



LETHBRIDGE ORCAS SUMMER SWIM CLUB

Message from the Head Coach: Crunch Time!

If you've seen the July calendar, you can see that July is a very busy month for the Orcas! There are a lot of things going on! Although we are looking to have a lot of fun this month, remember that the Championship part of the season is on the horizon. Regionals and Provincials should be lingering in the back of the mind every time you come to the pool!

We are now down to two meets left (Crownsnest Pass and Fort Maclead) before Regionals! Consider your possible Regional events when signing up for these meets. Remember that for each event, the top two automatically 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. Go to www.assa.ab.ca/database and 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.**

Some of the age 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. The coaching staff has been preparing the entire season for that part of the season. Crazy things happen at Regionals year after year!

Relays will also be an integral part of the Championship Season. Relays will be created with the intention of qualifying for and placing as high as possible at Provincials. The depth in our club is incredible and there should be a number of age categories in which two relays can qualify. The relays will be based off of times posted this year and the swimmers' general performances on relays.

If you're on the fence about attending Regionals and/or Provincials, consider this: if your hockey/basketball/soccer... etc... team qualified for a District or Provincial Tournament, would you choose not to play? Probably not. With swimming you don't have to worry about minutes or sitting on a bench. We plan the entire season with the intent to

make sure that the swimmer's have their best opportunity to make best times and achieve their goals at these two meets. The statistical evidence of improvement is really what swimming is all about. From a coaching standpoint, it is very frustrating seeing swimmers put in three months of work and decide not to reap in their personal accomplishments at the end of the season.

This season has the potential to be one of the most successful seasons in club history. These successes will not be attributed to a select number of swimmers! We need a complete team effort to accomplish a few "hefty" goals. One of these goals include challenging the Edmonton Humas and the Calgary Tritons swim clubs for the Provincial Title. None of these goals are unrealistic, they are just tough! Nothing wrong with that!

If you have **any questions** about Regionals and Provincials... **ASK!**

See you at the pool.. Lots! ;-)

-Kent



Up-Coming Events:

- > July 14th: Team Pursuit
- > June 16/17th: Crownsnest Pass Swim Meet
- > June 19th: Orca Cup Event #5
- > June 20th: Coach Swap Night
- > June 23rd/24th: Fort Mac Swim Meet
- > June 25th/26th: Taber Swim Meet

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Group Update: Diving Dolphins (Dwight)



Hello Orca families, June has been a very good month for our group. We have been doing great in the pool and knocking off old best times. I am really looking forward to the months to come. Every stroke has come along very nicely, and we will continue to work hard to make them better. Just a reminder that we are at the Max Bell for practice now at 5-6:30. The dryland is still on the same days at 5pm. The area we will be doing dryland is past the hill in the far west parking

lot, this will be useful in case you are late and need to find us. Congratulations to Amy who got a silver and a bronze at the winter club provincials the past weekend in Edmonton. She won her medals in the 50 and 100 meter breaststrokes. The swimmer of the month for June is Sylvan Stein, he has only missed one practice all season and only missed due to illness. Way to go Sylvan! Hope to see you out at the next few swim meets to get ready for Regionals.



Fun Swimming Fact:
Canadian Brent Hayden was World Champion in the 100m Freestyle in 2007.

LSSC GROSS TROPHY CHECKLIST:

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



Group Update: Purple Polka Dotted Pumas (Jenn)

So the summer begins! June was a fantastic month. We have had some awesome swim meet swims, as well as increased practice attendance. July is looking to be an exciting month. This month is going to be the tune up for Regionals and provincials. With the start of morning workouts and distance week July is going to be a tough

month, but a rewarding time once the championship meets come around. I have talked with some of you about when you will be gone for holidays. If you could give me a heads up about when you will be gone I would appreciate it. On that note, I will be gone July 20 to July 26 with the LASC Club National Qualifiers in Winnipeg.

Swimmer of the month goes to Sara (AKA Cops 2).



Group Update: Flying Cheetahs (Heather)

The Flying Cheetahs continue to work very hard as we are getting into the middle of the season.

has shown huge improvements in all the strokes and works very hard at practices. Way to go Madeline!!

The group continues to work on all four strokes and we are making some huge improvements in our technique. Best times continue to come at the swim meets and we are getting less and less DQ's at the meets, which is great!

Keep up the great work flying cheetahs!!

See you at the pool.

-Heather

Swimmer of the month for June is Madeline Vaden Elzen. Madeline





Group Update: Might Morphin' Power Rangers (Kent)

Power Rangers! The season has been great so far and you all have done a great job leading the way for the entire club. We have just over a month left, but it's far from over!

As you **should** know, morning practices have started! Tuesday and Thursday mornings are strictly technical work and Wednesday mornings are Water Polo. Make an effort to be there in the morning and improve yourself! It's summer - you can sleep all day! These mornings are to develop/maintain some good technical habits and enables us to do more conditioning in the afternoons. Don't miss out

on this! Carpool or ride your bike in the morning if you have to!

Attendance for the group has been decent! With less other activities and no more exams, hopefully attendance will continue to improve. If you are missing an extended amount of swimming, let me know ahead of time. Hopefully we can figure out something so you can be in the water at least a few times while on holidays. Don't throw away the hard work you've put in for over two months!

Combining the 15/16 and 17&18 age groups will make it especially tough for some of you to

qualify for Provincials this year! Be sure you talk to me within the next week or two so we can strategize what your best options are! There's a few tough weeks ahead of us then it's GO TIME!

Swimmer of the Month for the MMRP's went to Rachel Tkach. Rachel missed only one practice in the month of June. Her work ethic was great, especially during dryland! Nice work Rachel! Things will pay off at the end of the season. I'm sure of it!



Keely Hopkins has continued to maintain her 100% attendance. Awesome!!

Orca Cup Update

Although it may seem like the Orca Cup was on a bit of hiatus, we are back into the full swing of things in July. Be sure to check the July calendar and your e-mail so you know what's coming up!

Things will wrap up on July 29th with the Orca Cup 4-Way Duel Meet. Your team needs all the points it can get throughout the next four events. The Congo Cows hold a slim 1-Point margin over the Sweden Starfishes. Not

too far behind are the China Lemon Chickens and the Jamaica Bobsledders. Lots of time left to make a move! It's anybody's game!



Fun Swimming Fact:
Orcas use "echolocation" to hunt prey, sending out clicks and buzzes into the water and listening for an echo to bounce back .

ORCA CUP 2010 - STANDINGS AFTER EVENT #3

Team	Total Event #1 Points	Total Event #2 Points	Total Event #3 Points	Overall Points	Overall Place
Congo Cows	13	63.5	53	129.5	First
Jamaica Bobsledders	17	39	40	96	Fourth
Sweden Starfishes	37	42.5	49	128.5	Second
China Lemon Chickens	13	61.5	37	111.5	Third



The Mexico Armadillos were the runners up in the 2009 Orca Cup

Swimmer of the Month: Flying Cheetahs



Name: Madeline Vanden Elzen
Age: 9
Years with LSSC: 2nd
Favourite Event: Freestyle
Favourite Book: The Girl Who Could Fly
Other activities you enjoy doing: Ballet, Tap, and Jazz
Favourite Food: Popcorn
Favourite School Subject: Math
Favourite Place to Travel to: Sparwood, B.C.

Swimmer of the Month: Mighty Morphin' Power Rangers



Name: Sara Copps (aka Copps 2)
Age: 13
Years with LSSC: 11
Favourite Event: 100m Breaststroke/200m IM
Other activities you enjoy doing: Speedskating and 4-H
Favourite Food: Fettuccini Alfredo
Favourite School Subject: English
Favourite Movie: Snow White
Favourite Place to Travel to: Anywhere if I have time!

Swimmer of the Month: Mighty Morphin' Power Rangers



Name: Rachel Tkach
Age: 16
Years with LSSC: 11
Favourite Event: 200 IM
Other activities you enjoy doing: Reading, Badminton and Ballet
Favourite Food: Candy
Favourite School Subject: Math
Favourite Movie/Book: Eragon (book) and Batman: The Dark Knight (movie)
Favourite Place to Travel to: The Swimming Pool

Orcas' All Stars Shine in Edmonton

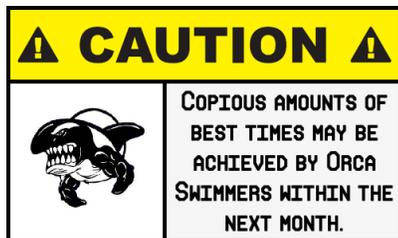
The Lethbridge Orcas Summer Swim Club sent Amy Benzie, Aidan Godwin, Genna Wright and Keely Hopkins to represent the Alberta Summer Swimming Association's All Star Team at the Long Course "A" Provincials in Edmonton. The four swimmers were the largest contingent out of any summer swim club in the province. Qualifying for this level of competition alone is a huge

accomplishment. Amy Benzie lead the way for the Orcas contingent by capturing a silver medal in the 100m Breaststroke and a bronze in the 50m Breaststroke. The 100m Breaststroke also established a new ASSA All Star Team Record. Godwin's weekend was highlighted by a 7th place finish in the 50m Breaststroke. Hopkins and Wright both faced adversity by being in the

bottom of their age groups, but fought hard and narrowly missed making finals in the 100m Freestyle and 50m Freestyle respectively. These performances are foreshadowing of some of the great swimming that the club will see later this season! The club is very proud of all four of you!



Amy Benzie's medal performances at A's were the first for LSSC since Kyle Troskot's in 2006!



Orcas Double Up Once Again in "The Hat"

The sun shone down on a beautiful day in Medicine Hat in more than one way for the Lethbridge Orcas in their fourth meet of the season. The Orcas set a goal of winning every meet this season and the streak continued June 19-20. Led by gold medal winners Tristen Harvey (6 & U), Jens Watt (8 & U), Danielle Price (9 & 10), Keely Hopkins (13 & 14) and Rachel Tkach (15 & D) the team

once again dominated the competition. Silver medal winners included Amy Benzie (9 & 10), Austin French (11 & 12) and Shannon Capps (15 & D) with bronze medal winners Taylor Walls (11 & 12), Andrea Tkach (13 & 14) and Barrett McMillan (15 & D). It was an impressive day as the Orcas had less swimmers than usual at the meet. They really had to step up and race in order to claim the

gross trophy. It was icing on the cake to take home the net, highest points per swimmer, trophy as well. This marks the middle of the season with four meets remaining until Regional and Provincials.

Orcas Have Another Strong Showing in Taber

The Lethbridge Orcas Summer Swim Club pushed their winning streak to 5 as they maintained their perfect season. Once again the Orcas had more than double the points of the second place club. Seventeen Lethbridge swimmers came away with aggregates in their age categories: Darci Wright (6) Gold, Devlan

Sheppard (6) Gold, Jens Watt (8) Silver, Amy Benzie (10) Gold, Graeme Godwin (10) Gold, Genna Wright (11) Silver, Keeley Watt (12) Gold, Liam Murray (Gold), Keely Hopkins (Gold), Ami Tipper (14) Gold, Owen Guyn (13) Bronze, James Kwan (14) Silver, Aidan Godwin (14) Gold, Shannon Capps (15) Silver, Melia Tipper (16)

Gold, Erik Hopkins (16) Gold, and Carlee Morris (19) Gold. The Orcas look to attain their perfect record in Crowsnest Pass and Fort Macleod later in July.



Fun Swimming Fact:
The last time Canada had a swimming Gold Medal at the Olympics was in 1992 by Mark Tewksbury.

How to Sleep Like an Olympic Athlete

<http://www.webmd.com/sleep-disorders/guide/sleep-like-an-olympian?page=1>



The same sleep strategies used by world-class athletes are all good for regular folks. There's no doubt about the importance of sleep.

"We know that sleep loss is going to create significant detriments in performance," says Mark Rosekind, PhD, president of Alertness Solutions and a former NASA scientist. "There are lab studies that show that if you're an eight-hour sleeper and you get six hours of sleep, that two-hour difference can impact your performance so that it equates to how you would perform if you had a 0.05 blood-alcohol level."

World-class athletes competing in the Olympics obviously need their sleep if they're going to bring home the gold. For those of us who can only dream of speed skating and downhill ski courses called the Super G, counting sheep is just as important -- even if there isn't a medal at the end of the rainbow.

Optimum Sleep Environment

With the Winter Olympics in Torino just around the corner, U.S. athletes are focused on one thing: gold. To give them an extra edge, officials at the Olympic training facility in Colorado Springs, Colo., brought Rosekind in to evaluate the athletes' sleeping conditions. From lighting to beds to alarm clocks, Rosekind made changes that, while seemingly simple, can only have a positive impact on performance.

"First, we looked at environmental factors for the room, for example, light, temperature, and noise," says Rosekind, who is a board member for the National Sleep Foundation.

Light involves the use of blackout curtains, Rosekind explains, to keep the room sufficiently dark but not so dark that when you wake up in the middle of the night to go to the bathroom you stub your toe on a chair. For a figure skater, that's not good.

"Temperature-wise, cool is better than warm," says Rosekind. "You need to have some kind of accurate control, like a thermostat, or have things like extra blankets so you can control the temperature during the night."

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Noise Control and Comfortable Beds

"With noise, what most people need to know is that it's the intrusive noise events, like doors banging, that are the most disruptive for peoples' sleep," Rosekind tells WebMD. This problem, however, is easily solved by masking the intrusive sounds with background noise, like a fan or sound machine.

"The second big area had to do with the beds and personal comfort," says Rosekind. "With the Olympic program, the training rooms originally had twin beds, which you can imagine for some athletes could be a problem."

Out went the tiny twins and in came full size plush-top mattresses and box springs with extra pillows (some of which were hypoallergenic), cotton sheets, and blankets -- all an easy fix for athletes who were simply too big for their own beds.

Finally, Rosekind considered the other end of the spectrum -- waking up. For athletes who tend to burn the Olympic torch at both ends, a reliable alarm clock is essential. "The third thing which is so often overlooked is an alarm clock," says Rosekind. "Hilton [Hotel] has a new alarm clock that you can trust to go off and it's easy to operate."



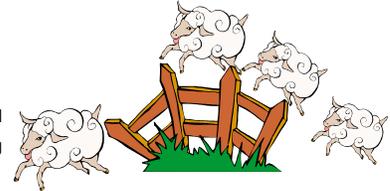
How to Sleep Like an Olympic Athlete Continued...

Taking Care of the 'Extras'

After making major changes to the Hilton Hotel sleep environment at the Olympic Training Center, Rosekind looked at amenities in the athletes' rooms that affect sleep. (Continued on next page)

"The extra things we looked at were lighting in the room, like a floor lamp and desk lamp, and a very comfortable desk chair," says Rosekind, which reminds people to work at their desk, not in their bed. So after all of the renovations Rosekind made to the rooms, have the athletes seen any improvements in performance?

"We know optimal sleep translates into optimal performance," says Rosekind. "Given the amount of 'measurement' that Olympic athletes undergo, it became clear that an independent and focused evaluation on just the sleep changes was not going to be possible. However, there is no question that improving sleep will lead to enhanced performance."



"The first room was for speed skater Apolo Ohno," says Rosekind. "After the first couple of nights he was already saying that he could feel a difference, not only a good night's sleep but how it was affecting his performance. When all the other athletes saw his room, they wanted to know when their's was being done because it was going to translate into a performance difference for them." Sleep is a critical factor in ensuring Olympians stay at the top of their game, and the changes Rosekind made help optimize their ability to fall asleep, sleep well, and wake up rested.

"Not only do athletes need sleep to improve on their athletic skills, but the restoration that occurs within muscles during deep sleep is important," says Sara Mednick, PhD, a sleep researcher at the Salk Institute in La Jolla, Calif. "If you don't get enough sleep it can be detrimental to your performance."

Sleep Like an Olympian

With all 160 Hilton rooms now redesigned to ensure the athletes are getting an optimal night's sleep, the question is, how can we sleep like an Olympic athlete? "Eight hours of sleep is the standard," says Mednick. "There is a range, but 7.5 to eight hours of sleep is the optimal amount. Like the athletes' rooms, all of the same rules apply: low light, cool temperatures, and background noise." "Sleeping in low light is important," says Mednick. "You need the hormone melatonin to sleep, and melatonin is only released under low-light conditions." Cool temperatures, as Rosekind arranged for the athletes, are just as important for those of us who will watch the Winter Games from our couch.

"The room temp needs to be on the cooler side," says Daniel McNally, MD, director of the Sleep Disorders Center at the University of Connecticut Health Center. "Your body temperature tracks your circadian rhythm, so as night begins, your body temp falls and it reaches a minimum right after you go to bed. If you are in an environment where you can't lose body heat, for instance if it's hot and humid, you won't sleep well."

And while most of us love to hit it, stay away from the ever-popular snooze button. "Snooze alarms are the enemy of good sleep," says McNally. "It feels better, but it's not good in terms of keeping your internal circadian clock strong so your brain knows when it should sleep, and when it should get up."

Personalize Your Sleep

The art of sleep, while a crucial part of sports performance and everyday life, can be easy. "I use to work at NASA so I can say this, but this is not rocket science," says Rosekind. "It's kind of amazing that this is not high-level stuff, but most people have not evaluated their own sleep environment, even though they spend a third of their lives asleep." When it comes to catching Zzz's -- whether you're a superstar athlete who's ready to go for the gold at the Winter Games, or an average skier who avoids moguls like the plague -- the key to sleep is to optimize your sleep environment, but also go with what works for you.



"You need to control and create a sleep environment that is personally the most comfortable for you," says Rosekind. "You want your sleep surface and the accouterments, like pillows, blankets, etc., to be as comfortable as possible for you."