



LETHBRIDGE SUMMER SWIM CLUB ORCAS

It's June Already?!

May is done and we're over a week into June! Call it cliché, but man does the season ever go by fast! Although we are still relatively early in the season, we have definitely already seen some excitement!

The coaching staff is extremely pleased with how things are going - both at practices and at the two competitions. Attendance has been solid despite the conflicts of other activities that annually occur in May and June. We have noticed that Friday practices tend to average a much smaller number of swimmers compared to the other days. Contrary to popular belief, Fridays practices are productive! If you don't have other plans on Friday nights, try to be there! It is tough for the smaller number of kids to have an "atmospheric" practice without the solid number of swimmers that we're used to!

If you haven't noticed the post-

ers that are pinned on the bulletin boards on deck and in the viewing gallery, an official list of team goals for 2010 has been put together.

These goals are:

- Improved Attendance from 2009 at every meet
- 90+ swimmers at the Lethbridge Meet
- Win the Gross Title at every possible swim meet
- Win the Region F Championship for the 6th straight season
- Place in the Top 5 in Gross Scoring at Provincials
- Improve Orca Cup attendance from 2009
- Have 30 Total Club Records Broken
- 1200 Total Best Times for the entire season

So far we are doing an **excellent** job at striving towards attaining these goals! The beauty of these

goals is that they take a **team effort** to accomplish. Way to go ORCAS!!

The Lethbridge Meet is this Saturday! I hope everyone is as excited as they should be. Judging by how things are going, it is safe to say that a magnificent



performance by LSSC is going to happen! If the Orcas combine to attain **180 Best Times** at the meet, a day will be booked for the team to head out to the new Waterpark/Wateslides in Raymond. The more fast swimming that happens on Saturday, the better chance that this will happen!

Keep up the great work everyone! I hope you all realize how lucky we all are to be part of such a great club!

"Swim"cerely,

Kent

Swim-Bike-Run!



This past weekend a quartet of Orcas competed in the Kids of Steel Provincials in Vegerville. Christian Epp (3rd), Austin French (2nd), Brooke French (2nd) and Chelsey Zaplachinski (4th) all placed very high in their

respective age categories. This also qualified them to compete at the Western Canadian Triathlon in Kelowna this August. Hopefully the swimming portion was the best part! :) Way to represent!



Up-Coming Events:

- > June 9th: Team Pictures
- > June 12th: LETHBRIDGE MEET!!
- > June 14th: Orca Cup Event #3
- > June 18th: Coach Swap Night
- > June 18th/19th: Medicine Hat Swim Meet
- > June 25th/26th: Taber Swim Meet

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Group Update: Diving Dolphins (Dwight)

It was a great start to the competitive season for the Diving Dolphins group. We had a number of kids crush best times, along with a lot of medals in the first few meets. In both meets we had a number of swimmers contribute to the gross points, as well as seeing a number of our group members on the podium. We need to work out some of the kinks with a few strokes, such as butterfly as there were tons of DQ's at Pincher Creek. I am really happy with how things

have gone during the first few swim meets and i hope to keep that up heading into the rest of the season. Also on a side note we had one swimmer of our group achieve a "A" time and can represent ASSA at the winter club provincials in July if she chooses



to go. Great Job Amy in qualifying in girls 10 & U 50m Breast. Attendance has been really good lately and i hope to keep it up. Just a reminder that the Lethbridge meet is just around the corner and should be very exciting. I strongly encourage you to attend because the meet atmosphere will be amazing. The swimmer of the week is going to Graeme Godwin, and the swimmer of the month for May was Amy Benzie!

Fun Swimming Fact:
Michael Phelps always wears 2 swimming caps to smooth out the wrinkles from the first one!



LSSC GROSS TROPHY CHECKLIST:

- Claresholm
- Pincher Creek
- Lethbridge
- Medicine Hat
- Taber
- Crowsnest Pass
- Fort Macleod
- Regionals



Group Update: Purple Polka Dotted Pumas (Jenn)

Hello Purple Polka Dotted Pumas! Swimmer of the month for May was Taylor Walls. She had the best attendance for the month and has made a new commitment to swimming this summer and it has showed in her swimming. Great job Taylor! It is great to have our first few meets in the books for this season. As a team we have had

some fantastic results, and are excited for those of you who have not yet had the opportunity to attend a meet. Just as a side note, I will not be at our home meet this weekend. I have a previous coaching commitment with LASC in Medicine Hat. Please make sure if you have any questions about the swim meet to ask this week. The rest of the

coaches will be on deck on Saturday and will do a great job of taking care of your swimmers. Keep up the great work !



Group Update: Flying Cheetahs (Heather)

The Flying Cheetahs had a great showing at the first two swim meets of the season. Our group has had a number of best times and we continue to show stroke improvement as well. The group has achieved a few medals at the swim meets in the 6 & U category, great job to those swimmers who achieved that. The swimmers were given a



swim meet reminder sheet in their mailbox, we went through this at practice but please make sure you review these things with your swimmer. We are running into some trouble keeping these reminders straight and we will continue to work on simple things such as proper touch and kick as those were the main problems that we see. But

on the positive side we have seen great progress on the development of the strokes, and more and more kids are becoming able to achieve proper technique on these strokes. I hope to see the large attendance at each practice and swim meets. Keep up the good work! The swimmer of the month for May was Alicia Fornier!



Group Update: Might Morphin' Power Rangers (Kent)

Hey Rangers! I hope you all have been enjoying the 2010 season so far! Needless to say, I am very impressed with how things are going!

Last issue I had a bit of a rant on how our attendance wasn't so great! It's still not quite where it should be, but it has improved! I'm sure once school is out it will be much better! Keely Hopkins is leading the way with an incredible 100% attendance. Very impressive Keely!

The Duel Meet was great! I was very impressed with the teamwork, competitiveness and high spirits that you all showed. The

Green Rangers triumphed over the Red Rangers. Don't worry Red Rangers, you will get a chance at revenge when we have another one in July!

Swimmers are reminded to **think** about what you are doing during a swim practice. If it's supposed to be hard/fast, go hard/fast! If it's supposed to be easy, go easy and work on your good technique! Never shut your brain off and just go through the motions. There is always something to work on!

This week before the Lethbridge Meet is a mini-taper. We'll be working on our **SPEED** and doing

some fine tuning. If there's anything you're wanting to work on (eg. start, flip turn, pullout, backstroke pull.. Anything!), tell me! This is the time to work on it. Think of the Lethbridge Meet as a dress rehearsal for Regionals. It's definitely a time to swim fast!

Power Ranger (Swimmer) of the Month for May goes to Alexa Benzie. Alexa has shown excellent determination to improve herself and has established herself as a leader for the club. Unfortunately she sprained her wrist last week! Heal fast Alexa we miss you!

Orca Cup Update

The 2010 Orca Cup is well underway. Competing in 2010 are the Sweden Starfishes, Congo Cows, Jamaica Bobsledders and China Lemon Chicken. After Event #1 - Opening Ceremonies and Event #2 - Stupendous Stations, the

Starfishes hold a three point lead over the Cows. Remember that it is a **huge** advantage to have a high attendance at each event! The points won at each event are cumulative, so each event counts towards the total score. The

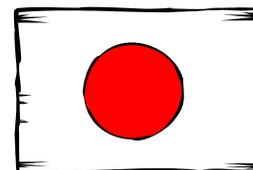
Orca Cup is far from over! It's still anybody's game. The next event takes place on Monday June 14th at the Fritz Sick Pool. Be there!

ORCA CUP 2010 - STANDINGS AFTER EVENT #2

Team	Total Event #1 Points	Total Event #2 Points	Overall Points	Overall Place
Congo Cows	13	63.5	76.5	Second
Jamaica Bobsledders	17	39	56	Fourth
Sweden Starfishes	37	42.5	79.5	First
China Lemon Chickens	13	61.5	74.5	Third



Red Rangers vs. Green Rangers
Part 2 Coming in July!



Fun Swimming Fact:
The first recorded swimming race was held in Japan!



The Chile Dogs were the 2009 Orca Cup Champions!

Swimmer of the Month: Flying Cheetahs

Name: Ali Fournier

Age: 9

Years with LSSC: 2 (2008 & 2010)

Favourite Event: Breaststroke

Other activities you enjoy doing: Ringette & Soccer

Favourite Food: Mango

Favourite School Subject: Art & Gym

Favourite Movie/Book: Race to Witch Mountain

Favourite Place to Travel to: Calgary & Disneyland



Swimmer of the Month: Diving Dolphins



Name: Amy Benzie

Age: 10

Years with LSSC: 6

Favourite Event: 25 breast

Other activities you enjoy doing: Hanging out with friends and running

Favourite Food: Ribs

Favourite School Subject: Art/Gym

Favourite Movie/Book: Coraline

Favourite Place to Travel to: Victoria

Swimmer of the Month: Purple Polka Dotted Pumas

Name: Taylor Walls

Age: 12

Years with LSSC: 3

Favourite Event: Backstroke

Other activities you enjoy doing: Volleyball, Basketball, Piano

Favourite Food: Steak

Favourite School Subject: Art

Favourite Movie/Book: Heartland Series (book)

Favourite Place to Travel to: The Beach (Huatulco, Mexico)



Swimmer of the Month: Mighty Morphin' Power Rangers

Name: Alexa Benzie

Age: 16

Years with LSSC: 8

Favourite Event: 50 free

Other activities you enjoy doing: SOCCER and hanging out with friends

Favourite Food: Pasta

Favourite School Subject: Gym

Favourite Movie/Book: Movie-Titanic. Book-Last Song

Favourite Place to Travel to: Las Vegas

Other: My favorite part about swimming that I enjoy is that I get to meet some great people and go to swim meets. Swim meets are one of the reasons why I keep swimming. They are just so much fun and the competition is great!



Orcas Begin Season with a "W" in Claresholm

The Lethbridge Orcas Summer Swim Club started the summer swim season with a bang this past weekend in Claresholm. The Orcas captured the Gross Scoring Title at the Claresholm Kraken Swim Meet for the first time in years, winning it by a landslide. The Lethbridge contingent combined for 128 personal bests along with a whopping 16 aggregate medals. Leading the way

with gold aggregates in their age category were Indyana Isfeld (8), Amy Benzie (10), Aidan Godwin (14), James Kwan (14), Rachel Tkach (17) and Erik Hopkins (17). Danielle Price (10), Genna Wright (11), Keely Hopkins (13), Shannon Capps (15) Melia Tipper (16) all added silver medals to the haul. Darci Wright (6), Harison Isfeld (5), Erik Godwin (8), Colm Guyn (10), Ami Tipper (14), Tate Tolman

(14) and Spencer Haney (15) rounded out the medal count with bronzes. Karson Dewacht, Tie Dewacht, Ali Fournier, Harison Isfeld, Jillian Koenen, Elizabeth Pedersen, Ami Tipper, Louisa Seitz and Derek Weiler all did a spectacular job representing the Orcas for the very first time!

Orcas Dominate in Pincher Creek

The Lethbridge Orcas Summer Swim Club once again displayed their dominance of Southern Alberta at the Pincher Creek Dolphins Swim Meet on Saturday. The Orcas combined to win both scoring trophies (total points and points per swimmer), a very rare feat in summer swimming. Fifteen Lethbridge swimmers

won aggregate medals in their age categories: Darci Wright (6) – Gold, Tristan Harvey (6) – Bronze, Amy Benzie (10) – Gold, Danielle Price (10) – Silver, Liam Murray (12) – Gold, Ami Tipper (14) – Gold, Keely Hopkins (13) – Silver, Elizabeth Pedersen (13) – Bronze, Tate Tolman (14) – Gold, Rachel Tkach (16) – Gold, Shan-

non Capps (15) – Silver, Melia Tipper (16) – Bronze, Erin Mick (17) – Gold and Stephen Tkach (18) – Silver. Head Coach Kent Aitchison was especially impressed with the Orca's performances on the relays. "It really shows how deep and talented our team is when we are able to put such good relays

together in virtually every age group!". The Orcas are looking to keep their winning streak alive this Saturday when they host their own meet at the Max Bell Aquatic Center.

H2O
 2 Parts 
 1 Part Obsession

What To Eat & Drink Before & After Workouts

http://ca.askmen.com/sports/foodcourt_60/94_eating_well.html

The Basics

During aerobic exercise, such as swimming, jogging and biking -- which all stress endurance over long periods of time -- your body initially uses carbohydrates as fuel. As the duration increases, your body begins to burn fat. During anaerobic exercise, or short-term, high-intensity activities such as weightlifting or intensive sit-up and pushup workouts, carbohydrates in the form of glycogen (a complex sugar) are the primary fuel source for your muscles. Such repetitive, vigorous activity can use up most of the carbs stored in your muscles. Now that you know what's going on when you're working out, here's what you should eat and drink to make all that sweating even more worthwhile.



Before:

Eat Carbs

Whether you're engaging in aerobic or anaerobic activity, foods rich in complex carbohydrates, such as whole-grain pasta, rice, and bread, and fruits and vegetables, are the best sources of energy. Have a small meal an hour beforehand. About 30 to 60 minutes before your workout, eat a small, easily digested meal composed of complex carbs. You will train longer and harder and you won't experience low blood sugar jitters and dizziness.

Drop that candy

Also, avoid simple sugars, such as candy, up to 60 minutes before working out because they can lead to low blood sugar levels during exercise.

Hydrate your body

Most people don't drink enough water when they exercise. Water is an essential nutrient that is critical for optimal physical performance, resistance to injury, and maintenance of normal body temperature. Drink large quantities of water (20 ounces) one or two hours before exercising to hyperhydrate your body and allow enough time for adequate hydration and urination.

Here's what you have to do during your workout and after you're done...

During:

Keep drinking

Drink three to six ounces of water every 15 to 30 minutes during exercise.

Get an extra boost

During prolonged periods of intense exercise (1½ hours or more at an intensity of over 50% of heart rate reserve), sports drinks can also be useful. Most sports drinks are composed of simple carbohydrates (sugars) and electrolytes. Drinks containing up to 10% carbohydrates enter the bloodstream quickly enough to deliver glucose to active muscles, which can help to improve endurance. However, drinks that exceed 10% carbohydrates, such as fruit juices and sodas, can cause cramps, nausea and diarrhea. Avoid these during exercise.



After

Right after -- more carbs

Immediately after your workout, have a small snack that is rich in carbs in order to restore your muscle-glycogen levels.

An hour later -- protein

About 60 minutes after training, have a hearty meal that includes lean protein, such as chicken or tuna, in order to repair your damaged muscle tissues. To restore those glycogen levels, your meal should also include some complex carbs.

More water

Don't forget to drink more water after your workout to rehydrate your body. Monitor your pre- and post-exercise body weight and drink two cups of water for every pound of weight lost.

