



# TRENT SWIM CLUB

November, 2006

"Excellence by Choice"

Issue #2

## A Message From the President

The season is well under way and our swimmers and volunteers are in the full stride. When an organization is running well you can see and feel it. Like an athlete "in the zone", the club seems to be able to take anything on and make it the best.

The Esso Meet was a perfect demonstration. We pushed the limits with a record number of swimmers. Countless hours of planning culminating in a terrific meet of five sessions. There was a calm confidence throughout the meet, problems, if any, were dealt with efficiently and quietly.

A huge reason for the success is the organization strength. Our meet/officials co-managers, Kathleen and Earl along with Head Coach Sean are a huge part of this. But it takes more than 3 dedicated individuals, running a successful of this size requires a contribution from everyone in the club. I would like to mention everyone, but space does not permit here.

To each and everyone who helped out at the meet and with the club, please accept my personal thank you on behalf of the club for all your efforts.

We can see the strength of the organization is other areas as well. A huge range of activities; registration, fundraising, treasurer, official development, team wear, this newsletter and many other aspects of the club show the strength and depth of the organization. A wide range of successful activities because people have taken responsibility for them.

As president of the club, it is a great feeling. Now don't get me wrong, I am not after credit here. This is a team effort.

Still, I would like to single out one person who can take a healthy chunk of the credit for our club's strength. Past-President Ron Gow recently received substantial recognition for his efforts with the Trent Swim Club. At Swim Ontario's AGM, Ron was awarded the Gord Noodle Award as the outstanding club administrator in Ontario. Congratulations Ron! If Trent Swim Club ever has a hall of fame, the Gow family should be inducted as builders.

Again, thank you for your contribution to the club. It is appreciated, and without you, there would be no kids in the pool. If only they knew what goes on to make it all possible...but that is not their concern for now, someday in their distant future they will turn around and join me in saying "Wow, nice effort!".

Good luck to everyone with the meets this month.

**Rob Brown, Club President**

## Coaches' Corner

We are now well into the swim season. Your basic technical skills (turns, streamlining, breakouts, strokes) should be fairly well established now. Your aerobic fitness levels should be much higher than when the season began and you have had a couple meets to do some racing and identify areas of your swimming that need work.

Now is a good time to start refining your basic skills in practice. Make sure that turns are technically excellent and at or faster than race pace. I find it helpful to race other swimmers on turns. This way I can see how effective my turns are or aren't. Breakouts (the transition from underwater to surfacing and swimming) are another skill that can be refined. This is a skill that I've always had to think about in training and racing. I had tendencies to breathing on the first stroke and in trying to start swimming while still underwater. Finishes are another skill that almost nobody thinks about. A good finish can be the difference between first and sixth in a close race, or between qualifying for something and not. Key points are no breathing from the flags to the wall and maintaining speed, body position and arm speed while reaching for the wall.

It is also important to make sure that you continue to challenge your body to adapt to aerobic work. It can be tempting to be content with a certain level of aerobic conditioning and maintain current fitness, but it is important to keep improving. Aerobic adaptations help speed recovery between intense sprint sets and/or races, as well as contribute to the back end of your 50 and 100 metre races. Races of 200 metres and up have a huge aerobic component as well. It makes good sense when you look at developmental physiology as well, in younger athletes the aerobic energy system is the most readily trained.

This is the time in the season to really focus in on hard sets and race situations. It is a chance to see how we respond when stressed and an opportunity to make adjustments now, while it is still early in the season. This way when the final meet of the short course season come around we will be physically, technically and mentally prepared for peak performances.

**Coach Sean - Head Coach, Senior Group**

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With the candy bowls re-stocked with fresh Halloween loot and the holiday season careening upon us, I thought I would discuss the impact sugar has upon sport performance. The Sport Nutrition Guidebook by Nancy Clark states that eating foods high in sugar 15 to 45 minutes before exercise might have a negative impact on sport performance. Physiologically, ingesting high a dose of sugar rapidly boosts your blood sugar; this provides a short boost of energy with the initiation of exercise. However, ingesting high a dose of sugar also triggers the pancreas to secrete high levels of insulin. Insulin, like exercise, transports sugar out of the blood and into the working muscles. This yields low blood sugar levels, which has a profound, adverse effect on performance. Nancy Clark suggests that a better solution to consuming pre-exercise sweets is to maintain a high energy level throughout the day by eating adequate calories at breakfast and lunch. Good snack choices for hungry swimmers to consume prior to practice include - bananas, oatmeal, apples, and lentils. It is suggested that these food will provide sustained energy for an exercise session spanning 60 to 90 minutes if such snacks are consumed an hour before exercise and with water. Enjoy your treats in moderation, opt for the apple or banana before practice, and reward yourself with that Kit-Kat or Reese's after practice.

**Coach Nicole - Junior Group & AG3**

## Swimmer of the Month

### Senior Group: Tyler Harris

Tyler brought his attendance up to 100% this month. On top of that, Tyler has been working very diligently at improving his distance swimming, fly and backstroke. At the Esso Challenge, he improved his 800 fr by 18 seconds, 100 fly by 3 seconds, 50 fly by 2 seconds and 50 back by 1 second. Tyler has also performed well in the first round of test sets this season.

### Junior Group: Ian Brown

Ian had a terrific October, for the month he maintained 100% attendance; and had 100% best times, and took off a total of 79.50 seconds off at the Esso Challenge. Ian also represented the Trent Swim Club at the Regional Camp in Huntsville October 13-15. Ian is always up for a challenge whether it be bettering his best times, swimming repeats faster than the week before, or bettering his final swim from a preliminary swim. Excellent job this month Ian - Keep up the good work.

### AG -3 - Lisa Hamilton

Lisa, for the month of October maintained 100% attendance. At the Esso Challenge she had 100% best times and took a total of 22.68 seconds off. Lisa has been working exceptionally hard at improving her technique and refining the technical aspects of swimming (i.e., streamlining off walls, turn speed). Lisa consistently requests feed back on how her swimming is progressing. All of this hard work is beginning to pay off. Lisa's upbeat exuberance has a positive impact on the AG-3 group as well as the team. Good work this month Lisa - keep it up.

### AG 1 / 2 : Hailley Guthrie

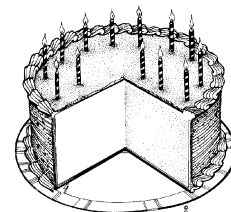
Hailley is AG 1 / 2 group swimmer of the month for October. She has dedication as well as drive to compete and do well. During practice Hailley asks questions to improve her technique as well to clarify what the set is focused on. At the Esso Challenge, she achieved 100% best times. In her 100 FR she took off 1.68 seconds giving her a personal best of 1:54.88. Her underwater work has improved by working her turns at every wall at every practice. Great Work Hailley!

## Mark Your Calendar

November 3 - scrip orders due  
November 3 - *Gatorade* orders due by 6:00 p.m.  
November 10 - 12 - Barrie Autumn Aqua-Fest  
November 17 - scrip pick-up  
November 17 - scrip order due (Special Order)  
November 18 - cheese orders due  
November 24 - cheese order pick-up  
November 24 - 27 - SNC Grand Prix  
November 26 - Huronia Devo Meet  
December 1 - scrip pick-up (Special Order)  
December 8 - scrip order due  
December 22 - scrip pick-up

## November Birthdays

Nicholas Maranduik, November 2  
Cynthia Pammatt, November 4  
Zack Zeiler, November 8  
Kate Lanctot, November 10  
Zachary Gammon, November 21  
Lisa Hamilton, November 25

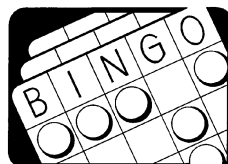


### Bingo News

Thanks to Ron Gow's creativity we now have a DVD to play at the bingo hall. This promotional piece showcases our swimmers at a variety of meets. The DVD is located at the Bingo Hall in a file folder entitled TRENT SWIM CLUB. The folder is located on the book shelf in the sitting area where we greet patrons. Don't hesitate to ask staff to assist you in setting up the tv/DVD player. Please ensure that no volume is on while Bingo is being played.

#### **Bingo dates for November:**

November 4, 2006  
November 11, 2006  
November 18, 2006



Kawartha Club Bingo is located at 1019 Clonsillia Avenue. Please arrive by 12:00 noon. The bingo hall dress code dictates collared shirts or one of our team golf shirts. No jeans, track pants, or hats are permitted. Please remember to sign log book when you arrive. Sessions conclude around 3:30pm.

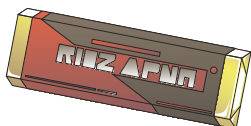
### World's Finest Chocolates

It's November, and that means..... it's time once again for our Chocolate Fundraiser. As usual we are offering a variety of chocolate choices. You can sell Chocolate Covered Almonds, Caramel Whirls, Mint Meltaways and/or a variety box. The only change this year is that World's Finest Chocolates is not offering us the Cookie Boxes.

To place an order email Debbie Reed at:  
[dreed@ptbo.igs.net](mailto:dreed@ptbo.igs.net)

- Order deadline is **November 8, 2006**
- Chocolate must be paid for upon pick-up

Please call Debbie at (705) 292-7227 if you have any questions.



**Welcome to Connor English who has moved up from the Swim School to AG2!**

### Off The Deck

Haden Brundle passed his hunter apprenticeship exam following 22 hrs of class instruction.

### Useful Links

Swim Ontario [www.swimontario.com](http://www.swimontario.com)  
Canadian Swim Results [www.swimdirect.ca](http://www.swimdirect.ca)  
Swimming Canada [www.swimming.ca](http://www.swimming.ca)

☆ See the Trent Swim Club web site for other useful links, and information ☆

[www.trentswimming.com](http://www.trentswimming.com)