



Lethbridge Orcas May Newsletter

June Upcoming Events:

June 1 – Orca Cup #2

*June 4 – Claresholm Swim
Meet*

June 8 – Picture Day

*June 11 – Pincher Creek
Swim Meet*

*June 18 – Taber Swim
Meet*

June 29 – Orca Cup #3

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Welcome to the Lethbridge Orcas Summer Swim Club! We had an unbelievably organized and exciting first month. Let's take this time to reflect on the month behind us and look forward to the months ahead of us!

Strong Attendance at Swim Meets to Start the Season

The Orcas started their season off with a bang as we set an all time club high for swimmers at Brooks (44). Orcas swimmers took a stranglehold on the field to dominate the meet and capture their first win of the season. Full article can be found online at lethbridgeorcas.com. The Orcas continued their dominance in Claresholm (June 4), where 54 Orcas were able to capture another meet win. 54 was an outstanding turnout, considering only 29 Orcas attended the Claresholm meet last summer!



Tier I – Coach James

Regional Meets

Gross Points Team

Rankings:

Brooks – 1st

Claresholm – 1st

Pincher Creek - ?

Taber - ?

Crowsnest Pass - ?

Fort Macleod - ?

Regionals - ?

Provincials - ?



I have had a fun first month with the Tier I swimmers. Most swimmers came to my group with a really good swimming background already. Along with learning new drills, we've been tweaking individual's strokes so they can get the most out of each stroke. Out of the water, the group has been learning new exercises in our dry land time and have crushed some pretty challenging workouts.

I am huge fan of race pace training with an emphasis on good technique. As a result, our group does a lot of sprinting on short intervals or all out sprinting from the blocks. I have been keeping track of most of the practice results in my book and inputting them into a spreadsheet. With just a month into the season, we are already seeing large improvements in times with all swimmers. I also run a "test set" every week to two weeks. These test sets are the exact same set, run at different points throughout the year to quantitatively show improvements. I was absolutely shocked with how well the group did at a test set this past week. We had previously done it in the first week of swimming. Every swimmer who did the test set both times saw an improvement in their score. Most swimmers saw an improvement ranging from 2-8 points. I would like to give a shout-out to Ethan Boras who crushed the set to improve his score by 13 points!

Looking forward to the month ahead of us, we're going to continue putting in high volumes of race pace training and try to smooth out some of the technical parts of all four strokes. I'm looking forward to another great month with swimmers excited to be on deck and ready to work hard!

Gold – Coach Kara

Hello Orcas! It's really hard to believe how fast the month of May has gone, but I am impressed with the level of swimming I have seen so far. I am pleased to say Gold has already shown massive improvements in a lot of areas and are really looking great at practice and at the Brooks meet this past weekend. Looking at the Month of June there will be more of a focus on technical swimming with a high level of intensity. Gold will also continue to do the weekly kick set until August 3rd, it was a bit of a slow start but the swimmers have really come together as a group in the hopes they will make it to Rio. Kick results will continue to be posted in the viewing gallery weekly. Great start to the season Gold keep up the great work!

Silver – Coach Keeley

If you want to be in the know (i.e. see our latest posts, articles, pictures, etc.) you need to follow us on social media and visit our website:

Website:

lethbridgeorcas.com



*Facebook: Lethbridge
Orcas Summer Swim
Club*



Instagram: @lethorcas



Silver group has had a busy first month learning new skills and adding onto old ones. We have worked on learning and improving technique on all four strokes and have worked extensively on dives and freestyle flip turns. I have been impressed with the group work ethic and skill level. I also asked for goal sheets to be filled out this year and after receiving the majority of them back its evident the group is motivated and focused on improvement.

This month we also kicked of our Road to Rio kicking challenge. In this challenge the group kicks 150m every Tuesday and Thursday and earns kilometers based on the time they achieve the goal is to make it to Rio before the end of the season and before the Olympics start. So far our group has racked up 2,273 km and we are well on our way to achieving the total 10,574 km distance to Rio! As the season progresses times should improve from all the kick work we're doing!

At the mini meet everyone from silver had great start of season races, and 6 silver swimmers swam at the recent Brooks meet. All of which achieved best times in their individual races and contributed to an orcas gross point aggregate at the meet! It was a great start to the season and I'm excited to see more swimmers at Claesholm with more great swims!

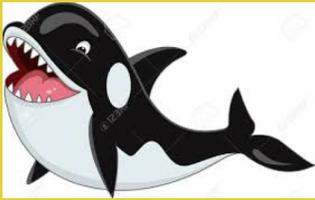
Bronze – Coach Aaron

Bronze Orcas! May is over. We've had 4 weeks of getting back into the pool and relearning the technical aspects of swimming. Our dives have come a long way this month too! Remember to keep your chins tucked to help you prevent bellyflops! Our first swim meet has come and gone and I am super impressed with how we swam. The swimmers from last summer looked fast and smooth compared to last year, and the new Orcas swam very well and had a ton of fun!!

Looking forward into June, bronze will continue the technical work, but also pick up the work we do with sprinting. I want to remind all swimmers to bring a water bottle to practice. You sweat when you swim, even though you cant feel it because you are already wet. Stay hydrated. Use the water to help your muscles perform to their best performance!

Fun Fact:

Orcas live in family groups called “pods” with up to 40 individual orcas

**Fun Fact:**

Orcas can grow up to be 23 to 32 feet long, almost as long as a bus



Killer Whale – Coach Keeley

The killer whale group is a dynamic bunch to coach, everyone is excited about swimming and we’ve seen some drastic improvements! We started off completely focused on free and back, which has seemingly paid off. Not only has their freestyle and backstroke improved immensely but also we’ve already started dolphin kicking off the walls, worked on breaststroke kick and recently begun adding the arms and swimming breaststroke. The groups’ dives are starting to look pretty good and even a few relay takeovers have been attempted.

As the season move on I’m hopeful we’ll nail all 4 strokes and start swimming a little further during practice. I’m excited for the rest of the season with my Killer whales and would especially like to see more Killer Whales at swim meets this summer. All their energy and excitement will translate into speedy swimming and fun meets!

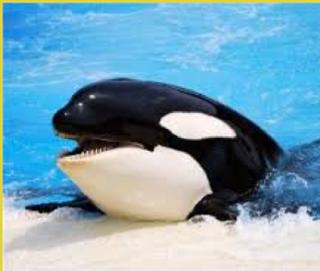
Killer Whale – Coach Kara

Hello Orca families, I am very impressed by my killer whale group! I really enjoy coming to the pool and hearing my whole group excited and ready to swim! There has been major improvement since the first week of May, and the swimmers continue to get better everyday. The first month was a general focus on Backstroke and Freestyle moving into the next couple of months we will be working on butterfly kick, breaststroke and we will continue to work on freestyle, backstroke, diving and flip turns. Fantastic job Killer Whales!

Mini Orcas – Coach Keeley

Fun Fact:

Killer Whales are carnivores. They eat fish, sharks, rays, squid, etc. Most of the team names in Region F are actually animals that Orca's eat.



Fun Fact:

Orcas cannot smell. However, they do have a good sense of sight and hearing. In fact, they can hear better than dogs, and even bats.

The first month has been a great start to the season; I have been super impressed with everyone's skill in the pool so far! We've started off the season working mostly on flutter kick, freestyle, backstroke and fun. While we started off mostly working in the little pool the past few sessions we have started to swim in the lanes, jump of the starting blocks and even do some dives. It's great to see all the minis get excited about swimming so far.

We have already had two guest coaches so far, coach Kara and coach James, as well as our regular coach, swimmer/ coach Jens. It has been great for minis to meet coaches and swimmers outside of the mini group. Those who participated in the first orca cup and mini meet also got to meet other older swimmers within the club and even swam with some big orcas at the first mini meet! I'm hopeful knowing other coaches and big orcas will make it less intimidating for minis at team events and swim meets in the future!

Coach Jenn (All Groups)

I'm so excited to be back with the Orcas again. The energy and excitement here is so unique and wonderful. I have really enjoyed being able to work with all the groups and coaches. It has been fun to be able to pass along the things I have learned about coaching and swimming over the past decade. It is also great to be able to watch so many swimmers working hard in practice and then see them get rewarded at a meet. If you are unsure about going to a meet I would encourage you to talk to the coach of your child. Meets can be a very fun and rewarded experience. It is an opportunity to test out all the things they have been learning in practice as well as spend some quality time with their teammates. I would also encourage you, if you are not having a very good experience up to this point to chat with a coach. If we don't know that something is wrong we cannot fix it. Looking forward to the next couple months and in particular to regionals and provincials, I'm excited to see what we can accomplish as a group!

ORCA CUP

Future Orca
Cup Dates and
Locations:

June 29 –
Westminster Pool

July 20 –
Westminster Pool

August 10 –
University of
Lethbridge Pool

The Secret to
Earning More
Orca Cup

Points:

Attendance. One
point is awarded
for each
swimmer who
attends. You are
literally earning
points for your
team by showing
up!

Orca Cup #1:

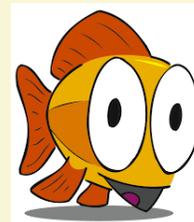
On the first night of competition, teams were asked to create a team name and poster. Teams were also asked to come up with an Orca cheer (the best Orca cheer will be chanted at meets this season, including Regionals). The Swedish Sharks' enthusiasm and creativity won them the cheer competition. Although they made a great cheer, they did not walk away as night 1 champions. The combination of good team name, cheer, and poster helped the Dominican Dolphins claim Orca Cup #1 as they scored a total of 38 points.

Orca Cup #2:

The second night of Orca Cup competition involved four stations that teams would go through to try to earn points for their team. The Swedish sharks won the brick/ ring challenge as they pulled the most bricks and rings up from the bottom of the pool. The Hawaii Triggerfish (Humuhumunukunukuapuaa) won the underwater relay station as they were able to go the furthest distance under water in 12 minutes. The Morocco Minnows won the last two stations, consisting of answering the most correct riddles and swimming the fastest team relay. When all points were tallied, the Swedish Sharks were victorious in Orca Cup #2 as they scored 45 points.

Full Orca Cup Standings/ Points

Rank	Team	Points (#1)	Points (#2)	Total Points
1	Swedish Sharks	33	45	78
2	Dominican Dolphins	38	27	65
3	Morocco Minnows	20	38	58
4	Hawaii Triggerfish (Humuhumunukunukuapuaa)	23	24	47



Swimmers of the Month

How to Win Swimmer of the Month?

Swimmer of the month is based on positive team/ group spirit, positive team/ group leadership, a positive attitude, a good attendance record, a good work ethic, and great sportsmanship. The person who best exemplifies these qualities in each group will be awarded swimmer of the month.

Tier I – Tyson Chomiak

Favourite Event:

Freestyle

Other Activities:

Soccer, Badminton

Favourite Food:

Cereal

Favourite Subject:

Science

Favourite Movies/ Books: Osmosis Jones, Percy Jackson “lightning thief” – the book

Extra Thoughts: “I like turtles.” “I eat potatoes.”



Gold – Sean Vanderzee

Favourite Event: 100 Freestyle

Favourite Food: Macaroni and Cheese

Favourite Subject: Phys-Ed

Favourite Movies/ Books: All Avengers Movies

Other Activities: Volleyball, Badminton, Running, Band, Camping



Orcas Trivia:

Q. Which 4 former Orcas have won the ASSA Athlete of the Year award? (Scoring the most points in the province at the ASSA Provincial Championships)

*Kristy Gabruck –
2005*

*Ami Tipper –
2011*

*Keely Hopkins –
2012*

*Andrea Tkach –
2013*

Silver – Emi Mundell

Favourite Event: 50 Back
Favourite Food: Agedashi Tofu and Vanilla Bean Frappuccino's
Favourite Subject: Enjoys all subjects but mostly Science

Favourite Movies/ Books: Once Upon a Time Series and Word Nerd by Susin Nielsen

Other Activities: Rugby, Synchronized Swimming, Skiing, and Singing

Extra Thoughts: I have a Hamster named Ginger Tofu Agi Wasabi Mundell... Ginger for short. Really looking forward to the 2016 summer swimming season... Bring it on!



Bronze – Payton Lundquist

Favourite Event: Breaststroke
Other Activities: She loves her dance classes, she fills her week with Jazz, Hip Hop and Musical Theater. She is a true Drama Queen
Favourite Food: Porcupine meatballs and rice
Favourite Subject: Social
Favourite Movies/ Books: Blended (movie) and Thea Stilton and the Dancing Shadows (book)

Extra Thoughts: She loves her animals, she enjoys playing with her dog Marley and watching her African Dwarf Frogs Skinny and Chubby. Her favourite animal is monkeys. She is enjoying her first summer of Orcas swim club with her twin sister Hannah.



Killer Whale – Fiona Lyle

Favourite Event:

Loves being in the water and picks the front crawl as her favourite event

Other Activities:

Piano, sing, tell jokes, make funny faces and play with stuffies and the family cat, Blueberry

Favourite Movies/ Books: Princess Diary Movies

Extra Thoughts: Also likes the colour purple



Fun Fact:

The oldest known killer whale lived to be 103



Fun Fact:

Orcas generate 3 types of sounds: clicks, whistles, and pulsed calls

Killer Whale – Emi Polec

Favourite Event:

Backstroke

Other Activities:

Gymnastics, hockey, judo, skiing

Favourite Food: Spaghetti

Favourite Subject: Art and Phys.Ed.

Favourite Movies/ Books:

Zootopia

Extra Thoughts: “I like diving and jumping off the blocks the best!”



Orcas Meet**Attendance 2016****compared to 2015:***Brooks: 44-34 (+10)**Claresholm: 54-29***(+25)***Pincher: ?**Taber: ?**Crowsnest Pass: ?**Fort Macleod: ?**Regionals: ?**Provincials: ?***Mini Orca – Gareth Middleton****Favourite Event:** Backstroke**Other Activities:** Soccer, biking**Favourite Food:** Hot dogs and strawberries**Favourite Subject:** Playing :)**Favourite Movies/ Books:**

Star Wars Episode 7/ Captain Underpants Series

Extra Thoughts: Gareth is loving his first season with the orcas! He looks forward to his practices every week and loves trying hard to improve his swimming every time he goes into the pool. He loves his coaches and thanks them for all their hard work and patience!!**Conclusion:**

All of us coaches are very pleased with the first month of the season. We have a really good group of enthusiastic swimmers with high attendance numbers at practices and meets. We hope this energy and excitement for the sport of swimming continues throughout the summer! See you all at the pool!

