



LETHBRIDGE ORCAS SUMMER SWIM CLUB

Message from the Head Coach: More Than Halfway!!

First of all, my apologies for sending this Newsletter out later than I had planned. I may have been on the verge of biting off more than I could chew during that last few weeks and was very busy, I greatly appreciate everyone's patience. The coaches are very lucky to work with a magnificent group of parents!

We have had a spectacular start to 2011. It's funny that I say "start" when we are well over halfway done the season. I hope you all have noticed the countdown I have been including at the bottom of my mass emails. The clock is ticking away and the swimmers and coaches are doing the things that need to be done in the pool. What the parents need to be doing are making arrangements to get their swimmers to the Regional Championships in Medicine Hat and Provincial Championships in Calgary. I can't stress enough how important these weekends are for the feeling of being part of a great team and developing an addiction to the wonderful sport of summer swimming. Please give back to this great club and make an effort to attend these competitions. You will not regret it.

On a note that does not sound like a broken record, I hope the team is excited for the events that are planned during the rest of July and August. Check out the schedule to the right of this text to see what is in store! We do our training thing in the pool on most nights, but this stuff adds to the fun! Be sure to check your e-mail for any changes and updates.

If you are interested in keeping track of performances and checking out results, www.assa.ca/web/database has everything you need to keep track! If you enjoy stats like I do you will probably be checking this site on a daily basis! A lot of work went into updating and "renovating" the new website. Hopefully people

have gotten into the habit of checking it out once in awhile! The address is: www.lethbridgeorcas.weebly.com

We are right on track to achieve our goals that were set at the start of the year! We have yet to lose a Region F meet and by the looks of it we will in a tough fight for the top spot at Provincials again. The coaches have been very impressed with meet attendance so far this year! Collectively we have been obliterating our meet attendances from last year. Words can't describe how much we love seeing lots of kids at meets! From our point of view there has been a ton of fun along the way both at meets and practices! Keep it up Orcas!!

EXTREMELY IMPORTANT DATES:

AUGUST 6th & 7th
Region F Championships - Medicine Hat

AUGUST 13th & 14th
ASSA Provincial Championships - Calgary



Up-Coming Events:

- > July 16 - CNP Meet
- > July 18 - Team Pursuit
- > July 19 - Raymond Night
- > July 23 - Fort Mac Meet
- > July 26 - Orca Cup Final
- > August 6-7 - Regionals
- > August 14-15 - Provincials

Inside this issue:

Welcome!!	1
Group Updates	2-3
Orca Cup Standings	3
Brooks Recap	4-5
Swimmer of the Month	6-7
Psychology Corner	8

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



REGIONAL MEET GROSS TROPHY

CHECKLIST:

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



Group Update: Neon Rubber Duckies (Dwight)

It has been quite an interesting month for the Neon Rubber Duckies. We have had some of the highest attendance on the team at every single swim meet. I want you guys to keep up the hard work, things will all fall into place come August. Over the last weekend some of the group decided to take a challenge and attend the Swordfish meet. It was an interesting weekend for my kids and I, not only did I see so many nervous faces but also some

very good stand up swims against a harder competitive environment. Just a reminder that I am making some kids diligently learn butterfly, some of them are very scared to try and really work on the technique. But, all of the swimmers that have swam short fly at a meet have loved it. These kids have loved it so much that fly has become a regular event for them at swim meets, some of them even trying out 100IM. It is very important to attend

practise as much as you can and keep the extremely hard work. I am loving the group atmosphere and effort level so far. Remember the 3 H's! And bring that fun and competitive attitude every single day. Also, congratulations to Charlotte Vanden Elzen and Ethan Fisher for being my swimmers of the month for June.



Group Update: Ironic Jellyfish (Jenn)

Another month down and only about 5 more weeks until Regionals! How time flies! I have been really proud of how so many swimmers in my group have been stepping out of their comfort zone to try some new events. Many have tried events from 200 and 400 free to 200 IM and 50 fly, and even liking it once they have tried it. I would like to encourage you all to continue pushing yourselves to

do this. Parents I would also encourage you to encourage your children to do this. You might be surprised by what they can do. We have spent a lot of time learning how to swim all of the strokes, which will continue, however we will also be transitioning into training that is specific to racing to get everyone ready for Regionals. I add my voice to the many who have been encouraging you

to attend Regionals. We can find ways to get you there, as well as to Provincials. This is what I am training them for, don't deny your kids the chance to perform at their best for this season!



Group Update: Super Sea Serpents (Kristy)

The Super Sea Serpents are working hard and improving with every practice. This past month the swimmers have been learning and improving on their breaststroke technique. The swimmers have been concentrating on perfecting their dives and steam lines and our now swimming with more confidence. Over the past two

months I'm pleased to see their excitement for practice and eagerness to race increase. We will continue to work on our stroke technique, as well as butterfly and flip turns. With the final meets approaching and regionals in our sights, I hope to see greater competition attendance and an

increased focus in the pool. Go Orcas Go!



Group Update: Justice League (Kent)

In the last issue of the newsletter I spent some time complaining about the poor attendance within the group. I am happy to say that attendance has improved after things slowed down at the end of the school year! Keep it up as we are on the homestretch heading towards our Championship Season. Special mention goes to Keely Hopkins who has maintained 100% attendance throughout the entire year. Amazing! There are only four morning practices left! I have not seen very many of you so

far this year. If you are a distance swimmer you need to be there to get some quality aerobic work done. Sprinters you will be working on specific skills and I promise you do not need to wake up in the morning worrying about a hard practice. The opportunity is there to improve yourself. Don't waste it. I'm also planning on booking additional pool time earlier in the afternoon to create a better coach:swimmer ratio as we head into Regionals and Provincials. I will e-mail details on that later! Less of you means

more attention from me to refine those little things that will be important in Medicine Hat and Calgary. Another opportunity that I hope you do not waste! We are on the cusp of tapering! Maintain your commitment and it will pay out in a few weeks. I can't wait to watch everyone swim! Almost time to CASH OUT!



Have you seen the new website?
[CLICK HERE](#)

Group Update: Mini Orcas (Carlee)

I am happy to say that the Mini Orcas are showing continuous growth and improvement! The swimmers have good attendance, and are always focused and eager to learn. We have mostly been focusing on streamlines, and flutter kick; as well the swimmers are begin-

ning to understand the mechanics of freestyle and backstroke. I would like to congratulate Paul Vanden Elzen, Carson Mellow, Meredith Franks, Solanah McDonald, and Chayce McDonald for amazing swims at the past meets! The Mini Orcas have shown incredible im-

provement since the beginning of the season and Aidan and I are looking forward to watch their constant progression!



Only four more morning practices remain for Kent and Jenn's groups. Get your BUTT out of bed and improve yourself!!

Orca Cup Standings After Event #3



ORCA CUP 2011 - STANDINGS AFTER EVENT #3

Team	Total Event #1 Points	Total Event #2 Points	Total Event #3 Points	Overall Points	Overall Place
Turkey Turkeys	46	58	52	156	1
Britain Barbarians	32	50	56.5	138.5	3
Madagascar Monkeys	54	49	54	157	2
New Zealand Speedo People	27	48	53.5	128.5	4



Make sure you are wearing your Orcas caps for your races!



TKACH LEADS CHARGE IN PINCHER CREEK (June 6th)

The Lethbridge Orcas Summer Swim Club had another successful weekend in the pool. The Orcas took top spot in the overall team points this past Saturday in Pincher Creek. The club had sixty-four swimmers in attendance. Leading the way for the Lethbridge Orcas was senior swimmer Rachel Tkach who broke her own Provincial Record in the Girls 15-17 50m Backstroke - a very rare feat for this early in the summer swimming season. That swim simultaneously qualified Rachel for the provincial All Star Team that will compete in Fort

McMurray in July. Rachel is one of seventeen Orca swimmers who took home an aggregate medal. Included in the aggregate medals were Orca "sweeps" of the Girls 8 & Under, Girls 13/14 and Girls 15-17 Categories. The Lethbridge swimmers will compete in Taber this Saturday, in hopes to win their 18th consecutive Regional Meet.

Aggregate Medals Winners:

Harison Isfeld Gold, Darci Wright Bronze, Katja Mueller Silver, Charlotte Vanden Elzen Gold, Macey Fuller Gold, Sara Capps Bronze,

Keeley Watt Bronze, Elizabeth Pedersen Silver, Keely Hopkins Gold, Owen Guyn Bronze, Melia Tipper Bronze, Brooke French Bronze, Rachel Tkach Silver, Ami Tipper Gold, James Kwan Silver, Barrett McMillan Gold, Carlee Morris Silver.

Reilly Callahan, Taylor Callahan, Hailey Imeson, Carson Mellow, Kasson Nelson, Paul Vanden Elzen and Shaelyne Williamson did an excellent job representing the Orcas as their first ever swim meet.

ORCAS WIN AGAIN, PLACE SWIMMERS ON PROVINCIAL ALL STAR TEAM (June 13th)

The Streak continues! Taber provided the site for the eighteenth consecutive Gross Trophy for the Lethbridge Orcas. As a team the Orcas outscored their closest opponent by over 200 points. Individually, Orcas collected 2 bronze, 3 silver, and 5 gold aggregate medals. Bronze medallists include, in 6 and under Harison Isfeld, in 11 and 12 Macey Fuller, and in 15-17 Melia Tipper. Silver medallists include, in 11 and 12 Genna Wright, 13 and 14 Owen Guyn, and in 15-17 James Kwan. Gold medallists include, in 8 and under Charlotte Vanden Elzen, in 13

and 14 a tie between Elizabeth Pedersen and Keeley Hopkins, and a tie in 15-17 between Rachel Tkach and Ami Tipper. The meet was the last chance at a meet for summer swimmers to qualify for the Swim Alberta Provincial Championships, which are the Long Course provincial championships for swimmers who train all year. The Orcas had several swimmers very close to qualifying for this meet so a time trial was organized this past Monday for a last chance to qualify. Three swimmers took advantage of the op-

portunity and qualified for the meet. The Orcas have six swimmers qualified to race against year round swimmers, which is a real testament to how talented some of the swimmers are considering they only train for three and a half months in the year. Five of the qualified Orcas, Rachel Tkach, Amy Benzie, Ami Tipper, Melia Tipper, and Keeley Hopkins, will be making the trip to Fort McMurray to compete on the Canada Day weekend.

ORCAS CAPTURE 19TH STRAIGHT IN CLARESHOLM (June 20th)

The Lethbridge Orcas Summer Swim Club captured their 19th consecutive meet in Claresholm this past weekend. With over 60 swimmers in attendance, numerous personal best times were smashed and the Orcas managed to win the Gross Point category with 527 points. The aggregate winners are as follows: Girls- 8&U: Charlotte Vanden Elzen (silver), 11&12: Amy Benzie (bronze), Macey Fuller (silver), 13&14: Elizabeth Pedersen (gold), Keely Hopkins (gold), 15-17: Melia Tipper

(silver), Ami Tipper (gold), 18&U: Carlee Morris (silver). Boys- 8&U: Harison Isfeld (bronze), John Vanden Elzen (silver), 15-17: James Kwan (silver).

Isabelle Petry (8), Cole Wirvn (7), Carson Mellow (6) and Ben Thornton (10) made the club proud while representing the Orcas for the first time. Jason Isfeld (41) made his return to the Orcas after a hiatus that lasted for more than two decades. Isfeld also broke

the ice as the first ever 'Masters Division' Orca to compete at a meet. Nice work!

The Orcas will be taking a break from the Region F circuit next weekend when they head to the Calgary Swordfish Swim Meet held at SAIT. Lethbridge swimmers will have to wait until July 16th to attempt their 20th straight Regional Meet victory at the Crownest Pass Piranhas Swim Meet.

4 ORCAS SHOW STRONG PERFORMANCES AS PART OF ALL STAR TEAM

Four Lethbridge Orcas swimmers took their talents to Northern Alberta this weekend as members of a provincial All Star Team. Amy Benzie (11), Keely Hopkins (14), Ami Tipper (15), and Melia Tipper (17) represented 4 out of the 16 members for this year's Alberta Summer Swimming Association's All Star Team at the Alberta Long Course Provincial Championships in Fort McMurray. After an 8 month off-season and only 6 weeks of training, the ASSA swimmers get to compete against swimmers that train for 11 months out of the year. It is an accomplishment in itself to even qualify for this competition and the quartet exceeded expectations by showing Alberta they were right where they belonged.

After claiming a bronze medal at this competition in 2010, Benzie made her way into the

"A" Final in the Girls 11-12 50m Breaststroke and finished in 10th place. Benzie was the 3rd fastest 11-Year-Old in the event and followed the 50 with strong Top-20 performances in the 100m and 200m Breaststrokes. Hopkins cemented herself as one of the top sprinters in the province by easily qualifying for final swims in both the 50m and 100m Freestyle. Hopkins' top finish was 9th in the 50m Freestyle in a field that included a handful of current National and Provincial Age Group Record Holders. The Tipper sisters faced a very deep field in the 15 & Over Age Category, but showed no signs of intimidation. Ami qualified for second swims in both the 50m and 100m Breaststrokes events and showed a great racing mentality by finding ways to improve both her time and overall placing from preliminaries to finals for both events. Melia saved

her best for last by smashing the ASSA All Star Team record in the Girls 17 & Over 50m Freestyle during the last day of the competition. Melia posted a time of 28.84 which beat a time of 29.18 that had been set 2004. The swim was also Melia's top finish as she placed 15th at the final session.

Orcas Head Coach Kent Aitchison was lucky enough to be selected as the coach of the All Star Team for the weekend. "It was a special thing to be a part of. I think it was a great experience for all four of them and they are better swimmers because of it. It's weekends like those that make you pretty proud to be a coach. I'm sure the whole team is very proud of them. It is a sign of good things to come for the Orcas on August 14th at ASSA's own Provincial Championships!"



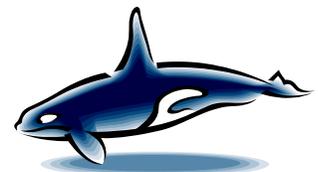
Fun Swimming Fact:

Over 50% of world-class swimmers suffer from shoulder pain. Ouch!



Fun Swimming Fact:

Swimming became an Olympic event in 1908, but women weren't allowed to compete until 1912. Fanny Durack of Australia became the first female to win a gold medal in the 100-yard freestyle race that year.



Killer whales often hunt cooperatively in pods for food. They work together to encircle and herd prey into a small area before attacking.

LETHBRIDGE ORCAS SWIMMERS OF THE MONTH



Derek Weiler, Age 12

Year with LSSC: 2

Favorite Event: Backstroke

Other Activities: Tennis, Badminton, Video Games, Playing Music

Favorite Food: Lasagna

Favorite Movie: Star Wars / The Lost Hero

Likes to Travel to: Disneyland

Extra Thoughts: Swimming Rules!



Charlotte Vanden Elzen, Age 8

Year with LSSC: 3

Favorite Event: Backstroke and Freestyle

Other Activities: Playing with friends, biking & board games

Favorite Food: Pizza

Favorite Subject: LA

Favorite Book: Geronimo Stilton

Likes to Travel to: Denver



Isabelle Petry, Age 7

Year with LSSC: 1

Favorite Event: Freestyle

Other Activities: Biking

Favorite Food: Nutella

Favorite Subject: Reading

Favorite Movie/Book: Little House on the Prairie

Likes to Travel to: Maui



Ethan Fisher, Age 9

Stats Not Available

LETHBRIDGE ORCAS SWIMMERS OF THE MONTH



James Kwan, Age 15

Year with LSSC: 10
Favorite Event: 100m Butterfly
Other Activities: Skiing, Tennis, Volleyball
Favorite Food: Ribs
Favorite Subject: Math **Favorite Movie:** Better Off Dead
Likes to Travel to: Whistler
Extra Thoughts: GO ORCAS!!!!



Caitlin Langhofer, Age 15

Year with LSSC: 6
Favorite Event: 50, Freestyle
Other Activities: Basketball
Favorite Food: Ice Cream Cake
Favorite Subject: Social
Favorite Book: Peak—Roald Smith
Likes to Travel to: BC



Tie Dewacht, Age 8

Year with LSSC: 2
Favorite Event: Long Free
Other Activities: Soccer, Waterguns, Hang with Friends & Video Games
Favorite Food: RIBS!
Favorite Subject: Math
Favorite Movie: Green Hornet
Likes to Travel to: Ontario



Janelle Bykowski, Age 12

Year with LSSC: 6
Favorite Event: 100m Breaststroke
Other Activities: Curling, running, badminton, crafts, piano & singing
Favorite Subject: Math & Science
Favorite Book: All Books Written by Eric Walters
Likes to Travel to: Hawaii
Extra Thoughts: Swimming is a special part of my summer!

