



# LETHBRIDGE ORCAS SUMMER SWIM CLUB

## Message from the Head Coach: Welcome!

Welcome to the 2012 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 fourth straight season. I started coaching with the club in 2005 and have really enjoyed my time with such a great organization. The success and fun has "snowballed" in the last few years and I am excited to help continue that trend in 2012.

I'd like to welcome Kylie Warne, Stephen Tkach and Alexa Benzie as new members of our Coaching Staff. We have been very impressed with their enthusiasm so far. Joining them are returnees Jenn Kabeary and Dwight Holmen. We are quite fortunate to have the coaching staff that we do! Please make sure you are keeping in touch with the coaches throughout the season.

We have been crowned ASSA Provincial Champions for the past two seasons. This is 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 go for the three-peat in 2012! The first step in that goal is having commitment for the **Regional**

**Championships in Lethbridge on August 11th and 12th.** Regionals is really a semi-finals for the Provincial Championships that are in Edmonton on August 18th/19th. Anyone that competes in Regionals is considered a part of our Provincial Team. Regionals does not have any qualifying standards and **every single** swimmer is encouraged to attend. This is a competitive swim club. We do love to have fun, and attending these meets are a big part of that. Everything we do throughout the summer is a stepping stone towards these two week-ends. These competitions give our swimmers their absolute best opportunities to achieve their goals and swim at their highest level possible. That is really what competitive swimming boils down to—striving for improvement! There is just a bunch of other great stuff that comes with it. Please mark these dates on your calendar now. Ask your coach about these meets - it is too hard to try to type all the reasons why they are so important. As a bonus, Regionals is in Lethbridge this year! Almost no room for excuses... If we could make it a mandatory thing we probably would :-). We had an all-time record of 88 swim-

mers compete at Regionals in Medicine Hat last year. Let's make some history in 2012.

Regionals is our main focus, but a key ingredient to achieving improvement is **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 over time when we have plenty of kids showing up at practices and meets! Words cannot describe the benefits from both a competitive and social standpoint that the swimmers get when they are consistently on the pool deck during the summer!

Remember to check your email regularly for any updates. Our website, [www.summerswimclub.ca](http://www.summerswimclub.ca) is also a good thing to check out from time to time!

See you at the pool!

GO ORCAS GO!  
-Kent



### Up-Coming Events:

- > June 13 - Club Photos
- > June 16 - Claresholm Meet
- > June 23 - Lethbridge Meet
- > June 28 - Orca Cup #4
- > July 4 - Team Pursuit
- > July 6/7 - Summer Games

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



**REGIONAL MEET GROSS TROPHY CHECKLIST:**

- Brooks
- Pincher Creek
- Taber
- Claresholm
- Lethbridge
- Nanton
- Medicine Hat
- Crowsnest Pass
- Regionals



**Silver Group: Coach Jenn Kabeary**

It is very good to be done May and be able to get into the racing part of the season. This is where we get to put what we have been working on in practice to the test! It is also a great time of the season because we get to hang out and have a great time interacting with everyone in the club at meets. Parents, as you may have noticed if you have been coming to practices, we have been using the tool of video a lot this year. With so many swimmers in the group that are coming everyday it is very difficult to get sufficient feedback to every individual swimmer on a regular basis. Filming during workout has allowed your children to see for themselves what they need to be working on. I feel it has been a real asset to the improvement of all the swimmers strokes, and that they have been learning the technical aspects quicker. They also cannot say... "I am doing it" when they are not, or "I don't do

that" when they do!

I would like to remind you all that our home meet is coming up in two weeks and encourage you all to attend! I realize that you are all very busy with school and other things than just swimming. If you have other activities that weekend I would like to suggest that maybe you consider competing for half a day, either the morning or afternoon if you can. We want to be able to show a good united front to the rest of the region. For those of you who are not as competitive, or are new to competing, this meet is a great opportunity to be in an environment where you are surrounded by a lot of people who know what to do, and will be ready to help you have a great time. This is one opportunity that the club as a whole has as a full team bonding experience!

I would also like to encourage you all to look into the

swim camp that us Orca coaches will be running the week of July 9th, especially if you are going to be attending Regionals. It is a great opportunity to get some extra coaching and pool time in. It will also include dryland, nutrition and mental skill sessions led by guest experts. The other added bonus is that you will be able to get to know other swimmers in the Region that you see every week.

I am so excited for this season to be underway. I am so proud of how far everyone has come already, and I am really excited for what is to come for the rest of the season. If you ever have any questions, concerns, comments, or whatever, please come and talk to me. I would hate to get to the end of the season and find out that you and your family did not have the best experience possible.

**Coaches Helper (Coach Alexa Benzie)**

What a great season we are having so far. I would like to formally introduce myself to you all. My name is Alexa Benzie, I am the coaches helper for the mini orca group as well as a Masters swimmer. I have been with the club since I was 9 years old, won 3

provincial medals in the past 2 years which helped with the club's provincial wins.

Currently I am about to finish my grade 12 year at LCI and then moving on to the U of L in the fall to study to become a teach-

er. It has been wonderful so far getting to know the younger swimmers and helping them learn about what competitive swimming is all about.

Hope to see you around the pool!

## Killer Whale Group (Coach Kylie Warne)

One month down and the Killer Whales are off to a great start! This past month swimmers have been improving freestyle and backstroke technique. The swimmers have been perfecting their dives, streamlines and kick. At the end of the month the swimmers were beginning

to learn about flipturns and butterfly. We will continue to improve on flipturns, butterfly, and breaststroke into the next month. In practice, the swimmers are always wanting to race each other, which shows at swim meets in their eagerness to race and win. We have

completed the Brooks and Pincher Creek swim meets now and I think the first two meets have gone really well! I am proud of all the swimmers and hope they continue their hard work for the rest of the season! Great work in the first month! - Kylie

## Bronze Group (Coach Dwight Holmen)

It has been quite an interesting month for my group. We had lots of interest and attendance at the Brooks meet. I want you guys to keep up the hard work and remember things will fall into place come August. Over the last weekend some of the group opened up the season in Brooks with a huge success. It was a great weekend for my kids to get up and work out some of the kinks in the first meet of the year. Just a reminder that I am making some kids learn butterfly, some of them are very scared to try and some of

them heavily resist. Working on the technique is a very important aspect to long term swimmer development. Unfortunately my group is only a stepping stone to bigger achievements, with that being said all the strokes are extremely important to learn. On a lighter note the swimmers that have swum short fly at a meet have really loved it. It is very important to attend practice as much as you can and keep up the extremely hard work. I love the group atmosphere and effort level so far. Remember to be happy, hungry and hard

-working and bring that fun and competitive attitude every single day. Also, congratulations to Charlotte, Jens and Soleil who brought home medals on the weekend from Brooks. In her first ever meet as an Orca Soleil took the home Gold medal in her category, what a way to start her Orca career. This weekend is Pincher Creek and so far my group has 20 out of the 28 kids, very well done parents! One last update for May is that Soleil and Ethan F are the swimmers of the month for my group. GO Orcas GO!

## Mini Orcas (Coach Stephen Tkach)

Hello parents and swimmers and welcome to the Lethbridge Orcas! This is my first year coaching the Orcas, but I was club member for many years. I have taught swim lessons for three years and coached volleyball. I am excited to be coaching with the Orcas. I am coaching the Mini Orcas and am very happy with the progress so

far. All of the swimmers love the water and the attendance is excellent. We began the season by practicing the fundamentals of swimming and are now beginning to work on endurance also. We already have had two swimmers successfully swim the flutter board race at the Brooks swim meet. This is great to see and I hope to

see all of the swimmers try a swim meet. If parents are wondering what their child should swim, please contact me. I also help with Kylie's group after coaching the Mini Orcas. I look forward to a great season and more improvement with the swimmers.

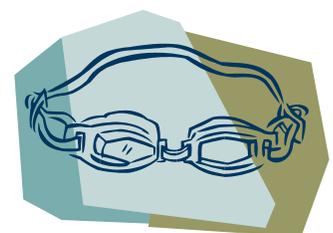


If you're on Facebook,  
[CLICK HERE](#)  
to find our page and "Like" it!

Make sure you're wearing your  
Orca gear at swim meets.  
It's mandatory!



If you're 12 or older, you should  
think about signing up for the  
Performance Camp, click [HERE](#)  
to check out the Camp Invite



**REGIONALS  
AUGUST 11th/12th  
LETHBRIDGE**

**PROVINCIALS  
AUGUST 18th/19th  
EDMONTON**

**BE THERE!**



Do you actually read the newsletter? The first four people to email Kent with "Orca Orca" in the subject line will receive Region F t-shirts.



**Fun Swimming Fact:**

Orcas hunt everything from fish to walruses—seals, sea lions, penguins, squid, sea turtles, dolphins, sharks, and even other kinds of whales.



**Gold Group (Coach Kent Aitchison)**

I am very excited to be back coaching the "Senior Group" this year. We have a handful of new faces in the group to go along with the spectacular returning crew.

I'm going to be blunt right off the bat. As a whole, the group needs to improve the attendance. It's not fair for you to expect lofty goals at the end of the summer if you're not putting the time in on a weekly basis. Right now the group average is 56%. Not good. I plan each week under the assumption that every swimmer will be there for every single practice. Obviously that isn't going to happen, but it is the only logical way to plan a training program. We spent the majority of May working on base technical habits and general conditioning. We have now begun to continue "tweaking" technique based on plenty of video feedback and what I have seen at meets. If you're behind on attendance, it's not too late to pick it up. Commit now to

what you want to achieve in August. It's not just about being "in shape"! There is far more to performance than that. You are all too old to rely on "growing" to get your best times. If you're only coming on Orca Cup days you're not likely going to see a lot of improvement in August. If you have other commitments that's OK! Just try to balance things out if swimming well in August is important to you.

Sorry for the rant! I just want to see you guys **ANNIHILATE BEST TIMES** at Regionals and Provincials. That is why I coach! I am looking forward to seeing the majority of you consistently when school ends.

I have been really impressed with the leadership that I have seen from the group at Orca Cup Events and at Swim Meets. A lot of you act as Assistant Coaches. It is great to see you mentor some of the younger swimmers. The club needs that! Try to make it to as many meets as you can so you can practice racing and bond with

your teammates.

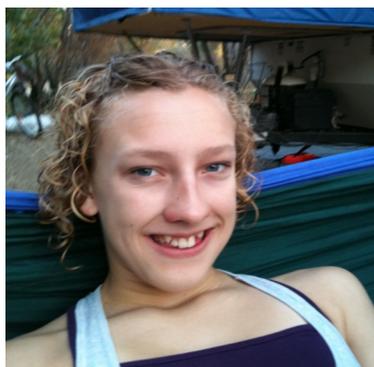
Special shout out to Keely Hopkins and Rachel Tkach who have both maintained 100% attendance so far this season. Awesome. Jonathan Colp and Keeley Watt are May's Swimmers of the Month. "Watt" has had great attendance, attitude and efforts throughout the month and you would never guess this is the first year in my group! She is one of the youngest, but she definitely has a positive influence on the group! She never stops trying to improve - that's what competitive swimming is all about. Jonathan Colp is new to the club this year and relatively new to the sport of swimming. In only his third year swimming competitively, Jonathan is very determined to improve. A positive attitude is always present no matter what pain he is dealing with. I believe he puked on the first day after trying so hard in dryland! I hope to see his attendance improve this summer so his resilience will pay off!

**Orca Cup Standings After Event #3**

Team	Total Event #1 Points	Total Event #2 Points	Total Event #3 Points	Overall Points	Overall Place
Portugal Pirates	49	45	40	134	2
Pakistan Parrots	31	50	64	145	1
Russia Rockstars	30	50	33	113	4
Libya Lobsters	22	58	35	115	3



# LETHBRIDGE ORCAS SWIMMERS OF THE MONTH



**Keeley Watt, Age 14**

**Year with LSSC:** 9

**Favorite Event:** 100 IM

**Other Activities:** Volleyball, Biking, Badminton, Camping

**Favorite Food:** Mashed Potatoes

**Favorite Movie:/Book:** Hunger Games

**Favorite Subject:** Math

**Likes to Travel to:** PEI



**Ethan Fiher, Age 10**

**Year with LSSC:** 5

**Favorite Event:** Freestyle Relay

**Other Activities:** Soccer, Camping, Travelling, Music, Reading

**Favorite Food:** Sushi and Eggs **Favorite Subject:** Math

**Favorite Movie:** Avengers **Book:** Hunger Games

**Likes to Travel to:** Disneyland

**Extra Thoughts:** Swimming is Awesome!!!!!!!!!!



**Soleil (Sunny) Letourneau , Age 11**

**Year with LSSC:** 1

**Favorite Event:** Freestyle

**Other Activities:** Basketball, Violin

**Favorite Food:** Pizza

**Favorite Subject:** Science

**Favorite Movie:** Enders Game **Book:** Life Of Pie

**Likes to Travel to:** Newport Beach

**Extra Thoughts:** Aspires to be a Dentist



**Jonathan Colp, Age 18**

**Year with LSSC:** 1

**Favorite Event:** 100 Freestyle

**Other Activities:** Triathlon

**Favorite Food:** Ice Cream

**Favorite Subject:** Biology

**Favorite Movie:** Apollo 13

**Likes to Travel to:** Hawaii

**Extra Thoughts:** Backpacking through New Zealand next year

# LETHBRIDGE ORCAS SWIMMERS OF THE MONTH



**Cole Wirun, Age 8**

**Year with LSSC:** 2

**Favorite Event:** Short Free and Short Back

**Other Activities:** Hockey

**Favorite Food:** Roast Beef

**Favorite Subject:** Math

**Favorite Movie:** Avengers

**Likes to Travel to:** Mexico

**Extra Thoughts:** May be as big of a Detroit Red Wings Fan as Kent!



**Sylvan Stein, Age 13**

**Year with LSSC:** 4

**Favorite Event:** Short Fly

**Other Activities:** Sleeping, Watching Movies & TV

**Favorite Food:** Ice Cream

**Favorite Subject:** Band

**Favorite Movie:** Land of the Lost

**Likes to Travel to:** Calgary



**Meredith Franks, Age 7**

**Year with LSSC:** 2

**Favorite Event:** Short Back

**Other Activities:** Designing Dresses, Skiing, Dancing

**Favorite Food:** Candy

**Favorite Subject:** Art

**Favorite Book:** Pete The Cat

**Likes to Travel to:** Cape Cod

**Extra Thoughts:** It doesn't matter if you win, you just have to try your best and be proud of that.



**Shannon Healy, Age 14**

**\*Stats Not Available\***

# FLUID FOR THOUGHT

**BY JILL CASTLE, REGISTERED DIETITIAN AND CHILD NUTRITION EXPERT  
([www.usaswimming.org](http://www.usaswimming.org))**

Do you ever wonder how much fluid is needed to prevent dehydration? If you've experienced dehydration, you know it derails swim performance and causes other effects such as tiredness, headaches and confusion or poor judgment.

Fluid is the overlooked "magic bullet" for swimmers and one of the best ways to optimize swim performance. Not only is it important to drink, it's important to drink enough. Experts suggest that 2% dehydration (2 pounds weight loss in a 100-pound child) negatively impacts athletic performance. According to the Institute of Medicine (IOM), young athlete's thirst should be the gauge or indicator for how much fluid to drink. Research also suggests, that if youth athletes are given the opportunity to drink during exercise, the thirst mechanism will allow for adequate fluid intake so they meet their hydration needs.



But if you want numbers, here are the latest recommendations for child athletes:

To prevent dehydration, child athletes should drink 6 ml per pound of body weight per hour (100# young swimmer needs 600 ml or 20 oz, per hour). Drink this amount 2-3 hours before jumping into the pool and during exercise.

To replenish fluids after exercise, drink 2 ml per pound of body weight per hour (100-pound child swimmer needs 200 ml per hour or ~7 ounces, per hour). Drink this amount 1-2 hours after exercise—it promotes adequate hydration status for the next exercise session.



Water and other beverages can help satisfy the hydration needs of the swimmer. Many parents already know that it isn't wise to offer up sugar-sweetened beverages like soda and sugar-added fruit juices routinely throughout the day. These drinks may help keep swimmers hydrated, but they can have a negative impact on overall diet quality.

Most importantly, the choice of fluid should be something the swimmer likes to drink, as drinking adequate amounts is critical.

Sports drinks are perfect for the long workout (greater than 1 hour in duration), and provide sugar, fluid and electrolytes to help beat dehydration. And they are effective! Because they are flavored, they encourage drinking. It's best to keep their role limited to the pool, though.

Here are a few other beverage guidelines that will help prioritize the young swimmer's health and swim performance:

**GOOD:** 100% real fruit juice (maximum of 1 to 1 ½ cups per day). Infrequent use of sugar-sweetened beverages.

**BETTER:** Milk, or calcium/ Vitamin D- fortified milk substitutes (aim for 3 cups per day).

**BEST:** Drink water, more than you think! The bulk of beverages should be from water. Use Sports drinks wisely and target their usage around workouts and race day.

It's a mistake to think that just because swimmers are in the water, they get enough fluid. Coaches and parents have an opportunity to train young swimmers to drink regularly and make good choices. Good hydration habits are learned in and around the pool—maximize this asset for great performance!