

The

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Head Coach's Report

April is a time of change on the swimming calendar, marking a changeover in I Can Swim programming, swimmers moving between competitive groups and the transition to LC swimming. Long Course swimming is racing in a 50m course rather than 25m. It is the course of the Olympics and major championships and highlights swimming skill more than the turning and underwater skills that short course swimming emphasises. If your stroke technique breaks down at 20 metres you have only 5m of poor technique into a turn on short course, but in long course you have 30 metres! Reliable stroke technique will lead to long course success.

Speaking of which, we had a very successful Commonwealth/Pan Pac Swimming Trials in Victoria, April 2-5. LASC had 8 swimmers at the meet and 3 of them made National Teams! Congratulations to Kyle Troskot, Kaelan Freund and Nathan Sawicki. Kyle, who goes to school at Texas A&M, made the Pan Pacific Championships and will compete in Gold Coast, Australia August 21-25. Kaelan made the Youth Olympic team going to Nanjing, China August 16-28. Nathan made the Jr. Open Water Initiative and will race a 10 km ocean swim in Cayman Islands June 14-16. Make a national team and see the world! We finished 12th place at the meet with

over 100 teams from across Canada competing.

We will have some coaching changes in the next few weeks with many on our staff heading home for the summer or in some cases completing school. Junior Provincial Coach Kristi MacLeod has finished her teaching degree and is returning to Calgary where she will coach summer club before pursuing her teaching career. Thanks to Kristi for all you have done with LASC - you are a great coach and will be missed. Coach Mackenzie is also gone for the summer due to other work commitments but she will be back in the fall. Spencer will be coaching OW and Chloe will be the main JP coach. For those in ICS we will have a number of coaching changes but we have good coaches in each position. The group lead coaches will be Spencer for Level 3, Brittany for Level 2 and Natalie for Level 1.

We should be really proud of the fine job LASC did with Swim A Thon; an extraordinary accomplishment by our swimmers, great sponsorship support by families and friends and a terrific volunteer effort from Chris Coolen organizing the event. As a team we raised almost 13k and swam over 150 km. Well done LASC.

Happy Spring everyone and Swim Fast & Have Fun!

Coach Peter

I Can Swim Coach Reports

I Can Swim 1

This past session has been awesome! All our swimmers improved greatly. It is hard to believe how much they have all accomplished over the past short while. With some moving on to new stages and other staying for a little more technical improvement we are very excited to get this next session going. Seeing all the new eager faces is very exciting. We will be starting with the basics of swimming such as kicking on their fronts and backs, breathing patterns and front crawl and backstroke arm positioning. We are excited for what is to come and hope you are as well!

Coach Kiara

I Can Swim 2

The beginning of April marks the end of an I Can Swim season. This season's Stage Two group has been marked by vast improvements from all of its swimmers. Four months ago the athletes were introduced to basic kick, lane etiquette and some drills to learn body position in the water. Now every swimmer can confidently swim a hundred meters if not more, and has an understanding of technically proper freestyle and backstroke as well as auxiliary skills such as push offs and dives. On top of this the swimmer's appetites have been whet with a taste of the skills that will come next, such as butterfly, breaststroke and flip turns. While many Stage Two swimmers will be moving onto Stage Three, those returning to Stage Two can look forward to further honing their skills in the coming season!

Coach Roger

I Can Swim 3

Another session has come and gone and I have to say that the level of improvements this semester has been excellent. I am happy to say we had a very large group of kids move up to Olympic Way. It is sad to not be coaching them anymore but I am always happy to see my Stage 3's move on and become better swimmers. I am very excited for the start of the summer session and glad to see a lot of new and old faces in my group. I hope that this semester goes as great as the previous ones and that I can help more people move up into complete levels of swimming. To all my new parents, if you have any questions feel free to ask me on deck. I will answer them as best as I can so do not be shy or scared - I'm loud but not mean.

Coach Spencer

Competitive Coach Reports

Olympic Way

Great work this month Olympic Way! Swimathon was a great success with 3 OW swimmers completing the goal of 200 lengths in 2 hours or less! The kids did a great job fundraising and raised more for the swim club than any other LASC group! The Dino Cup was also a success for Olympic Way. The 10 and Under meet was a great chance for our young swimmers to put their hours of practice to the test. We saw a lot of best times and there were many ribbons taken home. Congratulations to our swimmers that moved up to Junior Provincial and welcome to our new swimmers who moved up from Stage 3! Keep up the good work!

Coach Chloe

Junior Provincial

The Junior Provincial group has continued to impress me throughout the month of April. We had five swimmers compete at the Dino Cup meet in Calgary this month- Jozsef, Lazlo, Taryn, Kai and Dawn-Marie. All of the swimmers made several best times- way to go! Jozsef took off nearly 7 seconds in the 100 IM and got his MQT time! I encourage all swimmers to attend the LASC Spring Challenge in May. There will be many more excellent racing opportunities!

April will be my last month coaching with LASC. I will be returning to my hometown Calgary, to begin my teaching career. I would like to thank all of the swimmers and parents I have been lucky enough to work with during my time in Lethbridge. I have loved being a part of the LASC community, and will miss it very much! I encourage my swimmers to stay in touch. I would love to get updates and hear how everyone is doing! My email address is kristimacleod@hotmail.com. Keep on swimming fast!

Coach Kristi

Provincial & Junior National

Our long course season has officially begun! Emily Coolen, Isaac Benke, and Graeme Godwin all attended the Chinook Invitational meet in Swift Current, SK at the beginning of April with great results. All three swimmers set new best times, with both Isaac and Graeme achieving their MQT times to qualify for B Provincials in June. Great work!

The rest of our group will have their first long course racing opportunity at our own upcoming Spring Invitational. We had a difficult month of training leading up to the Easter break, and we will continue to work hard as we draw closer to championship season. Our focus remains on aerobic development in the water with the emphasis on core strength and

coordination in our dryland program. As the weather improves we will be heading outside for dryland, and it's important that the swimmers remember good shoes! I'd like to see our entire group participate in our last cycle of dryland, so if your swimmer hasn't been out yet this year they are strongly encouraged to show up at 4:15 on Mondays and Wednesdays prior to swim practice.

Coach Jilayna

National

As the swimmers know I like animal analogies when describing swimming skills and body position. I do not have any good animal analogies for this message, sorry. We are at a unique time in the swimming calendar with the short course championship & CGT's in the rear view mirror and a little break between competitions. It is a good time to take a breath, make an assessment and re-chart your course. We have had some good discussions in reviewing the SC season, and now is the time to make the changes we have proposed. Our long course championship meets are coming up fast, only 80-100 days from now!

We have a very different training environment this time of year with the end of the university season. We will have a small number of university swimmers training with LASC but most Pronghorns are home for the summer. This brings our group size down and may impact a normal training partnership but is very good for our more singular group focus on swimming fast in July. We have good momentum as a group right now with National & Provincial Team placements. Everyone needs to keep moving forward as a team and work to make your own impact, each step forward by an individual is a running stride for the group. A collection of individual steps give us running momentum together.

Peter

Upcoming Events

MAY

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What: LASC Spring Invitational
Where: Lethbridge
Who: All competitive LASC swimmers

MAY

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What: Mel Zajak
Where: Vancouver
Who: Qualified swimmers - see event page

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What: Cascade Swimming International
Where: Calgary
Who: Qualified swimmers - see meet package

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What: T-Rex Invitational
Where: Calgary
Who: Everyone

Don't Forget!

We are still looking for volunteers at our upcoming Spring Invitational! We need timers, stroke and turn judges, heat sheet salespersons, food prep workers, and many more. You can sign up on the website through the event.

swimmers of the month



Nour Salmi: I Can Swim 3

Having just moved up into Stage 3, Nour is already leading the group. She swims great backstroke and freestyle and is quickly learning new skills. Congratulations, Nour!

Cassidy Coolen: Junior Provincial

Cassidy started out the year in Olympic Way but has just moved up into Jr. Provincial. She is always eager to attend swim meets and has achieved many best times this year due to her enthusiasm for racing. Keep up the great work, Cassidy!



Congratulations to our April Swimmers of the Month! Each month two swimmers, one from the I Can Swim program and one from the Competitive program, will be nominated by their coaches for working hard, trying new skills, and bringing a good attitude to the pool. Next month it could be you!