



# LETHBRIDGE SUMMER SWIM CLUB ORCAS

## WELCOME!!

Welcome to the 2010 Lethbridge Summer Swim Club Season! My name is Kent Aitchison and I am back as the Head Coach for the second straight season! Last year was great and I am really looking forward to another exciting season with the Orcas!

We are very fortunate to have the exact same coaching staff as last year. Jenn Kabeary, Dwight Holmen, Heather Dutton and Kristy Gabruck have all returned. This is very exciting especially when considering the very successful season that we had last year!

LSSC is one of the largest summer swim clubs in Alberta. Com-

munication is a major component of our success. There are several fun team events occurring throughout the season so please make sure you keep up to date with all the excitement by checking your mailbox and email accounts frequently, viewing the calendars posted in the pool gallery, directing your questions to the coaches, executive members or other knowledgeable parents', or finally checking out our club website at <http://summerswimclub.ca/>.

Our focus this season will be to prepare the swimmers for the Region F Championships August 7<sup>th</sup> & 8<sup>th</sup> in Lethbridge and the ASSA Provincial Championships

August 14<sup>th</sup> and 15<sup>h</sup> in Edmonton. We will also have a strong focus on our own meet on June 12<sup>th</sup> over at the UofL. Mark these days on your calendar! They are very important and a lot of fun. As coaches we plan the season so the swimmer's have their best opportunities to achieve their goals at these meets. If you can be there... Be there!! These are the times where we truly get to shine as a team!

Believe it or not, the first two weeks of the swim season are already over. A three and a half month swim season is not a very long one! We really like what we've seen so far. The rest of the Region better watch out!

## Note From Our "Floater" Coach

Hello, I'm Kristy Gabruck, I am returning for my second season as the 'Floater Coach'. I'm very excited to be back and look forward to meeting all the new members of the club. As the 'Floater Coach' I have the opportunity to work with all the coaches and their swimmers. However, I spend a majority of my time assisting Heather with the younger group which we now refer to as the 'Flying Cheetahs'. Our swimmers have been doing awesome, they al-

ways come ready to make a splash. I have just ended my 5th season as a member of the U of L Pronghorn Swim Team. I am currently finishing my degree in Education. When I'm not in the pool, I enjoy playing volleyball, basketball and softball. GO Orcas GO!

-Kristy

Kristy "floats" from group to group... not necessarily like in the picture below!



## Up-Coming Events:

- > May 18th: Mini Meet and Potluck
- > May 22nd: UofL Swim Camp
- > May 26th: First Event of Orca Cup 2010
- > May 28th/29th: Claresholm Swim Meet
- > May 31st: Coach Swap Night #1

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**Fun Swimming Fact:** The bikini was named after a U.S nuclear testing site in the South Pacific, in 1946!!



Hello families and welcome back to another season with the Lethbridge Summer Swim Club. I am very excited to be returning back for my 2<sup>nd</sup> consecutive year to this team. So far this season I have been very impressed with what I have seen from the kids, I have noticed a huge positive attitude on the deck and I am very pleased to begin the season this way. The kids have been swimming really well to start the season, I have

seen some really good work in the pool and it is only the 2<sup>nd</sup> week of the season, that's terrific! My group has started off these first 2 weeks working with every stroke, so that we can nail down the technique early. We will continue to train these strokes and work on some speed for the season. The new events this year will allow most of my kids to swim 25's and 50's in every event, and in the freestyle events a 50 and 100. This

should give a chance for some possible provincial medals and records up for grabs at the end of the year. On a final note the new group name this year is the Diving Dolphins! Reminder dry land is on Tuesday and Thursday for the first half of practice. Bring the appropriate clothing and a water bottle. -Dwight



**LSSC GROSS POINT PLACEMENTS AT PROVINCIALS:**

- 2004: 2nd
- 2005: 2nd
- 2006: 2nd
- 2007: 13th
- 2008: 21st
- 2009: 7th
- 2010: ????

**Group Update: Purple Polka Dotted Pumas (Jenn)**



After a close vote our group name is the Purple Polka Dotted Pumas. So, the last two weeks have been very technical based and will continue to be. It is important to have the proper technique down in order to train more efficiently. Everyone has been working really hard. I am really looking forward to the first swim meet of the season. It

is going to be an exciting racing season with all the new events. For all the parents with swimmers in my group, please feel free to get in contact with me about any concerns you may have for your child. P.S. This is the unofficial logo until someone can find a cartoon of a purple polka dotted puma!

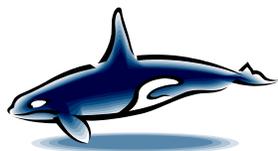
**Group Update: Flying Cheetahs (Heather)**

Hello and welcome back! I am returning to the club for my second year coaching the youngest group of swimmers and am very excited for the season. The swimmers are working very hard and showing improvements daily, which is terrific. The kids are very anxious to work hard and improve their strokes, making practices fun for everyone. We have been working very hard on perfecting streamlines and flutter kick and have started working on all 4 of the strokes tech-

nique. We will continue working on each of the strokes as well as perfecting our dives. The first swim meet of the season is coming up in 2 weeks, which will be exciting to see the swimmers get to try out some racing. It would be great to see as many swimmers as possible come out to Claresholm. Meets are for everyone and are always a lot of fun. Remember that dry land is on Wednesdays and Fridays for the



first half of practice. Bring the appropriate clothing (including good shoes to run around in) and a water bottle. We have voted on a group name. This year we are: the Flying Cheetahs! -Heather



**Orcas can swim up to 30 miles per hour!!**



## Group Update: Might Morphin' Power Rangers (Kent)

In the original Power Rangers TV show, Zordon recruits a group of teenagers with attitude to be Power Rangers. Looks like the same kind of thing is happening at the Fritz Sick Pool in 2010. Ha!

The "teenagers with attitude" in the Senior Group have had a pretty good start to the season. We have a very large group mixed with new and returning faces. As always, the focus of the start of the season is to work on technique. An offseason that is twice as long as the actual season can definitely make someone feel like they forgot how to swim! As we progress into "harder" parts of the season be sure to keep the good technical habits

that you're laying the foundation for in tact!

The only concern I have for the MMPR's right now is overall group attendance. If all thirty members of the group had shown up to every single practice so far our "attendance percentage" would be 100%. Unfortunately we are currently standing at about **48% - NOT GOOD!** Some of you have some pretty sizeable goals written down on your goal sheets. It's great that you're striving towards something, but skipping out on practice time makes attaining these goals that much harder!! Would you go to school only once or twice a week and expect to do

well on your final exams? Hopefully not! Depending on what your priorities and aspirations are, the same mindset should be applied to swimming. Each week is planned out with the assumption that everyone is going to show up everyday. We are pretty lucky to have such a large group of highly motivated and talented swimmers. As teammates you need to be there for support and to push each other. The season is short... make the most of it!

-Kent

P.S. Get your goal sheets in if you haven't already... Or Else!! :)

## NEW ASSA EVENTS

The events for summer swimming have been revised for the 2010 season. The new events give a variety of options to swimmers. Here is a summary of the changes: There are additional distance options for backstroke, breaststroke and butterfly. A

new 15 & Over category replaces the 15/16 and 17 & Over age categories. There are more age categories in the distance freestyle events. The 800m and 1500m freestyle events are now open to both boys and girls. Check out the table below!

Age	Butterfly		Backstroke		Breaststroke		Freestyle		IM	Distance Freestyle			
	Short	Long	Short	Long	Short	Long	Short	Long		200	400	800	1500
<b>8&amp;U</b>	25m	-	25m	50m <sup>1</sup>	25m	50m <sup>1</sup>	25m	50m	100m	10&U <sup>1</sup>	12&U	14&U <sup>1</sup>	Open
<b>9&amp;10</b>	25m	50m <sup>1</sup>	25m <sup>1</sup>	50m	25m <sup>1</sup>	50m	50m	100m	100m				
<b>11&amp;12</b>	50m	100m <sup>1</sup>	50m	100m <sup>1</sup>	50m	100m <sup>1</sup>	50m	100m	100m	11&12 <sup>1</sup>			
<b>13&amp;14</b>	50m	100m <sup>1</sup>	50m <sup>1</sup>	100m	50m <sup>1</sup>	100m	50m	100m	200m	13&14 <sup>1</sup>	13&14 <sup>1</sup>		
<b>15&amp;O</b>	50m <sup>2</sup>	100m	50m <sup>1</sup>	100m <sup>2</sup>	50m <sup>1</sup>	100m <sup>2</sup>	50m <sup>2</sup>	100m <sup>2</sup>	200m <sup>2</sup>	15&O <sup>1</sup>	15&O <sup>1</sup>	15&O <sup>1</sup>	

<sup>1</sup> - new event or change to age category

<sup>2</sup> - combined events

<sup>3</sup> - all 15/16 and 17&Over relays combined to become 15&Over relays

If you're on Facebook, find the Lethbridge Summer Swim Club Page and "Like" it!



Last year a mind-blowing 88 LSSC swimmers attended the Lethbridge meet... Can we break 90 in 2010?!



There are 28 Vacant Club Records this year!!

## HOW TO PREVENT SWIMMING CRAMPS

(<http://ezinearticles.com/?Swimming-Lessons---How-to-Prevent-Muscle-Cramps&id=1916809>)

A muscle cramp occurs when your muscle are tightens. This causes a sudden severe pain. Research shows, overexertion and dehydration are the main cause of cramp. It is a signal to your body that you don't have enough fluid in your system. Now, how can you prevent a muscle cramp during swimming?

**Step No. 1:** Balance the amount of electrolytes in your body. Electrolytes are minerals such as sodium, magnesium, calcium and potassium that help your body cells to function normally. A cramp occurs usually when we have too much or too little of one or more electrolytes. So, always prepare water with electrolytes. When you need it, drink it!

**Step No. 2:** Stretch before you swim. Cramps may also occur when your body are changing from less activity to aggressive movement. By doing proper stretch, you are preparing your muscle to more intense training. Your muscle will be loosen after the stretch, hence your body will be able to accept more intense movement.

**Step No. 3:** Drink at least eight glasses of water everyday. By drinking that amount of water, it will help to prevent dehydration, which plays an important role in causing the muscle cramp.

**Step No. 4:** Swim regularly. Most people who suffer from muscle cramp did not exercise regularly. Muscles are not able to accept the sudden aggressive movement and cause them to be tighten and shorten.

Most often people get cramps in their calves, however, you can also get them in your thighs, feet or just about any muscle.

Cramps can be eased by a few simple methods as mentioned below.

1. Relax the tighten area by massaging.
2. Use ice treatment. Put the ice on tighten area.
3. Do leg stretching to loosen the muscle.
4. Drink plenty of water.

**ORCAS RULE!!**



**LSSC - 2009 REGION F CHAMPIONS**