

The

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Head Coach's Report

Championship season continues and since our last newsletter our swimmers have raced at Alberta Age Group Trials, Western Canada Championships and a couple of JSC meets. We had 6 swimmers at Age Group Trials in Calgary, February 21-23 and had a bunch of great swims. This meet is the first qualifying meet on the provincial ladder and swimmers can move to the next level, Age Group Champs, by making an A time or winning individual events. Isaac Fletcher made his 11 y/o A time in 50 free & 50 Fly winning silver in 50 Fly. Apollo Hess had a great meet, racing under the provision that allows swimmers with 3 or fewer A times to compete in their non A events. He won three golds and added new times in 50 Back and 100/200 IM. David Zhang missed A's by only 3/100th in 2 events, placing 2nd in 50/100 Fly with new best times in each.

We also had 6 swimmers compete in New Westminster at the Western Canada Championships and five of them reached individual finals. This meet is the top non-university meet of the short course calendar and has two age categories (girls 15 & under/16 & over and boys 16 & under/ 17 & over). Sarah Little, Jordan Calladine and Vince Sljuka all made finals in at least one event and posted new best times in the younger age categories.

Kaelan Freund made 5 finals in the 16 & under category and won silver in the 100 Breast and bronze in the 50/200 Breast, breaking LASC club records for 15-17 y/o's in all three. Longtime LASC swimmer Jeffrey Nicol who is continuing to swim as a U of L post-grad swept the 50/100/200 Breast events in the 17 & over age category, setting a new team record in the 50.

We also had some great Junior Circuit meet results this month with 2 new Age Group Trials qualifiers from the Wild Hair JSC meet in High River, March 1st. Cassidy Coolen and Dawn-Marie L'Heureux both made their first MQTs with big improvements in the 200 Free, taking off 20 and 15 seconds to qualify – well done girls! Our upcoming competitions include Age Group Championships this weekend in Calgary, Alberta Open 2 in Edmonton, March 15-16, Commonwealth Games Trials in Victoria, April 2-5 and the Swift Current Meet, April 5-6. Be sure to check the events section on the website for racing opportunities for your swimmer.

Our partner program, the U of L Pronghorns, finished the varsity season with a great CIS Championships meet in Toronto. We had 11 swimmers at the meet and highlights included our men placing 5th in the 400 Free Relay with a time of 3:21.51 – that is pretty fast! Our men placed 13th overall, just 1.5 points behind McGill, and we

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were 14th in combined team scoring. We broke 6 school records and team captain Ryan Thornley broke 2 school records held by Olympic Team swimmers – Dean Kondziolka (50 Free from 1994) and Richard Hortness (100 Free from 2005). A number of the Horns will switch over to represent LASC for the long course season. A couple of reminders: Swim-A-Thon is fast approaching on March 22nd. Do your best to find some more sponsors and don't be shy about what you are trying to accomplish! Swimming for 2 hours or 5 km is a big deal and you should be proud of your efforts. Also, our next ICS session begins April 7 and as always, new members are able to try out the first week for free. Let your friends, neighbors and co-workers know we are accepting new members and help LASC continue to grow. Happy Spring everyone, and Swim Fast & Have Fun!

Coach Peter

I Can Swim Coach Reports

I Can Swim 1

Stage One has come a long way! Many kids who struggled with front crawl or back stroke can now do half a length or up to a full length without stopping. Kids who were able to swim a full length are working on stroke technique to go faster and longer. Everyone's kick has improved greatly over the past month, which will help a lot with everyone's swimming. We have started doing mini 12.5 meter races from a kneeling dive or backstroke start to get the kids race ready for mini-meets, and in a more competitive mode. Keep up the great work!

Coach Kiara

I Can Swim 2

February has been a month of easily seen improvement for Stage Two. After copious amounts of fly and freestyle kick as well as body position drills we are finally transitioning into full strokes, and so far every one has been doing wonderfully with them. There has not been a swimmer in the water who's struggled to swim strong lengths of freestyle and backstroke. This month swimmers have also been given the chance to try their hands at butterfly, and although it's been rough around the edges Stage Two is already starting to catch on to the basic rhythms of the stroke. In the coming month we will be shifting away from just stroke work into turns and dives, with the goal being for our athletes to swim a confident, technically sound 100m freestyle.

Coach Roger

I Can Swim 3

I Can Swim 3 has been doing extremely well so far and I am looking forward to working further on breaststroke and butterfly this semester. We had a pretty tough start with most of the kids doing their first ever 400 meter freestyle! All of them performed well beyond my expectations and surprised me to no end with their skill and endurance in the water. That day was a rare occurrence (we do not usually do long endurance sets) but I was pleasantly surprised with the results. The swimmers right now are focusing more on their fly and breast and will be for the remainder of this year. I am very proud of my Stage 3s and you should all be as well.

Coach Spencer

Did You Know?

An Olympic-sized swimming pool is 50m long, 25m wide and with an average depth of 2m. That's a volume of 2 500 000 L! It would take over 45 days to fill a pool with a small garden hose averaging a flow rate of 38 litres per minute.

Competitive Coach Reports

Olympic Way

We sure have been working hard in Olympic Way! Lately we've been working on building up our endurance in preparation for the upcoming swimathon. We have been swimming almost 1000 meters in every practice! Along with that we have been perfecting our butterfly technique as well as working on our Individual Medley. The 100 and 200 IM are important swims for Olympic Way as they are two of the events that the swimmers can get their Meet Qualifying Times (MQT) in to attend the Alberta Provincial Trials Meet. We want to encourage all of our Olympic Way Swimmers to attend swim meets in an effort to achieve these times!

Coach Chloe

Junior Provincial

The Junior Provincial group has continued to work on building endurance in February. The swimmers have worked hard on maintaining good technique even when they are tired. Our upcoming Swim-a-thon on March 22nd will be a great endurance challenge for the swimmers! Continue working on those pledges! Congratulations to Dawn-Marie and Til who competed in the recent High River meet. Both swimmers got new best times, followed their race plans, and swam with great technique! Dawn-Marie took off over 10 seconds in her 200 free and got her MQT time! We encourage all competitive swimmers to attend swim meets so they can experience the fun too!

Coach Kristi

Provincial and Junior National

As we wrap up our short course competitive season, Provincial and Junior National swimmers should look back on what we've accomplished so far this year and look forward to even greater achievements in long course season. We had five swimmers from our group compete at Age Group Trials and will be sending four more swimmers to Age Group Championships. We've spent a lot of time this year focusing on underwater kicking, skill development and technical aspects such as starts and turns. As we move into the long course season we will be emphasizing increases in fitness both in the pool and through our dryland program. I'm confident in the foundation we've laid, but the challenge for our swimmers will be holding themselves to proper technique as we start to turn up the intensity. Swimming is a highly repetitive sport, which is great for reinforcing good habits but also lends itself to the development of bad habits. Success in the long course season will come from a daily dedication to good form and a commitment to swim each practice to the best of our abilities. I hope that Provincial and Junior National swimmers are as eager to raise the bar as I am.

Coach Jilayna

National

Pretty good stuff, National Group. Kudos to everyone on a successful Western Canada Champs and congratulations to Kaelan on his first senior national time(s)! I am really proud to see how well everyone handled my being away at competition over the past month and stayed focused and committed to their goals. Thanks to Jilayna for leading the group during CIS Champs and Westerns. We have our last couple meets of the short course season coming up and I look forward to a great conclusion to this part of the season and setting up well for CG Games Trials and the rest of the LC season. Remember that there are team selections on the line

with Prospects West at Age Group Champs and four teams being selected from CG Trials – Commonwealth Games, Pan Pac’s, Jr. Pan Pac’s and Youth Olympics. All of these selections require that you submit your declaration of availability beforehand. Check Swim Alberta/Swimming Canada and make sure that you have done so for any team you have a chance to make. Let’s keep up the good effort on Swim-A-Thon for the next couple of weeks, and don’t forget we will be having mid-season individual meetings after your Provincial meets. Take a few minutes to make some notes on how you feel about the past 5 months, what we need to continue, and what improvements we can work on.

Peter

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

Upcoming Events

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| MARCH |
| 7 |

What: Age Group Championships
Where: Calgary
Who: Qualified 14 & U girls, 15 & U boys

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| MARCH |
| 15 |

What: Alberta Open 2
Where: Edmonton
Who: Qualified swimmers - see event page

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| MARCH |
| 22 |

What: Swim-A-Thon
Where: University of Lethbridge Pool
Who: Everyone

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| APRIL |
| 5 |

What: Chinook Invitational
Where: Swift Current
Who: Everyone

swimmers of the month

Karter Hollingshead: I Can Swim 2



Stage 2's Swimmer of the Month has demonstrated remarkable improvement and growth in the last few weeks. In this last month he has approached swimming with a new energy, trying to lead the lane when he can and approaching every length with energy and focus. Always eager to race his teammates, this swimmer has found a love for going fast. As a result of great energy and focus this swimmer has improved vastly in the last month, and for these reasons our Swimmer of the Month is Karter.

Josh Freund: National

Josh has held himself to a high standard of training in spite of Peter's absence and a smaller training group during championship meets. He goes beyond the expectations of the set and challenges himself to swim faster, setting the example for his teammates and motivating them to do the same. Congratulations Josh, and keep up the fantastic work!



Congratulations to our February 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:

My child doesn't have much of an appetite before swim practice, but he comes home afterward saying that he was too tired to swim well. I don't think he's eating enough but I'm not sure what he should be eating. Any advice?

Food For Thought

Dear Food,

That's a great point. Many of our swimmers, particularly the younger ones, don't get enough to eat before they come to swim practice. Your swimmer should be eating a small meal before they come, especially if they're swimming close to dinnertime and haven't had much to eat since lunch. Swimming expends a lot of calories and it's important to keep your budding athlete refueled. A good pre-swim snack should contain mostly carbohydrates and some easily digestible protein. Convenience foods like granola bars are better than nothing, but a snack containing a few different food groups, such as a turkey sandwich with lettuce and tomato, is a better nutritional choice. Juice boxes are easy to pack and also a quick source of energy. Ideally your swimmer should be consuming their snack 30-45 minutes before practice time, but something eaten at the last minute is better than nothing at all.

Regards,
Swim Parent

Dear Swim Parent:

My daughter is in her first year with the club and has never swam before. I'm worried about her not being able to finish the Swim-A-Thon. Is this mandatory? What if it's too hard?

Going The Distance

Dear Going,

The Swim-A-Thon is a great fundraising opportunity for our club, and while we hope to see all our swimmers participate, we know that the prospect of swimming for two hours or five kilometers can be daunting for the developmental swimmers. These milestones may not be achievable for everyone, but your swimmer will have the chance to challenge herself and see just how far she can swim. There is a familial fundraising obligation of \$100, though this is independent of how much of the Swim-A-Thon each swimmer completes. It will be a challenge, but it will be a lot of fun, too! I hope your daughter gets excited for it.

Regards,
Swim Parent