



TRENT SWIM CLUB NEWSLETTER

March 2006

'Excellence by Choice'

Issue 7

COACHES CORNER

Congratulations to Tyler Harris. Tyler has been selected to the Provincial Swim Camp #2 in Sudbury April 6-9. This camp is being led by Jenő Tihanyi, you may remember him from the Fast and the Furious documentary as the coach of Alex Baumann. The focus of the camp is on training and racing education and skill development for the athlete and the coach. This is a great learning opportunity for Tyler and I'm sure that he will come back with lots of new and exciting ideas to share with the team.

The March break is fast approaching. As a coach, I think that the break falls at a good time. We have just come off of a fairly long and intensive racing schedule with many emotional highs and lows. This can leave swimmers, parents and sometimes even coaches feeling a little bit run down. Now we have the chance to take a step back and relax a bit. This is a good time to reflect on the season, enjoy the successes and evaluate the less successful elements. During this time you may wish to do some other activities. This is a great way to maintain fitness while giving you a mental and physical break from the chlorinated environment.

As a club, we have enjoyed a great short course season, with lots of records being broken, great showings at swim meets, swimmers getting nominated for and selected to tours and camps and some really great racing. Lets make sure that we take advantage of our break and come back fired up and ready to do some really exciting swimming during the long course season.

Coach Sean

From the President

With the Short Course season behind us now, I'd like to take this opportunity to congratulate our team on some very fine performances to date. I think back to the Esso Challenge, where many of our newer swimmers experienced their first meet and did so well. Then it was on to our Short Course Regional Champs in Barrie where our entire team raced hard, and did an outstanding job of supporting each other throughout the weekend. So much so that other club officials commented on it to Coach Sean.

More recently, I had the privilege of watching two championship meets with our team this past month. Eastern Canadian Championships in Montreal, and then Junior Provincial Championships in London the following weekend.

Firstly, some amazing swims in Montreal, which included our men's 4 x 50 free relay, open division - winning gold. The team, made up of Andrew Davis, Zac Zeiler, Scott Farrow and Ryan Gow swam 1:36:16 to defeated some of the largest swim clubs in Eastern Canada. In London at Junior Provincials, our team continued with great performances. Of course of special note the boy's, 12/13 year old relay team of Dustin Dwyer, Kori Malakos, Blake Harris and Anthony Liew winning 4 gold medals over the weekend. Each of these examples are why we are, 'the Best Small Club in Canada'.

The Spring Awards Banquet is fast approaching. This is the time of year when we present awards for the short course season and recognize personal achievements. We look forward to seeing everyone there.

Ron Gow

Why is teamwork such an important thing to have? I recently travelled with part of the team to Ottawa to compete at the Kingfish Blowout swim meet. The Trent Swimmers were very supportive of their team mates. They were the loudest team on the pool deck. Starting off the sessions with the AC/DC cheer to increase the excitement.

I have noticed that when there is a test set going on regardless of the group in the water there is always someone cheering someone else on. Cheering a person on might make them laugh, smile, swallow some water, and increase their speed. All of these things increase a persons confidence, increase their drive to do better, help a swimmer reach their goal, make them smile when they are having an off day.

Although March is a quiet month for swim meets, we still need to keep up the team-work. Whether it be helping someone with their stoke, cheering them on in a test set, or having the whole team learn the AC/DC cheer. Keep up the good work!

Coach Julie

Swimmers of the Month

Senior Group: Ryan Gow

Ryan has been tearing the water up this past month. Not only he been racing up a storm, he made all his practices plus a bonus one this month. At the Eastern Canadian Championships Ryan came fourth in the 50 fr and the 100 fr. Both of these swims were new team records. At the Junior Provincials, Ryan improved his times and came first in the 50 and 100 fr and 3rd in the 200 fr.

Junior Group: Kori Malakos

Kori had an amazing February, at Regionals he had 86% best times and was among the top ten point scorers at this meet. At Junior Provincials Kori had 100% best times and brought home the hardware; he won a bronze medal in the 200-meter butterfly, taking third place all the way from lane 8. Kori bested his time by 7.50 seconds. Kori contributed significantly to the four relays that won gold at Junior Provincials. And to top it off, Kori, also at Junior Provincials, accomplished his goal of going under 1:00 in the 100-meter freestyle; he swam a 59.65 on the lead leg of the 4 X 100 meter freestyle relay. Kori is a dedicated and hard working swimmer, for the month of February Kori maintained an attendance percentage of 96%. Congratulations to you, Kori, on all your wonderful accomplishments during the month of February.

AG3 Group: Nick Maranduik

Nick has consistently good attendance and is always ready to work hard in training. At the Ottawa meet, Nick had 100% best times, including first swims. His strong swimming lead to him attaining his first three Provincial D times in the 200IM, 100 breast and 100 fly. Nick's 100 fly was particularly impressive to watch as he dropped 19 seconds from previous best time. Congratulations Nick! Keep up the great work.

AG 1 / 2 :Sarah Galvin

Sarah has worked very hard this year. She always brings a positive attitude to the pool deck which is infectious to everyone around her. She recently compete at the Lindsay Development Meet in February. She had 100% best times. In her 100BK she placed 11th and earned 7 points for the team. She is always ready to work hard in practice. This hard work has showed in all of her strokes, turns and starts. Great work Sarah, keep up the good work!

SWIM-A-THON

Each year, all swim clubs in the country participate in Swim-a-Thon. Swimmers are required to swim 200 lengths of the pool or for 2 hours, whichever comes first. They are asked to collect pledges from friends and family. All monies collected go towards the Trent Swim Club.

This years Swim-a-Thon will be held on Saturday, March 25. Senior and Junior will swim from 6:30-8:00 AM. AG2 and AG3 groups will swim between 4:00 - 6:00 PM. AG1 will not participate in Swim-a-Thon, but will have their regular practice from 8:00-9:00 am. Each swimmer will require a parent, sibling or friend to sit on deck and keep track of their lengths.

Swim-a-Thon packages have been put in mailboxes on Monday, March 7. Completed packages must be returned to John and Lisa Coughlin no later than April 19.

This is a great opportunity to raise money for the Trent Swim Club as well as a chance for each swimmer to test their endurance and see how much they can improve on last year's time

OMNI ORDER

Our Teamware manager Colin Milne will be placing an order with Omni at the end of this week. With the long course season coming on, swimmers may be in need of new training suits or competitive suits, goggles, caps etc.

Remember, we get a 30% discount when ordering through Omni and the club also receives additional credits every year. Please have your order in to Colin NO LATER than March 10. That way we should have the majority of supplies in by the end of the month. Colin can be reached at colin.milne@sympatico.ca.

Long Course????????

Throughout this newsletter you have seen long course mentioned several times. For those newer members of the club who are just learning the lingo this means that all sanctioned competitions from now until the end of the swim season, will be held in 50 M pools. (This doesn't apply to devo meets) There is a whole new set of time standards as well which can be downloaded from the Swim Ontario website.



TRENT SWIM CLUB AWARDS BANQUET

Thursday, March 30, 2006

"The social event of the season" - Paris H.

Everyone is cordially invited to attend the Awards Banquet, being held at the Peterborough Curling Club, Lansdowne Street West.

**Social hour (cash bar) will be 5 - 6 PM
Dinner and awards presentations 6 - 8 PM**

The cost is \$15.00 per person. There is a sign up sheet at the Athletic Complex. Please indicate the number of tickets required. Payment is by cheque prior to March 30 or deduction from meet account.

Each family is asked to donate one unwrapped gift for the prize table. (\$10.00 limit) The prizes may be dropped off at the pool at 5:30 pm on March 27 to Sue Wood or they can be taken directly to the banquet.

Please note: Our swimmers to like to 'dress up' for this occasion. If you have any further questions, please contact Susan Wood 292-6601.

March Birthdays

March 8 - James Sutherland
March 10 - Cassy Dickenson
March 15 - Karen Kerr
March 18 - Dustin Dwyer
March 24 - Sarah Lynch
March 30 - Meagan Reed



OFF THE DECK

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

Laura McLeod	D'Arcy Bowker
Alex Brown	Daniella Sheinin
Laura Russelle	Megan Wood
Sarah Lynch	Zach Zeiler
Zoe Zeiler	Samantha Conway
David Bak	

In other happenings:

Kate Keating represented her school in the recent Legion Speech Contest.

Ian Brown's hockey team placed second overall in their division this season.

Calendar

March 3 - scrip order due
March 10 - scrip pick-up
March 13-17 - March Break
March 12 - Cheese orders due
March 18 - cheese pick up
March 30 - Awards Banquet
April 1 - Spring Turbo Charge, Waterloo Senior, Junior, AG3, AG2
April 2 - Huronia Devo Meet, Trent U.
April 7 - scrip order due

TRIVIA CONTEST

We are just 8 days away from the start of the Commonwealth Games being held in Melbourne, Australia.

This meet involves swimmers from all member countries of the British Commonwealth, including Canada. Former Trent swimmer Matt Rose will be there representing our country.

To celebrate the opening of these Games, we are introducing a contest for the Trent swimmers. The winner will be announced at the Awards Banquet on March 30.

Here's the question:

Among the many Commonwealth Records, the 400 IM long course for both male and female are held by Canadian swimmers. Name these two athletes. All entries must be submitted to the gold contest box which will be placed on top the Club mailbox. All entries must be received by March 25. If we have more than one correct response these names will be placed in a jar and one name will be pulled. Cut out the form below to use.

Recipe of the Month

Nacho Casserole

1 cup corn chips
3/4 cup salsa
3/4 cup cooked ground beef or chicken
1 cup frozen vegetables, defrosted (select the ones that you like the best)
1/2 cup sliced black or green olives
1 cup mozzarella cheese, shredded

In a large oven proof dish, layer the ingredients in the order given, making sure the cheese is on top.

Bake in preheated 375 degree oven for about 10 minutes or until the cheese is melted.

Serves 2.

ENTRY FORM

Swimmers Name: _____

Male 400 IM: _____

Female 400 IM: _____