



Off The Blocks

November
2014

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

DIVE ON IN!

A Note From Our President

by Alex Berton

Hello ROW Families,

We are at that time of year again, Christmas is fast approaching and the swim season is in full swing.

We started off with a hiccup with the unfortunate cancellation of our Fall First Try meet. We have had meetings with WLU and the Special Olympics group. We are developing a process with all of the groups to insure that this type of cancellation does not happen again before a swim meet.

At this time we are looking at setting up 2 separate meets in order to make up for the cancelled meet. We are looking at a 13 and under meet the weekend of December 20th

We are also looking at the possibility of a 14 and over meet on the weekend of January 24th. Our swimmers would be joining the university meet that is running out of the WLU pool that weekend. Stay tuned for more information on these meets.

Just a reminder that our Annual General Meeting is occurring on the 27th of November at 7pm. Please come out to the Hawks Lounge and join us. You will hear about how the club is doing from a coaching/performance perspective, and from a financial perspective. We will also be having the raffle draw at that time, make sure you have returned your raffle tickets.

We are looking for 3 or 4 individuals to join the board beginning in January. If you are interested in becoming part of the board please advise me by November 20th 2014, and we will put your name forward. If you have any questions about joining the board, please contact me and we can discuss the commitment involved. You can reach me at president@rowswimming.com

I would like to remind all the membership that there is a training bursary available through the club. This process is available to all

members and is in addition to the initiatives offered by the city and others. There is a maximum amount for this bursary and we will be accepting applications until all the money has been dispersed. Applications can be submitted to the ROW office or placed in the drop box at the pool. Please place your submissions in a sealed envelope with **Training Bursary Application** marked on the outside. The applications will be reviewed by an independent committee. Any bursary amount awarded will be in the form of a credit to the family account.

Come on out, Volunteer and get involved.

GO ROW!

Alex Berton
President, ROW Swim Club

A Word From Our Head Coach

By Mike Thompson

The season is well into the swing of things. I have been working very hard to keep ahead of things, meet all the athletes and make myself available to parents. There are still many of you that I have not met. I plan to make myself available in the gallery after my practices when I can, so please stop and say hi. I am excited to meet everyone in our ROW family.

I have been trying to collect and share some of the older ROW members to come out and share their stories. I was visited by Mel Davis, father of Victor Davis earlier in October and was able to video tape the conversation. I plan to have that online soon for our team to see and hear what Mel had to say about what ROW meant to him and Victor. That video will be up soon.

October was a very interesting month. The Black and White meet went very well and with all intentions to have a spectacular Fall First Try, we were unfortunately postponed. Based on our planning, we had hoped to see different races from one meet to another, unfortunately, we had to make due with the hand we were dealt. The great news was that we swam spectacularly well in Barrie, Willmot and in Brantford for our first meets. A special thanks to our board and meet management committee for handling the situation well and to parents for supporting our athletes towards their first racing experience of the 2014-2015 season, no matter where it was.

I have been very impressed by performances in Barrie, Wilmot and Brantford so far. Member of Bronze, Silver, Steel, Gold and Senior have impressed me with not only what they have learned but also with what they are able to implement in a racing situation. The understanding that technically, we have to execute things better (rather than just "try harder") is being well accepted and it is making us better as a team.

From a High Performance perspective, some very exciting things have happened in our club this past month which we should all be proud of. Alec Elliot was named Swim Ontario's Male Para Athlete Of The Year and received Federal Carding. Alec and I also won the Petro Canada FACE Award. This award comes with a cash prize which I will be donating back to ROW's athlete and coach development accounts. Alec was also pre-selected as part of the 2015 IPC World Championship Team in Glasgow Scotland and the Para Pan Am Team in Toronto. I had the opportunity to visit Alec in training while in Flagstaff, Arizona as part of the Rio Podium Development camp which was an excellent opportunity to understand the expectations, demands and focus placed on World Class performance. I plan to make Alec available to some of the younger groups to meet and greet as well as ask questions.

John Fauteux was named to Canada's ID Team in October. Him and Myself have been named to Team Ontario for the Ontario Junior Invitational being held at the new Pan Am Pool in December. This is a very exciting meet (details can be found [here](#)) which will bring some of the world's best juniors (18&under) to Toronto to compete. Jenny Zhang will be competing as part of the Western Region delegation and swimming relays against some of the stiffest competition she has ever come up against. This is going to be an unbelievably fast weekend of racing close to home. See if you can get out to watch finals one night. It will be exciting to see some ROW family members racing some of the fastest 18 and unders in the world.

We have had quite a bit of great development coming out of the Senior groups based on learning skill and race strategy. Special thanks to Tom Fuke and August for helping us out with stroke correction and teaching. Remembering

that largely age group results are largely out of our control (swimmer's growth is not always distributed evenly across the population and does not happen at the same time), the focus has to be executing skill and competing at your best level. For the remainder of 2014, Senior swimmers will swim at Nothers under a reasonably high load (trying to execute under stress) and then back off for either [World Children's Games](#) in Australia or Team Champs in Etobicoke to hopefully see some monumental improvement.

Our club has a lot of history with it's [world class performances](#). While wearing a ROW t-shirt in Flagstaff, Arizona, I was approached by an old friend, Oas Mellouli who knew the logo and the name of the club from the Victor Davis years. He was excited that the club was making a resurgence and wanted to say [hi to everyone via video](#). I posted it a couple of weeks ago, if you have not seen it, check it out. The point is that our Logo carries with it a lot of history and pride; pride that is recognized by some of the world's best athletes today. Let's make sure that you have ROW gear available for meets and anywhere else you can proudly represent our family at meets, our pool or just around town; you'll never know who will recognize it and identify themselves as part of your ROW family.

Let's Go ROW!!!

Mike Thompson
Head Coach
ROW/WLU Swimming

Gold & Silver Report

By: Brian Lindsay

Our opening meet of the 2014-2015 was an exciting one in Barrie. Many swimmers achieved personal best times and attained Regional and Provincial Standards. Congratulations to all swimmers!

Attendance for the month of October was very good. Swimmers with 90% attendance or better at all practices (land training and water sessions combined) are listed to the left. Congratulations to all swimmers.

Coach's Perspective

One thing that I have noticed in coaching athletes is the influence of peer pressure and the success it has had on athletes. My success in athletics came from opponents who forced me to be better. They set the standard and fueled my desire to excel. I helped others to excel because I improved through my practices. In the end we were all winners. Sometimes it was a fellow teammate at a practice who pushed me to excel. Sometimes when teammates were missing, it affected the performance of everyone. Encouraging teammates to attend practices for the success of each other became the norm amongst teams that I played on. The more challenging the workouts, the more we enjoyed ourselves and the better we became in our sport of choice. I had some incredible athletic moments throughout my high school and post secondary years. I pushed myself to the point of exhaustion because I knew it would help me become a more competent competitor against others and myself. My self-esteem grew with my increased confidence and

stamina. It carried over in my academics and became an epidemic among the members of the team that I played on. As a team we grew in stature physically and mentally.

This year we have a number of swimmers who are working very hard to improve their swimming strokes and technique. These swimmers are propelling others to work hard and improve themselves. When swimmers miss practices they affect their progress and the progress of others. Bruno Ouellette, a psychologist who specializes in human performance psychology and works in association with the National Multi-Sport Centre in Montreal states;

Commitment in sport does not happen by accident. Once an athlete has a clear idea of what they want, they will acquire the means to get it...commitment is an ongoing, renewable, long-term process and can only happen with a solid support network of a few significant people.

(Coaches Report, Spring 2002)

Achieving success does not just happen. Athletes who commit to improving their strokes and techniques, combined with their parents' commitment to seeing them get to practice and helping with the Team's fundraising efforts are just two reasons for the various levels of success in and out of the pool for the swimmers and Team.

We have some very competitive meets upcoming in London, Hamilton, and Team Champs in Etobicoke, I hope that swimmers in Silver and Gold continue to commit

themselves to getting to practice and that parents continue to make sacrifices in their schedules to get their swimmer to practice. I will continue to commit myself to helping each swimmer in Silver and Gold to achieve their goals that they have set at the beginning of the season. The two groups have and will continue to grow together in a lot of different areas, in and out of the pool. I hope that the momentum created to date will carry us through the remainder of this season and that everyone continues to be an active player as we seek to grow in stature as an individual, group, and Team in the swimming and Kitchener-Waterloo communities.

Brian

Gold /Silver Swimmers with 90% Attendance or Better

Emily Masters
 Amy Hayward
 Mckenzie Bender-Jones
 Jessica Reibel
 Mason Dietrich
 Tyler Bell
 Matthew Berton
 Ian Friesen
 Kate Hinsperger
 Andres Paz
 Sophie Richards
 Jose Santoyo-Orozco
 Kieran Stone
 Avery Willis

Steel, TOPS & Stars

By: A.J & Matthew Pederson

Hello parents and swimmers,

As we progress further into season I have seen some amazing transformations. Swimmers are making breakthroughs with respects to technique, speed and attitude! Just a couple of notes I wanted to mention:

- 1) Our first ROW Series Meet will be taking place November 22nd from 10:30-12:00pm at WLU. This is a great opportunity for out development swimmers to learn what competition is all about. Taking place in this meet will be Stars, TOP's and a group from Kitchener. The event lists will comprise of 50's and 25's.
- 2) There are still many swimmers without fins (Steel and TOP's). By not having fins, swimmers are missing out on assisted speed and modified body position in addition to falling behind the majority of the group. Yes, there are fins at the pool which they may borrow although this is an option, it is

- 3) not a very good one as there is no guarantee the fins will fit and it takes up valuable time searching for fins every practice
- 4) The First sessions for stars is coming to a close (November 29th) with the next session starting on January 5th. In the near future we would like parents registering their kids for the next session. Stay tuned for more information with regards to the new session and group movements (moving up groups).

Once again, I will do my best to make myself available for any questions or feedback. This can happen in person and via email.

Just keep swimming,

AJ

IMPORTANT DATES

Nov 21, Entry deadline for Steeltown Meet & Guelph 12 and under meet

Nov 21-23 Nothers Meet

Nov 22, ROW Series Meet

Nov 29, ROW Awards Dinner

Dec 6/7, Steeltown Meet

Dec 12-14, Team Champs

Dec 13/14, Guelph 12& under meet

UPCOMING BIRTHDAYS

ALEXANDRA MINARD

Anuva Pal

Luka Tomic

Adelina Nguyen

Shan Stas

Izza Chernish

Lukas Wormald

Andrew Kuiper

Hannah Gallagher

John Fauteux

Madison Friesen

Charlotte Reid

RAFFLE TICKET REMINDER

Please deposit completed raffle ticket stubs in the ROW lockbox, near the bulletin board in the WLU gallery area. The draw will be November 27th, if you could have all stubs deposited in advance that would be greatly appreciated.

ROW'S SWIMMERS OF THE MONTH

Senior 1: Jasmine Raines

Senior 2: Lukas Wormald

Athletic Swim: Katrin Bender

Gold: Emily Masters

Steel: Sydney Routhier

Silver: Andres Paz

Bronze: Broedan Marner

TOP: Carla Perez

Stars: Mia Tomic

Bronze & Athletic Swim

by Kaitlyn Mains

I'd like to start by saying that I am so proud of each and everyone of my swimmers. Not only have I watched their stroke develop and change, but I have seen them come together as a group. It's extremely exciting watching friendships develop, and comradery form. These friendships not only allow for practices to be fun, but they begin to realize that these friendships allow them to push each other to do there best in and out of the water.

So far this season we have spent most of our time developing technique, and working towards swimming properly and efficiently. Our focus is not on metres. Metres can be increased at any point during a swim career. And what I want parents to know is when I write my practices and season goals, it is not to have amazingly fast swimmers now. My goals are long term. That's not to say that swimmers don't do well focusing on technique, they actually do very well. When it comes to 12 and unders focusing on coordination, technique, and timing has the same results as increasing metres, but it's setting them up for long term success. My long term goal for all my swimmers is for them to be technically ready for the groups above us, that way when they enter silver, gold, or senior they are technically ready to handle the

metres, as well as to not have to relearn how to swim correctly, saving time for both coach and athlete.

So far this season Bronze has attended two meets, the Barrie meet held the weekend of November 7th, and the Wilmot meet held this past weekend. Both meets were a great learning experience for all athletes. Yes, there were DQ's but as I tell the swimmers DQ's are teaching moments and are meant to teach them how to be better. We must walk away from a DQ, remember what we did wrong, and work towards fixing it in practice. Try not to be too hard on your swimmer, in my experience they are usually being pretty hard on themselves for making a mistake.

Following the Barrie and Wilmot meet Bronze has 5 new regional qualifiers. Congratulations to the following swimmers:

Simon Armbruster
Alexander Rus
Broedan Marner
Hannah Gallagher
Alexandra Oana

Again, I cannot express how proud I am of all my swimmers. They all came away from both meets with best times, swimming new races, and having fun.

As usual if you have any questions or concerns please feel free to email me at coachkaitlyn@gmail.com or coachkaitlyn@rowswimming.ca. I try to reply to all emails within 24 hours.

Kaitlyn Mains

A NOTE FROM MEET MANAGEMENT

Hello ROW Parents,

WLU is going to host one of the two OUA championships on November 22 and 23rd. The warmup on Saturday is at 3:00pm with a 4:30 start, and Sunday is a 9am warmup with a 10:30 start. The sessions will be roughly 2 to 2.5 hours long, much shorter than a typical club meet. However, the competition will be intense and exciting. It is a great opportunity to experience collegiate swimming competition.

We could really use some help with officaiting the meet. So, I am reaching out to everyone. If you have some time and are able to help us out, please let me know at 72tnguyen@gmail.com.

Cheers, Tam