

The

LA Times

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Issue No. 2



Head Coach's Report

Wow, yesterday it was September and a new school/swim year, and tomorrow it will be 2014! Time does pass by quickly but we have had some exciting LASC moments during the first 3 ½ months of the swim year. This weekend we will host our third meet of the year, the Pronghorn Classic. This meet is prelims and finals so swimmers placing top 8 in their age group in the morning get to race again in the evening finals. Next week, December 11, we will have our twice re-scheduled Mini Meet and All LASC Team Photo. Following that we have swimmers off to Kamloops and Calgary for the MJB Law Classic and Cascade Age Group Challenge as our final meets before the Christmas break. Good luck to everyone in the last competitions of 2013.

December is a big month in our swimming calendar. It is not only a busy competitive time but we finish our first I Can Swim session and will have many swimmers offered the opportunity to move up in the program. Watch our website next week for the new group lists with suggested swimmer placement for the Winter Session beginning on January 6th. Also, encourage your friends & neighbors to come out to try the LASC program that same week – 5:30-6:15 PM each day.

In addition to swimmers progressing within ICS we will have some group movement in the competitive program; from OW to JP, JP to PROV and PROV to JN. If your swimmer is recommended to move up groups this is based on a number of factors including (but not limited to) age, level of performance, skill development and commitment level. Those swimmers recommended to move are not required to, but we do encourage them to at least try the new group. Please talk with your swimmer's group coach if you have questions about your swimmer's new or current placement.

Congratulations to everyone on a successful Fall Season and thanks to all of the LASC families for supporting our club in and out of the pool. Merry Christmas to everyone in the LASC Family and a healthy and happy 2014!

Swim Fast & Have Fun!
Coach Peter

Did You Know?

The fastest marine animal is the sailfish, which can travel up to 110 km/h, or 30.5 m/s. In contrast, the fastest human in the water was Roland Schoeman, who swam a 20.30 short course 50 freestyle, averaging a speed of 2.46 m/s.

I Can Swim Coach Reports

I Can Swim 1

In the last month we have started to work on more specific skills such as arm positioning and breathing. A lot of the drills have focused on learning to breath to the side in front crawl. The kids are getting much better at this but we will continue to work on it until it becomes the natural movement. We have also introduced dives recently. The improvements we have seen are incredible and we are looking forward to the next mini meet (Wed, Dec 5th)! Some of the older, stronger kids will be moving up to level 2, but most will spend a second semester in level 1 becoming more comfortable in the water.

Coach Mackenzie

I Can Swim 2

Stage 2 has been hard at work this month! They have continued to improve on their freestyle and backstroke technique as well as working tirelessly on their streamlines and underwater dolphin kicks. Almost everyone is making it past the flags underwater now! We have now introduced whip kick into our practices and they are naturals! Whip kick is one of the most challenging things for swimmers to learn and the kids are working hard to perfect it. We have also been learning how to use the clocks, leaving the wall 10 seconds apart and doing our 25 meters on one minute. Keep up the good work Stage Two!

Coach Chloe

I Can Swim 3

I Can Swim 3 has been swimming amazingly these past couple of months and we have accomplished so much since the start of the year.

All of the swimmers now have a basic grasp on the Butterfly and Breaststroke. Freestyle and Backstroke are also coming along as planned and look great. Sabra and I have been trying to focus on turn work this past month, and it really shows thanks to the swimmers' efforts and enthusiasm. Coach Peter would be very happy with the number of LASC water bottles we see on deck; I can honestly say that second to the competitive groups we have the best turnout for water bottles, so great job ICS3! With the semester coming to a close I can happily say we have a large number of swimmers who are ready for the challenge of Olympic Way and will be moving up. Those that are staying with me next semester will continue to work hard, train hard and have fun! Returning swimmers will be given registration priority, and I would love to see all the swimmers back in the water next semester.

Coach Spencer

Competitive Coach Reports

Olympic Way

This month both Jessie and myself have been astounded by the rate at which Olympic way has been improving. Over the course of November Olympic way has been introduced new skills such as full backstroke turns, underwater pullouts in breaststroke and a plethora of other skills designed to hone their strokes. With every new skill introduced has come the challenge of learning something unfamiliar for the athletes but time and time again they have stepped up to the challenge! This was very apparent in this month's meet on the 17th where many of Olympic way swimmers both improved their times and their technique.

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We look forward to seeing how much Olympic way will improve in the last month of this fall season!

Coach Roger

Junior Provincial

Again this month the JP swimmers have made incredible improvements! They have worked especially hard on perfecting the Individual Medley. All swimmers can now successfully complete the 100 IM, and many have even raced the 200 IM! The swimmers have made many improvements with using the clock, and are now able to do sets on pace times. In December we are going to work on building endurance so that swimmers can improve their 200 FR times, and even swim 400 FR in a meet! I know all of the JP swimmers will rise to the challenge and continue to improve!

Coach Kristi ☺

Provincial and Junior National

Our group has been going through a transition phase with the loss of Coach Kristy, but the swimmers are great listeners, hard workers, and eager to improve! Swimmers from both groups recently attended the AMAC Marlin Marquee meet and posted great swims and a lot of best times. A special congratulations to Spencer Park, who achieved 100% best times at the meet and took off a total of 44 seconds! Our group will have more opportunities to race at the upcoming Pronghorn Classic, and the Cascade Age Group Challenge. December is an exciting time of year as the swimmers have a lot of good work under their belts and are beginning to see it start to pay off. Let's keep up the great practicing and continue racing well!

Coach Jilayna

National

Our National group has had a pretty successful first training cycle, and I look forward to some excellent performances in our final meets of the fall season. We had some good performances at the JP Fiset meet in Edmonton with all swimmers posting at least 4 pb's and 7 new LASC records from Nathan, Aidan & Jeffrey. Combined with our excellent racing at the Speed Meet earlier in November where Meaghan broke her first LASC record we are starting to have a big impact on the club record board. We have some very strong club records, but it is time to update some of those standards that are still hanging around from the 1990's!

In addition to making some LASC history we are starting to make a strong mark on the Alberta and Canadian Rankings – congrats to our six swimmers currently ranked TOP 10 in Canada for their distinct age groups: Sarah, Joshua, Kaelan, Nathan (1st), Aidan, and Jeffrey.

After we conclude the next 10 days of racing, I would like to meet with everyone individually to discuss the fall season and identify the improvements that we will be targeting for the net training cycle. If your schedule allows you to meet with me before practice time that would be preferred, but if not we can meet after training in the evening. A few thoughts about the Christmas training break: enjoy your time away from the pool with family and friends, but do not put yourself in a situation where you have to get back in shape. Stay active and move around – go skiing, snow shoeing or just walk the dog. Enjoy some great holiday meals but don't enter the family gravy eating contest. In short, continue to live and act like an athlete and give yourself a good footing to start the Winter season.

Merry Christmas,
Peter

Upcoming Events

Pronghorn Classic

Where: Lethbridge
Who: All LASC Competitive Swimmers
When: December 6-8
RSVP Deadline: November 29

Cascade Age Group Challenge

Where: Calgary
Who: Olympic Way, Junior Provincial, Provincial, Junior National
When: December 13-15
RSVP Deadline: November 22

MJB Law Classic

Where: Kamloops
Who: Provincial, Junior National, National
When: December 13-15
RSVP Deadline: November 19



Christmas Training Break

Olympic Way: December 16 - 29

Junior Provincial: December 16 - 29

Provincial: December 16 - 26

Junior National: December 16 - 26

National: December 20 - 26



swimmers of the month



Joel Juergensen: I Can Swim 1

Our swimmer of the month is Joel. Joel has improved so much in just a couple months! In September Joel was uncomfortable putting his head under water and swimming on his own. Now he is not only able to swim by himself but he can swim a full length as well as dive. Awesome job Joel, keep up the good work!

Jude Edwards: Olympic Way

Every day this athlete has demonstrated a desire to improve. He shows up to the pool with a smile on his face and ready to swim. He is here consistently and is always happy to try something challenging. It is because of this swimmer's motivation and willingness to improve his skills, as well as a consistent positive attitude, that we have chosen Jude Edwards as the swimmer of the month.



Congratulations to our November Swimmers of the Month! Each month two swimmers, one from the I Can Swim program and one from the Competitive program, will be nominated by their coaches for working hard, trying new skills, and bringing a good attitude to the pool. Next month it could be you!

Ask a Swim Parent



Dear Swim Parent:

My child has been reluctant to go to swim practice lately, especially as the weekend approaches. I'd really like to keep him in the water; what would you suggest I do?

Cold Feet

Dear Cold,

I'm sorry to hear that your son's interest has been waning. While it's normal for kids to want to pursue other activities, especially if they have a lot of friends outside the club, it's also important for them to stay involved in a program they have committed to. I would suggest discussing your son's reluctance with him to find out if there's something specific he isn't enjoying about swimming. If there is, speak to the coach to see if it can be improved. If his interest is just flagging or you suspect he's making excuses, do your best to hold him accountable to the program and remind him why he wanted to swim in the first place.

Regards,
Swim Parent

Dear Swim Parent:

My child started out the year in the I Can Swim program, and has improved quite a bit. She loves racing and wants to go to swim meets. Can I move her up into the Olympic Way group?

Speed Racer

Dear Speed,

That's great news that your daughter wants to race more! As the I Can Swim season is wrapping up shortly, this is a great time to think about moving your budding swimmer up into the competitive program. However, it's important to discuss this move with her coaches to ensure that she has the necessary technical foundation to move into a more demanding training group. The coaches will be happy to have this conversation with you, and I'm sure she'll be moving up before you know it!

Regards,
Swim Parent

Have a question? Submit your inquiry through the website's contact form and address it to Swim Parent.