



TRENT SWIM CLUB NEWSLETTER

January 2006

'Excellence by Choice'

Issue 5

COACH'S CORNER

Happy New Year to everyone! I love January swimming. To me this is where we start to sharpen our skills as swimmers. We have just finished about four months of base work, getting stronger in the weight room and in the pool, working on turning and streamlining skills, making some changes to our swimming technique, developing a solid aerobic endurance base as well as some good quality anaerobic work. Now we really start to incorporate all those things into some really high quality swimming and racing. As a swimmer, I always found that by January I was starting to wrap my head around fast swimming and racing. Even when I was tired from training, the races would really start to come together. It was though the body knew that the big championship meets were coming up.

January and February have some pretty exciting meets in store for our club. We have 9 swimmers going to Senior Provincials. After that, Ryan Gow is off to Switzerland for a meet as a member of Team Ontario. Then we have the Huntsville meet, which usually has some pretty fast swimming. All of this and we are still in January! We start February with the Huronia Region Short Course Championships, which looks like it will be a tough battle between Barrie and us. We may have qualified a record number of swimmers for this meet; we are currently

sitting at 44 swimmers qualified. One week later there is a Development meet in Lindsay, the following week we have the Eastern Canadian Championships in Montreal, one week following this we have the Junior Provincial Championships in London as well as a meet in Ottawa. We are sending 10 swimmers to the meet in Montreal and currently 13 swimmers are qualified to swim at the Junior Provincial Championships.

As we continue our preparations for the big upcoming meets, I think it is important to make sure that you are doing everything right. This includes a positive attitude, proper attendance, doing skills properly, supporting your team mates, working at the appropriate intensity, getting enough sleep, eating nutritionally, and setting clear goals for your races at the upcoming meets. After such a great first four months of training, let's make sure that we do everything in our control to finish off the short course season with the success that you deserve!

Coach Sean

Welcome

The Trent Swim Club would like to extend a warm welcome to Andrea Holek. Andrea comes to us from NORAC and she will be swimming with the Junior Team.

Ahhh, another New Year, a time to reflect on the past, and prepare for the future. Yes, you guessed it - a segue to review / discuss goal setting. Many of our swimmers set goals prior to competing in scheduled meets, some swimmers have even set season goals for themselves in addition to setting performance goals for each meet. Goals can be broken down into two categories: Long term goals and short-term goals. Short-term goals generally function as 'baby steps' in accomplishing long-term goals. Long-term goals can be as long term as four to eight years in the future (i.e., preparing to compete at the Olympics) and short-term goals can be as short term as immediately impacting performance within a scheduled practice (i.e., making a set of 100s with at least 10 seconds rest).

In designing goals it is important that they be SMART goals: Specific, Measurable, Attainable, Realistic, and Timely. It is easy to deviate from established goals when they do not encompass all of the SMART components. For example, having a goal of "making provincials" is quite vague. To assist in making this a SMART goal ask, "In what specifically will I qualify for provincials (i.e., 200 meter butterfly, 400 meter freestyle)?" In order to make this goal measurable and timely ask "Do I want to make provincial for the short course season, the long course season, within a one month time-frame, within a one year time frame, etc.?" Upon addressing this ask "Is this goal attainable / realistic?" As a coach I don't like to discourage anyone from working to accomplish their SMART goals; I believe with SMART short-terms goals, an organised and specific plan of attack, and a good work ethic goals can be accomplished. However, if you are feeling somewhat apprehensive about the attainability of your goals, you can structure your short-term goals such that your performance is directed towards achieving those goals that seem challenging to attain.

When goals are accomplished it is certainly cause for celebration. It is important to enjoy the moment, you worked hard for it; however beware of complacency. After the celebration is through, it is time to set your performance standards higher; when doing so remember to incorporate the components SMART of goal setting.

Coach Nicole

Swimmers of the Month

in 2006.

Senior Group: Tyler Harris

Tyler has had an impressive month. Not only did he finish out December with 100% attendance, he also had 100% improvement at the Montreal meet. He was also the only Senior swimmer to crack the top 10 for seconds off at Montreal. Tyler isn't one to just show up for workouts and swim fast at meets, he has been putting in the work at practice. In his test sets, he dropped 11 seconds from his best 400 Kick and 9 seconds from his best 300 Test Set!

AG3 Group: Taylor Ostrander

Taylor is always at practice early, ready to work and with a smile on her face. In addition to showing great improvements each time she races, Taylor has been working very hard on her technique, particularly her breaststroke. All the hard work is paying off as Taylor was again among the top 10 for seconds dropped at the Montreal meet! Keep up the great work, Taylor.

Junior Group: Kieran Liew

Kieran finished the month of December with 95% attendance, missing one practice due to illness. Kieran, at the meet in Montreal, achieved or equalled her best time in all of the events in which she was entered. Also at the meet in Montreal, Kieran swam an impressive 2:33.55 in the 200-meter backstroke with no warm-up; this was a best time by 5.84 seconds! Kieran's hard work is also shining through in practice, as she has steadily improved her performance on every test set since September. Congratulation Kieran and keep up the fast swimming

AG 1 / 2 :Mary Coughlin

Mary Coughlin is this month's swimmer of the month. Mary brings a consistent positive attitude to the pool every practice, whether it be weights or in the pool. Having perfect attendance allows Mary to work on her technique, turns and starts which paid off at the Autumn Aquafest in Barrie. Mary accomplished best times in everything that she swam. In her 200 FR, she took off 10 seconds. Congratulations Mary!

Mark Your Calendar

The annual Awards Night Banquet will take place on Thursday, March 30 at the Peterborough Curling Club. This is certainly the social event of the season. Watch for more details in the February newsletter.

Qualifiers

We have several new qualifiers for the Eastern C. Champs, Senior Provincials and Junior Provincials:

Senior Provincials: Scott Farrow, Alex Brown, Andrew Davis, Tyler Harris, Karen Kerr, Ryan Gow, Sarah Lynch, Zack Zeiler, Zoe Zeiler

Easterns: Scott Farrow, Andrew Davis, Alex Brown, D'Arcy Bowker, Ryan Gow, Zack Zeiler, Karen Kerr, Zoe Zeiler, Sarah Lynch, Julia Gow.

Junior Provincials: Alex Brown, Dustin Dwyer, Andrew Davis, Tyler Harris, Kori Malakos, Karen Kerr, Anthony Liew, Kieran Liew, Nickie Kelly, Zack Zeiler, Zoe Zeiler, Ryan Gow, Sarah Lynch.

Reminder

This is a reminder to everyone that TSC receives a rebate from M & M foods. Just remember to say # 58 to the clerk prior to checkout and your purchase amount will be used to calculate the funds coming to the club.

Familiar Faces

It was great to see some familiar faces on deck just prior to the Christmas Break.

Matt Rose, Elliott Burger and Bill Cocks were all home for the holidays and joined the senior group for a few practices.

Scrip Changes

Please be aware of the changes that have been made to the scrip programme. Orders will now be taken on the first Friday of every month, with delivery of the scrip two weeks later. Orders will be restricted to Sobey's, Loblaw's and Canadian Tire. If you wish to order any other scrip partner, there is a minimum order requirement of \$ 200.00 per scrip partner. If you have any questions, please contact Robert Brown.

Stickshots

Make sure to look at the Stickshots page on our website. There are some great action pictures of our swimmers!

Volunteer Opportunity

We are looking for someone to assume the registrar role for the Trent Swim School. If you are interested in taking on this position for the club, please contact Sherry Oldham at 745-4331.

The following item was in the news just before Christmas:

Extreme swimmer Lewis Pugh broke two world records, for the most southerly swim ever undertaken in the ocean, and the longest-duration polar swim ever completed. Sporting only a swimsuit, cap and goggles, Pugh took less than 19 minutes to complete a 0.6 mile swim near Vernadsky, the Ukrainian scientific base on Antarctica at 65 degrees south, in water of 0 degrees Celsius (32 degrees Fahrenheit) and heavy snow. Two days later, on 14 December, he swam a mile off the nearby Deception Island, spending 30 minutes and 30 seconds in the water - longer than any other polar swimmer.

There is a great book out by another cold water swimmer Lynne Cox, entitled Swimming to Antarctica. Lynne started swimming almost as soon as she could walk. By age sixteen, she had broken all records for swimming the English Channel. Her daring eventually led her to the Bering Strait, where she swam five miles in thirty-eight-degree water in just a swimsuit, cap, and goggles. In between those accomplishments, she became the first to swim the Strait of Magellan, narrowly escaped a shark attack off the Cape of Good Hope, and was cheered across the twenty-mile Cook Strait of New Zealand by dolphins. She even swam a mile in the Antarctic.

This is a great read!

January Birthdays

January 1 - Jordan Lanctot
January 14 - Scott Lanctot
January 17 - Tyler Harris
January 17 - Stephaney Daley



Quote

"Obstacles are those frightful things you see when you fail to focus on your goals"

Honour Roll

Elementary students received their first term report cards in early December. Congratulations to the following Trent Swimmers who had a A average or above.

Nickie Kelly	Kate Keating
Sarah Mitchell Ewart	Tyler Banderob
Andrew Russelle	Jordan Lanctot
Madison McGee	Anthony Liew
David Laing	Kieran Liew
Hannah Keating	Blake Harris
Taylor Ostrander	Cynthia Pammett

Calendar

Jan. 13-15: Senior Provincials, U. of T. qualifiers
Jan. 15: Cheese orders due
Jan. 20: Cheese pick-up
Jan. 21-22: Winterlude, Huntsville, all but AG1
Feb. 3-5: Huronia Regional SC Championship
Barrie, qualifiers
Feb. 12: Huronia Developmental Meet, Lindsay
AG1 & AG2

New and Improved Bingo

The newly revamped Kawartha Bingo now requires only two TSC members per Saturday matinee. One volunteer will man the charity lounge and provide any information that people might have about TSC. A promotional packet is being put together now. The second volunteer will circulate the floor and 'be nice!' - hold a chair, get a drink for someone, find an employee to sell cards to someone (we no longer do that) The bingo hall also stipulates that no jeans are to be worn. This is the opportunity to wear that TSC golf shirt that you've been looking for.

Full details are available on the lobby bulletin

board.

Bingo Schedule 'till June 2006

Jan 14	Coughlin/Reed
Jan 21	Ruigrok/Hamilton
Jan 28	Farrow/Brundle
Feb 25	Laing/Zeiler
Mar 4	Ostrander/Bowker
Mar 11	Banderob/Illes
Apr 8	Kelly/Smith
Apr 15	Sheinin/Gallagher
Apr 22	Quinlan/Kerr
May 20	Paschalis/McGee
May 27	Bak/Ferri
Jun 3	Appelman/Lynch

Recipe of the Month - Tuna Biscuits

2 large eggs
1/4 cup light salad dressing
2 tbsps. Melted margarine
1/2 tsp. Lemon juice
1/8 tsp. Hot pepper sauce
22 crushed cheese flavoured crackers
1 6/12 oz tin tuna
1 green onion, thinly sliced

Preheat oven to 375 degrees. Grease 8 cup muffin tin.
Combine first 5 ingredients until well blended. Stir in
Fill muffin cups 3/4 full.
Bake for 20 minutes.
These are great hot or cold and are an excellent
idea for the school lunch bag.