

President's Remarks

Robert Brown:

At our last board meeting, we thought it would be a good idea to overview some of the key administration positions in the club. The intention is to let you know a little more about the key positions and what they are responsible for.

You can find more information in the club manual (www.trentswimming.com). Today we will focus on the roles that involve money.

Treasurer/Finance

Andy Laing is our Treasurer and in his first year taking over from Kim MacLeod he is doing a fantastic job. Without our Treasurer taking responsibility for all the bookkeeping, budgets and financial statements, the club would quickly unravel. Think of all those cheques you write, well Andy has to record them all.

Surprisingly, Andy is not the person you should hand your cheques to. This is critical to remember as it reduces the workload on the treasurer and helps keep us organized.

Membership

Tina Ostrander is our membership chair, with a co-chair of Lisa Coughlin. Membership handles all the registration of each club member with Swim Ontario/Canada and is responsible for ensuring each member is up to date with club fees. Any cheque for club fees should go to Tina or Lisa first.

The membership committee is not responsible for the meet fees, so this can get confusing.

Team Manager

Karen Pammatt is our team manager. Karen manages the meet account with Andy. Cheques for your Meet account go to Karen.

Every time a Trent swimmer gets on the blocks at a meet, we pay a fee. Payment is due when Sean registers the swimmers to the meet (i.e. prior to the meet). Any swimmer that does not scratch is charged the meet entry fee. We also have team fees associated with meets such as bussing and meals. Another fee that you might not have seen is the coaching costs. The cost of the coaches is spread across all swimmers who did not scratch from the meet.

Fundraising

The never ending cycle of bingo, scrip and cheese continues and the Swim-A-Thon preparations are just beginning. Any payments for fundraising go directly to the organizer. Again this is critical to the sanity of our fundraising committee. As tempting

as it is to combine cheques for cheese and script, it often ends up in confusion, so we keep them separate.

Here is a quick list of contacts for money:

Membership	Tina Ostrander
Meet Fees	Karen Pammett
Team Wear	Jennifer Galvin
Scrip	Denice Maranduik
Cheese	Barb (Gow) Sutherland
Chocolates	Debbie Reed
Fundraising Balances	Denice Maranduik

Next month Andy will have a summary of where the money goes...

Board Positions

Currently we have 2 open board positions. If you are interested in joining the board, please talk to me. I am especially interested in getting a member with age group swimmers. As our senior swimmers go off to post secondary endeavours, we need to replace not only the swimmer, but the experienced parent that has been running the club.

As always, if you have questions, concerns or ideas, please give me a call.

Be a member-at-large.

Coach's Report

Senior/Junior Coach Sean:

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.

Swimmers of the Month:

Senior

Alex Brown – Alex Brown had 100% attendance for the month of December. In addition she completed the super fun set of 100 x 100 on 1:30 (a new PB!). At the Guelph Dash for Cash meet, Alex had 67% best times. All this strong swimming is setting her up for a great championship season. Great work Alex!

Junior

Ian Brown – Ian not only made all of his required practices, he made it to 3 bonus practices including the 100 x 100s! At the Guelph Dash for Cash, he posted 86% best times and qualified for Junior Provincials. Ian has been working well at developing his strokes as well as swimming very fast in training and racing. Good job Ian!

AG-2

Sarah Galvin-For the month of December Sarah had 100% attendance. At the Dash for cash meet in Guelph Sarah qualified for Provincials in the 200 Backstroke – she bettered her best time by more than three seconds. Also at the meet in Guelph Sarah had 86% best times and took off a total of 31.72 seconds off. At the end of December Sarah moved up to AG-3. Congratulations Sarah you had a great month of swimming in December – keep up the good work.

AG-3

Sarah Fader-For the month of December Sarah maintained 100%. Sarah also had a good meet in Guelph; she took off a total of 29.50 seconds. Sarah took more than 25 seconds off in the 400 IM. Congratulations Sarah you had a great month of swimming in December – keep up the good work.

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The two most despised letters of the alphabet to most swimmers are **D** and **Q**.

Here are three perspectives on the disqualification of a race.

Senior swimmer Scott Farrow

As a swimmer I feel there should be good reason and substantial evidence for a disqualification. If a disqualification has occurred, the official should be very approachable and should possess the ability to clearly explain why the DQ was made. In my time swimming I have seen some very questionable DQ's and at other times I have seen infractions uncalled. Both cases are very frustrating. Bottom line, as swimmers we look for consistent and approachable officials that can provide a clear explanation for why the DQ occurred.

DQ's have presented me with a learning opportunity. They have given me insight into my swimming style and mechanics. In some cases officials have been like a coach, pointing out things I needed to change which in the end made me faster.

Senior official Earl McLeod

First of all, on behalf of the "persons in white" I'd like to welcome everyone back to another great season at the Trent Swim Club. We're all really excited about how well the electronic timing system is working now that the top row of tiles at the deep end of the pool has been replaced. We're looking forward to seeing lots of PB's and club records flashed up on that scoreboard!

Our topic for this issue is the dreaded disqualification (DQ). Why would we do such a thing? Are we punishing you? Do we get some kind of joy out of making other people miserable? Absolutely not! To understand the DQ you have to understand what the officials are trying to do. They are there to make sure the competition is fair.

Let's talk about fairness and because this is Canada let's talk about hockey. Imagine you are playing hockey. Imagine you have just flown across the blue line, picked up a lead pass and planted a wrist shot into the top corner of the net. A goal! And imagine the whole play gets called back to the blue line because in your exuberance you were five feet off-side when you took the pass. You know the rules. The other team knows the rules. The fans in the bleachers know the rules. The only fair thing for the referee to do is disallow the goal and get on with the game. This is exactly how a DQ works in swimming. If in your exuberance you dive into the water before the start buzzer sounds or if you do a couple of freestyle strokes during your backstroke turn there is only one thing to be done. The swim, like the goal, doesn't count. It's the only fair thing to do because you know the rules, the other swimmers know the rules and the fans in the bleachers know the rules. The officials are there only to make sure that everyone plays by the same rules. If you burst into tears or throw a tantrum when you get DQ'd you could break someone's heart. It's just as hard for a new official to hand out their first DQ as it is for you, as a swimmer, to find out your swim was DQ'd. If, on the other hand, you admit you know perfectly well what the rules are and why your swim didn't count you could make someone's day. What's not to like about that?

Are there ways to reduce your chances of being taken out by the dreaded DQ? You bet there are. Watch this space!

Is being disqualified from a race really that bad?
Coach Julie

List below why you think that being disqualified is a bad thing and also list why you think being disqualified is a good thing.

Good to be disqualified	Bad to be disqualified

Being disqualified from a race does not happen very often, but when it does everyone seems to think that it is a bad thing. Yes being disqualified doesn't feel very good, you might think, "I just swam that race and that hard work was for nothing" or you just don't like hearing that you did something wrong in your race.

Let's look at the positives of being disqualified. You learn from your mistake, if you keep swimming incorrectly think of how much easier it would be to swim if you swam correctly all the time. You know how fast you can swim, when you swim incorrectly or you have an incorrect turn or you false start. Think of how much faster you could swim if you did it correctly. Last thing, being disqualified is a wake up call that you are not perfect. Even the greatest swimmers in the world are constantly improving their technique, turns and starts. "Practice like you want to race," a quote by Bill Sweetnam at the Toronto conference. An example is, if you practice sloppy turns, in a race you will have sloppy turns. Remember that everything you do in practice has an affect on how you race. So remember, being disqualified isn't necessarily a bad thing.

February is the busiest month of the year for competitions. Swimmers from AG1 through Senior are representing Trent Swimming at competitions ranging from Development meets through to provincial championships. Information regarding these meets is available 24/7 at www.trentswimming.com. Good luck to all swimmers and travel safe to the various events. Let's remind all swimmers why Trent is the best small club in Canada!

GO TRENT!

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