

The

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# LA Times



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## Head Coach's Report

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Welcome LASC swimmers and families to the 2014-15 swimming season! For most families September is a month of change and adjustment with the end of summer and return to school; for swim families it also marks the beginning of the routine of swim practice, wet swim bags and kids that are ready for an early bedtime!

There is a saying commonly referred to at the beginning of the baseball season and famously quoted in the poem Casey at the Bat: "Hope Springs Eternal". For me, this applies to every September - for our older swimmers looking ahead with the goal to represent our province and country, for our age groupers aspiring to compete at provincials, or for our newest members learning to do a flip turn. It's the Hope of what lies ahead, of what could be. Of course we must have more than just hope, we have to have a plan, a good attitude and the willingness to try, try again, but without hope there is no dream of what could be.

Before we get to what could be, we should talk about what is! LASC has continued to grow. We begin this year with over 145 members and our largest beginning-of-the-year competitive membership in club history, with 78 competitive swimmers. We have a coaching staff of 17 people including

dryland and mental skills specialists. In 2013-14 we ranked 9th in Alberta and 40th in Canada in the overall club standings. We set over 80 LASC team records and 4 Alberta Provincial records. We placed swimmers on the Pan Pac, Jr. Pan Pac and Jr. Open Water Teams. We had swimmers win Alberta, Canadian Age Group and Canadian Senior National Championship Gold Medals. We had a pretty darn good year, but I think we can be much, much better.

As I have said before, I believe our goal as a club should be no less than to be the best program in Canada from a city of less than 100K. Some of this can be measured through rankings and performances but much cannot. Much is about how our swimmers feel about their team. It is about making our families feel great about the commitment they make to their children's swimming. That is the goal we will work towards - to be a great swim team, to produce great results and to be a great club that each of our members take pride in being a part of.

I wish a great year ahead to everyone and please don't hesitate in sharing ideas with our staff and board of directors on how we can improve.

Peter

# **I Can Swim**

## **Coach Reports**

### I Can Swim 1

I Can Swim Stage 1 had a great start to the year. We have been practicing our flutter kick on our front and back and everyone has been improving tremendously. In the next month the swimmers are going to continue to practice their kicking so that they are all able to swim the full 25m of the pool without stopping. We are also introducing freestyle and will be focusing on how to breathe to the side and to not stop kicking when we breathe.

Coach Jamie

### I Can Swim 2

Stage Two has been focusing on kicking and body positioning for the first month. The swimmers have been working on a variety of kicking techniques including flutter kick and dolphin kick. They have been practicing kicking on their fronts with a board and breathing to the side, like you would in freestyle swimming. They have also accomplished side kick and streamline kicking on both their front and back. In addition, Stage Two has been working on freestyle and backstroke swimming, with the focus of their kick and breathing to the side. The swimmers have done an excellent job of learning how to circle swim and use the pace clock to start 10 seconds apart. This next month we will be continuing with the foundations they have learned to further progress their freestyle and backstroke swimming, as well as learning diving technique.

Coach Megan

### I Can Swim 3

So far ICS 3 has been working on arms and body position for freestyle and backstroke. They have all improved greatly in reaching for more water, and looking up at the ceiling or down at the bottom of the pool. Coach Peter came by one practice and reminded them to push off every wall in a streamline and do some underwater dolphin kicks. We had a couple kids get close to 10m! We are starting to introduce breaststroke skills such as sculling and whip kick. Zaedan proved to be the scull master, but Gianna showed off some serious kicking skills. They can look forward to trying out the whole stroke later this week.

Coach Cole

## **Competitive**

## **Coach Reports**

### Olympic Way

I have to start this off by saying how excited I am to be coaching OW! It was a lot of fun during the summer session and I cannot wait to see what the group can do this year. It is always great to see a lot of returning faces and exciting to see all the new kids that have joined our program. We have just been starting the year off with a quick little refresher of sorts, going through all the strokes and getting a feel as to what the group (and individually) we need to work on. We started with freestyle and have been working our way into butterfly as the weeks go on. Our dryland routine has changed just a bit from what it was like last year. I usually start it at 5:25 (5 minutes before practice), and I think that the changes being done for all the groups in respect to dryland is a welcome improvement. If you have any questions about equipment, meets, etc., please feel free to email me at [spencer.simkin@shaw.ca](mailto:spencer.simkin@shaw.ca) or just ask me on the pool deck.

Coach Spencer

## Junior Provincial

Welcome to the 2014-2015 season! I'm excited to be with the Junior Provincial group for the first time after having coached the littlest swimmers for several years. I've gotten to coach almost all of these guys before and am excited to do so again! We have a couple of swimmers that are new to the club: Spencer and Nia! We're excited to have you in our group!

The first few weeks we worked a lot on technique after a long break from being in the pool. We will continue to do so throughout the season while adding more volume and intensity. This week we will be doing a goal setting session where we will discuss group and personal goals for the season. Next week we will be doing the Thursday night races. I can't wait to watch the swimmers race for the first time! I'm looking forward to the season and can't wait to see all of the improvements.

Also- Thanks to Coach Spencer for covering the beginning of practice on Tuesdays and Thursdays while I am in class!

If you have any questions feel free to approach me on deck before or after practice.

Coach Mackenzie

## Provincial

Welcome to a new season !

I am new to this group this year and so far I am very impressed with the work ethic and positive attitudes I see in the Provincial group. I am not the only one who is new to the Provincial group though; there are many swimmers who have just moved up to this group and I feel they are adjusting to the training schedule very well.

We have been very focused on technical work the past few weeks and I am looking forward to the early racing opportunities in the coming months. In the Provincial group we will be taking the basic skills learned as

young swimmers and building on them to become great competitors. For example; learning the proper way to do starts and turns to be as fast as possible.

I encourage swimmers and parents to come see me with any questions or concerns.

Coach Ryan

## Junior National

Well, we're three weeks into the season and off to a great start! Most of the swimmers in our group are returning from last year, but we're excited to welcome Thomas Alexander and Maddie Bennett, two butterflyers joining us from summer club.

Returning swimmers and parents will notice changes in our group from last year, the most obvious being group size. We are a smaller group this year, training separately from the Provincial group, which can have both positive and negative effects. Fewer swimmers in our group allows for more lane space and optimizes my ability to provide individual feedback, but it also can be difficult to create a successful training environment with less people. I'd like to strongly encourage all of our swimmers to attend as many practices as possible, for their own benefit as well as the benefit of our group as a whole.

Attendance will be particularly important this year, given our new training program. Each day will have a different focus: Mondays and Fridays are skill days, Tuesdays and Thursdays are race-pace training, and Wednesdays and Saturdays are aerobic and speed days. Missing a specific day repeatedly will leave a gap in your swimmer's development, so please make an effort to attend as much as possible.

We also have a great dryland situation this year; our group trains twice a week with the National group, once with Coach Ryan on the pool deck and once in the High Performance Room. Our third dryland session takes a different approach, focusing on flexibility, stability, and mental skills. I'm confident that between our pool training and our dryland

training we will be well-prepared for both short and long-term racing success.

Please feel free to get in touch with me at any time to discuss your swimmer's training or racing, and don't forget to sign up for our upcoming October meet!

Coach Jilayna

National

We are now almost a month into the swim season and it almost feels like we never stopped. Almost. Coming back from break has both benefits and challenges. The break gives your body a chance to rest (and grow) and lets your mind refresh as well. However, it also gives you a chance to get out of shape and distracted by the world around you. As we take a one month measure you should find yourself getting used to your routine and setting some parameters around allotting your time for family, school/studying and swimming.

Getting back to early season training also offers your best opportunity to re-tool from a technical perspective. Identify your list of improvements and work hard to make the changes that will allow you to reach your next level of performance. If all of the girls in Canada that swim under 4:15 for 400 Free can kick under 1:20 for 100 metres then you need to be able to also. If all of the boys in Canada that swim under 2:05 for 200 IM go 10m off each wall then you need to be able to as well. Be aware of what the standards are in your best events and work to exceed them.

"You've got to think about big things while you're doing small things, so that all the small things go in the right direction." Alvin Toffler

Please make sure to return your goal setting packages to me for review and get prepared for the beginning of racing season. We have a good two-meet sequence with our home meet October 25-26 and the Speed Meet, November 7-9. I am looking for to seeing our group get off the blocks and racing.

Peter

## Mental Skills

Our first session on goal setting went extremely well. I understand it was a lot of information to take in and will require a significant amount of effort to choose effective goals.

As the season kicks off it is important to remember that goals are a critical part of being an athlete. Without goals, athletes have nothing to strive towards. As you prepare to establish meaningful goals, it is important to remember that all goals stem from the "process". Every athlete has a desired goal (e.g., achieving a national time standard), but it is important to determine how you will arrive at that goal. Paying attention to the process will ensure that each desired goal will be effective, realistic and meaningful.

Parents, as goal setting becomes an important part of every athlete's career, it is helpful to provide support and be involved in the process. When athletes are young, goal setting may be difficult and requires a discussion to discover what is truly meaningful. It is important for you to provide an effective amount of support and commitment that matches a growing athlete's goal. With young athletes, goals often come with dedication and commitment from parents (e.g., driving them to the pool at 5:00am). During a goal setting discussion it is important to establish the true intent of a goal and what it will take to achieve that goal (Process Goals).

As the season continues, coaches will be working with athletes to establish goals. The more dedication and practice dedicated to goal setting, the clearer the path will be towards the goal.

Coach Dwight

## Swim Meet Checklist:

- Goggles
- Swimsuit
- Towels
- LASC t-shirt and cap
- Snacks



# Upcoming Events

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OCT
9

What: Thursday Night Races  
Where: Lethbridge  
Who: All LASC swimmers

OCT
18

What: Chief Timer's Course  
Where: U of L Poolside Classroom  
Who: Any and All Parents

OCT
20

What: Timer's Course  
Where: U of L Poolside Classroom  
Who: Any and All Parents

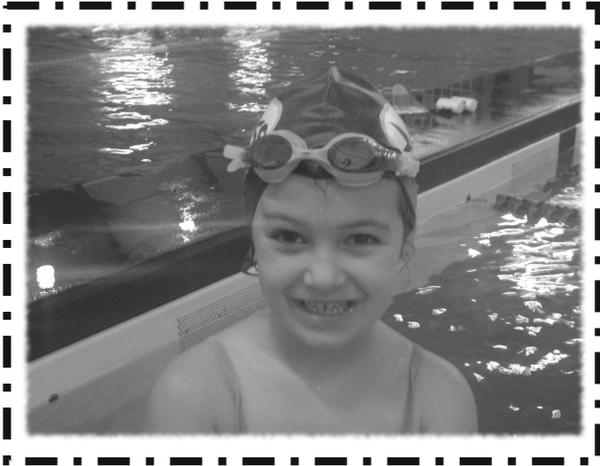
OCT
25

What: LASC Sprint and Relay Challenge  
Where: Lethbridge  
Who: All LASC Competitive Swimmers

## Don't Forget!

Sign up to work at our Sprint and Relay Challenge! We need timers, stroke and turn judges, heat sheet salespersons, food prep workers, and many more. Job sign-up is available on the website through the event.

# Swimmers of the month



Annie Edwards: I Can Swim 1

Annie is a leader in her group, and is always willing to try something new. Congratulations, Annie!



Caden Lancaster: I Can Swim 3

Caden brings a positive attitude and lots of enthusiasm to the pool, and works hard every practice. Great job, Caden!

Nia Bailey: Jr. Provincial

Nia stands out thanks to her great work ethic and commitment every day in the pool. Keep it up, Nia!

Jayden de Kock: Provincial

Jayden has demonstrated awesome listening skills and a desire to learn how to be a better swimmer. Way to go, Jayden!

