



TRENT SWIM CLUB

April, 2007

"Excellence by Choice"

Issue #7

President's Message

Hello everyone. Congratulations to everyone on another successful short course season! The presentation of regional and club records at the Short Course Banquet was impressive. A favorite of mine are the power rankings that are given out to swimmers who rank among the top 50 swimmers in Canada in an event. It is amazing when you think about it. If these were hockey players ranked in the top 50, the press would not be so elusive!

We have a very fast group of swimmers in the club.

One of the great things about swimming is the individual component. Whether you are the fastest in the Canada or the slowest in your lane, each swimmer has the objective and opportunity to improve relative to their potential. The seconds-off-awards demonstrate that improvement, and it is a significant achievement to make any progress.

So what is the objective of swimming? Being the fastest in the world would be great. Something closer to home would be the fastest in the club and a significant objective as well. What about the fastest in your lane?

Each swimmer has an ultimate limit; what I mean, is that at some point they are going to swim their perfect race. In my mind, this is the objective. Be the fastest **you** can be. It may lead you to being the fastest in the world, or just an average competitive swimmer. Either way, it is about finding your limits and realizing that most limits are self imposed, and thus can be surpassed. Go further, and go faster.

At first, progress towards the perfect race is swift. However, additional improvement is exponentially more difficult. This is when things get tough, but also when we really learn what it takes to reach our potential. It is not easy, but if this is a positive experience, the lessons and knowledge gained from swimming will be a lifelong influence.

Again congratulations to everyone on their short course performance and good luck during the long course season.

One last request is to help promote the swim school and club. Currently our swim school has room for additional swimmers. The same is true for the club; although we are currently close to capacity, in the next year we anticipate a decrease in our number of swimmers. Encourage your relatives, and friends, to get involved in swimming. Be a member-at-large!

Rob Brown, Club President

Coaches' Corner

The latest edition of SwimNews arrived this week. In it were a number of articles\interviews that were of particular interest to me. The first was an interview with Paul Bergan on dryland training. Paul coaches at the Montreal Training Centre. When I was a swimmer, he coached in Etobicoke and his swimmers seemed to account for almost 50% of the Canadian Olympic team. I thought that I would summarize his thoughts. Paul feels that swimming has become a power sport. Consequently the focus of the dryland program is on getting stronger and leaner through aerobic work and weight training. Some of the exercises common to his program are shoulder exercises, chin ups, dips and single leg squats. Coach Bergan's major theme was the idea that Canadian swimmers need to be at a higher level of physical fitness to compete with the world's best.

The next article of interest was an interview with Mike Brown, the Canadian Commonwealth Games 200 m breaststroke champion. On the journey from young swimmer to Olympics, Mike remembers thinking that Olympic swimmers were superhuman and realizing that they still only had 2 arms and 2 legs, just like himself. On doing a training phase with Brendan Hansen, 100/200 breaststroke world record holder, to find his training secret. Mike found out that there is no secret to being fast. Brendan just trains hard, putting in the meters and working hard on sets. On advice for young swimmers. Mike says, "as long as you have a dream, you can achieve whatever you want. You just have to go out and work hard and be dedicated". On what swimming has taught him. Mike feels that swimming has taught him, "hard work, dedication, perseverance, time management, the importance of family, sacrifice."

It seems that there were a lot of interviews in this edition. This one was with Jozsef Nagy, currently a coach with the Vancouver Training Centre. Jozsef has coached some of the great breaststrokers including Mike Barrowman, 1992 Olympic Gold medallist and world record holder in the 200 breast. Coach Nagy had this to say about Mike, " Barrowman was not my most talented swimmer, he was maybe my fifth or sixth. He really wanted to win and he sacrificed everything for this."

The final article was an interview with Eddie Reese, U of Texas coach currently coaching Ian Crocker, Brendan Hansen and Aaron Peirsol, and his thoughts on swimming success. Never give up, learn to handle adversity, adapt, and work harder than anyone else does. "In swimming there is no easy way."

Call me crazy, but there seems to be a bit of a theme here. Physical fitness is important, in the pool and out of the pool. Not only for performance, but for long term health. Desire, dedication and hard work* are important for success, not only in swimming but also in life outside of swimming. All this reminds me of an interview that I watched last year. One of the band members of the group Motorhead was being questioned about their success. The member replied that when they formed the band, they set a goal of playing their music louder and faster than any band had ever done. From this evolved the band's motto "Everything Louder Than Everything Else" the rest is history.

*I think that it is important to expand on the idea of hard work. I believe that it is necessary to work hard (swimming speed) when asked to do so in workout. In addition, it is important to work hard at improving technique/basic skills (kicking, streamlining, turn speed) always. I also think that it is also important to work hard at recovering between workouts and sets (getting sleep, proper nutrition, performing warm down sets properly).

Coach Sean - Head Coach, Senior Group

Mark Your Calendar!

March 31-1 ~ Victor Davis Invitational
March 31-1 ~ Spring Sprint Invitational
April 6 ~ scrip orders due
April 7 ~ cheese orders due
April 13 ~ cheese pick-up
April 16 ~ final date for Swimathon monies
April 20 ~ scrip pick-up
April 20-22 ~ Team Champs, Nepean

April Birthdays

Madison Monahan, April 3
Eric Laing, April 12
Sarah Galvin, April 13
Colin Illes, April 18
Haden Brundle, April 19
Emily Routledge, April 19



Swimmer of the Month

Senior Group: Laura McLeod

Laura has had a very good month of training. Her attendance was 100% for the month of March and she even came to some bonus university practices over the break to help maintain her fitness levels. In practice Laura continues to work at improving her skills and swim conditioning. Lately she seems to have rediscovered her love of butterfly and backstroke. Laura continues to show up on deck bursting with energy and excited to see what practice will be.

Junior Group: Cynthia Pammett

For the month of March Cynthia maintained 100% attendance. For her group Cynthia posted the fastest swim split for women and the second fastest swim split overall in the 5 Km at the Swim-a-thon. Cynthia also bested her 3 X 300 test set by more than four seconds. Congratulations Cynthia - you've had a great month of training. All the best as you head into the long course season.

AG -3 - Mary Coughlin

For the month of March Mary maintained 100% attendance. Mary had been working hard at improving her technique and all the little technical aspects of swimming. All of this hard work is beginning to pay off. Mary bested her previous 3 X 300 test set average by more than 13 seconds. Congratulations Mary - you've had a great month of training. All the best as you head into the long course season.

AG-1/2 - Kate Keating

Kate has had an amazing season thus far. She is a quiet observer in and out of the pool. This is a great quality to possess. Kate will make observations and come and ask me for feedback relating to her stroke from what she has seen. All strokes and underwater work have had major improvements through out the year. Kate has shown amazing leadership towards the group in the weight room as well as in the pool. At the Swim-a-thon, Kate completed the 200 lengths in a time of 1:41.05.03. Keep up the great work!

Off the Deck

Honour Roll

Congratulations to the following TSC swimmers who achieved Honour Roll status on their recent report cards:

- Nickie Kelly
- Kieran Liew
- Austin Pammett
- Cynthia Pammett



Team Wear

Thanks again to Cheryl Miehe for spearheading the new team-wear initiative. Our old hoodies and track pants will be phased out, to be replaced by new TSC warm-up suits.

Three new pieces (jackets, pants and shorts) were displayed at our recent banquet and awards evening.

Contact **Debbie Reed** at teamwear@trentswimming.com if you are interested in purchasing any items. (Cheryl Miehe will handle the first order)

Congratulations to the following swimmers who have "moved-up".....

Silver Swim School to AG1

Madison Costello, Kieran Krumins, Victoria Salem, Khalid Younis

AG1 to AG2.

Shannon Shillinglaw

AG2 to AG3

Austin Pammett

AG3 to Junior

Lisa Hamilton, Nick Maranduik, Sarah Mitchell-Ewart

Junior to Senior

Dustin Dwyer, Anthony Liew,
Welcome back Sam Conway to the Senior Group



Inventory of Officiating Qualifications

Please assist our Officials Chair, John Fader in compiling an inventory of officiating qualifications by completing the spreadsheet recently emailed to members. Contact John if you do not have access to Excel.



Please note!!

Practices are cancelled on Friday, April 6, 2007. Regular practices are scheduled for Saturday and Monday.