

**Coach's Report**

**Senior/Junior Coach Sean:**

The end of the season is fast approaching and it seems like only yesterday we were walking onto the pool deck to start the 2007-2008 season. This year has had a few new faces introduced to the team, several club and regional records broken and some very impressive performances at all levels. We as a club have had a successful season and if the lead up meets and the training intensity put forth by the team are any indication, then we should finish with some really awesome performances for the remaining championship meets.

Over the next several weeks we have swimmers competing at the first Huronia Regional Long Course Championships (Waterloo), the Collingwood Outdoor Meet, Long Course Junior Provincials, the Niagara Long Course Invitational, Summer Nationals, the Ontario Summer Games and possibly the US Open. As you can imagine there will be some very exciting racing on the horizon. To help keep tabs on all the excitement, Swim Ontario will have a live results link for Junior Provincials and the Ontario Summer Games, Swim Canada will have a live results link for Summer Nationals and the Niagara Swimming web site should have live results for the Niagara Classic as well.

As we go into these final meets, lets make sure that we do everything under our control to create an optimal training and racing environment. Get your sleep, stay hydrated, eat at appropriate times of the day to ensure high energy level for training and recovery from training, think positive thoughts and mentally prepare for practice - show up focused and ready to perform. Remember to support your teammates. We have a number of swimmers closing in on Provincial, Niagara and National cuts. Let's do our best to help each other achieve their goals.

**Swimmer of the Month - April**

**Senior**

Mitchell Illes - Mitchell continues his streak of perfect attendance into the month of April! Mitchell has also been putting forth a good effort in refining his stroke technique and continuing to challenge himself in practice. It is not uncommon to see him perform lifetime bests in practice. This is carrying over nicely to his races as

well. At the Division 1 Team Championships, Mitchell raced to 60% best times. Good work Mitchell!

### **Junior**

Sara Vaughan - Sara has handled the transition from AG3 to Junior fairly well. She started off the month of April with perfect attendance and stayed tough in adapting to the increased frequency of training and the change in workouts. At the Division 1 Team Championships she raced her way to 100% best times and moved herself very close to Junior Provincial times. Awesome job Sara!

### **AG - 3**

Kate Keating-For the month of April Kate maintained 100% attendance. In practice Kate seems to have really ramped up her training; and has been working hard to improve the technical aspects of her swimming. All of Kate's hard work has been paying off both in practice and more importantly at meets. At Team Champs Kate had 80% best times and took a total of 8.6 seconds off. Kate's performances continued to improve through the month of May, at the Festival of Spring Kate had 100% best times and took a total of 71.32 seconds off. Excellent job over the past couple of months Kate - keep up the good work.

### **AG - 2**

Grace Mackie-Grace has also had a couple months of great results. Grace first participated in the Spring Turbocharge at Wilfred Laurier University; at this meet Grace had 100% best times. Grace next competed at Team Champs where she again had 100% best times and took a total off a total of 84.19 seconds; 51.40 seconds off was as a result of swimming the 200 breaststroke. In May, Grace competed at the Festival of Spring where she had another successful meet taking off a total of 7.64 seconds. Excellent job Grace - keep up the hard work at practice.

### **Swimmer of the Month - May**

#### **Senior**

Dustin Dwyer - Dustin has been on a mission the past few months and it shows! Dustin finished May with 97% attendance and racked up some fantastic training during that period. At the Festival of Spring in Nepean, he reaped some of the rewards of that training with 100% best times and a surprise victory in the 200 fly over a former Trent swimmer.

## **Junior**

Emily Coughlin - Emily has been on a roll lately. The quality of her workouts both in speed and technical focus has been ramped up and her attendance hit 100% for the month of May. At the Festival of Spring, Emily has 100% best times and she made finals in the 200 breaststroke. Way to go Emily!

## **AG - 3**

Austin Pammett-Austin had an excellent month of racing. At the Festival of Spring he had 100% best times and took off a total of 92.30 seconds. Thirty-one seconds off in the 400 IM, 22 seconds off in the 400 Free and 19 seconds off in the 200 butterfly. Austin maintained 100% attendance for the month of May. Austin always works hard in practice and he is getting better at concentrating on the mechanics of swimming to improve the technical aspects and his overall efficiency in each of the strokes. Congratulations Austin - keep up the great work.

## **AG - 2**

Hailley Guthrie-Hailley also had a great month of racing; she was the only AG-2 to participate in both the Festival of Spring and the Development meet. At the Festival of Spring Hailley had 100% best times, and she took a total of 27.81 seconds off. At the Development meet Hailley also had 100% best times and took a total of 31.38 seconds off; 24.80 seconds off was as a result of swimming the 200 breaststroke. Hailley does a very good job of doing what is asked of her at each practice; if asked to perform 4-6 under water dolphin kicks off the walls during a backstroke set, Hailley will perform 4-6 under water dolphin kicks off the walls throughout the entire set. Congratulations Hailley - keep up the great work.

## **President's Remarks**

**Robert Brown:**

Hello everyone.

I think this has been a very successful season. Often we measure success only by personal bests; how many seconds were taken off. I hope there is more. Watching the swimmers at practices and swim meets, I know there is much more.

*The mission of the Trent Swim Club is to provide an environment which allows our swimmers to develop skills and attitudes which lead to excellence in competitive swimming and in their development as young people.*

Skills, maturity, attitudes and personal development, it is much more than just a 'time'. It is a 10 month journey! Well done everyone.

On the administration side I would like to thank our board and the many people you helped with organizing activities, double thanks for those that took on multiple positions.

*Kathryn (Moore) Brown - Head Chaperone*  
*Scott Brundle- Vice President/Communications, and go to guy*  
*Kathleen Conway - Meets manager (board)*  
*John & Lisa Coughlin - Swim-a-Thon, Membership, & new member support*  
*Natalie Korchuk (Dwyer) - Swim School registration*  
*John Fader - Officials development*  
*Jennifer Galvin - Secretary (board) and Team wear manager*  
*Ron Gow - Director, Huronia Regional board*  
*Florence Kelly - Treasurer, Huronia Regional board*  
*Andrew Laing -Treasurer*  
*Jane Mackie - Banquets and socials*  
*Denice Maranduik - Scrip and fundraising balance coordinator*  
*Cheryl Miehe - Bingo manager*  
*Tina Ostrander - Membership*  
*Karen Pammett - Team manager*  
*Aileen Ruigrok - Photographer*  
*Barb Sutherland - Fundraising - cheese*  
*All our chaperones!*  
*All our meet volunteers!*

My sincerest apologies to those that I have missed. I know I have missed some - one of the great things about the club membership is that people just do the things that need to be done!

Succession planning is critical for the swim club. We need a constant flow of new volunteers as the 'parents' of older swimmers move on. In a couple of years over 50% of the names above will no longer be active members of the club. A lot of information is documented, but the entire 'domain knowledge' is impossible to capture; ideally we need a constant intake of new volunteers gradually taking over from the 'old guard'.

The message, don't wait for someone to step aside, put your hand up and join the party! Most of the names above are from the Junior/Senior swim groups, in 2-3 years, it will be the names from the current AG1 & AG2 swimmers. Be a member-at-large!

Here is a list of positions, for the board and each committee. There is more information in the club manual and By-laws ([www.trentswimming.com](http://www.trentswimming.com))

<b>Board Members</b>	<b>To Be Filled by</b>	<b>2007-2008</b>	<b>2008-2009</b>	<b>Opportunity</b>
President	Elected at GM	Robert Brown	Standing for election at General Meeting	Everyone is open to apply, past club experience
Vice President	Elected at GM	Scott Brundle	Standing for election at General Meeting	Everyone is open to apply,
Treasurer	Elected at GM	Andy Laing	Standing for election at General Meeting	Everyone is open to apply, critical position that requires past experience, see Admin Support under finance committee
Secretary	Appointed	Jennifer Galvin		Everyone is open to apply, good stepping stone for a board position
Membership Chair	Elected at GM	Tina Ostrander	Open	Good support available, no past experience required
Meet Chair	Elected at GM	Kathleen Conway	Open	Good support available, no past experience required, excellent team in place for Esso and Trent meets next year, Kathleen will support new member
Communications Chair	Elected at GM		Open	Everyone is open to apply
Team Chair	Elected at GM	Karen Pammett	Open	Good support available, no past experience required, excellent team is in place at the committee level and Karen will support new member
Member at Large	Elected at GM			Everyone is open to apply. Good opportunity to get involved at board level to take on specific role in subsequent year
<b>Finance Committee</b>				
Chair	Treasurer	Andy Laing		Board rep.
Member	President	Robert Brown		Board rep.
Member	Coach	Sean Dwyer		Coaching Rep.
Member	Vice President	Scott Brundle		

Admin/Deposits	club member		Open	Support for treasurer, excellent opportunity to learn treasurers position to take over from Andy in 1 or 2 seasons
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**Fundraising Committee**

Chair	Member at Large	Robert/Denice/Andy	Open	Board rep.
Scrip	club member	Denice Maranduik		Role that is good to work your way into by taking support position with goal to take scrip on in subsequent year
Swim-a-Thon	club member	Lisa Coughlin		Everyone is open to apply. Can shadow for next year.
Cheese	club member	Barb Sutherland		Everyone is open to apply. Can shadow for next year.
Chocolates	club member	Debbie Reed	Open	Open now, relatively easy and short duration.
Bingo	club member	Cheryl Mieke	Open	Everyone is open to apply, useful to have 2 people supporting each other
Support	club member		Open	Great position to support the rest of the team to offer assistance and be in position to take over lead role

**Meet Committee**

Chair	Meet Chair	Kathleen Conway	Open	Board rep.
Officials Manager	club member	John Fader		Role that is good to work your way into by obtaining higher levels as an Official and supporting current position
Esso Challenge	club member	Karen Pammett		Must be Meet Manager Official with proper training. Have to take officials courses and work your way into this role
Timing Equipment	club member	Mike Illes		Role that is good to work your way into by supporting
Food	club member			Everyone is open to apply
Concessions	club member			Everyone is open to apply
Head of Trent	club member			Must be Meet Manager Official with proper training. Have to take officials courses and work your way into this role

Advertising/Sponsors	club member		Everyone is open to apply
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**Team Committee**

Chair member	Team Chair	Karen Pammett	Board rep.
Chaperone manager	President	Robert Brown	
	club member	Kathryn Brown	Role that is good to work your way into by past chaperone experience and gradually taking over.
Travel Manager	club member	Karen Pammett	Role that is good to work your way into becoming Team Chair
Banquets /Socials	club member	Jane Mackie	Everyone is open to apply
Communications	club member	Karen Pammett	Everyone is open to apply
Team Wear	club member	Jennifer Galvin	Everyone is open to apply

**Membership Committee**

Chair	Membership Chair	Tina Ostrander	Board rep.
Co-Chair member	club member	Lisa Coughlin	Everyone is open to apply
member	Coach	Sean Dwyer	Coach rep
member	Treasurer	Andy Laing	Board rep.
Swim School	club member	Natalie Dwyer	Role that is good to work into by supporting Natalie this year and taking over for next year
New Member Contact	club member		Everyone is open to apply
Communications	club member		Everyone is open to apply

**Communications Committee**

Chair member	Communications Chair		0	Board rep.
member	Head Coach	Sean Dwyer		Coach rep
member	President	Robert Brown		Board rep.
Newsletter	club member	Scott Brundle		Everyone is open to apply
Publicity	club member			Everyone is open to apply

**Here is a legend of the information.**

**Position Name** is in column 1.

**To Be Filled By:** This indicates how and/or who normally fills the position. Board members are all elected at the General Meeting (GM is June 12<sup>th</sup>). Each committee falls under at least one board member, so those positions are automatic with the board appointee. Club Member means any club member is open to volunteer.

**2007-2008:** the name of the current volunteer.

**2008-2009:** the status of the position for next year is listed. All board positions are open for 're-election' at the GM, so we have indicated whether the current member intends to stand for election. For all other club positions, it is marked as OPEN if we know the current volunteer is retiring. These positions need to be filled!

**Opportunity:** This tries to give an indication of how who the ideal volunteer is and how you can fulfill the role. Of course, all positions are available to anyone wishing to take them on. Even if a position is filled, you are welcome to shadow them with the expectation of taking over the position in the future.

This will be our last newsletter of the season. Best of luck to all of our swimmers competing at Waterloo, Collingwood, Buffalo, Thunder Bay, Winnipeg and Nepean over the summer!

