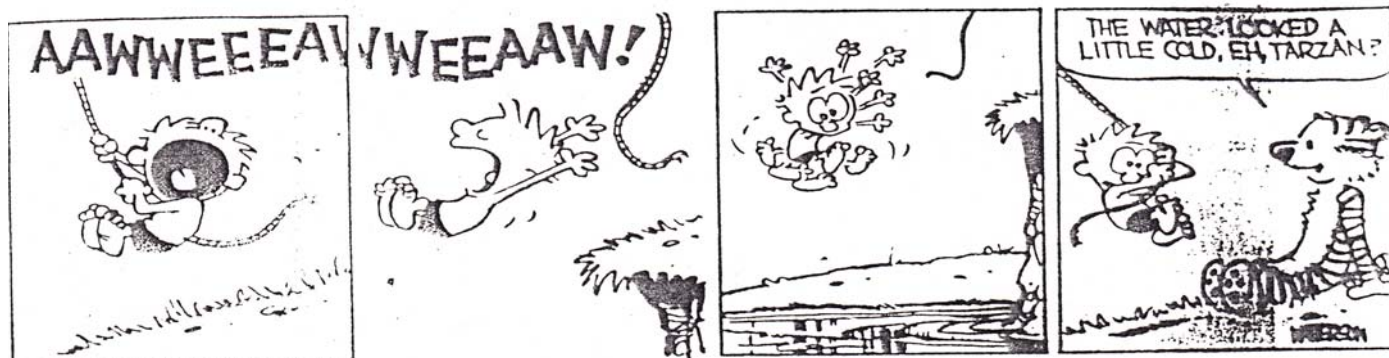
5 When the legs have been fully extended and the swimmer is leaving the wall, the body should be as straight as an arrow. The head should be in line with the body and the back should be as flat as possible. This enables the power of the push to travel in straight line

through the swimmer's ridged form. If the swimmer arches the back while the legs are still pushing against the wall, the arching motion acts like a shock absorber, preventing some of the pushing force from being transferred into forward speed.

6 Once the push is complete and the swimmer's feet have left the wall, water resistance begins to cause rapid deceleration. Within one second of leaving the wall, the glide generated by even the most dynamic push-off will slow to sub-swimming speed. To capitalize on the push off momentum, the swimmer must begin some form of propulsion

before this occurs.

Because the push-off takes place underwater, without fanfare, it does not have the lure of other racing skills, such as a high-profile start. But each race can only have one start – after that, the push-off is the mechanism by which swimmer launch themselves into each successive length of swimming. And although it may not be swimming's most glorious skill, a top-notch push-off is a valuable asset. Swimmers who understand this and master the push-off will have a decided advantage over the competitors who are less push-off proficient.



2011-2012 SWIM STANDARDS

This the word about the Swim BC Standards for the upcoming season...

"The SwimBC standards are approved by SwimBC's Technical Advisory Committee, and they voted to make the standards a little faster for 2011-2012. However, before we publish them, we're waiting to see what changes are coming in Swimming Canada's standards, particularly the Age Group Nationals standards, as we don't want to have BC standards that are faster than the Age Group Nationals standards. So, once we've seen Swimming Canada's standards (which are being worked on right now and should be ready in the next couple of weeks), we'll have SwimBC's 2011-2012 standards out shortly thereafter." – Mike Flegel Technical Director of Swim BC

So Stay Tuned.....

"It Couldn't Be Done" The Poem that Inspired Terry Fox to embark on his run across Canada in 1980.

The Terry Fox Run for Cancer Research



It Couldn't Be Done

By Edgar Guest

Somebody said that it couldn't be done,
But he with a chuckle replied
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.

Somebody scoffed: "Oh, you'll never do that;
At least no one ever has done it"
But he took off his coat and he took off his hat,
And the first thing we knew he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.

There are thousands to tell you it cannot be done,
There are thousands to prophesy failure
There are thousands to point out to you, one by one,
The dangers that wait to assail you.
But just buckle in with a bit of a grin,
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That "cannot be done," and you'll do it.

Sunday September 18th, 2011

Join us for the Terry Fox Run!



Next Issue:

Swimmer of the Month
Time Standards Update
Nutrition News

Group updates
Swim Meet News
Fundraising Update

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		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. Mabey /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. Mabey /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. Mabey /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	33.48 M. Gorjeu / 200905	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 S. 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

March 3, 2011