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FROM CLUB PRESIDENT, ANDY MITCHELL

Swim Families:

We are well into our first session of the 2020-21 season and I want to take the opportunity to thank everyone who has made this season possible.

Our coaches have been invaluable in developing our program in a manner that is consistent with Ontario regulations, Public Health guidelines, venue rules and Swim Ontario procedures. They have also ably delivered programming across 4 venues in three communities.

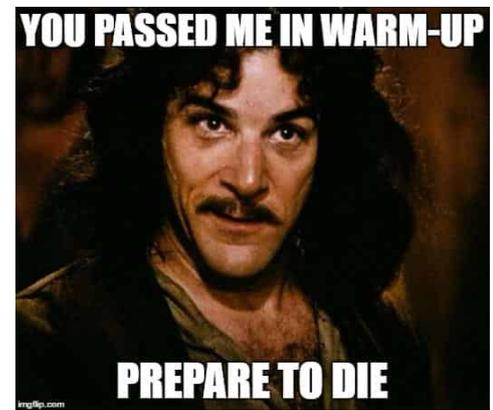
Swim Ontario and our four venues have been good partners. They have worked with us to provide a safe environment for our swimmers and coaches, provided ongoing information and guidance.

Our volunteer board meets regularly to address an ever-evolving situation. They have worked hard to ensure a return to swimming in a financial responsible manner. Members of the board have been instrumental in organizing our recent virtual awards ceremony and our Craft Beer fund raiser. Recently they have secured the “Head to Head” program for our swimmers.

Most of all I would like to thank our swimmers and their parents. Everyone has worked hard to follow all the protocols, maintain each others safety, and worked diligently at perfecting their swimming skills.

The Board is currently working hard with Swim Ontario and our venues for a possible return to competition as well as offering Master and Swim School programs. The timing of our ability to do these things will depend on the public health situation in the Province.

To everyone – stay well, be safe and be kind.



Organization of activities that align with goals are critical and include athletic hygiene (sufficient rest, proper eating, effective hydration, and time management). Efforts to correct weaknesses through repeated opportunities to refine one's form. The presence of effective feedback from a qualified and reliable coach can aid in the process, however the swimmer needs to be receptive to this feedback and integrate this feedback into their training routines and skills.

Many aspects of our sport have been altered by a new reality. However, some aspects remain the same and further are more important than ever. Deliberate practices will ensure that your developmental swimmer evolves into an expert. This approach will ultimately impact performance and ensure that the time is well spent.



FROM HEAD COACH, DAN STRATTON

Deliberate practice has always been important to effective training. This has never been truer than this season where training times have been reduced and swimmers need to utilize each training session to the fullest.

Performance enhancement or improvement can occur in competition or training. Athletes spend 95-99% of sport related time in training. Deliberate practice is goal-oriented focused on improving one's current performance. The features of deliberate training involve conscious reflection and evaluation, limited immediate reward, and difficult to sustain over years.

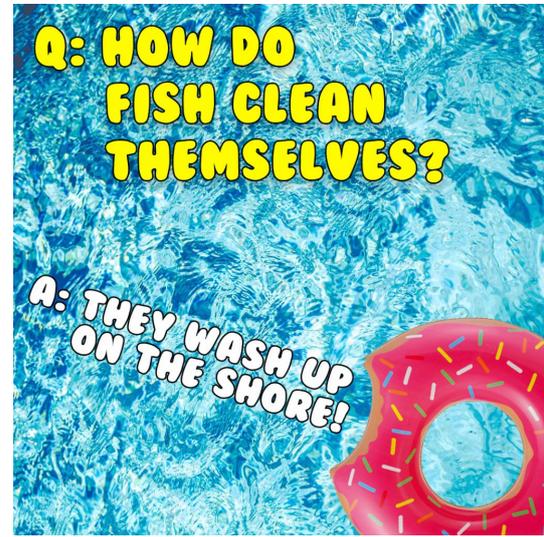
A study in 2006 of Canadian swimmers aged 13-18 years identifies behaviours of swimmers that contributed to high quality or deliberate practice.

These behaviours included the following:

- Focused deliberate in stroke-correction drills
- On-task in dryland activities

- Complete volume for entire workout
- Never coach-reminded for readiness, promptness
- Complete volume in warmup
- Chooses challenging strokes and sets
- Complete volume in warm down
- On task in warmup
- Has all equipment
- Accurate recall of pace times
- Consistent pace times and effort
- Fast in transition during practice
- Continuously active during recovery
- Focused on kick sets
- First onto pool deck
- Consistent intensity, even early in practice
- Relates details well to coach
- First into the water in warm up
- Leads repetitions
- Always starts on the clock
- Races to out touch other swimmers

Deliberate practice and development of expertise in sport requires high levels of concentration and an approach of intensity.



UPDATES REGARDING CHANGE ROOM ACCESS

As we move to the next stage of reopening, our facilities at TPASC and Lindsay Recreation complex have advised that we are able to access change rooms for proper protocols of use. This eliminates the need to use the deck for changing after swimmer's respective workouts. We continue to ask that swimmers arrive prepared to swim, and to avoid using the change rooms prior to their workouts. However, post workouts swimmers are able to use the change rooms however be mindful fo the policy in effect for Lindsay recreation complex. This policy change will be implemented with immediate effect.

Lindsay Recreation Complex

- When possible, participants are asked to come changed and ready to swim.
- Change Room use is permitted for a maximum of 20 minutes prior to and immediately following swim times.
- Change Room patrons must ensure a physical distance of a minimum distance of 6 feet (2 meters) from other users at all time.
- Masks/Face Coverings must be worn at all times while in the Change Room.
- There will be a maximum of 15 people permitted in the Change Room at one time.

Those swimmers attending Toronto Pan Am Sports Centre (TPASC) will be allowed change room access beginning the week of November 2nd. We again have specific requirements for use of the change rooms in this venue and remind swimmers that they are must be in compliance with these rules. Swimmers that breach protocols may be subject to discipline policies that are consistent with return to swimming committee (RTS) recommendations.

Toronto Pan Am Sports Centre

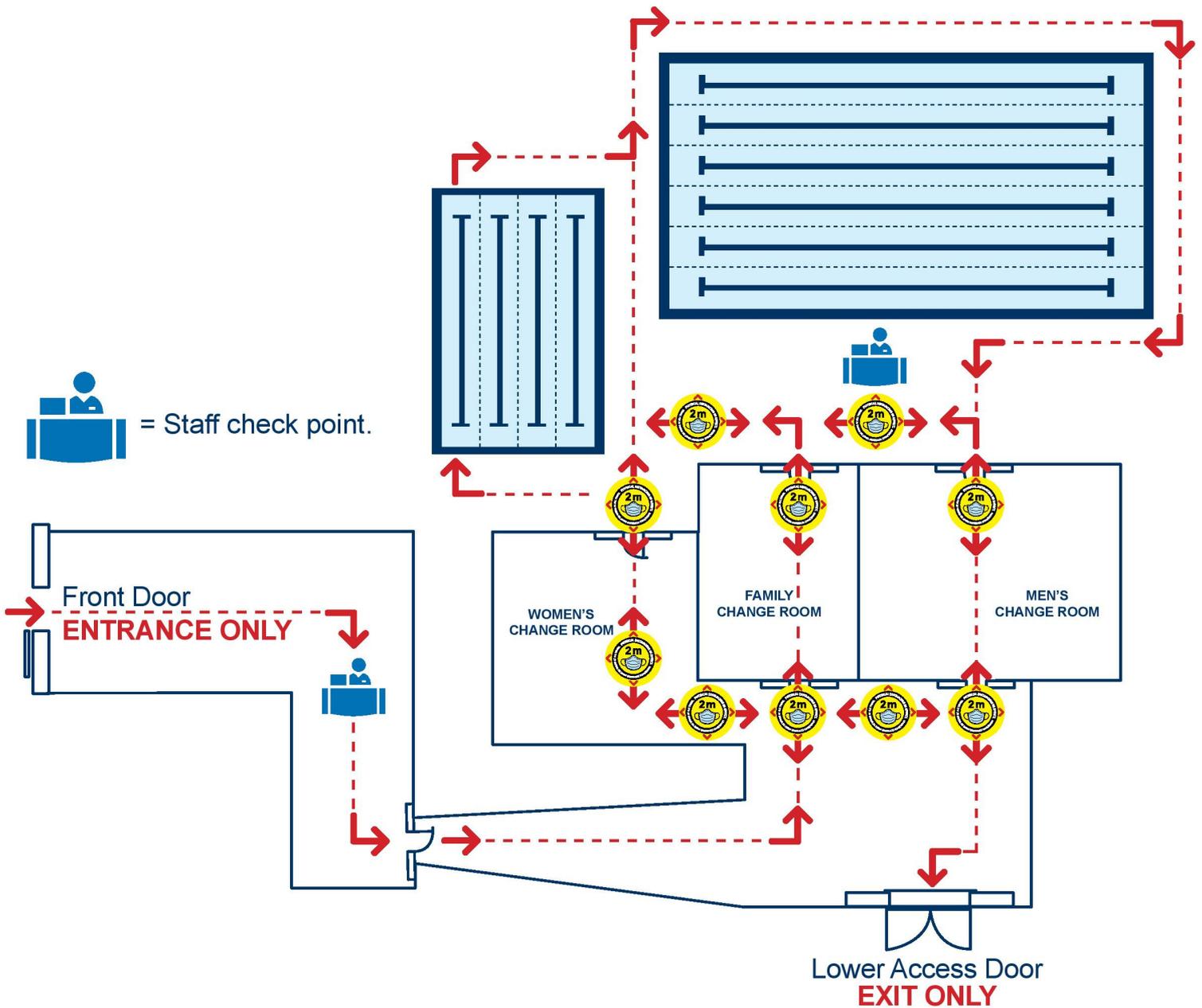
- Masks must be worn at all times.
- 2 meter physical distancing at all times.
- No socializing.
- No showering.
- Wipe down your area after use.
- no locker access.
- 5 minutes to change.

Lindsay Recreation Complex POOL TRAFFIC FLOW



PHASE 2

Crossover zones. Maintain physical distance.
Mask/Face covering must be worn at all times.



SHOULDER HEALTH EXERCISES FOR SWIMMERS

Meghan Buttle, CSIO Sport Therapist



Goals of corrective exercise program:

- restore muscle balance around the shoulder
- correct shoulder positioning and mechanics
- prevent injury
- improve performance

Perform 5 days per week



Lie on your back on a roll with your knees bent. Keep your feet on the floor.

Tighten your lower stomach muscles. Place arms out to the side and pull your shoulders back. Feel a stretch in the front of your shoulders. Breathe normally.

Hold for 30 seconds and repeat 3 times.

Lie on your stomach with your head supported and neck in neutral position. Place your arms by your sides, palms facing downward.

Squeeze your shoulder blades in (towards your spine) and down (towards your buttocks). Feel the muscle tension between your shoulder blades.

Hold 3-5 seconds and repeat 15 times.



Lie face down with head supported and neck in neutral. Take your arms out to a 90 degree angle.

Tighten the muscles between your shoulder blades and lift your arms with thumbs pointing upwards. Do not lift your elbows above your body.

Hold 3-5 seconds and repeat 15 times.

A TASTE OF MINDFULNESS



Research shows that we make more than 200 food decisions each day and are unaware of ~90% of them. Many factors can interfere with your ability to accurately listen to your body's hunger cues. Mindful eating is one way you can step away from your routine eating habits, pay attention to WHY and HOW you are eating, and begin to make informed eating decisions. Consider the steps below to increase your eating awareness and execution skills.

Shift out of autopilot. Before you eat, ask yourself why are you eating?

1

- Hungry? – see hunger scale.
- Bored/restless/eating for entertainment?
- Others are eating or to be social?
- Proximity? – food just happens to be there.
- Managing emotion (anxiety, stress, excitement, grief, etc...)?
- Conditioned eating? – used to eating a lot and often to support high volume training or learned to clean your plate as a child.
- Food cravings?

Tune into your hunger and fullness cues.

2

- When you pay attention to your hunger and fullness cues and eat until satisfied, over time your body will give clear signals. Meal planning and regular meals will help you find a rhythm allowing you to manage your hunger. If you find yourself waiting too long to eat you may become too hungry and overeat. On the other hand, if you are constantly grazing you may under eat or be less satisfied and eat more than needed over a day. Both situations can lead to a cyclical pattern of under or overeating.
- Check out the hunger scale below and aim to eat in the green zone. If you find that you are unable to eat only when in the green zones, be patient with yourself as it has taken years for you to develop your current patterns of eating.

Hunger and Fullness Scale

5	Starving	Rip the fridge door off hungry – may feel nauseated, fatigued, shaky, lightheaded.
4	Very Hungry	Thinking about food non-stop – everything looks tasty. Feel lightheaded, irritable, hangry.
2-3	Hungry	Thinking about food. Stomach is growling and you have hunger pangs – time to eat a meal.
1	A Little Hungry	Just starting to think about food – time to eat a snack.
0	Fully Satisfied	Have eaten the right amount. Neither hungry nor full. No longer thinking about food. If looking for food, ask yourself why?
-1	Full	Don't need/want food anything else to eat. No longer thinking about food.
-2	Very Full	Ate a few bites too many.
-3	Extremely Full	Did not need the second helping.
-4	Stuffed	Uncomfortable, bloated.
-5	Painfully Full	Feel sick.



FROM HEAD AG COACH, KENT CROCKOWER

Dear AG Families,
I want to thank all of our AG Families, those currently swimming and those who will return in the future for your ongoing support of your swimmers and for your support of me as a swim coach. Equally as important I thank you for your patience and support of the Trent Swim Club!!! The Covid-19 pandemic has impacted all of us in so many ways. So, even with all the ways you have been challenged by Covid-19 you have continued to be wonderful in your support. The quality of your support and interest is reflected in the quality of commitment from your swimmers.

To the AG swimmers, I am very proud of the quality of training and effort I have seen since the very beginning of our Covid-19 training experience. Yes, I do get on you for working to be at your technical best and to put in your best efforts, but that's just normal. AG swimmers, you should be very proud of your efforts at Dryland and in the pool. You are going to be very

ready to race and excel as swimmers as we move closer, even if slowly, to competing once again.

Once again, thank you to you, our families and swimmers for being outstanding contributors to our swim club. Thank you for your hindsight in remembering how wonderful our swimming is, thank you for being present and being patient with our present training plan and thank you for seeing the positive places we will go in the future. Your hindsight, present sight and future sight will help us to be a strong swim club and to continue to be a wonderful youth sports organization in the Peterborough area for more than 80 years.

Thank you very much,
KentCrockower, AG Coach

Lets Continue to BE Positive,
Let talk Positive!

There is a proven 1-2 punch we need to always keep in mind. Positive Talk and Positive Body Language and Movements

makes a difference in our athletic performance in practice and when we compete. You do not have to wonder if Positive Talk and Positive Body Language work, a study involving 150 CrossFit athletes looked to see what kind of effect nodding and shaking your head would have when combined with positive and negative self-talk.

Not surprising to those of us who use positive talk and positive body speak, researchers found that being totally positive improves athletic performances. Researchers had participants write out a number of positive and negative statements regarding their physical preparedness ("I've been working really hard lately" or "I have been slacking off").

Then the researchers had the athletes wear headphones and listen to their statements. Half the group were told to move their head up and down (nodding), while the other half shifted their head side to side as if they were indicating NO. Lastly, athletes were tested on a max vertical jump, a squat test (30 reps in :45), and 1 Rep Max deadlift.

Here are the results:

On the vertical jump test the results so a clear relationship between being positive in language and being positive in body language, the total positive CrossFit athletes averaged over 33cm in height. When shaking their heads, both positive and negative self-statements performed around the same, at 28-29cm. But it was nodding in agreement with negative self-talk that fared worst, at just 26cm.

Please read the full article, [here](#) is your link to positivity.

SWIMMER OF THE MONTH

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

CONGRATULATIONS Week 1-5 Recipients:

AG DEVO TRAINING:

AVERY FAM

AG RACE SWIMMERS:

MELINA MELETIOU

ROWAN CAMPBELL

THERE'S A NEW PAYMENT METHOD AVAILABLE!

We are now offering a new method of payment to pay the monthly program fees to help you and the club save money! This will allow you to save credit card fees (which is 2% of the amount). It will also allow the club to save on credit card fees (on average \$5,000 per year)! It would be set up as a pre-authorized payment in your bank account. If you would like to save on your credit card fees, email Treasurer@trentswimming.com for more information!

TEAM NEWS

DATES TO REMEMBER

Social distancing may be putting a damper on our social calendar, but we are still trying to keep things interesting, and hope the kids will enjoy the below events.

Date	Event	Location
Saturday, Nov. 14 4pm - 7pm	Time Trials AG Train / Race Groups	Lindsay
Sunday, Nov. 15 4pm - 7pm	Time Trials JR / SR Groups	Lindsay
Saturday, Nov. 21 11am - 3pm	Jolyn Pop-Up	1079 Parkhill

SWIM EQUIPMENT

Trent Athletics Centre has advised our coaching staff that swimmers may use **kickboards** and **pull buoys** at their respective workouts.

Please ensure that your swimmers utilize the bins adjacent to the lanes for their personal belongings and their mesh bags.

Mesh bags must return home with the swimmer after each training session. We recommend that swimmers sanitize their mesh equipment bags after each training session.

Recap: The following equipment is permitted:

TPASC and Lindsay:
Kickboards, Pull buoys, Fins, Hand Paddles

TRENT:
Pull buoys, Kickboards, Fins, Hand Paddles.

No snorkels allowed at any venue. Swim Ontario ruling.

TEAM NEWS

THE 2020 AWARD RECIPIENTS



Congratulations

Distance Freestyle: Rachel Chaye & Patrick Turner
Sprint Freestyles: Tayler Leerentveld & Ryder Linde Elmhirst
Backstroke: Clara Murison & Samuel Loureiro Kent
Breaststroke: Maxeen Mullen & Patrick Turner
Butterfly: Rachel Chayer & Lucas Pavalachi Sofrone
Individual Medley: Rachel Chayer & Lucas Pavalachi Sofrone

Most Valuable Swimmers

10 and Under: Olivia Preston & Mitchell Damaia
11 and 12: Elisa Furgal & Tanner Harris Barton
13 and 14: Taylor Tompkins & Jacob Paterak
15 and over: Rachel Chayer & Ryder Linde Elmhirst

Reg Chappell Award: Tanner Harris Barton & Makayla Tucker
Keith Taylor Award: Elise Furgal & Ayden Capsey
Developmental Award: Clara Murison, Olivia Akiyama & Rowan Campbell

Team Leadership Award:

Junior/Senior: Samuel Loureiro Kent
AG 1-3: Clara Murison, Elise Furgal & Olivia Akiyama

Stroke Award Medallions:

Bronze: Scott Devlin, Conor Over
Silver: Madison Decloux, Megan Hopkins, Liam Hoyle, Leilah Matamoros, Rielle MacDougall, Ada Speck, Naomi Smith, Tyson Tucker

Award of Excellence:

Tayler Leerentveld

Most Improved Swimmer:

Patrick Turner

Graduating Swimmers 2020

Paige Piche & Samuel Loureiro Kent

Seconds Off Medallions

Bronze:

Olivia Akiyama
Elizabeth Bell
Rowan Campbell
Zoe Campbell
Ayden Capsey
Danica Deck
Griffith Dunkin
Elise Furgal
Tanner Harris Barton
Nadiya Linde Elmhirst
Samantha Garside
Katie Hopkins
Megan Hopkins
Ali Jones
Samuel Loureiro Kent
Melina Meletiou
Macy Mullen
Maxeen Mullen
Graciella Ngwana
Jacob Paterak
Olivia Preston
Hunter Showers
Ethan Showers
Taylor Tompkins

Silver:

Logan Garside
Sophie Kidd
Clara Murison
Lucas Pavalachi Sofrone
Paige Piche
Makayla Tucker

Gold:

Owen Cecile
Rachel Chayer
Sarah Davis
Kelly Mitchell
Patrick Turner

How coach sees us



How we see coach



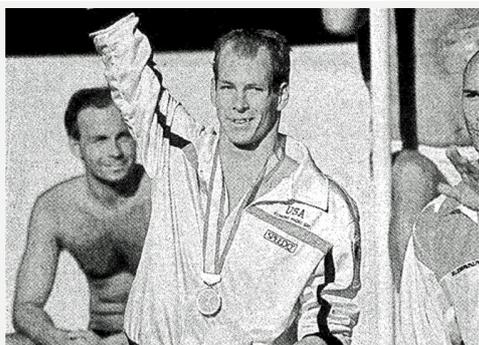
MESH SWIM BAGS

There are still a bunch of mesh swim bags that have not been collected from end of season last year.

If your swimmer still needs to collect their mesh bag please contact Brandi at TeamManager@trentswimming.com to arrange for pick up by Friday, November 20th. After this date, a virtual club yard sale of any remaining equipment and all funds raised will go to the club. More details to follow!

"You have to believe in something bigger than yourself - and if you can do that then greatness seems to come to you" -

Tom Jager



TEAM NEWS

JOLYN POP UP!



Saturday, November 21, 2020

11 AM EST – 3 PM

1079 Parkhill Rd W, Peterborough,
Trent Swim Club is hosting JOLYN!

Come shop and support our club. Friendly remindres, no cash, no try-ons (may be permitted over clothes), 2 m distance at all times and masks are mandatory. See you there!

WE MADE THE NEWS!

Our club's dedication to keeping our swimmers in the pool has made the local news! It's great for our community to see the efforts we are putting forth to keep our swimmers swimming!

To read the article, [click here!](#)