

Vice President's Remarks

Scott Brundle:

Wow, what an incredible week for swimming!

The awards banquet was a great success. Special thanks are due to Tom Malakos and the staff at Trent Winds for a great venue and meal. For those that are not aware, Tom donated half of the funds received for the banquet back to the club. The recent support of local businesses such as Trentwinds, Bill Storey GMC, and BMO are appreciated by the club and help with the long term development of the program. The parade of swimmers receiving credit for new club and regional records is evidence of the great progress that is being made under the leadership of our head coach Sean. Congratulations to all swimmers for a great short course season!

At the time of writing this we are approaching the half way point of the Olympic trials in Montreal. Jacquelyn Craft swam to a sixth place finish in the 100 BR last night and I managed to catch Cynthia swimming a great personal race in the 200 FR on line. www.swimming.ca There is still plenty of great swimming yet to come so be sure to check the web for results and tune into CBC for some of the races.

I will take this opportunity to pass along a thank you to our club president Robert Brown. Robert is the first to offer appreciation to the volunteers around him. Not only does he volunteer an incredible amount of time to the club he also sits on the Huronia regional board. My guess is that he is going to return from Montreal with some great ideas for the club. Thanks Robert for all your hard work.

Coach's Report

Senior/Junior Coach Sean:

Over the March Break, I took 6 swimmers to Santa Clara, California for a training camp. It was my first out of town training camp experience and I think that it went fairly well. The facilities were great as were the people who ran the facilities. Over the course of the week, we had 11 practices; of these, 9 were in long course meters and 2 were in short course yards. I thought that the swimmers did a great job at keeping the quality of training really high, even as

the week progressed and fatigue began to set in. Already the swimmers are looking sharper and their training is going very well.

The training camp took place in order to prepare those swimmers, who had qualified, for the Olympic Trials; as well as maximize swimming skills for those interested Senior swimmers. The excitement is certainly building, as the start of Trials quickly approaches; this is definitively thrilling time for the Trent Swim Club. We are sending seven qualifiers and two relay only swimmers. This may be one of our largest contingents ever. Another remarkable event happening almost simultaneously with Trials is our Region's LC Training Camp. The camp will have a long course training component, a long course quad meet with Toronto, London and Point Clair, and the swimmers will attend the last three nights of Olympic Trials finals. Trent will have six swimmers at this camp.

From a coach's perspective this is great, between relay only swimmers and Regional Camp swimmers Trent will have eight members at Trials to observe how athletes, coaches and officials handle the pressures of Olympic Trials, the emotional highs and lows, the quality of swimming necessary to get to that level and the excitement of the Trials. One could look at this as an advance screening in preparation for the 2012 Olympic Trials.

Division 1 Team Championships are also on the horizon. Those selected are going to have to be on their "A Game". Last year provided some very tough competition and this year will provide many opportunities for some intense racing. This year will also be the first time that Huronia Region has its own Long Course Regional Championship. This season also marks the return of swimming to the Ontario Games, and it has been moved from the Winter Games to the Summer Games. Selection to that team will be based on long course results and will target 13-15 year olds.

This season has already had some great performances and I think that everyone in the club can take pride in this and build on this for the long course season. In closing, I'd like to leave with some words of wisdom from John Bitter, the head coach of the Santa Clara Swim Club, "Believe in Yourself". Performance starts with the swimmer having faith in themselves and their ability. Another quote is posted above the Santa Clara meeting room door, to be read on exiting the room and proceeding to the pool deck. It states quite simply "Maximize the Moment". Training, and life is made up of many moments in time. It is up to you to make the best of every moment presented.

Here we are, midway through the month of January and getting ready to hit the final meets of the short course season. For many of us, this is a time to sharpen our strength, speed and endurance in preparation for the major short course meets of the year. In this newsletter, I am going to reference the writings of John

Elliot, a sports psychologist, who presents some material very applicable to swimmers. His work addresses motivation and strategies to aid in keeping motivation.

Push the Edge: Find weakness or holes in your racing and get excited about where your racing will be after you change it. In the same context, think up something in your event that no one has dared.

Experience Success: When learning new skills or strategies go step by step. Keep track of your personal bests and how many times you can break them.

Change Your Thinking: Keep a vivid mental catalogue of your greatest performances. You should have a short-term memory for failure and a long-term memory for success.

Get Involved: Athletes should feel ownership of competition and strategy decisions.

Praise Others: If you can't see positive or exciting things in the athletes around you, how can you do the same for yourself? A sense of connectedness depends on everyone's awareness of the contributions that others make.

Put Yourself First: Make sure to eat properly, stay hydrated and get ample rest.

Find Motivated Peers: In and out of the pool, spend time with people who want to accomplish great things, aren't afraid to talk about it and get revved up about other people's dreams. An effective support system is vital to motivation, especially during difficult times. Conversely, motivational "black holes" are people who always criticize, moan about bad calls, loaf in practice and generally focus on obstacles, frustrations and what can't be achieved.

Think Positively: What conversation goes on in the back of your head? Is it positive or negative? Is it about what you can do or can't do? Is it hung up on difficulties or engaged in a search for solutions?

Remember Your Dream: Don't make revisiting your dream a rare event. Spend time reconnecting with the real reason why you perform - the heart, soul and will of it all.

AG2/3 coach Nicole

Over the March Break I was fortunate enough to accompany and assist Sean with the running of the training camp in California. It was inspiring to observe how driven, focused, and hard working the swimmers were in their execution of each practice. As February spills into March and the grip of winter does not appear to be lessening anytime soon, swimmers might find, at this dark, cold time of year that they are losing sight of goals; and just going through the motions at swim practice. If you find that you are getting stuck in a rut and the option of swimming in an out-door pool and experiencing the sun and warm breeze is not available, the following are some strategies that might help you to re-focus.

Take stock of your goals – what goals have you accomplished so far this season, if you don't remember your goals set new goals and write them down and post them where you can see them everyday. If you have accomplished your goals, set new goals. If there are some goals that you have not yet met, break those goals into smaller goals – stepping stones to ensure accomplishment of the larger / primary goal. Take a look at the time standards (i.e., Provincial time standards, Age Group National time standards, etc.); using such standards as a tool can be exceptionally helpful when taking stock of and setting your goals.

Find a way to challenge yourself at each practice – by setting challenging standards for yourself, you can assure that you are continually maximizing your swimming skills. For example, you might decide that for a particular set you will hold your stroke count at a specific number and swim no slower than a decided speed. The possibilities are endless. If you are not sure about ways you might challenge yourself ask your coach.

Use your imagination – visualization is a very powerful tool. If you are feeling that the walls are closing in and you are sure that that mermaid on the mural was much further away than yesterday, it might help to imagine an ideal swimming situation and, through imagination, place yourself there. Imagine the smells, sights, and feelings you might experience at your ideal swimming oasis.

Best of Luck to you all as you head into the Long Course season, especially those who will be competing at the Olympic Trials in just a few days!

Swimmer of the Month

Senior

Kori Malakos – February seemed to be Kori's month. He had 100% attendance for the month and trained like an animal for that month. We saw glimmers of this hard work show through at the Regional Championships, but the rewards of his consistency and hard work came at Junior Provincials. He had 100% best

times, jumped up the rankings to make several finals swims and capped it all off with a Bronze medal in the 200 fly where he broke Bill Cock's 15-17 boys record and moved himself within striking distance of the national standard. Way to go Kori!

Junior

Sarah Mitchell-Ewart – Sarah had a great month. As usual Sarah put forth some very good efforts in training and when coupled with 100% attendance, we saw some big improvements in her racing. At the Regional Championships she had 100% best times in her individual races and topped it all off with a Bronze medal in the 200 fly. Nice work Sarah!

AG-3

Sarah Galvin-Sarah had a great month. At the Short Course Provincial Championships Sarah had 100% best times; and at this meet she took a total of 26.05 seconds off with only four swims. Sarah is relatively new to the AG-3 group and has been doing an excellent job; she has been working very hard at improving all of her strokes, kicking, and mechanics such as underwater work and turns. Congratulations Sarah! Keep up the great work.

AG-2

Stephaney Daley- Stephaney also had a great month. Stephaney maintained 100% attendance for the month of February. At the Huronia Regional Development meet she took a total of 13.27 seconds off of her 200m backstroke; she also swam the 400IM for the first time at this meet. Stephaney has been working very hard at improving her stroke mechanics, speed, underwater work, and turns; all of this hard work has paid off as Stephaney, following the month of February, moved up into the AG-3 group. Congratulations Stephaney! Keep up the great work.

Trivia

Here are the names from last month's trivia.

Mark Spitz USA, Johnny Weismueller USA (Tarzan), Victor Davis Canada, Michael Phelps USA

Cornelia Ender E. Germany, Anne Ottenbrite Canada, Dawn Fraser Australia, Jenny Thompson USA