

UCSC DinoLine News

News from Canada's Top Swim Club

The Board Report - New Initiatives

Mark Shaul

Welcome to 2010! I hope everyone had a Merry Christmas & Happy New Year and amongst all of the festivities managed to find room for a little quiet time with family and friends.

It is hard to believe that we are almost 1/2 ways through the 2009 - 2010 swim season and our athletes and coaches are well into preparations for the various Short Course championship meets upcoming. From now until the early part of March is an extremely busy time for the club with numerous competitions that will see our swimmers put to test all of their training and dedication over the past 4 - 5 months. Good

"exciting news for our Members is that now anyone who brings in a new lane sponsor will receive 5 bingo credits"

As noted in September issue of the Dino Line one of the Board's objectives, given the increase in membership over the past couple of seasons, is to look at ways to reduce some of our fundraising obligations and in particular the number of bingos that we all work. While there is still some work to be done in or-

der to make any further changes to our existing model we are pleased to introduce two initiatives that will allow people the opportunity to reduce their bingo requirements:

1. Historically the club has used bingo credits as a form of recognition for certain volunteer roles that are essential to the successful operation of the club. Under the leadership of Mel Crocker the board has reviewed the bingo credits currently being offered and effective January 01, 2010 has approved a number of significant revisions. We hope that people will look
2. A second initiative whereby people can earn bingo credits is through bringing in or becoming (for you business owners) a lane or title sponsor for Club hosted meets. Our

significant opportunity for the UCSC to generate additional revenue without hours of additional work by our members. Lane sponsorships range from \$1500 - \$1800 per year depending upon the lane and provide exposure for the sponsor at all meets hosted by the UCSC from junior circuit through to provincial competitions on an annual basis. In addition to having their corporate logo displayed at swim meets and in programs, lane sponsors are also prominently featured on the UCSC website. The exciting news for our Members is that now anyone who brings in a new lane sponsor will receive 5 bingo credits. Bingo credits for a meet sponsorship would be looked at on a case by case basis. For more information regarding sponsorship opportunities please contact Mark Shaul @ 403-835-9031 or Ron Thibeault @ 403-710-2228.

Again all the best to our swimmers through the remainder of the short course season and to parents we look forward to your continued support and participation in the club by being an active

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Volunteering

To remain a success we need your help; and not just to officiate at meets. We have a number of Committee positions that need to be filled to help make our Club a great success both in the pool and in terms of administration. From car raffles to bingos to meets our Club depends on people giving a couple of hours a month to make us a success. Contact us at ucscnews@yahoo.ca and let us know that you are interested in helping out.

The View From the Bridge - The Captain's Report

Mike Blondal

Hello UCSC,

Seems like last year was a long time ago and after watching the Christmas training camp I am excited about the upcoming racing season. We have many championship meets coming up. (Canada West Conference- Lethbridge, Alberta Seniors- Medicine Hat, Age Group Trials- Sherwood Park, Age Group Provincials- Edmonton, CIS Swimming Championships- Toronto, Westerns-Saskatoon, and Canadian Senior National in April in Montreal)

As well there are Junior Circuit meets throughout the city which are really important meets to get kids involved in the sport. So we will have a busy next three months as swimmers and we will need parents to help.

So...I encourage all the parents to join

in our efforts to produce fast swimming within our club for our swimmers.

-Get and wear a Calgary Swimming shirt when you are in the stands at meets.

-Ask if you can help organize things within the club. Many hands make light work as they say.

-Speak positively in the stands at all times and ask the right staff person if you have questions or things you do not understand.

-Get involved in the board. Board mem-

bers need assistance in their portfolios. Its not big work but is somewhat exciting.

But most of all get your swimmers to

workouts and make sure that they are eating a good diet. Whole foods and reduce sugar intake (yes a frapachino has sugar)

I have included a picture of the National group.

We trained 55K during the week over the Christmas holidays and then on the weekend



Anyone miss the Pool yet?

went snowshoeing to bag a few mountains. Hard work but fun

Jeffisms — The JRAG Report

Jeff Welechuk

The last 4 months in review and what's on the horizon...

Well the last 4 months have seen some significant changes with the JAG squad. The Gough's moved back to Australia and a few swimmers decided to pursue other interests. The swimmers steady improved their fitness and their training abilities. Lots of improvement in time and lots of swimmers achieved new time standards and have re-adjusted their goals accordingly. Haley Strange and Carter Shaul set some new club records in the 10 and under age group. The 200 fly is no longer a scary event at this level and many swimmers race this event with confidence... some even consider it their favorite event. The 400 IM and the distance free (800\1500) are now regular events in some swimmers programs.

There are two meets left in the regular short course season before we get into the championship meets, Age Group Trials and Age Group Provincials. That means there are 2 meets left to fine tune your racing skills and achieve time standards for the championship meets.

For this swimmers that did not attend Christmas training camp or didn't do any swimming over the break it is very important that you make it to every practice and get yourself fit as quick as you can! There's not that much time left in the short course season.

Please continue to follow the calendar on the website! Practices and meets for January and February are posted. Also watch for emails from Nicole for any changes and updates. A big thank you to

Nicole for all the work she does to help the squad! A big thanks you from me and all the assistants for the awesome Christmas gifts.

For the most part communication has been really good but there has been some breakdown. A few swimmers decided to just leave the swim meet and not notify the coach. Remember that the coach is planning relays if you leave without saying anything and you are on a relay... 3 other swimmers can be left with out a chance to swim and at some meets there is a fine for missed swims! If you are not going to be at a practice it is the swimmers responsibility to let the coach know and be honest regarding the reason you will not be at practice!

Happy New Year to everyone looking forward to a great swim season in 2010!

Kostka Wholesale — The TREX4 Report

Matt Kostka

The Trex 4 group has had a great first half of the season! Everyone in the group has shown massive improvement, not only in terms of best times but also in practice performance. Our big meet was Cascade Age Group Challenge where we had more great swims than I can count and we totally dominated the best time raffle!!! I would like to take this moment to congratulate nine year old Cole Thumann for achieving his 10 year

old "A" time in the 100 back, well done young man! For Trex 4 the next few months bring several meets. This will be an excellent opportunity for many of our swimmers who are very close to their MQT times! So far I have been very impressed by this young group's work ethic and I am excited for what the rest of the season holds! Finally I would thank my wonderful assistant coaches and squad managers for your dedication

and hard work, it's very much appreciated! See you on the pool deck!

Krazy Kevin Knows — N2 Report

Kevin Anderson

At the conclusion of the first half of the short course season the swimmers in N2 have really demonstrated some great qualities that I look for in athletes, willingness to train, positive attitudes, and a commitment to the program.

Below is a list of who is now ranked top 25 in Canada for their respective age group as it swam at Age Group Nationals:

TOP 25

13-14

Chelsea Shaul (12) 100fly (11)200 fly

Nikki Macleod (20) 200IM

Bryce Pratt (18) 50fr (11) 100fr (13) 1500fr

Corbin Pratt (24) 200fly

15 Year Old Girls/Boys

Carling Jones (15) 50fr (18) 100fr

Anna Kemerl (21) 100bk (20) 200bk

Leah Vanderbeek (14) 50br (11) 100br (19) 200br

Duncan Donaldson (19) 1500fr

Carlo Villareal-Escudero (16) 100br/200br

16 -18 Year Old Girls/16 Boys

Monika Marcakova (12) 50fr (18) 100fr

Griffin Brown (23) 50fr (20) 100fr (19) 200fr (18)1500fr

Derek Ostrom (14) 50br (22) 100br (25) 200br

17-18 Boys

Connor Maxey (15) 50fr (18) 100fr

Eric Anderson (11) 100fly

TOP 10

13-14

Chelsea Shaul (6) 100fly

15 Year Old Girls/Boys

Carlo Villareal-Escudero (7) 50br

16 -18 Year Old Girls/16 Boys

Lindsay Delmar (6) 400fr (10) 200fr

17-18 Boys

Eric Anderson (7) 200fr (7) 200fl (14) 400fr

TOP 5

13-14

Nikki Macleod (5) 400IM

16 -18 Year Old Girls/16 Boys

Lindsay Delmar (1) 100fly (2) 200fly (3) 50fly (5) 100fr

The goal obviously is to keep moving up the rankings into a potential scoring position at Age Group Nationals and Senior Nationals in July. In order to accomplish this the swimmers will need to maintain their focus throughout the year and their commitment.

Attendance reports will be prepared each month with 96% as a requirement. Having the swimmers at practice is only 1 part of the equation, what they do within each workout is more important.

During training camp we had Dr. Dave Paskevich do 2 presentations to the squad which were very well received. Dave is one of Canada's leading Sport Psychologists and is highly involved with the 2010 Winter Olympic athletes. He will be out 2-3 more times throughout the year to help our N2 swimmers get the edge they need to maintain their focus, attitude and commitment so that they achieve their individual goals in 2010 and we achieve our team goals!

Coach Kevin

Laura's Lessons — The TREX5 Report

Laura Molettieri

TREX 5 has been working really hard this fall. They have been training five times a week including early Saturday mornings and have competed in five meets. Swimmers have been learning about proper stroke and turn technique, levels of effort and how to use the clock during workout, and how to race at meets.

Meets:

UCSC Fall Start Up: The first meet was the Fall Start Up in October. Every swimmer who competed earned best times. In addition, new TREX swimmers learned how to read the program and find their heats and lanes and get to the blocks on their own.

Cascade Slingshot Speed Meet: Taeya Jones, Rachel Thibeault, Skyla Stevens and Kenton Williams all qualified to swim in this meet at the Talisman Centre. Each of them made it back to swim in finals at night.

Nose Creek Invitational: Most of the squad competed in this meet at Foothills pool. It was a great success with lots of best times. Allison McCloy earned an A time in the 100 breaststroke. Several other swimmers earned B and MQTs. The first place finishers were Allison

McCloy, Paul Latkovic and Sophie Lalonde-Bester. Other swimmers in the top three included Mickayla Knudson, Paul Latkovic, Charlotte Aksenchuk and Chanel Adams. In addition, Mickayla Knudson and Sophie Joffre earned Meet Qualifying Time standards in their 400 freestyle.

J.P. Fiset: Two swimmers, Rachel Thibeault and Taeya Jones, traveled to Edmonton to compete in the JP Fiset meet. Both swimmers earned best times.

Cascade Age Group Challenge: The final meet of 2009 took place at the Talisman Centre on December 11th through the 13th. It was a great success for TREX 5 with lots of time improvement, top finishes, and standard qualifiers. Too many swimmers to list made it back to swim in finals at night with lots of top finishes! Swimmers earning first places were David Chiu, Kenton Williams, Sophie Lalonde-Bester, Taeya Jones, Skyla Stevens, and Allison McCloy. In addition, Ciara Wood, Cydney Fehr, Kellita Kruger, Sophie Lalonde-Bester, and Jeremy Bilic earned Meet Qualifying Time standards.

Training:

TREX 5 has been working hard in the

pool to improve stroke technique, racing technique, and workout performance. In addition, swimmers have been working on their flexibility and strength out of the pool with dryland work and weekly yoga sessions. We look forward to our December training camp to continue our work for an even more successful 2010!

Activities:

TREX 5's team party was held at the University of Calgary rock-climbing wall. The swimmers challenged themselves, cheered each other on and had a great experience. Egged on by the swimmers, coaches Laura and Michael raced each other to the top of the wall. Coach Laura won; though it is rumored that Michael may have let her.

In January, nutritionist Kelly Ann Erdman will come and speak to the TREX 4 and 5 groups about healthy eating for practice, meets and everyday life.

Looking Ahead:

TREX 5 took a well-deserved break and then came back on December 28th to do a four-day training camp. We hope this will be a great jumpstart to 2010 with even more hard work and success in the pool.

The Eagle has Landa - The NDG Report

Eric Landa

When I'm writing this article it is the first week after training camp.

I've just survived -28 degrees; about 50 cm of snow and our 1 week Christmas break and Christmas camp.

This means we have finished 12 weeks of training so far (remember how we started the season outside of the pool, unable to swim due to a chlorine leak?).

I've seen the necessary developments throughout our Age-Group programs in training and a positive outcome in the competition results. I believe the age-group program is moving in the right

direction!

We are not there yet; we still have lots of work to do before we can claim to be **the number 1 age-group program in the country!**

But remember: every great journey begins with a single step! (Lao-Tzu 604 BC - 531 BC)

Also; I'd like to repeat what I wrote in September 2009, when we started this program:

My coaching philosophy :

Work hard **enough** to be the best that you can be and enjoy the ride getting

there!

My expectations for the upcoming season:

many of you will get there,

some of you won't,

but all of you will enjoy the ride...!

I hope that everybody had a wonderful holiday, a merry Christmas and I wish for all of you a healthy and successful 2010!

Let's make 2010 an unforgettable year!

Eric Landa, Head-Age Group Coach

Mental Training ABCs — “D” is for Dedication

Aimee Kimball PhD

USA Swimming is publishing a series of articles from Aimee Kimball, PhD discussing sports psychology and mental preparation. As they are published we will reprint them here for your swimmer's interest.

For many swimmers, their sport is more than just a hobby. It's more than just something they do to get fresh air, meet people and get some exercise. There is nothing wrong if

you swim just for fun, but if you treat sport as hobby, it's hard for you to expect to swim your best. Anyone looking to perform to their potential needs to be dedicated to their sport. This article is for team leaders and individuals who want to take

their performance and the performance of those around them to the next level.

Get on the Same Page

Athletes participate in sport for many different reasons. While individuals' rationale for competing might differ, in order to be successful the whole team needs to be working towards the same goals. The first way to develop more committed athletes is to make sure they are all on the same page with what the team is trying to accomplish. Open and honest communication about team goals and about each individual's contribution to the team's mission is essential. At the start of each season, the team should discuss the answers to the following questions:

1. What do we strive to accomplish? How do we accomplish this?

2. What drives us to be better? How does our motivation help us to reach our goals?
3. What do you enjoy about swimming? How can we find balance between your enjoyment and what the team is trying to accomplish?

From this discussion, you can create a team motto and before each practice



Dedication involves communication, strong relationships, motivation and a sense of purpose.

huddle as a team and say your motto to remind the team what they are working towards and what everyone has committed to. When members of a team have a shared goal, they will begin to demonstrate a greater dedication

to their sport and team.

Relationships Are Key

Once everyone is on the same page and knows what is expected of them, it is important to interact with team members in a way that enhances their commitment to these goals. Leaders need to do more than just be role models, it is also essential that they demonstrate their respect for, interest in, and care for their teammates. Team leaders can use the following suggestions to help build a strong sense of mutual trust and support amongst teammates, which will ultimately improve dedication to each other:

1. Ask for input and constructive advice and be willing to listen
2. Get to know individuals outside of sport
3. Remove hierarchies. All mem-

bers are equally important

4. Encourage support for everyone's success. Compete but cooperate

Dedication Starts with Motivation

Ultimately individual dedication hinges on individual motivation. The athletes who often demonstrate the most dedication are those who love the sport and work to see themselves improve. Getting athletes to focus on becoming their best can be difficult, but when leaders build a culture emphasizing pride in effort and daily improvement, team members become more dedicated to what they do in both practice and competition. By having athletes state goals for each practice and by rewarding the process of achieving those goals, athletes will take to heart the importance of individual improvement. This increases their sense of intrinsic motivation which will then enhance their dedication to the team.

Know Your Purpose

Another important aspect of dedication is sense of purpose. Athletes want to know that they are contributing something to their team. For athletes whose talent may not be as great as their effort, it can be hard to feel like they are important to those around them. Thus, team leaders need to be cognizant of each swimmer's strengths and make a point of consistently acknowledging and thanking them for their contributions. Whether it's their physical ability or their support of teammates, individuals want to know what they contribute is meaningful, and when they discover

Continued on Next Page...

Mental Training ABCs — “D” is for Dedication Continued...

their purpose they will further dedicate themselves to bettering the team through their identified strengths.

What if I Won't Dedicate 100%?

Knowing how to be fully dedicated to something is a very important life skill to have. If you don't ever learn what it means to give 100%, how will you know if you can be successful outside of swimming? There are many reasons why athletes do not fully commit to their sport, some are completely understandable (involvement in other activities) while others need to be overcome (laziness, don't want to make the sacrifices). Some athletes are at a stage where they just swim for fun rather than the competition, so giving 100% to swimming isn't important to them. Whatever your current reason for not being fully dedicated, make sure you are still maximizing your commitment level given varying priorities.

What I mean is, if you sign up for a swim team, know what is required and maintain that commitment. If you are not willing to put forth the effort that the team requires, there might be a better team for you because you are likely to end up unhappy if you are on a highly-competitive team but you aren't a highly competitive person. If you find a team that matches your motivation, you will most likely enjoy the sport more and be able to match your dedication level to that of your teammates. I caution you not to sell yourself short though. Some people don't want to be on a competitive team because they don't believe the “extreme” swimmers can have any fun. However, the majority of people who give 100% love the sport and find

most of it enjoyable. They find the fun in knowing they are getting better, pride in the hard work they put in and excitement in beating someone new or in getting a PR in a race.

Levels of Dedication

No Dedication: Showing up at practice when I feel like it.

Minimum Dedication: Showing up to mandatory practices.

Moderate Dedication: Working hard at mandatory practices and some optional practices.

High Dedication: Working hard at all available practices and doing a little bit extra outside of the pool

Total Dedication: Working hard at all available practices and doing everything you can outside of the pool (mental training, nutrition, strength/flexibility training...)

If right now you are moderately dedicated to your sport but really want to become a better swimmer, you do not have to totally dedicate yourself to swimming and make your life revolve around it. In order to see some improvement, you just have to do a little bit more than you are now. Maybe you don't have time for extra training, but you may be able to read the latest articles in *Splash* magazine or watch an instructional video on YouTube. To become the best swimmer you can be and to truly reach your potential, you do need higher levels of dedication, which include out-of-pool activities. Ultimately, you have to choose your own dedication level, which should be based on your ultimate goals and willingness to make sacrifices. Olympic dreams require more than moderate

dedication, while participating on a high school team may not. It's up to you whether you want to see how good you can be, but your potential in the pool can only be met through consistent dedication. Dedicating yourself to a sport is about working to accomplish something and putting in the effort necessary to meet the challenge. It is much more disappointing to finish a race with a less-than-ideal time and think to yourself, “If only I did a little more” than to finish and say “I gave it all I had.”

Dedication Decoded

Someone once told me that “*Dedication is when you are bent over, drenched in sweat, just about to pass out, and then you smile.*” I think there's some truth in the idea that dedication is about pushing your limits and still enjoying the process. If you can get yourself and your team to do that, you know they have the dedication necessary to succeed.

Make it Great!

Reprinted from USAswimming.org

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The University of Calgary Swim Club provides high performance training and experience on an ongoing, program-wide basis to a wide range of athletes. We strive to provide the best opportunity for your current or potential swimmer to achieve success not only in the pool but in life both today and in the future. With swimmers aged from 6 to 26 we can provide the leadership and camaraderie necessary to ensure that your swimmer obtains the best possible experience.

Feel free to contact us at any time with regards to your swimmer so that we can show you what our program can offer both on an athletic and personal basis.

Mike Blondal—Head of Swimming

Tobin or Not Tobin - The YAG Report
Chris Tobin

As we come to the end of our first swim cycle, we have had some GREAT swimming happens so far this year. Alyssa, Kendra, and Conrad have qualified for Coach Eric's group and a couple more very close (Rayna, Hugo), as well as new A time Qualifiers (Olivia Graeme) so far this season with others soon to be (Ghyslaine, Stephen Jang).

As well we had Morgan Bird represent Canada at the IPC this year and what a meet she had. She took off 7 seconds in her 100 fly while coming 6th in the world at the event. As well as leading out the freestyle relay and taking off 3 seconds from her 100 free time.

Our group has been focusing on the details throughout this cycle and swimmers have been getting great results because of it. Making sure that the streamlines, dolphin kicks, and stroke technique are worked on no matter what we are doing in practice has helped these swimmers reach their goals so far this season. As we continued through Christmas training camp and on into the Championship Season it is important that we keep working on these things to help each swimmer reach their goals this year. It's the little things done well ALL THE TIME that will add up in the end and help our swimmers make steps forward throughout their swimming careers.

As we moved through training camp we were looking to build a better aerobic base for the athletes as well as race speed. We are learning that we cannot just get in and race and that we must have a race strategy that works best for us as we aim to take down our best times.

I believe that hard work combined with doing these little things right will make our group move forward together