



TRENT SWIM CLUB NEWSLETTER

April 2006

'The Best Small Club in Canada'

Issue 8

COACHES CORNER

Here we are entering the month of April and the long course season. For many of us, this is a time to rebuild strength, speed and endurance in preparation for the major long 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.

Coach Sean

WELCOME

The TSC would like to extend a warm welcome to six new swimmers at the AG1 level. Colin Iles, Hailley Guthrie, Quinn Dreschler, Emily Routledge, Deborah Trotchine and Patrick Daley have all moved up from the Peterborough Swim School.

In mid March I was privileged to take a Level 3 Technical Swim Coaching course; these courses do not happen regularly; sometimes years go by before a level three technical course is available in Ontario. Canadian swim coaches traveled to the conference from both coasts and there were even coaches attending from the United States. Networking with these coaches was informative and provided an interesting perspective on day-to-day operations of other swim clubs across Canada. More interesting than interacting with the coaches was the material presented during the three days. One of the most interesting topics covered during the conference was the area of Sport Psychology. The presenter was Mr. Garry Watanabe a Sport Psychologist with Performance Coaching, an organization based outside of Toronto. Mr. Watanabe explained that he and his colleagues at Performance Coaching have been involved with the psychological aspect of sport since 1990 and have worked with some of Canada's top athletes in preparation for competing at both the Winter and Summer Olympic Games.

Throughout the presentation the concept of imagery was prevalent. It was expressed that a number of studies have shown imagery to be an effective form of practice for improving physical skills and confidence. Specifically, a post-Olympic study of Canadian athletes demonstrated clearly that those who did their personal best used mental imagery two and a half to three times as frequently

as those who did not perform up to their expectations. One example of imagery at work presented specific to the sport of swimming was that of a swimmer after having swum a 'bad' race. The swimmer upon swimming is asked or voluntarily discusses the race to friends, the coach, and family members; through discussion alone the 'bad' race is re-played by the swimmer numerous times. It was suggested that upon doing something that did not go as planned (i.e., a 'bad race'), it should be re-played only one time. During the one and only re-play images that would have made for a desirable outcome replace those images perceived to contribute to an undesirable outcome. For example, if a swimmer determines that a race was made 'bad' due to slipping off the blocks; then the swimmer must replace that undesirable image with an image of nailing the start. It was also suggested that every time the 'bad race' comes to mind what should have happened is the image to re-play. The benefits of using imagery to maximize sport performance was summarized as allowing the mind to be transformed into a training room where an athlete can take charge of the direction and implementation of their actions and practice perfectly as many times as is needed.

Coach Nicole

PS Congratulations to Nicole, who became a Canadian citizen today!

Swimmers of the Month

Senior Group: Megan Wood

Megan continues her streak of 100% attendance as we head into our 8th month of training. Megan has also been doing a great job in training, pushing herself to new levels that she may not have known that she could attain. All of this hard work is paying off for Megan as she did personal bests in two of her test sets.

Junior Group: Jacob Appelman

Not only did Jacob have 100% attendance for the month of March, he has maintained 100% attendance since the season began in September. Jacob's work ethic, and attention to detail and technique has been steadily improving this month and throughout the season; this has translated to improved test set performances, speedier times in each event, and large chunks of time whacked off at the conclusion of each swim meet. Jacob does not require much coercing to work hard when it matters; Jacob often positions himself in a lane where he is required to push himself to the limit; sometimes beyond what he thought he was capable of accomplishing. This long course season Jacob has set some great goals for himself and is well on his way to accomplishing them. Congratulations Jacob - keep up the good work.

3 Group: Haley Mische

Haley is a very dedicated swimmer who consistently gives 100% at every practice. Over the course of the season, Haley has worked very hard on her technique and has made great improvements in her stroke efficiency. Her hard work in the weight room and during training sets has also helped improve her speed as she has made huge improvements in all test sets frequently swims best times, even in training. Haley sets a great example of hard work and discipline for all her teammates. Keep up the great work Haley!

AG 1 / 2 Swimmer of the Month - Molly McCue

March has been an amazing month for Molly. Molly moved up to the AG2 group without any hesitation of working hard whether it be during weights, practices, or at swim meets. After just a week in AG2 she completed the swim a thon with a time of 1:46.03.94. This was great to watch. All of Molly's hard work has been paying off just recently at the Trent Development meet held on April 2. Having personal best times in 4 events shows that Molly has the determination to succeed. Keep up the good work Molly.

SWIM GLOSSARY

Age Group Swimming: This is the program through which SNC (Swimming Natation Canada) provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent. Nationally recognized age groups are 11-12, 13-14, 15-17, and Senior. Local meets may also include events for 10 & under swimmers.

Block: The starting platform

Bulkhead: A wall constructed to divide a pool into different courses, such as a 50m pool into two 25m pools.

Circle Swimming: Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane.

Cut: Slang for qualifying time. A time standard necessary to attend a particular meet or event.

DQ (Disqualified): This occurs when a swimmer has committed an infraction of some kind (e.g. one-handed touch in breaststroke). A disqualified swimmer is not eligible to receive an award, nor will there be an official time in that event.

Drill: An exercise involving a part of a stroke, used to improve technique. Training done out of the water that aids and enhances swimming performance; usually includes stretching, callisthenics, and/or weight training.

False Start: Occurs when a swimmer is moving at the start prior to the signal.

Final: The championship heat of an event in which the top six or eight swimmers from the preliminaries compete for awards, depending on the number of lanes in the pool.

Flags: Backstroke flags placed 5 metres from the end of the pool. They enable backstrokers to execute a backstroke turn more efficiently through being able to count the number of strokes into each wall.

I.M.: Slang for individual medley, an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

Long Course or LC: a 50m long pool.

Meet: Competition designed to be a measure of progress and a learning experience. By implementing what has been learned in practice, the swimmers test themselves against the clock to see how they are progressing.

Negative Split: Swimming the second half of the race

faster than the first half.

Official Time: A time achieved in a race during a duly sanctioned competition.

Pace: The often pre-determined speed with which a swimmer completes each segment of a race (e.g. 25m, 50m)

Pace Clock: Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice (may also be digital).

Prelim: Slang for preliminaries, also called heats - those races in which swimmers qualify for the championship and consolation finals in an event.

Q-Time: Qualifying time necessary to compete in a particular event and/or competition.

An event in which 4 swimmers compete together as a team to achieve on time.

Sanctioned Meet: All competitions in which records may be set and official times may be obtained, must be sanctioned (= approved officially) by a Swim Ontario Sanctioning Officer.

Scratch: To withdraw from an event in a competition.

Short Course or SC: A 25 metre long pool in which most competitions during the winter are held.

Split: A swimmer's intermediate time in a race. Splits are registered every 50m and are used to determine if a swimmer is on a planned pace. Under certain conditions, initial splits may also be used as official times. Describes the shorter events (50 and 100m); in training, to swim as fast as possible for a short distance.

Streamline: The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as tight and straight as it can be.

Taper: The final preparation phase. As part of this phase, and prior to major competitions, older and more experienced swimmers will shave their entire body to reduce resistance and heighten sensation in the water.

Touch Pad: A large sensitive board at the end of each lane where a swimmer's touch is registered and sent electronically to the timing system.

Warm-down: Low intensity swimming used by swimmer after a race or main practice set to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.

Warm-up: Low-intensity swimming used by swimmers prior to a main practice set or a race to get muscles loose and warm, and to gradually increase heart rate and respiration.

April Birthdays

Apr. 3 - Madison Monahan
Apr. 4 - Andrew Russelle
Apr. 7 - Lisa Wierenga
Apr. 13 - Sarah Galvin
Apr. 14 - Deborah Trotchine
Apr. 18 - Colin Illes
Apr. 19 - Haden Brundle
Emily Routledge



OFF THE DECK

Elementary school report cards were sent home this month. Congratulations to all swimmers who have an 80% average for last semester:

Nickie Kelly	David Laing
Austin Pammett	Emily Coughlin
Cynthia Pammett	Anthony Liew
Sarah Mitchell Ewart	Kieran Liew
Lisa Weirenga	

In other happenings:

Laura McLeod and Laura Russelle completed their NLS during March and are now qualified lifeguards.

Sarah Fader, Anna Metcalfe, Erin and Lisa Hamilton are all members of the Peterborough Children's Choir. They travelled with the choir to Vancouver on an exchange program from March 28-April 2. While in Vancouver they participated in choir workshops and gave a concert At St. Thomas Aquinas Church.

Calendar

April 9 - cheese order due
April 15 - cheese pick-up
April 19 - Swim-a-thon pledges due
Apr. 21-23 - Division One Team Champs, Etobicoke
Qualifiers
Apr. 30 - Trent LC invitational, U of T
May 6 - NORAC, Port Hope

From the President -The YMCA Minty Pool.

As most are aware there is a proposal before City Council that sees this facility staying open, after the new YMCA facility is completed in early 2007.

The final decision on this proposal depends on a number of things, and will likely take place during the upcoming summer.

In the meantime, it is crucial that all of our parent members assist the club in contacting their councillor, (members outside the City of Peterborough can assist as well). I cannot stress enough how important the continued operation of this facility is to the Trent Swim Club and our athletes.- allow for more lane space for existing members

- allow us to expand programs, ie SWAD
- allow us to grow our club (we are currently reaching near capacity numbers)
- allow for TSC hosted swim meets, which additionally help fund our operations

There will be more information on this important issue in the very near future. Jill Hamilton has graciously volunteered her time to oversee this effort and will be in touch with all members.

Thank you in advance for your support.

Ron Gow

GOOD LUCK TO ALL SWIMMERS ATTENDING THE DIVISION ONE TEAM
CHAMPIONSHIPS

