



TRENT SWIM CLUB NEWSLETTER

February 2006

'Excellence by Choice'

Issue 6

COACHES CORNER

There are some exciting things happening with Ontario swimming and swimming within our region.

Swim Ontario has been working very hard at finding ways to develop swimming at all levels in Ontario.

- There are Skills Coach, Level 2 and Level 3 coaching courses being offered in March. Some of our coaches will be taking advantage of these educational opportunities.
- There is an age group development camp being hosted at Laurentian University. This camp is being led by Dr. Jenő Tihanyi. You may remember him from the Fast and the Furious documentary. He coached Alex Baumann.
- There is a combination age group development camp/tri meet May 11-14 that any swimmer who competes at Provincials (ages 12-15) is eligible for. There are only 4 spots available per age group and gender.
- There is a Swim Ontario Post Secondary Training Bursary of \$5000 for 1 male and 1 female swimmer enrolling in and competing for an Ontario university. Swim Ontario is planning on offering a new bursary every year.
- There have been two international tour teams that were subsidised by Swim Ontario. Ryan Gow qualified for both of them. Most recently, Ryan was a member of the Ontario Future Stars tour team to Switzerland for the 15th International Meeting Uster (Jan. 28-29). The group that he went with was small (6 including

Ryan), but it was a valuable learning experience. International competition can involve dealing with changing time zones; sleep deprivation, changes to one's regular diet and differences in rule application. Additionally, tour team coaches can have different approaches to meet preparation. In talking with Ryan, I think that he experienced all of these and still performed well against some very tough competition.

The Huronia region has also been doing its part to help develop swimming in our region. There is a Huronia Regional training camp coming up in March and most recently our region sent a Huronia All Stars team to compete against the University of Waterloo and Brock University. Trent Swim Club members Karen Kerr, Laura Russelle, Megan Wood, Zoe Zeiler, Ryan Gow, Alex Smith and Zack Zeiler represented the Huronia Region at the First Annual Huronia Varsity Rep Team. Feedback from our swimmers and the coaches was very positive. My feeling is that this is a good way to introduce soon to be university students to the format of varsity swimming and the universities that are in the Ontario University Association.

- Coach Sean

OUR NEW MAILBOX HAS ARRIVED !

By now everyone will have seen our wonderful new mailbox. We now have slots for each coach as well as a dedicated slot to the Trent Swim School and the Trent Swim Club. There is also lots of room for new members. Please remember that your name is now **UNDER** your mail slot.

Many, many thanks go to Jeff Pammett for his time and effort to build such a great new accessory for the swim club.

February is here and that means a jam-packed month of racing! All that racing takes a lot of physical and mental preparation. We know we are all physically ready to race - we've been training hard, improving our technique and speed in the pool and getting stronger - so we should all be able to swim best times, right? Well, yes, but somehow it never seems that easy, does it?

Racing is not only physical, mental strength and focus play a huge role. Think about how you feel when you are waiting to be called up to the blocks. Sometimes its excited, sometime nervous, often a mix of the two. The excited feeling can help you focus, get the adrenalin going and help push you towards a personal best performance. But the nervous feeling can sometimes do the opposite; it can make us think so much about the outcome of the race that we aren't focused on actually swimming the race.

So, how can we make sure we have that mental focus when it comes time to race? How do we make sure we are able to rise to the challenge? Just like the fitness and technique we call upon to race well, mental focus begins with good training. The knowledge that you have been training consistently and really challenging yourself can leave you feeling very confident in your abilities when race time comes. During difficult sets and time trials in training, you have the perfect opportunity to practice that same focus needed to race well. Being able to really get your game face during a workout is great practice for all those meet situations when there are lots of people and distractions, all trying to break your concentration.

Keeping focus on a busy pool deck, standing beside people who you know all want to swim fast just as much as you do, can be really difficult. Different swimmers use a variety of different techniques to keep them prevent them from becoming distracted, get them focused, and to get them excited and motivated to race well. Many people listen to music while they are preparing to race - some people have certain songs they listen to that are particularly energizing. Some people think about the different components of their race; the sharp start, the quick turn, the strong underwater work - the details that are all important for a good race. Some people like to be by themselves; some people like to feed off of the energy of others around them. Getting yourself ready for a race is something that is a little bit different for everyone.

While figuring out how to focus and prepare to race is an individual thing, the support of a team can make a huge difference! One motivating factor that many people have in common is energy boost they get when others are cheering them on. So lets help everyone out with that racing energy this month and make sure that when we've got a Trent swimmer in the water, we are there encouraging and supporting them. Good luck to everyone!

- Coach Krista

Swimmers of the Month

Senior Group: Zoe Zeiler

January has gone very well for Zoe. After some challenging training early in January, Zoe came out of Senior Provincials with 75% best times! In the 100 bk she earned a second swim and came 15th and helped the women's 200 Medley Relay break the club record and place 7th. Zoe seems to enjoy pushing herself in training and is often seen racing Tyler or Zack.

Junior Group: Ian Brown

Ian had an amazing January. At the meet in Huntsville Ian had 100% best times; he went after each swim taking off multiple seconds every time he hit the water. Out of all the swimmers that attended the Huntsville meet, Ian took off the most time. Ian, this season, has been consistent in earning a place in the Top Ten Seconds Off following each meet. In addition to performing well at swim meets, Ian has maintained over a 96% attendance record. Congratulations Ian keep up the good work!

AG3 Group: Mitchell Illes

Mitchel is a swimmer who demonstrates that paying attention to the details can make a big difference! Mitchel has great attendance and consistently practices quick turns, good underwater work and making his strokes as efficient as possible. The combination of this attention to detail and lots of hard training paid off in Huntsville where Mitchel had a fantastic meet! He dropped huge amounts of time in many events, often surpassing his own goals. This outstanding racing resulted in Mitchel qualifying for Regionals. Congratulations Mitchel and keep up the great work!

AG 1 / 2 :Sarah Fader

Sarah has worked extremely hard all season long. Her strokes have improved significantly. Sarah is not afraid to ask questions or take a leadership role in the AG1/2 group. At the Jesse Coward Winterlude Meet in January, Sarah qualified for Regionals in 100 Br with a time of 1:47.51. She took off 9 seconds. Amazing work Sarah!

From the President

There have been several initiatives lately that are geared towards helping to support high performance athletes in Ontario.

New Funding for Elite Swimmers in Ontario

Through the Provincial Government, Health Promotion Ministry, a new lottery has been introduced on an 18 month, trial basis. 'Quest for Gold' lottery will give high-performance amateur athletes an estimated \$2.5 million in direct financial assistance. This will cover a multitude of amateur sport, including swimming. It is expected to benefit 1,300 high performance athletes. Swim Ontario is the Provincial Sport Organization who will oversee the distribution to swimmers. These funds will be used to offset living and tuition expenses for post secondary education. You can buy these lottery tickets at regular outlets and help fund sport in Ontario. This is apparently a project which will be examined in approximately 18 months on its effectiveness.

2006 Swim Ontario Post Secondary Training Bursary

Swim Ontario now offers \$10,000.00 in additional funding for athletes attending Ontario Post Secondary Schools. Swim Ontario has developed a financial bursary for Ontario swimmers. This will allow the recipients to focus on swimming excellence while pursuing post secondary academics in Ontario. One female and one male swimmer will be awarded a \$5000.00 bursary during the 2006-07 season. As Sean has noted, Swim Ontario is working hard to develop high performance swimming in Ontario, and this latest announcement is part of a multi-year plan to carry this out.

A few further points to bring to your attention:

- parents are encouraged to leave their swimmer with the team for the full duration of a team meet. Schedules and warm-ups can change suddenly and staying with the team ensures that everyone is at the pool on time. If in the event they are removed from the team (ie for the return home) it is crucial that a 'Chaperone' and the 'Head Coach' be informed in person.
- On the return to Peterborough, all swimmers must be picked up, *on time* by their parents or the designated parent car-pooling. No children under 18 will be left unattended at any time.

Thank you for your assistance in these matters,

Ron

IMPORTANT MESSAGE FOR CHAPERONES

Team Meets are an excellent opportunity for swimmers to experience the camaraderie and team atmosphere that makes us 'the Best Small Club in Canada'. This season, we do have an increased number of meets which Coach Sean and I feel enhance the team experience. One of the remarkable aspects of swimming is the grouping together of males and females ranging in age from 9 - 23 years. It is always a pleasure to watch the interactions between such a range of ages and team meets are one of the best ways to get up close to these kids. Chaperones receive free transportation and hotel accommodation, so it is also a really inexpensive way to get to a meet. Parents will chaperone their own swimmers age group when a meet is run in two sections. This year we have had difficulty in getting chaperones for some of our meets. Presently we are looking for four parents to accompany the team to the Festival of Spring Meet, which is being held in Nepean May 12-14. This is a great meet to attend. Our team manager Carolyn Powles (carolyn22@cogeco.ca, 742-0596) needs to have these volunteers lined up before February 28 in order to confirm the hotel accommodation. If we are unable to find chaperones for this meet, it will become parent responsible. If you are not sure whether your child has qualified for this meet, please check the pool bulletin board. All qualifiers to date will be listed. If you have any questions about what being a chaperone entails, please call Carolyn or speak with any of the board members.

- Ron

February Birthdays

February 2 - Kate Keating
Niki Quinlan
February 12 - Cal Miehe
February 14 - Kieran Liew



Calendar

Feb. 3-5 - Huronia Short Course Regional Championships, Barrie:Qualifiers
February 12 - Huronia Development Meet, Lindsay: AG1 & AG2
Cheese order due
February 16-19 - Eastern Canadian Championships, Montreal: Qualifiers
February 17 - scrip pickup
Gatorade pickup
February 18 - cheese pickup
February 23-26 - Junior Provincial Short Course Championships, London: Qualifiers

Recipe of the Month

CALZONES**

- 6 5-inch rounds of pizza dough, about 1 lb.
- 1 small can pizza sauce
- 1 red pepper cut in thin strips
- 4 stalks celery, diced and cooked in butter
- 18 mushrooms, sliced and cooked in butter
- 1 head broccoli, cut in flowerets and cooked in butter
- 6 basil leaves, thinly sliced
- 2 cups shredded Swiss cheese*

Preheat oven to 400 degrees. Place rounds of pizza dough on a baking sheet. Spread sauce on half of each round, leaving a 1/2 inch edge. Evenly divide pepper, celery, mushrooms and broccoli among rounds. Sprinkle with the basil and cheese.

Fold each remaining half over toppings and crimp the edges to seal well.

Bake for 25-30 minutes until calzones slide off the baking sheet.

* You can substitute another type of cheese if you prefer. You can also add pepperoni, ham bacon bits if you want.

** www.purelydairy.org

Time Standards 101

There are three major levels of time standards used: Regional, Provincial and National. Each of the associated bodies typically holds two meets per year, one for short course (25m pool) and one for long course (50m pool). At the National level swimmers must also strive to qualify (based on published standards) for international level competitions.

Regional Time Standards

The Trent Swim Club is a member of the Huronia Swimming Association and are therefore subject to the Regional time standards established each year by the Huronia governing body. Regional swim meets are held twice a year; one for short course and one for long course, and include all swimmers from Huronia clubs that have met or exceeded the defined time standards. Because there is no 50m pool in the Huronia region, the long course meet is held in Sudbury and we compete with the North Eastern Ontario Region (NEOR).

Provincial Time Standards

Provincial level time standards are set each year by Swim Ontario for each of the various age groups across Ontario. These time standards are more difficult to achieve than Regional standards and thereby maintain a suitable number of participants at Provincial swim meets.

National Time Standards

National level time standards are set each year by S.N.C (Swimming Natation Canada) and are the same for every swimmer/province across Canada. These extremely lofty benchmarks suggest that only the best swimmers across Canada can participate at this level.

National time standards may be divided in subcategories, which address Senior National, Youth National and Eastern Cup applications.

To access time standards, log onto our website and click on links - follow from there.