



# Rayzor's Edge

## Head Coach's Message

I am writing this article on the eve of a new event for us, The Kids Helping Kids Swim-a-Thon and I am really not sure what the response is going to be. As you know we have asked the kids to raise funds through pledges for new equipment and to help Caleb get a new wheelchair. April is typically a very quiet month for us so having the event now is perfect timing. We are working very hard to attract a major sponsor for this event and to date we have had some interest from some big name companies. The more successful we are at it this year, will make it a easier to get more corporate interest into our program. I will let everyone know how successful we are in my next article.

Because April is considered a black out month for competition for most programs in the country, it is a time to do some heavy training. It is the start to the long course season and this of course has an impact on the younger swimmers. In addition to the increased workload the coaches are focusing on improving the distance off the wall each swimmer can get. The phrase (as mentioned previously) we are using is hips passed the flags (hpf). From our Rayzor Minis to Rayzor Elite hpf is the main technical goal of this cycle. Watch to see if your swimmer can get their hips passed the flags on their starts and turns.

Most of Rayzor Elite has just returned from a training camp where they were getting prepared for the Canada Games selection process. This year 24 Abled Bodied, 4 Special O and 4 Para swimmers will be selected to represent Manitoba at the Canada Summer Games in Sherbrooke Quebec. This is a high level competition where the best 19 & under swimmers compete against each other while representing their province. Almost every swimmer who reaches the international level has swam at a Canada Games. As always, it is our goal as a club to place as many Manta swimmers on the team as possible and this year it looks very good. Golden Plains will be the last chance to qualify for the team so we can expect some fast swimming at the end of the month. We hope that all our parents will be in the stands cheering a little louder than normal to help our swimmers make that team.

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*Tom Hainey*

## **April 17 - National Officials Day in Canada**

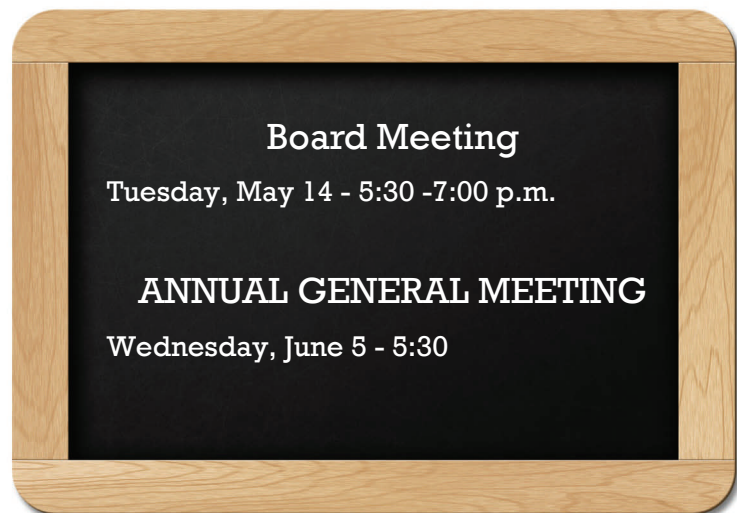


To mark April 17, 2013 - which was the Canadian National Officials Day - the Manta Swim Club would like to thank all of our junior and senior officials for your efforts in promoting the sport of swimming.

As we all recognize, competitive swimming is a sport dominated by specific rules – possibly more than the majority of other sports. As such it requires a relatively large compliment of officials to make each meet happen. Manta Swim Club officials have shown over and over again that they are willing to step up and make swimming opportunities available to all swimmers.

To our junior officials, please continue to volunteer and work your way up through the various levels of swim officiating. It will ensure that Manitoba retains a prominent place in Canada as a centre of swimming excellence and will allow our kids to enjoy the competitive swimming experience for years to come.

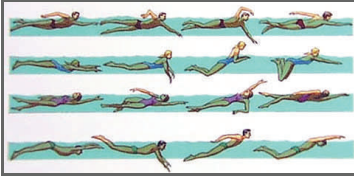
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**OFFICE HOURS**

*Monday and Wednesday  
5:30 - 7:30 p.m.*

*Please feel free to e-mail Hilary at [manta@mymts.net](mailto:manta@mymts.net)*



## 2013 SUMMER STROKE IMPROVEMENT CAMPS

These short one week camps are aimed at the competitive swimmer or the more advanced lessons swimmer (Aqua quest level 8 & above). The purpose of the camps is to improve swimming skills through detailed video analysis, drills and games in a fun environment.

These camps are taught by senior members of the Manta Swim Club coaching staff, with in water demonstrations by top Manta swimmers. Whether you are a competitive swimmer wanting to improve your racing skills or you are a swimmer wanting to get to the next level, these camps are for you.

All five stroke camps take place at Pan Am Pool in the Training Tank.

***Stroke camps will run from 4:30 - 6:00 pm***

**Session 1** - Monday, July 8 - Thursday, July 11

Focus will be on butterfly and freestyle (with starts and turns)

**Session 2** - Monday, July 15 - Thursday, July 18

Focus will be on backstroke and freestyle (with starts and turns)

**Session 3** - Monday, July 22 - Thursday, July 25

Focus will be on breaststroke and freestyle (with starts and turns)

**Session 4** - Monday, July 29 - Thursday, August 1

Focus will be on Individual Medley (IM) (with starts and turns)

**Session 5** - Tuesday August 6 - Friday, August 9

Freestyle (with relay takeovers and finishes)

**Cost:** \$65.00/session/swimmer

\$5.00 discount/session for registering in more than one session  
(eg. 2 sessions - \$10.00, 3 sessions = \$15.00)

Please contact the Manta Office to register - [manta@mymts.net](mailto:manta@mymts.net)

Online registration will open on **Monday, May 6, 2013**

## UPCOMING FUNDRAISING OPPORTUNITIES



### BACKYARD DELIGHT RAFFLE

1st prize: BBQ/MLCC Gift Card/Marcelo's Meats Gift Card

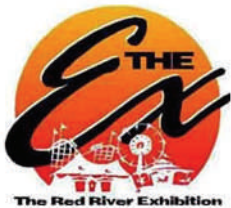
2nd prize: MLCC Gift Card/Marcelo Meats Gift Card

3rd prize: MLCC Gift Card/Marcelo Meats Gift Card

Tickets are available in the office.

**TICKETS AND MONEY TO BE RETURNED TO THE MANTA OFFICE NO LATER THAN SATURDAY, JUNE 15, 2013.**

**DRAW DATE:** Thursday, June 20, 2013



## Red River Ex June 14 – 23, 2013

One of **Manta's** largest fundraising opportunities is happening again this year!

For over 12 years, Manta has been part of the "Red River Ex Cleanup Crew" (this is where Manta families and friends keep the Red River Ex fair grounds clean during most of the Red River Ex operation (generally 11:30 am – 11:30 pm Friday-Sunday and 3:30 – 7:30 pm Monday, Tuesday, Wednesday and Thursday).

This is an excellent fundraiser for the following reasons:

- This is free publicity for Manta as the Volunteers are out in the Community. Manta has had tremendous Press this year with swimming results and Operation Red Nose. Although Manta Volunteers get paid for their participation in being part of the Clean-Up Crew at the Red River Ex, it is also another way to showcase Manta and raise more awareness for the Club.
- Your admission to the Red River Ex is **FREE**. The Red River Ex invites you to take off your volunteer work shirt (every volunteer receives one and is yours to keep!) when your shift is done to stay and enjoy the Ex shows and activities. Parking is **FREE** too!
- It is a great fundraiser where the older swimmers can get involved and actively assist in offsetting the cost of swimming. The minimum age of swimmers and others to help is 13 years of age. (Note: If swimmers and siblings are going to volunteer, please be aware that because of numbers and size of the Ex grounds, parents, swimmers and siblings may not necessarily be working together).

Please sign up early to get the best shifts!

More information can be found on the Manta website - you must log in.

★HAPPY★  
BIRTHDAY!

*Birthdays celebrated in  
April*

Matthew Armstrong  
Gillian Borrowman  
Kelsey Campbell  
Ava Candaele  
Meredith Cumming  
Danica Delaquais  
Allen Foran  
Max Freihammer  
Noah Grant  
William Grant  
Alykhan Kabani  
Evan Lywak  
Abraham Melanson  
Evelin Melekh  
Claudia Melo  
Bailey Morgan  
Vivien Paul Gierus  
Hannah Riel  
Lily Sanderson  
Madeline Struck  
Hayley Vezeau  
Jerzy Wiebe  
Kalyn Wigston



- May 4-5 **Where Friends Meet**  
Training Tank  
Hosted by Manta Swim Club
- May 24-26 **Golden Plains**  
Main Tank  
Hosted by Manitoba Marlins  
Swimmers must have qualifying times
- June 7 **Black & Purple**  
Last one of the 2012-13 swim season  
Pan Am Pool
- June 21 - 23 **Jr. Provincials**  
Pan Am Pool  
Swimmers who achieved an A time
- July 4 - 7 **Man/Sask Championships**  
Pan Am Pool  
Swimmers who achieved an AA time
- July 17 - 21 **Summer Nationals**  
Pointe Claire, Quebec  
Swimmers who achieved a Senior National time
- July 24 - 29 **Canadian Age Group Championships**  
Montreal, Quebec  
Swimmers who achieved 3 Age Group times
- August 2 - 9 **Canada Summer Games**  
Sherbrook, Quebec  
Swimmers who have been selected to team

## PSST! YOU CAN HELP!

It takes many men/women hours to run a well functioning, fine-tuned swim club. If you're not sure who or where to get involved, email one (or more!) of the chair people listed below to find out where you can best help:

<b>BOARD OF DIRECTORS 2012-13</b>		
President	Ken Chartrand	<a href="mailto:klchartrand@shaw.ca">klchartrand@shaw.ca</a> or <a href="mailto:ken.chartrand@encorebusiness.com">ken.chartrand@encorebusiness.com</a>
Director	Ian Dixon	<a href="mailto:idxon@sbr.ca">idxon@sbr.ca</a>
Director	Jeff Snell	<a href="mailto:jdsnell@mts.net">jdsnell@mts.net</a>
Executive Director	Tom Hainey	<a href="mailto:t_hainey86@hotmail.com">t_hainey86@hotmail.com</a>
Director	Chris Harbeck	<a href="mailto:chris.harbeck@gmail.com">chris.harbeck@gmail.com</a>
Director	Caroline Deerpalsing	<a href="mailto:roygochiefs@shaw.ca">roygochiefs@shaw.ca</a>

<b>Volunteer Position</b>	<b>Name</b>	<b>Email Address</b>
Travel Coordinator	Michele Rousseau	<a href="mailto:MRousseau@RRC.ca">MRousseau@RRC.ca</a>
Fundraising Coordinator	Jeff Snell	<a href="mailto:jdsnell@mymts.net">jdsnell@mymts.net</a>
Meet Manager	Chris Harbeck	<a href="mailto:chris.harbeck@gmail.com">chris.harbeck@gmail.com</a>
Hospitality	Wayne Bennett	<a href="mailto:bafbeb@aol.com">bafbeb@aol.com</a>
Equipment	Jay-Lynne Leppky	<a href="mailto:mantagear@gmail.com">mantagear@gmail.com</a>
Newsletter	Cindy Leochko	<a href="mailto:Pyar@mymts.net">Pyar@mymts.net</a>
Sponsorship Coordinator	Contact Tom Hainey if you are interested in this position	<a href="mailto:T_hainey86@hotmail.com">T_hainey86@hotmail.com</a>
Bingo Coordinator	Caroline Deerpalsing	<a href="mailto:roygochiefs@shaw.ca">roygochiefs@shaw.ca</a>



## FUNDRAISING COMMITMENTS

The Manta Swim Club is a non for profit organization that services young up and coming swimmers throughout the city. In order to run and maintain the level of quality of coaching, prime pool space and reduced travel costs, it has become evident that Manta needs to make some fundamental changes in our fundraising philosophy. This year is the first year that Manta has included a mandatory fundraising component to our program. Each family will be required to fundraise or buy out. Each fundraising amount was determined based on the amount of time each group is in the pool.

<b>Group</b>	<b>Total Fund Raising Amt</b>	<b>Half due Feb 15th</b>	<b>2<sup>nd</sup> Half Due June 15th</b>
Rayzor Elite	\$400.00	\$200.00	\$200.00
Rayzor Performance	\$350.00	\$175.00	\$175.00
Rayzor Fit	\$250.00	\$125.00	\$125.00
Rayzor Racers	\$250.00	\$125.00	\$125.00
Rayzor Development	\$150.00	\$75.00	\$75.00
Rayzor Junior	\$100.00	\$50.00	\$50.00

- Families with more than one swimmer will be required to complete fundraising for the swimmer in the highest group.

## Rayzor Elite

Well the Hawaii camp has come and gone but the quality of work that was done remains in the form of really fit swimmers. 23 Elite and 1 Performance swimmer (who is now in Elite, congrats Erik Melekh) made the trip for the 9 days of intense training. This was an interesting camp in many ways. Here is a list of just some of the more memorable events:

- Camille almost getting arrested in the airport (Momo rescued her)
- Nik getting lost in the airport (Dwayne rescued him)
- Robin, Camille and Erik going pbs in the 400 free on race night
- Anik announcing at Race night (who did she call beautiful again?)
- Dwayne's barbequing and Kelly doing.....everything for the kids
- Keenan's uncanny ability to stay the whitest dude ever despite 10 days in the Hawaiian sun
- Sarah for actually giving back time and getting back in the water on the Knockdown Set. (Angeli will owe her for a long time)
- The entire women's team falling in love with the "Flame Dancer" (did Anik call him beautiful as well?)
- 41 miles of walking (uphill both ways the kids kept telling me)
- Keith showing the luau crowd how Canadians bust a move
- the 400 set
- Jane puking
- the knockdown set

The kids trained hard practice after practice but still managed to have a great time!

The focus now is getting to race pace as often as possible in almost every workout as we get ready for Canada Games selection.

## Coach Tom





## Rayzor Elite



*Robin Armstrong*



*Keith Dixon*



*Keenan Teghtsoonian*

This month there are 3 swimmers who have earned the honor of Swimmer to Watch.

The first has a much improved stroke, went a huge pb in the middle of heavy training, and has had a huge improvement in training consistency. Robin Armstrong is determined to make the CG team and is well on his way.

The second swimmer went to a new level of training at the Hawaii camp, learned how to read a pace clock and is also focused on being on the CG team. Congrats to Keith Dixon.

The final swimmer will come as no surprise, Keenan has been one of the most consistent hard workers all season and April was no exception. Keenan is also poised to make the CG team and should make it just on his work ethic alone.

## Rayzor Performance

Rayzor Performance swimmers spent the month of April with training more with higher intensity.

Highlights:

1. 4 Rayzor Performance swimmers were selected to represent Manitoba at the Annual Prospect West Tour. Matthew Armstrong, Adam Naylor, Michael Lajoie and Cameron Harbeck traveled to Kamloops to train with the best 15 year old and younger athletes from Alberta, BC, and Saskatchewan.
2. Also congrats to Erik Melekh who by his performance last year, earned a spot on the team travelling to the Maui Training Camp. Erik as the youngest swimmer. He demonstrated unparalleled work ethic and great attitude. Good Job!

Looking forward to the next few weeks, Where Friends Meet, Golden Plains, Man-Sask and Age Groups.

*Coach Szilvie*



**Erik Melekh**

Erik is consistently the hardest trainer in the group. He has nearly perfect attendance.

He comes to the pool day in and day out and does his best to swim faster than ever before.

It takes great training to succeed and Erik is a great example who does just that.

His great determination and exemplary training at training camp proved to he is ready to train at a higher level.

Congrats, and good luck in your new training squad, Rayzor Elite

Rayzor Performance



On being selected on the Prospect West Team



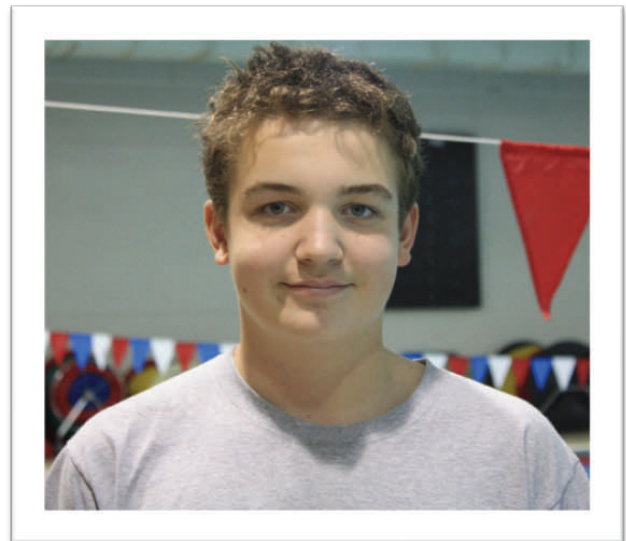
*Matthew Armstrong*



*Adam Naylor*



*Michael Lajoie*



*Cameron Harbeck*

## Rayzor Fit

Welcome to Long Course! After a nice break from school and swimming, our group returned and participated in the Marlins Stroke and Distance meet in mid April. Notable results from our group included Dan Rozek's first 800 free (12:26), Jenelle Williams 800 free (12:06) and 50 free (34.5). Amanda Wiecek in her first 50 fly LC (40.6) and Christina Rabets (42.9 - 50 breast).

Now we work harder with emphasis on good turns and more quality swimming. Coming up is our "Where Friends Meet" and the Golden Plains meet later in May. As well, we have adopted part of Coach Tom's dryland program into ours. Good stuff!

I am sorry to see that Sean Glikshtern and Maia Idzikowski have left Manta. Wish them well in their future endeavors.

See you next month.

## Coach Jack



## Stephanie Demers

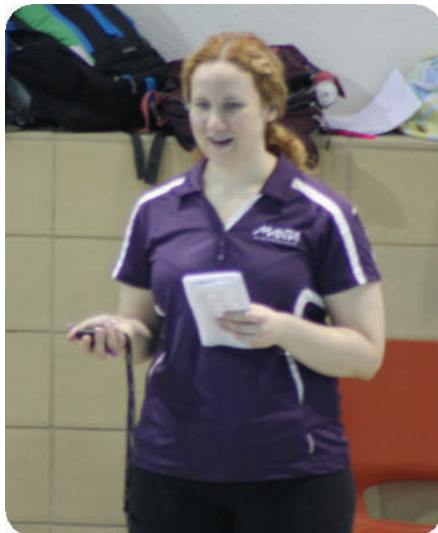
Since returning to Manta after a brief stint with Marlins, Stephanie Demers has shown determination and a great work ethic. Add the quality of leadership to this and you have a balanced athlete, especially when it inspires teammates to a higher level. Stephanie's specialty is the distance events which she thrives at. Despite some physical limitations which hinder her kicking abilities, Stephanie "sticks with it" an asset that produces positive results. She is the Razor Fit's nomination for Swimmer of the Month for April.

**Rayzor Racers:** April marked the beginning of our long course season. If April was any indication, the LC season should be a good one for our group. At the beginning of the month, we welcomed Paige and Jasmine C to the group.

We also had our first long course meet of the year, the Sprint-Distance Invitational. The competition led to several new qualifiers in our group. Both Amy and Aly qualified themselves for Junior Provincials. For Amy, her A time in 50 freestyle was her first ever, following a few near misses earlier in the season, through which she persevered and eventually succeeded. We also ended the meet with 4 new ManSask qualifiers. After barely missing his first ManSask qualifying time towards the end of the short course season, Liam R successfully made ManSask in the 50 br. This is an impressive accomplishment for a ten year old to achieve 12 and under AAs. Way to go, Liam! Jasmine C, Nyomi, and Erin also qualified for ManSask in the 1500 fr. Kendra also added a new AA in the 1500. Well done, girls! At this time, we now have 8 Rayzor Racers qualified for ManSask - over one-third of the group.

Since coming back from Spring Break, our main technical focus has been streamlines - making sure that we kick until our hips pass the flags. Our Streamline Winner of the Month for most improved streamlines and turns is Oksana. Way to go and keep it up!

*Coach Szandra*



### Erin Shewchuk

This month's Swimmer to Watch is one of the hardest working and positive members of our group, Erin Shewchuk. Following the short course season, Erin set herself a goal of making ManSask before the end of the long course season. At the first meet of the LC season, Erin accomplished her goal by swimming to her first AA time in the 1500 free. Erin swam over a minute under the AA standard, with much improved freestyle technique, a result of her work and attention to detail in practice. Way to go, Erin!

**Rayzor**



**Achieved First A Time**



*Amy Huscroft*



*Aly Kabani*

**Achieved First AA Time**



*Jasmine Cheung*



*Nyomi Guay*



*Erin Shewchuk*



*Liam Rohatynsky*

**Streamline Winner of the Month**



*Oksana Chaput*

**Rayzor Development** In April, we welcomed 5 new swimmers to our group. Laurie, Braeden S, Logan, Braeden G and Sam all took the move up from Rayzor Junior and are fitting in nicely.

April also marked our first month of the long course season. At our first racing opportunity of the month, the Sprint-Distance meet, Evan swam his first 800 free, swimming to the A time in the process. Other highlights included Andrew's 50 free, where he broke 40, qualifying him for Golden Plains at the end of May while Kara and Brooke swam well in their 50 backstrokes. Nikol also successfully raced in her first swim meet. We are looking forward to racing at the Where Friends Meet in the beginning of May.

## *Coach Lawrence*



### **Andrew Czezowski**

Andrew moved up to our group in January and has, very quietly, worked his way up to near the top of our group. He has solid attendance and works hard. Andrew has taken on the challenge of always streamlining past the flags and has made this a habit. He is learning to push himself more and is making improvements that make him a Swimmer to Watch over the coming months. Way to go, Andrew.



## RAYZOR SHARP NOTES

*Really it comes down to your philosophy. Do you*

*want to play it safe and be good or do you want to take a chance and be great?*

*Jimmy Johnson, American Football Coach*

### FOR PARENTS

This month, ‘developing the inner healthy competitor’ is the theme. Often, coaches will hear about how some athletes fear competition. As a consequence, they become reluctant to enter meets, or even defer from participating in activities that are considered to be, by most standards, quite low key, ‘fun’ events. Feeling incompetent in competitive scenarios is often the crux of the problem. You know that lingering thought, “Am I able to do this well?” Or “Am I going to expose myself to ridicule?”

Children, can be particularly susceptible to beliefs of inadequacy. Yet, competition is simply a part of living every day. So, should the opportunities to compete be delayed? Is birth date a factor? Is birth order a factor? Sometimes, we just complicate things looking for answers. So what needs to change in the experiences of children to allow them to discover the fun in competing?

To suggest an answer, parents, consider that moment of exhilaration and pride when you were first able to ride a bike without assistance! Well, how did that happen? Most of us had lots of help.

In swimming, the help comes from the appropriate encouragement of parents, coaches and even other supportive athletes. In swimming, coaches introduce activities and challenges that are subtly competitive. Parents, who watch lessons, will note the progress that the athlete has accomplished. Great teammates inspire each other. They know that no one succeeds alone.

### FOR RAYZOR MINI AND JUNIOR SWIM ATHLETES

*“If you hear a voice within you say ‘you cannot paint,’ then by all means paint, and that voice will be silenced.” Vincent Van Gogh, Post-Impressionist artist*

At practice, if you have fun playing the game, ‘Marco Polo’, then you are having fun competing. If you are asked to streamline as far as you can, and you go six metres the first time and seven metres the next time, you are competing! If you swim 25 metres of freestyle in 25 seconds and take 22 strokes and are determined to take 21 strokes in 25 seconds then you are going to get better at freestyle swimming.

At a meet, if you get a personal best time, but don’t come in first, you still have competed well and you should thank the other seven swimmers who spurred you to swim faster.

Yes, there are so many fair play ways to learn to be competitive. Some coaches say ‘Practice makes perfect’, but that’s not really true! If you practice poorly, you will swim poorly. Listen to your coach. Practice well and pay attention to the feedback about how to become an even better swimmer. “More Perfect practice makes perfect!” and you will be a happy, healthy competitor.

*Coach Norm*



**Rayzor Junior  
Elmwood-Kidonan**

While Coach Sean Armstrong is visiting Europe and South Africa, the Rayzor

Junior athletes at Elmwood-Kildonan Pool have experienced the able enthusiasm of several coaches. The Rayzor Junior swimmers whether working out at Bonivital, Elmwood-Kidonan or Pan-Am Pool perform essentially the same practice. The only difference is how that practice is delivered. That's the 'coaching' difference. We want to thank those energetic coaches who are supplying at Elmwood-Kildonan Pool until May 10.

Apparently, Coach Sean limits the use of fins! So the athletes were surprised and eager to swim with fins and to be challenged the past few weeks to improve their breaststroke skill.

*Coach Norm*



*Attended first Swim-A-Thon*



*Attended first Swim-A-Thon*

## Rayzor Junior Pan Am

First of all I would like to congratulate Junior swimmers who have moved up to Rayzor Development: Logan, Braeden

G, Braeden S, Samantha, and Fallon!! You will for sure be missed in the group but I'm happy to see you moving on and progressing with your swimming achievements!

I would also like to welcome new swimmers, Breanne, Avery, Justin, Christopher, and Sydney to the group! It's been great having you in the group and I look forward to seeing all of you in your first swim competition in the near future!

## *Coach Jacqueline*



## Meagan James

Meagan is a swimmer who seems to have an endless supply of energy always asking to swim more meters and paying close attention to stroke adjustments and improvements. Meagan also asked to be able to come early and get in more meters at April's swim-a-thon! Her sense of humor and constant smile is also appreciated to add some variety to practice!

Meagan is also very dedicated having a great attendance record and attending swim meets! Meagan is also frequently encouraging to other swimmers to do their best!

Keep up the hard work and determination Meagan!! Great job!!!

## Rayzor Junior Bonivital

The month of April has gone very fast. A lot of move-ups this month so the swimmers have been working hard on the basics, which has included dives and turns and the four swim strokes. With all this hard work the swimmers have been doing, I look forward to seeing some great swims at Where Friends Meet in May. All of the swimmers from BV will be going to the swim meet, which for most of the swimmers this will be their very first swim meet. Keep up the great work swimmers and please stop praying for snow :)

## Coach Roseria



## Allie Moffat

Allie is this month's Swimmer to Watch. Allie has an amazing work ethic and has fun while swimming. This past month Allie has been able to do a whole lap of butterfly, swimming legally without taking a breath. She wins all the underwater competitions but let us not forget how well she listens in practice. Watch out for Allie as she progresses and goes to her first swim meet in May.

**Rayzor Minis  
EK (Wednesday)  
Bonivital (Thursday)**

We have been focusing on endurance and technique a lot through Session 2. The swimmers are building strong endurance through longer sets and longer practices. They are doing repetition with each stroke to improve on their skills. We have been working on dive entries as well as flip turns and some of the swimmers have been competing in the swim meets.

Everyone is showing a huge improvement!

*Coach Randi & Coach Roseria*



**Asia Wright Makara  
(Bonivital)**

Asia joined Manta in Session 2 and is a very strong swimmer! She is focusing on all of her strokes and has been improving every single week. Asia is always on time, ready to do her warm up, and eager to get in the water. She is a very fast learner and is already mastering such skills as streamline, dive entry, and breast stroke pullout. Asia is good at every stroke and continues to get better every week! We are happy to have her on the team.

*Coach Randi and Coach Roseria*



**Ryleigh Morgan  
(EK)**

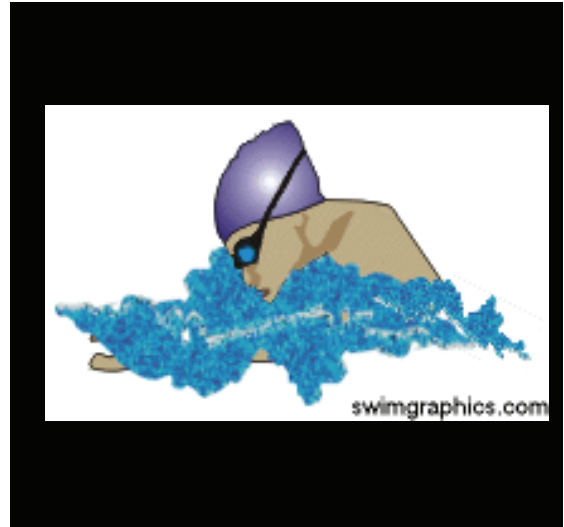
Ryleigh has been swimming with us since Session 1 of this year. She has made huge improvements throughout and continues to work on her strokes diligently at every practice! Ryleigh takes a real mentorship role with younger swimmers and is always willing to help out. She never misses a practice and she is always on time and ready to swim. She is an awesome diver and loves to practice her dives every chance she gets. Ryleigh has been working hard on all of her strokes, and she is great at all of them. She is a natural born swimmer and is turning out to be a pro at back stroke!

*Coach Randi*

## **Rayzor Mini's Pan Am**

April has been another busy month for the Rayzor Mini's at the Pan Am. We have done lots of starts the past few weeks, as well as practicing our breaststroke pull outs. I am very impressed with everyone's efforts on both of these skills. They are both challenging to perfect, but these swimmers are doing an awesome job. We have also done quite a bit kick sets, which has increased everyone's endurance drastically. Some of our groups have been swimming in the training tank, which is currently long course (50 meter pool). We have been using this to our advantage with increasing our distances in the sets. We still have another two months left of the season, and I can't wait to see the progress yet to come! Good job swimmers.

## *Coach Kelsey*



## **Lucy Jones**

Lucy has had an incredible month. Her dives and breaststroke have both improved, and her kick sets are always done with full efforts. Her attendance has been near perfect all month, and she always has such a great attitude, both in and out of the pool. Keep up the good work Lucy!

## Rayzor Minis Pan Am

In my opinion, April went by extremely fast. We really put the spotlight on breaststroke this month and everyone has shown

improvement. Those that haven't quite mastered it yet have a grasp on exactly what they need to be doing. They are just working on implementing and remembering to continue the corrections. Pullouts are looking much better and we have some swimmers already capable of performing a 10 meter pullout. The 2 biggest remaining problems are not gliding after the kick and on the pull not passing the swimmers shoulders with their hands. I would really like to see more water bottles appearing at the pool. This promotes the good habit of staying hydrated. It is an invaluable asset no matter which sport the athletes may bonito. It is also essential in swimming as the athletes move up the ranks.

## Coach Garret



## Sigga Williams

Sigga is a highly energetic swimmer and also makes sure that that energy rubs off on everyone else. Sigga rarely ever misses practice and is always prepared to swim the second she hits the deck. All her strokes look excellent and she requires very little reminder on how to perform the designated drills beyond our initial instruction. When we do give her corrections she makes them quickly and effectively. Sigga is a one of a kind swimmer and a real joy to have in the Mini Rayzor's and is most definitely a Swimmer to Watch.

## **Rayzor Mini's Elmwood-Kildonan**

April has been a great month of swimming for the Mini's at EK. Breaststroke kick, timing and pullouts have been a major focus along with the introduction of butterfly. I am pleased to say that visible progress has been made by the Rayzor Mini's. I have also seen many of the swimmers start to develop the excellent habit of streamlining off the walls, Good job!

100% Attendance:

Luke, Isiah, Judah, Riley, Jackson, Spencer, Amanda, Kelsey.

Keep up the great swimming everyone!

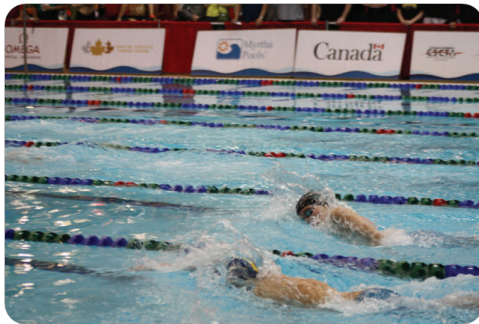
*Coach Anton*



### **Luke Hinrichsen**

Luke is only six years old yet he already swims like a fish. Luke is an eager swimmer who listens well and makes the corrections which that are suggested and is always ready to put in a good practice. That's why Luke is April's, Swimmer of the Month.

## WORLD TRIALS (SR. NATS)



The 2013 Spring Nationals was one of Manta's best. 8 swimmers represented the club with an incredibly high best time percentage, second swim percentage, 2 kids on to the national team and 6 new national qualifying times. Breanne Siwicki's 4th place finish in the 400 IM placed her on the National Team heading to Barcelona and Canet this June. Chantal Vanlandeghem (now swimming in Georgia) repeated as national champion in the 50 free and earned a spot on the World Championship Team competing in Barcelona this July. All Manta swimmers finished with at least one swim in the top 16.



### [Manta Team Results Word Trials](#)





## **BLACK & PURPLE**

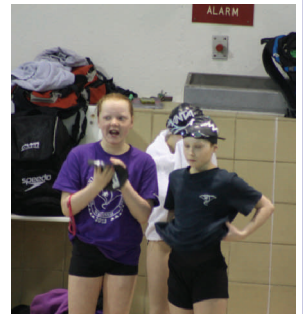
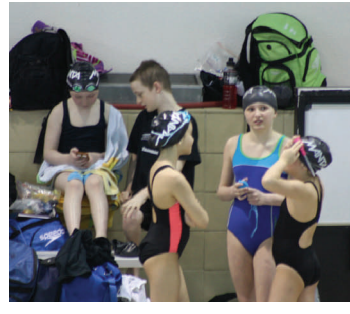
Uncertain as to how the announcers score the relays with big numbers but with narrow victories, the 120 athletes who attended the BLACK AND PURPLE EVENT still had lots of fun. Of course, that's exactly what this Relay program is about - having lots of fun, meeting like-minded athletes from across the city and eating lots of pizza! All of that was accomplished and more. Parents, grandparents, uncles, aunts and friends cheered their favourite swimmer and relay team. What a way to showcase why MANTA Swim Club remains the premier swim program, certainly in the province and perhaps in Western Canada.

All those involved in the organization and administration of the BLACK AND PURPLE RELAY MEET must be acknowledged and thanked for the gargantuan effort, (just like those million point scores) to make it such a success.



No pictures submitted for this meet

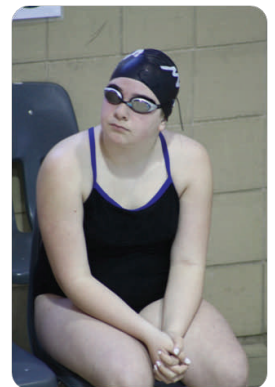
## SPRINT/DISTANCE INVITATIONAL



After coming brutally close to regaining the Man-Sask banner the coaching staff agreed on a major goal, qualify 60 swimmers for Man-Sask LC. With 52 already in with AA times the goal is to get 8 more swimmers there. After the first meet of the LC season we have qualified 4 more. An outstanding accomplishment by the coaches and swimmers so early in the LC season.



The great swimming didn't stop with our new AA qualifies, for many of the swimmers it was their first long course meet ever and not a single Manta swimmer was intimidated by the long pool. Not counting our first timers our pb % was above 80 an impressive performance. Many of the Rayzor Elite swimmers were away at training camp but there was not absence in leadership.



A great start to the 2nd half

### New AA Qualifiers

**Jasmine Cheung, Liam Rohatynsky, Nyomi Guay, Erin Shewchuk**

### New A Qualifiers

**Amy Huscroft, Alykan Kabani**

**[manta team results\\_sprint\\_distance\\_2013](#)**



# SWIM-A-THON





# TRAVEL



## Information from the Travel Coordinator.....

Please direct specific questions to the swimmer's coach if you are not sure which meet to attend.

- As the beginning of the competitive swim season is now upon us, it is a good time to remind you of the team's travel policy regarding meet fees.

"Swimmers will be informed of eligibility for meets. For out-of-town meets, permission slips must be signed and returned by the deadline on the slip; there can be no late entries. **Parents will be held responsible for costs as noted on the permission slip once the slip is signed and returned.** The Club cannot absorb the costs for travel, rooms, etc. after being confirmed, nor can the additional costs be split among other families who have already budgeted for a specific amount."

- There is a non-refundable deposit required for all out-of-province meets. Please adhere to deadlines for payments. Late payments may render your swimmer ineligible to attend
- Ensure the club has your swimmer's Personal Health Information Number (PHIN). This is the 9 digit number on the back of your family health card. Notify the club of any changes related to your child's health issues, allergies, medications and your emergency contact information. This allows us to update our travel file.
- Swimmers travelling via air or across any international border **MUST** have a valid passport. Check the expiry date and promptly renew to avoid problems with team travel.



Be an integral part of the swimming experience.

Consider the role of chaperone for out-of province meets. All travel, hotel and meal expenses are covered by Manta.

Chaperone responsibilities include taking attendance, assisting with meals, enforcing Code of Conduct and nightly curfews, conducting regular visits to swimmers rooms, accompanying swimmer who sustains major injury that requires medical assessment or intervention. Chaperone must have limited first aid supplies such as band aids and OTC antibiotic ointment.

Please email the Head Coach @ [t\\_hainey86@hotmail.com](mailto:t_hainey86@hotmail.com) or Travel Coordinator @ [mrousseau@rrc.mb.ca](mailto:mrousseau@rrc.mb.ca) if you are interested in this opportunity.

## Swim Meet and Entry Procedure

We attend 4 types of meets: Local Development Meets, Provincial Development Meets, Provincial Qualifying Meets and National Qualifying Meets.

1. **Local Developments Meets:** These meets are open to *all competitive swimmers* in the province and are held in Winnipeg. For these types of meets *all Manta swimmers will be entered* by their coach unless you the parent decide otherwise and indicate so by going to the Manta website and that specific event on our event tab and declining the option of attending. *The recent meet in Selkirk is an anomaly in our system because it was considered both a local meet and an out of town meet( because some travel is required). We have since remedied the problem.* There is no additional fee for these types of meets unless a deck entry is necessary.
2. **Provincial Development Meets:** These meets are open to all competitive swimmers in the province and are held in Manitoba but not in Winnipeg. For these types of meets *coaches will only enter those swimmers who have been committed to the meet by you the parent* by going to the Manta website and that specific event on our event tab and committing to the event. Immediately after the registration deadline coaches will select events for only those swimmers who have committed. Examples meets include Brandon, Kenora, Selkirk. Parents will need to arrange their own travel and accommodation for these meets although Manta will try to reserve rooms in advance. Parents will be invoiced for meet entry and coaching fee
3. **Provincial Qualifying meets:** These meets are *open to swimmers who have achieved the appropriate qualifying times* (eg A for Junior Provincials, AA for Man Sasks). For these types of meets coaches will only enter those swimmers who have qualified and who have been committed to the meet by you the parent in the same fashion as mentioned above. Example meets include Prairie Winter International and Golden Plains Invitational, Junior Provincials and Man-Sasks. In the event that travel is required for any meet in this category parents will need to arrange their own travel and accommodation. Parents will be invoiced for meet entry and coaching fee.
4. **Out of Province Qualifying meets:** These meets are open to *swimmers who have achieved the appropriate qualifying times*. For these types of meets coaches will only enter those swimmers who have qualified and who have been committed to the meet by you the parent in the same fashion as mentioned above. Example meets include Man-Sasks, Age Groups, Westerns and Senior Nationals. For these types of meets Manta arranges travel and accommodation. . Parents will be invoiced for all relevant costs.

## Swim Meet and Entry Procedure

Did you know that Manta parents/swimmers have access to an app that will give you access to a number of things, including the events that your swimmer(s) are entered in for upcoming (and current) meets. It is available for any iOS device (iPhone, iPod touch, iPad) and is available for free on the iTunes app store [On-Deck](#). There are a number of features that look useful for parents on the app.

With the number of swimmers on deck with iPod touches, etc. you might consider downloading the app for them as it will show the kids what events they are entered in at meets. Obviously, if kids are bringing their iPods on deck, they will have to be responsible for them...

For the app to work, you will need your website login information and the team alias, which is "canmbmsc" (no quotations).

## 2012 - 13 Meet Schedule

<b>Date(s)</b>	<b>Meet</b>	<b>Club</b>	<b>Location</b>
May 4-5	Where Friends Meet	Manta	Pan Am Pool
May 24 - 26	Golden Plains Invitational	Manitoba Marlins	Pan Am Pool
<b>Canada Games Team Selection Performance Deadline: May 26, 2012</b>			
June 8	Closed Invitational	St. James Seals	Pan Am Pool
June 8 or 9	10 & Under Invitational	Manta	TBD
June 21-23	Junior Provincials	Swim-National	Pan Am Pool
July 4-7	ManSask LC Championships	Swim-Nation Manitoba	Pan Am Pool
July 17-21	Summer Nationals	Pointe Claire, QC	TBD
July 24-29	Canadian Age Groups	Montreal	Parc Jean Drapeau
August 2-17	Canada Games	Sherbrooke, QC	University of Sherbrooke



### Tips of What To Pack For a Swim Meet

- Swim Bag**
- Goggles** (nice to have an extra pair just in case)
- Swim Suit**
- Swim Cap** (nice to have a spare)
- Towels** (2)
- Sweat Pants and Shirt /T-shirt and shorts:** to keep a swimmer warm between events
- Water Bottle** (2) - Water is a must, but it's also a good idea to pack some Gatorade or similar to replace the electrolytes lost while swimming You can mix a sport drink and water (50/50) and achieve the same effect.
- Snack s** since your child will be using up lots of energy racing, you will need to provide them with energy food, Fruit, power bars, pretzels and peanut butter and jelly sandwiches are all good choices. If your child is allergic to peanuts, you can send fruit or granola bars.

Meets can get long so books, deck of cards, chance to catch up on homework would be a good idea to bring along.


**Note:** if your child brings an electronic device they are responsible for it **NOT THE COACH!**

## Equipment

Items available from the office.

### REGULAR ITEMS

<b>Caps (Latex)</b>	<b>\$5.00 each</b> <b>3 for \$12.00</b>
<b>Silicone Cap</b>	<b>\$12.00</b>
<b>Padfolios</b>	<b>\$20.00</b>
<b>T-Shirts</b>	<b>\$15.00</b>
<b>Group T-Shirts</b>	<b>\$15.00 or</b> <b>2 for \$25.00</b>
<b>Mesh Bags</b>	<b>\$15.00</b>
<b>Pull Bouys</b>	<b>\$15.00</b>
<b>Travel Mugs</b>	<b>\$10.00</b>
<b>Baseball Caps</b>	<b>\$15.00</b>



*Your team swim cap is one of the best ways to distinguish your team from any other when you are in the water. Wearing your cap not only shows pride in your team, it protects your hair from damage by pool chemicals. For purely practical reasons, caps keep hair out of your eyes and mouth.*

If you require **Manta Gear** (track suits, sweats, hoodies, golf shirts) please contact *Jay-Lynne Leppky @*



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Fax: 204-453-2830  
E-mail: [manta@mymts.net](mailto:manta@mymts.net)

WE ARE ON THE WEB!  
[Manta Swim Club Website](#)

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The Rayzor's Edge will be published monthly throughout the swimming season September—July

**Suggestions for Content?**

If you have an article, photos, nutrition tip, recipe or even a good swimming joke you would like to see in a future Rayzor's Edge issue, please email to: Cindy Leochko at [pyar@mymts.net](mailto:pyar@mymts.net)

