



NOVEMBER NEWSLETTER

President's Remarks

Robert Brown:

The Esso Challenge was another great success. Smooth as silk. I heard a lot of positive comments from the coaches, parents and swimmers throughout the meet. One parent from Barrie (board member) wanted to know our secret! Just a bit of luck? I don't think so. Performance comes from preparation.

Our meet managers, Kathleen and Florence, put in countless hours of planning and preparation and it really paid off. There was a calm confidence throughout the meet.

Kathleen and Flo did a lot, but so did many others. Running a meet of this size requires a contribution from everyone in the club. We have a strong organization where people are ready and willing to contribute to the club.

To each and everyone who helped out at the meet and with the club, please accept my personal thank you on behalf of the club for all your efforts. It is appreciated, and without you, there would be no kids in the pool.

I doubt they (the swimmers) really know the effort required to make it all possible...but maybe it not their concern for now, someday in their distant future they will turn around and join me in saying "Wow, nice effort!".

A large number of people moved up the ladder for officiating. This is terrific. Remember to offer your services at the upcoming meets. John will forward requests from the hosting club as he receives requests for officials. To fully staff our meet we required support from other teams, and we should reciprocate.

A couple of other notes.

The board meets Nov 20th. The meetings are open to all members. If you are interested in attending, or getting involved in club administration let me know and I will get you the details.

Trent University is looking at renovations to the Athletic Building. This will include redoing the change rooms and an expansion to the south. There is potential for changes to the pool, (a 50M pool is not on the table, so don't even mention it!) and we would like to gather some ideas and submit them to Trent. If you have ideas, please forward them to me.

Good luck to everyone with the meets this month.

Off the Deck

We are still looking for submissions for the off the deck report. Let's share accomplishments away from the pool such as school activities, music and perhaps other sporting accomplishments. We will send out a reminder prior to the next newsletter.

Coach's Report

Senior/Junior Coach Sean:

Some of you parents and swimmers may be wondering about the new face on deck. The new face is Tony Brundle. Tony has represented Canada in swimming in the past and is volunteering his time to provide a bit of back up support for the team when Nicole goes on maternity leave. Tony has been shadowing the coaches to get a feel for things and will be out on Wednesday, Friday and Saturday evenings.

For the Parents – Toward the end of last season and into this season, I had been collecting information on athlete motivation and the parent's role in the young athlete's sport. With "new" swimming parents coming into the club on a fairly regular basis, I thought that it might be wise to help provide some information to interested parents. A new resource that I just picked up from the American Swim Coach's Association is a small book entitled, "Parent, Coach and Athlete". If anyone is interested in borrowing it, please let me know. I've skimmed it and it seems pretty interesting. I also have some information on the role of the parent and young athlete motivation taken from a couple of textbooks on Sport Psychology. I can also provide some web sites that deal with these topics in a swim specific way. Remember, all the coaches are more than happy to answer questions and you should feel free to ask them. Keep in mind that questions should not be asked during practice; either after practice or before (if the answer won't run into practice time).

For the Swimmers – Last season I picked up the USA Swimming version of a long term development strategy. It has a few differences from the Ontario plan in that it also looks at character development and life skills. I found it very insightful and I've decided to share the Level 1 (our equivalent of the AG1 group) expected skills. The levels go right up to 8 (international competitor). Have a look and see if you pass Level 1. If you are curious, you can ask me to see the other levels.

Championship Behaviour and Accountability

1. The swimmer understands that he/she is part of a team and has respect for his/her teammates.
2. The swimmer listens to recommendations from the coach and tries to make the appropriate changes.
3. The swimmer understands appropriate team rules and the consequences of breaking the rules.

Work Ethic and Self-Discipline

1. The swimmer will pick up and put away any equipment he/she uses in practice.
2. The swimmer will be ready to start practice on time with the appropriate equipment.
3. The swimmer understands the importance of giving the coach his/her undivided attention while the coach is talking. The swimmer focuses his/her eyes on the coach and remains quiet while the coach is talking. The swimmer will also follow directions set forth by the coach in practice.
4. The swimmer will just say no to drugs and other harmful substances.
5. The swimmer will show respect for the facilities and equipment.

Time Management

1. The swimmer will arrive at practice sessions on time.

Commitment and Team Loyalty

1. The swimmer will know the team name and team colours.
2. The swimmer will know the names of teammates and coaches in his/her practice group.
3. The swimmer will know the name of any other training groups on the team.

AG1 Coach Julie:

I cannot believe that it is already November. The time seems to be flying by quickly. The meet season is going to start picking up, school is getting really busy, and it seems never ending the work that needs to be done. I thought that it would be a great time to talk about motivation. Swimmers are very busy all the time. As a result, they develop great time management skills. They need to manage school, homework, swimming, social scene, family time, etc. This could put a lot of pressure on someone with this on their plate. The key to staying organized is having time management skills. Another key is to stay motivated. It might feel like a routine, getting up going to practice, going to school, doing homework, eating dinner, going to bed, and getting up and doing the exact same thing day in and day out. What you need to do is remember the reasons why you are doing this sport.

Something you could do is goal setting. This goal setting is individual for your eyes only. The coaches aren't going to see these goals; same with your parents. Take some time to write out goals that you have for this year. Write out steps as to how you will achieve each goal, and put a time beside each goal as to when you would like it accomplished. Put them somewhere you will see on a daily basis. This will allow you to look at your goals everyday and remind you of what you are working towards. As soon as you accomplish a goal, check it off and create a new goal. We need to constantly challenge ourselves to keep our lives interesting and fun!!

Swimmers of the Month:

AG – 3: Cal Miede

Cal has had an excellent month of training; he is working very hard at improving his technique, speed, underwater work, and kicking speed. All of Cal's hard work has been paying off; at the Esso Challenge Cal had 100% best times. Cal took 10.96 seconds off of his 50 back, and 26.98 seconds off of his 200 backstroke. Excellent work this month Cal, keep it up as you head into Barrie!

AG – 2: Hailley Guthrie

Hailley also had a fantastic month of training; she attended 100% of scheduled practices for the month of October. Hailley has also been working very hard improving her technique, speed, underwater work, and kicking. At the Esso Challenge Hailley took off a total of 97.97 seconds with 78.92 seconds off coming from the 200 breaststroke. Good luck in Barrie Hailley – keep up the great work!

AG-1: Brooke Hannah

Congratulations to Brooke for being swimmer of the month. Brooke has worked very hard this season. She competed at her first large swim meet the Esso Challenge. She stepped up to the challenge of competing in the 50m's of each stroke as well as the relay. Brooke has worked very hard on all strokes. We recently created rules for the AG1 group. Brooke has worked very hard to follow them. She leads the group in practice, volunteering to go first and leaving on time. I am excited to see what the rest of the season brings to Brooke. Keep up the great work!!!

AG-1: Micaela Sheinen

Congratulations to Micaela for being swimmer of the month. Micaela has worked extremely hard this season. Micaela has been working on the development of all four strokes, but working extremely hard on her butterfly. She does not give up. If there is a drill or a set that she does not understand she is not afraid to ask questions. Micaela takes on the leadership role of going first on sets, or she will push herself to stay first. That drive and determination showed at the

Intersquad meet. She worked very hard pulling off best times. I am excited to see what the rest of the season brings to Micaela. Keep up the great work!!!!

Senior: Jasmin Gow

Jasmin has been going head to head with the men in the senior group in training and holding her own. She did this while maintaining 100% attendance for the month of October. Her fast training really started to show through at Esso, where she had 55% best times and dropped 84.96 seconds from her races! Jasmin was also a member of the 4 x 200 free relay that broke the club and regional record. Keep up the good work Jasmin!

Junior: Cynthia Pammett

Cynthia has started off her year on a really good note. At Esso, she had 71% best times, took off 71.15 seconds and was part of the 4 x 200 free relay that broke the club and regional record. In addition to that, Cynthia has maintained 100% attendance for the month of October. Her hard work, attention to detail and consistency in attendance are really starting to pay off. Way to go Cynthia!

November Birthdays:

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| Zack Gammon | Nov 21 |
| Kate Lanctot | Nov 10 |
| Nick Maranduik | Nov 5 |
| Cynthia Pammett | Nov 4 |
| Jacquelyn Craft | Nov 14 |

Important Dates:

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| Scrip pick up | Nov 9 |
| Barrie Autumn Aquafest | Nov 9-11 |
| Cheese orders due | Nov 17 |
| Cheese pick up | Nov 23 |
| Scrip orders due | Nov 23 |
| SNC Grand Prix @ Etobicoke | Nov 22-25 |
| Devo Meet @ Bracebridge | Nov 25 |
| Scrip pick up | Nov 30 |

Trivia:

Last month's trivia: Which underdog country won the Men's 4x100 Free relay at the 2004 Olympic Games in Athens?

Answer: South Africa.

This month's question is a little more difficult.

What swimmer was granted a spot on Canada's Olympic swimming team despite their inability to attend the Olympic trials due to an injury?

Hint: The injury occurred outside of the pool. The year was 1984.

Trent T shirt to the first swimmer to supply the correct answer to Head Coach Sean!