

# COACHES CORNER

From the Desk to the Deck (and everything in between)!

Hello TEAM,

I am so very happy to be back on deck and with our athletes back in the pool. I know I've said this before but I want to extend a big THANK YOU to all the HHBF executives and Town members and coaches who have worked very long hours together to get our club open and who continue to work hard to keep it open in the face of this strange and restricting pandemic. Now that the athletes are back in the pool training with a 'new normal' Swim Ontario, Swimming Canada and our TEAM at HHBF, are turning our attention to a return to racing strategy. More information to come on this topic as we are getting new info weekly from the provincial organizers. I simply want to share with you that there is a plan and it is in the works, however with that said I do not have any concrete dates for you on when we will race - stay tuned for that. In other news the club is starting to find its stride and our great new additions to the coaching staff, Coach Steph and Coach Aman are fitting in GREAT rounding out our program. I couldn't have asked for a better TEAM of coaches, as Steph and Aman are engaged in teaching strokes and skills, as well as motivating in practice racing, and overall they are both true fans of the sport. Along side Coach Steph and Coach Aman, our JR coaches started working this past month with the IntroComp groups, putting HHBF at full steam ahead when it comes to on deck teaching/training. Goal sheets and test sets have started showing up in SNR and JR groups. These are important tools of data collection so the coaches can create a more efficient and effective plan for practices and your swim season. Remember we want to know where we are, and where we want to go, and then create a road map to connect the two. Finally as we head into the winter I want to remind all our athletes to do everything in your POWER to stay healthy. This includes hats, jackets, getting enough SLEEP for rest and recovery, EATING our healthy foods to get the recommended minerals and vitamins, and as always listen to your body and communicate with your coach on how you are feeling.



EAT healthy, SLEEP soundly & OUT TRAIN THEM!  
Communication—>Trust—>Respect—>Excellence!  
#BeBetter #DoEpic #OutTrainThem

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## JNR WHITE & JNR BLUE

Happy fall everyone! We finally made it into the pool! I am extremely happy with how Jnr White and Jnr Blue are progressing. This past Wednesday, Jnr White and Blue had a zoom call. We talked about Short term and Long-Term Goals, Dryland, Time Sheets and especially Mental Health. Including but not limited to confidence, anxiety, and stress. We also talked about making a Pro and Cons list for each stroke. This will help athletes and myself figure out what exactly we need to fix or do to improve. We all agreed Goal Sheets and Pro and Cons list will be due on Nov 2nd, 2020. We are hoping to continue these zoom calls biweekly if we receive positive feedback, so please feel free to let me know.



In the oncoming weeks, Jnr White and Blue will be focusing on building endurance, while maintaining proper technique. We will be doing sets based off our T-Pace, which you can find on the google drive. As well as we plan to update test sets, so we can track how we are progressing. Please feel free to email me anytime.

Stay Healthy and Safe.  
Thanks,  
Coach Steph

## INTROCOMP

### **#1 Intro-Comp Program Update:**

The Introduction to Competitive Swimming (IntroComp ABC) program is designed to build a strong foundation of the four basic swimming strokes and other competitive skills. The goal is to engage swimmers in fun and challenging activities through a formal training structure and focus on the long term athlete development. Presently, the program consists of at least 2 coaches on-deck working with 10-12 athletes for every group. The focus of each class is the perfect-repetition of strokes using various drills, activities, and swims. The group is building from freestyle and backstroke swims to breaststroke and butterfly. Also, every practice has starts and turns practices. The end-goal is to make happy, versatile, and technically accurate swimmers because a happy swimmer is a fast swimmer.



### **#2 Success Mantra: Take one small step.**

Our daily habits aren't just important; they're the whole ballgame. Aristotle knew this when he wrote, "we are what we repeatedly do." And despite our natural desire to fix everything at once, the best way to get big results is to make tiny, continuous changes to daily habits. Improving any metric by one percent at a time adds up to exponential growth over the long term. What matters in the short term is correct-repetition. We must make our daily practice "too small to fail." For example, ensure you practice perfect-swimming for fifteen minutes every day, and you'll soon find yourself eager to do more!

### **#3 Conclusion: The Power of Routines.**

The secret to being a high achiever is a lot simpler than you'd imagine: It's all about routine and focus. You too can make the best of your natural gifts. What you need is a system that helps you to hone your skills. And then apply those skills in a focused way. In the lead-up to the Beijing 2008 Olympics, Michael Phelps never missed a practice – not on his birthday, not during the charmas... he was there every single practice. As a result, he won the eight gold medals in a single Olympic Games – the most by any athlete in history. His focus, goal-setting, and adherence to the routine made him the most successful and respected athlete.

Watch the video below to seek his dominance and the power of routines in the 2008 Beijing Olympics. Video-Link: <https://drive.google.com/file/d/1EngGG-pXTbx6-m78FxFWlhct2loQBf8f/view?usp=sharing>

Coach Aman

## Equipment:

Reminder that SNR & JR athletes need to have their own equipment (IntroComp is recommended to have their own gear as well). You can find the equipment list on our website or through the link HERE:

<https://www.teamunify.com/team/canhbf/page/swimmers/equipment>

## Throw-Back: 2015/16 Picture Day!!!

(Do you recognize any of these swimmers???)

\*5 of these athletes are currently in SNR Blue, & in their graduating year.



## A Note From Coach Shannon:

-Hello from home!

The season is well underway and lots of great swimming is happening. I enjoy hearing from Coach Stephanie on all the great training and progress of the Junior Blue & White groups. It was a great joy to see everyone at practice and at our video meeting, I deeply miss everyone! As most know I am currently on maternity leave with my beautiful, amazing, and wild kiddos. On May 27th we welcomed our daughter Annemarie into our lives and family, both her and I had a safe and healthy journey home. Jack is embracing his new role as big brother making sure when she cries, he sings, if she smiles, he dances and if she needs a diaper change that it's my job. We are busy at home updating our baby proofing as well Jack started JK remote learning and changing the kitchen table into his classroom. He is doing a fantastic job navigating the computer as well teaching me a few tips as my old school ways take to long. This year has been one for the books but has taught me to cherish every moment weather its happy, stressful, or goofy. Time is flying by and I look forward to getting back on deck but until then keep the great training going, stay passionate in your love for swimming and keep believing you all are the greatest! Stay safe, Stay healthy!

"Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve." – Mary Kay Ash

- Coach Shannon



## Coaches Corner Google Drive Folder

When the world went on lockdown back in March, Coach Shannon and I hosted a bunch of online webinars (about 10), and we had visual documents to outline our teaching. Many people, swimmers and parents, have asked about them and have said that they found the documents helpful, thus I've decided to create a folder on Google Drive so everyone can review the files in PDF. I've posted the most important ones including the four strokes as well as ones on goals, starts and qualifying times!

Link to Google Folder: [https://drive.google.com/drive/folders/14uJmtyzBGcq\\_d2Xfs\\_JvCYWOKX8Z1A7q?usp=sharing](https://drive.google.com/drive/folders/14uJmtyzBGcq_d2Xfs_JvCYWOKX8Z1A7q?usp=sharing)

## Nutrition Nook:

I've had parents and athletes over the years ask me my thoughts on food. I'm not a dietitian or a nutritionist, but I've trained on many different diets (fast food to plant-based) and I've learned a few things fuelling myself while training and racing 100miler foot races, 24hour races, triathlons, adventure races and my own swimming career. The most important thing in my opinion, is to find what works for you. Here is a healthy and delicious recipe that my whole family loves. Try them out and let me know how they turned out! Stay hydrated & Stay fuelled! #EatSleepTrain

# Cauliflower Wings

## Vegan, Gluten-Free!

**author:** Simple Vegan Blog  
**prep time:** 20 minutes  
**cook time:** 40 minutes  
**total time:** 1 hour  
**yield:** 6-8  
**category:** Appetizers, Gluten Free  
**cuisine:** Vegan, American-Inspired  
 These Buffalo cauliflower wings are baked, not fried and also gluten-free. They're so easy to make and a super healthy snack, appetizer or side.



### ingredients

- 1 head of cauliflower

For the batter:

- 1 cup plant milk, we used soy milk (250 ml)
- 3/4 cup flour, we used brown rice flour (120 g)
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp paprika
- 1/8 tsp ground black pepper

For the Buffalo wings sauce:

- 1/2 cup water (125 ml)
- 1/4 cup apple cider vinegar (4 tbsp)
- 1/4 cup tomato paste (4 tbsp)
- 2 tbsp tamari or soy sauce
- 2 tbsp tahini
- 2 tsp paprika
- 2 tsp garlic powder

### instructions

Preheat the oven to 450°F or 230°C.

Wash and cut the cauliflower head into bite sized pieces or florets.

Mix the batter ingredients in a bowl until well combined.

Dip each floret into the batter and coat evenly. Shake off excess and place on a parchment lined baking sheet.

Bake for 20 minutes, flipping the florets over half way through.

To make the Buffalo wings sauce you can mix all the ingredients in a bowl or add them to a blender and blend until smooth. Then pour the sauce into a mixing bowl. I prefer to blend them, but it's up to you.

Toss the baked florets in the sauce, 1 or 2 pieces at a time. Shake off excess and place back on the baking sheet.

Bake for another 20 minutes or until golden brown, flipping the florets over half way through.

Serve with our simple vegan ranch dressing and some chopped chives on top (optional).

Keep the Buffalo cauliflower wings in a sealed container in the fridge for up to 5 days.

# SNR TEST SETS

(Round 1 - setting a baseline)

## **400FR Kick**

(with a board)

Marcus - 6:33  
 Evan - 6:48  
 Alyson - 6:49  
 Wayde - 7:17  
 Matt - 7:26  
 Adam - 7:43  
 Clara - 7:46  
 Emma - 7:48  
 Jillian - 7:51  
 Paige - 7:58  
 Andy - 8:01  
 Olivia - 8:05  
 Jackson - 8:08  
 Stella - 8:11  
 Sarah - 8:17  
 Fiona - 8:29  
 Audrey - 8:44  
 Dom - 8:47  
 Celina - 8:48  
 Teryn - 8:51  
 Owen Ar - 8:51  
 Bree - 9:00  
 Kaydin - 9:24  
 Addison - 9:26  
 Austin - 9:42  
 Veronika - 9:53  
 Montana - 9:56

## **25 FL Kick**

(underwater-no breaths)

Matt - 14.4  
 Alyson - 14.6  
 Evan - 16.8  
 Owen An - 17.1  
 Jillian - 18.1  
 Dom - 18.3  
 Emma - 19.4  
 Stella - 20.0  
 Audrey - 20.3  
 Owen Ar - 20.4  
 Austin - 20.4  
 Teryn - 20.8  
 Addison - 21.7  
 Paige - 22.2  
 Celina - 22.5  
 Sarah - 23.6  
 Veronika - 23.6  
 Montana - 24.4  
 Kaydin - 26.0

## **300FR Swim**

(from a push)

Matt - 3:32  
 Owen An - 3:42  
 Adam - 3:46  
 Evan - 3:49  
 Owen Ar - 3:50  
 Marcus - 3:51  
 Wayde - 3:51  
 Dom - 3:52  
 Alyson - 3:56  
 Andy - 4:03  
 Addison - 4:04  
 Stella - 4:08  
 Khloe - 4:18  
 Montana - 4:24  
 Audrey - 4:27  
 Olivia - 4:30  
 Kaydin - 4:30  
 Teryn - 4:33  
 Fiona - 4:36  
 Emma - 4:37  
 Sarah - 4:37  
 Jackson - 4:37  
 Jillian - 4:41  
 Celina - 4:44  
 Bree - 4:48  
 Veronika - 4:50  
 Austin - 4:59

Want to see where your races and times rank against the rest of HHBF? How about against the entire history of HHBF? How about all of Canada or even the World?

Check out [SwimRankings.net](https://www.swimrankings.net) or follow this link to see the

HHBF ranking page:

<https://www.swimrankings.net/index.php?page=rankingDetail&club=CAN.HHBF>

# JR TEST SETS

(Round 1 - setting a baseline)

## **200FR Kick**

(with a board)

Maddison - 3:48  
 Emersyn - 3:50  
 Charlotte - 3:54  
 Thea - 3:58  
 Ava - 3:59  
 Victoria - 4:05  
 Kaeliegh - 4:07  
 Sashka - 4:13  
 Kenzie - 4:34  
 John - 4:36  
 Hayley - 4:40  
 Sarah - 4:43  
 Abigail - 4:51  
 Claire - 4:59  
 Theo - 5:04  
 Aoife - 5:05  
 Hailey - 5:06  
 Ewan - 5:20  
 Colin - 5:28

## **25FL Kick**

(underwater-no breaths)

Victoria - 19.8  
 Thea - 20.9  
 Sashka - 22.2  
 Ava - 22.6  
 Emersyn - 22.8  
 Charlotte - 23.4  
 Theo - 26.5  
 Ewan - 26.7

## **150FR Swim**

(from a push)

Victoria - 2:11  
 Maddison - 2:11  
 Sashka - 2:12  
 Ewan - 2:19  
 Emersyn - 2:21  
 Ava - 2:22  
 Emerson - 2:22  
 Charlotte - 2:24  
 John - 2:25  
 Kaeliegh - 2:29  
 Colin - 2:31  
 Theo - 2:32  
 Hailey - 2:33  
 Sarah - 2:37  
 Zoe - 2:42  
 Thea - 2:42  
 Hayley - 2:43  
 Aoife - 2:45  
 Will - 2:49  
 Kenzi - 2:54  
 Abigail - 2:55  
 Claire - 2:59  
 Finn - 3:03  
 Lilly - 3:05  
 Matt - 3:34

## **“International Swimming League”**

The fastest swimming in the world racing in Budapest.

Season 2 with Toronto Titans Canada's first TEAM!

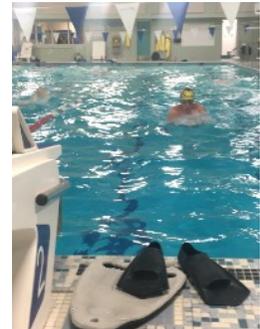
<https://isl.global>

Check it out and watch all this month live stream on CBC!

<https://www.cbc.ca/sports/olympics/summer/aquatics>



# 'Candid Camera' @ GIP



Final Thought.

We are extremely lucky to have the opportunity and privilege of competitive sport. Many people in the world don't have access or can afford being involved with activities such as competitive swimming, and while we all struggle sometimes with feelings of entitlement, try to realize the wonderful opportunity swimming has provided us all, and let's try not to take it for granted. We are blessed to have such a strong community with many great services and many great people. Going into the winter season let's take advantage of our opportunity to train and realize our full potential through sport.

Be kind to each other, over and out!

Chris Henderson

Head Coach

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