



# THE COMPETITOR

SWIMMING TOWARDS EXCELLENCE SINCE 1979

Monthly Newsletter

Issue 5 - March 2012

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## IMPORTANT UPCOMING DATES

|             |                                      |                     |
|-------------|--------------------------------------|---------------------|
| Mar.24      | Comox mini meet                      | Sea Wolf, SuperFish |
| Mar. 24     | CRKW Dinner Dance 6pm-10:00pm        | Eagles Hall         |
| Mar. 26     | TEAM PICTURE DAY                     | 3:30pm at the Pool  |
| Mar. 31-01  | LOSC LC Invitational                 | Qualifiers          |
| April 2-15  | Superfish, Sea Wolf, Dolphin B&W     | No workouts         |
| April 2-15  | Training for Senior, Blackfish, Orca | Training Camp       |
| April 7     | Salmon barbque 11:00am -3:00pm       |                     |
| April 21    | CLUB Bottle Drive                    | Whole Club          |
| April 27-29 | PCS Wavemaker Invitational           | Dolphin Blue & Up   |
| May 4th     | SWIM-A-THON                          | Whole Club          |
| May19-20    | HYACK Invitational                   | ORCA & UP           |
| May 26-27   | Nanaimo LC Invitational              | Dolphin & Up        |
| June 8-10   | VIR Long Course Champs               | Qualifiers          |
| June 16-17  | Duncan Invitational                  | Superfish & UP      |

## President's Message

Wow, short course season is over and we are officially into long course! What we would do to have Nanaimo's pool...anyways, I'm off topic.

Congratulations to all of the swimmers who had a successful short course season as well as to all the swimmers who had their first short course season: welcome to the world of competitive swimming!

I will watch with interest as the whales forge ahead in their 2012 long course season – good luck to all!! Remember, the only boundary's that exist are those that we place on ourselves. Know no boundaries and give it all you have – you'll be surprised how much you can give!

As you are all figuring out, the Killer Whales is a competitive swim club and this means that we are constantly challenging ourselves



Happy CRKW Swimmers!

to be the best that we can be. Put goals into place for yourself and see what you can achieve, I bet you won't be disappointed if you really try your best. Competitive swimming teaches you a life skill: to set a goal and work towards achieving it. This will serve you well throughout your life.

This is the time of year that fundraising becomes an issue. It's really important that everyone get out there and achieve their fundraising goals because this in turns help the club. We endeavor to keep our club fee's low so that as many people as possible can participate in swim club.

We think that our swim club is extra special so we really appreciate your enthusiasm to get out there and fundraise for swim-a-thon, salmon fundraiser, bottles etc.

Thanks to all of the parents, sponsors and especially the swimmers for their ever constant support of the Killer Whales: it is greatly appreciated and it is what sets us apart from the rest!

Lastly, as we head knee deep into long course season, I encourage everyone to try out at least one long course meet. They are extremely fun for the young swimmers to experience and challenging for those that have experienced long course before.

Looking forward to watching some great racing and lots of best times. Good luck swimmers in your long course season!

Regards,

Brian Skuse

CRKW Club President



# HEAD COACH'S CORNER

## Lets Go For it 2012!



### Olympic Year!!!

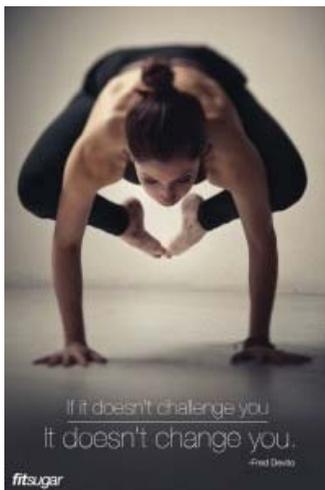
As I write this newsletter, I am think about all the excitement/ nervousness that swimmers attending the Canadian Olympic Trials are feeling with just days before the competition begins (March 27th).

This 6 day competition has been what most swimmers have been working towards for the past 4 years and some maybe 8 years, has now finally arrived.

The rest of Canada and the world will now sit back and watch what kind of team Canada will field in the London 2012 Summer Olympic Games.

I can tell you having been to many Olympic Trials that it is the ultimate roller-coaster ride, as we witness the highs of someone making the team, and lows of someone just narrowly missing.

It is important to remember that many of those competing at this level started out just like many in our own program. And at the time probably had no idea about the Olympic games or what it may take for them to make the Canadian team.



These athletes went through the process of swimming, first learning how to swim, then learning how to train and finally learning how to compete. All long those stages the athletes were challenged with all sorts of new experiences that help shape them to who they are today.

These experiences are really important in an athletes development, as they learn how to

respond to the ever changing conditions presented to them. Sometimes there is a successful outcome and other times athletes must learn to deal with failure.

These growing pains actually help "season" and athlete and grow their experience. This experience is heavily relied on when an athlete steps on to the block attempting to do something he/she has never done before, building confidence in the athlete.

And when things go wrong as they sometimes might, and athlete can rely on their array of experience that helps them get back on track or push themselves to victory.

It was just last year that Brent Hayden swam his 100 metre freestyle, his speciality at the Commonwealth games, dehydrated and feverish with "DELI BELLI" and still managed to win the gold with a best time for Canada.

I remember watching Alex Baumann swim every event and every final at the Senior National Short Course Championship. I was amazed to see him race, warm-down and then be behind the blocks ready to race again and this went on for 5 days. At his Olympic Trials he set the World Record in the prelims for the 200 IM, it was fantastic to watch.

A successful swimmer has swam when they are not feeling well, has recovered from a bad start, swam back to back finals, persevered through a nagging injury, was nervous before a race, missed their warm-up ect... and had to respond positively to their situation.

As a developing swimmer, you too will have new experiences that will cause you to grow and realize the potential inside of you. I say take them and use them to your advantage as they will ultimately define your success or not.

### Short Course AAA Provincials

This was another opportunity for CRKW and COMOX to come together under the same banner and compete. Our club came 13th over all and the teams that beat us in the standings had more than 20 swimmers there. So we need to get more qualifiers for the Long Course Provincials. The club had some fantastic swims and certainly there are a few new club records that may be around for a long time.

### Duncan Spring Invitational

This was a good meet for our developing squad. Our club showed a lot of depth at the meet and I feel we swam very well under some challenging conditions. It was great to see those swimmers with strong goals and a strong desire to implement what they have been working on be really successful at this swim meet. For me watching Megan Wilson achieve the first GOLD CAP swim for our club as truly inspiring. It just showed her commitment to performing her skills at a very high level. Congratulations Meagan!!!

### Picture Day

Just a reminder that Team Picture Day will now be held on Monday March 26th at 3:30pm. Come wearing your Black Team Shirt.

Swimming Towards Excellence

Chris Koopmans

Head Coach of CRKW





## Coach Dave's Dialogue

Wow, some great swimming happening. Orca and Dolphin White swimmers have been churning up the pool lately, competing in a number of competitions. We have seen some outstanding racing from many swimmers like Melayna Beaudin, Cianna Dunn, Jasmine Skuse ...just to name a few. All three swimmers have produced new club records. In addition, the 10 and under girls free relay team consisting of Melayna, Cianna, Aleah Jordan, and Kasey Lathangue broke a club record and also ranked their performance into the top 15 in all of Canada.

Many swimmers from Orca and Dolphin White were heat winners, racing hard throughout the swim competitions. It is really great to see these young swimmers rising to the occasion during tough racing. Many swimmers attempted new races including the grand daddy of all; the 400 IM. The positive attitude towards these new challenges was inspiring for all of us.

We now move to the Long Course portion of the swim schedule and I am excited to see some more fantastic swimming. Our first Long Course meet is in Langley against swimmers from the lower mainland. Following that we will travel to the Wavemaker swim meet in Victoria. Please plan to attend this meet as it will be a tremendous swim experience for our young swimmers. All of our swimmers are able to attend. The meet will feature heats and finals. Hopefully we will place many swimmers into finals and see some exciting racing. Please let me know ASAP on your attendance.

Finally, it is really great to see strong attendance figures. My groups have displayed a strong commitment to their swimming and the results are showing. The swimmers are training hard and doing their best to become stronger swimmers. I have had the opportunity to create new goals and redirect current objectives to the swimmers. We are now pushing to have all swimmers achieve a

AA standard and for the AA swimmers to push towards their AAA times. Through hard work and determination, we can get it done. See you at the pool.

Coach Dave!!

## Coach Erin's Report

Superfish Blue and Seawolf have definitely kicked 2012 off with a bang! These young swimmers have been very busy training hard, perfecting strokes and I'm happy to say, attending swim meets! I have been very impressed with the attendance at swim meets from these two groups and the results that have been coming in. I'm excited to see what's in store for us at the Comox meet on March 25th!

I'm also happy to see many Superfish swimmers moving up into our Seawolf group! I am happy with the progress of these young swimmers and to watch Seawolf grow into a wonderfully competitive little group! Superfish Blue and Seawolf have also been making leaps and bounds in their test sets this month. I am happy to welcome Jamiliya Wellard into the Kicker's Club! Jamiliya

smashed the Seawolf time goals and did an awesome job of pushing herself the entire way!

Over the next month we will continue working hard on our breaststroke and butterfly as well as begin really building endurance and adding some intricate swim sets to the mix, helping swimmers get accustomed to pace times and using the clock (especially in Seawolf). I am very excited to see what the rest of March and April has to bring!

Coach Erin!!!!

## Coach Courtney's Splash

Well spring has finally come in full force this year! Very excited by the progress of the Superfish group this past month and excited for this upcoming meet! I take a lot of satisfaction in watching the swimmers progress so they are ready to move you the next level. Good job Superfish! I hope to see most of the group at our movie night Friday the 23rd for 'The Lorax!' Keep swimming hard and bringing your smiles and enthusiasm to the pool deck and have an exciting Spring Break!

Coach Courtney

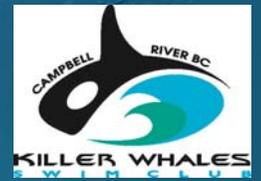


# SWIMATHON

May 4TH, 2012

Everyone in the pool for the CRKW'S biggest swim!

Let's all swim together for



## FUNDRAISING NEWS

### EPICURE Fundraiser

Happening... \$20 for 3 top-quality dip mixes in the bag with a little recipe book. Your fundraising account gets \$5 for every set you sell. Let me know by **WEDNESDAY, MARCH 28** if you want some. \* Just so you know, the jars are smaller than the regularly sold individual mixes.



### BOTTLE DRIVE Fundraiser

Our second annual BOTTLE DRIVE is set for **SATURDAY APRIL!!!!** This is a club fundraiser so the money we raise together goes towards general revenue but you can earn VPS points for sorting and driving!! Start stock piling your bottles now and don't forget to ask your friends and family too!!

### THRIFY FOOD SMILE CARDS

Here's how the program works: You charge up the card (it looks like a gift card) BEFORE you buy your groceries. You can use debit, cash or even your credit card to put on any amount you want. Then you buy your groceries. Any extra money remains on the card for your next visit to the store. You use the same card over and over by charging it up repeatedly.



It sounds simple and it is... 5% of what you spend is donated back to the club by the store. This fundraiser does not credit individual swimmers, but helps the club in general. It costs you nothing to participate so please

consider getting a card. Ask your relatives, friends and neighbours too. The more people shopping there, the more money the club gets!

### TAG DAY Fundraiser

TAG DAY is a go for **FRIDAY MAY 11th** and **SATURDAY MAY 12th**. Earn \$20 per hour for standing in front of a local business asking for donations for the club

### SWIM-A-THON Fundraiser

This year's Swim-a-thon is **NEW & IMPROVED!!** Instead of the same old back and forth swim, we're turning it into a **PARTY!** We want **EVERYONE** to attend...

**FRIDAY MAY 4TH FROM 3:00-6:00PM**

What do I do first?

As in the past, **COLLECT** as many **PLEDGES** as possible from your family, friends, neighbours, facebook contacts, businesses (doctor, dentist, orthodontist, optometrist, physiotherapist, nurse ETC!!) using the attached form. Ask everyone you know!! Email and put it on Facebook so out of town relatives can mail you a cheque!! Tell them you'll be swimming for **TWO HOURS STRAIGHT!!** Try to get at least \$200 in support!! Ask for a set amount rather than a per lane donation.

How do I win a PRIZE?

The more you raise, the better the prizes. Any **SWIMMER** who raises over \$30 will get their name entered in a draw. If you raise over \$100, you will get 5 tickets and your name will be put in a different bucket for more valuable prizes and those who collect more than \$200 will get 10 tickets PLUS entered into the **HUGE** draw! All draws will be random so everyone has the same chance of winning!

There will also be team prizes for the group that earns the most money. Will it be the Superfish group that take the lead or the Blackfish group?? Or maybe the Orca bunch??? Seawolf or Dolphin? If everyone

does their part, each group is bound to be very successful!!

What If I've already reached my Fundraising requirement??

We want **EVERYONE** to participate even if you've done your year's fundraising already. You don't want to miss a party do you??



Any "Extra" money you raise above your requirement is split with the club 50/50. For example, if you have \$80 left to complete your commitment and you raise \$150 for the swim-a-thon, you will split your "extra" \$70 with the club. The Killer Whales will get \$35 and you will get \$35 on 'account' which you can use to buy swim club apparel, like a new funky suit or a brand new swim bag OR put towards swim meet fees.

It's a win-win situation for everyone. The more you raise, the more "extra" you'll have for yourself. Money that is earned through the swim-a-thon and put on 'account' has no cash value to the swimmer and cannot be used for payment of monthly fees, registration, or insurance from Swim BC. It cannot be transferred to another family in the club but can be used by another swimmer in the same family. All 'account' money must be used by the end of the 2012 swim season. What else will be happening?? What kind of a party would it be without **MUSIC** and **FOOD!!** So, we're having both... tunes to swim to and a free **PIZZA** dinner for every swimmer who participates. So, start collecting pledges TODAY and prepare to have a lot of FUN on May 4th. Watch for weekly email updates and info on PRIZES.

### PLEASE CHECK

Don't forget to check out the **FUNDRAISING TRACKING SHEET** posted in the viewing room. questions contact Kim Windle at [kwindle@shaw.ca](mailto:kwindle@shaw.ca), Kat Skuse [brikat59@telus.net](mailto:brikat59@telus.net)



## Silent Auction, Dinner and Dance!!

*An Evening with Friends  
hosted by the CRKW swim club*



*Saturday, March 24, 2012*

*6:00pm to 10:00pm  
Eagles Hall*

### REMINDERS:

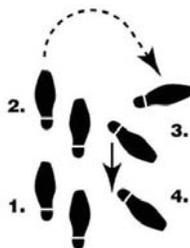
**Remember to bring your CASH or CHEQUES for the auction item(s) that you win!**

**Also, kids may want to bring a bit of spending money - there will be a "pennies auction" for toys where kids can get tickets for 25 cents per ticket, place them in the bucket in front of the item they want, and see if their name gets drawn! There will be many spot prizes for the kids as well!**

**If you plan to enjoy the bar, bring a DESIGNATED DRIVER.**

**Bring your DANCING SHOES!**

**Contact Kirsten at 250-204-9077 or [kirstenjordan@me.com](mailto:kirstenjordan@me.com) with questions.**



## Dolphin BLUE NEWS

Our group has been on a rampage in the pool. It was great to see the swimmer come back from the CRKW Eliminator meet enthused about improving and then get back into the water and show it.

Our group achieved 80.8% best times at the Duncan meet in some very tough conditions. Not only did we have some very long sessions but we lost an hour sleep (yep I looked in the lost & found and it wasn't there Sunday morning) as well our group got to experience some new events. All in all we did quite well.

The only area where we did not shine, is the fact we had a record number of disqualification's. With all the excitement of racing competitors in a new environment it is not uncommon for younger athletes to forget the legalities of proper starts, turns and finishes. Although nobody likes getting DQ'd in any event, it is now how we respond to this that will help us at future swim meets. So we need to learn from our errors and make sure that every workout we are not making those errors again.

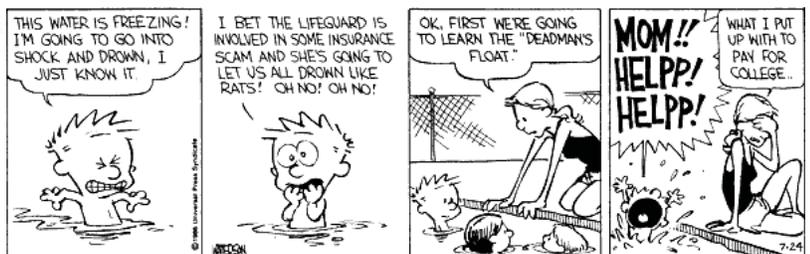
It was however, great to see many of the Dolphin Blue swimmers knocking on the door for their first AA standard. We just need to keep working on it and developing our swimming skills. The next opportunity for our group to compete will be the PCS Wavemaker Invitational held in Victoria. For our group it may be the first opportunity to swim in a 50 meter pool. Generally speaking the times for long course swimming is about 3% slower than races held in a 25 meter pool. This is because the athlete has less turns, so the ones you do have are very important.

Another aspect of long course is that your legs endurance has to improve as there are less walls to re-junevent your legs. So you will notice that our group will be increasing the kicking totals in workouts.

Lets keep it up Dolphin Blue!!

A special congratulations to Carson Dunn the newest member to our Kicker KLUB

Coach Chris



# CRKW SWIMMER'S OF THE MONTH

for FEBRUARY 2012

## BLACK FISH GROUP



Name: **KENNEDY WINDLE** Age: 12 Birthday: **March 2,1999** Favorite Stroke: **Breaststroke**

Goals for 2011-2012 Swim Season : **To make Age Group Nationals**

Highlight of swimming career so far: **getting 2 Golds and 3 Silver at BC "AA"'s**

Things I love about the Swim Club: **I get to be with my friends.**

My tip on training for the rest of the Killer Whales : **Don't give up!**

My Favorite Set is: **25's sprint on 1 minute**

I like my coach because: **He pushes me through the hard sets and encourages me to keep going.**

One word to describe what it means to be a Competitive Swimmer: **Determination!**

My MOTTO or Favorite Quote is :

The last book I read was: **The Hunger Games** , I gave it an **10** out of 10!!!

Coach's Comments: **Kennedy had a stellar month in February. She was a fierce competitor in the pool, taking every opportunity to race her speciality, the breaststroke. What impressed me the most was her determination to reach her goal, making a AAA time. Keep shooting for the Stars Kennedy. Coach Chris**

## SEA WOLF GROUP

Name: **DIEGO ALVAREZ** Age: 10 Birthday: **May 8, 2001** Favorite Stroke: **BREASTSTROKE**

Goals for 2011-2012 Swim Season : **To improve me backstroke**

Highlight of swimming career so far: **coming in first three times and 2nd at my first swim meet**

Things I love about the Swim Club: **The Coaches because they are encouraging, funny and friendly**

My tip on training for the rest of the Killer Whales : **Try your best even if what you are doing is really hard!**

My Favorite Set is: **100 meter backstroke**

I like my coach because: **she is friendly and outgoing.**

One word to describe what it means to be a Competitive Swimmer: **DETERMINATION!**

My MOTTO or Favorite Quote is : **"CARPEDIEM"**

The last book I read was: **DIVE: The Discovery** , I gave it an **7** out of 10!!!

When I grow up, I want to be a : **an actor**

Coach's Comments: **Diego is one of the hardest working young swimmers I have had the pleasure of working with. Not only does Diego show up to every swim practice with a positive attitude and eagerness to learn and improve, but he encourages his fellow swimmers every day and leads the way as a great role model. I am very excited to see Diego continue perfecting his strokes and attending swim meets. He has a wonderful swimming future ahead of him and I am happy to be his coach! Coach Erin**



## DOLPHIN BLUE GROUP

Name: **JOCELYN DIEMER** Age: 10 Birthday: **October 11,2001** Favorite Stroke: **Breaststroke**

Goals for 2011-2012 Swim Season : **to get a AA for 50 & 100 meter free**

Highlight of swimming career so far: **getting my first A time in February**

Things I love about the Swim Club: **We have great coaches!!!!**

My tip on training for the rest of the Killer Whales : **try your best in practice and it will show at the meets!**

My Favorite Set is: **anything with 50 breast**

I like my coach because: **he makes me laugh!!!!**

One word to describe what it means to be a Competitive Swimmer: **PERSEVERANCE**

My MOTTO or Favorite Quote is : **"I didn't fail 100 times trying to make a light bulb. I found 100 ways not to make a lightbulb" - Edison**

The last book I read was: **Harry Potter and the Prisoner of Azkaban** , I gave it an **9.5** out of 10!!!

When I grow up, I want to be a : **marine biologist**

Coach's Comments: **Jocelyn is a pleasure to coach, she listen intently then applies the instructions to what she is doing in the water. She has come a long way this year and I believe will get her AA times at the next swim meet. Jocelyn is also really good at getting me to laugh when I get too serious. Keep up the great work Jocelyn!!! Coach Chris'**



# CRKW SWIMMER'S OF THE MONTH

## ORCA GROUP



Name: **Aleah Bray Jordan** Age: 10 Birthday: **April 20, 2001** Favorite Stroke: **Freestyle**

Goals for 2011-2012 Swim Season : **I want to get a AAA time in 400 free and 10 & under a AA 50 free 11 & over**

Highlight of swimming career so far: **My 2nd 400 free when I went 6:17 and my relay team Kasey, Melayna, Cianna and me got a club record!!!!**

Things I love about the Swim Club: **CRKW are like a big family when someone quits its like somebody died. We cheer for each other and wish them good luck when they are nervous. We work together!!!!**

My tip on training for the rest of the Killer Whales : **Stay smooth on your freestyle, go long on your breast, head back and roll shoulders on backstroke and kick hard on your fly.**

My Favorite Set is: **Wheel of WOW! Thats when you pull a card out of hat, the card has a set or game for you to do.**

I like my coach because: **He pushes us hard but not too hard and every Saturday morning practice we do fun work or... he kills us.**

One word to describe what it means to be a Competitive Swimmer: **Determination**

My MOTTO or Favorite Quote is : **"That which does not kill me makes me stronger"**

The last book I read was: **How to survive middle school** , I gave it an **10** out of 10!!!

When I grow up I want to be: **A VET**

Coach's Comments: Since Christmas, Aleah has been on a mission to improve. Here was awesome and her work ethic in practice second-to-none. In addition her pos attitude she has displayed was truly infectious. Well done Aleah, Keep it up!!!! Coach Dave.

## DOLPHIN WHITE GROUP

Name: **RYLAN VALENTINE** Age: 12 Birthday: **Oct. 6, 2000** Favorite Stroke: **Freestyle**

Goals for 2011-2012 Swim Season : **TO GE A AA IN THE 50 FREE**

Highlight of swimming career so far: **Making it into the Kicker's Klub**

Things I love about the Swim Club: **The coaches and swimmers**

My tip on training for the rest of the Killer Whales : **Streamline past the Flags!**

My Favorite Set is: **400 Free**

I like my coach because: **he is cool and funny!!**

One word to describe what it means to be a Competitive Swimmer: **Sportsmanship**

My MOTTO or Favorite Quote is : **"Go big or go Home"**

The last book I read was: **Tins** , I gave it an **9** out of 10!!!

Coach's Comments: **Rylan has been outstanding all year in attendance and work ethic. he is a great to teammate to everyone and provides eadership to the group. Great Job Rylan!! Coach Dave**

## SUPER FISH!!

Name: **Adam Alguire** Age: 8 Birthday: **August 12, 2005** Favorite Stroke: **Butterfly**

Goals for 2011-2012 Swim Season : **learn my flip turn**

Highlight of swimming career so far: **Getting a ribbon in the Campbell River Meet**

Things I love about the Swim Club: **Lots of good swimmers.**

My tip on training for the rest of the Killer Whales : **Learn to kick**

My Favorite Set is:

I like my coach because: **She is a good coach because she teaches us cool things about swimming**

One word to describe what it means to be a Competitive Swimmer: **FAST**

My MOTTO or Favorite Quote is : **"Cool!"**

The last book I read was: **All about the Clouds** , I gave it an **10** out of 10!!!

When I grow up : **I want to work on a Big Building**

Coach's Comments: **This months swimmer of the month from my Superfish groups was Adam Alguire, who's listening skills have much improved over the past few weeks, as has his swimming! With his explosive dives and great streamlines. I am excited to see Adam's results from the swim meet and his continued effort in class, way to go! Coach Courtney!**





## THE TUF PRINCIPLE TECHNIQUE UNDER FATIGUE

### DOING IT TOUGH:

#### THE T.U.F. PRINCIPLE

Coaches, swimmers the media and the swimming public use the word “tough” to describe performances and efforts that are typically strong, fearless, and determined. A tough performance is one where the swimmer has shown guts, grit and character. Coaches frequently say things like “when the going gets tough, the tough get going” to motivate and encourage swimmer and teams. “Toughness” seems to be a desirable quality in swimming performance that is essential for success.

But what is toughness? How would you measure “tough”? Is it mental? Is it physical? Can you learn to be tough or are you just born a tough person?

You could define “toughness” in terms of competitive swimming as the ability to maintain stroke control, good skills, and great technique when physically fatigued and hurting from the stresses and strains of training and racing.

The T.U.F. Principle (Technique Under Fatigue) The T.U.F. principle suggests that being tough is a skill that can be learned by all swimmers, individuals and teams at all levels.

Why do you get fatigued? Why can't you swim a t



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maximum speed for as long as you want?

When muscles work hard, they use a lot of energy. The high levels of energy required for maximum speed swimming (racing) run out after relatively short period of time. Fast swimming at maximum speed causes muscles to produce lactic acid- responsible for that all too familiar burning sensation in your thighs and arms in the final 25 meters of a 100. As energy levels get lower and lactic acid levels get higher, your muscles can't work as well as they can early in a race, as a result swimmers slow down.

The ideal situation is to swim fast, using as little energy as possible and limiting the effects of lactic acid. The importance of swimming with excellent technique is that the better your technique is at a given speed, the less energy you can use.

All coaches teach techniques and swimming skills in training. Swimmers are taught the importance of the basics: simple skills and drills that are the building blocks of swimming from Killer Whales Swim School classes onwards. Generally these skills and techniques are taught when the swimmers are fresh and unfatigued at the beginning of workouts, which we know are the optimal conditions for learning and skill development.

Yet, in a race, the difference between winning and losing often comes down to how the swimmers was able to maintain correct technique at the end of the race when fatigue sets in and it feels like you are towing a piano up and down the pool.

A lot of scientific papers have been written about fatigue and exercise. There is no doubt that exercising, particularly exercising at fast speeds for distances over 50 meters results in fatigue. We also know that swimmers fatigue as a result of working hard in training and at competition, and that performance decreases when swimmers get tired.

Two questions need to be asked:

1. Is it possible to minimize the effects of fatigue in swimmers?

2. If fatigue is inevitable, particularly towards the end of training or competition, can swimmers be taught to maintain a reasonable skill level regardless of how tired they may be?

One of the main reasons swimmers train so much is to develop a “fatigue-resistant” body. Long swims, regular at low intensity, and easy aerobic swims develop the ability to work hard and recover fast. We call this type of training “Aerobic Base-Training”



How much training you do is called volume. Generally swimmers do a higher volume of training early in the season or a specific training camps/ cycles. As racing gets closer, often the volume decreases as the need for speed increases.

The volume of training you do prepares your body to train. The amount of training you do prepares your body to handle the increased intensity of training later in the season.

Another benefit of increased aerobic fitness is an enhanced ability to recover from hard work. Long aerobic work - the kind of swimming that often seems boring and meaningless - is an important aspect of all programs in that it improves your ability to recover between sessions and even between hard efforts within sessions.

Coaches and teachers have understandably emphasized skill development and teaching of new swimming skills to swimmers at the beginning of training sessions when swimmers are relatively fresh and unfatigued.

The importance of aerobic base training for the physiological benefits has been well known for some time, but the importance of such training for skill development is just as crucial.

The swimmer who is able to maintain a high level of skill during times of high fatigue e.g., the last 25 meters of 100 meter race, the last 50 of the 200 ect.. is quite often the most successful swimmer. In Track and field, it is common to hear of sprinters "tying up" a term that athletes use to describe losing technically correct running form when they feel fatigued.

Being T.U.F. is even more important in swimming where swimmers are moving through a substance (water) 1500 times thicker than air. Any technique problems (inefficiencies) result in large increases in drag (resistance), increases in energy expenditure, and a slowing down in overall speed.

### The Fatigue Cycle

The link between Technique and fatigue What does this mean to coaches and swimmers?

### Try the following T.U.F. Techniques!!!

1. Go training even when you are tired i.e. tired before commencement of the practice session. have a good warm-up and warm down, but learn to produce strong, fast swimming when tired. The emphasis here is on performing drills and skills as precisely as possible and not on physical conditioning. (Obviously this does not apply if you are injured or sick) Many championship swim meets can last anywhere from two to seven days. Swimmers are often required to produce their best when tired towards the end of the meet, so learning to race fast when tired is a fundamental competitive swimming skill.
2. When doing race simulations at the end of the training session remember this is when you will get the maximum benefit from learning to race when fatigued. However the nature of T.U.F. training is the opposite of what it would seem. T.U.F. training is technical precision not maximum effort, lactate-producing, muscle tearing repeats. Its is about control rather than competition; about practice and precision rather than pain.

3. Do technique training at the end of sessions and practices. This type of training, also called fatigue loading, is a crucial part of T.U.F. training. The important aspect of this type of training and with all the T.U.F. techniques is that maximum speed and maximum skill go hand in hand. Its extremely difficult to teach very tired swimmers new skills. T.U.F. training is more concerned with reinforcement and practicing of previously learned skills when fatigued. This might include and additional



element of distance per stroke as well as technical skill and speed.

4. Over-distance T.U.F. training; In the traditional sense, over-distance training has meant training at distances in excess of the targeted competition distance. In T.U.F. terms, this would mean performing technically precise performance of a race simulation.

For example, following a 100 meter effort in training at race pace, the swimmer performs a stroke drill with a high level of precision for 25 meter, again focussing on the aspect of control under fatigued conditions rather than on the "no gut - no glory" method, which demands repetition regardless of technique deficiencies. In this technique, the coach might ask for 100 meter effort within 2 seconds of your PB time, 30 seconds rest, then swim 25 meters with skill level of 9 out of 10 or better on the drill.

5. Between-Efforts control: Often swimmers having completed a hard effort, will relax and forget about technique between efforts or during a recovery swim. For example in a set like 10x100 meters where the first 50 is fast and second 50 easy, swimmers will often swim the fast 50 with excellent technique, then switch their brains off and swim the easy 50 with sloppy technique and poor skills. T.U.F. training demands that form and technique are held at all times and control is maintained throughout the recovery activity. In other words, regardless of the intensity of the effort, technical precision is maintained at all times. The same applies for swim down. Swim down means "Good Skills, excellent technique, long strokes, great turns done slowly." it does not mean "Anything will do as long as I keep moving and the coach isn't watching."

If there is a catch to T.U.F. training, it is that T.U.F. training relies on the swimmer being sufficiently physically prepared to be able to perform precise and technically correct actions when fatigued.

It could be suggested that the skill development and physiological development of a swimmer form part for the performance circle: The swimmer who is physically better prepared (fitter) is more able to perform skills and techniques correctly when fatigued. The more skilled the swimmer is, the less likely she or he is to fatigue as her/his movements are more efficient and waste less energy at a given speed.

Therefore, the better the physiological preparation, the better the skills performance when fatigued and the better the skills, the less likely the swimmer is fatigued.

Therefore, to be truly tough (T.U.F.), swimmers need to work on skills, technique, and fitness at all times with equal focus.

Swim fast, Swim T.U.F

Coach Chris

# Club Long Course Records

| CAMPBELL RIVER KILLER WHALES SWIM CLUB LONG COURSE RECORDS |                           |                           |                             |                            |                            |
|--|---------------------------|---------------------------|-----------------------------|----------------------------|----------------------------|
| EVENT  | 10 & UNDER GIRLS          | 11 – 12 GIRLS             | 13-14 GIRLS                 | 15-16 Girls                | SENIOR WOMEN               |
| 50 Freestyle   | 31.96 J. Cormier -2006    | 29.89 S. Savard - 1997    | 28.87 K. Rowbotham-2006     | 27.99 K. Rowbotham -2007   | 29.07 K. Rowbotham-2009    |
| 100 Freestyle  | 1:10.59 S. Savard -1996   | 1:05.64 J. Cormier -2008  | 1:01.15 T.Padington -2009   | 59.66 T.Padington – 2009   | 1:03.11 A. Preston - 2010  |
| 200 Freestyle  | 2:43.83 J. Cormier-2006   | 2:21.63 J. Cormier -2008  | 2:11.60 T. Padington – 2009 | 2:11.25 T.Padington – 2009 | 2:19.16 J.Pomeroy – 2009   |
| 400 Freestyle  | 5:31.83 J. Cormier-2006   | 5:01.78 M. Kelly – 1988   | 4:41.77 M. Gorjeu – 2007    | 4:43.25 T. Padington -2009 | 4:52.98 A. Preston - 2010  |
| 800 Freestyle  | 13:51.52 K. Healy -2005   | 10:03.56 M. Kelly – 1988  | 9:43.16 M. Gorjeu – 2007    | 9:39.98 S. Burrell -1989   | 10:51.28 K.McFarlane2002   |
| 1500 Freestyle   |                           | 20:12.70 M. Healy -2006   | 18:33.63 M. Gorjeu -2007    | 18:31.09 M. Gorjeu -2008   | 20:38.27 J.Pomeroy -2009   |
| 50 Backstroke  | 41.14 A. Preston-2003     | 35.44 J. Cormier – 2008   | 33.12 A. Preston – 2007     | 32.32 A. Gilbert -2006     | 33.57 – C. Mabee - 1992    |
| 100 Backstroke   | 1:25.86 J. Cormier-2006   | 1:16.22 J. Cormier – 2008 | 1:11.18 A. Preston – 2007   | 1:10.50 A. Gilbert – 2006  | 1:07.56 C. Mabee -1992     |
| 200 Backstroke   | 3:14.70 K. Windle -2010   | 2:42.59 J. Cormier – 2008 | 2:34.23 A. Preston – 2007   | 2:30.99 A. Preston – 2008  | 2:29.86 C.Mabee -1992      |
| 50 Breaststroke  | 46.37 S. Cameron-2004     | 38.39 A. Ellis – 1987     | 36.06 K. Rowbotham- 2006    | 35.78 K. Rowbotham -2008   | 37.28 K.Rowbotham-2009     |
| 100 Breaststroke   | 1:36.64 T.Adamschek -2008 | 1:21.85 A. Ellis - 1987   | 1:17.88 K.Rowbotham-2006    | 1:16.98 K. Rowbotham-2008  | 1:20.22 K.Rowbotham2009    |
| 200 Breaststroke   | 3:31.59 A.Bakker -2002    | 2:56.17 A. Ellis -1987    | 2:49.96 K. Rowbotham-2006   | 2:44.57 B. Roy - 1991      | 2:52.42 K.Rowbotham2009    |
| 50 Butterfly   | 36.18 J. Cormier-2006     | 31.95 J. Cormier – 2008   | 31.46 A. Preston – 2007     | 30.93 A. Preston – 2008    | 31.64 A. Preston - 2010    |
| 100 Butterfly  | 1:29.74 J. Cormier-2006   | 1:11.62 S. Kikuchi – 1999 | 1:09.20 S. Kikuchi -2000    | 1:07.18 A. Preston -2008   | 1:09.17 A. Preston - 2010  |
| 200 Butterfly  |                           | 2:44.96 J. Cormier – 2008 | 2:31.83 M. Gorjeu -2007     | 2:23.97 S. Burrell -1989   | 2:36.30 A. Preston - 2010  |
| 100 Ind. Medley  |                           |                           |                             |                            |                            |
| 200 Ind. Medley  | 2:57.04 J.Cormier-2006    | 2:43.86 J. Cormier – 2008 | 2:33.74 A. Ellis-1988       | 2:28.16 S. Burrell – 1989  | 2:33.58 K.Rowbotham2009    |
| 400 Ind. Medley  | 6:48.35 K. Windle -2010   | 5:52.15 J. Beaudin -2011  | 5:30.40 A. Preston - 2007   | 5:10.51 S. Burrell - 1989  | 5:28.78 J. Pomeroy 2009    |
| EVENT  | 10 & UNDER BOYS           | 11 – 12 BOYS              | 13-14 BOYS                  | 15-16 BOYS                 | SENIOR MEN                 |
| 50 Freestyle   | 33.42 C. Gorjeu – 2005    | 28.39 T. Roberts – 1989   | 26.80 A. Page – 2008        | 24.88 J. Stamhuis – 2008   | 25.26 D. Botsford -2006    |
| 100 Freestyle  | 1:09.57 C. Skuse – 2010   | 1:00.58 T. Roberts – 1989 | 56.40 A. Page – 2008        | 56.25 T. Black -1995       | 55.19 T. Healy – 1988      |
| 200 Freestyle  | 2:35.85 C. Skuse – 2010   | 2:13.30 T. Roberts – 1989 | 1:58.18 A. Page – 2008      | 2:05.26 D. Palmer - 2010   | 1:59.20 T. Healy – 1988    |
| 400 Freestyle  | 5:28.04 C. Skuse – 2010   | 4:41.210 A. Page – 2006   | 4:10.75 A. Page – 2008      | 4:24.00 D. Slater – 1995   | 4:12.11 T. Healy – 1988    |
| 800 Freestyle  | 12:37.51 M. Sharpe – 2002 | 9:35.81 A. Page – 2006    | 8:47.54 A. Page – 2008      | 9:19.52 D. Slater – 1995   | 8:45.95 T. Healy – 1988    |
| 1500 Freestyle   |                           | 18:11.70 A. Page – 2006   | 16:30.32 A. Page – 2008     | 17:34.38 D. Slater – 1995  | 16:24.49 T. Healy – 1988   |
| 50 Backstroke  | 39.52 C. Gorjeu – 2005    | 36.08 T. Roberts – 1989   | 31.90 A. Page – 2008        | 30.33 J. Cybulski – 1995   | 28.76 D. Botsford - 2007   |
| 100 Backstroke   | 1:22.30 C. Skuse – 2010   | 1:13.18 T. Roberts – 1989 | 1:05.33 P. McFarlane – 1996 | 1:03.52 J. Cybulski – 1995 | 1:00.88 D. Botsford - 2006 |
| 200 Backstroke   | 3:02.49 C. Skuse – 2009   | 2:41.90 R. Nuttall – 1994 | 2:23.91 S. Pallan – 1988    | 2:21.83 B. Wright – 1991   | 2:14.32 D. Botsford – 2006 |
| 50 Breaststroke  | 45.18 C. Skuse – 2010     | 35.46 T. Roberts – 1989   | 33.63 A. Page – 2008        | 34.35 B. Hoyt – 2005       | 30.19 J. Stamhuis- 1996    |
| 100 Breaststroke   | 1:39.56 B. Hoyt – 2000    | 1:14.96 T. Roberts – 1989 | 1:10.75 A. Page – 2008      | 1:11.69 B. Hoyt – 2005     | 1:04.47 J. Stamhuis –1996  |
| 200 Breaststroke   | 3:50.63 C. Skuse – 2010   | 2:39.54 T. Roberts – 1989 | 2:33.16 A. Page – 2008      | 2:35.34 B. Hoyt – 2005     | 2:20.92 J. Stamhuis –1996  |
| 50 Butterfly   | 36.23 C. Skuse – 2010     | 31.97 A. Page – 2006      | 28.42 A. Page – 2008        | 27.49 J Calder - 2006      | 28.01 D. Slater- 1995      |
| 100 Butterfly  | 1:21.91 C. Skuse – 2010   | 1:10.49 A. Page – 2006    | 1:01.29 A. Page – 2008      | 1:01.69 D. Slater – 1995   | 1:00.51 D. Slater – 1995   |
| 200 Butterfly  | 3:27.49 C. Skuse – 2009   | 2:35.22 A. Page – 2006    | 2:13.08 A. Page – 2008      | 2:11.35 D. Slater – 1995   | 2:30.72 P. McFarlane-1996  |
| 100 Ind. Medley  |                           |                           |                             |                            |                            |
| 200 Ind. Medley  | 2:59.07 C. Skuse – 2010   | 2:25.47 T. Roberts – 1989 | 2:16.75 A. Page 2008        | 2:09.97 J.Stamhuis – 1995  | 2:16.03 K.Winkelmeyer-2005 |
| 400 Ind. Medley  | 6:11.20 C. Skuse - 2010   | 5:27.73 T. Roberts - 1989 | 4:47.66 A. Page 2008        | 4:52.78 D. Slater - 1995   | 4:39.55 J. Stamhuis 1995   |

Updated August1, 2011

## Time to Learn

A young but earnest Zen Student approached his teacher, and asked the Zen Master:

“If I work very hard and diligent how long will it take for me to find Zen?”

The Master thought about this and replied “Ten Years.”

The student then said, “But what if I work very, very hard and really apply myself to learn fast-- How long Then?”

Replied the Master , “Well, twenty years.”

“But if I work really, really work at day and night. how long then?” asked the Student.

“Thirty years”, replied the Master.

“But I do not understand,” said the disappointed student. “At each time that I say I will work harder, you say it will take longer. Why do you say that?”

The Master replied, “When you have one on the goal, you only have one eye on the path.”



“Not much on style, but she’s got a nice start.”