

# YOU OTTER KNOW

*The Quarterly Newsletter of the West Vancouver Otters Swim Club*



## HEAD COACH REPORT

JANUSZ KACZMAREK, HEAD COACH

NORMAN NG, ASSISTANT HEAD COACH

Happy New Year from the Otters Coaching Staff!

We've had an exciting first third of the season. In the past 3 and a half months, our swimmers have competed at 11 competitions. Here are some quick stats from some of those past competitions (full results can be found on our website):

### Oct 14, 2018: Ron Andrews Development Meet

- 74 swimmers; OSA
- 8 LMR qualified (7 Belugas, 1 YDG)

### Nov 9-11, 2018: Brad Reid Memorial

- 38 swimmers; AA & up
- 52 swims that were Top 3
- 3 club records: **Natascha Borromeo** - G11-12 200 Back SC, **Adam Wong** - B10&U 200 Back SC and 100 Back SC
- 1 meet record: **Sophia Hartvikson** - G 14-15 50 Back SC

### Nov 15, 2018: Harry Jerome Development Meet

- 75 swimmers; OSA
- 12 LMR qualified (8 Belugas, 4 YDG)

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*"We've had an exciting first third of the season..In the past 3 and a half months, our swimmers have competed at 11 competitions".*

**Dec 1-2, 2018: Hollyburn Invitational**

- 24 swimmers; LMR
- **Anton Lavrov** - Age Group qualified in 50 Free, 200 Free, 200 IM, 100 Back and 100 Free
- 3 qualified for one Age Group time: **Clare Liu** in 200 IM, **Madelyn Merrigan** in 100 Breast, **Michelle Zeng** in 200 IM

**Dec 7-9: 2018 PCS X-mas Cracker**

- 22 swimmers; LMR & up
- 15 swims were Top 3
- 3 club records: **Adam Wong** - B10&U 50 Back SC and 200 Back SC, **Natascha Borromeo** - G11-12 50 Back SC

**Dec 14-16, 2018: ManSask Prov Championships**

- 7 swimmers; Youth and National
- 16 swims were Top 3
- Men - 8 th overall (5 male Otters; Aidan Smith, Victor Liu, Nicholas Hilkewich, Run Qian Gong, Tommy Dong)
- Women - 13th overall (2 female Otters; Sophia Hartvikson, Samantha Zastre)



After the first round of competitions, there was the Christmas Training camp for all LMR and up swimmers. All 3 camps (LMR, AA/Prov, Yth/National) were well attended. Congratulations to all swimmers that have 100% attendance!

Training Camps are a great experience for swimmers. Without the extra pressure of school and other extracurricular activities, our athletes can fully focus on swimming better and faster!

We are looking forward to continue building through the next two-thirds of the season!

Let's stay strong and bring it home!



# MESSAGE FROM THE PRESIDENT

KELLY MERRIGAN

Greetings Otters,

Now that we have all feasted and rested during the holiday season we face the remainder of the training year. It would be easy to be pulled into the "depth of winter doldrums" what with the poor weather and almost complete lack of sunlight- but we are Otters and impervious to anything but our desire to train and perfect our swimming skills in pursuit of aquatic glory.

These coming cold and dimly lit months are crucial to the training year because they lead up to the final months where the most important meets await us.

The increase in the tempo of training and competition not only make greater demands on our swimmers but on our parents too, (and I'm not just referring to the logistics of getting our swimmers to and from meet, properly attired, nourished, hydrated and motivated), because swim meets need swim officials.

From whence do these unsung heroes appear? Well, from the very ranks of our own Otter parents.

To assist parents in volunteering to become swim officials our very own Jennie Hippel has volunteered to help any of us become actual and bona fide swim officials. The training is straight forward, convenient and fun. You also get the added bonus of quickly obtaining your volunteer hours that earn you a reduction of your swimmer's fees.

But wait, there's more!

You also get free goodies at meets! Want to join? How do you enlist in this never ending soiree of fun? Just check out the website for details and contact Jenny directly.

Are you one of those ill-fated souls who are sadly unable to fulfill your destiny as a member of this elite cadre of volunteers? Grieve no longer and keep your eye out at meets to volunteer on an as need basis or prowl and peruse the website for upcoming Otter functions where there are always things to be done (like the much dreaded Costco run).

In the meantime, keep in mind that if it ain't raining its ain't training!

Otterly Yours  
Kelly Merrigan (Pres. WVOSC)



# Why I Volunteer as a Swim Meet Official?

**Meet Michiko! Otters Parent and Dedicated Swim Meet Official. Our club would love to have more official volunteers. We thought there was no better person to interview, to find out more about officiating!**

## Tell us a bit about yourself!

My name is Michiko and my daughter, Gemma, swims with Coach Norman's AA group. This is her fourth season.

## What is your experience with officiating?

I was a timer when Gemma was in OSA and a stroke and turn judge during her time in LMR and AA.

## Why did you decide to officiate?

I was informed early on that we are not able to host meets at the WVCC so it is especially important for our Club to give back to those Clubs and aquatic centres that do. Also, the meets literally will not start without sufficient volunteers so if you want them to start on time please volunteer. If 60% of the children at an OSA meet are Otters, then it would be wonderful if at least 60% of the timers are Otters parents.

Since these first meets I have found many benefits to volunteering. You have a much better seat to watch the meet from, the meet goes faster when you are occupied, beginning in LMR at most meets volunteers are brought food and drink and you will learn about the wonderful sport of swimming at the same time.

Finally, we all want to teach our children to be independent and by volunteering they have to take responsibility for themselves during the meet. Once the children reach the LMR level parents often sit in the stands and are not allowed on deck so the children have to be self-sufficient.

It feels really good to give back to the sport our children love.



**"You have a better seat to watch the meet from...at most meets volunteers are brought food and drink...and you will learn about the wonderful sport of swimming at the same time."**

## Do you have any tips?

Time with a friend! Decide in advance to volunteer with another mom or dad from the Club and the session will fly by.

I have enjoyed making new friends from other Clubs as well. We really are a swimming community and it is nice to know, and learn from, a wide variety of parents. Deck shoes and a plastic water bottle are great too.



## **What is the number one comment you get from other parents?**

"I don't want to disqualify my child or any other swimmer." Here is my multi-fold answer to this. First of all a stroke and turn judge actually doesn't disqualify the swimmer – the stroke and turn judge sees and writes down infractions and then presents it to the referee who will ask the stroke and turn judge a series of questions and then make the final determination whether the swimmer is disqualified.

Coaches, swimmers, and parents are not allowed to talk to a stroke and turn judge about an infraction, rather, coaches will go to the referee if there are any questions. Especially for a beginner swimmer in LMR it is often the case that when I reach the referee to present my slip the turn judge at the other end is presenting the same infraction! It is important to correct any stroke violations early on and that by doing so you are doing a long term service to the swimmer. The benefit of the doubt always goes to the swimmer.

## **How do I become an official?**

At the OSA level any adult or mature teenager is welcome to time. No experience or course is required. There will be an officials meeting before the meet begins (while the swimmers are warming up) and you will be given all the instructions you require.

If you are able to check off names, write down numbers, or push a button you are ready!

At the LMR and higher levels it would be great if timers have taken the "Timer" clinic. This clinic will take at most a couple hours of your time which go towards your volunteer hours. Our volunteer Club Officials Director will let us know when and where they are. They will still take you as a volunteer at the LMR meets without the clinic so don't hesitate to give it a try again especially if you hear a call out for volunteers during warmup.

A stroke and turn judge does have to attend the clinic before volunteering for these positions at a meet. It is also a time commitment of about a couple of hours which goes towards your volunteer hours. A great opportunity to ask technical questions about the sport! You will understand so much more about competitive swimming by taking this course. After you have completed it you will shadow an experienced stroke and turn judge the first couple of times you volunteer. Simply let the referee know you are new and they will pair you with an appropriate person.

When you volunteer the time starting with the officials meeting until the session ends (when you hand back your clipboard) goes towards your volunteer hours.

## **Interested in helping out our club and finding out more?**

Contact Jenny Hippel [officials.otters@gmail.com](mailto:officials.otters@gmail.com) and let her know you are interested in finding out more. Jenny hopes the club will offer courses at WVAC this spring, however courses are offered in various locations in the Lower Mainland. Check the website under Officials Clinic or contact Jenny directly.

The Swimming Official Pathway includes five levels which begin with an Introduction to Swimming Officiating Level 1 course right through to a Master Official at Level 5. Each level consists of easy to follow seminars in addition to some practical experiences. As each level is attained, pins are issued by Swimming Canada (see below).

Level I - Red Pin



Level II - White Pin



Level III - Orange Pin



Level IV - Green Pin



Level V - Blue Pin





Earbuds & Music  
(Run - Nat.)



Head phones! FUZZY Socks!  
(Natascha - Prov.)      (Ashley -  
Prov.)



SWEAT PANTS!!  
(Jessica - Prov)



"My Stopwatch &  
My Swim Team"  
Head Coach Janusz



A specific fuzzy blanket I  
never leave home without!  
(Kaiwen - Nat.)



My lunchbox  
(Julianna - AA)



Beef Jerky  
(Adam - AA)

Adam's  
Beef Jerky  
Sirius - AA

What essential  
item do you HAVE  
to bring with you  
on team travel?

Part 1



My phone! (for Starbucks &  
Meet Mobile) - Coach Norman



Cliff Bars  
(Ry - Prov.)



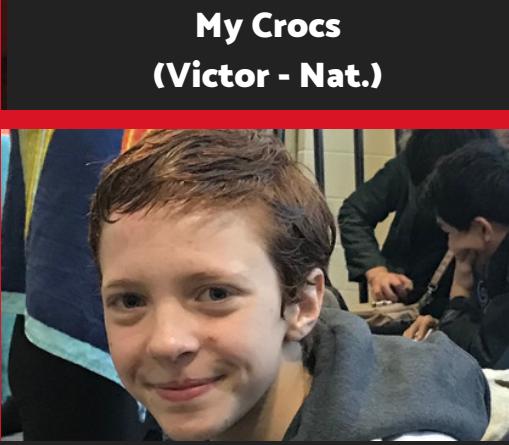
My Crocs  
(Victor - Nat.)



Gatorade!  
(Isavella - AA)



An insane amount of  
Otters T shirts! (Ethan - AA)



Music & Headphones  
(Adelaide - AA)





**Instant Ramen!**  
**(Jessica - AA)**



**Voltaren!**  
**(Samantha Nat.)**

**My stick roller!**  
**Sophia -**  
**Nat.)**



**My attitude!**  
**(James - AA)**



**A Portable Charger**  
**(Adam - Prov.)**



**Shaving Cream!**  
**(Onur - Prov.)**



**A Razor!**  
**(David - Prov.)**



**Moisturiser!**  
**(Nick - Nat.)**

**What essential item do you HAVE to bring with you on team travel?**

**Part 2**



**A TON of extra towels!**  
**(Kisely - AA)**



**Electrolytes & Vitamins**  
**(Bonnie - Nat.)**



**A refillable water bottle**  
**(Gemma - AA)**



**FOOD!**  
**(Uzak - Prov.)**



**A Basketball!**  
**(Andersen - AA.)**



**My Lunch box**  
**(Aidan - Nat.)**



## OTHER NEWS WITH THE OTTERS



## ARE YOU SIGNED UP FOR MEETS?

Check here:

<https://www.teamunify.com/Home.jsp?team=canwvosc>



**Mansask: Our National swimmers brought back 5 gold medals, 7 silver medals & 5 bronze medals. Congratulations!!**



**"So... Natascha & Adam, if it wasn't for the back, what other event would you have loved to set a club record for?"**

Congratulations guys on setting new Otters club records this quarter in the 50m, 100m and 200m Backstroke.

# MANSASK SHORTCOURSE CHAMPS DEC 2018



# FAST SWIM CLASSIC DEC 18



# OSA & LMR PHOTOS HOLIDAY PARTY 2018



# 16TH ANNUAL XMAS CRACKER DEC 2018



# BRAD REID MEMORIAL INVITATIONAL NOV 18



# OSA PHOTOS

## SEP - DEC 2018



# **Swimming & General News**

Here's a great video interview of Kylie Masse after her first long course race of the season that she won with a time of 59.27 seconds for the 100 back.  
<https://swimswam.com/kylie-masse-reflects-on-her-1st-long-course-race-of-the-season-video/>

The 2018 FINA World Cup in 7 different swim meet locations gave us some exciting racing this Fall. This link details some of the top swims of note.  
<https://swimswam.com/the-top-10-swims-from-the-2018-fina-world-cup-series/>

Link to a great article that summarizes 19 tiny habits that lead to huge results. "If you want to build something big, if you have a vision, a dream, or even just a clearly defined end goal, the question is how you can start to make that happen right now."

<https://medium.com/@nicolascole77/19-tiny-habits-that-lead-to-huge-results-2f71a8da6be9>

Here's an interesting article on the myth of the importance of self control. "Psychologists say using willpower to achieve goals is overhyped. Here's what actually works-----."

<https://www.vox.com/science-and-health/2016/11/3/13486940/self-control-psychology-myth>

This is a fantastic interview of 3x Olympian, Erik Vendt. He talks about what it was like to compete alongside teammate Michael Phelps, and how important it was for him to prepare for his races with mental visualization. He gives specific pointers on exactly how he visualized and what worked for him. The podcast is long, so if pressed for time, you may wish to skip ahead to about the 32 minute mark to go right to the Phelps and visualization discussions.

<https://findingmastery.net/erik-vendt/>

# Otters Swimmers & Families...

# WE LOVE INPUT



**Have a great idea for our next newsletter? Have great photos to share? Please direct any suggestions or questions about the contents of this Bulletin to the Editors: Rob Hartvikson or Amy Yuen.**

**Email your suggestions and feedback at [registrar.otters@gmail.com](mailto:registrar.otters@gmail.com) or come and chat with us. We are always near the pool!**

The aim of this WVOSC Information Bulletin is to be a quarterly bulletin that provides general updates and gives you handy shortcut links to the Otters website and other informative websites. It is intended to supplement (and not replace) the detailed regular emails from the Registrar and coaches. The articles that are linked to above are solely for reader interest and none should be taken as representing the views of any of the Board members or coaches. As always, we welcome any suggestions on what to include in this bulletin and how to make it most useful. For anybody wishing to read this in another language, Google Translate is a possible tool to use. Here is the link to it: <https://translate.google.ca/>. I hope this included translation below is useful as well.

□候父母,

此WVOSC信息公告的目的是一个季度公告，提供一般更新，并提供方便的快捷□接到Otters网站和其他信息网站。它旨在□充（而不是取代）注册服□商和教□的□□常□□子□件。我□□迎就本公告中包含□些内容以及如何使其最有用提出任何建□□□于任何希望以其他□言□□的人，Google翻□是一种可能的工具。□里是它的□接：<https://translate.google.ca/> 我希望□包括翻□是有用的。