

**TRENT**

Trentswimming.com

PO Box 124, Peterborough, Ontario, K9J 6Y5

**President's Message**

- Robert Brown

Welcome to another season of swimming.

Sean, Nicole and Julie continue to contribute enthusiasm and passion to their jobs as they work to create an even stronger club. Again this year, I challenge Sean to lead the organization to fulfill our mission statement.

***"The mission of the Trent Swim Club is to provide an environment which allows our swimmers to develop skills and attitudes which lead to excellence in competitive swimming and in their development as young people." – Club Mission statement***

Personally, I identify strongly with Swim Canada's slogan, "**Swimming to win, Winning for Life**". I think that it highlights the valuable lessons and opportunities that the sport of competitive swimming has to offer our young people. It is more than a swim program; swimming creates the environment and opportunity to produce winners in all aspects of their lives.

The Trent Swim Club is a competitive club; it is about winning, but not always about winning the gold medal. We want to develop the skills and attitudes which lead to excellence. Trent Swimming will produce another Olympian, (hopefully someone in the pool today will be ready for London 2012,) but in the meantime the club will produce many more winners.

Members from last year will remember my request for everyone to be "**a member at large**". We have lofty goals and to meet our objectives we need everyone within the organization to be part of building the club and swimmers. Do not be afraid of any job – the seasoned members would be more than willing to help you out with any new task. The team welcomes any offer of assistance - big or small.

We have a terrific group of volunteers that amaze me with how much responsibility they take on to ensure a great experience for our kids. Just like the swimmers in the pool, it takes a lot of work to reach perfection. As good as Trent's volunteers are, I suspect that we still have some improvements to make. My belief is that a Member at Large offers assistance and leadership instead of criticism.

If we expect to develop excellence in our swimmers, we need to demonstrate it at the organizational levels!

**Coaches' Corner**

- Sean Dwyer

I'd just like to extend a big welcome to all parents and swimmers to the 2008-2009 season. September has just rocketed by this season and it has been full of activity. We now have had 4 solid weeks of training, an intrasquad meet/time trial, an Officials Clinic and for the coaches (and some board members) an educational conference. There has been lots of learning going on at all levels of our club, which I think is really important.

Some exciting things have been happening over the past week or so and I thought that it was important to touch upon these happenings. On the strength of last season's results Dustin Dwyer has been selected to a Provincial Training Camp in Hamilton and Kori Malakos is the second alternate. This camp selects the top 3 swimmers in their age group across all Ontario.

Also on the strength of last season's performances, Cynthia Pammatt has been named to the Ontario Tour Team competing at the Paul Bergen International Meet in Oregon. Also based on the strengths of Cynthia's performances from last season, I have been selected to the Ontario Tour Team coaching staff.

Finally, Jaquelyn Craft has been Nationally Carded and will be continuing her training in Australia.

Going on the assumption that all the swimmers gave their best efforts in all of their races, the coaches and the swimmers have gained some valuable information on everyone's training status. The 100/200/400 free races give us a look at aerobic fitness, more specifically at the swimmer's velocity at maximum aerobic output. The 100/200 IMs give us some insight into how the technical and conditioning of the four separate strokes are progressing. The 50s give us insight into how all out speed and the ability to swim fast with good technique are progressing.

The information that we have gained from this will be used to guide training as we go into our first meet with outside competition.

*Continued...*

**TRENT**

Trentswimming.com

PO Box 124, Peterborough, Ontario, K9J 6Y5

*Coaches' Corner Continued...*

As we get going into a new season, I think that it is important to review the expectations of your coaches. The following are the coach's expectations beyond the club's Code of Conduct.

**Code of Conduct**

- Show up for practice on time and mentally and physically prepared to swim well. This includes stroke technique, turns, streamlines, appropriate effort and dryland conditioning. Perform the workout to the best of your abilities.
- Listen to your coach's feedback and do your best to make the adjustments. Set goals and then plan to attain those goals. Be a positive ambassador for our club and our sport. Wear your Trent Swim Club gear with pride. Generally speaking Peterborough people have a pretty high opinion of Trent swimmers, lets keep those positive feelings up.
- Follow a healthy lifestyle out of the pool. Eat to maximize our health and your recovery from workouts, stay hydrated, stay on top of your school work, and try to minimize the occurrence of late night studying or finishing off homework.

**Swimmers of the Month***Senior*

**David Laing** – David has started off the season on a very positive note. He has been focusing on technique work and improving his kicking speed as well as challenging himself in workouts. At the intrasquad meet, he had a best time in the 400 free and just missed his 50 free and 200 IM personal bests. David also had perfect attendance for the month of September. Great start David!

*Junior*

**James Sutherland** – James has been devoting much more of his attention to improving his strokes and fine-tuning his kicking style. At the same time, James has been making sure that he is still putting in some fast training when asked to do so and has been doing a better job in the weight room. All this paid off for him as he had 100% best times at the intrasquad meet. James also had 100% attendance for the month of September. Way to go James!

*AG – 3*

**Madison Monahan** - Madison has been doing an excellent job in practice; she is working very hard at improving her technique and well as her swimming and kicking speed. Madison, at the time trials, took off a total of 26.94 seconds. Also, since the season began Madison has maintained 100% attendance. Great way to start off the season Madison, keep up the good work!

*AG – 2*

**Kieran Krumins** - Kieran has also been doing an excellent job at practice; he is working very hard at applying feedback to improve his technique and overall swimming skills. Kieran had 100% best times at the Time Trials and took off a total of 45.03 seconds. Also Kieran has maintained 100% attendance since the season began. Kieran you are off to a great start, keep up the good work.

*AG - 1*

September's swimmer of the month is **Nicki Robertson**. Nicki has done an amazing job in and out of the pool. She has been working extremely hard this season which is showing with her underwater work off every wall as well as her turns. Nicki is constantly pushing herself to do better in practice. She listens to instructions and is not afraid to lead the group during sets or ask questions when she doesn't understand something we are doing. Her hard work has shown with her performance at the Intersquad meet on October 4<sup>th</sup>. Nicki took over 17 seconds off in her 200FR and 5 seconds off in her 50FR. Congratulations Nicki!!! Keep up the great work.

***Mark your Calendar***

Oct 18<sup>th</sup> – Regional Training Camp  
 Oct 24-26<sup>th</sup> – Esso Challenge, Trent  
 Oct 21<sup>st</sup> – Board Meeting

**TRENT**

Trentswimming.com

PO Box 124, Peterborough, Ontario, K9J 6Y5

## **Character Development and Life Skills – USA Swimming**

- Sean Dwyer

This season the coaching staff will be implementing some Long Term Athlete Development Strategy material borrowed from USA Swimming. USA Swimming has come up with eight levels related to Character Development and Life Skills. While these levels fit in very well with competitive swimming, the traits/habits/behaviours also lend themselves well to functioning in the world outside of swimming. Each newsletter, we will include two levels. At the very least, this should provide a framework to work from and some interesting insight into the top swimming nation in the world. We have also developed a checklist and if a swimmer wishes, the coaching staff can provide an evaluation on each level.

### **Character Development and Life Skills**

#### **Level 1**

##### ***Championship Behavior and Accountability***

1. The swimmer understands that he or she is part of a team and has respect for his or her teammates.
2. The swimmer listens to recommendations from the coach and tries to make the appropriate changes.
3. The swimmer understands appropriate team rules and the consequences of breaking the rules.

##### ***Work Ethic and Self Discipline***

1. The swimmer will pick up and put away any equipment he or she used in practice.
2. The swimmer will be ready to start practice on time with the appropriate equipment (suit, goggles, etc.).
3. The swimmer understands the importance of giving the coach his or her undivided attention while the coach is talking. The swimmer should focus his or her eyes on the coach and remain quiet when the coach is talking. The swimmer will also follow directions set forth by the coach in practice.
4. The swimmer will “Just say no!” to drugs and other harmful substances.
5. The swimmer will show respect for the facilities and equipment.

##### ***Time Management***

1. The swimmer will arrive at practice sessions on time.

##### ***Commitment and Team Loyalty***

1. The swimmer will know the team name and team colours.
2. The swimmer will know the names of teammates and coaches in his or her practice group.
3. The swimmer will know the names of any other training groups on the team besides his or her own group (e.g. age group 1, age group 2, senior, national).

**TRENT**

Trentswimming.com

PO Box 124, Peterborough, Ontario, K9J 6Y5

***Character Development and Life Skills...continued*****Level 2*****Championship Behavior and Accountability***

1. The swimmer demonstrates an understanding of sportsmanship-championship behavior (e.g. doesn't throw goggles, congratulates opponents).
2. The swimmer will treat teammates, parents, and coaches like he or she would want to be treated.
3. The swimmer talks to the coach before and after each race.

***Work Ethic and Self-Discipline***

1. During practice the swimmer will
  - a. leave on time during sets,
  - b. start and finish at the wall,
  - c. swim the set in the prescribed manner, and
  - d. swim the entire set (e.g. doesn't walk on the bottom, counts accurately).
2. The swimmer will communicate with his or her coach

***Time Management***

1. The swimmer understands the importance of hard work in the classroom and will complete his or her homework on time.
2. The swimmer will turn in appropriate team paperwork in a timely fashion.

***Commitment and Team Loyalty***

1. The swimmer will learn the history of the team.
2. The swimmer chooses a swimming hero (may be a member of his or her team) and knows the event in which the individual competed or competes.
3. The swimmer takes pride in being a member of the team, which the swimmer demonstrates by
  - a. participating in team cheers,
  - b. knowing the coaches names, and cheering on teammates during swims (practice or meets).

**Trent Swim Club  
2008 Esso Challenge  
Newsletter**



This fall the *Trent Swim Club* will once again host our annual invitational swim meet. This meet, also known as the *Esso Challenge*, is an exciting three day event taking place on October 24-26th. The *Esso Challenge* is a terrific chance for TSC swimmers to compete in their home town in front of friends and family. Other than the 800s and 1500x; morning and afternoon sessions will be split with 13 and over swimming one session and 12 and under swimming the other. We will run one session Friday evening, two sessions Saturday, followed by a Dash-for-Cash Saturday evening and two sessions on Sunday.

#### Parental Participation

The Trent Swim Club has an excellent reputation for hosting well run swim meets and the main reason we are able to do so is because we benefit from an unusually high level of volunteerism from our swim parents. Since we are a small club it is both essential and required that each family contributes volunteer hours to the meet. An enormous amount of work before, during, and after the meet must take place in order to run a successful event. Much preparation has already occurred, but there is still a great deal to do. There are many ways for you to contribute to the *Esso Challenge*:

### **Officials**

Each session of the swim meet requires about 35 people working on deck. Deck officials work in various capacities; from lane timer, to strokes and turn officials, to session and meet referees. Since we run more than five sessions and given that there are only 56 registered swim families it is **essential** to the success of the meet, and the well-being of the club that members work all sessions. Working on deck is an excellent way to get to know people in the club and offers excellent viewing of the competition. As usual, we are offering an officials' clinic for new and returning parents where you can learn the skills required to become a swim official. Please take advantage of these courses to upgrade your existing skills, or if you are new to swimming, to begin your swim official training.

### **Other Volunteer Positions**

Volunteers are also needed to sell heat sheets, help out with the silent auction/raffle table, sell food and beverages, and serve food to officials. We usually require 10-15 volunteers per session to support these functional and fundraising activities.

### **Food Contributions**

As an added benefit, officials are well fed on the deck while working and during the lunch/dinner break between sessions. We are well known for our attentiveness to officials in this regard and consistently receive positive feedback from visiting officials every year. Each family can expect to contribute to the nutritional needs of our officials. Sign-up sheets requesting specific food contributions are currently posted on our bulletin board at the pool.

**TRENT**

Trentswimming.com

PO Box 124, Peterborough, Ontario, K9J 6Y5

Trent Swim Club  
2008 Esso Challenge  
Newsletter



### Swim Meet Revenue

Aside from the obvious benefits of providing an opportunity for our swimmers to compete in their home pool, this swim meet is a major source of revenue for the swim club. Last year we earned nearly \$12,000 in revenue from this meet. We could never have achieved this without the incredible support from our membership. Some of the sources of revenue include: heat sheet advertising, heat sheet sales, food sales, and entry fees. There are a few ways you can help us earn as much revenue as possible:

### Heat Sheet Advertising

Once again we are offering a revenue sharing opportunity for any members securing heat sheet advertising. 40% of any advertising secured by TSC members will be applied to the fundraising commitment for that family. The remaining 60% will become a part of the meet revenue. Watch your mailbox for a separate sheet outlining advertising costs and opportunities.

### Silent Auction

Many of our swim parents donate items which we raffle or offer for silent auction during the meet. We are also in need of donated items for bell prizes awarded to swimmers who, during designated races, win their heat. Donations are always appreciated.

The *Esso Challenge* is an occasion for all swim parents, new and returning, to support their club and demonstrate to everyone why we truly are the "BEST SMALL CLUB IN CANADA". Please contact a member of the Meets Committee and sign up now to support your team.

## 2008 Esso Challenge Committee

Chair: Karen Pammett <a href="mailto:Jkcapammett@sympatico.ca">Jkcapammett@sympatico.ca</a>	Meet Advisor: Earl McLeod <a href="mailto:emcleod@bellnet.ca">emcleod@bellnet.ca</a>	Officials: John Fader <a href="mailto:faderfamily@sympatico.ca">faderfamily@sympatico.ca</a>
Meet Managers: Kim McLeod <a href="mailto:ckmclxxx@nexicom.net">ckmclxxx@nexicom.net</a>	Meet Referee: Earl McLeod <a href="mailto:emcleod@bellnet.ca">emcleod@bellnet.ca</a>	Equipment: Mike Illes <a href="mailto:illes@nexicom.net">illes@nexicom.net</a> Equipment: Wayne Maranduik <a href="mailto:maranduik@sympatico.ca">maranduik@sympatico.ca</a>
Raffle Table/Silent Auction: Rebecca Vaughn <a href="mailto:vaughanrebecca@yahoo.com">vaughanrebecca@yahoo.com</a>	Food: Lisa Coughlin <a href="mailto:lcoughlin4@cogeco.ca">lcoughlin4@cogeco.ca</a>	Advertising: Karen Pammett <a href="mailto:Jkcapammett@sympatico.ca">Jkcapammett@sympatico.ca</a>