

TRENT

Trentswimming.com

PO Box 124, Peterborough, Ontario, K9J 6Y5

President's Message

- Robert Brown

The Esso Challenge was another great success. Just a bit of luck? I don't think so. Performance comes from preparation. Our meet committee put on a fantastic display!

Fortunately we have a strong organization where people are ready and willing to contribute to the club. Swimming is not a sport where you just drop off the kids and run; sure we have paid coaches, but the backbone is made up of the volunteer parents.

Without our volunteers, there would be no kids in the pool.

I doubt the swimmers really know the effort required and I don't think it matters. Someday they will and they are going to say, "Wow, thank you, nice effort!".

A couple of other notes.

Board Meetings: The board meets Nov 18th. The meetings are open to all members. If you are interested in attending, or getting involved in club administration let me know and I will get you the details.

Parking Passes are available from Sean.

Some great swimming websites:

Trent Swim Club www.trentswimming.com

Huronian Region www.huroniaswimming.com

Swim Ontario www.swimontario.com

Swimming Canada www.swimming.ca

Be a Member-at-large.

Coaches' Corner

- Sean Dwyer

We are now well into the swim season and overall the racing has been very impressive. This suggests that the training you have been doing is moving in the right direction. Your basic technical skills (turns, streamlining, breakouts, strokes) should be fairly well established now (and if you haven't been focusing on that, there is still time if you start 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. One of the best ways to enhance your turn skills is to race your teammates through your turns. Who can accelerate into the wall faster? Who can flip or open turn faster? Whose breakout carries the best speed? When you constantly practice these skills at race speeds it becomes a habit, making it more likely that you will execute these skills in a race. 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 (head down until you touch the wall) 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 meter races. Races of 200 meters and up have an even larger aerobic component as well.

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Coaches' Corner Continued...

This is the time in the season to really focus in on swimming well (effort and technique) on challenging 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(s) of the short course season come around we will be physically, technically and mentally prepared for peak performances.

See the Level 3 and Level 4 of the Character Development and Life Skills from USA Swimming on the last page.

Esso Challenge Recap

- Karen Pammett

Wow...The 2008 Esso Challenge was another great success from start to finish....THANK YOU!

Running a meet of this size requires a contribution from everyone in the club, not only in the planning and organizing but officiating, fundraising and preparing and serving of the meals, snacks and drinks. We had parents of graduated swimmers, retired swimmers, new swimmer parents and other club parents, helping out wherever they could. Often you would see the same faces working the meet through out all sessions. The involvement from everyone is truly inspiring!! Thank you to everyone involved and thank you for making us the "Best Small Club in Canada."

We will be co-hosting a Regional Development Meet with Lindsay Swim Club on December 6th and will be again requesting your assistance. For all our new swimmer families, we will be offering a timing clinic prior the Development Meet to give you the confidence to help work as an official. It's a fantastic experience to be talking with the new swimmers just before their race at the starting block when they are so excited and nervous and then to talk to them after they have completed their race and see their smiles... this for me, is one of the greatest swimming parent experiences!

Thank you...it's been my pleasure working with everyone

Casino Night Fundraiser

- Scott Farrow

As part of our fundraising efforts for the swim club, we have initiated a fundraising project that we hope will provide the swim club with substantial funding, which we can use to offset costs and more importantly invest in our swimmers.

The Fundraising effort will consist of a charitable poker event, which will include food, bar, silent auction, and hopefully feature a keynote speaker. This is the first time we have tried an event like this and we hope to incorporate this event or something like it into the annual fundraising activities of the Trent Swim Club. We have already allocated time for this event in the New Year during the last weekend of March (March 28th), and are currently looking into appropriate venues which would accommodate such an event. Furthermore, we have consolidated a checklist of things we will need to organize before the event takes place. However, as you can imagine, a coordinated effort will be paramount for this event to be successful. We are challenged with a unique situation; that is — we currently have a limited number of individuals working towards this goal. Therefore, I am sending you this letter in hopes of acquiring willing volunteers that will help us achieve this goal.

There are many different positions available as a volunteer for this event. If this event interests you or you simply want to learn more about this event please e-mail me or any of the board members so I can organize a meeting place, date and time in the near future.

Thank you very much for your time and consideration regarding this matter.

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Swimmers of the Month

Senior

Cynthia Pammett – Cynthia Pammett is our swimmer of the month. She has had 100% attendance for the month of October and has been posting some very impressive swims in workout. The dedicated work is paying off for her too. At the Esso Challenge, Cynthia had all best times including a huge improvement in her 1500 free. Way to go Cynthia!

Junior

Jordan Lanctot – Jordan has been training at a whole new level this year. For the month of October, he has had 100% attendance and his practices have been of excellent quality both in technical execution and in effort. He challenges himself not only with the other Juniors but also with the Seniors. This results of his approach to training are already having an effect on his racing. At the Esso Challenge Jordan posted 100% personal bests and achieved an A standard in the 200 breaststroke. Keep up the good work!

AG - 3

Austin Pammett - Austin had a great month in October and has continued to excel in November. At the Esso Challenge Austin had seven of eight best times and took more than 69 seconds off. He took more than 30 seconds off in the 800 and more than 20 seconds off in the 200 breaststroke. At the meet just recently held in Barrie, Austin qualified for Provincials in the 100 and 200 butterfly. Austin took more than 48 seconds off. He dropped more than 12 seconds in the 200 butterfly and met the Provincial qualifying standard by well over two seconds. Austin has maintained 100% attendance since the swim season began and has been doing an excellent job at applying feedback to improve all aspects of his swimming. Congratulations Austin keep up the great work.

AG - 2

Eric Laing - Eric has also had a good span of swimming. At the Esso Challenge Eric had six of seven best times; he took more than 9 seconds off in the 200 backstroke at this meet. Eric also won the High Point award at this meet (i.e., scored the most points in his age group). At the meet in Barrie, Eric continued to swim well, posting five of seven best times, and taking more than 6 seconds off in the 200 IM. Eric has maintained good attendance since the beginning of the season; he is eager to make up a practice when a practice is missed. Eric has been working hard to improve his swimming technique especially his underwater work. Congratulations Eric keep up the good work.

AG - 1

Sadie Bartoli – This is Sadie's first year with the Trent Swim Club. She has done fantastic so far this season. She works extremely hard in practice by showing up early to memorize the workout, pushing herself with every set she swims to improve her technique and works her turns at every wall. Sadie is a great leader of the group and is awesome at helping her team mates with any questions they may have. Sadie's hard work has paid off with her performance at our annual Esso Challenge this year. She has made great improvements to all of her strokes. Sadie took off over 14 seconds in her 200FR from Intersquad. Great job Sadie, keep up the good work!!!

Mark your Calendar

Nov 18th – Board meetingDec 20th – Christmas Breakfast

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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.

Level 3

Championship Behavior and Accountability

The swimmer will demonstrate a higher level of sportsmanship-championship behavior than in level 2 (e.g. respects competitors and gets along with friends regardless of ability level).

Work Ethic and Self-Discipline

1. The swimmer attends the recommended meets and understands the importance of being on time for meet warm-ups.
2. The swimmer will meet the established attendance requirements.
3. The swimmer will understand why he or she must “Just say no!” to drugs and other harmful substances.
4. The swimmer will learn to challenge him or herself to perform to the utmost of his or her ability in practice.

Time Management

The swimmer demonstrates an ability to balance school and outside activities.

Commitment and Team Loyalty

The swimmer chooses a national swimming hero and knows the event in which he or she competed or competes.

Level 4

Championship Behavior and Accountability

The swimmer will know the names of competitors.

Work Ethic and Self-Discipline

1. The swimmer is not influenced by the negative behaviour of his or her teammates.
2. The swimmer understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to meet performance.