

TRENT

Trentswimming.com

PO Box 124, Peterborough, Ontario, K9J 6Y5

President's Message

- Robert Brown

Thank you to everyone for a great fall. We have an exceptional group of swimmers in the pool and a great set of parents willing to volunteer to create it all possible.

The fall is a busy time for the meet committee and officials. Thanks to Karen Pammett and the rest of the meets committee for the effort! People like Earl and Kim Macleod that continue to contribute to the club, and swimming even though their daughter Laura is in Ottawa - I saw Earl on deck for at least 2 sessions of the Canada Cup in Etobicoke. That is commitment!

Christmas Social

The Christmas brunch is coming up on December Dec 20th). This is an annual event, an informal social just before Christmas. The swimmers have a 'Secret Santa' to round out the morning

New Fundraiser

We are in the early stages of planning a new fundraiser for the club. Scott Farrow is heading a strong committee which includes the university swim team. The format is a dinner-speaker followed by an auction. We are looking to build the event around a national level speaker and draw alumni of the Trent Swim Club. Tom Malokos has jumped onboard he has offered Trentwinds and an extremely generous package for the club. As more details get finalized we will pass the information along, but for sure we will need everyone involved in selling tickets!

Declining bingo revenues are a fact and we are looking to this event to become an annual fundraiser to replace bingo. It will be a huge undertaking, but I know we can make it a huge success.

As always, if you have questions, concerns or ideas, please give me a call.
Be a member-at-large.

Coaches' Corner

- Sean Dwyer

As we head into Christmas, I would like to wish all the swimmers and parents a safe and happy holiday season. I'd also like to send out a big thank you to all the parents who volunteered their time to run the Development meet in Lindsay. From all the feedback that I have received, you guys did an outstanding job.

Our team has had some excellent training and a few good meets as lead up to the December meets. Our AG1, AG2 and AG3 swimmers swam very well at the 1st Development meet of the season. The percentage of best times at this meet was about 87% and some of the improvements were close to a full minute being dropped from a single event! In the near future we have the Lisa Flood Classic in Pickering for the AG2, AG3, Junior and Senior qualifiers and we also have Cynthia representing Ontario in Oregon at the Paul Bergen International. These meets serve as an excellent tool to gauge how well training has been going and gives the coaches and swimmers some further insight into what needs to be addressed between now and the championship meets.

This newsletter has the third installment of the USA Swimming Character Development and Life Skills (Levels 5-6). I have also developed checklists for each level, so that swimmers can request to be evaluated at a given level. For the younger swimmers, I was thinking that perhaps their parents could go over the criteria for each level with their swimmer and make sure that they understood what each point meant and why it was important.

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Swimmers of the Month

Senior

Mitchell Illes – Mitchell has been like a machine this month. While maintaining perfect attendance for the month, he has been hammering out some very impressive workouts. His sprints, aerobic work, kicking and weight training have all been improving. The results are already beginning to show in his racing. At the Barrie Aquafest, he improved his 1500 by almost a full minute! At the same meet, he improved his 50 and 100 free to an “A” standard. Good work Mitchell!

Junior

Sarah Mitchel-Ewart – Sarah has been performing very well in practices this month. Not only has she been training hard, she has also been focusing on improving her technique, especially in the backstroke. The results of this concentration on technique paid off when she did a best time in her backstroke at the Barrie Aquafest. Sarah also had a very good 100 fly in the finals at the Aquafest. Sarah also had 100% attendance for the month of November. Way to go Sarah!

AG - 3

Stephaney Daley - Stephaney has been doing a great job at practice; she has been working hard to improve her technique as well as her speed. All of Stephaney’s hard work recently became evident over the weekend at the Development Meet hosted by the Trent Swim Club in Lindsay. Stephaney took off a total of 44.55 seconds in just four swims, 34 of those seconds came off as a result of swimming the 400 freestyle. Great job Stephaney, keep up the good work.

AG - 2

Jack Hutton - Jack has also been doing a great job at practice; he has been working hard at improving his technique, speed, and endurance. Jack does an excellent job applying feedback received regarding stroke correction; he has had big technical gains in his butterfly and breaststroke. Recently, at the Development Meet hosted by the Trent Swim Club in Lindsay Jack took off a total 6.82 seconds in just two swims; and he did an excellent job at swimming the 200 IM and the 400 freestyle for the first time. Congratulations Jack, keep up the excellent work.

AG - 1

Mark your Calendar

Dec 20th – Christmas Breakfast
 Dec 22- Jan 3rd – Christmas break and Camp,
 (make sure you check the updated training
 scheduling)
 Jan 17-18 – Ontario Cup
 Jan 17-18 – Winterlude
 Jan 31-Feb 1 – Huronia Regional Short
 Course Championships

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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 5

Championship Behavior and Accountability

The swimmer learns to accept responsibility for his or her performance.

Work Ethic and Self-Discipline

1. The swimmer will learn coping strategies to deal with peer pressure.
2. The swimmer will learn coping strategies to deal with parent pressure.
3. The swimmer will be able to list the five classes of prohibited substances.
4. The swimmer understands and performs personal race strategies.

Time Management

The swimmer demonstrates an ability to balance school, social activities, swimming and family.

Commitment and Team Loyalty

1. The swimmer can effectively communicate his or her commitment to the swimmer's parents, coach and team-mates.
2. The swimmer knows the team goals and will take an active part in developing specific and attainable practice group goals.
3. The swimmer understands the relationship between his or her personal commitment level and results.



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Character Development and Life Skills...

Level 6

Championship Behavior and Accountability

The swimmer accepts the responsibility of being a leader and/or role model. The swimmer will lead by being a positive example.

Work Ethic and Self Discipline

1. The swimmer will be able to explain the rationale of the five categories of banned substances.
2. The swimmer will demonstrate an understanding of the short- and long-term effects of performance enhancing drugs.

Time Management

The swimmer has mastered time management skills so outside activities do not interfere with practice or meet attendance.

Commitment and Team Loyalty

1. The swimmer understands the need to sacrifice self-interest for team goals.
2. The swimmer demonstrates commitment to his or her team by continued dedicated membership.