



TRENT SWIM CLUB NEWSLETTER

September 2005

'Excellence by Choice'

Issue 1

Parents and Swimmers;

Welcome To the Best Small Club in Canada!!

To all swimmers, best wishes for a great 2005-2006 season. With a new club structure and coaching staff leading our athletes, it is shaping up to be an exciting year. I hope everyone has had a great summer, and are ready to take on the season and continue the Trent Swim Club's outstanding tradition.

A special note to all new parents and swimmers: a warm welcome - as you become acquainted with our club and its operation. As you will learn at our upcoming 'Swimming 101' session on Friday night, we (coaches, board members and club parents) are here for you, to answer questions and to help guide you into the world of competitive swimming and our club.

Go Trent Go!

Ron Gow
President

COACH'S CORNER

Hello and welcome to the start of the 2005-2006 swim season. This looks to be a very exciting year, with a lot of new changes. Iain McDonald has taken a coaching position with the Greater Ottawa Swim Club and I have moved up from Assistant Coach to Head Coach of the Trent Swim Club. There are some new faces in the club, in both the younger and older age groups. Let's give them all a hearty welcome. The club structure and in some cases practice schedules have been changed to allow for greater homogeneity between groups, improve the use of pool time, and allow for more growth. Along with this has come a change in the coaching structure. We now have a Junior Squad coach (Nicole Dwyer), an AG-3 Squad coach (Krista Campbell) and an AG1-2 Squad coach (Julie Cartwright).

Before the season began, I took the new coaches on a coaching retreat to Collingwood. This retreat began Saturday afternoon and went to mid morning Monday. The purpose of the retreat was to allow the coaches to get to know one another, review the recent history of the club, and review the direction of the club. On Saturday afternoon, the coaches were each given a copy of *Swimming Fastest* (an excellent reference textbook on the

science of swimming). The next item on the agenda involved reviewing the club manual, the attendance policy, the meet policy, the practice schedule and the meet schedule. We also went over the Swim Ontario Long Term Athlete Development Strategy and how it relates to our program.

Sunday was the day of Power Point Presentations. We reviewed the SNC long term plans, and we went on to review the Swim Ontario review of how Ontario swimmers stand in relation to the rest of Canada. Here we touched on areas (swimming events/strokes) where Ontario and Canada are weak and the implications for us as a coaching staff. We went on to review Dr. Steve Norris's Power Point presentations on athlete development (from beginner to elite) and coaching development. Discussions then turned to the use of the Yearly Planning Instrument and periodization.

Following a lunch break, we reviewed the Trent Swim Club's performances at major meets over the past three seasons. Based on these performances we developed some basic goals for the club to attain this season and some of the strategies that we would use to reach these goals. Discussion then turned to the new groups and the swimmers in each group, so that all coaches would be familiar with the swimmers even if they were not directly involved in coaching them. We concluded the afternoon (7 pm) with some open question/answer discussion of practice design and teaching tactics.

The retreat was a great opportunity for the Trent coaches to come together and review *Swimming Canada's* and Swim Ontario's long term plans. It also served as a chance to reflect on the Trent Swim Club's past and plan for the future success of the club. In addition, we were able to take the time to review much of the science behind the theories of long term athlete development. The result of all this is a team of coaches with unified purpose and direction ready to commence paving the way for an even more successful year of swimming.

Coach Sean

MEET THE COACHES

Head Coach: Sean Dwyer

Sean was a member of the Trent Swim Club from about the age of 10 to 19. While competing for the TSC, Sean's best events were the 200 fly, 400 IM, 400 free and 1500 free. During that time period, Jill Savage (Athens Olympics Triathlon) trained with the TSC and regularly swam over top of Sean.

Upon graduation from Thomas A. Stewart, Sean accepted a scholarship for swimming and cross country running at the University of Indianapolis. While there, Sean made the Dean's List once and the Honour Roll a couple of times. He also earned the MVP award his freshman year and the Mental Attitude award his second year through to his fourth years. Sean's best events were the 200 fly, 200 IM, 400 IM. Occasionally he would race the 100 back and the 1650 free. During this time Sean also represented Canada at the World Junior Triathlon Championship. (1992)

After graduating with a BSc in Human Biology and Sports Medicine, Sean attended the University of New Hampshire for one year to study exercise science. He returned to Peterborough and worked at the Peterborough YMCA as a strength trainer for about three years. During this time, Sean competed in the Ironman Canada and Ironman Hawaii Triathlon and was a consultant in the writing of the Triathlon Level 1 coaching manual.

Over the past six years, Sean has worked as the assistant coach for the Trent Swim Club. In addition he has worked as the Head Coach for the Trent University Varsity Swim and Running Teams. Sean is a fully certified Level 3 swim coach, Level 2 distance running coach and Level 1 triathlon coach. During the summer of 2004, Sean was named head coach of the Canadian team competing at the Triathlon Long Course World Championships in Sweden.

The Trent Swim Club would like to welcome Sean to his new appointment as Head Coach of the Trent Swim Club.

Junior Team : Nicole Dwyer

Nicole is well known to many club swimmers and parents. Nicole has her NCCP Level Two, a science degree and is employed as an Occupational Therapist. She has vast experience in competitive swimming, up to the University level, and including more recently triathlon where she has competed around the globe at World Championship events. Nicole has coached our club and it's various levels on numerous part-time occasions in the past 6 years. This will be on an interim basis, as we continue the search for the Junior Team coach who will meet the coaching standards expected for this squad.

AG#3 : Krista Campbell

Krista has also instructed the Peterborough Swim School over the past two seasons and is currently completing her NCCP Level One. She has been the assistant coach for the Trent Varsity Swim Team for two years and will be working with the team again this season. Krista is employed with Peterborough Green Up, with a flexible schedule that allows her to fulfil her role with our club. Krista has her Bachelor of Science, a Bachelor of Education, and is completing her masters in science this fall.

Age Group 1 & 2 (AG1, AG2) : Julie Cartwright

Julie has instructed the Peterborough Swim School has also instructed for the last two seasons. She is a NCCP (National Coaching Certificate Program) Level One coach. Along with Sean Dwyer, she is also a past member of the Trent Swim Club, and a Trent University Varsity Swim Team member. Her experience includes instructing and lifeguard responsibilities at the Curve Lake Health Facility, and the YMCA. Julie is currently attending Sir Sandford Fleming College.

OFFICIAL'S CLINIC

There will be an official's clinic on Saturday September 24. Please watch the bulletin board for further details and sign up sheets. If you haven't 'timed' at a meet, now is the time to learn.

Code of Conduct

Swimmers are reminded to sign their Code of Conduct forms and hand them in to their coaches no later than October 1.

FALL ANNUAL GENERAL MEETING

Who: Swimmers and parents
When: Tuesday, September 27 at 5:00 PM
What: Annual General Meeting and a get-to-know-you evening
Pizza and sweets will be provided
Where: Kim & Earl McLeod's farm
Exit Hwy. 115 at Cavan County Rd. 10. Turn South
toward Millbrook. The farm is the first driveway
on your right, # 1232.

PLEASE SIGN UP ON THE LOBBY BULLETIN BOARD BY SEP-
TEMBER 23.

RAIN OR SHINE

Board of Directors 2005/6

President: Ron Gow
Vice President: Robert Brown
Treasurer: Kim McLeod
Secretary: Karen Pammett
Meet Manager: Kathleen Conway
Communications: Sherry Oldham
Membership: Tom Dwyer
Team Manager: Carolyn Powles
Member at Large: Gayelyn Heffernan
Member at Large: Tina Ostrander
Member at Large: Debbie Reed
Member at Large: Roz Mitchell

Trent Swim Club Strength Training

Swimmers in the Trent Swim Club usually begin formal strength training upon entering the AG2 Group. We attempt to tailor the strength training program of each group for the specific developmental needs of that respective group. In the design of these programs, a variety of reference sources are used. These sources include the National Strength and Conditioning Association (NSCA), the American College of Sports Medicine (ACSM), respected experts in the field of strength training and periodization (Bompa, Fleck and Kramer, Hatfield, King, McGill, Poliquin, Siff and Zatsiorsky), as well as supplementary texts in developmental exercise physiology, and rehabilitation medicine. The coaching staff also attempt to stay current on research by attending conferences throughout the year (Society of Weightlifting Injury Specialists, Ontario Swim Coaches Conference, coaching courses, High Performance Centre sponsored lectures).

In designing the programs and in determining who should be involved in the strength training programs, some of the factors that we look at include chronological age, age in training years and emotional readiness. The overall plan is to provide appropriate strength training for swimmers throughout their swimming career from the age of approximately 10 to 17-18 in the age group program and 18+ in varsity/high performance senior swimming. With the younger swimmers, we tend to follow the NSCA Position Stand on youth strength training as well as recommendations by other respected fitness organisations and fitness professionals. In general, we tend to be slightly more conservative with starting age and repetitions than the recommendations given by most experts.

Some of the benefits associated with a youth strength training program are as follows:
Injury prevention: strengthening muscles that are important to shoulder, hip and back stability which might not get strengthened through swimming alone, improved balance, body awareness and safe lifting techniques.
Increased muscular strength: gains

tend to come from better neuromuscular control not from muscle growth.
Increased muscular endurance: muscles can maintain a given power output for a longer period of time.
Improved tendon and ligament strength: as the athlete develops over time, they can handle greater training stresses in their sport and in the strength training with less chance of injury.

New Parent Info Night

The Board of the Trent Swim Club will be hosting a new parent information session at the pool on Friday, September 16 at 6:00 PM.

All parents new to the club are urged to attend this meeting. We hope to be able to give you a quick introduction to the workings of the club and where to go to find answers.

We will have time for a question and answer session, so if there is anything that you are not sure of concerning the club, please feel free to ask.

Please meet us in the athletic complex lobby at 6 PM. See you there!

- Lisa Coughlin & Sherry Oldham

September Birthdays

September 10 - Laura Russelle
September 11 - Mitchell Illes
September 16 - Kate Sutherland
September 17 - Blake Harris
September 24 - Megan Wood
September 25 - Laura McLeod
September 27 - Nickie Kelly



Important Notice About Cheese Pick-Up

Cheese pick up this year will be on Mondays at the Dixie Lee Chicken outlet in Bridgenorth. It is located in the plaza just before the causeway and on the same side. The store opens at 11:00 am and you can get your cheese any time after that. However Connie Harris asks that you please try to refrain from the busy dinner hour. (5:30-6:30)

Calendar

Sep. 11 - scrip order due
Sep. 16 - New parents intro meeting 6 PM
scrip pick up
Sep. 18 - cheese order due
Sep. 24 - Official's clinic
Sep. 25 - scrip order due
Sep. 26 - Cheese pick up **new location** (See notice this page)
Sep. 27 - Pizza night & Annual General Meeting
Sep. 30 - scrip pick up
Oct. 1 - Intra-squad meet @ regular practice time

WANTED - CARPENTER

The Trent Swim Club mailboxes have become very shaky after 20 or so years of use. We have also outgrown the unit and are in need of a larger one. If you have some woodworking talent and would be interested in helping to design and build us a new mailbox system, please contact Ron Gow at 743-5466. All materials will be provided.

This summer Nick Maranduik and his family travelled to Montreal for the World Aquatic Championships. This is his story of that trip.

In July 2005 my family and I went to Montreal to see the World Aquatic Championships. This was our first trip to Montreal. It is a beautiful city and the facilities that were built specifically for the championships are amazing.

We had tickets for the evening swimming event session. We saw eight heats. It was incredible to see how unbelievably fast the swimmers were going in their events. We watched some great Canadian athletes like Brittany Reimer and Mike Mentenko compete against the top athletes from the USA, Australia and many other countries from around the world. We were present when the Canadian Men's 4 x 100 Free-style Relay Team won their silver medal who were edged out by the gold medal US Team. The race was so close. Canada was in 5th position at one point during the race. The fans were screaming trying to cheer on the team. The stadium was electrified with the excitement of the race. At first I never thought I would be able to swim that fast, however, when I saw the medals, that inspired me to work even harder.

After the medal ceremony the Canadian team was walking around the pool and each team member was throwing National Swim Team Frisbees into the stands. I was lucky enough to catch one. I thought it was the best experience I had ever had. But after the swimming event, things got even better. As we were walking out of the stadium I met Thomas Kindler (member of the Canadian National Team). I had just watched him compete in the 50M Butterfly. He was kind enough to pose for a picture with my sister and me. My Mom pointed out my Trent Swim Club T-shirt I was wearing and told Thomas that I was a swimmer too. He not only posed for the picture, he gave us his autograph and he gave me one of his swim caps. He wished me luck with my swimming career. Incredible!

On the way out of the park my family and I stopped at a souvenir shop and I got a Montreal 2005 World Championships towel. My trip to Montreal was the best vacation I have ever had.

Written by: Nicholas & Katie Maranduik