



# LETHBRIDGE ORCAS SUMMER SWIM CLUB

## UP-COMING EVENTS:

July 10th  
Orca Cup #5

July 10th  
Hot Dog Roast

July 13th  
Nanton Swim Meet

July 20th  
Fort Macleod Swim Meet

July 22nd  
Orca Cup #6

July 27th  
CNP Swim Meet Meet

July 31st  
Final Orca Cup Event

## MESSAGE FROM THE HEAD COACH - COUNTDOWN!

What a great start to the 2013 season! Not sure if "start" is the best word to use knowing we only have about 6 weeks left in the season! I'm not sure if you have noticed, but there is a countdown timer on the front of the webpage that is counting down to the Region F Championships on August 10th and 11th. The clock is ticking and the club has been doing a great job of doing the things we need to do to prepare for awesome performances in Lethbridge and Edmonton in August!

We have some hard training ahead of us before these meets, but we also have some fun events planned in July and August. Make sure you're checking your email and your

calendar so you know what's coming up! These events are great for merging the younger and older kids and helping develop those long-lasting relationships that are so important to have in a successful club!

If you are interested in keeping track of performances and checking out results, [www.assa.ca/web/database](http://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! You can see every single swim you/your swimmer has ever done (unless they swam before 2001).

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! These last three regular season meets we have in July are all at outdoor pools. These meets are a lot of fun! Try to make it to at least one for some last-minute preparation for Regionals! 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!!

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LETHRIDGE ORCAS SUMMER SWIM CLUB

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



It has been quite an interesting month for the Performance II group. We have had really good attendance at workout and at swim meets. I want you guys to keep up the hard work, things will all fall into place come August. Keep in mind that July is a very important month for training. As the swimmers have found out this week has been really

intense so far. This trend is going to continue for the next 10 days or so. The group did amazing at the swim meets. Every swimmer achieved 2 best times at each of the meets. Mornings will be starting very soon and there will be a lot more time to focus on technique. Any kids who want to try distance will be given specific workouts on these morn-

ings. It is very important to attend practice as much as you can and keep the extremely hard work. I am loving the group atmosphere and effort level so far. Please keep bring that fun and competitive attitude every single day. Also, congratulations to Nate Heyburn for being my swimmer of the month for June.

REGIONAL MEET GROSS TROPHY CHECKLIST:

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

COACH KYLIE WARNE - GOLD & BRONZE GROUPS

Two months under the belt and only six weeks till Regionals! The swimmers have been working extremely hard and it has been paying off. They have completed four meets now and they have had many best times. Most of the swimmers now know what events they will be swimming at Regionals based on the past meets. The positive attitudes the swimmers bring to workout makes it a fantas-

tic atmosphere for training. This past month the swimmers have been working on improving their breaststroke technique as well as their dives. The swimmers have taken tips I have given them about their races at meets and have been working on it in practice. They have done a lot of mini races in practice to prepare them for competitions. Four meets left in the season before Region-

als and I encourage all the swimmers to attend meets to prepare them for the fast racing that will take place at Regionals. The swimmers spend all season training hard to prepare to perform at their best at Regionals so please encourage them to come to all practices and swim meets possible. Keep up the awesome work swimmers! Congratulations to Emily Spady and Kira Armstrong swimmers of the month for Bronze and Gold.

COACH ALEXA BENZIE - MINI ORCAS

What a great season we are having so far! The mini's have improved more then coach Sydney and I could have imagined. Currently we are starting on learning the fundamentals of free style and backstroke, which is exciting because Sydney and I get to watch your child learn and improve there skills in the water. All the kids are pros at kickboard which is awesome to see, and also beneficial because if you

decide to come to meets they will for sure have one event to compete in. A few of the kids have come and competed at swim meets this season, watching those kids put with they have learned at practice into a meet setting is really exciting because it shows us as coaching that we have really helped improve these kids. If you have not been able to make it to a meet yet, you still have

plenty of time to come out and give it a try! Our swimmer of the month for the month of June is Alex Mundell! He has shown great improvement in the water with getting best times at every meet he has attended as well as having great attendance and always being a pleasure to coach. Keep up the great work Alex! Sydney and I are very impressed with each child and hope to watch them improve more this season!



### COACH STEPHEN TKACH - SILVER & KILLER WHALE GROUPS

Hello parents, the killer whale group and silver group are doing excellent so far. The attendance has been great at both swim meets and practice. This is paying off, as most of the swimmers are getting best times at every meet. So far in the season, the killer whales have been focusing on perfecting freestyle and backstroke. We have been working on both the kick and arm pull for

these strokes, as well as developing endurance. We have also begun to work on breaststroke kick and swim. This is a difficult stroke to learn, but the swimmers are doing well. The silver group is also doing very well. This is a group with motivated swimmers, who attend practice often. So far, we have been working on developing all four strokes, the turns for all four strokes, dives, and underwater

pullouts for breaststroke. There is a lot of information for these swimmers to process, as much of this is new for them. They are handling the information well and listening to what I tell them to work on. Special thanks to all the parents and swimmers for the excellent attendance, participation and volunteering at the Lethbridge Orcas meet. Keep up the good work Orcas!



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



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



## LETHBRIDGE ORCAS 2013 ORCA CUP STANDINGS

**Yukon Yetis**



**329**

**Wales Whales**



**300**

**Australia Aussies**



**277**

**Japan Jellyfish**



**326**



Remember that Regionals is on August 10th and 11th. Mark your calendars!

**Fun Fact:**

Orcas or Killer whales are found in all of the oceans of the world.



**Gold Group (Coach Kent Aitchison)**

Hey Group! I have been very impressed with your work so far in June and July. Attendance has sky-rocketed on average since May and you guys are doing a really good job of working on the "little things" on a daily basis. Keep it up as we head into the most challenging stage of the season. We have started morning swims. I would really appreciate if a few more of you made an effort to be there! Morning practices will

never be "hard". I like using Max Bell to prepare for race specific things like starts and turns. It's nice that it also happens to be our competition pool for Regionals! Get up in the morning and come work on some important things for an hour. It's worth it.

We're also doing specific work and training pretty much from now until the end of the year. If you're probably swimming an

event/stroke at Regionals, you're going to be focusing on it at practice!

Swimmer of the Month for our group in June was Owen Guyn. Owen has been trying to qualify for the ASSA All-Star Team for the past few seasons and finally did for the first time this year. The work he puts in the off-season and at practices has certainly paid off! Nice work Owen!

Are your goggles leaking constantly or falling off when you dive in? Contact Carolyn and she will hook you up!



**LETHBRIDGE ORCAS**

**BEST TIME LEADERBOARD AS OF MONDAY JUNE 24<sup>TH</sup>**

RANK	NAME	AGE	GROUP	# of Best Times
1 <sup>st</sup>	Sunny Letourneau	12	Performance II	12
2 <sup>nd</sup>	Lily Petry	6	Killer Whales	11
T-3 <sup>rd</sup>	Kira Armstrong	12	Gold	10
T-3 <sup>rd</sup>	Nate Heyburn	13	Performance II	10
T-3 <sup>rd</sup>	Indyana Isfeld	12	Gold	10

**Fun Fact:**

The Orcas have not lost the Region F Championships since 2004!



## COACH SYDNEY POSTMUS - MINI ORCAS

"It has been a very successful season so far for the team and especially for the mini orcas. They have shown great improvement and continue to show great enthusiasm in and out of the

water. We are currently introducing freestyle and backstroke, focusing on breathing technique and arm movement. Some of our mini orcas have competed which is great experi-

ence for them. I hope that more swimmers attend the swim meets. Keep up the good work!"



### Fun Fact

The world record for breath-holding is 22 minutes and 22 seconds! I wonder if that guy could do a 1500m swim with no breath! Ha!



# LETHBRIDGE ORCAS

## ATTENDANCE LEADERBOARD AS OF MONDAY JUNE 17<sup>TH</sup>

RANK	NAME	AGE	GROUP	Attendance %
T-1 <sup>st</sup>	Rachel Tkach	19	Performance I	91
T-1 <sup>st</sup>	Jonathan Colp	19	Performance I	91
T-1 <sup>st</sup>	Andrea Tkach	17	Performance I	91
4 <sup>th</sup>	Indyana Isfeld	11	Gold	85
5 <sup>th</sup>	Sunny Letourneau	12	Performance II	82
T-6 <sup>th</sup>	James Kwan	17	Performance I	81
T-6 <sup>th</sup>	Paul Vanden Elzen	7	Bronze	81
T-6 <sup>th</sup>	Sara Kozub	6	Mini Orcas	81
T-6 <sup>th</sup>	Kaitlin Kozub	4	Mini Orcas	81



[CLICK HERE](#)

To check out some photos from the Lethbridge Meet!



### Fun Fact:

The world's fastest swimming organism is the sailfish. The sailfish can swim up to 110km per hour!

# LETHBRIDGE ORCAS SWIMMERS OF THE MONTH



**ALEX MUNDELL**  
**MINI ORCAS, AGE 5**

**Year with LSSC: 1**

**Favorite Event:** 25m Freestyle

**Other Activities:** Skiing, Soccer, T-Ball, Judo, Scooter, Fishing

**Favorite Food:** Froot Loops and Pizza

**Favorite Subject:** It's all fun in Kindergarten!

**Favorite Movie/Book:** Rapunzel or Green Eggs and Ham

**Likes to Travel to:** Disneyland

**Extra Thoughts:** I love my Speedo suit!!



**Katie Franks**  
**KILLER WHALES, AGE 6**

**Year with LSSC: 2**

**Favorite Event:** Short Back

**Other Activities:** Art, Gymnastics, Running Club

**Favorite Food:** Candy

**Favorite Subject:** Math

**Favorite Movie/Book:** We Bought A Zoo

**Likes to Travel to:** Hawaii



**EMILY SPADY**  
**BRONZE GROUP, AGE 9**

**Year with LSSC: 1**

**Favorite Event:** Free Relay

**Other Activities:** Singing, Riding Bikes

**Favorite Food:** Ichiban Soup

**Favorite Subject:** Music

**Favorite Movie:** The Gameplan

**Likes to Travel to:** Victoria

**Extra Thoughts:** I love to swim and Kylie is awesome!



**DEVLAN SHEPPARD**  
**SILVER GROUP, AGE 9**

**Year with LSSC: 4**

**Favorite Event:** Free or Fly

**Other Activities:** Basketball, Climbing, Speedskating, Biking & Camping

**Favorite Food:** Poutine

**Favorite Subject:** Recess

**Favorite Book:** Percy Jackson Series

**Favorite Movie:** Waterton

# LETHBRIDGE ORCAS SWIMMERS OF THE MONTH



**KIRA ARMSTRONG**  
GOLD GROUP, AGE 12

**Year with LSSC:** 5  
**Favorite Event:** I.M.

**Other Activities:** Dance, Soccer, Basketball

**Favorite Food:** Oranges

**Favorite Subject:** Science

**Favorite Movie/Book:** Finding Nemo

**Likes to Travel to:** Whitefish



**NATE HEYBURN**  
PERFORMANCE II GROUP, AGE 13

**Year with LSSC:** 7

**Favorite Event:** 50m Freestyle

**Other Activities:** Volleyball, Golf, Triathlons

**Favorite Food:** Homemade Burgers

**Favorite Subject:** Math

**Favorite Movie/Book:** The Hobbit

**Likes to Travel to:** Australia

**Extra Thoughts:** I love being an Orca



**OWEN GUYN**  
PERFORMANCE I GROUP, AGE 16

**Year with LSSC:** 9

**Favorite Event:** 50 Free

**Other Activities:** Volleyball, Skiing, Hockey, Kayak, Cello, Movies

**Favorite Food:** Sushi

**Favorite Subject:** Biology

**Favorite Movie:** The Dark Knight

**Likes to Travel to:** Osoyoos BC



**MARK MUNDELL**  
MASTERS, AGE 38

**Year with LSSC:** 2

**Favorite Event:** 1500 Free

**Other Activities:** Being a Dad

**Favorite Food:** Pizza

**Favorite Movie:** The Cable Guy

**Likes to Travel to:** Hawaii

**Extra Thoughts:** If there's no test, no purpose, then it's not training. It's not preparation. It's called exercise... and it's a lot like walking in a circle.

## SLEEPING FOR SWIMMERS - [www.swimmingscience.net](http://www.swimmingscience.net)

What if I told you of a legal sports performance aid, involving zero out-of-pocket cost, and virtually no side effects. This aid can be used in high mileage or low mileage, IM or free, distance or sprint, age group or master. Too good to be true? The answer (as you judged from the title) is SLEEP! Swimmers are generally high achievers outside the water in school and at work. Other than a select few professionals who can train full time twelve months per year, a full time training load must balance with other "life" factors. As disciplined and highly motivated folks, swimmers usually find a way to cram everything in, with sleep often sacrificed. In fact, a culture of sleep deprivation is actually a badge of honor in many circles, particularly in academic settings and in the workplace. Swimmers are not immune to this form of informal competition, and often thrive!



Despite the well established claims that exercise can improve sleep quality, as athletes we tend to go beyond moderation in exercise, particularly in sport where two hours of training can be considered an easy day. Athletes have exhibited poorer markers of sleep quality than an age and sex matched non-athletic control group. Compared to non-athlete controls, Leeder (2012) found reduced sleep efficiency and increased sleep fragmentation among a group of athletes. Sleep fragmentation is as it sounds: a measure of continuity in sleep, with more fragmentation being less restful. Although the athlete results fell within recommended ranges for healthy sleep, one could argue the recommended daily value for athletes is higher given the increased physical demands. More study is required to test this hypothesis. Though many sleep studies push subjects into extreme sleep deprivation or require peculiar sleep-wake cycles to assess circadian rhythms, the Stanford men's basketball team was fortunate to enjoy a period of sleep extension all in the name of science! During this study, players spent five to seven weeks with the requirement of sleeping or remaining in bed at least ten hours each night.



Sprint times, shooting accuracy, and subjective well being improved after sleep extension (Mah 2011). Some might claim that added sleep is a placebo, but who cares?! If added sleep makes you feel more confident in the pool, then it has served its purpose. Note that most studies measure subjective qualities like mood as part of their outcomes.

Many compensate for lack of sleep with caffeine. Caffeine has proven performance benefits and is a vast topic unto itself. However, not only does caffeine affect output, it can also affect perception. Cook (2012) compared two groups of athletes: one with "normal" sleep (eight hours or more) and one with "limited" sleep (six or less). Athletes were asked to voluntarily choose loads relative to their percentage maxes in bench press, squat, and bent rows. The limited sleep group voluntarily chose to lift less weight than the normal sleep group. However, when the limited sleep group was given caffeine, they voluntarily chose more weight. Perhaps these results indicate a self regulation mechanism by the body to self-regulate in needing more rest. Realistically, we can't rewrite the training plan every time someone gets a bad night of sleep, but these results may represent a key link in the mind-body connection and the importance of monitoring athletes' physical states (and not just force feeding a program at them).

Most readers been through heavy training periods during which we tune out the instant the head hits the pillow at night. Heavy training camps can impact sleep, but don't assume that just because

## SMART EATING FOR SWIMMERS ON RACE DAY

you are training hard and are tired that sleep will improve. Jurimae (2004) studied rowers in a six day training camp in which load increased 100% over baseline levels. Multiple measures of stress increased (including fatigue, injury, and cortisol levels), while measures of recovery decreased, which included sleep quality. Heavy in-season loads can be tied to injury, as Luke (2011) noted an increase in fatigue related injuries among youth athletes averaging less than or equal six hours of sleep the night before the injury occurred.

Sleep and performance can also be affected by pre-competition jitters. Erlacher (2011) studied thirty two athletes from various sports and polled their sleep habits during the night(s) before an important competition or game. Results indicated, "65.8% of the athletes experienced poor sleep in the night(s) before a sports event at least once in their lives and a similarly high percentage (62.3%) had this experience at least once during the previous 12 months. Athletes of individual sports reported more sleep difficulties than athletes of team sports. The main sleep problem was not being able to fall asleep. Internal factors such as nervousness and thoughts about the competition were rated highest for causing sleep problems. Most athletes stated that disturbed sleep had no influence on their athletic performance; however, athletes also reported effects such as a bad mood the following day, increased daytime sleepiness, and worse performance in the competition or game." (see The Cause of Choking and How to Avoid it for mental relaxation tips)

At a clinic I attended recently, a leading triathlon coach at a clinic gave the simple advice "protect sleep." I'll admit that I can be pretty bad myself in this area, but there's no doubt adding sleep is the simplest performance enhancement tool that is highly underutilized. Whether you add 10,000 yards per week, spend two years remaking your stroke, or simply add an hour of sleep a night, if the end result is faster times, it means you've attained the goal. Sometimes we forget the simplest solution! In addition to the areas discussed above, know that the scientific links between sleep deprivation and unhealthy weight gain. If you're dealing with any athletes struggling with weight, don't overlook insufficient sleep as a culprit. Finally, although sleep is crucial, don't use this information as an excuse to sleep through morning practice. Find a way to get to bed earlier!

