

# CRKW

CAMPBELL RIVER KILLER WHALES: *Our aim is not to produce champions, but to create an environment where champions are inevitable*

## President's Report

*On behalf of the CRKW Executive – I would like to welcome everyone to the club.*

*~Brian Skuse*

WELCOME ALL SWIMMERS AND FAMILIES!

As we enter the last half of winter, I hope that everyone is settling into their routines and enjoying their practice sessions. Remember: hard work is the key to success!

Thank you to all the volunteers that have helped out at both of our meets – without you, we would not be able to host them and certainly not host them so efficiently. So, thank you and I look forward to seeing everyone at the meets coming up over the next few months. Lastly, thank you to our coaching staff for being a team and for coaching our swimmers to be the best they can be!

One quick note on the meets: Please let your coach know if you have to cancel or are unable to make a meet. It is a lot of work to put a meet together and if you don't withdraw by the deadline, the club is still charged for the swimmer, so please make sure you withdraw before the deadline dates. If you do have to miss due to illness, please let us know with a doctor's note as well as an email to your coach so we can let the meet manager know. Thank you for your understanding in this matter.



CARPE LACUS: SEIZE THE POOL

THANK YOU TO ALL OF  
OUR VOLUNTEERS AND  
ALL OF THE COUNTLESS  
HOURS YOU HAVE  
DONATED TO OUR CLUB TO  
MAKE IT RUN AS  
EFFICIENTLY AND  
SMOOTHLY AS IT DOES –  
GREAT JOB!

CRKW PRESIDENT –  
BRIAN SKUSE

# COACH'S REPORT

Hi everyone, the season is almost half over and CRKW has done an amazing job at producing some fast swimming, and of course having lots of fun doing it! We have hosted 3 meets, did our first team travel meet to Langley, had a Christmas Chaos mini-meet to ring in the holidays, and competed at 9 different swim meets. The start of the season has been an exciting one for sure, with 12 new Club Records, a 3<sup>rd</sup> place finish at VIR's, 16 AA qualifiers and 10 AAA qualifiers, 4 Western qualifiers and 2 Age Group National qualifiers. Looking forward, we have AA Championship's in Surrey February 8-10 where CRKW is sending 16 swimmers - up from 11 last year. Up next is Western Canadian Championships February 14-17 and CRKW is sending 4 swimmers up from 0 last year. Then, wrapping off the Short Course season is the AAA Championships February 28-March 3 and CRKW is sending 10 up from 5 last year. As you can see the Killer Whales are having a great season in the pool and that is in large part because of the amazing spirit from all our swimmers, and the huge support from all our Killer Whale parents. We have some of the busiest volunteer parents on the pool deck at swim meets and we DEFINITELY have the loudest team at all the meets. We have an exciting few months ahead, so let's keep up the hard work and finish off the short course season with some amazing swims! Go Killer Whales!

## Record Breakers Section

<b>10 and under 50 Back</b>	<b>Lilan Forsyth 38.23</b>
<b>10 and under 400 Free</b>	<b>Jasmine Skuse 5:42.87</b>
<b>10 and under 50 Breast</b>	<b>Jasmine Skuse 40.78</b>
<b>10 and under 100 Breast</b>	<b>Jasmine Skuse 1:28.87</b>
<b>10 and under 200 Breast</b>	<b>Jasmine Skuse 3:11.90</b>
<b>10 and under 200 IM</b>	<b>Jasmine Skuse 2:54.56</b>
<b>10 and under 400 IM</b>	<b>Jasmine Skuse 6:23.31</b>
<b>10 and under 200 Back</b>	<b>Jasmine Skuse 2:58.12</b>
<b>13/14 200 Free</b>	<b>Mackenzie Paddington 2:06.61</b>
<b>13/14 400 Free</b>	<b>Mackenzie Paddington 4:26.31</b>
<b>13/14 100 Breast</b>	<b>Mackenzie Paddington 1:14.31</b>
<b>13/14 200 Breast</b>	<b>Mackenzie Paddington 2:40.56</b>
<b>13/14 400 IM</b>	<b>Mackenzie Paddington 5:12.06</b>

## POWER BALLS for meets!

### No-Bake Energy Bites

#### Ingredients

- 1 cup (dry) oatmeal (I used old-fashioned oats)
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter or almond butter (any nut butter would work great!)
- 1/2 cup ground flaxseed or wheat germ
- 1/2 cup chocolate chips and/or dried fruit (cranberries, raisins, etc.) (optional)
- 1/3 cup honey
- 1 tsp. vanilla extract

#### Method

Stir all ingredients together in a medium bowl until thoroughly mixed. Let chill in the refrigerator for half an hour. Once chilled, roll mixture into balls of whatever size you would like (about 1" in diameter works great). Store in an airtight container and keep refrigerated for up to 1 week. Makes about 20-25 balls.

FROM COACH SARAH

### Scott Dickens Breaststroke Camp

On January 12<sup>th</sup> and 13<sup>th</sup>, the Killer Whales were very fortunate to have an Olympian visiting them here at Strathcona Gardens! Scott Dickens, Canada's Olympic breaststroker came and helped the Whales with their breaststroke – the most technical of all the strokes. The camp was sold out and was a huge success! The kids had a great time, learned lots and even got to new knowledge in the pool when they raced at the Vancouver Island Regional Championships in Comox as well as at our home meet The Eliminator on January 26<sup>th</sup> and 27<sup>th</sup>. So congrats to all the kids that did well at the meets and I encourage all the new swimmers to try and attend at least 2 meets between now and May. You will not only have a great time you will also be so surprised and pleased with how much you have progressed this year!



# CRKW QUALIFIERS

In competitive swimming, the measure of success is faster times. Swimming is a great sport for teaching goal setting. There are so many “goals” to achieve that will measure your success in speed and time.

Essentially, as a swimmer, if you achieve your goals, you will have the satisfaction of knowing that your hard work has paid off. The most basic goal is, “to go faster” but once that is achieved, you begin to wonder, “what else can I do?” This is where we enter the competitive world of swimming where we have Provincial qualifying times in AA, then AAA and once those times are achieved, you go even faster to get to National standards at: Age Group Nationals, Westerns, Senior Nationals and eventually the Olympics! You can never be fast enough! So - CONGRATULATIONS to those swimmers who have achieved the following standards and good luck to those swimmers who are going for their goals!! Never give up!

## AA Qualifiers (Short Course – Surrey, BC)

Sydney Boyle, Cianna Dunn, Brendan Kobayashi, Gage Windle, Karlyn Healy, Julia Alguire, Joceyln Diemer, Avery Moskal, Gosha Maruzenko, Cailyn Collis, Catalina Manders, Maddy Kowalko, Aleah Jordan, Connor Milligan, Lilan Forsyth, Brendan Kobayashi,

## AAA Provincial Qualifiers (Short Course – Victoria)

Jenna Beaudin, Melayna Beaudin, David Palmer, Kennedy Windle, Cassidy Scott, Jasmine Skuse, Conner Skuse, James Sidhu Mackenzie Paddington, Megan Wilson, Ian Ralston,

## Age Group Nationals Qualifiers (Montreal)

Mackenzie Paddington, Conner Skuse

## Western Qualifiers (Saskatoon)

Jenna Beaudin, Mackenzie Paddington, Deke Botsford, David Palmer.

# FUNDRAISING NEWS...

Mark your calendars...

Friday, March 15<sup>th</sup>: **SWIMATHON!!** You collect set pledges from friends and family as a reward for swimming TWO hours straight!! This is a HUGE fundraiser for the club. All the money you raise goes into your fundraising account. There will be prizes for swimmers too. Watch for details!

Saturday, March 16: **BOTTLE DRIVE!!** This is a club fundraiser so the money we raise together goes towards general revenue but you can earn VPS points for helping out!! Last year we raised \$2000 and had a LOT of FUN doing it. Stay tuned for more info. Start stock piling your bottles now and don't forget to ask your friends and family too!!

Saturday, April 20<sup>th</sup>: **SILENT AUCTION/DINNER & DANCE!!** This is a fun social event that includes a potluck dinner, dancing (with a DJ) and a silent auction. Kirsten Jordan and Dea Kowalko are organizing again this year. Watch for emails on the topic. Other news...

Virtually everyone has paid for their sponsorship signs. Good job! Unfortunately, there are still a few signs that are outstanding and will be removed from the wall shortly if payment is not made.

**Check out the FUNDRAISING TRACKING SHEET posted in the viewing room.**



# NUTRITION – FUEL FOR SWIMMING

## Smart Eating for a Swimmer on Race Day

Race day nutrition is going to have a huge effect on how you perform on the big day. It is just as important as the preparation heading into the meet, your warm-up, and requires a strategy for the day, just like you have for your race. Having a plan can remove any worry you might have about hunger, energy levels, digestive problems, and will allow you to focus on putting together a great race.

Here are some guidelines for smart eating and packing up the cooler for race day:

- Don't DQ your day. Breakfast at home or on the road is the metabolism boost every swimmer needs. Instant oatmeal made with skim or low fat milk, toast with nut butter, dry cereal, yogurt and fruit are all light options that rev up the body. If you are competing in the morning, be sure to keep it light. Opt for a heavier breakfast if competition is in the afternoon.
- Pack variety. A few options of fruit, vegetables, grain and high quality protein sources should cover the variable appetite and tummy tolerance you may experience on race day. It's better to have more food options than a large quantity of only two or three foods. Don't make the mistake of relying on a single food or energy bars to get you through the day. While they can do the job of fueling your body, they may not rate in appetite satisfaction. Having a variety of food sources increases the odds of proper fueling and healthy eating.
- Pack enough. You don't want to run out of food, and you may want to share with other swimmers (well-fueled swimmers help the whole team, right?).
- Pay attention to temperature. If you are packing perishables, be sure to add an ice pack. It's no fun to get tummy cramps before a race because something has spoiled.
- Pack in the protein. Protein will be an ally in keeping your blood sugar stable, thus keeping hunger, energy and mood in check. Nibble on cheese sticks or slices, nuts, peanut or nut butters, deli meat slices, yogurt or yogurt drinks, boxes of low fat milk, hummus, hard-boiled eggs or edamame.
- Don't forget the Carbohydrate. Your muscles rely on carbs for fuel. Pack easily digestible sources such as 100% juice, fruit leather, applesauce, fresh or dried fruit, or veggie sticks. Don't forget the more complex carbohydrate foods too, such as crackers, unsweetened dry cereal, pita or other breads, pretzels and graham crackers. Stay away from refined sugars such as soda, candy and desserts on race day.
- Nosh or Nibble? Save "meals" or large quantities of food for big breaks between events. Nibble small amounts of food before and after events that are closely scheduled. At a minimum, you should be nibbling to stay energized and keep your muscles fueled on race day.
- Think your drink. Water, 100% fruit juice and sports drinks are appropriate at a swim meet. Plain and flavored milk are great recovery drink choices after the meet; they provide protein for muscle repair and carbohydrate to re-fuel muscles.
- Know your eating style on race day. If it is counter-productive to racing, follow these guidelines as a strategy for optimal eating. Don't tempt yourself by packing foods or making concession purchases that you (really) don't want to be eating.
- Fiber Facts. Fiber can be a problem on race day, or not. Fiber is a food component to which each swimmer has an individual tolerance. Don't experiment with high fiber foods on race day; sort this out during training season and avoid tummy trouble when it matters most.

(courtesy USA Swimming, Jill Castle, MS, RD, LDN)

