

THE CAMPBELL RIVER KILLER WHALE COMPETITOR



ISSUE 4
January 2012

SWIMMING TOWARDS EXCELLENCE SINCE 1979

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IMPORTANT DATES

Jan.20-22 VIR Champs – Nainamo
Jan. 14 VIR 10& Camp - Duncan
Jan. 29 Black vs White our pool
Jan. 29 Last Chance Time Trial
Feb. 4-5 BC 11&12 camp- Victoria
Feb.10-12 BC "AA" Champs –
Feb. 18-12 CRKW Eliminator Inv.
Mar. 1-4 BC AAA – Surrey BC
Mar.11-12 Duncan Invitational

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PRESIDENT'S MESSAGE

Happy New Year Killer Whales!

Hard to believe that Christmas has passed and we are into the New Year. I hope that every family had a wonderful holiday and are well rested and ready to work hard, swim fast and have fun in 2012!

Congratulations to Mackenzie Padington, Jenna Beaudin and Conner Skuse for breaking club records in their swims at the Christmas Cracker. It was great to see so many new and old Killer Whales there participating. Another congratulations to the whole team for winning the team cheer and supporting each other with such enthusiasm and effort. It is nice to see our Whales working together.

With January upon us we have Vancouver Island Regional's (VIR's) to look forward to and train hard for. I am hoping for a big CRKW turn out at this meet so work hard and swim fast.

Have a great January!

Regards,

Brian Skuse
President



HEAD COACH'S CORNER WITH CHRIS KOOPMANS

Happy New Year Killer Whales!!! Taking a look back, our club has really progressed over the past year and it is great to see all of our collective efforts help our swimmers to be in a position to achieve even more success in 2012!!!

CRKW WINTER CLASSIC INV.

Thank you to all the parents help make this a success for our club this year. We have not run a swim meet in Campbell River for over a year, but I believe we did a pretty good job pulling our Winter Classic off. Most of us have now been to other meets and can see the pitfalls of a not well-run swim meet and the affects not only on our swimmers but our sport. Currently we are still dependent to have officials form other clubs help us out to run a swim meet. I would strongly encourage our parent group to improve on their official's status (in other words get a higher qualification) so that we are not dependent on officials form other clubs coming to help us out. Not to mention that we are very thin is some positions currently held by club members, so keep your eye out for the next officials clinic to help out.

The performances at this swim meet were very good. The coaching staff was very happy to see our younger groups; Super Fish and Sea Wolf competing for the first time. They did very well for their first swim meet. Our club won this competition on our depth as a club and also took off **965.25** seconds which is almost 400 more than we did in 2009 when we last had this meet.

CHRISTMAS CRACKER INV.

The Campbell River Killer Whales set 5 club records at the PCS Christmas Cracker Invitational this past weekend. Over 800 swimmers and 38 swim clubs from Alberta, Yukon, the US and British Columbia competed at the Commonwealth pool in Victoria.

It was the first swim meet of the year where the athletes were able to compete in heats and

finals. This just added to the excitement and the Killer Whales thrived. I was really impressed with the racing performances that our swimmers showed, not to mention I could see some real improvement on our under water swimming and turns but we still have along way to go.

The year previous we went and did not score a point. This year we were as high as 9th but ended up 14th. I think if we would have had the full team for the entire meet we probably could have placed 10th. Relays are so important in team competition and being able to field extra relays can make all of the difference.

VIR Short Course CHAMPIONSHIPS

All those swimmers who have achieved a "AA" standard are eligible to swim at The Vancouver Island Regional Championships which takes place Nainamo on January 20-22nd. This years team that will be representing Campbell River are:

Women's Team: Julia Alguire, Jenna Beaudin, Melayna Beaudin, Cianna Dunn, Karlyn Healy, Aleah Jordan, Kasey Iathangue, Jennifer Miller, Avery Moskal, Mackenzie Paddington, Maya Ruehlen, Cassidy Scott, Jasmine Skuse and Kennedy Windle.

Men's Team: Deke Botsford, Conner Skuse and Gage Windle.

This year we are bringing a larger squad and hoping to improve on last year's 7th place.

BLACK VS WHITE MEET

Since the club's beginning 30 years ago, there has been an ongoing Black vs White interquad meet held through out the season, some times on a Thursday sometimes a on a Friday, this year it will be on a Sunday! Teams will be posted shortly. Last year the WHITE HOT won the trophy

(given out at the awards banquet). Also I will be running a time trial for those swimmers who will have their last chance to qualify for the BC "AA" Short course championships. So lets get out there and cheer them on!!!

CLUB RECORD BREAKERS!

Since our last newsletter, Killer Whales have setting a new records for up in coming swimmers to challenge for. So far our club has set 11 records compared to only three last year!!! I have say a special congratulations to Mackenzie Paddington who set a new club record in the 100 breaststroke that had previously stood for **24 years!!!** Wow!

1. Conner Skuse set a new record of **35.05** in the 11& 12 boys 50 backstroke at the CRKW Winter Classic Dec.4, 2011

Carter Gorjeu previously held the record in 2007 with a time 35.45

2. Jenna Beaudin set a new record of **1:18.63** in the 11 & 12 girls 100 IM at the CRKW Winter Classic Dec.4, 2011

S. Kikuchi previously held the record in 1999 with a time of 1:19.92

3. Mackenzie Paddington set a new record of **1:14.51** in the 11 & 12 girls 100 IM at the CRKW Winter Classic Dec.4, 2011

S. Kikuchi previously held the record in 1999 with a time of 1:19.92

4. Mackenzie Paddington

set a new club record of **1:20.88** in the 11 &12 girls 100 Breast at X-mas Cracker Dec.9-11,2011

A. Ellis previously held the record in 1987 with a time of 1:21.84

5. Mackenzie Paddington set a new club record of **1:04.62** in the 11 &12 girls 100 Freestyle at X-mas Cracker Dec.9-11,2011

Jocelyn Cormier previously held the record in 2008 with a time of 1:04.89

6. Mackenzie Paddington set a new club record of **2:18.89** in the 11 &12 girls 200 Freestyle at X-mas Cracker Dec.9-11,2011

Taylor Paddington previously held the record in 2007 with a time of 2:20.29

7. Jenna Beaudin set a new record of **2:37.46** in the 11 & 12 girls 200 IM at X-mas Cracker Dec.9-11,2011

Jocelyn Cormier previously held the record in 2007 with a time of 2:40.06

8. Jenna Beaudin set a new record of **2:36.50** in the 11 & 12 girls 200 IM at X-mas Cracker Dec.9-11,2011

Jenna Beaudin previously held the record in 2011 with a time of 2:37.46

9. Conner Skuse set a new record of **35.00** in the 11& 12 boys 50 Backstroke at X-mas Cracker Dec.9-11,2011

Conner Skuse previously held the record in 2011 with a time 35.05



FUNDRAISING UPDATE

Happy New Year parents & swimmers! I don't have too much to report this month. Here's the important stuff...

The payment deadline for Sign sponsorships is January 31st! Hopefully you have made contact with your sponsors already and you're all ready to go. Cheques can be left in the lockbox but please make sure it is obvious which swimmer it is for to help with the accounting process. Make sure you take the time to thank your sponsor for their support!! Let me know you'll be giving them a "thank you" photo sometime soon. Karsha Dunn is the one to contact if you have any signage questions. She can be reached at kldunn@shaw.ca.



January is a great time to take in all your holiday recyclables so make a trip to The Encorp Return-It Recycling center in Campbellton. All the \$\$ goes directly towards your fundraising. Please put your swimmer's name on the back of the receipt!

Stay tuned for further fundraising opportunities, coming soon.
KIM WINDLE



"Once you're bald, the eyes go next."



"What I really had in mind was something that would insulate me from criticism."

EQUIPMENT NEWS



Yahoo! Silicone swim caps are finally in stock. Silicone caps are easier to put on and remove. Silicone swim caps sell for \$16.00; latex caps sell for \$8.00. Contact Cori @ crkwapparel@hotmail.ca for all your apparel questions or requirements.



DAVE'S DIALOGUE

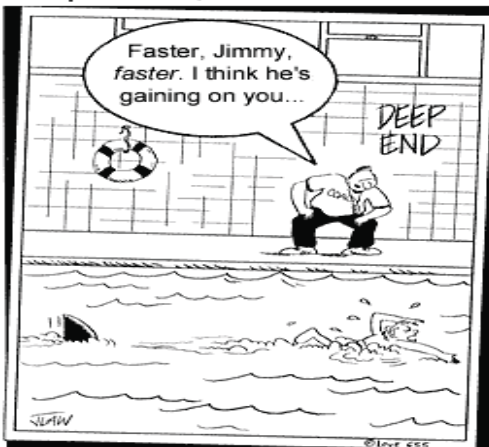
In an attempt to shorten my ranting, I will include the Sea Wolf, Dolphin White and Orca content into one report.

Our young swimmers were very busy recently training and competing at our Winter Classic swim meet and Christmas Cracker swim meet in Victoria. It was very encouraging to see not only a great attendance figure at the swim meet, but also some outstanding performances. Our young swimmers raced well and represented our club to the very best of their ability. As a team we are racing at a high percentage of personal best times. We are also winning a respectable number of Heat Winners. Other teams from around our region have taken notice and really respect our swimmers which is great to see. In addition to strong participation at swim meets, these young swimmers have been diligent with respect to attendance at practices. With so many distractions we have seen and maintained a minimum 85% attendance rate. We need to continue to build on the momentum that have earned and push hard through the remainder of the season.

As parents you will most likely see and hear different comments or remarks from your child returning home from practice. As you all know, a season has peaks and valleys. Expect your child to show or display signs of fatigue in the coming months. We will be instrumenting some rigorous workouts into their workouts, in pursuit of further, and hopefully, dramatic improvements. Staying well rested and healthy is paramount to their successes in the pool. Additionally some of our groups will notice new or departed swimmers. Swimmers will be "on the move" beginning this New Year in an attempt to provide the best, most challenging training environment for our swimmers. Some swimmers will be moving up, or staying at the same level. Regardless, the coaching staff has your child's best interests at heart and hope to have your support on this issue. Please make sure you contact us with any questions or concerns.



Snapshots at jasonlove.com



Mr. Pimble's controversial swimming class.

I hope you and we (CRKW) have an outstanding New Year....full of Fast Racing.!

Coach Dave Healy



DOLPHIN BLUE GROUP NEWS



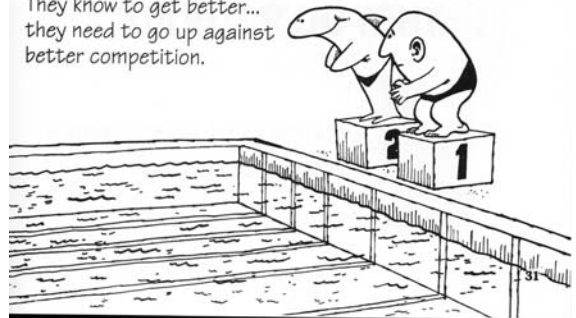
Congratulations to the Dolphin Blue group for their amazing performances at the CRKW Winter Classic. Our group achieved **83.7%** best times and more importantly our DQ's were down from the last meet. Special congratulations to the following swimmers who achieved 100 % best times at the swim meet, they were: Alexandra Apedaile, Kailee Fisk, Cameron King, Gage Windle and Cole Reid!!

It was great to see our turn work pay off as I could see some real improvement in this area. For the past 8 weeks the focus has been on free and backstroke and we showed lots of improvement in these areas.

The next weekend the squad travelled to Victoria for the Christmas Cracker Invitational. For some this was their first chance at a really big competition (over 800 swimmers) so we had some butterflies in our stomach. Here again we really performed well learning that we need to race faster swimmers to challenge ourselves. Congratulations to Bradley Cooke, Carson Dunn, Kailee Fisk, and Cameron King for achieving 100% best times at this meet. Overall our group had **93.6%!!!** WOW!!! Which is up from the Winter Classic just one week before.

WINNERS KNOW THEY MUST SOMETIMES LOSE TO WIN

They know to get better... they need to go up against better competition.



When I swam (many years ago) my coach would say, "You can't microwave a good swimmer!" In that it takes time to become a good swimmer. There is a process we all must go through with the ups and downs of trying to become better. So far I think our squad has done very well and am excited about the recruits that have been able to move up from the Sea Wolf Group. Over the next 8 weeks our focus will be on the other two strokes, Butterfly and Breaststroke. These two strokes are linked together with the breaststroke being the more technically challenging one. Our group will be getting ready for the Campbell River Eliminator in February and the Duncan Invitational in March.

WINNERS GIVE IT THEIR ALL...NOT THEIR ALMOST

They know if they want to move forward...they can't afford to hold anything back.



Our team swims in the Vancouver Island region and we have a 10& under standard for our region. There is an "A" standard and an "AA" standard for each event. At this time I would like to also congratulate the following swimmers for achieving an "A" time they are: Kailee Fisk, Jocelyn Diemer, Bradley Cooke and Cole Reid. Congratulations to Gage Windle who has several "AA" times. I believe by March we will have the majority of our group at the A standard, so let's go for it!

Coach Chris Koopmans

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: Catalina Manders **Age:** 13 **Birthday:** November 8, 1998 **Favorite Stroke:** Backstroke



Highlight of swimming career so far: Competing at "AA's" in Kelowna and Surrey

Goals for 2010-2011 Swim Season: I would like to qualify for long course AAA's this year, in 100 meter backstroke.

Things I love about the Campbell River Killer Whale Swim Club: We all care for each other.

My tip on training for the rest of the Killer Whales : The faster you go at practice; the faster you go at a swim meet.

My Favorite Set is: 20 x 50 flutter kick

I like my coach because: he pushes you to be better.

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

My MOTTO or Favorite Quote is : "Train hard, race HARDER!"

The last book I read was: The battle of the Labyrinth, I gave it a 10 out of 10!!!

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

Coach's Comments: This girl really knows how to live and breathe the word determination! Here results over the past month have been outstanding, she has improved on every test set, finally making the Kicker's Klub. She got a 100% best times at the Christmas Cracker and most improved at the swim meet. She has equaled her heat winner form last year and its only January. Every time I see her in the water she is working diligently on getting better, with an amazing positive attitude. Keep it up Catalina I sure you will surpass your goals this year!!! Coach Chris

SUPER FISH GROUP

Name: Samantha Tucker **Age:** 8 **Birthday:** January 4, 2003 **Favorite Stroke:** Breaststroke



Highlight of swimming career so far: her first swim meet!

Goals for 2010-2011 Swim Season : To have fun and be a better swimmer.

Things I love about the Campbell River Killer Whale Swim Club: Courtney is the best coach and I love skittles day!!!!

My tip on training for the rest of the Killer Whales : Try your hardest and believe in yourself!

My Favorite Set is: ??

I like my coach because: Courtney is nice and lots of fun!

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

My MOTTO or Favorite Quote is : " That's cool!"

The last book I read was: The Case of the Class Clown, I gave it an 8 out of 10

When I grow up, I want to be a : scientist or a marine biologist

Coach's Comments: Congratulations to Samantha for being swimmer of the month for Superfish! This swimmer always shows up to practice with a smile, and always tries, even if its after some persuasion. At her first swim meet Samantha did amazing, always listening to advice and ready for her races. I am looking forward to continue coaching her in the future. Coach Courtney Wilson

CRKW SWIMMER OF THE MONTH

DOLPHIN WHITE GROUP:

Name: Tamra McIntosh **Age:** 13 **Birthday:** November 6, 1998 **Favorite Stroke:** Freestyle



Highlight of swimming career so far: At my first swim meet, I had pneumonia, it's hard to swim so it was a challenge and I got through it ; I never been more proud of myself

Goals for 2010-2011 Swim Season : to be in a higher group.

Things I love about the Campbell River Killer Whale Swim Club: I love the swim meets!

My tip on training for the rest of the Killer Whales : Work hard and try your best!

My Favorite Set is: 150's freestyle

I like my coach because: he will try and help when I need him.

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

My MOTTO or Favorite Quote is : " Yesterday was history, tomorrow is a mystery and today is a gift that's why they call it present."

The last book I read was: The Red Pyramid , I gave it an 10 out of 10!! It was awesome!!!

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

Coach's Comments: Tamra is the Swimmer of the month for the Dolphin White Group. She is a new swimmer to the CRKW program and continues to improve daily. Tamra brings to the pool a great attitude and desire to improve. Her strong attendance and desire to work hard will guarantee her to have a bright future with us.

Congratulations Tamra, keep up the great work. Coach Dave!

DOLPHIN BLUE GROUP

Name: Kailee Fisk **Age:** 9 **Birthday:** February 28, 2001 **Favorite Stroke:** Breaststroke



Highlight of swimming career so far: Swimming in the 2011 Christmas Cracker in Victoria.

Goals for 2010-2011 Swim Season : to learn how to do fly properly.

Things I love about the Campbell River Killer Whale Swim Club: Training hard and participating in the swim meets.

My tip on training for the rest of the Killer Whales : Practice hard to win!

My Favorite Set is: 100 meter breaststroke

I like my coach because: he's funny and he makes us work hard!

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

My MOTTO or Favorite Quote is : "Do your best, forget the rest."

The last book I read was: Geronimo Stilton: Run for the hills Geronimo! , I gave it an 9 out of 10

When I grow up, I want to be a : Marine Biologist

Coach's Comments: Kailee was really improved over the past month. Simply put, every time she is in the water she gets better. She is now taking charge of the lane and leading, WOW! And this new confidence has paid off as she currently sits on top of the leader board with 3 swim meets at 100% best times. WOW!!! WOW!!!

Shoot for the Stars Kailee!! And keep working on your butterfly it is coming along!!!

Coach Chris

CRKW SWIMMER OF THE MONTH

SEA WOLF GROUP:

Name: Paige Beauregard

Age: 10

Birthday: July 8, 2001

Favorite Stroke: Freestyle or Breaststroke



Highlight of swimming career so far: The best part of swimming is the swim meets!

Goals for 2010-2011 Swim Season : to take time everything I do.

Things I love about the Campbell River Killer Whale Swim Club: I love how the coaches teach and how much they encourage you.

My tip on training for the rest of the Killer Whales : Listen to your coaches and if you don't get it ask a coach!

My Favorite Set is: My favorite drill is the streamline tumble turn game

I like my coach because: He is nice and he encourages us to do our best, if we do something wrong he stops and explains it us.

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

My MOTTO or Favorite Quote is : " Don't give up!"

The last book I read was: Lily Alone, I gave it an 9 out of 10!!

When I grow up, I want to be : not sure

Coach's Comments: Paige Beauregard is the recipient of the swimmer of the month award for the Seawolf group. She is a new swimmer to CRKW and brings a real passion for swimming. Her competitive spirit is evident on a daily basis as he works hard every day to improve. One reason for Paige's success has been her strong attendance rate and work ethic. Keep it up Paige. Coach DAVE!

ORCA GROUP

Name: Cianna Dunn

Age: 10

Birthday: February 23, 2001

Favorite Stroke: Backstroke



Highlight of swimming career so far: Getting my "AA" 11 year old time and qualifying to go to Chilliwack.

Goals for 2010-2011 Swim Season : When I am 11, I want to get a 1 year old AAA time

Things I love about the Campbell River Killer Whale Swim Club: Is they are very kind and in races they will cheer you on.

My tip on training for the rest of the Killer Whales : To never give up!

My Favorite Set is: 8 x 50 free sprint!

I like my coach because: He will work us hard and does fun things sometimes with us like spin the wheel.

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

My MOTTO or Favorite Quote is :

The last book I read was: Breadwinner, I gave it an 10 out of 10, really good book but sad.

When I grow up, I want to be a : Gold medalist or record holder in the 200IM

Coach's Comments: Cianna Dun is the Swimmer of the Month for the Orca group. Cianna has done a tremendous job in practice attaining %100 attendance and working very hard. She has displayed great leadership and sportsmanship. Her positive attitude creates a nice training environment and rubs off on her teammates. It is a real treat to have Cianna in our group and as a member of CRKW. Congratulations Cianna. Coach Dave!

Swimming Towards Excellence With Head Coach Chris Koopmans

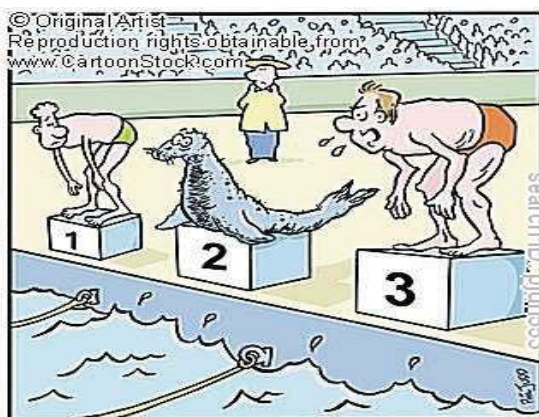
Helping your Teammates

The word "competition" is from the derivation of the old Greek language that means "**strive with**". Since to strive is to "**try**" and "**with**" indicates a cooperative effort, it is very appropriate that our sport is commonly called competitive swimming. We truly do strive with our opponents as we head down and back up the pool, always side by side, in the same direction.

The existence of a well matched opponent can help us overcome self imposed limitations on our performance, most swimmers will perform better and swim faster when they are challenged in workouts and swim meets by another athlete. In fact, most believe that without competition in practice and swim meets, it is difficult for any athlete to improve.

Competition being a vital ingredient in the improvement recipe, the everyday teammates enjoys, looms large and ultimately shapes their swimming future. Many great athletes have attested to the fact that they would never have achieved their success without talented and dedicated teammates to push them to new heights in workouts and meets.

This makes the success of our teammates one of the most important parts of **OUR OWN** improvement rate as an athlete. Remember we need them to compete ("**Strive With**") us daily.



"Are you sure this guy from Alaska is in a speed suit?"

How can we support and help our teammates???

1. **POSITIVE.** Positive words make for positive actions. The brief exchanges between swimmers resting at the end of the pool between swims in interval training are incredibly powerful. When the lane finishes a swim and everybody is groaning about "how hard that was", and "slow down, give us a break" and other similar language, the group is not going to work as hard....even if the intention is innocent. It will take extra effort to remain positive when those around you are being negative, but for your own success it is vital. Try countering their negative words with your positive ones.

2. **ENCOURAGEMENT.** Have a sensitive ear and mind when your teammates need some boosting. Everyone goes through some hard times in swimming where improvement does not come easily. Be a person who comes into the wall and encourages everyone else to keep going, or pick up the pace. Remind your teammates that race success is built now, in the practice, lap by lap.

3. **LEAD THE LANE SOMETIMES.** Take a turn in the front of the line. The same athletes don't always have to lead the lane. Pick a set where you can help the group and then do so. Lead and set the pace for others to follow, or simply move up somewhere in the lane thereby making easier for those behind to swim faster.

4. **RACE.** The faster the competition you face every day, the more opportunity for you to test your racing skills. So remember to take every opportunity race in practice every day. Make sure your teammates understand that you racing them, and them racing you is what will help everybody improve. Challenges are great for all of us. You don't stretch if you not challenged to do so.

5. **CHEER!!!** Root for your teammates and expect them to cheer for you. Your development is partially in their hands, theirs in yours. Your mutual verbal support is very important to one another. Let them know that you know they are capable of great efforts and great results and that you expect it of them. Great expectations lead to great performances!!!

.... **and how about your younger teammates.**

You have a very special responsibility towards your younger teammates. No matter what age you are, its your turn to pass this benefit along to your younger teammates. It is your chance to make the future better. Your own personal leadership will help not only a few teammates but our team as a whole.

What can you do for younger teammates??

Talk to them. The simplest and most meaningful gift of all. Simply recognize that they are there, and the are part of your team, and trying to accomplish some of what you already have accomplished.

Help them learn something, from how do to a flip turn, to how to pace a 100 meter butterfly, what kid of goggles are the best. Pass on your experience.

Treat them with respect. Ask what their times are in this meet, or if they worked hard at practice today, or if they learned breaststroke yet? Take them seriously.

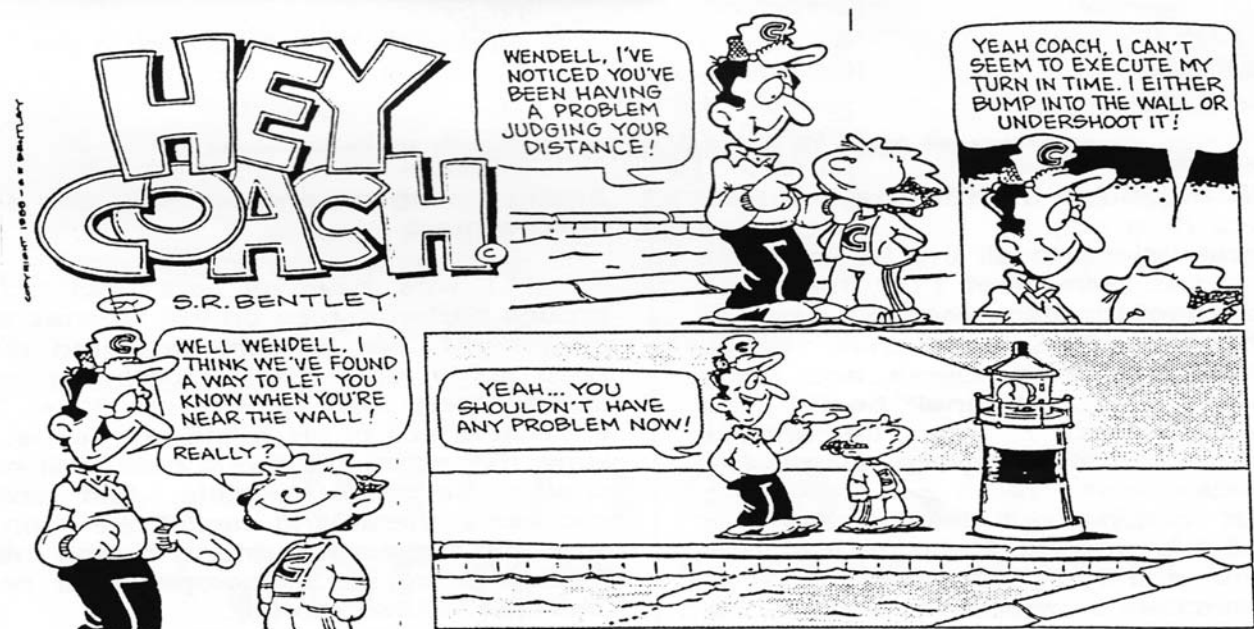
Congratulate them on doing something good, from getting into workout on time, to great flip turn, to picking up the boards after practice. Catch them doing something right and comment on it. Let them know you appreciate that they are helping the team achieve more.

Explain to them that a team has to work together to improve from the oldest and more accomplished swimmers in CRKW to the youngest beginner. Thate ach provides something to all the others, and that they have a role to play also.

And finally, make sure they **understand the nature of competition**..... that we train hard together, we race and push each other and if we did not help each other, our club's potential would be limited.

Your teammates, young and old, are the best allies you have in your quest to become the best **YOU**, you can be. Take care of them. And you'll find if you do, that they will take care of you.

Swimming Towards Excellence
Chris Koopmans
Head Coach of CRKW



The AQUAZOIDS!

By Brent Rutemiller

Dreams, visions, mental images and ideas are what make us, shape us, chase us or escape with us.

They inspire, perspire, retire and eventually expire with all of us.

They are the only thing that we can truly call our own!

Dreams can bind us, blind us, unwind us and easily waste time for us.

They can instigate action or remain stagnant in traction.

They are at our command!

One thing is for certain: there is no force more forceful nor a source more resourceful than our imagination.

No finer advice

Will ever be said,
Than to act out your dream
As it appears in your head.

So follow your vision
To accomplish a task.
Do the things you see
And create what will last.
Believe in your dream;
Set a high goal,
But spend your day
Acting out your role!



Swimming

By Amy Andersen age 11

I stand there, ready for anything.
Clearing my mind of everything.
I know what to do and how I do it.
Pull, pull, kick, kick, breathe, repeat.

I remember not to look at anyone and stay
focused.
I hear people arousing all around.
I see the bottom of the pool and I can't smell
anything.
I feel my body gliding somewhat through the
chlorine infested waters.

Flip turns take most of the energy.
Don't breathe before it.
Don't get too close the wall.
Pull, flip, push, streamline, kick like hell.

I may not win in the pool.
And I may not win on the board.
But I feel like I won if my time descends.
And I count that as a win in my heart.

CONGRATULATIONS KILLER WHALES

The following swimmers have been chosen for the Vancouver Island Regional 10 & under Campbell River Swim Club: Cianna Dunn Melayna Beaudin Jasmine Skuse Maya Ruehlen Aleah Jordan Avery Moskal Kasey Lathangue Julia Alguire Alternates are: Gage Windle , Cole Reid and Bradley Cooke

Wow Campbell River took 8 of the 24 spots available!!! Camp will take place in Duncan on January 14th.

The Following swimmers have been chosen for the 11 & 12 Camp to be held on Feb 4& 5. Mackenzie Padington, Kennedy Windle and Conner Skuse

SUPER FISH RED & GREEN SPLASH!

Hello everyone! Very excited too start off the New Year! Very proud of all the Superfish swimmers who participated in their first swim meet in the past year! Woohoo! You all did so good!! We just got to keep on trying to get better!!! Superfish swimmers should be ready to go in the coming season with their smiles and water bottles at the pool, and ready to get wet and have some fun! I enjoyed coaching all the kids last year and look forward to continue with it in the coming year!
Courtney Wilson!!!



SEA WOLF & Super Fish BLUE NEWS

Hi everyone! My name is Erin Dusdal and I am very excited to be a part of the Killer Whale Coaching team for 2012 working with the Seawolf and Superfish Blue Groups! This will be my third time coaching with the Killer Whales, the first times being back in 2000 and 2001. As well as coaching with the club, I grew up swimming both with Killer Whales and Salmon Kings. Additionally, I have coached summer and winter clubs across Vancouver Island and in the Okanagan for several years. Outside of swimming, my background is in Community Development and Social Work and I work full time in the community with the John Howard Society. Swimming has long been a passion of mine and I continue to swim myself. I am very happy to be back with this club and in Campbell River after having been away for so long! I look forward to meeting and working with everyone!

Thanks! See you in the New Year! Erin Dusdal