

**Fast Swim Results – CDSC swimmers:**

Congratulations to those taking part in the Fast Swim Meet on the weekend. We had some fantastic results with many swimmers reaching their Tier I or Tier II times and getting more swims to qualify for in those meets. Alex Kwo was one of the stars, winning both breast stroke swims on the weekend in impressive times. He dipped under the 2:40 barrier for the first time in the 200 breast and is getting closer to the 1:10 barrier and the club record in the 100 breast! Jordan Luis had a phenomenal meet and was competing at the bottom of his age category, with a new Club record (20 years old) in the 50 back for 12 & unders, swimming to a 32.29! He also got his Tier II times for 15 & u in the 200 back and 400 free and placed 2nd in the 50 back. Great job! His sister, Caileigh, won the 400 I.M. and swam under the 5:00 barrier for the first time. Aki, swam to within 1 second of his first Tier II time (15 & u) and he is just 13 for the 200 back. Jack woke up and swam a great 50 free on the final night, learning how to move his arms fast. Swimmers in the Elite 1 Jr., swam very well with Maria getting a 3rd in 50 breast and Noah getting to a 3rd in the 200 breast, both of whom were in 4 or more finals, as well Nathalie swam in 4 finals. This was great because in the 11 & u age group, there was only one final! Also Maia, swam to a 3rd place in the 50 free for 11 year olds getting close to breaking the :30 barrier for the first time and a 2nd place in the 50 breast! Hattie was 2nd in the 200 fly and made another 5 finals as well. Helena was 3rd in the 100 breast.

Below are the results of the swimmers who were in A or B finals over the course of the weekend:

Nathalie – 7th – 50 back; 6th – 200 back; 5th – 50 breast; 8th – 100 breast

Sahara – 9th – 50 breast

Oleg – 9th – 50 back; 10th – 50 fly; 13th – 100 fly

Hannah – 4th – 50 back; 16th – 200 back; 16th – 100 free

Briana – 9th – 100 breast; 9th – 200 breast

Lily-Anna – 16th – 50 back; 16th – 100 breast; 13th – 200 breast

Alex – 6th – 50 free; 1st – 100 breast; 1st – 200 breast

Andrew Kwo – 4th – 200 breast

Jack Wang – 9th – 50 free; 11th – 100 free; 11th – 50 fly

Hazel – 10th – 50 breast; 15th – 200 breast

Sean – 10th – 50 free; 15th – 100 free; 9th – 1500 free; 14th – 50 fly

Julia – 5th – 200 fly

Maria – 8th – 200 free; 3rd – 50 breast; 6th – 100 breast; 6th – 200 breast

Omri – 9th – 50 fly; 15th – 100 fly

Noah – 7th – 50 breast; 6th – 100 breast; 3rd – 200 breast; 6th – 50 fly; 6th – 200 fly

Hattie – 4th – 50 back; 5th – 50 fly; 4th – 100 fly; 2nd – 200 fly; 6th – 200 I.M.; 4th – 400 I.M.

Sheldon – 8th – 200 fly

Graydon – 16th – 50 free; 15th – 200 free; 14th – 100 fly; 7th – 200 fly

DeNiel – 16th – 50 breast

Maia – 3rd – 50 free; 2nd – 50 breast

Ali – 12th – 50 free

Omid – 16th – 50 free

Sofia – 15th – 50 breast

Andjela – 13th – 50 breast

Michael – 14th – 50 free; 14th – 200 free

Ryan – 12th – 100 breast;14th – 50 fly

Chelsea – 14th – 50 back; 14th – 50 breast; 13th – 50 fly

Allyson – 11th – 50 fly; 14th – 100 free; 13th – 100 fly; 6th – 200 fly

Andrew Z. – 9th – 50 free; 5th – 50 back; 5th – 50 fly

Helena – 4th – 50 breast; 3rd – 100 breast; 5th – 200 breast

Aki – 16th – 200 free; 13th – 100 back; 7th – 200 back

Caileigh – 10th – 200 free; 6th – 400 free; 8th – 100 back; 4th – 200 back; 4th – 200 breast; 7th – 50 fly; 9th – 100 fly; 5th – 200 I.M.; 1st – 400 I.M.

Jordan- 7th – 50 free; 10th – 100 free; 6th – 200 free; 5th – 400 free; 2nd – 50 back; 5th – 100 back; 5th – 200 back; 8th – 50 fly; 13th – 200 I.M.

Hopefully I have recorded all those who were either alternates or in the A or B final and again, congratulations. Apologies for any missed information.

Focus on technical aspects of your swims over the next month. CDSC meet is the next meet for most swimmers coming up. Look at the times needed for Tier I and II as well as Senior Champs. When setting your upcoming goals, make sure to have process goals and not outcome – you need to work on things that will help you get to the outcome, such as back stroke stroke counts in to the wall; breast stroke counts; body position in the water with hips high; kicking and coordinating arms and legs. Working walls at all times. As well, you should be focused on eating well and properly in order for your body to be ready to swim fast. Many of you do not seem to have enough calories that it will take to swim at a high level. Keep yourselves healthy over the break and initiate changes that your coach has told you to make in order to reach new highs in your swimming career.

On Tuesday, some of the National Centre swimmers will be training side by side with you and you will be able to see what their strokes look like and what is needed for you to get better. Look at how they do their dryland as well as what they do in the water!