

TRENT

Trentswimming.com

PO Box 124, Peterborough, Ontario, K9J 6Y5

President's Message

- Robert Brown

Congratulations to everyone on another successful short course season! The presentation of regional and club records at the Short Course Banquet was impressive. It is amazing to see the number of swimmers who made the power rankings by being in the top 50 swimmers in Canada in an event. We have a very fast group of swimmers in the club.

One of the great things about swimming is the individual component. Whether you are the fastest in Canada or the slowest in your group, each swimmer has the opportunity to improve relative to their potential. The seconds off awards demonstrate that improvement, and it is a significant achievement to make any progress.

So what is the objective of swimming? Being the fastest in the world would be great. How about being the fastest in the club, a significant achievement as well.

What about being the fastest in your lane? Each swimmer has an ultimate limit, what I mean is that at some point you are going to swim a perfect race. In my mind, this is the objective. Be the fastest you can be – just you in your lane, swimming that perfect race. It may lead you to being the fastest in the world, or just an average competitive swimmer. It is about finding your limits and realizing that most limits are self imposed and we can break through them. Go further and go faster.

At first progress towards the perfect race is swift, but improvement is exponentially more difficult. This is when things get tough, but also when we really learn what it takes to reach our potential. It is not easy, but if we make this journey a positive experience, the lessons and knowledge gained from swimming will be a lifelong influence.

Again congratulations to everyone on their short course performance and good luck during the long course season. Team Champs this weekend is looking promising and with good swims out of everyone we should be able to make the jump back to Division I.

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Coaches' Corner

- Sean Dwyer

I thought that I would give everyone a break from my writing and allow a swimmer to contribute to the newsletter. Austin Pammett had the opportunity to be a Trent Swim Club representative at the Huronia "Learning to Train" training camp. The camp had 29 swimmers from our region and Trent sent 3 swimmers. The other two swimmers were Madison Monahan and Grace Mackie. Austin agreed to do a write up about his camp experience.

Over the course of the weekend at the Regional Training Camp, I learned many interesting and helpful things. We learned a lot of new drills, sets and methods to prepare for our race. We did a lot of work on preparation methods, some of which included: visualization, stretching, proper warm-ups and being able to learn the starter's tempo. Some of the drills we learned were spin out drill (backstroke), sculling methods (Breaststroke, Free and Butterfly) and different types of drills that helped improve our turns. We also did under water filming and got feedback on how to improve our technique. This was very useful, as we could actually see our turns and be able to critique them. We did many fun sets as well as some challenging ones. We did two, two hour swim sessions and two one hour weight sessions on Saturday as well as watching some swim videos. On Sunday we did one, two hour swim session as well as an hour and a half of watching our turns and under water work that we had recently filmed. We learned the importance of team spirit and cheers. At the training camp I got to meet a lot of new people from all over the region. It was a great experience and helped my swimming out a lot.

- Austin Pammett

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Presidents Message Continued...**Gala Dinner Update!**

70 Years of creating champions! The Gala dinner auction is underway with Scott Farrow leading the charge. Of course, the committee needs your support, to collect auction items and sell tickets.

It should be a fantastic event to have some fun and support the club at the same time. We are hoping to raise over \$15000 – much needed revenue because of decline in bingo.

The night will be a dinner, auction followed by some great music. Check www.trentswimming.com for details.

Trent Renovations

Sign the petition, write a letter, make a phone call, get others involved. The Trent pool facility is not adequate; the planned renovations will still leave us with an old pool with poor ventilation and water quality. There is a real possibility of getting some changes, but Trent Athletics and the city need to hear you speak out.

The community needs another athletic centre and the north end has been identified as a potential location. It seems natural for the city and Trent to partner, similar to the city-college partnership on the Wellness Centre, and like so many of the city-university partnerships in other cities.

Our objective is to bring the city and university together to create the opportunity of a bigger and better facility. Arguing for a pool will not get us very far, we are looking for an athletic centre that supports a wide range of sports; aquatics, gymnastics, track and much more. The suggestion on the pool portion is a 50M with half available for city programming.

Go to www.trentswimming.com for links and further information.

Be a member-at-large!

Swimmers of the Month - February

There was not a newsletter in March, so here of the February Swimmer's of the month. These are followed by the March Swimmer's of the month.

Senior

Mitchell Illes – Mitchell continues his awesome attendance streak with 104% for the month of February. He backed that up with 100% best times at the Regional Championships and then again at the BDO Challenge. It was at the BDO challenge where he qualified for his first Junior Provincials in the 50 and the 100 free events. At the Junior Provincials, Mitchell had some more big improvements in his backstroke races. Mitchell also excelled on the relays at all three of those meets. Great job Mitchell!

Junior

Emily Coughlin – Emily had a very good month in February. She started off the championship season with some great swims at the regional championships, both in the prelims and in the finals. She ended the short course season at the BDO Challenge with a number of best times and some very good finals swims. Emily also had perfect attendance for the month of February. You go girl!

AG – 3

Kate Keeting – Kate had a very good month in February, she had 100% best times at the BDO Challenge and she swam the 200 m butterfly for the first time! At practice Kate works hard; she has made dramatic improvements in her swimming speed / technique over the course of the year especially in the freestyle events. At the BDO Challenge Kate took off just over 8 seconds from her 200 m freestyle! Congratulations Kate! Keep up the excellent work.

AG – 2

Patrick Daley – Patrick also had a very good month on training in February. Patrick has made big improvements in speed and technique in all four strokes. At the development meet in Lindsay Patrick dropped just over 30 seconds from his 100 m IM and just over 13 seconds from his 200 m freestyle. All of Patrick's hard work is obviously paying off. Also, following the March Break Patrick moved up from the AG-2 group to the AG-3 group; and he has settled in nicely. Congratulations Patrick! Keep up the great work.

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Swimmers of the Month - March*Senior*

Cynthia Pammett – Cynthia had a very good month of training and racing in March. She started off with Silver medals in the 100 back and 50 free and bronze medals in the 200 back and 100 free and club records in the 50, 100, 200 back, 50, 100 fr and 100 fly at the Junior Provincial Championships. She followed that up with a consolation finals swim in the 50 back at the Spring National Championships where she placed 14th. Way to go Cynthia!

Junior

Madison McGee – Madison has really stepped up her game over the past couple months and it became very evident at the Junior Provincial Championships. Madison went as a relay swimmer and made some huge improvements in her swims to keep the rest of the team in the fight. Her relay legs contributed to the relay teams breaking 8 club relay records, 1 Huronia record and equalling 1 other Huronia record. Keep up the good work Maddie!

AG - 3

Hailley Guthrie – Hailley had a great March; she started the month off with a fantastic meet at the Junior Provincial Short Course Championships. Hailley took off just over 12 seconds in her 200 m freestyle, just over three seconds in the 100 m freestyle and just missed qualifying for Provincials in this event, and just over 6 seconds in the 200 m backstroke. At practice Hailley is meticulous about practicing streamlining, underwater kicking off each wall, and executing each set as instructed. Congratulations Hailley – keep up the great work as we head into the long course season!

AG - 2

Sadie Bartolli – Sadie also had a great month of training in March. Sadie is really coming into her own, she has made great technical and speed improvements with all four strokes, her kicking is progressing nicely, and her attention to the details (i.e., underwater kicking off the walls, streamlining after each turn, getting off the walls fast) is getting better. Sadie's performance at the swim-a-thon was impressive; she led her group finishing her first ever 5 Km swim in 1:33.36.12! After she was finished Sadie looked as though she could complete another 5 Km! Congratulations Sadie – keep up the great work!

AG - 1

Micaela Sheinin - Micaela has worked extremely hard all year. She is one of the leaders in the group. Her attendance is showing improvement as well, she is working harder than ever this year. Micaela is not afraid to ask questions if she does not understand something we are doing in workout, as well she is not afraid to lead the group on multiple sets. She has been working extremely hard on all four strokes, specifically her butterfly and backstroke. Her turns are amazing and the others swimmers frequently watch her technique to make improvements to their turns. Congratulations Micaela. Keep up the great work!!!

Mark your Calendar

April 17-19 – Division II Team Championships, Sudbury

May 23rd – Gala Dinner celebrating 70 Years of Swimming and producing champions! Trentwinds

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