

COACHES CORNER

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

Hello TEAM,

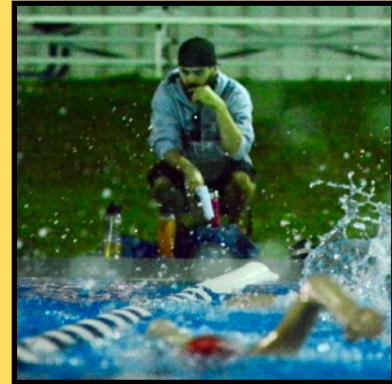
It is so good to be back on deck. My day just never feels right, unless I'm up at 4:30am, drinking a coffee on a pool deck, smelling chlorine, and seeing the sights, and hearing the sounds of hard working SNR swimmers grinding it out - very motivating.

As you know we have all our groups back in the pool and everyone seems to be very pleased to be back - even the lifeguards. The training environment is positive and I've got to see all groups and it seems most athletes have grown over the break. The TEAM is looking strong and the coaches are all very excited to get to work and build back our aerobic base and fine tune our technique. We hope that eventually we will be able to race at a competition pool, however realistically that is uncertain and out of our control, so our back-up plan is to run 1 or 2 more in-house time trials throughout the next 4 months of swimming. Our last time trial in December was a huge success and we want to run the same format with a full week of racing sometime at the end of April and another at the end of June. The coaches have also been working hard on some changes for dryland, as well as some ideas for a summer program so please stay tuned for more information.

As the spring weather rolls in do your best to get outside, move and soak up some sunlight and now that we are back in the pool do your best to make every practice let's take advantage of this time to learn, grow and train to become the best swimmers/athletes we can.

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

Chris Henderson
Head Coach
www.HaltonHillsBlueFins.com
RunFarCrew.Wordpress.com



Coach Steph

Welcome back to the pool Yayyyy! The past couple months, I have really missed the pool and seeing all our athletes doing amazing things. It is always an amazing feeling seeing other people succeed, especially when you have some influence. That being said we had an amazing race week. It was super exciting to have our in house meet and seeing all that hard work in use. Many athletes got some personal bests, which is amazing given the world we currently live in and all the restrictions we have had to face this year. My last couple months have been pretty chill. Spent a couple cold weekends up at the cottage with no electricity up there, it's a lot more fun than it sounds I promise! I learned how to ride a snowmobile, which is extremely fun. Anyways, I hope everyone else had a good break and well rested to give it their all at practice!



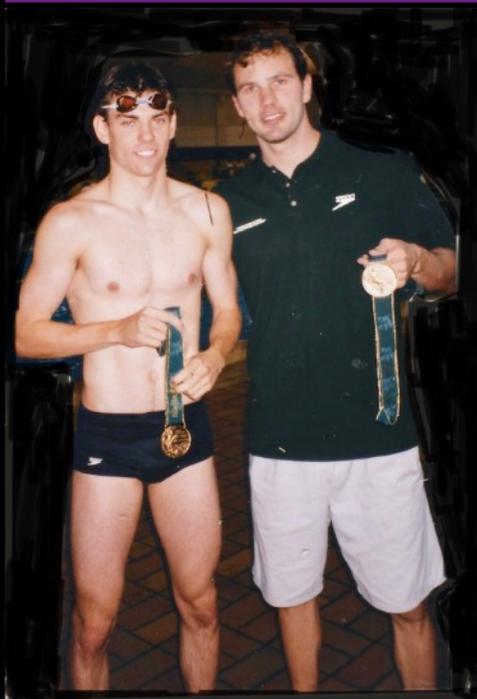
Equipment:

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 below:

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

(Way-Back) Throw-Back!!!

(Do you recognize these swimmers???)
Yes we were swimmers at one point!!!)



A Note From Coach Shannon:

Welcome back swimmers were back in action at the pool and excited to get training underway with our friends and family at the Blue Fins. Winter is finished off with a fantastic time trail with many and all swimmers posting new personal best times. A big thank you and shout out to Coach Chris and Coach Stephanie for running a great and creative time trial to get racing in an unusual year.

As we get underway into our spring training this is a great time to take a review of your goals sheets and update those you have completed as well create new goals to achieve by summer. As my coach said to me, always be working to improve something as it improves you. We may not have swim meets yet but we will be back to racing soon enough, so take advantage of this time of focussed training and self improvement. We all have our favorite strokes, events, sets and drills but always try and challenge yourself to work on those that are less favorable. This creates a diverse swimmer with endless possibilities to achieve success.

Once again, I would like to thank Coach Stephanie for doing an amazing job taking care of our JR groups while I am away on maternity leave. It is hard to be away from the deck and the swimmers but Coach Stephanie keeps we well informed on the progress and fun happening on deck. I look forward to returning on deck in May and back working with our blue fin's family! The time has sure flown by as Annemarie will be turning 10 months old this month and Jack is almost finished his first year of JK of remote learning. We are busy reorganizing and updating our baby proofing as Annemarie is crawling with lighting speed but standing with little hands into everything. Jack has been a wonderful mommy's helper and always lets me know he is not a little boy but going to be 5 this summer so he will be a big boy. It has been a blessing to be completely emersed into their growing lives especially during a eventful time.

As we return to regular training please remember to adhere and follow the Covid protocols not only for your fellow swimmers but the coaches and staff on deck at GIP. In these uncertain times we need to show are support to allow our door to be open. New days are on the way so stay safe and vigilant as we will weather this storm! Nothing is impossible, the word itself says "I'm possible"! -- Audrey Hepburn

Coach Shannon



Coaches Corner Google Drive Folder

When the world went on lockdown back in March 2020, 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

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 it out and let me know how it turns out! Stay hydrated & Stay fuelled! #EatSleepTrain

Life-Changing Bread

Vegan, Gluten-Free, Whole-Grain,
No-Knead, No-Mess!



Ingredients

1 cup (135 grams) sunflower seed kernels (not in the shell)
 1/2 cup (90 grams) flax seeds
 1/2 cup (65 grams) hazelnuts or almonds
 1 1/2 cups (145 grams) rolled oats (if making gluten-free, make sure to get certified gluten-free oats)
 2 tablespoons chia seeds
 4 tablespoons psyllium seed husks (3 tablespoons if using psyllium husk powder)
 1 teaspoon fine grain sea salt (add 1/2 teaspoon if using coarse salt)
 1 tablespoon maple syrup (for sugar-free diets, use a pinch of stevia)
 3 tablespoons melted coconut oil or



“My New Roots” Sarah Britton

Directions

- 1 In a flexible, silicon loaf pan or a standard loaf pan lined with parchment, combine all dry ingredients, stirring well. Whisk maple syrup, oil, and water together in a measuring cup. Add this to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add one or two teaspoons of water until the dough is manageable). Smooth out the top with the back of a spoon. Let sit out on the counter for at least 2 hours, or all day or overnight. To ensure the dough is ready, it should retain its shape even when you pull the sides of the loaf pan away from it or lift the parchment.
- 2 Preheat oven to 350° F / 175° C.
- 3 Place loaf pan in the oven on the middle rack, and bake for 20 minutes. Remove bread from loaf pan, place it upside down directly on the rack and bake for another 30 to 40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing.
- 4 Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!

SNR TEST SETS

We use test sets as check points throughout our training.

SNR Blue Link [HERE!](#)
SNR White Link [HERE!](#)

JR TEST SETS

We use test sets as check points throughout our training.

JR Blue Link [HERE!](#)
JR White Link [HERE!](#)

Swim Ontario Virtual Performance Tracker

Swim Ontario has been compiling practice results from coaches across the province and ranking all results against each other. Not ideal but still a fun way to see where we stand against others in Ontario.

Link [HERE!](#)

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>

'Meet Week' Results

In December Swim Ontario was not allowing any meets to be hosted, and we were approaching the end of our phase 1 training cycle, with athletes looking strong and fast. The HHBF coaches wanted an opportunity to show case all the great work the athletes and coaches had been doing, so we decided to host our own in-house time trial, during practice within each individual group. The coaches planned and ran a great in-house meet. This was a tremendous amount of work and many hours, on deck and off, organizing, timing, recording and scoring. A BIG thank you to our meet manager Jamie, and Coach Steph for all their hard work which made this a successful meet. The swimmer's times were fast and it was a great to see the athletes race!

Link to the results [HERE!](#)

High Point awards are given to the highest scoring athletes in their age group. Most high level meets give out these awards such as regionals, provincials and nationals so we decided to go all in and score points as well and recognize our high point winners and give out High point trophies! Our time trial was divided up into the following age groups (9&Under, 10-11, 12-13, 14-15, 16&Over). The winners were:

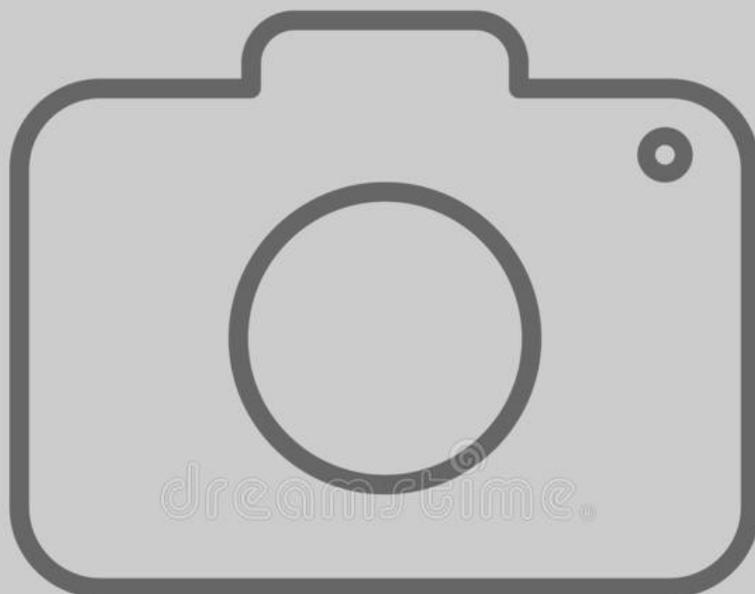
WINNERS

Chelsea Goodwin
Maxwell Lockwood/Austin Nelissen (tie)
Madison Thoy
John Victor
Addison Nellis
Tayjon Brown
Montana Geris
Andrew Stanescu
Alyson Leonard
Matt Jackson



'Candid Camera' @ GIP

Since we were away from the pool...



**No image
available**

Final Thought.

We are back in the pool, let's be thankful for that. We are healthy and able to swim, let's be thankful for that. We have a TEAM that is ready to train and work together, let's be thankful for that. Focus on what is ahead and the possibilities, looking back and lamenting on the time lost is not positive or productive. Be thankful and let's use our time to level up, learn, grow, #BeBetter, #DoEpic & #OutTrainThem!

Be kind to each other, over and out!

Chris Henderson
Head Coach
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