

The

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Head Coach's Report

The February/March timeframe marks the end of the short course season and is the time for Championship Meets. With the onset of these meets we face two challenges. The first challenge is a great one – to rise to the occasion and compete at the regional/provincial/national level. The second challenge is not as great – with the championship meets on the schedule there are very few opportunities to race for swimmers that have not qualified for one of the meets. Unfortunately, once this series of meets begins clubs generally do not put on invitational meets, so if you swimmer is not yet qualified at the Age Group Trials level there are not many chances to race in the next couple of months. The exception to this is for the novice swimmers competing in the Junior Swim Circuit meets which continue to run during the championship meets.

The first championship meet of the season was this past weekend with the Alberta Open 1 in Calgary. We had 11 swimmers compete in preparation for Westerns/Age Champs and Commonwealth Games Trials, and despite the variety of focuses we came away with some strong results. Aidan Godwin and Jeffrey Nicol both won provincial gold in breaststroke events with Jeffrey winning the 50 and Aidan winning the 200 (along with bronze in the 50 &

100 breast). Nathan Sawicki stepped up on the podium in the 800 Free (bronze) and 1500 Free (silver) and Sarah Little picked up a silver medal in the 100 Fly with her first ever LASC club record.

This month we have six swimmers attending the Western Canadian Championships in Vancouver, February 13-16 and seven swimmers qualified for Age Group Trials in Calgary, February 21-23. Good luck at those meets and to our Junior Circuit meet swimmers February 8th.

All LASC swimmers will have the chance to come together and succeed as a team at the Swim-A-Thon on March 22nd. Swim-A-Thon has been a staple of Canadian swimming dating back decades and I can remember the pride that came with achieving 200 lengths for the first time. Our event date is March 22nd and aside from the challenge of completing 5 km of swimming or, in some cases, seeing how fast you can go, we have the challenge of seeing how much money we can raise. Our team goal is \$15,000 and we are already at over \$2300 with 7 weeks to go. The money raised will go towards team equipment and travel. We have a couple of great prizes for our highest earners including lunch with Olympic swimmer Richard Hortness and a group pizza party for the group that averages the most money raised per swimmer.

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Also, congratulations to the Pronghorn Men's and Women's teams on their successful performance at the Canada West Championships in January. The women matched their best performance of the 2000s with a fourth place team finish and the men placed 5th. The men won our first relay medal of the 2000s with a bronze in the 4x100 Free that ranks the Horns 3rd in Canada!

Swim Fast & Have Fun!
Coach Peter

I Can Swim Coach Reports

I Can Swim 1

In Stage One we have been working on the basics to build up good technique. We have been doing lots of body position drills and exercises to help with front crawl arms and breathing to the side, along with the essentials like blowing bubbles face first in the water. Everyone has improved greatly on straight leg kicking with pointed toes on their backs and fronts which will help everyone become fast swimmers! We will be working on more backstroke in the next few weeks and hope to keep seeing lots of enthusiasm and improving!

Coach Kiara

I Can Swim 2

Over the past few weeks Stage Two has been working on a lot of fly kick (dolphin kick) and the coaches have been exceedingly happy with how it has progressed. We are experimenting with teaching the swimmers fly kick and flutter kick simultaneously, and so far the coaches have been blown away with how well the swimmers have learned this new skill. Not only has every swimmer been able to demonstrate fly kick, they have also been able to transfer the skill to their

underwater push-offs, which we will continue to work on in the weeks to come. Along with push-offs we will be introducing more backstroke and freestyle into the day-to-day lessons. We also hope to give the swimmers an opportunity to try butterfly for the first time!

Coach Roger

I Can Swim 3

I Can Swim 3 has had a great start to the second semester. There are a lot of new kids in the group and that is awesome to see. These first couple weeks have been more of a refresh for those that were with me last semester and a introduction to some new stuff for the rookies. We have been focusing mostly on our freestyle, backstroke and flip turns leading into breaststroke and butterfly soon. We have a Thursday Night Races coming up soon here and I would really like for everyone to make it out to that. If you have any question do not be shy; come and talk to me on deck I will try my best to answer them as well as I can.

Coach Spencer

Competitive Coach Reports

Olympic Way

I have enjoyed my first month coaching Olympic Way. Coach Jessie and Coach Roger worked hard with the swimmers all the way through December and now Coach Mackenzie and I are excited to take over the group. They continue to focus on improving their technique and learning new skills. We work tirelessly on our streamlines and underwater dolphin kicks as well as all our turns. Lately we have been focusing on improving our breaststroke kicks and we have also started working on swimming butterfly. Keep up the good work Olympic Way!

Coach Chloe

Junior Provincial

The Jr. Provincial group has continued to make huge improve throughout December and January. The swimmers have been working hard at increasing their endurance. Our practices now have longer distances sets with more meters. We now swim over 1500 meters in an hour-long practice! Congratulations to Taryn Lachman who got her MQT time at the Pronghorns Classic Meet in December. Taryn will be heading to Calgary in February to compete in Alberta Age Group Trials.

Coach Kristi

Provincial and Junior National

Provincial and Junior National swimmers have had a great month of training since coming back from Christmas break. We've been focusing on skills such as improving our underwater kicking, sharpening up our breaststroke and butterfly turns, and getting off the blocks quicker on our starts. Our dryland program has also changed for the new year; most of the group is now participating and we're getting stronger while learning new exercises.

We have a few swimmers qualified for B Provincials coming up at the end of the month, and a couple more qualified for A Provincials in March. I hope to see our B swimmers challenging for a place at A Provincials and those who don't yet have a qualifying time working hard to get to long course Bs. I look forward to the great racing in our future!

Coach Jilayna

National

We had a good start to Championship Season with some best times and strong performances at the Alberta Open and now have to align a number of different focuses over the next two months. Everyone should be clear on which meet/s they are focusing on, and the improvements we need to make for some great racing. Take advantage of the beginning of the semester and slightly less academic pressure to train with purpose and vigor.

Watch the Olympics – obviously the Winter Games are not as great as Summer Games with the lack of swimming, but they are pretty great. Learn from the best and be inspired by the stories, the desire, and the accomplishments that will unfold over the next two weeks. You should be so fired up to train each day because you get to see athletes that have all stood where you stand. You share more in common with them than you realise.

Congratulations to our newest club record breakers – Joshua Freund broke his own record in the 13-14 800 Free and Sarah Little set her first ever LASC record, erasing a 2001 mark in the 13-14 100 Fly. I look forward to us making some major changes to the club records over the next couple of months.

The Swim-A-Thon fundraiser will provide a significant amount of support that is geared toward swimmers in the National group. I encourage each of you to put an effort into your fundraising and would like to see the National group lead the club in fundraising. Whether you contact some local businesses or go door to door – make an effort and be an example for our younger swimmers.

Peter

Did You Know?

Swimming is one of the best physical activities for increasing the thickness of the heart's left ventricular wall. The left ventricle is the chamber of the heart that's responsible for pumping blood throughout the entire body, and a thicker wall means the heart is stronger and doesn't have to work as hard. Swimmers also have larger left ventricles than other athletes like runners and cyclists. This enables the heart to pump more blood with each beat, which further improves its efficiency.

Upcoming Events

Crazy Hat Junior Circuit Meet

Where: Calgary
Who: Olympic Way, Junior Provincial
When: February 8
RSVP Deadline: January 24

Western Canadian Championships

Where: New Westminster
Who: National
When: February 13 - 16
RSVP Deadline: January 16

Alberta Age Group Trials - South

Where: Calgary
Who: Junior Provincial, Provincial, Junior National, National
When: February 21 - 23
RSVP Deadline: February 4

Swim - A - Thon

On March 22, all LASC swimmers will be participating in our 2014 Swimathon fundraiser, swimming up to 2 hours or 5 kilometers. Every family has a \$100 fundraising commitment, so start working on your pledges now!

Our top 3 individual fundraisers and our top family will win lunch with Richard Hortness, a 2008 and 2012 Olympian who grew up in Southern Alberta and raced for the Pronghorns.

Our fundraising website can be found at:

albertaswimathon.ca/lasc

swimmers of the month



Lauren Anderson: I Can Swim 1

Lauren is a natural in the water and has improved a lot over the last few weeks. Her front crawl arms are looking great, along with her breathing and quick kicking. She is a great listener and never gives up, even when she is tired. She is always keen and one of the first kids to the wall to start the next drill. Keep up the great work, Lauren!

Isaac Fletcher: Provincial

Isaac has shown tremendous improvement in his swimming over the past four months. He is attentive to detail, listens well, and applies stroke corrections in both practice and races. He has a great attitude and his enthusiasm for swimming is a positive influence in our group. Way to go, Isaac!



Congratulations to our January 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!

Ask a Swim Parent



Dear Swim Parent:

I'm new to the club and my child has been having a great time at meets. I'd like to get involved in the meets, too, but I don't have any qualifications. What can I do to support the club?

Eager Beaver

Dear Eager,

It's great to hear that your family is enjoying the LASC experience! Swim meets take a lot of volunteers to put on, and there's work to be done both on and off the pool deck. If you don't have any timing or officiating experience, you can volunteer with food preparation, selling heat sheets, or helping to keep track of the results. There are timer's courses offered periodically throughout the year, so keep an eye on your email if you're interested in timing at a swim meet.

Regards,
Swim Parent

Dear Swim Parent:

My child has been training really hard all year and I understand that the Provincial championship meets are coming up quickly. How do I know if my daughter is eligible to go to Provincials?

Dreaming Big

Dear Dreaming,

February and March are two of the most exciting months of the year for our young swimmers. B Provincials is coming up at the end of February and A Provincials will follow a few weeks later at the beginning of March. Swimmers need to have their age-appropriate Meet Qualifying Time (MQT) in order to attend B Provincials, and their age-appropriate A Time to attend A Provincials. Links to these time standards can be found on the LASC website under the Member Zone list.

Regards,
Swim Parent

Have a question? Submit your inquiry through the website's contact form and address it to Swim Parent.