



LETHBRIDGE ORCAS SUMMER SWIM CLUB

MESSAGE FROM THE HEAD COACH - CHAMPIONSHIP SEASON!

I can't believe it's August already! Cliché, I know! I'm sure I'm not alone when I say I have mixed emotions about the end of the season. I am very excited to see the club perform at Regionals and Provincials, but also very sad that another summer swimming season is almost over!

By the time you read this newsletter, entries for Regionals should already be submitted! If you are looking for any last minute changes (before Tuesday night), you must inform me (Kent) ASAP! As I've said in an email, they are extremely strict on their entry procedures. It is done that way to make sure it is fair for everyone! Remember that for each event, the top two automatical-

ly qualify for Provincials. If you are third or fourth you can still qualify if you are in the Top 16 in the Province for that event. If you need extra clarification on Provincial Qualification, click [HERE](#) and scroll down to page 20. If you go to [HERE](#) you can look at virtually every possible scenario that would enable you to A) Place as high as possible in the Region and B) Qualify and place as high as possible at Provincials. Keep in mind that all swimmers can only enter in four individual events.

Some of the age/gender categories in our Region are very competitive! Don't get down on yourself or count yourself out if it looks like qualifying for Provincials will be a difficult task.

Regardless of what happens at Regionals, every single swimmer that participates at Regionals is considered a part of the Orcas Provincial Team. It is really just one big meet stretched across two week-ends! The coaching staff has been preparing the entire season for that part of the season. Crazy things happen at Regionals year after year!

Medals, records and trophies will sort themselves out. Those things do deserve recognition, but swimmer in the entire club has their absolute best opportunity to rack up personal best times and achieve an abundance of individual and team goals. Enjoy it!

Good luck!!

UP-COMING EVENTS:

August 9th
Practice at Max Bell

August 10th & 11th
Regionals

August 14th
Awards Night + AGM

August 15th
Noodle Boat Race

August 17th & 18th
ASSA Provincials

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LETHBRIDGE ORCAS

BEST TIME LEADERBOARD AS OF MONDAY AUGUST 5TH

RANK	NAME	AGE	GROUP	# of Best Times
1 st	Tyson Chomiak	10	Silver	20
2 nd	Mason Harris	10	Silver	19
T-3 rd	Jack Petry	6	Killer Whales	18
T-3 rd	Nate Heyburn	13	Performance II	18
T-3 rd	Madeline Vanden Elzen	11	Gold	18
6 th	Kira Armstrong	12	Gold	17
T-7 th	Zane Letourneau	8	Bronze	16
T-7 th	Sunny Letourneau	12	Performance II	16
T-7 th	Lily Petry	6	Killer Whales	16
10 th	Kyle Samoissette	15	Performance I	15

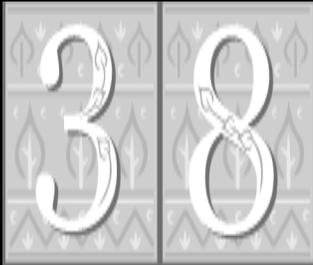
LETHBRIDGE ORCAS

ATTENDANCE LEADERBOARD AS OF MONDAY JULY 29TH

RANK	NAME	AGE	GROUP	Attendance %
1 st	Andrea Tkach	17	Performance I	92
T-2 nd	Jonathan Colp	19	Performance I	89
T-2 nd	James Kwan	17	Performance I	89
4 th	Keeley Watt	15	Performance I	88
T-5 th	Indyana Isfeld	11	Gold	87
T-5 th	Madeline Vanden Elzen	10	Gold	87
T-5 th	Paul Vanden Elzen	7	Bronze	87
8 th	John Vanden Elzen	8	Bronze	86
T-9 th	Amy Benzie	13	Performance II	85

LETHRIDGE ORCAS SUMMER SWIM CLUB

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



REGIONAL MEET GROSS POINT WINNERS CHECKLIST:

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



COACH DWIGHT - PERFORMANCE II GROUP

Hello Orca families, July has been a very good month for our group. We have been doing great in the pool and preparing for the post-season swim meets. I am really looking forward to the final two meets of the year. The kids have worked extremely hard and now it is time to rest and prepare to unlock the speed that has been hidden away during the

season. Every stroke has come along very nicely, and we will continue to fine-tune them in preparation for Provincials. Just a reminder that dryland will still run after practice during the Regionals week but not the Provincials week. During this resting phase it is very critical that the kids are not sitting at home doing nothing all day. It is very important they go

outside and walk or do something to keep them active. Something non-strenuous would be the perfect mix with the swim taper. The swimmer of the month for July is Delaney; she has been averaging 4 practices a week for the month of July. Great Work Delaney! Lets get excited for Regionals and be prepared to catch the pieces of your shattered best times!!

COACH KYLIE WARNE - GOLD & BRONZE GROUPS

Regionals and Provincials are right around the corner and the swimmers look awesome! The swimmers have been working very hard in practice and are gearing up for the final meets of the season. The improvements the swimmers have shown over the course of the season are incredible. From not being able to enter the water head first to diving properly off the blocks and hating backstroke to becoming

the backstroker for the Medley Relay the improvements have been unbelievable. This next week leading up to Regionals is a crucial time for swimmers to be resting, focusing, and eating properly. Regionals is a heats and finals meet meaning Top 8 in each event age group will swim again at night. The Top 2 in each event age group will automatically qualify for Provincials. Swimmers of the month for July are

Charlie Tone and Madeline Vanden Elzen. Charlie has made huge leaps this season in his swimming. His eagerness to learn and improve has motivated others in the group. Madeline started off the season as only a breaststroker and has grown to be a great all around swimmer. Her positive attitude at tackling any practice or events I throw at her has allowed her to improve in all of her strokes.

COACH ALEXA BENZIE - MINI ORCAS

As the season starts to come to an end, I am saddened by the fact that I will no longer be able to spend time with your wonderful children. The month of July Sydney and I saw more mini's trying out meets, which is awesome to see. Nothing is better than seeing your kids take the skills they have learned at practice and taking them and putting

them to the test in a competition setting. Sydney and I are very impressed in how much your children have improved this season. Some coming in and not being able to swim either freestyle or backstroke, but by the end they had it down and able to do it in meets which is exactly what Sydney and I as coaches want to see.

This month our swimmer of the month is Emily Lloyd! Emily has been a model swimmer in her listening skills as well as her attendance at both meets and practice. Good job Emily!! I hope to see everyone around the pool before Regionals and everyone trying to sign up to compete at the best meet of the season!

COACH STEPHEN TKACH - SILVER & KILLER WHALE GROUPS

July has been a great month for the Silver Group and Killer Whales. We have had many best times and improvements in stroke technique. Many of the Killer Whales have mastered the breaststroke and are now racing in this event. The Killer Whales have also begun to learn flip turns. This is a difficult

skill, but they are handling it well. The Killer Whales have come a long way so far. Many of them had a hard time during the start of the season, but now they are swimming farther distances. The Silver Group has been training hard the last few weeks. We have been working on all the strokes, while

focusing on IM, distance sets and sprint sets. The members of the Silver Group have been trying very hard and their effort is paying off, as seen in their improving times and stroke technique. Thanks to all the parents and swimmers for the great attendance and keep up the good work Orcas!



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

WALES WHALES WIN 2013 ORCA CUP

The 2013 Orca Cup had the most dramatic finish in the Orca Cup's five year history. Japan had a sizeable lead heading into the Final Duel Meet, but the abundance of points available in the Final Event can make or break any team. Japan controlled the meet early on, but Australia's tactics allowed for an enormous surge in the latter half of the meet. Australia had a 100 point lead heading into the final relay. All they had to do

was not get disqualified and the 2013 Orca Cup was theirs... Unfortunately for Australia, TWO of their swimmers in the final relay left early on their exchanges. Australia held on to a five point lead at the conclusion of the duel meet, but attendance points had yet to be added in...

better on Wednesday night. Japan's stellar attendance not only helped them fill all of their lanes throughout the meet, they had six more swimmers present at the final event - EXACTLY the amount which was needed to win the entire Orca Cup. Australia's 2013 Point Total was 1307, Japan's was 1308!

Attendance is they key ingredient for success in Orca Cup. This could not have been illustrated

Special thanks to all the Senior Swimmers for their leadership. It is not an easy task and you handled it very well!



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**JAPAN JELLYFISH
2013 ORCA CUP CHAMPIONS**



COACH SYDNEY POSTMUS - MINI ORCAS

Well I must say Alexa and I are very proud of our Mini Orcas. It has been a successful season for the Orcas and the Mini Orcas have shown great improvement since the beginning of the

season. It was good to see some of the Minis attend swim meets and hope to see more next season. Emily Lloyd was our swimmer of the month. We nominated her because of her

great attendance, leadership and performance at the swim meets. Great job Orcas! Hope to see you next year!

-Sydney



Fun Fact

The world record for the furthest distance unicycled underwater is 30 feet!



Tyson Chomiak is leading the Club's Best Time Leaderboard heading into Championship season



Andrea Tkach currently leads the Club's Attendance Leaderboard with a percentage of 92%.



[CLICK HERE](#)

To check out some photos from the Pass Meet!

Performance | Group (Coach Kent Aitchison)

Hey Group! Before I get started on Regionals/Provincials, shout out to Kyle Samoisette for being our SOTM! Kyle took a break from swimming last year, but is more than compensating for that this season. He has barely missed a single practice or meet since June. He shook off his rust from his hiatus and has racked up the most personal best times in the group! Nice job Kyle!

Championship Season is finally here! 22 out of 23 of you are competing at Regionals this year! The season is definitely a grind, but it all pays off in Au-

gust. We are going into Championship Season knowing that Regionals is going to have some seriously fast swimming, but also know that Provincials is the most important meet for many of you. I've structured your training so that your bodies should be more physiologically prepared for Provincials than Regionals. Both meets will be really fast, but make sure you are ready accept the mentality improving from one amazing weekend to the next.

Many of you will be competing against each other throughout both weekends. Especially with-

in that 15-17 age group, it is inevitable that you guys will be beating each other in many of your races. Focus on YOUR race and the results will sort themselves out. Remember that having your teammates push you all season made everyone in the group better overall! You guys are lucky to have an older training group with so many dedicated athletes. It's an advantage! Don't forget that at the end of the day, Rest well and stay focused for the next two weeks please! Can't wait!

-Kent



Fun Fact:

Orcas live 30 to 50 years in the wild.

LETHBRIDGE ORCAS SWIMMERS OF THE MONTH



EMILY LLOYD
MINI ORCAS, AGE 5

Year with LSSC: 2

Favorite Event: Freestyle

Other Activities: Skating, Boating, Piano

Favorite Food: Spaghetti

Favorite Movie/Book: Rapunzel

Likes to Travel to: Hawaii



Ben Adserballe
KILLER WHALES, AGE 8

Year with LSSC: 1

Favorite Event: 25m Freestyle

Other Activities: Hockey, Triathlon, Archery, Tennis, Golf

Favorite Food: Ice Cream Cake

Favorite Subject: Phys Ed

Favorite Movie/Book: Despicable Me, Big Nate Books

Likes to Travel to: Vancouver Island



CHARLIE TONE
BRONZE GROUP, AGE 10

Year with LSSC: 2

Favorite Event: Relays

Other Activities: Hockey, Tennis, Soccer, Biking

Favorite Food: Poutine, Veggie Burgers, Peppers

Favorite Subject: Math

Favorite Movie: Avatar & Pacific Rim

Likes to Travel to: Bahamas



MASON HARRIS
SILVER GROUP, AGE 10

Year with LSSC: 3

Favorite Event: 100m Free

Other Activities: Hockey, Basketball, Football, Rugby

Favorite Food: Tacos, Perogies

Favorite Subject: PE and Math

Favorite Book: The Hobbit

Extra Thoughts: Thank you to all the coaches.

LETHBRIDGE ORCAS SWIMMERS OF THE MONTH



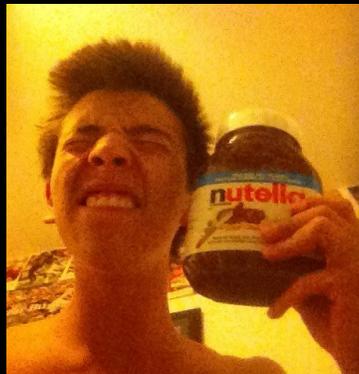
MADLINE VANDEN ELZEN
GOLD GROUP, AGE 11

Year with LSSC: 5
Favorite Event: Breaststroke
Other Activities: Basketball
Favorite Food: Tortellini
Favorite Subject: Math
Favorite Movie/Book: Beautiful Creatures
Likes to Travel to: Sparwood BC



DELANEY WIKENHEISER
PERFORMANCE II GROUP, AGE 14

Year with LSSC: 9
Favorite Event: 50m Freestyle
Other Activities: Volleyball, Basketball, Camping
Favorite Food: Seafood
Favorite Subject: Science
Favorite Movie&Book: The Blindsight
Likes to Travel to: Hawaii



KYLE SAMOISETTE
PERFORMANCE I GROUP, AGE 15

Year with LSSC: 6
Favorite Event: 50 Breaststroke
Other Activities: Football, Sock Shopping
Favorite Food: Ribs, Sunflower Seeds, Nutella
Favorite Subject: Lunch
Favorite Movie: The Vow
Likes to Travel to: Hawaii
Extra Thoughts: I like swimming!



ALEX SENNEKER
MASTERS, AGE 21

Year with LSSC: 2
Favorite Event: 50 Fly
Other Activities: Volleyball
Favorite Food: Macaroni
Favorite Movie: Star Wars
Favorite Subject: Architecture
Likes to Travel to: The Mountains

TAPERING - www.usaswimming.org

Most swimmers and coaches know about the all important time period in the season known as “the Taper”. Swimmers look forward to this time with excitement and joy. They see that the championships are at hand and the hard work is gone. It is a time for swimmers to reap the rewards of all of their training and swim their best.



For coaches the Taper is a time of deathly uncertainty. Did we do enough work? How much rest should I give my swimmers without allowing them to detrain? How many days of rest? How much should I decrease volume by? What am I missing? For many veteran coaches years of trial and error have aided in refining the concepts necessary for a successful Taper. For newer younger coaches without the years of experience...where do you get good information on how to successfully taper your swimmers?

Tapering was first described in swimming literature in 1963 by Australian coach Forbes Carlisle. Since the description of Tapering by Carlisle most coaches have accepted the importance and significance of the Taper. “Most seasons are made or broken on what happens in the last three or four weeks” Peter Daland ASCA 1974. Cecil Colwin wrote in his book Breakthrough Swimming “Tapering is a complex phase of the season” and “...over 30 years it has proved to be the most significant contribution to the progress of competitive swimming”. With the realization of the importance of Tapering to swimming fast one would expect to find a great amount of information in swimming literature. In reality, due to the complexity of the topic little has been written about Taper. Most coaches tend to be more comfortable (and more willing) discussing training theories than Taper concepts.

Sport Scientists have researched the mechanisms and effects of various types of tapers on athletic performance. Research done on swimmers and runners has shown that positive adaptations can occur with a well employed taper strategy. Before delving into the specifics of Taper we have to first define Taper. The most recent and comprehensive definition for Tapering comes from Dr. Inigo Mujika a Spanish researcher (and coach);

“A progressive nonlinear reduction of the training load during a variable period of time, in an attempt to reduce the physiological and psychological stress of daily training and optimize sports performance and enhance training adaptations during the taper period.” (Mujika et al. Sports Med. 34:891-927,2004; Thomas & Busso Med. Sci. Sports & Exerc. 37: 1615-1621, 2005)

The key aspects of the definition are; a reduction in accumulated fatigue, the time frame(varying), and that work leading to adaptations done during Taper can further aid in optimizing performance. Taper is more than just the time for rest....



Parts 2-4 are available at www.usaswimming.org