



LETHBRIDGE ORCAS SUMMER SWIM CLUB

MESSAGE FROM THE HEAD COACH - WELCOME!

Welcome to the 2013 Lethbridge Orcas Summer Swim Club Season! My name is Kent Aitchison and I am back as your Head Coach for my 5th straight season! I have been coaching with this club since I was in Grade 11 in 2005. I am very sad to say that this is probably my very last season with the club as I will be moving out to Toronto later this year. My experience with the club has been outstanding and I expect this year to be no different!

We are a competitive club that likes to have a ton of fun! Our major focus every year are the Region F Championships and the ASSA Provincial Championships. **“Regionals” are in Lethbridge this year on August 10th and 11th. Provincials are in Edmonton on August 17th and 18th.** There is literally no qualifying standard for the Region F Championships. Every single swimmer regardless of age is eligible and encouraged to swim at the meet! As a club, we take pride in our outstanding participation. It is a bonus that Regionals are held in Lethbridge! Crushing your best times and being a part of an awesome

team during the Championship Meets is really what our club and the sport of competitive swimming are all about. Mark it on your calendar! You don't want to miss out.

We are one of the largest summer swim clubs in the province. Communication is very important! The easiest and most reliable way to stay informed is to check your e-mail on a regular basis! Everything you need to know will also be uploaded onto our website, www.lethbridgeorcas.com.

We've made some major changes to the structure and scheduling of our club this year. It may have looked a bit confusing on paper at first, but myself and the other coaches are absolutely ecstatic with how things are working out. Our entire goal of the change was to enhance the coach:swimmer ratio. Growing so much as a club in a few years was a good problem to have, but we needed to deal with it! We now feel like our quantity of swimmers are receiving an elevated quality of instruction on a day-to-day basis. We really appreciate

your adjustment to our schedule and hope that you understand our intent is to provide you with the best swimming experience possible! Even with our new and improved system, a key ingredient to the recipe of 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. We know there are other things going on and we love knowing that our swimmers excel at other things! We don't expect 100% attendance by any stretch - just make as many as you can!

We now have club-wide leaderboard for attendance and another leaderboard for best times accumulated at the swim meets. The leaders at the end of the year will receive some awesome prizes! Check out the current leaderboard [HERE](#).

GO ORCAS GO!

-Kent

UP-COMING EVENTS:

May 28th
Orca Cup #2

June 1st
Brooks Meet

June 8th
Pincher Meet

June 10th
Orca Cup #3

June 15th
Claresholm Meet

June 19th
Team Photos

June 21st
Orca Cup #4

June 22nd
Lethbridge Meet

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



REGIONAL MEET GROSS TROPHY CHECKLIST:

- Brooks 
- Pincher Creek 
- Claresholm 
- Lethbridge 
- Nanton 
- Fort Macleod 
- Crowsnest Pass 
- Regionals 



COACH DWIGHT - PERFORMANCE II GROUP

It has been an excellent start for my group this month. The kids have transitioned well with the restructuring of the club and with me as their new coach. So far we have been working on a database of techniques in practice. We have just begun working on some speed work. The kids have responded very well so far. Working on the technique is a very important aspect to long term swimmer

development. If we can maintain that technique while going fast we will be awesome this season. We will begin working on fly next week. So far we have only been working on the underwater dolphin kick. This is a skill I value very highly and want the kids to get the benefit of learning it at a younger age. I want to stress how important it is to attend practice on a regular basis. The season is so short and practice is

critical for August. 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 day. This weekend is the first meet of the year and I really want to see all my kids in Brooks. One last update for May is that Amy Benzie is my swimmer of the month.

COACH KYLIE WARNE - GOLD & BRONZE GROUPS

Hello! My name is Kylie Warne. In the fall I will begin my 4th year of my undergrad degree in Accounting. I am part of the Campbell University swim team in North Carolina. This is my second summer coaching for the Orcas and I am very excited to be back. So far the season has started off quite well. It was great to see how much the kids have improved since last summer. It has been great seeing familiar faces at practices as well as new ones. The

first couple of weeks focus was technique and getting the basics down pat again. As it gets closer to the first swim meet in Brooks, the focus has changed to preparing for competition. After the first few swim meets the swimmers will start to focus more on their best events and what they will swim at regionals. It has only been three weeks and I can already see improvement in practice. Keep up the great work! The swimmer of the month for the Bronze

Group is Paul Vanden Elzen and for the Gold group Ethan Fisher. Paul has had perfect attendance so far this year, which is great! He is only 7 years old but he constantly wants to race and become better in the water. He is quite the comedian and brings a great attitude to practice each day. Ethan Fisher comes to practice everyday prepared for any set that I may throw at them. His desire to excel shines through in his positive attitude day in and day out.

COACH ALEXA BENZIE - MINI ORCAS

Welcome back everyone to what is yet to be another great season! For those who don't know me, my name is Alexa Benzie. I have been a part of the Orcas organization since I

was 9 years old and have loved every minute of it. This year's Mini Orcas are a great batch of kids! They all performed wonderfully at the Mini Meet and I am can't wait to see all of

them compete at meets this year! I'm excited help the Mini Orcas improve as much as they possibly can this summer!

COACH STEPHEN TKACH - SILVER & KILLER WHALE GROUPS

Welcome parents and swimmers to the Lethbridge Orcas Summer Swim Club. This is my second year coaching with the Lethbridge Orcas. Last year I coached the Mini Orcas and this year I am coaching the Killer Whales and the Silver Group in our Tier II Division. The Killer Whales are working on freestyle, backstroke and kick. They are also beginning to learn breaststroke kick and swim. Killer Whale has been a big transition for many of the Mini Orcas, but they are all doing very well. The Killer Whales primarily practice in the big pool, working on endurance and stroke technique. The Silver Group consists of both competitive swimmers with several years experi-



ence in the club and new swimmers. This group works on endurance, stroke technique, as well as more advanced racing techniques. So far this season, attendance has been excellent and the swimmers are working hard. It is nice to see a good balance of hard work and fun. I often try to play games or have relays to keep the swimmers focused and interested. I look forward to seeing the swimmers attend swim meets. Swim meets are a good time for the swimmers to implement what they have

learned in practice. In addition to the competitive aspect of swim meets, they are a great time to make new friends. Swim meets allow the coaches to watch the swimmers race. This is a prime opportunity to monitor improvement through stroke technique and race time. I am looking forward to a fun season with lots of improvement. Parents, if you have any questions or concerns about your child's swimming, or you would like me to work on anything, feel free to contact me through email or talk to me after practice.

See you at the pool!

-Stephen



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



LETHBRIDGE ORCAS 2013 ORCA CUP STANDINGS

Yukon Yetis



61

Wales Whales



92

Australia Aussies



58

Japan Jellyfish



93



If you're on Twitter, [CLICK HERE](#) and Follow Us!

CLICK HERE TO FIND OUT WHAT ORCA CUP TEAM YOU'RE ON!!



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

Fun Fact:

Orcas live in family groups called "pods" with up to 40 individual Orcas



Our Free T-shirts should be in soon! Every member of the club gets one so make sure you wear it at the meets!



Fun Fact:

Killer Whales (aka ORCAS!) can grow to be 23 to 32 feet long, almost as long as a bus.



Gold Group (Coach Kent Aitchison)

Hey Group! The month of May is notorious for relatively poor attendance. May 2013 has been no different. I know there are lots of things going on and that's OK! When things slow down, be prepared to be committed! You're at the tail-end of your summer club career and my job as a coach is to try to ensure you make the most of it!

I have told most of you this in person, but here are the "rules" for those commitment calendars I sent out. If you said "Committed" for a day, you have to notify me by text or email by 4:00 PM of that day if things change and you won't be able to make it. If you notify me after 4:00 PM or don't notify me at all, the next time you're at practice you either have to

A) Bring a 4-Litre of chocolate milk and disposable cups for the group to share after practice or B) Do walking lunges around the deck for 15 minutes straight before you get in the pool. Same deal if you said you wouldn't be there and then show up anyway, or if you said "Not Sure Yet" and didn't let me know either way. What's the point of all this? If I know exactly who is coming to each practice each and every day, it is exponentially easier for me to plan **efficient** and **specific** workouts for each day in the week. I want to give the entire group the best instruction within my power and I need your help to do that! Thanks for your cooperation and understanding. It is going to be a great year!

A special shout out goes to Jonathan Colp. Jonathan is one of three swimmers in the entire club to have 100% attendance! Nice work.

Andrea "The Custodian" Tkach is our swimmer of the month. She is looking like she wants to "clean up" in her final year of Age Group Swimming. She has maintained solid attendance while balancing her recent high school graduation and a part-time job! She has been coming to practices determined to improve in any way possible - technique, dryland, speed... you name it! Great job Andrea! Thanks for setting a good example for everyone in the group and club day in and day out!

EXTREMELY IMPORTANT DATES

AUGUST 10TH - 11TH
REGION F CHAMPIONSHIPS - LETHBRIDGE

AUGUST 17TH - 18TH
ASSA PROVINCIAL CHAMPIONSHIPS - EDMONTON



COACH SYDNEY POSTMUS - MINI ORCAS

Hello parents and swimmers of the Lethbridge Orcas! I would like to formally introduce myself. My name is Sydney Postmus and this is my first year coaching for the Orcas. I am co-coaching with Alexa this year. I was a summer club swimmer many years ago when I was

just a little kid until I moved to winter club. I am currently swimming for Campbell University in North Carolina. I can't believe it has already been one month into the season! The mini orcas have all showed such great progress and enthusiasm for the sport. The attendance has been phenomenal so far so keep up the great work! The effort the mini orcas put in to every practice makes coaching that much more fun. We have worked a lot on the fundamentals of having a strong, proper kick. We

are going to start progressing into strokes (freestyle and backstroke). Some swimmers swam freestyle and backstroke at the Mini Meet this past week which was great to see. I hope to see our swimmers try a few meets this season— especially the Lethbridge Meet on June 22nd and Regionals in August! If parents have questions about swim meets or anything at all feel free to contact Alexa or myself. I am looking forward to working with the Mini Orcas this season!



Fun Fact

Four human skeletons from the Iron Age (1300 BC - 600 BC) were found at the site of The 2012 Olympic Aquatic Centre before its construction.



[CLICK HERE](#)

To check out some photos from the Mini Meet!

LETHBRIDGE ORCAS

ATTENDANCE LEADERBOARD AS OF FRIDAY MAY 24TH

RANK	NAME	AGE	GROUP	ATTENDANCE %
T-1 st	Paul Vanden Elzen	7	Bronze	100%
T-1 st	Jonathan Colp	19	Performance I	100%
T-1 st	Amy Benzie	13	Performance II	100%
T-4 th	Indyana Isfeld	12	Gold	93%
T-4 th	Sunny Letourneau	12	Performance II	93%



Fun Fact:

The three swimming pools in the London Aquatic Centre hold about 2.6 million gallons of water. They must use a ton of chlorine!

LETHBRIDGE ORCAS SWIMMERS OF THE MONTH



**SARA KOZUB,
MINI ORCAS, AGE 6**

Year with LSSC: 3

Favorite Event: Flutterboard

Other Activities: Running, Crafts, Reading, Ballet, Camping

Favorite Food: Ice Cream

Favorite Subject: Math

Favorite Movie/Book: Rapunzel or Green Eggs and Ham

Likes to Travel to: Disneyland



**LILY PETRY
KILLER WHALES, AGE 6**

Year with LSSC: 2

Favorite Event: Freestyle

Other Activities: Walking by the river/coulees, Sparks

Favorite Food: Spaghetti

Favorite Subject: Math

Favorite Movie/Book: Harry Potter Series

Likes to Travel to: Maui

Extra Thoughts: Go Orcas Go!!



**PAUL "THE WALL" VANDEN ELZEN
BRONZE GROUP, AGE 7**

Year with LSSC: 3

Favorite Event: Backstroke

Other Activities: Going to the tractor, hockey, badminton

Favorite Food: Blueberry Bagels

Favorite Subject: Math

Favorite Movie: Star Wars

Likes to Travel to: Disneyland



**KATJA MUELLER
SILVER GROUP, AGE 10**

Year with LSSC: 5

Favorite Event: Short Breaststroke

Other Activities: Camping, Skiing

Favorite Food: Ice Cream

Favorite Subject: Math

Favorite Book: Spy School

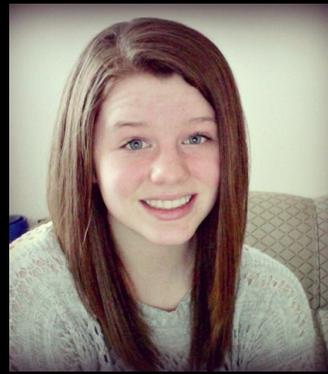
Favorite Movie: Wreck-It-Ralph

LETHBRIDGE ORCAS SWIMMERS OF THE MONTH



ETHAN "LITTLE BRICK" FISHER
GOLD GROUP, AGE 11

Year with LSSC: 6
Favorite Event: 50 Free
Other Activities: Soccer, Basketball, Biking, Music, Drumming
Favorite Food: Sushi and Stirfry
Favorite Subject: PE, Math, Science
Favorite Movie/Book: Gregor the Overlander, Super 8
Would Like to Travel to: The Great Wall of China
Extra Thoughts: I play in a band called Last One



AMY BENZIE
PERFORMANCE II GROUP, AGE 13

Year with LSSC: 9
Favorite Event: Breaststroke
Other Activities: Volleyball
Favorite Food: Ribs
Favorite Subject: Art
Favorite Movie: The Breakfast Club
Likes to Travel to: Waterton



ANDREA TKACH
PERFORMANCE I GROUP, AGE 17

Year with LSSC: 13
Favorite Event: 50 Free
Other Activities: Badminton, Running, Internet Surfing
Favorite Food: Carrots
Favorite Subject: Math
Favorite Movie: Titanic
Likes to Travel to: The Fridge



TREVOR SCHWARTZENBERGER
MASTERS, AGE 25

Year with LSSC: 1
Favorite Event: 200 Breast (Back in my prime!)
Other Activities: Camping, Mountain Biking
Favorite Food: Japanese Cuisine/Sushi
Favorite Subject: Physics
Favorite Movie: Fight Club

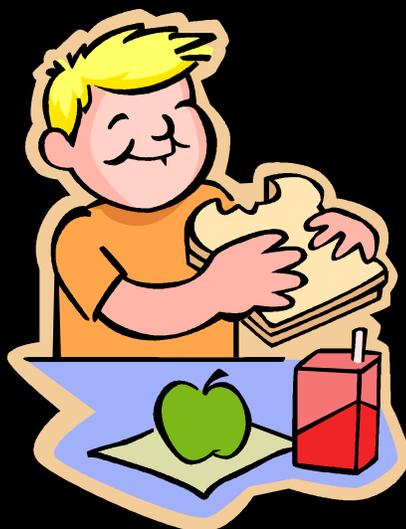
SMART EATING FOR SWIMMERS ON RACE DAY

BY JILL CASTLE, REGISTERED DIETITIAN AND CHILD NUTRITION EXPERT
(www.usaswimming.org)

What do you pack to eat on race day? What's your nutrition prescription? Everybody has a different approach when it comes to eating on race day. Having a strategy and an execution plan can remove doubt and worry about hunger, energy levels, digestive problems, and keep you focused on the race at hand.

Here are a few guidelines for smart eating and packing up the cooler:

- Don't DQ your day. Breakfast at home or on the road is the metabolism boost every swimmer needs. Instant oatmeal made with skim or low fat milk, toast with nut butter, dry cereal, yogurt and fruit are all light options that rev up the body. If you are competing in the morning, be sure to keep it light. Opt for a heavier breakfast if competition is in the afternoon.
- Pack variety. A few options of fruit, vegetables, grain and high quality protein sources should cover the variable appetite and tummy tolerance you may experience on race day. It's better to have more food options than a large quantity of only two or three foods. Don't make the mistake of relying on a single food or energy bars to get you through the day. While they can do the job of fueling your body, they may not rate in appetite satisfaction. Having a variety of food sources increases the odds of proper fueling and healthy eating.
- Pack enough. You don't want to run out of food, and you may want to share with other swimmers (well-fueled swimmers help the whole team, right?).
- Pay attention to temperature. If you are packing perishables, be sure to add an ice pack. It's no fun to get tummy cramps before a race because something has spoiled.
- Pack in the protein. Protein will be an ally in keeping your blood sugar stable, thus keeping hunger, energy and mood in check. Nibble on cheese sticks or slices, nuts, peanut or nut butters, deli meat slices, yogurt or yogurt drinks, boxes of low fat milk, hummus, hard-boiled eggs or edamame.
- Don't forget the Carbohydrate. Your muscles rely on carbs for fuel. Pack easily digestible sources such as 100% juice, fruit leather, applesauce, fresh or dried fruit, or veggie sticks. Don't forget the more complex carbohydrate foods too, such as crackers, unsweetened dry cereal, pita or other breads, pretzels and graham crackers. Stay away from refined sugars such as soda, candy and deserts on race day.



- Nosh or Nibble? Save "meals" or large quantities of food for big breaks between events. Nibble small amounts of food before and after events that are closely scheduled. At a minimum, you should be nibbling to stay energized and keep your muscles fueled on race day.
- Think your drink. Water, 100% fruit juice and sports drinks are appropriate at a swim meet. Plain and flavored milk are great recovery drink choices after the meet; they provide protein for muscle repair and carbohydrate to re-fuel muscles.
- Know your eating style on race day. If it is counter-productive to racing, follow these guidelines as a strategy for optimal eating. Don't tempt yourself by packing foods or making concession purchases that you (really) don't want to be eating.
- Fiber Facts. Fiber can be a problem on race day, or not. Fiber is a food component to which each swimmer has an individual tolerance. Don't experiment with high fiber foods on race day; sort this out during training season and avoid tummy trouble when it matters most.