



TRENT SWIM CLUB NEWSLETTER

December 2005

'Excellence by Choice'

Issue 4

COACHES' CORNER

For the December Newsletter, I thought that it would be appropriate to do something in the Christmas spirit. After some thought, I realized that a Coach's Christmas Wish List would work well. The qualifier here is that all wishes don't have to be realized by Christmas, just by the end of the season. These wishes appear in no particular order.

1. For all the club swimmers and their families to enjoy a safe and happy holiday season (in actuality, not just the season feel free to extend that to lifetime).
2. To have one (or more) month(s) where everyone in my group has 100% attendance.
3. To have one (or more) month(s) where everyone in the club has 100% attendance.
4. To win the Regional Short Course Championships.
5. Finishing in the top 10 at Team Champs (and beating GO and Barrie)
6. To help swimmers appreciate their skills and talents in swimming and realize their potential.
7. To have two (or more) women attain Senior National standards.
8. To find more pool time.
9. To have one swim meet where every Trent swimmer has 100% best times.
10. To be part of the solution to improving swimming in Ontario and Canada.

Tour Teams

Ryan Gow has qualified for the Ontario tour team to Oregon for the Paul Bergen Junior International Short Course Championships (Dec.8-11) and the Ontario Future Stars tour team to Switzerland for the 15th International Meeting Uster (Jan. 28-29). Ryan qualified for these tours on the strength of his performances over the summer racing season.

Karen Kerr, Sarah Lynch, Laura McLeod, Laura Russelle, Megan Wood, Zoe Zeiler, Andrew Davis, Ryan Gow, Alex Smith and Zack Zeiler have all qualified to represent the Huronia Region on the First Annual Huronia Varsity Rep Team. This team will compete at the University of Waterloo in a Tri Meet against the University of Waterloo and Brock University.

Carding

Matt Rose and Jacquelyn Craft both posted a time last season with SNC points high enough to earn them Ontario Senior Carding funds.

Ryan Gow posted a time in his 100 fr last season with SNC points high enough to earn him Ontario Junior Carding funds.

Coach Sean



The Trent Swim Club would like to wish everyone a Very Merry
Christmas and best wishes for 2006.
Happy Holidays!



Age Group 1-2 Coach - Julie Cartwright

I was 12 years old when I joined the Trent Swim Club. I can still remember attending my first swim meet, everyone was bigger and faster than me and I was scared and intimidated. But I was lucky. A couple of the older swimmers took me under their wing and it helped me feel more welcome and comfortable both at our pool and at swim meets. I realized how important this was and decided as I went through my swimming career I would take a more leadership role and help the younger swimmers.

When it came to swim meets the older kids helped me out by pointing me to the marshalling tables or telling me where to sit so I could anxiously await my race. This has become a tradition with the Trent Swim Club. During my years with the Club I noticed that more swimmers began to take more initiative in a leadership role.

This is nice to see as Trent Swim Club has a lot of younger swimmers who are new to the sport. The leadership role is not just with the older kids but it is also with the younger kids. There are places for leadership everywhere, such as helping swimmers understand drills, helping figure out when you are suppose to leave using the pace clock and most importantly, cheering on your team mates as they swim to the wall.

Keep up the good work swimmers both in the pool and on deck.

Swimmers of the Month

Senior Group: Megan Wood

Megan has just finished her third month with 100% attendance! At the Barrie Aquafest, Megan did 6 personal best out of her 7 events (85.7%). This is especially impressive considering how early in the season these improvements came. Megan has really been working on improving her starts, reaction speed and her stroke rate in practice and the results of all her hard work are really starting to show.

Junior Group: Jasmin Gow

Jasmine, for the month of November, had 100% attendance. At the meet in Barrie, Jasmine had 100% best times. Also, at this meet Jasmine demonstrated that she was able to step it up at finals taking a whopping 8 seconds off her 200 fly morning swim; as a result of her efforts she finished this race 4th moving up from a 5th place seed. Jasmine brings with her to each practice an attitude of fun which impacts positively on her team mates.

It has been great to witness Jasmine's success in the pool and I am certain she will continue to excel.

AG 3: James Sutherland

James Sutherland is a hard working swimmer who rarely misses a practice. Every day James challenges himself in workout to improve both his speed and technique. Never afraid to push himself, James has improved upon all his test set times in practice. At the Autumn Aquafest in Barrie, James achieved a best time in everything he swam. In the process, he knocked off enough cumulative seconds to put him on the top ten seconds off list. Congratulations James! Keep up the great work.

AG1: Grace Mackie

Grace brings a positive attitude to the pool deck every time she swims. She has 100% attendance since the beginning of the season way back in September. Grace is always up for a challenge. Her hard work is paying off by improving all 4 of her strokes. Congratulations Grace and keep up the good work.

Letter from the President

On behalf of the entire club, our deepest condolences have been sent to the family of Aidan Lumley. The TSC has also made a \$100.00 donation to the memorial fund set up in his name at Trent U.

To those in our club, who knew Aidan, through training, coaching and times around the Athletic Complex and who have found this tragic event so disheartening - let us remember his spirit, both in the pool and out - as we move forward.

There will be a Memorial Service for Aidan on Tuesday, December 7 at 7 PM in the Great Hall at Champlain College.

While many of us were in Barrie at the Trojan's meet, Mary Jane Smith and Earl McLeod were busy back in Peterborough donating their time and energy to officiate a Special Olympics meet held at the YMCA in Peterborough.

Many thanks to each of them for their volunteerism, while representing the Trent Swim Club.

We received a note from Randy Coulter, Meet Manager of the Barrie Trojans. He wanted to thank all Trent parents who volunteered on deck during the Barrie Aquafest Meet.

See you on the 10th for brunch.

Ron

Goodbye Bob

The Trent Swim Club would like to extend our best wishes to Bob Condon, who is retiring on December 18. Bob has been a fixture at the Trent Athletic Complex for years. We appreciate all the help that he has given to the Club over the years,

Commonwealth Games Trials

Trent's Matt Rose, has qualified for the Commonwealth Games to be held in Melbourne, Australia this March. Matt qualified in the 4 x 100 free relay. He also placed 2nd in the 50 fr and took first place in the 100 back. During the last Commonwealth Games in Manchester, England, Matt and his team mates captured the bronze medal in the 4 x 100 relay.

Esso Challenge Wrap-Up

The TSC had another very successful swim meet with the Esso Challenge in October. The money raised helps to offset expenses within the club. Through the efforts of so many parents who helped on and off the deck to make the meet run so smoothly, the club was able to waive all of the entry fees for the Trent swimmers. This amounts to \$3,000 in savings to you, the club families. Thank you for your support.

New Addition

At our last meeting, the board voted unanimously to purchase a new piece of training equipment as recommended by Coach Sean. Early in the new year, we will be installing a Power Tower. This will replace the elastic bands that are presently being used for in the water strength training. The new equipment can be specifically calibrated to the individual swimmer. This new component to our training program is relatively uncommon on Canadian pool decks and will help to put Trent on the leading edge of high performance training in Canada.

Welcome

The Trent Swim Club would like to extend a warm welcome to six new swimmers who have moved from the Swim School to AG1. They are: Madeline Steever, Keyrsten McLennan, Stephaney Daley, Kailynn Laing Keirsten Hamblin and Cassey Dickenson.

Birthdays for December

December 11 - Ian Brown
December 16 - Sarah Mitchell- Ewart
December 20 - Julia Gow
December 23 - Scott Farrow



Quote of the Month

Ability is what you are capable of doing.
Motivation determines what you do.
Attitude determines how well you do it.

CALENDAR

December 6 - Memorial service for Aidan Lumley, 7 PM at Champlain College
December 7 - Session 2 AG1 begins
December 9 - scrip pick-up
December 10 - Christmas brunch
December 11 - GTA Series Etobicoke, AG2, AG3
December 15-18 - CAMO Provincial Invitational, Montreal, Senior, Junior, AG3
December 17 - Cheese order due
December 23 - Christmas Break begins. Cheese pick up
December 28 - Christmas training camp begins, Senior, Junior, AG3, AG2
January 13 - 15 - Senior Provincials, qualifiers
January 21-22 - Winterlude, Huntsville, Senior, Junior, AG3, AG2

Recently Niki Kelly attended a swim and wellness clinic hosted by CEO of Swim Canada Pierre Lafontaine and 1984 Olympic medallist Anne Ottenbrite. There was also a nutrition specialist there who offered some good advice on well balanced snack ideas for athletes. Here are a couple of rapid snack ideas.

Rapid Snack # 1 Frozen Fruit Shake*

1 frozen banana (peel and freeze in a ziplock bag when it turns brown)
3/4 cup milk or soy milk
Berries (fresh or frozen) to taste
Splash of orange juice
Combine all ingredients in a blender and blend until thick and smooth. Serve immediately.

Rapid Snack # 2 Refried Bean Burrito*

1/2 cup low fat refried beans
6" or 12" whole wheat tortilla
1 oz low fat cheese grated
1/2 tomato, diced
Combine beans and cheese in a bowl and microwave for 1-2 minutes until cheese is melted.
Spread on 1/2 of tortilla and add tomato. Fold and cut in slices. Serve with low fat sour cream and salsa.

*Jennifer Sygo, M.Sc.,RD.

OFF THE DECK

This month we would like to recognise the high school level swimmers who achieved the honour roll on their first report card. A full 82% of our swimmers had a minimum of 80% Congratulations!



D'Arcy Bowker	Laura Russelle
Julia Gow	Zack Zeiler
Alex Brown	Zoe Zeiler
Laura McLeod	Samantha Conway
Sarah Lynch	Daniella Sheinin
David Bak	Tyler Harris
Megan Wood	Karen Kerr

Swim Photos

A reminder about the Trent Photo Album. If you have any pictures that you can share with the rest of the Club, please contact Jill and Chris Hamilton. We would like to have lots of photos for our new website and we also intend to have a slide show at the Christmas brunch.