

UCSC DinoLine News

News from Canada's Top Swim Club

Head Coach Club Report

Mike Blondal

Welcome to the 2009-2010 swimming season and hello to all of our new swimmers and members. I thought this would provide an opportunity to provide a few remarks prior to the season startup just to bring you up to speed on what has been happening and what to expect for the new season.

If you are new to the Club, the University of Calgary Swim Club exists to provide a quality competitive swimming program for the youth of our community and to deliver world class training opportunities to those who choose to pursue a high performance path in swimming. Our mandate is to achieve excellence at all levels, whether that be coaching a swimmer to go off the blocks for the very first time or coaching a National or International level swimmer.

We had a strong year performance wise in 2008/2009 with a good showing from our 14 and unders and strong swimming at the senior and internationally levels for Canada with highlights from World Student Games, World Championships and many more competitions. See the highlight section at www.calgaryswimming.com

Club registration is exceptionally strong this year with total registration close to 400 swimmers. What this can and

will mean for the present and the future is stronger programs, stronger teamwork during practices, a stronger volunteer base and greater financial strength for our club as a whole. We have already started to see some of the benefits with a reduction in the raffle ticket allocations for certain groups. Overall, it is a great time to be a Dino!

For the coming swim year, each swimmer should look to ways to improve themselves as individuals and therefore improve the team. The accumulation of many swimmers personal best times is a total improvement for the whole club. We can be a better team by making sure that as **swimmers**, you attend workouts, train relentlessly, eat well, improve your grades at school, and get plenty of sleep.

As **parents**, you can help foster a stronger team by making sure that you get the swimmers to the pool as directed by the coach and be on time wherever possible, stay healthy yourself (join the U of C Health and Recreation Center, see the web page for club member rates and parking), be positive and help with the organization of the club (volunteer) and get to know one another.

With regards to swim meets this year, we will host our

usual meets keeping in mind that Talisman closes in January for a year. This will cause some changes to facility and timing of meets starting in October of 2009. It is not clear at this time how this will affect our competition and travel for 2010. A clearer picture of the 2010 competition schedule will be available after the Swim Alberta meetings in the first week of October.

This is your swim club... parents, I invite and encourage you to get involved in the club. We are a member driven swim club and rely on the help and support from our member parents to operate the club. Please talk to one of the office staff or a member of the board to find out how you can get involved.

I wish success for all of our athletes during this season and beyond. I invite you all to embrace our mandate of **"swimming to first: achieving excellence at all levels"**, as we focus our attention on developing and delivering programs that will provide every opportunity for our swimmers, regardless of ability, to reach for their own stars.

Mike Blondal
Director of Swimming
Head Coach

Inside this issue:

Churchill Report	2
NDG Report	2
TREX4 Report	3
N2 Report	3
TREX 5 Report	4
Leap Frog Photography - Advertiser's Report	4
Presidents Report	5
Parks Foundation Grant	5
JrAG Report	6
Shouldice Report	7
"Cs" of Sport Psychology	8

Fall Start Up

Practices have started and we are gearing up for the season. Our first hosted meet of the year will be our annual Fall Start Up scheduled for October 25, 2009. Remember about your officiating requirements and if you need any information please consult the DinoBook located in our Members Section of the website.

Lorna's Lovelies – The Churchill Report

Laura Molitierre

Welcome to Churchill for another wonderful season! Head Coach Lorna Snow has been working with UCSC and young developmental swimmers for over 30 years! Her experience and enthusiasm for the sport are sure to lead all swimmers through a wonderful year!

Lorna, along with her valuable assistant coaches, Jen Dalen, Jeromin Bilic, and Andres Porrás (all former UCSC swimmers), will be working very hard to ensure that all swimmers have a won-



come on out and become all that you can be

derful experience at Churchill this year.

The development program has three important goals for all of their swimmers: to swim with great joy, to swim with confidence, and to swim with excellence in technique in all four competitive strokes.

We want our swimmers to learn to swim and enjoy their time in the pool, so it is important that swimmers make their best effort to attend all three practices each week. In addition,

swimmers need to listen to the coaches,

follow group instruction, and support their teammates. Keep an eye on the website for important information and schedules. UCSC is known for our loud cheering, so be ready to use your loudest voice and get excited for what's to come! We're looking forward to another great season at Churchill!

Laura and Lorna

The Eric Has Landa – The NDG Report

Eric Landa

Here's Eric Landa, coming to you from the Netherlands!

Besides being famous for its bad weather conditions, the Netherlands are also known for producing excellent speed skaters and some World Class swimmers over the years.

I've been lucky enough to have worked with some outstanding athletes in the Netherlands and later in my coaching career with swimmers on 3 other continents.

I started working as a professional coach in 1990. Over the years I've coached swimmers, triathletes, runners and cyclists. From absolute beginners to Olympic medalists and in a variety of countries and situations.

I will be the new Head Age-Group Coach for the upcoming UCSC season and I'm very much looking forward contributing

to a team that is committed to excellence!

My general philosophy to swimming?:

All humans have trouble swimming fast! We are NOT fish, NOT penguins and NOT whales.

Actually, they all do a better job than us moving through the water!

But... we can learn how to be the best that we can be with the body we've got.

Or with the body we haven't got yet...!

The bottom line: making use of what a swimmer has got, but more effectively!!!

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...!

My expectations for the parent's role:

You know your child is special, smart and of course a much better swimmer than others

We don't always realize that...!

But what we do know is how to make good swimmers into better swimmers

Therefore this will be our first priority!

Please work with us to support your child in every way to achieve this. Tips and advice will come to you through regular meetings and articles so please take the time to review any and all information you receive and understand that our goals are the same.

See you poolside.

Eric Landa

"Work hard enough to be the best that you can be and enjoy the ride getting there!"

Kostka Wholesale — The TREX4 Report

Matt Kostka

My name is Matt Kostka and I am very excited to start the new swim season! First a little bit about myself. I have swam for most of my life including five years on the varsity team at the U of C.

I have spent the last six years as an assistant coach with the club, working under the great Jeff Welechuk! Jeff has been a wonderful mentor for me but

it is time to take on the challenge of head coaching a squad.

I expect the swimmers in the TREX 4 group (and parents too) to come to the pool with a positive attitude. The group will focus on learning the fundamentals of training and racing, all with an eye toward excellent technique. We are going to put in some great training and

have a lot of fun in the TREX 4 group this year!

Let's have a great and successful year.

Coach Matt

Krazy Kevin Knows — N2 Report

Kevin Anderson

First I would like to welcome all the new swimmers to the N2 Squad and a welcome back to all those returning swimmers. Once again, we have a great training group and I look forward to working with everyone this year.

I believe in having fun in the pursuit of excellence, but not at the expense of it. The training process can be a positive and enjoyable journey, through all of the hard work and the ups and downs, that will eventually lead to a successful outcome at the end of the year. We must all begin with the end in mind. What do you want to achieve at the end of the year? Your daily habits, motivation, determination, ability to overcome obstacles, consistency in training, nutrition, sleep, effort, starting from day 1, will accumulate throughout the year to provide a result. What do you want that result to be? Your daily actions must reflect this goal.

I would also like to add that my actions, habits, etc will also play a part in you and I achieving our goals and our team goals. You see, we depend on each other. As a result, I will provide an environment that you can be successful in. I will insure you are doing the little things right, every day, and establish a culture of excellence within the group. We will succeed together! I have

posted some expectations and requirements on the N2 web page so please familiarize yourself with it. Schedules and updates will all be posted there in a timely manner.

For all those outstanding N2 parents, just a couple of reminders to insure we have a successful year and environment within the group...yes, you do play a role in all of this.

1. Please get your children to practice 10 minutes early so they can activate properly before workouts begin. If your child is late, it means I will take time to explain the session to them while everyone else is in the water swimming and not being coached. This is unacceptable at this level.
2. Try and have your children participate in all competitions, the major meets are a must attend!
3. Support the program. Some swimmers have joined our program from other programs and many have gone through our system of development and have managed to make it into N2, this is not an easy accomplishment and I expect all parents to actively support our program in the pool area and outside of it. We have a great tradition here and should be telling the world about it.
4. Communicate in a timely fashion. If

you want to chat about your child's progress, are unclear about something, or have a concern, please do not delay in picking up the phone and contacting me directly (cell: 403-389-7936 office: 403-220-8151). I would rather talk to you then play email tag! No misunderstandings that way. Also, please call me between 8am and 7pm Monday to Friday.

I do not have too many parent meetings at the N2 level but I will have one on Monday September 21 at 5:30pm while your children are doing their dryland training. This will be an important meeting as it will lay out the yearly plan, ask for some input regarding the annual Europe Trip or alternative Christmas Training Camp, and hosting of Europe teams in November and June. Please make every effort to attend.

Once again, I look forward to the year, it is always enjoyable and I am fortunate to coach such a great group of swimmers!

Go Dinos!
Kevin Anderson

Laura's Lessons — The TREX5 Report

Laura Molettieri

Welcome to TREX 5! I am Laura Molettieri, a new coach to UCSC this year. Though I am new to UCSC, I have been involved with competitive swimming in one way or another for over 20 years.

I began as a young girl at the age of 7 in Philadelphia, Pennsylvania and continued through high school, earning All-American and National status by the age of 15 and then continuing on to earn a scholarship to swim at Penn State University.

My coaching experience includes both assistant and head coach positions for swimmers ages 5 through 18. Outside of swimming, I have spent the past seven years teaching high school English.

The TREX program is the first step into

a competitive program from the developmental level. We will concentrate on "learning to train" with a main focus on proper technique. We will develop an understanding of workout structure, effort in workouts, proper technique, and responsibility. We will track our progress and, together, figure out how to best reach our goals. *Most importantly, we will have fun doing it!*

Swimming at this level is a commitment. So that we can reach our goals, I strongly encourage swimmers to attend all workouts each week and recommend that swimmers attend all scheduled meets. Other sports and activities may interfere from time to time, so I ask that swimmers communicate with me frequently about their schedule.

Through this we can discuss making choices and taking responsibility for those choices.

A lifetime involved with competitive swimming has taught me to be a dedicated, hard-working person who is able to set and reach goals, and have fun doing it! I encourage both swimmers and parents to talk to me about any questions you may have about the program. I look forward to getting to know you throughout the year!

I look forward to meeting all of the TREX5 swimmers and look forward to watching all of you progress on this great journey.

Coach Laura

A Snapshot in Time — Advertiser's Report

Leap Frog Photography

Our advertisers are great supporters of our Club. In this DinoLine we would like to introduce you to Leap Frog Photography owned and operated by Deb Marchand Blondal who has been a great supporter of UCSC swimming in so many different ways. Please contact Deb with respect to any photography projects you might be considering..

As Leap Frog Photography, I like to create beautiful, natural, appealing photographs for you and your family.

An outdoor photography session takes about an hour of your day.

People are at ease when

they have their photo taken, as I talk them into a pose that allows their personality to shine. We go to a choice of three park-like settings and find comfortable places to gather that lead to natural smiles and happy, bright, thoughtful images.

My fee is \$150/hour (+gst) for

the photo shoot. Post production, there is the disk fee of \$100 per 10 chosen photos (adjusted for saturation and minor touch-ups).

Call me to set up your family photos.

Graciously,

Deb Marchand Blondal

Leap Frog Photography

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The View from the White House — President's Report

Mark Shaul

Welcome to the 2009 - 2010 swim season. For those returning swimmers and families welcome back for another swim season and, to those of you who are new to the club, welcome to the UCSC Family.

2009 - 2010 marks a significant milestone for the University of Calgary Swim Club as we celebrate 30 years of competitive swimming excellence. The UCSC was formed in 1979 when the Foothills Swim Association joined forces with the University of Calgary to create what was then a first of its kind organization providing competitive swimming opportunities for kids from the grass roots development level through to varsity and international level. While many things have changed over the years the UCSC's commitment to deliver quality

competitive swimming programs from the development level through to the varsity / international level remains as our overarching objective and is something that many other organizations wish to emulate.

Another significant milestone, as we start the 2009 season, is that we are just over 400 hundred swimmers strong. This marks the first time in the club's history that we have had such strong numbers and speaks to both the growing popularity of the sport of swimming but also to the quality of programs being delivered by the UCSC.

From an executive level this growth allows us the opportunity to review our fundraising objectives with an eye toward reducing the number of bingos and

raffle tickets where possible. As many of our fundraising criteria were established when we were a club of 280 - 300 swimmers we now need to re-evaluate these criteria in light of our current membership. The reality is that we don't need to do more fundraising to support the club at this size, but we do have more people to do the fundraising we require which means we all should be able to do a little bit less.

Stay tuned in the coming months or plan to attend the fall general meeting in November to hear more.

Mark Shaul
President,
University of Calgary Swim Club

Parks Foundation Grant — An Honor that Will Last A Heartfelt Thank You on Behalf of Us All

As any of you who attended the AGM this past spring are aware, we have made a concentrated effort to research and apply for grants that may be available to us as an organization. We have been success in a number of these applications including our receipt of a grant from the Parks Foundation.

Just to let you know a little about it, the Amateur Sport Grant Program was created as part of the Saddledome Foundation's commitment to establish an Olympic legacy from the operations of the Saddledome.

The continued success of the program is possible through a joint community partnership with the Calgary Flames Hockey Club, The Saddledome Foundation, and the Parks Foundation Calgary.

Any qualified non-profit organization,

club, or league can apply for a grant - as can any group endorsed by a local, provincial or national umbrella sports organization.

The Amateur Sport Committee reviews and evaluates requests three times a year. Funding decisions are based on: demonstrated need for the project, need for financial assistance, benefits and unique qualities of the project, and the ability of the applicant organization to assume associated operating costs. Eligible capital projects might include the construction or renovation of sports facilities, or the purchase of sport-related equipment.

Also under the umbrella of the Parks Foundation Calgary is Calgary Sport Leg-

acy Fund. The Art Smith Amateur Sport Legacy Fund is a joint effort of the Calgary Booster Club and the Amateur Sport Committee. Their vision is to sustain an endowment fund to ensure Calgary's amateur athletes will have the facilities and funds to keep on playing their game.

We are so pleased and thankful to be a recipient of these most important funds. As a direct result of this grant you will start to see some important changes for our club including the installation of the new blocks at our pool. Thank you to everyone who assisted in this including Ann Corbett who has been tirelessly working on helping our club not only apply for, but also be successful in our grant applications.



Jeffisms — The JRAG Report

Jeff Welechuk

First things first....who is that guy in the ball cap?

Welcome to JAG! And to those of you returning - welcome back!

That guy on deck in the ball cap would be me....I am Jeff Welechuk and I have been coaching with UCSC

for over 13 years now. I have been involved in competitive swimming for over 25 years as a developmental swimmer in my hometown of Hinton, a competitive swimmer earning national team status at 15 in Edmonton, as a master swimmer who still competes in meets and trains up to 5 times a week and as a coach for over 13 years.

Swimming at this level is a family commitment and the rewards, friendships, and learning's that both you and your swimmer will experience will be worth the time and energy you both put into the sport of swimming. Speaking from experience I can say that I have learned a tremendous amount about myself and what I am capable of both in and out of the water. Not to mention all the incredible people I have met along the way.

I encourage you to talk to me about any questions you have about the program. I look forward to the opportunity to meet you and get to know you throughout the year.

Expectation of Swimmers At this level of swimming, it is important that swimmers take responsibility for their own swimming and training. This can occur by swimmers:

- Learning what the requirement is to



be in the JAG squad and raising their ability to that expectation

- Putting forth the required effort when asked and accepting responsibility if they are not improving because of a lack of effort
- Being at practice on time
- Being able to take initiative and challenge the coach
- Not being afraid to make mistakes and learn from them
- Asking questions when they do not understand sets or procedures
- Communicating to the coach when they will be missing practices
- Learning to communicate to the coach how they feel before, during and after a workout
- Taking responsibility for missed practices by looking at where they can make up additional practices
- Being prepared for practice and meets by ensuring that they have packed their swim bags and have all their equipment.
- Eating well balanced nutritional meals and snacks
- Hydrating before, during and after workouts
- Knowledge of what their best times are
- Being able to set realistic goals, and design a strategy on how to obtain them

Expectations at Meets For all meets,

it is important that swimmers arrive at least 15 minutes before the scheduled warm-up time. The warm-up time indicates when swimmers can enter the water according to meet management. However, prior to that time the team will meet to have a team meeting with coaches, team cheer and perform dry-land stretching. It is important that swimmers participate in this group experience as it sets the stage for the meet. In addition, it is important that all swimmers in my group enter the water to warm-up at the same time. This can only occur if they have arrived early and are ready to go.

When travelling to an out of town meet the focus needs to be on the meet and competing. This provides the swimmer with important learning so that they understand the meet is the focus when they begin to travel with the club and without parents. When at an out of town meet ensure that swimmers eat properly and have proper snacks on deck that they have packed, that they are getting adequate rest, and that they know that the focus should be on what is happening at the pool and not on local attractions.

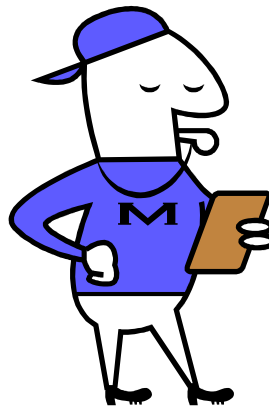
Communicating....how to keep the lines open

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CONTINUED ON PAGE 7



The JRAG Report — CONTINUED

Jeff Welechuk

Swimmer/Coach At this stage it is important for swimmers to take responsibility for their training. If swimmers need to miss a practice, they are encouraged to talk to me ahead of time, call me or send me an email. I also appreciate getting emails after the fact if a swimmer missed a workout because of unforeseen or unplanned circumstances.

Parent/Coach At the beginning of each month, I will provide parents with a calendar that outlines training days, meets, days off, special events, etc for that month. If you have any questions about the program, coaching or your swimmer I encourage you to phone, email or set up a time to talk to me at the pool. In addition, I try to make myself available immediately after workout.

If a problem arises From time to time there will be a conflict in the pool between your swimmer and the coach. The best thing to do if you get an upset

swimmer in the car on the ride home is to talk to them and get an understanding from them as to what happened. I would then encourage you to talk to me to get my perspective on the situation as well. We can then work together to have the swimmer talk to the coach during the next practice to ensure that we can resolve the problem as quickly as possible. If problems escalate, you have the option of taking your concern forward. The chain of command is:

Jeff ➡ Eric ➡ Kevin ➡ Mike

If you go directly to Mike, he won't know what is going on, and you will be encouraged to take the concern back to your coach to resolve.

Squad Manager The squad manager will assist me in communicating any information to the group that is needed. Coordination of group events will also go through the squad manager.

Office All meet coordination, club gear and administration items outside of the squad are done through the office.

In the stands...learning NOT to believe everything you hear!

As the year progresses so well the talk in the stands. Although talk in the stands happens throughout the year, experience has taught me that May and June are difficult times for parents. It has been a long season, everyone is getting tired, and for some reason, rumors begin to percolate about group movement, coach movement and many other things. Don't be duped by a rumor! If you have not heard it from me, chances are that it is gossip and the information is not true.

Jeff

Hail! Hail! the Giang's All Here — The Shouldice Report

Giang Trinh

Welcome swimmers, old and new, to another swim season! I cannot wait to see what the season will bring. My name is Giang Trinh and I am the Head Coach of the Development program at Shouldice Pool and also the Assistant Coach for TRES 4.

I have been with the University of Calgary Swim Club since I was eight years old. The amazing coach who taught me to swim was Lorna Snow, who is the Head Coach at Churchill Pool. I swam for eight years and I am now going into my 5th year of coaching. I am currently a 4th year Communications student attending the University of Calgary. Once I am done my Communications degree I plan on going into Education. My other activities include being the President of the Hip Hop and Funk Styles Club at the

University, and I also act as the team manager for a dance team called "JustVibe." I am someone who tends to keep herself busy. My obsessions include Harry Potter, Lost, and How I Met Your Mother. I am very approachable, patient, and very talkative (once I know you)!

My philosophy towards swimming has one very important rule: Swimmers must have fun! I want my swimmers to learn how to swim all the strokes correctly. My favourite part of the swim season is when I am able to look back after a year and see where the swimmers were, to where they are at the end of the year. I am thankful to have Lorna as my mentor for the past four years. I have learned and grown so much. I am able to apply that experience and knowledge to my

teaching and coaching. I will always have a willingness to learn about any new techniques or ideas that will help my swimmers improve. My number one tools for the success of my swimmers are my assistant coaches, who this year consist of: Pilar CiFuentes, Jen Taylor, and Kayla Yeulet. They are all great coaches and I look forward to working with them for another season!

My expectations for everyone are to listen to their coaches, try their best, have fun, and be a team. We are teammates and I expect everyone to support each other whether it is during practice or at a swim meets. I am really looking forward to another great swim year!

Giang Trinh

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Mental Training ABCs — “C” is for Confidence Aimee Kimball — PhD (Sports Psychology)

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.

Confidence is a Choice

Many people think the only way to be confident is to be successful. While it is easier to believe in your abilities when you have had proven success, it is not the only way to feel a sense of confidence. *Confidence is a choice.* It comes from choosing to focus on your strengths and knowing that you are good. It comes from choosing to be positive with yourself. It comes from focusing on what you need to do to swim well rather than uncontrollable, situational factors. Most importantly, confidence comes when you're not worrying about being *the best*, but when you are focusing on being *your best*.

How Can I Create Confidence?

The first step in creating confidence is preparation. If you fully engage physically and mentally in practice, you will feel more prepared when competing. Focused practices allow you to trust that you did everything you could to enable yourself to perform your best.

Second, it is important to act confidently. Our mind reacts to what our body does. If your head is down, your muscles are tense or your shoulders are hunched, your mind will sense your self-doubt. So always make sure your body language and your communication with yourself and others portrays confidence. Even when you don't feel confident, act and think confidently.

Finally, realize you don't need other people to tell you that you are good. Many athletes wait for coaches to tell them they are swimming well in order to believe in themselves. You may *want* others to tell you that you are good, but it's not something you *need*. You already know when you swim well, hearing it from others is just icing on the cake.

Reprinted from USAswimming.org

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



“confidence comes when you're not worrying about being *the best*, but when you are focusing on being *your best*”