



# LETHBRIDGE ORCAS SUMMER SWIM CLUB

## Message from the Head Coach: Welcome!

Welcome to the 2011 Lethbridge Orcas Summer Swim Club! It is hard to believe that we are already a month in! My name is Kent Aitchison and I am back as the Head Coach for the third straight season. After surviving another frigidly cold and brutal winter while studying and swimming at the University of Alberta, I am **very excited** to be back in Lethbridge coaching the funnest and fastest summer swim team in Alberta! Last year was absolutely unbelievable and I hope that amazing trend continues in 2011!

We are very fortunate to have a very similar coaching staff as last year exact same coaching staff as last year. Jenn Kabeary, Dwight Holmen, Kristy Gabruck have all returned. Longtime Orca, Carlee Morris, has replaced Heather Dutton as Heather had academic commitments this summer! Heather was awesome and we were lucky to have Carlee available for a replacement. Please make an effort to communicate with your coach throughout the season!

As you may know, we were crowned ASSA Provincial Champions in 2010. This was an incredible achievement as we

had a 21st Place Provincial ranking in 2008. The coaches think it is very reasonable to believe that we can do it again in 2011! The morale and commitment within in the club is at an all-time high and we feel that the rest of Alberta should fear the Orca come August 14th and 15th. Our other major goal of the season is to achieve 1400 total best times as a club. Quite the number! The key ingredient to achieve these goals: **attendance**. By attending more practices, there is a better chance swimmers can improve their times at meets. By attending more meets, the more opportunities the swimmers have to achieve best times along with developing race skills that can be put to a true test at Regionals and Provincials. Not to mention the social and team atmosphere that develops overtime when we have plenty of kids showing up!

Swimming is a competitive sport and swimmers are expected to attend swim meets. Swimming boils down to swimmers competing against the clock as it measure of how much they improve. Without the competitive atmosphere that a swim meet provides, there is

no statistical evidence of improvement that the swimmers achieve. Please attend meets when you can! Words cannot describe the benefits from both a competitive and social standpoint that the swimmers get!

With that being said, please consider attending **both** the Regional and Provincial Championships in August. As coaches, we plan the entire season around these two weekends with the intent of giving our swimmers their most excellent opportunity to swim at their very best. Medals and records are bonuses. Crushing your best times and being a part of the team during the Championship Meets is really what it's all about. It is truly heartbreaking for a coach to see a swimmer put their time in the practice pool and not reap the benefits of their hard work at the end of the season.

Please take these weekends into account when planning your summer holidays. There will be three full weeks of summer following Provincials before school starts.

See you at the pool!

GO ORCAS GO!  
-Kent



## Up-Coming Events:

- > June 4 - Pincher Meet
- > June 8 - Picture Day
- > June 11 - Taber Meet
- > June 14 - Orca Cup 3
- > June 18 - Claresholm Meet
- > June 25 - Calgary Swordfish Meet
- > June 27 - Orca Cup 4
- > May 31st: Coach Swap Night #1

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**LETHBRIDGE ORCAS' REGION "F" MEET WINNING STREAK IS CURRENTLY AT:**

**SWEET SWEET 16**

**REGIONAL MEET GROSS TROPHY CHECKLIST:**

- Brooks
- Pincher Creek
- Taber
- Claresholm
- Crowsnest Pass
- Fort Macleod
- Regionals



**Group Update: Neon Rubber Duckies (Dwight)**

Hello! My name is Dwight Holmen. I am currently going into my 4th year of undergrad at the University of Ottawa in Honours with specialization program in psychology. I am also swimming varsity on the Gee Gee swim team. It is my third straight year coaching with the Orcas and I am excited to see what the kids can achieve this season. It was been quite a start to the season for the Neon Rubber Duckies. We have established a

pretty good grasp on freestyle technique and were are beginning to work on the other strokes. As the season progresses we will be focusing more on the swimmers best events as opposed to a general group progression. The kids have been working really hard and I am seeing major improvements in such a short time! I am encouraging swimmers to attend as many practices and swim meets as possible to try and maximize their abilities for

the season. The swimmers of the month for May are Peka Mueller and Ethan Boras. Keep up the good work group!



**Group Update: Ironic Jellyfish (Jenn)**



Hopefully the lack of doing a lot of back and forth in the pool hasn't made you too nervous yet! We have been focusing a lot on learning how to do some basic skills. A lot of work on streamlines, turns, and kicking for all the strokes. As well, we have been doing a lot of work on fly kick and drills, and trying to convince the swimmers that fly

is not that scary of a stroke.

Attendance has been fantastic, which hopefully will translate over to swim meets as well!

Great work in the first month swimmers!

-Jenn

**Group Update: Super Sea Serpents (Kristy)**

Hello! I'm Kristy, I coach the Super Sea Serpents. This is my third year as a coach with the Orcas, and I look forward to another great summer of fast swimming. The Super Sea Serpents consists of new and returning Orcas under the age of ten. This past month we have been getting to know each other and learning to work together in and out of the pool. The Super Sea Serpents have been working hard on their dives and streamlines.

Over the next month we will begin to focus more on our freestyle, backstroke and breaststroke technique. I am really impressed with the practice attendance, and look forward to seeing the swimmers in action at the upcoming meets.

Keep up the great work!!

-Coach Kristy



### Group Update: Justice League (Kent)

It makes sense that the group picked Justice League after last year's "super" season! Ha!

We have had a very smooth start to the season. After spending a lot of time working on technique and watching videos, June signals the transition into a phase that is highlighted by more amounts of conditioning while maintaining the good habits we developed in the first four weeks!

The only concern I have for the group is attendance! Many of you have been very inconsistent with the practices you have been able to attend. I

know things are busy with school and other activities. That's ok! Please make an effort to be at the pool when you do not have anything else going on. I rather see you show up late or leave early than not see you at all! Like I've said on deck, you need to put money in the bank for the 14 weeks leading up to Regionals. The more deposits you make, the more you get to "cash out" at the end of the year. Cash being a metaphor for **CRUSHIN'** best times!

Swimmers of the Month for the Justice League are Ami Tipper and Owen Guyn. Ami has established herself as a leader in the

club after being new to the Orcas in 2010. Her commitment to taking her performance to the next level rains down on everyone!! Awesome. Owen defines maximum effort. If there is something that's supposed to be an all out sprint during practice, Owen is the poster boy for appropriate effort! Owen's commitment in 2011 has proven to be very beneficial to his game so far! Nice!!!



If you're on Facebook, [CLICK HERE](#) to find our page and "Like" it!

### Group Update: Mini Orcas (Carlee)

Hi my name is Carlee Morris, and I would first like to welcome everyone to the 2011 swim season. I have swam with L.S.S.C for 13 years, and I am so excited to be coaching this summer! This summer I am coaching the Mini Orcas program as well as fulfill-

ing the "floater coach" position. The swimmers have been doing awesome so far, and have been showing great improvement. They always come to practice with a smile on their face, ready to swim! I am currently a student at the University of Lethbridge

majoring in Kinesiology.

Let's Go Orcas!



Be sure you check out the new banners hanging up at the Fritz Sick for some eye candy!!



### Orca Cup Standings After Event #2

Team	Total Event #1 Points	Total Event #2 Points	Overall Points	Overall Place
Turkey Turkeys	46	58	104	1
Britain Barbarians	32	50	82	3
Madagascar Monkeys	54	49	103	2
New Zealand Speedo People	27	48	75	4



This year's club t-shirts are pretty sweet. Make sure you have them on at EVERY meet!



**\*\*REMINDER\*\***

**Team photos are on Wednesday, June 8th. Remember to look your best and bring your 2011 Lethbridge Orcas shirt!**

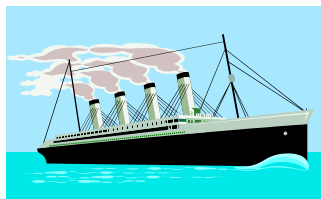


The Calgary Tritons will likely be our main competitor for the 2011 ASSA Provincial Championship!



**Fun Swimming Fact:**

The first ocean liner with a swimming pool on board was the Titanic!



## Orcas Open Up 2011 With Dominate Performance

It was quite an outstanding weekend for the Lethbridge Orcas as they attended the first swim meet of the season in Brooks on Friday and Saturday May 27/28. After being going the entire 2010 season undefeated, the Orcas continued this trend in 2011 with a dominating team performance. The Orcas won both the gross and net scoring titles at the meet - a rare feat in the summer swimming circuit. The Orcas scored 681 points beating the next closest team by over 400 points. Ami Tipper and Amy Benzie attained times that automatically

qualified them for the ASSA Provincial All Star Team that will compete in Fort McMurray in July. Meretdith Franks, Solanah McDonald, Macey Fuller and Chayce McDonald admirably represented the Orcas for their very first time.

The following swimmers collected aggregate medals in their respective age categories:

- Harison Isfeld Boys 6&U - Silver
- Macey Fuller-Girls 11/12 - Gold
- Amy Benzie - Girls 11/12 - Bronze
- Colm Guyn- Boys 11-12 - Bronze
- Elizabeth Pedersen Girls 13/14 - Gold
- Keely Hopkins Girls 13/14 - Gold

- Melia Tipper - Girls 15-17 - Bronze
- Ami Tipper - Girls 15-17- Silver
- Rachel Tkach - Girls 15-17 - Gold
- James Kwan - Boys 15-17- Silver
- Carlee Morris- Girls 18&Over- Silver
- Macey Fuller-Girls 11/12 - Gold
- Amy Benzie- Girls 11/12 - Bronze

The Orcas look to extend their "regular season" winning streak to 17 consecutive wins at the Pincher Creek Dolphin Invitational on June 3rd and 4th.



Orcas lining up for a 4x50m Freestyle Relay at the 2011 Brooks Barracudas Invitational

# LETHBRIDGE ORCAS SWIMMERS OF THE MONTH



**Peka Mueller, Age 10**

**Year with LSSC:** 3  
**Favorite Event:** Long Freestyle  
**Other Activities:** Skiing  
**Favorite Food:** Homemade French Fries  
**Favorite Movie:** Emmaa  
**Favorite Book:** Harry Potter Series  
**Likes to Travel to:** Disneyland



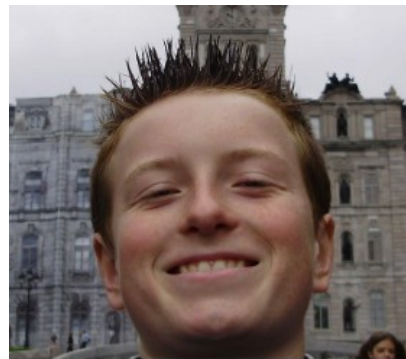
**Ami Tipper, Age 15**

**Year with LSSC:** 2  
**Favorite Event:** 50m Breaststroke  
**Other Activities:** Reading, movies, video games & pumping iron!  
**Favorite Food:** Chinese Food **Favorite Subject:** English  
**Favorite Movie:** The Lakehouse **Book:** My Name Is A Memory  
**Likes to Travel to:** Greece and hopefully climb Mt. Fuji  
**Extra Thoughts:** LSSC is the funnest club ever!



**Amy Benzie, Age 11**

**Year with LSSC:** 7  
**Favorite Event:** Breaststroke  
**Other Activities:** Badminton  
**Favorite Food:** Ribs  
**Favorite Subject:** Art and Shop  
**Favorite Movie:** Dumb and Dumber, Speed  
**Likes to Travel to:** Waterton



**Owen Guyn, Age 14**

**Year with LSSC:** 7  
**Favorite Event:** Freestyle  
**Other Activities:** Skiing, running, volleyball, badminton & cello  
**Favorite Food:** Paella  
**Favorite Subject:** Science  
**Favorite Movie:** The Dark Knight  
**Likes to Travel to:** Europe or Vancouver

# LETHBRIDGE ORCAS SWIMMERS OF THE MONTH



**Nate Heyburn, Age 11**

**Year with LSSC:** 5  
**Favorite Event:** 200m Freestyle  
**Other Activities:** Basketball, Soccer, Golf  
**Favorite Food:** Tuna Noodle Casserol  
**Favorite Subject:** Math & PE  
**Favorite Movie:** Avatar **Favorite Book:** Throne of Fire  
**Likes to Travel to:** Uncle's Farm in Beaverlodge, Alberta



**Owen Gallagher, Age 8**

**Year with LSSC:** 1  
**Favorite Event:** Freestyle  
**Other Activities:** Hockey  
**Favorite Food:** Fresh Raspberries **Favorite Subject:** PE  
**Favorite Book:** Percy Jackson and the Sea of Monsters  
**Likes to Travel to:** Toronto  
**Extra Thoughts:** Doing first triathlon this summer!



**Ethan Boras, Age 10**

**Year with LSSC:** 3  
**Favorite Event:** Relays  
**Other Activities:** Playing with friends, wrestling with my dad  
**Favorite Food:** Ice Cream Cake  
**Favorite Subject:** Science  
**Favorite Movie:** Kong **Favorite Book:** The Warrior Series  
**Likes to Travel to:** Disneyland



**Dara-Lynn Boras, Age 8**

**Year with LSSC:** 3  
**Favorite Event:** Relays  
**Other Activities:** Horse riding, crafts, family time  
**Favorite Food:** Raspberries  
**Favorite Subject:** Art  
**Favorite Movie:** Spirit **Favorite Book:** Wonderland  
**Likes to Travel to:** Disneyland

# PSYCHOLOGY CORNER WITH HEATHER DUTTON



## Arousal & Relaxation

### *Performing with Music*



#### Your Mind & Body are Connected

- What you think is connected with how you feel
- How you feel will impact your performance
- Practice being aware of how you feel and pay attention to your:
  - Heart Rate/Heart Beat
  - Breathing speed/ length
  - Mood

#### Breathing properly is relaxing, and it helps facilitate optimal performance

Athletes who get stressed out during high-pressure performance situations find that their breathing is usually affected in one of two ways:

- They are holding their breath
- They are breathing rapidly and shallowly from the upper chest

Both of these adjustments creates further tension and impair performance.

#### HOW TO BREATHE PROPERLY WITH YOUR DIAPHRAGM:

Put one hand on your abdomen and the other on your upper chest. If you are taking a deep, complete breath from the diaphragm, the hand on your abdomen will move out with the inhalation and in with the exhalation, while the hand on the chest remains relatively still.

#### Inspiring Lyrics

Some songs can have a really strong and motivating messages. Lyrics can be a good way to develop strong keywords for competition.

#### Get into your own bubble!

Some athletes use music to block out internal disturbances, to help them control self-doubt and negative thoughts. They will use music as a form of distraction control to block out external things around them.

#### Find the right balance.

The danger is that relaxation is not always what you want. Sometimes you need to have a certain level of arousal (but not too much either!), because it is not beneficial to be in a completely relaxed mode.

#### Arousal and Performance

