

TRENT

Trentswimming.com

PO Box 124, Peterborough, Ontario, K9J 6Y5

President's Message

- Robert Brown

Thank you to the many members that put so much into this club.

I sure you have noticed the email activity - so much, that maybe you even get a little sick and tired of so many emails! On the positive side, we have a tremendous group of people that volunteer their positive and productive energy.

It is great to see some fresh faces getting involved; the club's future depends on it. Kathryn (head chaperone) reports that we more volunteers than positions for chaperoning. In the past, there have been times when we considered cancelling a team meet because of lack of support.

Want to do more? It is a good time of year to think about what you would like to contribute next year. By standing up now, it allows the club time to setup a proper transition and you time to learn the position from the current member.

If you are keen to get involved we there are positions that you could step directly into (no waiting!). The membership manager position is open, and it is actually a good time to get started. You can ease into the position with only a little bit of work, and Kathleen Conway would love to help you out (she no longer has a swimmer in the club and would like to retire).

Another critical position is finance. I will not lie, this is a big role.

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Coaches' Corner

- Sean Dwyer

This time of year is not only exciting for the Trent Swim Club here in Peterborough, it is also an exciting time for our swimmers who have gone on to university. Swimming is the kind of sport where a swimmer can keep making significant improvement well past high school. Many swimmers really start to come into their own during their university years.

While we were tearing up the pool at SC Regionals, Ryan Gow and Zack Zeiler were representing the University of Calgary at the Canada West Swimming Championships. Ryan place third in the 50 free, sixth in the 100 free and 50 fly, ninth in the 50 breast and tenth in the 100 back. Zack placed fourth in the 50 back, fifth in the 100 back, ninth in the 50 fly, twelfth in the 200 back and 100 fly and thirteenth in the 50 free. The University of Calgary took first place at their conference championship.

Meanwhile on the east coast, Julia Gow raced at the Atlantic University Swimming Championship for Dalhousie. Julia put together a great meet where she won the 50 and 100 breast and qualified for Senior Nationals and the CIS Swimming Championship in the 50 breast. Julia also placed second in the 200 back and third in the 200 breast. Dalhousie won their conference championship.

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Presidents Message Continued...

Andy Laing is looking for support and to have someone take over the position because of work commitments on his time. A bookkeeping-accounting background is recommended.

Another avenue is with our Gala Dinner. Everyone should leave time in March to help out. This is a major undertaking with a goal of raising over \$20,000. We will need support selling tickets, collecting high ticket items to auction and other organizational tasks. We are still in negotiations with a major, nationally recognized speaker, so stay tuned!

You should have received an email from Denice with your fundraising balance. Depending on your group, you are expected to meet a fundraising committee (see club manual on www.trentswimming.com). If you are below your midseason commitment, Andy Laing will be looking to receive a "top up" cheque.

Again I would like to emphasize the necessity for everyone to pitch in to keep the club strong and growing. The most important position in the club is the president - ha, ha. Really, the most important member is the 'member-at-large'. The member-at-large keeps the club running.

What is a member-at-large? It boils down to taking on the responsibility of all the clubs roles. Simple things like staying on top club fee and meet accounts, ensuring you understand pickup times for team meets, helping the fundraising and chaperones.

After all, it is our club and it is for our children. Be a member-at-large!

Coaches Comments continued...

In Ontario, Trent was well represented at the Ontario University Championships. Representing Ottawa University were Andrew Davis, Megan Wood and Laura McLeod. Andrew placed eighth in the 100 breast and tenth in the 50 breast and Megan placed sixteenth in the 200 back.

Representing the University of Western Ontario was Rachel Gow. Rachel staged an awesome comeback after taking a break from swimming for a couple years, placing fifth in the 100 breast and seventh in the 50 breast. Rachel also qualified for the CIS Swimming Championship in the 50 breast.

Representing Trent University we had David Bak, Yasmine Majchrzak and Matt White. Matt placed eighth in the 50 back, eleventh in the 100 back and fourteenth in the 200 back. Some other swimmers from Trent University had some breakthrough swims. Kara McFall placed eleventh in the 100 back, tied for twelfth in the 50 free, placed fourteenth in the 50 back and placed fifteenth in the 200 IM. Stephanie Chard placed eleventh in the 100 free. The 200 free relay of Kara, Stephanie, Courtney Wood and Yasmine placed fifth. The same group of ladies placed eleventh in the 400 free relay. At the Ontario Conference, Western was second, Ottawa was fourth and Trent placed twelfth.

At the CIS Swimming Championships Trent will have Ryan Gow, Rachel Gow, Julia Gow, and Zack Zeiler competing in at the UBC Aquatic Centre Feb. 19-21. On the line are medals, finals swims and spots to the World Student Games. We wish them the best of luck at the competition.

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Swimmers of the Month

Senior

Alex Brown – Alex had a great January, not only did she make all the practices, she hit a bonus workout and made 103% of the workouts for the month! At the Ontario Cup meet in Toronto, Alex really ramped up her racing performance. She had 80% best times and ended up with 4 of her 5 swims in the top sixteen; sixth in the 50 breast, eighth in the 100 and 200 breast and fifteenth in the 50 back. Awesome job Alex!

Junior

Haden Brundle – Haden has been on fire the past few months and its really starting to come to a peak. For the month of January, he had 91.3% attendance and the quality of the practices was very high. He used that consistency of quality training and frequency of training to launch himself into some very solid racing at the Jesse Coward meet, where he had 80% best times! Keep up the good work Haden!

AG - 3

Shannon Shillinglaw - Shannon had a great month of training, maintained 100% attendance for the month, and topped off January with some great performances at Short Course Regionals. At Regionals Shannon took off more than 19 seconds from her 400m freestyle, and more than 36 seconds from her 400m IM! In total Shannon took off 78.89 seconds from her previously established best times! At practice Shannon works hard, consistently applies feedback to better her strokes, and is continually working to improve her underwater work and turns. Congratulations Shannon on a great month, keep up the excellent work!

AG - 2

Nicki Robertson - Nicki is new to the AG-2 group; she was moved up from the AG-1 in January. Nicki has adjusted to the new group and additional practice very well. Nicki maintained 100% attendance for the month of January, and finished off the month with a terrific performance at Short Course Regionals. Nicki took off a total of 77.73 seconds from her previously established best times! She took off more than 23 seconds off in the 200m IM and more than 51 seconds off in the 400m freestyle! At practice Nicki has been working hard to improve her speed and stroke and turn mechanics. Congratulations Nicki on a great month, keep up the excellent work!

AG - 1

Spencer Ferrari - Spencer has been doing a great job in all workouts, whether it be in the gym during dry land training or in the pool. He has been focusing on improving his technique, especially in backstroke. He has had 100% attendance which in combination with his focus on technique recently paid off at the Lindsay development meet. He competed in his first 400FR and 200IM. Congratulations Spencer and keep up the great work!!!

Mark your Calendar

Feb 26th – Mar 1 – Junior Provincials

Mar 11-14 – Spring Nationals

March 16-22 – March Break

March 26th – Short Course Banquet!