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**FROM CLUB PRESIDENT,
ANDY MITCHELL**

As we move into the second half of the swim season I want to take the opportunity to thank our coaches and volunteers for all their contributions to the club.

In addition to the training and meet activities, our coaches have put together a number of offerings to enhance our swimmer's experience. In February this included our short course awards breakfast, a trip to the university championships and the start of the Head to Head program.

March and April will also be active months as our Head to Head program continues, swimmers take part in the March break training camp at Brock, our annual Swim-A-Thon takes place, the team travels to the Olympic trials and the club hosts the Spring dinner with special guest Heather MacLean.

I hope you and your swimmers have an opportunity to take advantage of some of these special events. It is only through the volunteer work of our parents that they are possible.

As we look ahead to Spring I want to wish all of our swimmers continued success and good luck in the long course events coming up.

Andy



FROM HEAD COACH, DAN STRATTON

February has been a busy month. Kicking it off was a highly successful 2020 Huronia Short Course Regional championships in Owen Sound. Trent Swim club returned with 49 medals, several top eight finishes and many lifetime best performances. We are continuing to move up the regional rankings and continue to make significant strides to improve our club's brand.

Congrats to all our participants and special mention to those qualified for Ontario Winter Festivals, Ontario Winter Youth and Junior provincials, and Ontario Winter Provincial qualifiers.

We wish those swimmers the best of luck as they pursue National swimming standards for the upcoming Eastern Canadian Championships and the Canadian Junior Championships this spring and summer.

Following regional champs, many of our swimmers made the trip to Toronto Pan Am Sports complex (TPASC) in

Scarborough for the Ontario University Athletics (OUA) swimming championships. This championships is a team event of which there is arguably, no comparison nationally. The races are exciting, the swimmers are gritty and the atmosphere is intoxicating.

Our swimmers were there, not to compete, but to observe. We were privileged to watch four former Trent swimmers representing their respective schools including Nicki Robertson (Laurentian), Johnny Longmuir (Laurentian), Katherine Scheuermann (UGuelph) and Meg Piche (BrockU). Scheuermann was able to make the B final of the 200 IM and raced tough against the field of eight competitors. Piche was able to provide a brief presentation to the swimmers about the differences between swimming in high school and swimming at university events.

Our program serves many purposes, including improving swimming skills, competency, fitness, well being, racing competency and healthy

behaviours. In addition, in my opinion, our program should also serve to ready our swimmers for the next level of competition.

Varsity swimming requires all of the above as well as skills in time management, academic workloads and adjustment to a new training or 'team' dynamic. Although we do our best to 'trial' as much as possible these circumstances as our athletes develop we are never fully certain that the transition to a successful university swimmer will be realized.

Each year our program graduates out between three and five swimmers that potentially can represent their respective academic institutions for up to four years. Not all do, however we seek to ensure that they have that option. It is profoundly rewarding as a coach to see these former swimmers continue to strive for excellence while readying themselves for the next chapter of their lives.

We look forward to our first Head to head visit this month, the Trojan Pentathlon in Barrie and successful swimming at the Winter festival in Windsor. Good luck to all our competitors.





FROM HEAD AG COACH, KENT CROCKOWER

Prepare To Race! Recently I have been approached by a few parents about race preparation. The concerns expressed are centered around how to help their swimmers, be ready to race when they are behind the blocks. I firmly believe that things like visualization, breathing techniques, activation, listening to music, singing and other strategies can help prepare a swimmer for racing at their best. I firmly believe all of those ideas can work to help swimmers on race day. We already teach activation, scientifically proven to work (rolling, skipping, movements behind the blocks then get large muscle warmed up). We practice using a breathing technique used by Free-Divers that I stole from the KTSC coaches that can help relax and focus our swimmers before and during a race. I do have for the long course season to introduce visualization to our swimmers. But like video feedback, visualization does not work for everyone or all the time. As well, I am hoping to

find ways to get our swimmers to take positive risks in practice and in their racing through their goal setting. However, the best way to prepare a swimmer for racing and to develop their confidence in their ability to race, is to race when the opportunity is given in a practice. Yes, that seems like an easy cop out from your swimmer's coach...but it's true...For starters every practice is an opportunity for a swimmer to be mindful about performing each and every drill in order to help them to physically perform the best possible swim technique and to learn what their body needs to do to perform the best technique. Another opportunity to develop racing skills are to focus on turns in practice. Our AG swimmers perform 35 to 150 turns every practice. If we can get our swimmers to truly pay attention to at least 75% of all turns, wow we would develop awesome turns and underwaters. Then there are the opportunities to RACE in every practice. Our swimmers have

the opportunity to race the clock and each other each and every practice...and that is fun. As we continue to progress through our 2019-2020 we will increase our focus on developing the confidence to take on any and all racing opportunities. Here are some specific things we are going to do to develop our swimming and racing abilities:

AG 2-3s, Thursday, March 26 - Movie at Dryland. Parents are welcome to join us as we focus on the importance of planning, persistence and trust as it relates to goals and performance. We will watch the second half of the movie, Dawn the Wall. AG 2s, Monday, March 30 and AG 1s and 3s, Tuesday, March 31 - We will be discussing how to set positive goals and writing goals for our Long Course season. We will review our written goals monthly. AG 2-3s, Thursday, April 23 - Movie at Dryland. Parents are welcome to join us. We will be watching Zion and Losers. I would like to recommend the following logbook for swimmers, it was made for swimmers, by swimmers, the logbooks is titled YourSwimBook, <https://www.yourswimlog.com/ysb/> Please congratulate our swimmers of the month!!! AG 1 Scott Devlin AG 2 Rielle MacDougall AG 3 Elise Furgal Congratulations to Elise Furgal for her outstanding racing at Winter Festivals-Provincial Championships, she had 4 personal best times in 4 races and an 8th place finish in the 11 year old 100 Fly.

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The best help you can get is someone who genuinely cares and knows how to help you get what you don't even know you want.



49 MEDALS AWARDED TO TRENT SWIMMERS AT 2020 HURON REGIONAL CHAMPIONSHIPS

Owen Sound Aquatic club hosted over 300 swimmers at the Julie McArthur Regional Recreation Centre in Owen Sound, Ontario. Nine clubs participated from the Huronia Region including Trent Swim club. Trent had 31 swimmers representing the Peterborough area and returned with 49 medals. Leading the way was Rachel Chayer, 16 winning 6 medals including 1 gold (200 freestyle), 3 silver (100 freestyle, 50 fly), 3 bronze (200 IM, 400 IM, and 100 fly). Elise Furgal, 11 had 3 medals in the 50 fly (gold), 200 fly (gold) and 100 fly (gold), and placed top eight in 100 freestyle, 100 backstroke, 200 IM, 100 breast, and the 200 backstroke. Elizabeth Bell, 13 had 2 medals, 1 silver (50 freestyle) and 1 bronze (100 freestyle). Bell, had top eight placings in the 100 backstroke, 400 freestyle, 200 freestyle, 50 backstroke, and 200 backstroke. Olivia Preston, 10 had 5 medals, 3 gold (50 backstroke, 50 fly and 50 freestyle) and 2 bronze (100 backstroke and 100 fly). Tayler Leerentveld, finished top eight in seven events 50 free, 100 free, 200 free, 400 free, 800 free, 200 IM, and 100 fly. Maxeen Mullen, 15 had 2 medals, bronze in the 200 breaststroke and 100 breaststroke. Maxeen had top eight placings in the 200 IM, 400 IM and 50 breaststroke. Maxeen, Rachel, and Tayler combined with Danica Deck to win a silver medal in the girls, 15 and over 200 Free Relay. Mullen also combined with Leerentveld, Chayer and Macy Mullen to finish 4th overall in the 15 and over 200 Medley Relay.

Leading the boys was Ryder Linde Elmhirst, 17 winning the 50 freestyle, 100 freestyle, 200 freestyle, 400 freestyle and 800 freestyle. Linde Elmhirst won the 100 fly and was second in the 50 fly. Tanner Harris Barton, 12 won 2 medals, bronze in the 200 fly and 50 fly. Harris Barton was top eight in the 100 backstroke, 200 IM, 50 free, 100 fly and 400 IM. Patrick Turner, 16 won 2 medals, silver in the 800 freestyle and bronze in the 200 breaststroke. Turner finished top eight in three other events, 100 breaststroke, 50 breaststroke, 200 freestyle, and 400 freestyle. Tristen Jones, 17 had five medals, silver in the 50 free, 100 free, 200 free, 400 free and 800 free. Samuel Loureiro Kent, 17 had a gold medal, 200 backstroke and finished top eight individually in the 50 freestyle, 100 freestyle, and 100 backstroke. Loureiro Kent combined with Turner, Jones and Linde Elmhirst to finish third in the boys, 15 and over 200 FR. Loureiro Kent, Jones, Turner and Linde Elmhirst had a top eight finish in the 200 MR. Logan Garside, 13 finished with 3 medals, 1 silver 50 freestyle and 2 bronze in the 100 backstroke and 200 backstroke. Owen Cecile, 16 picked up a bronze medal in the 800 freestyle and Samantha Garside, 13 won a medal (silver) in the 50 breaststroke. Hanna Gazzard, 15 picked up a medal (bronze) in the 50 breast, Kelly Mitchell, 13 picked a medal (third) in the 50 breaststroke and Clara Murison, 11 picked up a medal (silver) in the 100 backstroke. Rounding out the medalists was Taylor Tompkins, 14 picking up three medals, 400 IM (silver) as well as 200 IM and 200 fly (bronze), Olivia Akiyama, 12 in the 50 breaststroke (bronze) and Makayla Tucker, 12 in the 400 IM (silver).

PRO-TECH SAVINGS!

Does your swimmer need a deck coat, goggles or a new suit?

Pro-Tech Pool and Spa Services Ltd., has a lot of great swim gear, at great prices!

Be sure to visit them at 1446 Chemong Rd., and check out what they have to offer!

DID YOU KNOW?

Swimming has been part of the Olympic schedule since the very first modern Olympic Games in 1896. It's one of only four disciplines to have been retained, appearing in every summer Olympics since – the others being athletics, artistic gymnastics and fencing.

TEAM NEWS

SOCIAL CALENDAR

This spring is going to be a busy one, with some of our largest fundraising events taking place. We hope to see you there!

Date	Event	Location
March 28th	Swim-A-Thon Fundraiser REGISTER HERE	Trent Pool
April 1st	Olympic Trials Team Event REGISTER HERE	Toronto Pan Am Centre
April 2nd	Spring Dinner with Key Note Heather MacLean REGISTER HERE	577 McDonnell St.

UPCOMING MEETS

Event:	Date:	Location	Swim Group Attending
Spring Ontario Youth & Junior Championships	March 5-8th	Markham Pan Am	AG3, Jr & Sr Qualifying standards in effect
Spring Ontario Swimming Championships	March 5-8th	Etobicoke SC	AG3, Jr & Sr Qualifying standards in effect
2020 Canadian Olympic & Paralympic Swim Trials effect	March 30- April 5th	Toronto Pan Am	Senior National qualifying standards in effect
Mallards Invitational	April 3-5th	Markham Pan Am	AG2, AG3, Jr. and Sr.
Speedo Eastern Canadian Championships	April 16-19	Windsor International Aquatic & Training Centre	AG3, Jr. and Sr.
John Grootveld Sr Officials Classic	April 24-26th	Toronto Swim Club	AG3, Jr. and Sr.

For a complete schedule of 2020 swim meets, [click here](#).

TEAM NEWS

SPRING DINNER



HEATHER MACLEAN

HEAD TO HEAD

LONDON 2012 OLYMPIC SWIMMER
MID-DISTANCE FREESTYLE SPECIALIST

- Former Canadian Record Holder (2009) 200 metre freestyle
- 2015 UBC graduate, Kinesiology
- Mental Health Advocate through The Sashbear Organization®
- 2017 U of T Graduate, Nursing; currently a Registered Nurse

JOIN THE TRENT TORPEDOES SWIM CLUB FOR:

FROM OLYMPICS TO CAREER

An informative conversation on life after competitive sports with Olympic Swimmer, Heather MacLean

WHEN: April 2, 2020 from 5:30pm - 8:30pm

WHERE: McDonnel Activity Center - 577 McDonnel St.

Swimmer Portion of the event begins at 4pm. At that time Heather MacLean, our Head to Head Olympian, will be leading our swimmers through a session of team culture and performance.

Fund raising reception starting at 5pm, key note address by Heather, dinner and a silent auction. This part of the evening is open to swimmers, parents and members of the broader Peterborough community.

The cost of the reception and dinner is \$60 per person, \$100 per couple or \$125 per swim family (two swim parents and up to three family swimmers).

This is a new fundraising event designed to ensure we can offer a full Head to Head program next year.

Please spread the word and help sell tickets to your networks. [Click here to reserve your tickets](#)

BUY YOUR
RAFFLE
TICKETS!

RAFFLE PRIZES

As part of our Spring Dinner, we will have a raffle prize and silent auction table.

We will be contacting businesses throughout our communities to see if they are able to provide us a prize or two for our table.

If you know of a business that may be interested in donating a prize, please let Bridget Moore, Victoria van Veen or Brandi Meletiou know or email:

Communications@trentswimming.com

or
teammanager@trentswimming.com

All suggestions are greatly appreciated!

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Every successful individual knows that his or her achievement depends on a community of persons working together.

SHORT COURSE AWARD WINNERS

AGE GROUP:

MOST IMPROVED:

- AG 1 Jens Murison
- AG 2 Olivia Preston
- AG 3 Logan Garside

BEST ATTENDANCE:

- AG 1 Scott Devlin
- AG 2 Megan Hopkins
- AG 3 Kate Hopkins

PARENT AWARD:

Rowan Campbell

BEST SNACK:

Tanner Harris-Barton

SPIRIT AWARD:

Shanen Burgis McFadden

JR / SR. GROUP:

MOST IMPROVED:

Junior: Kelly Mitchell
Senior: Patrick Turner

BEST ATTENDANCE:

Junior: Mackenzie Garside
Senior: Rachel Chayer

PARENT AWARD:

Junior/Senior: Paige Piche

TEAM SPIRIT AWARD:

Samuel Loureiro Kent

MOST UNIQUE

STRETCHING/ACTIVATION:

Patrick Turner

TEAM NEWS

FEBRUARY PERFORMANCE SUMMARY

BTN HURONIA REGIONAL CHAMPIONSHIPS

January 31st-February 2nd, 2020 - 31 Trent swimmers attending

Top 5 PBs Accumulated

1. Hanna Gazzard
2. Sophie Kidd
3. Danica Deck
4. Olivia Preston
5. Taylor Leerentveld

Top five FINA performances

1. Rachel Chayer - 200 Free
2. Tayler Leerentveld - 100 Free
3. Ryder Linde Elmhirst - 800 Free
4. Danica Deck - 100 Free
5. Maxeen Mullen, 100 breastroke

Top five individual points, Female

1. Rachel Chayer, 7 medals, 1 gold, 3 silver, and 3 bronze
2. ELISE FURGAL, 3 MEDALS, 3 GOLD
3. Erin Bell, 2 medals, 1 silver, 1 bronze
4. Olivia Preston, 5 medals, 3 gold, 3 bronze
5. Tayler Leerentveld, 1 silver

Top five individual points, Male

1. Ryder Linde Elmhirst, 8 medals, 6 gold, 1 silver, 1 bronze
2. Tanner Harris Barton, 2 medals, 2 bronze
3. Patrick Turner, 2 medals, 1 silver, 1 bronze
4. Tristen Jones, 5 medals, 5 silver
5. Logan Garside, 3 medals, 1 silver, 2 bronze



TEAM NEWS



Welcome Torpedoes to Swim-A-Thon 2020!



On behalf of the board and coaching staff we are excited to announce our 2020 Swim-A-Thon campaign! Swim-A-Thon is an annual fundraising program available through Swimming Canada to support local swim programs in communities across Canada. **90% of funds raised go directly to our club to offset our pool rental costs and new equipment.**

Swim-A-Thon is a **mandatory team event**. Swimmers will be grouped into 6 teams representing all levels of the club. Our goal is to build team unity and have **FUN!!** The event will be run relay-style with each team swimming 200 lengths. You can also choose to swim an individual 200 lengths Saturday morning – tell your coaches if you want to do that swim!

When is it? Saturday March 28th from 4:45-6:00pm at Allan Marshall pool
(immediately following the Fundamentals Meet).

We're celebrating with a pizza party afterwards from 6:00pm-7:00pm!!

What's our goal? The club has set a goal of **\$6000.00** towards coaching tools, offsetting pool expenses such as rental and life guarding fees and reducing our membership fees. **We're asking each swimmer to raise a minimum of \$90.00.**

How Do I Sign Up?

Our club must use Swim Canada's online fundraising program. This allows swimmers to request donations through email or social media and makes it easy for donations to be paid by credit card.

Please go to our club link at www.ontarioswimathon.ca/trent and register your swimmer and start spreading the word! Parents with more than 1 swimmer can sign up as a family.

****NEW THIS YEAR: The first group to register all their members will get an ice cream party at the pool!!**

This year Swimming Canada is unable to issue any receipts under any circumstance. More information is available here: <https://swimming.ca/en/resources/swimming-canada-overview/swim-a-thon-online/>

If you have any questions about the event please contact your Swim-A-Thon coordinator **Jen Griffin** at fundraising@trentswimming.com

Please contact RaiseAThon at swimmingcanada@raiseathon.ca if you have any technical problems.

With your help, we know we can achieve!! Donations can be collected up until midnight on April 14, 2020 so please spread the word!

GOOD LUCK!

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Every race is an opportunity to measure yourself against your own potential

SWIMMER OF THE MONTH

Each month our club selects swimmers to be recognized for their hard work, dedication and efforts.

CONGRATULATIONS to the February recipients!

AG1: SCOTT DEVLIN



AG2: NAOMI STINSON



AG3: ELISE FURGAL





TEAM NEWS

OH WHAT FUN!

Did someone say swimming as all work and no play?

So far 2020 has been busy with a bunch of social events for the Torpedoes' swim family. We held a Hawaiian bowling party, the Short Course Awards Banquet, a team trip to the OUA event, and our first Head to Head session with Olympian, Heather MacLean. There are more events planned in the coming months, let's keep up the team spirit!





TRENT TORPEDOES: DASH FOR CASH

Have you signed up to volunteer at the Trent Torpedoes' Dash for Cash meet this June? This meet is one of our largest revenue generators and will not be possible without the help and participation of our parents and swim families!

This is also the last opportunity to acquire any last minutes volunteer service hours you may need! There are a variety of volunteer opportunities available, click here to register.

Sessions are as follows:

- Session 1 Sat. @7:00am - 13 and over (prelims and eliminators)
- Session 2 Sat. @12:30pm - 12 and under (timed finals)
- Session 3 Sat. @5:30pm - 13 and over (finals and eliminators)
- Session 4 Sun. @7:00am - 12 and under (timed finals)
- Session 5 Sun. @12:00pm - 13 and over (timed finals)

OFFICIATING COURSES AVAILABLE

Are you interested in learning about the work of officiating? We are offering an Introductory to Swimming officiating clinic on March 12. This clinic is simple, short, and gives you your Level 1 Swim Official status. With a Level 1, you are able to volunteer on deck at swim meets both home and away and to earn volunteer hours with the club. This is a great opportunity for anyone who has yet to achieve Level 1 status. Thank you very much to Wayne Dorrington, Level 5, for offering to supervise this clinic on our behalf! [Click here to register.](#)

Please consider volunteering for our FUNdamentals meet for AG1 and Swim School swimmers, on March 28th. Please remember that swimmers may work this meet to earn high school volunteer hour credits, or both swimmers and parents may work this meet to get extra volunteer hour credits with the club.

VOLUNTEER SERVICE HOURS

How many volunteer service hours do you have?

Each volunteer activity has an assigned hour value. For a complete list of hour allotments, click here. At year end, accounts short of the their volunteer service hour requirement, will be charged at the going minimum wage, per hour.

Not sure how many hours you have: Login to your account, select "My Account" and click on "Service Hour Forecast for My Account"

SPREAD THE WORD!

Help us build presence in our communities and increase team awareness by sharing our social media posts with your friends and family! There really is power in numbers!



Like us on Facebook
@TrentSwimClub



Follow us on Twitter
@ClubTrent



NEW

Find us on Instagram at
torpedoesswimclub

SHARE YOUR PHOTOS
WITH US!

Send your photos to
communications@
trentswimming.com