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Members of the Trent Swim Club Family

October has been another busy month for our Club.

I want to thank the board, parents, coaches and swimmers for all the work they have undertaken. Our first ever Tri-meet with the Oshawa and Clarington swim clubs was a great success. 160 swimmers participated and over 40 parents volunteered as officials and in other key positions. In January we will be visiting Oshawa for the next leg of the series and encourage swimmers to participate and parents to help with officiating.

The club has also been active with our fund raising and social activities. In addition to making a profit at the Tri-meet, we raised over \$1,000 on our bottle drive. We continue to attract corporate sponsors, and as you can see in the 'Get Involved' section of the newsletter, we will be launching this year's Trent Swim Club Coffee Fundraiser, which I encourage you to participate in.

A special shout out to Bridget Moore and Alex Campbell for opening their home on October 6th, for our Fall BBQ. It was a great afternoon with over 70 of our swim families attending.

I also want to recognize Marnie Speck for the great job she has done in setting up our online store with specialized Trent Swim Club swag. Our unique Trent look will provide a great opportunity for the club to stand out at home and in meets across Ontario.

The club has also had an active month in the water. In addition to our Tri-meet our swimmers competed at the Otters Fall Classic in Markham and this weekend will attend the 2019 Barrie Aquafest. Over Thanksgiving many of our swimmers took advantage of our first training session at TPASC. Thanks to our coaches for all their hard work with our kids.

I am looking forward to an active and productive November for the club.

Andy



COACH'S CORNER

FROM HEAD COACH, DAN STRATTON

We are approximately six months from the 2020 Canadian Olympic Trials. This is the highest level of domestic competition available to Canadian swimmers. Like the Olympics, this event is only hosted every four years.

What are the common traits of those swimmers that participate at that level? Canadian data is not available, however American data from elite US Olympic Trials swimmers indicate some common traits.

Most swimmers began swimming at six (6) years of age with a range up to and including those swimmers who commenced swimming in a structured program by the age of nine (9) years.

Of these swimmers, the average age for those swimming in a program year round was nine (9) years of age, with a range up to and including those swimmers who began year round training at twelve (12) years.

The average weekly time commitment for the elite swimmer was 17-22 hours with some athletes participating in a rigorous training program that included over 26 hours of pool training per week.

In addition, athletes were engaged in dry land training that ranged from 3.4 to 5.5 hours per week. Thus, most athletes were committed to nine (9) training sessions per week with the upward limit being eleven (11). In many instances, the season extended from September to late July, with no more than a four-day layoff during the period of 48 weeks.

Weekly training distances varied between 49 to 77 km and in some cases the swimmers were training an average distance of 85 km per week. Again, these are average distances indicating that there would be periods during the various training phases that may exceed these values

If you consider that all of these athletes have been actively engaged in the sport for over ten years, you can appreciate how much passion and faith swimmers must possess to attain this level of competition.

Again, not all swimmers, in every program, aspire to this level of competition, however each program should recognize what the requirements are to achieve at that level. Moreover, each program should endeavor to create an environment that, should an athlete aspire to that level, no barriers exist to prevent them from attaining that level of proficiency.

Trent Torpedoes Swim Club continues to grow and pursue excellence in swimming, that was the basis of its founding over 75 years ago. Many impressive and talented swimmers have emerged from our program thanks to many dedicated coaches and outstanding volunteers. Each year we commence with high expectations and each year we evaluate what we have achieved collectively. We are constantly looking forward to the future and the 2019-2020 season is no exception.

We are impressed, inspired and encouraged by the commitment of our athletes, coaches and volunteers. Thank you for your support of the sport of swimming. We hope that your experience in our program fuels the passion and love for a unique and challenging activity. Here's to a great season and many successes to celebrate.

SWIM ONTARIO NUTRITION: TRAIN TO COMPETE

Nutrition can be manipulated by the athlete to enhance performance in the pool. As an elite athlete you have an enhanced metabolism and thus metabolic requirements when compared to the general population (expending 500-1500kcal every practice). To make it to the next level, athletes become engaged in their nutritional practices (talk to any athlete who has achieved success at international level). The general population should avoid excessive carbohydrate consumption, but as a swimmer, carbohydrates are your "best friend" and your number one fuel source.

US SWIMMING

We aim to follow the USA Swimming approach to nutrition as they have established a dynasty in the pool. Three fundamental principles followed by USA swimming:

- Train
- Practice
- Fuel (Nutrition) a third of athlete focus should be tailored to perfecting their nutritional habits to maximize performance in the pool.

EXERCISE BIOCHEMISTRY/NUTRITION FUNDAMENTALS

Food we consume can be boiled down to phosphate metabolism (ATP). ATP contains three phosphates and by liberating one phosphate, a lot of energy is released (energy is then used for ion transport, muscle contraction, etc.), thus, food fuels our movement. The body is able to store chemical energy in the form of glycogen (multiple glucose bonded together) and fat. This stored chemical energy can be oxidized to mechanical energy when required.

However, our energy stores are limited (max. Storage 1500-2000 kcal).

CARBOHYDRATES (CHO)

Carbohydrates are our primary fuel source for high intensity exercise such as swimming. Glycogen is the major storage form of glucose and



located in the muscle and liver. Muscle glycogen cannot leave the muscle, therefore will be oxidized to support any energy requirements of the skeletal muscle.

Liver glycogen (also referred to as hepatic stores) is broken down to glucose and that glucose will then enter the bloodstream and either maintain blood glucose levels, or be up taken by the muscle for additional energy (ATP production).

Increased exercise intensity (100-400m races), increases dependence on carbohydrates as fuel, and leads to quick depletion of glycogen stores in muscle. When we run out of glycogen and glucose we feel as though we are "hitting the wall" (i.e. running out of fuel) we want to maximize glycogen content and blood glucose levels. **Therefore we must time our nutrient consumption - this is the idea of nutrient timing!**

NUTRIENT TIMING OVERVIEW

Consume certain food products (high in carbohydrates) before, during and after exercise.

PRE -WORKOUT 3-5 HOURS PRIOR:

- Fairly substantial meal.
- Focus on carbohydrates (simple or complex) and protein.
- Protein will aid in carbohydrate absorption and digestion.
- May want to avoid meals high in fat, as fat is slowly absorbed.
- Food ideas: Pasta dish, chicken and rice, etc.

30-60 MINUTES PRIOR:

- Consume a "snack" lighter meal - high in carbohydrates.

- Simple sugars (white bread, fruit juice, cereal) or complex sugars (whole grains) are acceptable. Whatever works for you.

- **Especially important when swimming early in the morning!** You need to consume some sort of carbohydrate before entering the pool. This will help prevent a caloric deficit throughout the day.

- Snack ideas: peanut butter and banana, oatmeal, orange juice, dry cereal, etc.,

NUTRIENT TIMING DURING WORKOUT:

- Research has shown that when exercising at high intensities for longer than 45 minutes it is advantageous to be consuming CHO and fluids to maintain fuel levels.

- 30-60 grams of CHO per hour (500ml of Gatorade= 30g of CHO).

- This is incredibly important if you have multiple races or practices in one day.

- Snack ideas: Gatorade, sugar water, etc.

NUTRIENT TIMING POST WORKOUT:

- Arguably, the most important timing as you need to restore glycogen levels.

- Ideally we want CHO in our system within 30 minutes post workout.

- The magnitude of the CHO is important as well, as research has shown, the more carbohydrates consumed, the more glycogen restored.

- Snack ideas: smoothies, egg sandwiches, chocolate milk, hummus, left-over vegetables.



COACH'S CORNER

HEAD-TO-HEAD CLINIC

November 24th - U of T Benson Pool with
Olympian Tera Van Beilen



Head to Head promotes mental resiliency and physical wellness among young Canadians through Olympian led mentor-ship programs, which teach healthy habits and inspire confidence. Tera Van Beilen learned a lot from her amazing swim career and will share her extensive knowledge of the sport with the next generation of Canadian swimmers.

This event offers great value for the price, and clinics are kept as small group sessions so each swimmer (no matter their level, age 10 +) will benefit from the clinic and get time with the athlete.

To see schedule or order tickets, [click here](#).

MEET MOBILE

Swim meets can be busy and exciting, but waiting for the final results can feel like a lifetime.

Meet mobile is a swim meet app that can be downloaded onto smart phones, and provides swimmers with "real time" results.

While it is great to get your (or your swimmer's) official time(s), remember, use of these apps should be limited to checking your own times, and not used to compare times between swimmers.

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*Hard work pays off -
hard work beats talent
any day, but if you're
talented and work
hard, it's hard to be
beat.*

WHO WANTS TO SAVE 20%!

Pro-Tech Pool and Spa Services Ltd., is more than a long-time club supporter and sponsor, they also offer all members of Trent Torpedoes a 20% discount on regular priced items such as fins, snorkels, deck coats, suits and more. Be sure to visit them at 1446 Chemong Rd., and check out what they have to offer!

IMPORTANT NOV. DATES

FUNDAMENTALS SWIM MEET

Sat. Nov. 16, 3:00-4:30 pm

Trent Athletic Centre

For Swim School and AG 1

Note: AG 2 and 3 practices on Saturday, November 16 will be from 4:30-5:30 pm

ALEX BAUMANN

INVITATIONAL

Fri. -Sun. Nov. 22-24th

Markham PanAm pool

Commitment Deadline: Nov 1

[Click here for Meet Package.](#)

Please keep an eye out for the signup information regarding the Guelph Dash For Cash, Dec 6-8

SWIM MEET REVIEWS

We had an awesome first ever TriMeet with ROC (Region of Clarington) and Oshawa, We had some fantastic swims, and are especially proud of our new AG 1 and 2 swimmers that have definitely embraced swimming and racing!

We next took our talents to Markham PanAm pool for the Orangeville Otters' Invitational. Our relays were awesome, every age group had at least 1 of their relays place in the top 4. The 11-12 girls placed 3rd in both the 200 Fr and 200 IM relays. As well, congratulations to Elise Furgal who is the first of many who will qualify for Swim Ontario's Winter Festivals! Let's get at least 2 relays at Winter Festivals.



FROM HEAD AGE GROUP COACH, KENT CROCKOWER

MASTERY!

We are still in the MASTERY time of our swim season. That being said, we are always working on being as technically strong as possible. It is just at this time of year we are trying to establish the best possible foundation. The focus on technique is important because it helps the swimmers understand that achieving the best possible technique helps keep them to stay healthy, reaching their swimming goals becomes easier and that becoming their best at anything takes time and diligence. [Click here for a great article on coaching-mastery.](#)

As we move to the midpoint of November we will gradually start shifting our focus to meet preparations. This will involve more race pace efforts in practice and using our improving technique to go FAST.

DRYLAND TRAINING

Our Dryland program is an integral part of our swimmers development and is supported by the Long Term Athletic Plan from Canadian Coaches Association. For information on how parents can support Long Term Athletic Development, [click here.](#)

Our Dryland program also helps children develop their own physical literacy. So please, not only ask your swimmers how swim practice was, but also ask, "What did they do in Dryland?", or "How do you think Dryland is helping your swimming?" Dryland Training is just one more aspect of our training that will help improve our swimming and it helps develop the athlete as a whole.

SWIM CANADA

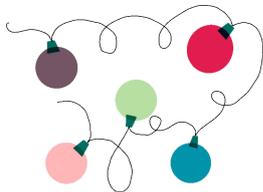
Once you or your swimmer has been registered with Swim Canada, their meet times are recorded and housed on the Swim Canada website. Simply visit their website (www.swimming.ca) by clicking [here](#) and use the search field (top right) to search for your swimmer.

TEAM NEWS

SOCIAL CALENDAR

October was a pretty busy month! In addition to swim meets and our first TPASC training session, our team's social game was on top notch, with a bottle drive, team BBQ, Halloween celebrations and more. Don't miss out on this month's social events - teams that have fun together, support each other.

Date	Event	Location
November 5 4:00-7:00pm	Kukri Gear Fitting Kukri Rep will be onsite	Pool Deck
November 13	Parent Meeting Review of club financials	TBD
November 17 Meet @12:15pm At Lion's Club	Lakefield Santa Clause Parade Get in the holiday spirit, while building club awareness! We will be walking in the parade, so dress in warm Torpedoes gear, with added holiday spirit!	



SWIMMER OF THE MONTH

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

CONGRATULATIONS to the September's recipients!

AG1: NAOMI STINSON



AG2: MEGAN HOPKINS



AG3: JAYDA SUTTON



REMINDERS

MEDICAL FORM

As part of registration, we require a completed Trent Torpedoes' Medical form. If you have not done so, the form can be found here.

Send completed forms to: membership@trentswimming.com

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Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.



MEET DECLARATION & PACKAGES

On the Trent Swim Club website homepage, you will find a list of upcoming swim meets, and available information. To declare or decline your swimmer and find meet information, follow the below steps, once signed into your account:

Select a swim meet from the list on the team's homepage

Click on swimmer's name

Choose:
"Yes, please..." OR
"No, thanks..."
Enter any notes for the coaches

Then select "Save Changes" on bottom right of screen

The screenshot shows the Trent Swim Club website interface. An arrow points to the 'Events' section where a list of swim meets is displayed, including 'Trent Swim club Trimeet'. Another arrow points to a swimmer's name in the 'Member Commitment' table, which shows a status of 'Undeclared'. A third arrow points to the 'Declaration' dropdown menu, which has 'Yes, please sign (Meins) up for this event' selected. A final arrow points to the 'Save Changes' button at the bottom right of the declaration form.

Approximately one week prior to each swim meet, you will be able to see the meet package and events your swimmer has been entered into. To find this information, simply click on the swim meet, and the links provided

The screenshot shows the details for the 'Trent Swim club Trimeet' event. An arrow points to the 'Forms & Documents' section, which contains a link to 'Trimeet hosted by Trent swim club entries Trent'.

TPASC TRAINING

The next training session at the Pan Am Sports Centre in Scarborough is Saturday, November 30th from 4pm-6pm.

Swimmers are reminded:

- In order to participate, the club must have a completed medical form on record.
- Team apparel is to be worn to and from the practice.
- Bring their training equipment and mesh bags.
- Pack a snack.

A team bus will be provided with pickup/drop off at the Canadian Tire parking lot, 1200 Lansdowne St. W. The bus will depart at 2pm, and is expected to return at approximately 7:30pm.



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*There is no "I" in team,
but there is in win!*

TEAM NEWS

TRENT TORPEDOES APPAREL

New Season, New Gear! We are making a splash with the new team wear, because not all athletes wear shoes!!

The Trent Torpedoes Club is excited to announce we have partnered with Kukri Sports Canada, an international sportswear supplier, dedicated to providing quality and durable sportswear. We have been working with our swimmers on a branding design that incorporates the club logo, and this is what they've come up with!



For those interested, a Kukri representative will join us on deck for a sizing session, **Tuesday, November 5th**, between 4:00pm-7:00pm, then place your order on our NEW online shop. Deadline for this order, is 11:30pm, Sunday, November 10th.

More items available, [click here to check out on-line store!](#)

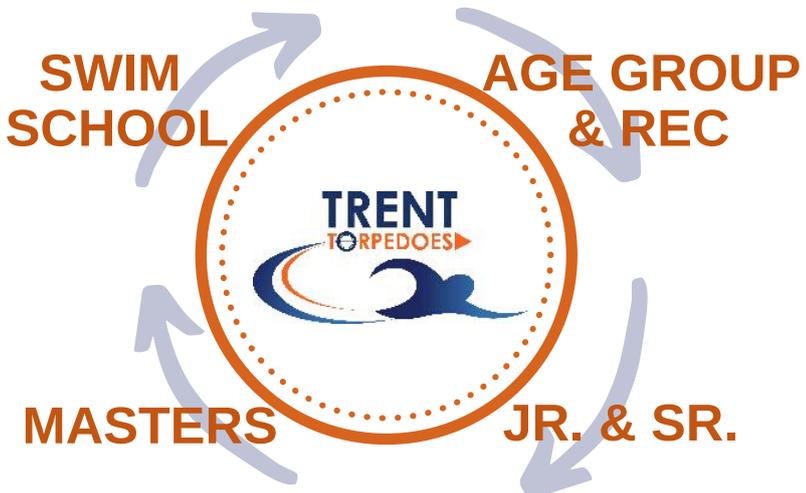
For more information, please contact Marnie Speck at merchandise@trentswimming.com

TEAM NEWS

TRENT SWIMMING CYCLE

Just how does Trent Torpedoes build their swim club?

- 1) Talent is developed through Torpedoes swim school.
- 2) Swimmers progress through Age Group competitive program.
- 3) When ready, swimmers tryout for the Jr. & Sr. competitive program.
- 4) For many swimmers, it is a sport they choose to continue through the masters program. Often times, the cycle continues, as master swimmers enroll their children.



NOVEMBER MEETS

Event:	Date:	Host Club	Swim Group Attending
Barrie Aquafest	Nov. 1-3rd	Barrie Trojans	AG1, AG2, AG3 & Jr.
FUNDamentals Meet	Nov. 16th	Trent Athletics Centre	Swim School, AG1
Alex Baumann	Nov. 22-24th	Mallards AC	AG1, AG2, AG3, Jr. & Sr.

For a complete schedule of 2019-2020 swim meets, [click here](#).

REMINDER

CANCELLATION POLICY
For swimmer cancellations received prior to December 31, club fees will be prorated based on a 10 month season and reimbursed accordingly.

Click [here](#) and review page 18 for the full cancellation policy for cancellations after Dec. 31.



*The price of excellence is discipline.
The cost of mediocrity is disappointment.*

DID YOU KNOW?

Swimmers use nearly every muscle in their bodies. While there are so many people out there to dismiss swimming as a “real sport,” swimming is one of the most intense sports there is. Why? Swimming is an all-body exercise. Yes, swimming uses more muscles than baseball and football.

OCTOBER PERFORMANCE SUMMARY

TRENT TRI-MEET

Visiting Clubs Oshawa & Clarington
51 Athletes

Top 5 PBs Accumulated

1. Logan Garside
2. Megan Hopkins
3. Clara Murison
4. Jacob Paterak
5. Avery Stephens

Top five FINA performances

1. Samuel Loureiro Kent
2. Patrick Turner
3. Ali Jones
4. Max Mullen
5. Tayler Leerentveld



Otters Fall Classic - 40 Athletes

Top Five Pb's Accumulated

1. Olivia Preston
2. Logan Garside
3. Kelly Mitchell
4. Makayla Tucker
5. Tyson Tucker

Top Five Performances

1. Rachel Chayer
2. Tayler Leerentveld
3. Maxeen Mullen
4. Samuel Loureiro Kent
5. Macy Mullen

TEAM NEWS

WINTER SESSION REGISTRATION

Attention Swim School, Recreation, and Masters Swimmers!

Our Winter Session begins January 6th, 2020, and we are offering current swimmers and swim families, early registration.

To ensure you get the time and day that works best for you, early registration will open November 1st by clicking [here!](#)

If you know someone who is considering joining any of these groups, let them know that registration will be open mid of November!

HALLOWEEN POOL PRACTICE

Swim School and Age Group swimmers kicked off Halloween, with a Halloween Pool Practice on Wednesday, Oct. 30th! We thank the coaches for making the practice special with fun drills and relays! Hope everyone had a safe and wonderful Halloween!



TEAM NEWS

TRENT TORPEDOES SWAP EVENT

Are your closets cluttered with Torpedoes items or swim gear that doesn't fit or you are no longer using??

Good news! We are planning a Trent Torpedoes Swap Event, where swim families can pick up or get rid of gear and clothing.

We are just finalizing the date and time, but wanted to give swim families a head's up that it's in the works!

Watch for an email to follow, with all the details!

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

Find us on Instagram at Trentswimming



JOLYN SWIM SUITS

Coming soon (very soon), Jolyn Torpedoes Team Suits! We are happy to provide an opportunity for our swimmers (both male and female) to order a Jolyn Trent Torpedoes practice suit, should they wish. Colour and pricing information coming soon, stay tuned!

TORPEDOES TEAM ACTIVITIES

The Bottle Drive was a great success!

Together we raised \$1,026! A BIG thanks to Custom Cutters for allowing us to use their location, to those who organized, volunteered and collected bottles.

Now that's team work!



We had a great time and great food while at the Team Launch BBQ, with more than 70 swimmers and swim families in attendance. BIG thanks to the Campbell/Moore family for the hospitality!



thank
you!

to our swimmers, Coaches,
Officials, volunteers, and
parents for their time and
participation.

We look forward to a great
2019/2020 season!

“
*Volunteers do not
necessarily have
the time,
they have the heart.*

SPONSORSHIPS & FUNDRAISERS

Sponsorship and fundraising initiatives are critical in order to keep swim fees as affordable as possible. Swim families pay 70% of the associated swim costs, with the club picking up the remaining 30%. This is only possible through sponsors and activities such as bingo and club-run fundraisers.

If you are aware of business that may be interested in supporting the club, have a fundraising idea, or an idea for how we can build awareness of our swim club, Andy, our club President would love to hear about it.

Families who source and secure a sponsor, will receive a yearly credit totalling up to 20% of their swim fees.

GET
INVOLVED

VOLUNTEER SERVICE HOURS

Do you want to know how many volunteer service hours you have? Click here, sign in and follow the below steps:



3. Enter Dates

Volunteer hours do not show up automatically, as they are submitted to the Treasurer and uploaded manually, for each account. Please allow 30 days, after each event, for your account to be updated. Oversight happens from time to time, if you notice your hours have not reflected, please contact treasurer@trentswimming.com

OFFICIALS NEEDED!!

Thank you very much to those who have officiated so far this year. Trent Torpedoes cannot host swim meets and time trials without volunteers. We really value and appreciate your time!

Did you know you can volunteer at meets hosted by other clubs as well? And, volunteer meet officials receive one volunteer service hour, per hour served...it's a great way for families to achieve their required yearly volunteer service hours.

Like us, other clubs depend heavily on volunteers to offer meets and we have a very full meet season planned. That means there are a lot of volunteer opportunities!

Below are November's volunteer opportunities. To volunteer, simply click on the meet(s) you wish to volunteer for:

November 16: Trent FUNDamentals Meet

December 15: Trent Developmental Meet

GET INVOLVED

WHO LIKES COFFEE?

We will be selling coffee as a fundraiser for our club, again this year. Last year we had the biggest sales yet, let's strive to raise even more money this year! Not only is it a great holiday gift for friends and family, but given its reasonable price and high quality, it's an excellent corporate/client gift as well. So, if you know of any business who are trying to think of corporate gifts, save them some work and tell them about our coffee fundraiser- it's a holiday gift to be proud of! Watch for this info via email!



Trent Swim Club
Coffee Fundraiser



If you know anyone who has business clients this makes a nice Client gift! Special labels available if you order 20 lbs or more, otherwise labels say Trent Torpedoes

- ✓ In conjunction with Carolina's Coffee!!!
- ✓ Superlative, Delicious Colombian Arabicas
- ✓ Affordable \$12.50/lb
- ✓ Dark, Medium, Espresso Roasts
- ✓ Whole Bean or Custom Ground
- ✓ No Pesticides are used
- ✓ Shade Grown under Old growth Canopy
- ✓ Local Peterborough Owners



Parent Name _____ Swimmer Name _____
Phone # _____ Email _____

Type	Dark	Medium	Espresso	
Beans				
Ground				
Totals				

#lbs beans _____ @ \$12.50 = _____

#lbs ground _____ @ \$12.50 = _____

TOTAL \$ _____

Order by November 17th - Delivery pickup December 6th (or earlier by arrangement)

For more information contact Tucker Barton at 2611bart@gmail.com

All funds raised support the Trent Torpedoes



BOTTLES & BATTERIES

LITTLE TIME - BIG IMPACT! As you know, the swim club works hard to find various fundraising initiatives, and we have a couple coming up by year end, and would like to ask for your help.

We had great success with our bottle drive in September, and would like to have another in the spring. If it's not too much trouble, please hang onto any bottles you may acquire between now and then, and let your friends and family know too!

This week, the city of Peterborough distributed bags for expired batteries. We will be holding a battery drive of our own, in the spring. This works very similar to a bottle drive, and we would, like to ask for our swim families, their friends and families, to hang onto their expired batteries, until our drive in the spring. Not only does a battery drive provide an opportunity to raise money, it promotes responsible disposal as well!

BINGO!

Delta Bingo is a valued supporter of our swim club, and provides a revenue stream our club depends on. Our partnership requires volunteers (18 yrs+) to help facilitate bingo sessions. Not only does the club earn money from each bingo session, but volunteers can earn credit to be applied to their swim account. To learn more, email bingo@trentswimming.com

OFFICIALS TRAINING

We have a new training session coming up on November 14th, from 7:00-8:30pm, in Lakefield for the position of "Starter". If this is something you are interested in, watch for the email and be sure to register.