

TRENT

Trentswimming.com

PO Box 124, Peterborough, Ontario, K9J 6Y5

President's Message

- Robert Brown

Believe it or not this is close to the end of the 2008-2009 season! Most of our swimmers will end the season in mid-June just after the Long Course Championships in Brantford, while others will continue to swim in Provincials, Age Group Nationals and Senior Nationals.

It is a good time to take stock of where you are with the club. Cash flow for the club is extremely important at this time of the year, so we need everyone ensure they are current. You have 3 main categories of fees that you need to check before you are off for the summer:

- Club fees
- Meet account(s)
- Fundraising accounts

The finance committee is working on next year's budget, but can say our objective will be keep costs down and not increase fees. Remember the best way to control club fees is to participate in the fundraising programs. The Gala is an example of this.

As usual we are looking for board members. A number of us have been on the board for many years (8 years for me) and it is time to pass the torch! We recently added two new board members: Cindy Bartoli who will look after communications and Nicole Hannah who is taking over membership. This has been a terrific relief for a number of us who have been trying to fill in the gaps.

A critical position is treasurer and we are looking for someone to take this over from Andy. We have a number of ideas of how to split this position and reduce the workload, so really, we need 2 members!

Elections will be at the picnic. If you are interested in any role with the club let me know.

Coaches' Corner

- Sean Dwyer

The end of the season is fast approaching and it seems like only yesterday we were walking onto the pool deck to start the 2008-2009 season. This year has had a few new faces introduced to the team, several club and regional records broken and some very impressive performances at all levels. We as a club have had a successful season and if the lead up meets and the training intensity put forth by the team are any indication, then we should finish with some really awesome performances for the remaining championship meets.

Over the next several weeks we have swimmers competing at the second Huronia Regional Long Course Championships (Brantford), the Collingwood Outdoor Meet, Long Course Junior Provincials, Summer Nationals, and the US Open. We should also have few swimmers qualify for the Huronia Region Tour Team. This year the regional tour team will compete at the Far Western Championships in San Jose, California. As you can imagine there will be some very exciting racing on the horizon. To help keep tabs on all the excitement, Swim Ontario will have a live results link for Junior Provincials, and Swim Canada will have a live results link for Summer Nationals.

As we go into these final meets, let's make sure that we do everything under our control to create an optimal training and racing environment. Get your sleep, stay hydrated, eat at appropriate times of the day to ensure high energy levels for training and recovery from training, think positive thoughts and mentally prepare for practice – show up focused and ready to perform. Remember to support your teammates. We have a number of swimmers closing in on Provincial, Far Western and National cuts. Let's do our best to help each other achieve our goals!

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Swimmers of the Month - April

Senior

Mitchell Illes – Mitchell had a very good month of training and racing in April. Backing up his 100 percent attendance, he had 100 percent best times at the Victor Davis Meet in Guelph. He followed that up with some very solid races at the Division 2 Team Championships in Sudbury. His hard work and attention to technical detail have really started to pay off. Way to go Mitch!

Junior

James Sutherland – James has also been having a very good month. He has been dropping huge amounts of time from his races. At the Victor Davis meet James had 100 percent best times and many of them by a lot! He backed that up with a few best times and a top eight finish in the 1500 at the Division 2 Team Championships. On top of this James maintained 100 percent attendance for the month of April. Keep up the awesome job James!

AG – 3

Grace Mackie – Grace had an excellent meet at the Division 2 Team Championships; she finished 7th in the 200 m breaststroke, and 8th in the 100 m breaststroke. Grace also had 100% best times, and took off a total of well over 17 seconds. Grace's results are no real surprise, as she has been working hard at practice, challenging herself during kicking sets, and short rest / aerobic sets. Grace has also been working hard at improving her technique, streamlining, and turns. Congratulations Grace – keep it up!!

AG – 2

Khalid Younis – Khalid had a good month of swimming in April – he maintained 100% attendance, and performed very well at the Division 2 Team Championships as well as MUSAC Spring Sprint Invitational. Khalid took off a total of just over 10 seconds at Team Champs, and also swam the 200 m backstroke for the first time. At the meet

in Muskoka he took off a total of just over 32 seconds – more than 14 of these seconds came as a result of swimming the 200 m freestyle. Khalid has also been working in the pool especially his speed, technique, and turns. Congratulations Khalid – keep up the good work!

AG – 1

Not provided.

Upcoming Events

Swim Meets

May 29 – June 1	Ontario LC Senior Champs
June 5-7	LC Regionals
June 19 – 21	Quebec Cup
June 20 – 21	Collingwood
July 2 – 5	LC Junior Provincials

Club Events

June 11	Year End BBQ
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Newsletter Notes

It is recognized by the TSC Board that there is a need to improve communications to our swim families, especially those new to the club. To this end, I would love to hear suggestions for future newsletter content. Some ideas for early season newsletters for 2009-2010 are:

- Who's who at TSC
- Season length and scheduling
- Advancement within the club
- Meet accounts vs. club fees
- Fundraising guidelines
- Birthday announcements

Please send suggestions and comments to cbartoli@sympatico.ca.