



TRENT SWIM CLUB

February, 2007

"Excellence by Choice"

Issue #5

President's Message

Thank you to the many members who put so much into this club.

I sure you have noticed the email activity from Karen Pammett and Kathryn (Moore) Brown. Organizing the meets is critical to the swim team.

With the team meets in Huntsville and Bracebridge our chaperone have also been busy. It's great to see some fresh faces and names getting involved.

With the flurry of upcoming meets, please take the opportunity to get on deck. Not only will it put you right in front of your swimmers, but it is critical to the club's future to have accredited officials. It is an unavoidable fact that our senior officials (and administrators) will soon leave the club and need to be replaced.

Earl McLeod and John Fader would love to help you get on deck and ensure you are properly evaluated.

One other thing you may have noticed is the web site, www.trentswimming.com. Recently Scott Brundle took on the task of updating the site. We think you will find it easier to navigate and therefore to stay informed. Our previous site, while excellent, was much harder to keep up-to-date. We are excited about this new version. Take a look.

Again I would like to emphasis the necessity for everyone to pitch in to keep the club strong and growing. Over the last 3 newsletters we have reviewed some key club positions as well as what

I refer to as being a 'member-at-large'.

What is a member-at-large? It boils down to taking on the responsibility of all the various club's roles. Simple things like staying on top club fees and meet accounts, ensuring you understand pickup times for team meets, helping with fundraising and/or chaperoning will help the club to flourish.

After all, it is **our** club and it is for **our** children. Be a member-at-large!

Rob Brown, Club President

Coaches' Corner

February is upon us! The month of championship swim meets and fast short course swimming! We start off with the Short Course Regional Championships at the new Bracebridge pool. This is a meet where we pull together and race not only for ourselves, but for the team. Barrie will bring a strong team and Owen Sound and Muskoka should provide some good competition for us as well.

The next week is the second Regional Development meet in Barrie. This meet is held in the new Barrie pool and provides a great opportunity for the AG1 and AG2s to try some new races and improve on ones that they have raced before.

The following week we have swimmers at the Eastern Canadian Championships in Montreal. This is a fast meet with swimmers from all over Eastern Canada. This meet is a major short course meet and

our swimmers will taper and peak for it. The Tim Horton's Challenge in Guelph is scheduled for the same weekend. This meet, also in a fast pool, has preliminaries and finals. It is also the last chance to qualify for Junior Provincials, so competition will be tough.

The championship season spills over into the first weekend in March. This final meet is the short course Junior Provincial Championships, another major focus for fast swimming. All the swimmers competing here will be tapered and ready to race.

During this time getting rest and recovery between practices is as important as the practices themselves. Optimizing recovery between workouts will help you show up focussed and prepared for quality practices. All this leads towards a good physical and mental state going into the championship season.

Coach Sean - Head Coach, Senior Group

It is hard to believe that it is the beginning of February already. This season is moving by so quickly. One of the reasons I think it is going by so fast, besides the fast swimming, is that everyone is having a lot of fun. I see the swimmer's having fun at practice, during dryland training, at meets, and now that the snow is arrived having snow ball fights while waiting to be picked up for rides to home or to school.

We are in a very busy part of our season right now. There are many meets that all swimmers are attending. It is very important that you keep having fun in this busy time. I know that because it is very busy it can be a little draining at times. This means that you need to take care of yourselves, by getting lots of sleep and eating healthy. You need to also remind yourselves why you are with the Trent Swim Club. Make a list of the reasons why you swim and the positive things you get out of the sport of swimming. This list

should put a huge smile on your face. This will help you keep your spirits up. If you feel yourself getting a little tired just look at the list of amazing things you get from swimming and why you are here.

Remember to keep the fun going during this busy time. If you notice someone who is looking a little tired, try and cheer them up. It is very motivating to have someone come up and cheer you up. You get an energy boost that will last a lifetime, because you will remember how they cheered you up and it will put a smile on your face.

Coach Julie - AG1, AG2

Off the Deck

Kudos to Hailley Guthrie, who in addition to swimming as a member of our club, also plays soccer and bowls! Hailley recently finished a Saturday morning swim practice, then headed off to a soccer game where she scored two goals in her team's 5-1 defeat over the opposition. Post soccer, it was off to Fenlon Falls where Hailley competed in her first Bantam Bowling Tournament. She won a Silver Medal, and is an alternate for Provincials! Well done Hailley!

Laura McLeod is back in the pool after a 10 day trip to Europe as part of the 14 member PCVS delegation to the International Model United Nations in The Hague, Netherlands. PCVS represented the island nation of Mauritius at the 5 day conference and Laura was chosen to act as Ambassador. Laura's Ambassadorial duties included giving an opening address to more than 400 fellow delegates in the General Assembly.



Swimmer of the Month

Senior Group: Megan Wood

Megan has been having a great month of training. January traditionally involves a bit of a training camp, with an increased number of workouts, increased length of workouts and tougher workouts as well. Through all this Megan made all 38 workouts for the month of January. In addition, Megan has been swimming very fast in her workouts, coming close to and sometimes beating her best race times two or more times in a row. Keep up the good work Megan!

Junior Group: Jordan Lanctot

For the month of January Jordan attended 96% of all scheduled practices. While at practice Jordan has been consistently challenging himself and working very hard at practice. All this hard work is starting to pay off, as Jordan performed extremely well at the Jesse Coward Invitational in Huntsville. At this meet Jordan posted 100% best times; and took off a total of 37.29 seconds. Congratulations Jordan keep up the great work!

AG -3 - Erin Hamilton

Erin was new to the AG-3 group for the month of January. She has adapted extremely well to her new environment. Erin has been working very hard at refining her technique and developing all the hugely important details of swimming such as streamlining, underwater work, and stroke efficiency. Erin had a great meet at the Jesse Coward Invitational in Huntsville; she posted 100% best times and took off 27.24 seconds.

Congratulations Erin keep up the great work!

AG 1 / 2 : Scott Lanctot

Scott has been working very hard in practice since the beginning of the season. He has worked hard on his technique as well as his turns and starts. By attending practice regularly he has had a chance to work on keeping all 4 strokes consistent. Scott has also added speed into his consistent strokes which has been paying off, at practice and recently at the Jesse Coward Winterlude Meet. His 200 IM he took off 12.37sec. for a 3:33.85, and his 50 fly he took off 8.73 sec. for a 45.70. Keep up the great work Scott!

Mark Your Calendar!

February 2-4 ~ Regional Short Course Championships

February 10 ~ Huronia Devo Meet

February 15-18 ~ Eastern Canadian Championships

February 17-18 ~ Tim Hortons Challenge



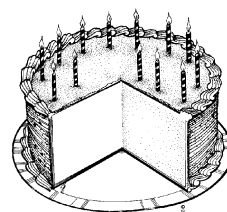
Watch your email for cheese order and scrip dates

February Birthdays

Kate Keating, February 2

Cal Mieke, February 12

Kieran Liew, February 14



Congratulations to Grace Mackie who recently "moved up" to AG2!

Congratulations to all of our high school swimmers who have just completed Semester I Final Exams!