



TRENT SWIM CLUB NEWSLETTER

November 2005

'Excellence by Choice'

Issue 3

Coaches' Corner

November is here and now we are all getting a bit fatigued from harder training and late nights studying and doing the chores. This is where it gets easier to let the little things slip. Maybe we don't do our best streamline or we do a 1-hand touch in our breaststroke or we

surface at 6 metres instead of 7.5. Maybe we chose a send off time that we know is too easy for us.

Bill Sweetenham, the former head of Australian Age Group Swimming said, "99% right is 100% wrong!" The point that he was trying to make was that to reach your best, you had to be willing to do everything correctly. Letting even 1% of what was required slip could have a detrimental effect on the final outcome.

Now is the time to be focused on doing the little things properly, especially when in a fatigued state. When you get tired in a race, your body defaults to what you habitually do in practice. Bad training habits will rear their ugly head at all levels of racing from the developmental all the way up to the elite level. At the 1988 Olympics Matt Biondi lost a gold medal and Olympic Record to Anthony Nesty in the 100 fly because he coasted into the wall on his last stroke.

Let us go into November with a renewed sense of purpose. Being successful in the sport of swimming is not just about training harder than the competition. It is also about training smarter and doing a better job at the small details (streamlining, dolphin kicks off starts and turns, all turns at race pace, explosive starts and pushoffs, actually counting strokes on stroke count sets, being aware of practice swimming speeds, constantly striving to improve swimming technique, working to develop faster swimming and kicking speed, legal turns and strokes and finishing into the wall) because all the small details when added together can make a big difference.

- Coach Sean

Club Records Fall

At the recent Esso Challenge, two new club records were set. Kieran Liew established a new time of 35.17 in the girl's 11-12 yr. old 50m backstroke. In the boy's 13-14 yr. old 50M Breaststroke, Tyler Harris set a new record in the morning event and then broke his own record later that night in the Dash For Cash event with a time of 33.17. Congratulations to both swimmers!

Almost without fail, there is a point during each practice when I find myself standing on deck with a slight smirk, subtly nodding as I watch the pool full of swimmers. I am inexplicably fascinated observing the way our swimmers train and wondering what it is that motivates each of them. I know that motivation comes from a number of sources, all compiled in different proportions depending on the individual athlete. Parents play a huge role in supporting and motivating their children and coaches are always looking for ways to keep swimmers motivated and solicit quality training and performances (and the promise of an Altoid never hurts).

But the motivation I'm most intrigued by is that which comes from the athletes themselves. Intrinsic motivation - that which allows an athlete to engage in an activity purely for the pleasure and satisfaction derived from participation - has been found to play an extremely important role in athlete training and performance, even compared with extrinsic sources of motivation - those which deal with the goals and expectations of others. Sport psychology studies have shown that as athletes get older and enter higher levels of competition, the balance between these two types of motivation becomes increasingly weighted toward intrinsic sources.

There are a number of factors that play important roles in allowing athletes to maintain a high level of intrinsic motivation. Some of these factors come from within, such as a strong work ethic and desire to achieve a goal, but equally important is the presence of a strong support system, both social and family-based, to help foster the development of this motivation. Parents, coaches and peers all play a role in helping an athlete succeed and stay motivated to work towards both training and performance goals. And this support is equally as important during training and competition.

While all our swimmers have lots of opportunity to practice motivating themselves to perform during training, motivation to perform under the stress of competition is often much more difficult to maintain. All swimmers have to find the right combination of mental and physical preparation to ensure they are relaxed, energized, confident and focussed. All key ingredients if swimmers are to rise to the challenge of competition. The Trent Club, as a whole, is off to a great start, both in terms of training motivation and competition performance. As the season progresses, I encourage all of our swimmers to discover how to motivate themselves and to gain strength from the support system of coaches, parents and peers that exists to encourage and celebrate everyone's hard work and success.

- Coach Krista

SWIMMERS OF THE MONTH

Senior Group: Laura McLeod

Laura has done a great job this month. She has maintained 100% attendance, had 75% best times at the Esso Challenge and despite some challenging training she improved 2 of her 3 test sets this past week. With all this hard work, Laura still comes bounding onto the pool deck happy and excited about training.

AG 3: Sarah Mitchell-Ewart

Sarah has proven herself to be a swimmer who enjoys a challenge. Always pushing herself in practice, Sarah has improved both her technique and stroke efficiency. All the hard

work has paid off as Sarah has achieved a personal best in all her events at the Esso Challenge, secured regional qualifying times in 5 events and dropped 177.47 total seconds. Congratulations Sarah! Keep up the hard work and positive attitude.

CHRISTMAS BRUNCH

When: Saturday, December 10 at 9:30 am

Where: Peterborough Naval Association (Lansdowne St. across from River Road)

Cost: \$9.00-\$10.00 including tax and gratuities. Children 6 - 12, half price

The buffet will include scrambled eggs, bacon, pancakes, sausages, toast, muffins, fruit salad, juices, tea/coffee.

The sign-up sheet will be posted on the lobby bulletin board after November 14.

From the President

SwimNews Magazine is a national publication that covers competitive swimming, including extensive age group listings of swimmers from 9 years old and up. There are always many Trent Swim Club members listed!! Our club will be sending in it's annual subscription form for this magazine, later this week. Pierre LaFontaine, head of SNC (Swimming Canada) and it's president, Dan Thompson, are strongly encouraging all club members to subscribe to this magazine for its informative layout and insight into Canadian swimming. The cost for the bi-monthly publication is \$30 per year. If you'd like more info or a sample copy, contact Sean or myself, prior to Nov 11.

Privacy Policy and Code of Conduct:

It has come to my attention that numerous members have not returned signed copies of the Privacy Policy and Code of Conduct. These are two important and required documents. I will thank you in advance for completing these *immediately*. Please make our Head Coach, Team Manager and Membership Manager's job easier by looking after this.

The club is searching for an interested member to become our official photographer. A digital camera (doesn't have to be a fancy one) and basic camera skills are the only requirements. This would mainly entail collecting and cataloguing photos taken by various members, and keeping a team album on their computer.

Please contact me if you would be willing to help the club with this.

Ron

Ron

AG1 REGISTRATION

Registration for Session Two

December 5 - March 11

Will take place on

FRIDAY, NOVEMBER 25

At

6 PM

On the pool deck at Trent

Registration information for Session 2 of swim school will be available on-line by December 1.

For further information, please contact Sherry Oldham at ddavis5@cogeco.ca

IMPORTANT!!!

Our newly designed web-site should be up and running by November 11. Please take time to visit the site and see the new additions and links.

Many thanks to Roz Mitchell and Tina Ostrander for their time and effort in working with the design team to get this project up and running.

Go to: www.trentswimming.com

Birthdays

November 4 - Cynthia Pammett
November 5 - Nick Maranduik
November 8 - Zach Zeiler
November 21 - Zach Gammon
November 25 - Lisa Hamilton



Mark Your Calendar

November 11 - Scrip Pick-up
November 11-13 - Fallfest Swim Meet, Barrie
November 15 - Gatorade orders due
November - 20 Cheese orders due
November 25 - AG1 registration Session
Two
November 27- Cheese pick-up December 10 - Christmas Brunch
December 15-18 -Camo Meet, Montreal
Senior, Junior, AG3

Parent Trent T-Shirts

Cheryl Mieke has had several parents ask about the parent T-shirts that you may have seen on deck during the Esso Challenge.

The T-shirts have Trent Swim Club on the front. The back says, "Trent Swim Parent, Proud Sponsor of _____" There is room for a 6 letter name. (Additional letters are available at \$5.00 per 6 letters). They are available in sizes S - XL.

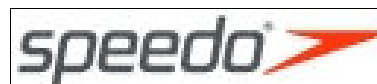
The shirts are great to wear at swim meets or at the bingo hall.

Omni requires a minimum of 15 shirts to make-up the order. The cost of the shirts is approximately \$32.00.

If you are interested in ordering a shirt, please contact Cheryl at 932-2742 or Mieke@peterborough.net, no later than November 18.

Gatorade Fundraiser

A couple of weeks ago, swimmers were given a bottle of Gatorade along with an order sheet for a new fundraiser. The deadline for ordering the 12 pack of Gatorade in 591ml bottles is Tuesday, November 15. If you have misplaced your order form or need further information, please contact Tina Ostrander at dostrander1@cogeco.ca.



NUTRITION

It is very important that swimmers keep themselves hydrated and fuelled during a swim meet. Sometimes this can be a challenge if you are on the pool deck for several hours and have varying times between events. It is a good idea to have something handy to eat when you have more than an hour between events. Fresh fruit and water are great, but sometimes they might want just a bit more. Here is a handy recipe that gives a quick, easily digested snack. Pack them in a cooler bag with an ice pack to have on deck.

Pistachio Cheese Roll-Ups

1/2 cup red seedless grapes
1/2 cup pistachios
1/2 cup cream cheese, softened
1/2 cup soft goat's cheese
2 large tortillas
Lettuce leaves

Preheat oven to 375 degrees. Place pistachios on baking sheet and toast 2-3 minutes. Cool and finely chop. Finely chop grapes and place in medium bowl with both cheeses and pistachios. Mix to create a smooth paste. Lay a piece of plastic wrap on a flat surface and place tortilla on top. Spread with half the cheese mixture and a layer of lettuce. Roll up tortilla, then wrap tightly. Repeat with second tortilla. Refrigerate for at least one hour. Remove wrap and cut into 1/2 inch rounds.

