



Monthly  
Splash

September  
2014

ROW NOT ONLY PRODUCES GREAT SWIMMERS, WE DEVELOP GREAT PEOPLE!

## Welcome to the 2014/2015 Season

by Mike Thompson

Greetings to all ROW families and thank you for all of your warm welcomes. While many of you may know me from the pool deck or from my online endeavors, all of you now know me as the coach of the Head Coach of ROW. I am excited to be working with Brian Lindsay, who will be helping me with the Senior groups and will be responsible for Silver and Gold. Alex Johnson (AJ) is a fantastic addition to our program from another local team. He will be heading up the Steel group and doing the programming for the TOP and STARS programs. Kaitlyn Mains back as well! Kaitlyn is very well liked and is a very strong asset for our club. She will be running the Bronze and Athletic groups. Matthew Pedersen & Tom Fuke will be helping me with some of the WLU work and with the Senior groups. Matt will also be doing some work with the TOP & STARS program. Overall, I am very excited about the coaching staff we have for this season.

Welcome to the 2014-2015 season. I have spent the first month or so with the ROW meeting with parents and athletes, marveling at the support of the parents & volunteers and facilitating collaboration with the coaching staff. My goals this season are athlete retention and development, sport education for athletes and parents in all areas and consistency in

coaching across the coaching staff. I am exceptionally excited for this year!

Senior Parents are going to want to check the notes from our OFF THE BLOCKS MEETING (available online). Please note that Senior 1 does not train on Monday mornings in September. Please also check the equipment list that was given to you at that meeting and try to have all equipment by October 1st. If you need the list resent, please let me know.

To begin the season, the Senior Groups will focus largely on relearning the basics and being powerful and efficient on the water. This includes proper positioning while pushing off of walls, creating power from a semi-start position, holding and manipulating the water effectively, efficient and proper technique and a very strong focus on speed, power and stroke rate. It is a very long season and our training will ramp up; we are looking for optimal performances in June-August, therefore, I plan on progression.

Dryland For Senior 1 will be Tuesday & Thursday mornings 7am - 7:30ish (may go long) & Saturday morning from 9-10am. Dryland for Senior 2 will be Wednesday AM from 7am-7:30am and Saturday morning from 9-10am.

Please note that we will be taking a break over Christmas from December 21st-December 28th and that we intend to change the training schedule through March Break slightly. More details on each of those will be available soon.

I am extremely excited to get going with training and seeing the outcome of our efforts, and I am sure that all of you are as well. Please make an effort to say hi to me and introduce yourself, as I am very happy to be a part of the ROW family again. I can always be contacted by email ([mikethompson17@gmail.com](mailto:mikethompson17@gmail.com)) with questions or concerns.

Let Go ROW!

Mike Thompson

Head Coach, ROW/WLU

## A Note from the Editor

By Kaitlyn Mains

Hello All,

I hope you are all as excited about this upcoming season as I am! I wanted to take a minute and introduce you to our new newsletter, which will be sent out each month during the season! We will include messages from all the coaches, news involving ROW, reminders about important dates, and anything we think you need to know or may find interesting!

If there is anything I have missed or should be added regarding ROW please feel free to email me at [coachkaitlyn@rowswimming.ca](mailto:coachkaitlyn@rowswimming.ca) and I will update it as quickly as possible!



Kaitlyn Mains

## A Message from Our President

By Alex Berton

Hello,

I want to take this opportunity to welcome all swimmers and families to the ROW 2014/2015 swim season

Your coaching staff and Board of Directors have been very busy over the summer planning and preparing for the new swim season

There have been many changes this year, apart from our returning coaches (Welcome back Brian and Kaitlyn) we have a few new coaches (Welcome

Mike, AJ, and Tom) and a new and exciting meet schedule to name a few.

I encourage all parents to get involved with the swim club by becoming an official, volunteering to help prepare meals for swim meets, being chaperones when needed, or to cheer on all of our swimmers and their success this year.

If anyone wants to discuss anything with me feel free to email me at [president@rowswimming.ca](mailto:president@rowswimming.ca) or you can

find me at the pool. With two kids swimming in different groups I will be around the pool quite a bit.

I would like to wish all swimmers personal best times, and GO ROW!!

Alex Berton

President of the ROW Swim Club

October 18th - Black and White meet

# Steel, TOPS & Stars, Beginning of season notes

by Alex Johnson & Matt Pedersen

Welcome to all parents, new and returning! My first few experiences coaching with ROW have been quite positive and I look forward to all the fun and excitement that will occur over the rest of the season. As a new coach at ROW I am still familiarizing myself with the facility and people within the club. If you have the opportunity at some point, introduce yourselves to me (parents and swimmers)!

With that being said a couple important things to keep in mind during the early days of the season:

1) If ever you have any questions or concerns feel free to contact either myself or Matt Pedersen. You can reach us by email at:

Alex- [a.williamjohnson@gmail.com](mailto:a.williamjohnson@gmail.com)

Matt - [mattyp@live.ca](mailto:mattyp@live.ca)

or in person at the pool following workouts.

2) Swimmers should be on deck 10-15 minutes early as we will be using this time to swing/stretch and I will be using this time to talk about daily house-keeping items.

3) Important dates to remember:

- This is a great opportunity for some of the younger, less experienced swimmers on the team to see some of the clubs fastest, most experienced swimmers. I recommend that all Stars, TOPs and Steel swimmers attend this meet.

## No practice

Oct 13th and Oct 31st - Steel

Oct 31st - TOPs

Oct 10th and Oct 31st - Stars

## 4) Equipment needed:

Steel - Fins, bathing cap, goggles, proper swim attire, hockey puck, water bottle

TOPs - Fins, goggles, hockey puck, water bottle

Stars - goggles, water bottle

We would like groups to get this equipment as soon as possible. The Team Aquatic Supply Sale would be a great opportunity to pick up any equipment you might not already have.

Once again, if you have any questions or concerns please feel free to contact myself or Matt Pedersen. We'd be happy to chat about anything that sparks your interests. I look forward to meeting all of you throughout the rest of the season!

- AJ

## WHERE TO BUY EQUIPMENT

There are many different stores to buy swim equipment but we do recommend going to a store that specializes in selling swim gear. A specialized store will be able to help you pick out goggles that fit properly, as well as suits that fit properly.

Please check with your coach as to what equipment you need. It is recommended that every swimmer have 2 pairs of goggles (in case one breaks), cap, and an extra bathing suit.

Below is a list of stores where you can purchase swim equipment. Make sure to mention that you are a member of ROW, many stores give discounts for registered swimmers.

### Fitness & Swim:

4 King Street South

Waterloo

(519) 747-1424

### Team Aquatic Supplies

8-4155 Fairview Street

Burlington

905-632-2590

[www.team-aquatic.com](http://www.team-aquatic.com)

# A Word from Coach Brian

by Brian Lindsay

## IMPORTANT DATES

Oct 4, Entry deadline for First Try Meet

Oct 10, No Practice for Stars

Oct 13, No Practices for all groups

Oct 18, Black & White Meet (Everyone)

Oct 25, ROW First Try (Everyone)

Oct 31<sup>st</sup>, No practices for: Gold, Silver, Steel, Bronze, Athletic, Tops and Stars.

Nov 8<sup>th</sup>, ROW Series Meet (Stars & TOP only)

## FRIEND BARS RECIPE

### Ingredients:

- 1& ½ cups chopped nuts or seeds
- 1/3 cup crisp brown rice cereal
- ½ cup chopped dried fruit
- 1/3 cup brown rice syrup
- 1/8 tsp sea salt

### Directions:

- 1) Line baking pan with foil & spray with no stick cooking spray
- 2) Preheat oven to 325
- 3) Stir together nuts or seeds, cereal & dried fruit
- 4) Add the syrup & salt to the nut mixture & stir until evenly coated
- 5) Transfer mixture to prepared pan. Place large piece of wax paper
- 6) Bake for 17-20 min, or until edges have browned
- 7) Lift the mixture from the pan, and transfer to cutting board
- 8) Cut into 10 bars, and let cool completely

## HAPPY BIRTHDAY TO THE FOLLOWING SWIMMERS

Emma Bernard  
Keagan Bernard  
Averyl Bender  
Katrin Bender  
Alex Chai  
Ainsley Pippy  
Mya Hamley  
Peter Kilm  
Sophie Richard  
Alexander Rus  
Rebecca Savescu  
Kristian Kennedy  
Ethan Stone  
Alana Watt  
Ksenia Titoura

With the start of a new season comes new hope and aspiration for successes in upcoming months. I have been known to talk to swimmers about “Train of Success”. Recently on an outing with a fellow coach on another team, I mentioned that I had talked to some swimmers about this train and he shared with me about the Train Called Success that he discussed with his swimmers. As we talked about the “Train of Success”, we found it rather interesting that we shared the same vision of the meaning of success.

What is success? I believe it is an individual issue and we should realize that each of us envisions success differently and that we should respect one another’s own idea of success. I recently had a discussion with some swimmers about what I ideally would like to see happen to them during their swimming career as well as in other aspects of their lives. I told them that I am totally dedicated to helping them achieve their swimming goals as well as life goals outside of the sport. Nothing would make me happier than seeing our swimmers achieving great things and becoming happy, productive and meaningful individuals in a world of mediocrity. I firmly believe there is no secret formula for success. Education, support and proper encouragement/ motivation of our young swimmers are key components to their happiness. Competitive swimming teaches self-discipline, goal setting, a productive work ethic, teamwork and a positive self-esteem. I believe these to be the qualities that help propel the

swimmer to achieve success. These are qualities that swimmers can take with them into other aspects of their lives which will help make them successful.

A fellow swimmer asked me how much it costs to get on this train, what would it take to ensure that they got the most out of the trip and whether the final destination would leave them breathless and in a euphoric state. I told the swimmer that the cost depends on how much they are willing to pay. The greater the contribution, the more scenic will be the journey through the peaks and valleys of the land. Throughout this journey, adversity will appear out of nowhere along with distractions, all with the purpose of derailing the “Train of Success”. The likelihood of achieving a euphoric state, in having successfully reached the end destination together with an enhanced feeling of self confidence and self worth can be erased in a heartbeat. The currency used for this journey consists of, but is not limited to, dedication, commitment, and respect.

To stay on track and give success in reaching a destination of choice a chance, I ask “How much are you prepared to give of yourself?”

Brian Lindsay

# Bronze & Athletic Swim

by Kaitlyn Mains

Let me start by saying I am so thrilled to be back on deck! As much as I've enjoyed the year at home with my son I have truly missed my ROW family, and am thrilled I get to return to ROW for my 5<sup>th</sup> season.

This year is very exciting for me as I get to wear two hats. One working with bronze, a group I've worked with since starting at ROW, and a second, working with a group that is entirely new to me, Athletic Swim (formerly Senior 3).

I'd like to quickly go over a few things that were discussed at the meet the coach night at the beginning of September.

- 1) My goal is to return all emails within 24 hours, my preferred email address is [coachkaitlyn@gmail.com](mailto:coachkaitlyn@gmail.com)
- 2) Bronze will begin a 30 minute dryland program 2 days a week starting on October 6th. They will run before practice on Mondays 6:00-6:30 and Thursdays 5:30-6:00



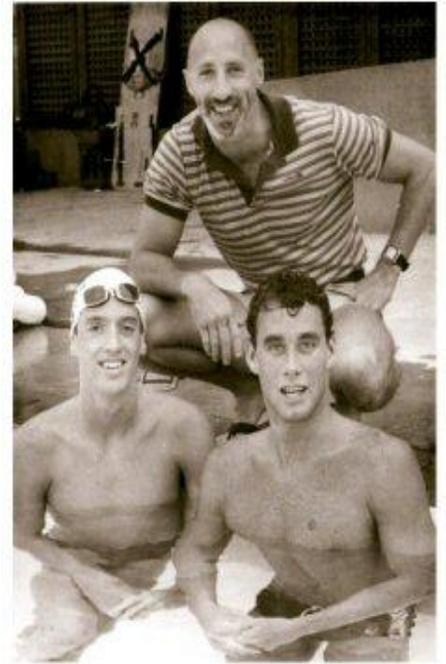
- 3) **Equipment needed:**  
Bronze- Cap, goggles, squirt water bottle, kickboard & Fins

Athletic Swim- Cap, goggles, squirt water bottle, fins, paddles & Pull Buoys

- 4) Bronze, when swimming at swimplex on Saturday mornings please don't get there too early, the city won't let us into the change rooms until 10 minutes before the start of practice
- 5) When meets begin please aim to arrive 15 minutes prior to warm up
- 6) At the moment I am looking for parent reps for both groups to arrange group outings. This is great for building friendships among teammates, and it's great to see each other outside of the pool. In the past we've done activities including going to the corn maze, haunted houses, visiting Santa, Christmas parties, laser quest, snow tubing, and that's just to name a few. It's a ton of fun, and the kids love it. Also, I am more than willing to help you organize if you need it!

I am so excited to get this season started, and can't wait to get to know all of you, athletes, parents and siblings. I usually make myself available upstairs for a few minutes after each practices so feel free to come up, introduce yourself, and ask any questions you may have.

## SWIMMING TRIVIA



Can anyone identify these 2 swimmers? I'll give you a hint, both swam for ROW and both are Olympic medalists

Who was ROW's last Olympian?

Who invented fins?

The first athlete to email me at [coachkaitlyn@rowswimming.ca](mailto:coachkaitlyn@rowswimming.ca) with the correct answer for all three questions will win a free ROW cap!

# Meet Management

by Tam Nguyen

Hello ROW Parents,

Welcome back to another swimming season. For the 2014-2015 swimming season, ROW will host 5 Swim Ontario sanctioned meets, 2 Wilfrid Laurier Varsity meets, the Western Region Long Course Regional meet for 12&under swimmers and 1 (may be 2) high school meets. These swim meets will not happen without having parent volunteers and qualified officials to staff various positions. As a result, parents of ROW swimmers must undertake a certain level of officiating education and training.

On Saturday October 4, the Western Ontario Swimming Association will conduct several officiating clinics at Fanshawe College in St. Thomas. This is a great opportunity to take two clinics in one day. Please see the flyer of this event attached to this newsletter or posted on our website for further details. In addition, there will be two in house Officiating clinics. Stay tune for more information on the time and location of these in house Officiating clinics.

The club is looking for volunteers to manage our ROW Series meets for our TOP and STARS swimmers. If you are interested, please contact me or the TOP/STARS coaches. We will provide all of the training.

If you have any question regarding officiating training and officiating development for our club, please do not hesitate to contact me.

Sincerely,

Tam Nguyen

Email: [72tnguyen@gmail.com](mailto:72tnguyen@gmail.com)

## Upcoming Officials Clinics:

Saturday October 4<sup>th</sup>

Registration begins at 8:30am

Clinic is being held at Fanshawe college, St.Thomas Campus

Sessions:

9:00-11:30- Morning Session

Break- Lunch provided free of charge

12:30-15:00- Afternoon Session

## Clinics to be Presented

### Am Clinics:

Referee

Clerk of Course

Stroke& Turn/Head lane timer

Chief Finish Judge/Chief Judge  
Electronics

### PM Clinics:

Starter

Meet Manager

Recorder Scorer

Chief Timekeeper

Club Official Chairperson

Please notify Glenn Greig if you will be attending or register online at [ww.osoa.com](http://ww.osoa.com)

[westernswimofficials@gmail.com](mailto:westernswimofficials@gmail.com)



# Food Services Announcement

Feeding coaches, volunteers, and swimmers since 19xx

With the start of the 2014/2015 season we say goodbye and thank you to Catherine McKay as the food service manager. Catherine & Murray made it look easy over the last 5 years. They leave behind big shoes to fill

Food Services areas & Volunteer opportunities:

## Concession Stand:

Require volunteers to staff the concession stand

Donation of baked good

Shifts available in the AM and PM swim sessions. Don't worry, you can step away to watch your child/children swim

Looking for high school swimmers, great way to meet their community service hours requirement

## Lunch:

Provided for officials, coaches, and volunteers working both AM & PM sessions

An email will be sent before each ROW meet looking for food shoppers (Bring in the receipts, and Voila! You're reimbursed

Sign up for food items will be automated with [perfectpotluck.com](http://perfectpotluck.com)

Food Runners required: duck out to pick up pizza and/or pre-ordered food

## Food Services Committee

Last but not least we are looking to increase the number of volunteers in the food service area. Break out the responsibilities over shifts/swim meet days

Please reach out to Mary Friesen-Concession stand  
[maryfriesen@rogers.com](mailto:maryfriesen@rogers.com)

Natalie Tehrani - Food Services  
[nataliestehrani@hotmail.com](mailto:nataliestehrani@hotmail.com)

**First Meet October 18<sup>th</sup>- Stay tuned for further details**

# What to eat before a Morning Workout

by Kaitlyn Mains

One conversation I seem to have constantly with my athletes is what to eat before practices, specifically morning workouts. I know when I swam I usually skipped eating before a workout as I always seemed to feel ill when I did eat. Over time I realized I was just eating the wrong things. What to eat depends on the individual. Some athletes do well with a liquid breakfast while others can handle solid food. The goal however is to get something nutritious in the stomach.

When you're trying to figure out what to eat target food that are high in carbs, moderate in protein and low in fat. Avoid foods like candy, donuts, pop, and other sugary breakfast foods. Keep portions small and try to eat at least 30 minutes before jumping in the pool.

There are three main reasons to eat before morning practice:

- 1) Prevents symptoms of low blood sugar, such as light-headedness, and fatigue
  - 2) Settles the stomach
  - 3) Offers up fuel for muscles and brain
- Below are a list of different breakfast items to try.

Below is a list of suggested breakfasts:

- Banana with or without peanut butter
- Small package of trail mix
- 4-6 ounces of fruit yogurt
- Granola bar
- $\frac{3}{4}$  cup of cereal with or without milk
- Whole wheat toast with jam
- Friend bar
- Homemade smoothie