



APRIL 2021

## UPCOMING EVENTS

April 9  
Registration deadline for Swim Meet Challenge Series #3

April 16 & 17  
Swim Meet Challenge Series #3

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## COACH'S CORNER



Hello Bluephins Families,

The club continues to raise the intensity in the pool. The one thing that we need to continue to work on is holding our technique when we get tired. That's probably the hardest thing to do. But if you can hold your stroke when you're tired, then it's a piece of cake to do it when you feel great. The group has been doing a great job of improving body position in the water this past week.

The most important thing is to remember to focus on technique during the entire workout, everyday, not just once in a while. In our sport, technique is everything. It's always going to limit how fast you'll be able to go in the water. The better your technique, the faster you will be. The worse your technique... well, you get the point. When I'm talking about technique though I'm not just talking about what you're doing in the middle of the pool, I'm also talking about your turns, streamlines and kicking, breakouts, breath control, etc. The better that you can get with all of these the faster you will be. Some of you have some pretty big goals but in order to reach them it will require you to focus even more on your technique — even more than you have in the past. It's that simple.



## COACH'S CORNER (CON'T)

As we get ready for our Bluephins Challenge #3 Time Trial, here are the results from Race Again Challenge #1, the results are from across Canada. We had many top 8 finishes.

Link for results: <https://www.swimming.ca/en/raceagain/>

- David Du won the draw for a \$50 E-gift Card from All Tides.
- Bluephins are ranked 12th in the team standings, just behind CNBO.

Dream it, train it, live it!

*Coach Tom*

## SWIM MEET CHALLENGE SERIES #3

CBAC is pleased to host the Bluephins Challenge swim meet, which will see all swimmers in Phins 1, 2 and some in 3 compete at the same time. The Summerside Dolphins will also join the Bluephins, space permitting.

This will be the first meet that spectators will be permitted to watch. Although space is limited, spectators will be randomly selected from pre-registrations for each session.

Further information and guidelines are provided on the Bluephins' website.

## CHARLOTTETOWN Y'S MEN FOOD DRIVE

CBAC will be supporting the Charlottetown Y's Men Food drive April 17 by asking swimmers and their families to donate non-perishable food. Food will be collected during the sessions on April 16 and 17. We encourage all members to help fill the empty shelves at the Upper Food Room in Charlottetown.

**THE UPPER ROOM**  
HOSPITALITY MINISTRY

SATURDAY  
APRIL 17, 2021  
9:00 AM-1:00 PM

*Spring  
Food Drive  
Drive Thru*

SOBEYS PARKING LOT  
400 University Avenue  
Charlottetown, PE

Help us fill up our shelves after our winter months!

**THE UPPER ROOM**  
HOSPITALITY MINISTRY

*Spring Food Drive  
Drive Thru  
Needed Items:*

- TUNA AND CANNED MEAT
- CHUNKY SOUP
- CEREAL
- PEANUT BUTTER, JAM, OR NUTELLA
- JUICE BOXES OR FAMILY SIZED JUICE
- CANNED SOUP
- CANNED BEANS (BROWN)
- CRACKERS AND COOKIES
- PERSONAL HYGIENE PRODUCTS (SHAMPOO/CONDITIONER/BODY WASH/TOOTHPASTE/TOOTHBRUSH)
- FEMININE PRODUCTS (PADS, TAMPONS, LINERS)

## IMPORTANT DATES

- April 9 Registration deadline for Swim Meet Challenge Series #3
- April 16 - 17 Swim Meet Challenge Series #3

## CBAC NEWS

Thank you to the Charlottetown Y's Men for their generous donation and continued support of the Bluephins!



Front (from left): Alex Forbes , Neilina Ning  
Back (from left): Coach Tom, Blair Cutcliffe, President,  
Charlottetown Y's Men

## OFFICIALS NEWS

Congratulations to the newly minted Inspector of Turns and Judges of Strokes! A total of 12 volunteers completed the clinic in February given by Katherine McQuaid. Many thanks to Katherine for her time training our officials.

## FAILURE IS PART OF SUCCESS

In 25+ years of coaching in swimming, I've noticed a few things that happen each year.

Swimmers are uncomfortable when it comes to attending the first swim meet. Children tend to be upset at the thought of having to compete and they somehow convince their parents that they should not, or can not, compete.

What do I think? Attend the first swim meet offered to your child regardless of how you feel about your child's ability and how they feel about competing.

And here's why: every athlete **MUST** fail in order to become better! Think about this for a moment. Would you be where you are today in your career if you would have only succeeded? I know that I would not. Some of my greatest sport successes have come after catastrophic losses.

Children are afraid of swim meets because they are scary. A new swimmer knows they are not likely going to win. They know that they might get disqualified. They become overwhelmed with the anxiety of having to step out of their comfort zone and challenge themselves to a level they never have before. **PERFECT!** This is what it takes to become an outstanding swimmer.

A child knows very little about trial and error. They understand the school system and its grading process, but outside of this children have had very little trial and error elsewhere. If they have played in a "team sport" then they have been judged on a "team level" and not as an individual.

In basketball, if you don't get the ball at a time when you can shoot, then it's not your fault you didn't score a point. There are so many other avenues to place blame and accept the defeat in a form that allows you to continue telling yourself that you played a great game. In swimming there are none. It is all up to you.

This is the best part of the sport. It makes young athletes look at their performance at practice and consider if they are doing everything they can in order to become better. Swimming encourages swimmers to actually look at themselves and re-evaluate themselves. It's wonderful to hear from a child that they plan on listening better at practice because they really want to learn more about a specific stroke or race.



## FAILURE IS PART OF SUCCESS (CONTINUED)

### **Failure....**

- leads strong-minded athletes into their success.
- upsets athletes enough to make them take control of their own actions.

In swimming there are no guarantees. No coach can look at an athlete and say “You’re going to become a record holder”, or “Pack your bags, because in four more years you’re heading to the Olympics”. It would make life so much easier for myself, parents, and athletes if this crystal ball existed.

What a coach can promise is that through hard work, dedication, commitment, perseverance and FAILING, your swimmer can become a person who understands more about themselves than most individuals their age.

One of the key ingredients to all athletes reaching their potential is failure. All successful athletes have failed more than they succeeded. Some failures were large, other were minor. Most children will fail, learn from their mistakes, and fail again, but with fewer mistakes and so on. They should be praised for their efforts and encouraged to continue on their quest after momentary failures.

That’s what a coach does, they encourage young athletes to strive for more and always push themselves. It is a coach’s job and duty to keep these children understanding why we strive and how great it feels to achieve.

So let your child fail. Understand that failing is a process that is needed in order to succeed. Encourage your child to step out from their “comfort zone” and challenge themselves to a level that they may not think they can attain. Why? Because once they push themselves to that new level, they may realize that they are much faster, stronger, and just plain old better they ever thought they could be.

### **Parents should...**

- Assist the coach in getting all that they can from their young athlete and properly challenging their child.
- Realize that their children are afraid. It’s nerve-racking to try something new and have so many eyes on you.
- Comfort their children and continually reinforce the fact that “effort” is to be praised and that “failure” is part of the process of becoming great.
- Get their children involved. Drive them to the swim meet. Be their biggest cheerleader. Make sure you love them regardless of what place they take in their events.
- Reinforce the fact that doing something that they’ve never done before is wonderful and the chance they have been given to challenge themselves is a blessing in disguise.
- Use those six magic words: “I love to watch you swim.”

## TEAM GEAR

### Team Aquatic Supplies

Looking for swimming gear – suits, fins, goggles, etc? CBAC has an account set up at Team Aquatic Supplies for team members, friends and family.

When purchasing from the Team Aquatic website (see link below), the CBAC coaching staff recommends the following:

**Training / Practice Suits:** Any brand you would like in “Blue or Black” family of colours but we understand if you find a great deal on another colour.

**Racing Suits:** Any brand swimmers prefer, preferably in the Blue, Black or Black/Blue combo. The coaching staff strongly discourages 12 & under aged swimmers from buying expensive textile type suits. They are not required nor warranted at that age or level.

- By entering our Family & Friends coupon code you can make online purchases as a 20% discount off the suggested retail price. Discount is on regular priced items only. Sales items are excluded from the team discount.

Online discount code: CHA049

Expires: August 31, 2021

### Bluephins Masks

The Charlottetown Bluephins are now offering the purchase of customized masks as a fundraising event for the club. All profits from the sales go directly to support the Bluephins and our programs.

Masks are reusable, and made with a 100% cotton inner layer and a 100% polyester outer layer.

Stretch fabric loops secure the face mask in place around the ears.

These are available in blue, grey, and black, in the following sizes:

- Youth small (fits youth between the ages of 6—14 years)
- Adult medium
- Adult large



Order at [https://stores.inksoft.com/charlottetown\\_bluephins\\_store/shop/home](https://stores.inksoft.com/charlottetown_bluephins_store/shop/home)

## CONTACT

For program information, contact CBAC'S Head Coach,

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