



# UCSC DinoLine News

## News from Canada's Top Swim Club

### Head Coach Club Report

#### Mike Blondal

The end of the short course season is near and as I reflect on the past few months I can't help but think what an outstanding organization we have. Our Development program is progressing very well with great participation, our age group program is performing and training well and our national program will continue to be a dominant force in Canadian swimming. I am looking forward to seeing the results from West-erns, Provincials and National Championships!

Recently, at the Canada West Swimming Championships the Mighty Dinos defended their conference titles and broke 17 records. It looks like this is the year the varsity women's team may win their first CIS National Championship in school

history, and the first time ever that both the men's and women's team can win dual titles. CIS Champs are February 18-21, it will be exciting!

I encourage all the parents to come out and support our swimmers at our local meets. Everyone in Calgary T-shirts (Lorna has lots in the office!) and cheering on our swimmers would be great! How about everyone having a yellow golf towel that we can use to wave above our heads when a swimmer wins their heat?! Bottom line, let's be the best swimming family at the pool and create the excitement and enthusiasm that encourages good fast racing.

The main thing that I think as families that we can focus on is to make sure that the

nutrition we feed our kids is solid and based on whole foods. As parents we need to reduce the amount of sugar we and our kids eat. We need to make sure that they mostly eat things that grow or move (run, fly, swim). By mostly following this simple model you and your children will set themselves up for a healthy lifestyle that will follow them for life. We will try and include nutritional facts in each newsletter so please look for them

I look forward to the end of short course season and an outstanding long course season ahead. We will continue to offer a first class program designed to allow your child the opportunity to excel and enjoy this incredible sport.

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### NEW RECORDS

2009 is off with a BANG with 17 different records at Canada West Swim Champs as well as a new 10 and under club record for the 200 Medley Relay for Cole Roberts, Oliver Bidrman, Carter Shaul and Sean Keller.

Congrats to everyone for your fantastic efforts.

### DinoLine Editorial Notes

#### The Editor

Welcome everyone to the DinoLine; returned, reinvented, and reintroduced. We will be aiming to deliver DinoLine every second month. You will get to see what is happening not only in your own swimmer's

group but also to see what is happening in the other groups. As your swimmer progresses it is important to see what lies ahead.

We welcome any photos that you may have that might be incorporated into

the new DinoLine. Please feel free to send them to us at [ucscnews@yahoo.ca](mailto:ucscnews@yahoo.ca) or contact us if you are interested in joining our DinoLine committee if you can commit a few hours every other month to help out.

## **N1/N2 Report**

### **Kevin Anderson**

**Euro Trip 2009**-Each year until 2012 the N2 Squad will have a training and competition trip to Europe. This trip is an exceptional experience for our swimmers as it exposes our athletes to different cultures, the stresses of cross-Atlantic travel and how to cope with it, and to perform on demand under adverse conditions.

This year the group will travel to Bratislava, Slovakia on May 5 or 6 and compete the following weekend in the Orca Cup Swim meet. On the Monday following the meet the group will do a day trip to Vienna, Austria. On May 12 we will depart Bratislava for Ostrava in the Czech Rep. for training and the Ostrava Grand Prix.

Swimmers will be billeted in both locations which will help make this an affordable and outstanding experience for our athletes. Last year's trip to

Sweden and Germany was a great success and many of the athletes still keep in touch with their peers in Europe. This year both host teams have expressed interest in coming to Calgary next year.

This trip is available to all N2 swimmers and those in NDG looking at moving up in March. However, this trip is planned well in advance as the host teams require notification for billeting and swimmers will have to commit soon.

**Upcoming Events**-Western Canadian Champs and Spring Nationals will be the Canada Games Selection meets for Team Alberta and N2 is looking at trying to get as many swimmers as possible onto that team. It will make these 2 competitions exciting and challenging for our athletes. This year there will be many opportunities

to represent Canada at various levels and the N2 program will remain focused on these as we slowly wrap up the short course season and focus our attention towards the long course calendar. There will be a Junior Pan Am team selected to compete in Fort Lauderdale and a North American Challenge Cup team to compete in Mexico!

The group has prepared well and had an outstanding training camp. The time has come to begin to...rest for the peak meets!!!!!! Yaahooo!

Taper Time!!

**"there will be many opportunities to represent Canada at various levels and the N2 program will remain focused on these"**

## **Jeffisms — The TRES Report**

### **Jeff Welechuk**

TRES just finished a successful swim meet at Talisman centre. Please take a look at the website for full details.

17 swimmers in the TRES squad have qualified for Age Group Trials which will take place February 20-22 in Sherwood park. With the club Time Trial Sunday

February 4th the TRES squad may add a few more swimmers to the list. As mentioned in the TRES Parent Manual Age Group Trials and Provincials are the two most important meets to attend each season. The swimmers have worked hard to



**"17 swimmers in the TRES squad have qualified for Age Group Trials"**

achieve their qualifying times and I am looking forward to their continued success at these meets. If you win an event at Age Group Trials you get an invite to Age Group Provincials even if you don't make an A time standard!

As noted on the TRES Calendar every Saturday in February there is a yoga class. Don't forget about the Dartfish video analysis if you signed up! The sessions take place Saturday mornings and the dates are noted on the calendar.

After Age Group Trials mid season testing will begin. The dates have been noted on the Calendar. Please ensure that you make the testing workouts. Try to avoid doing a make up test by yourself results tend to be higher when tested with the group.

Final note I will be away in Vienna, Austria the first week of March for work. While away Ashley, Matt, Anita and Arianna will be finishing up the testing and keeping the Provincial Qualifiers on track with their preparations for Age Group Champs!

Stay strong and persist! Jeff

## **Danger with Dimitrov — National Development**

### **Emil Dimitrov**

Christmas Training Camp was very well attended. We manage to improve the general endurance and increase the volume. We swam over 78 K over the 7 day of training. Well done NDG swimmers!

Grand Prix went really well. We progressed by nearly 500 seconds for the entire group. I have to mention that most of the swims were their off events, but this is a good indicator that we did a good job during the general preparation.

Swimmers with more than 20 sec. improvement were: Griffin Broun, Andy Yeung, Lauren Siarkowski, Bryce

Pratt, Derek Ostrom, Gord Masson, Anthony Mak, Nikki MacLeod, and Anna Kemerl. Everybody else had at least 1 PB. Well done NDG Dino's!

We are at the heart of our Westerns- Provincials preparation. Majority of the kids are very determined and working hard. It takes a lot of effort to stay focused through periods like this. We have to pass this mile stone on the path to the Age Group Nationals.

To monitor this process we are doing weekly testing and you can see the results on the web site as well as the monthly schedule. I believe with this

ongoing testing through the program we'll help our swimmers to understand better the meaning of the training.

Good Luck and more confidence to Westerns qualifiers from my group:

Chelsea Shaul

Carling Jones

Anna Kemerl

Nikki MacLeod

When you get to the end of the ``rope`` ask yourself: Who`s training my Olympian?

## **Eli's Elaborations — Youth Age Group Report**

### **Eli Dimitrov**

The Christmas Training Camp was very beneficial for the kids. They work really hard and this shows in the results from Grand Prix. We have three more Provincials qualifiers:

Bradley Crocker

Nigel MacNeil

Srinjoy Chakaborty

Now the focus is on the Provincials, the most important time for the Short Course Season. Preparation is on full swing. They are few more weeks of intense work before the taper. We began to monitor our swimmers through the process by ongoing test weekly. You can check the results on

the web site.

It's very important everybody to understand that going to bed on time, eating nutritious food and coming to practice on time and attending all of them is the key for success.

Stay focused and work hard!

## **Development Group Developments**

### **Randi Willisko**

Hello and Happy New Year to all swimmers and parents in the Development program at Shouldice and Churchill Pools. I have been out to the pools a few times and have had the opportunity to meet all swimmers and many parents.

January was, and February will be

busy as swimmers participate in three competitions over a few weeks. Last weekend swimmers from Shouldice and Churchill pool traveled to High River for the January Junior Circuit competition. On February 1<sup>st</sup> the developmental swimmers participated in their first time trial at Killarney Pool. For some this was their first competi-

tion of the season and for others it was their first time participating in the grueling 400 Freestyle! The next weekend - February 7<sup>th</sup> - is the "Crazy Hat" Junior Circuit.

I am looking forward to seeing you all over the next few weeks and months. Keep up the good work!

## Randi's Rap — Junior Age Group Report

### Randi Willisko

The JrAG training camp was full of hard work and fun. Over the five days the group (along with a few brave TREX swimmers) swam 6 workouts, raced in a two session dual meet, participated in 5 yoga classes, went to the climbing gym and tried out the speed skates at the Oval. Make sure to check out the photos on the website!

The JrAG has been working very hard over the three weeks since training camp has ended. Workouts have steadily increased in difficulty but the swimmers are stepping up to the

plate - with a few JrAG swimmers achieving Best Times during training sets in workout! Keep up the good work! Remember that it is your responsibility to keep your body healthy and ready for what you and your coaches are asking it to do. This includes getting a lot of sleep, keeping a water bottle with you at school **and drinking from it**, eating foods that will fuel your body, warming your body up before getting into the water and stretching well after your workout. There are only seven weeks until Alberta Age Group Championships. What can you improve on or add to your

training in order to have the best possible results?

JrAG was off to Lethbridge this last weekend to participate in the Horns Invitational. This meet was a great opportunity for swimmers to see where they were and what needs to change before heading into the peak competitions of the season - Alberta Age Group Trials and Alberta Age Group Championships. It was a weekend full of fast swimming with exciting results.

## UCSC Club Bonus Program

### A Program That Helps Us All

Fundamentally, our club obtains the majority of its funding from swim fees so having a large and healthy membership is vital for all of us.

You can help grow our fantastic club by spreading the good word about UCSC. By doing so you help to ensure that our program continues to grow

and develop.

For each new swimmer you refer to the Development Group or higher, you will receive a credit of \$100.00, deposited into your family swim account when the following criteria have been met:

- the new swimmer indicates, during

registration, that you directed them to the Club

- the new swimmer is a member in good standing with UCSC for at least three months

Feel free to direct any new referrals to Kevin and Mike for answers to any questions they may have.

## The Totally Board Report

### UCSC Board of Directors

As a Board, we have been striving to not only increase communication but also to improve it. The DinoLine Newsletter you have received is just one step in that process. Most recently, the members of the Board attended a meeting with the goal of establishing a formal set of goals and accountability for achieving the objectives of our 2007 Strategic Plan for the long-term development of the club both in terms of governance and in our club's overall performance.

We have also struck a committee for the purposes of reviewing our fundraising program to determine not only the sustainability of our current projects but also to examine alternatives that may be available in the future. As a club we have to ensure that we are prepared for any changes in our cost structure that may incur in the future and for any potential changes in our various revenue streams.

The Board continues to work on refining our relationships with facility pro-

viders as well as the delivery of our various programs. Our numbers have seen substantial growth this year and it is vital that we continue to improve so that our numbers continue to grow.

If you have any questions feel free to talk to any of the Board Members. Contact information is on the website. We welcome your comments or concerns. This club belongs first and foremost to our swimmers and any way that it can be improved is always appreciated.

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## Swim Performance Tips

### Nutrition News for Swimmers—Australian Institute for Sport

Many top swimmers are in their teens. Male adolescence is a period of heavy growth and muscular development, requiring high-energy support. For males, the addition of an intense training program means male swimmers can have trouble eating enough kilojoules to meet energy needs. Adolescence for females brings hormonal changes, which promote an increase in body fat. Despite heavy training loads, many female swimmers can struggle to maintain low body fat levels. Long training hours restrict a swimmer's lifestyle. This can either reduce the opportunities to eat in a busy daily schedule or raise the importance of eating for comfort or entertainment. Access to food can also be an issue when at swimming carnivals, and for athletes travelling to compete.

#### Immune Status

Swimmers often worry about getting sick during periods of heavy training. Many nutritional supplements and strategies have been suggested to keep the swimmer from catching coughs and colds. To date, the most important strategy emerging from immune studies of athletes is to keep well fuelled during training sessions. Sports drink during the workout and a recovery snack afterwards help to reduce the stress on the immune system.

#### Competition Nutrition

Muscle glycogen stores can be filled by 24 hours of a high-carbohydrate diet and rest. Swimmers who are undertaking a long taper may need to reduce total energy intake to

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

match their reduced workload; otherwise unwanted gains in body fat will occur. Fluid levels and carbohydrate stores need to be replenished between events and between heats and semi-finals/finals. Drink a carbohydrate-containing fluid such as sports drink, fruit juice or soft drink when there is only a short interval between races. Snacks such as yoghurt, fruit, cereal bars or sandwiches are suitable for longer gaps between races, or for recovery at the end of a session. Between day heats and evening final sessions, most swimmers eat a high-carbohydrate lunch and have a nap. On waking, a carbohydrate-rich snack is eaten before returning to the pool.