

## Vernon Kokanee Swim Club Newsletter - November 2010

### From the Head Coach:

Hello everyone, so far the season is going very well. We had 5 swimmers participating at the regional camp in Kelowna in early October (Kiah Lee, Kaia Phillips, Hanah Mehain, Meredith Levorson and Ian Dorval). They had the chance to work with the other swimmers from our area that were selected for this event as well, they also had a talk with Johanne Malar, one of the best female swimmer in the world.

We started off our racing last week with a great showing at our meet with several best times and new qualifying times done. Congratulations to Jade Freeman, Jordyn Ross and Dara Wasilyk for making their first AA's standard. Also congratulations to Ceilidh McNaughton for swimming the 200 IM under 4 minutes.

The main focus for all the groups has been on technique specially on streamlining and on using underwater kicking off the walls, it is showing already and it will pay off with fast swimming this winter.

For the parents; already this year we had our AGM, a presentation on swim meets by coach Marc and on November 10 we will have an information session by Dr. Sally Stewart on nutrition. Lots of things are happening and if you want to help out please let any member of the board of director know that you are interested.

With the coming of winter please make sure that you all dress accordingly (warm jacket, tuque, mitts, scarf, etc) staying healthy is the number one priority in order to swim fast at workout and at meets.

The next meet in November are the KAJ invitational in November 13-14, then the Prince George Medical meet on November 19-21 and the Jamboree in Salmon Arm on November 21. We are getting busy and we will swim very fast.

The schedule for Christmas camp for T2 and T1 will be out shortly.

Here are the top ten training tips by the Swimming Natation Canada (SNC) CEO (Pierre Lafontaine), Although it was publish several years ago those points are still current; I believe that these training tips are easy to follow and if done well it will make us a better club and a faster country.



### Swimming Canada CEO's Top 10 Training Tips

10. Only Kick fast (Get best times for the 50 kick)
9. 3 fly kicks off every wall (Canada needs to be the fastest underwater fly kick team in the world)
8. Negative split everything you do
7. Cheer on a team-mate, make someone else's day
6. Don't miss a workout in November
5. Train the fastest in your team
4. Get the appropriate rest for top performances
3. Always show up for workout with a positive attitude
2. Finish the week better than you started
1. Train to race

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### T1 squad report:

The T1 squad is doing well and is training better as the weeks are going by. Already the group had several activities outside the pool done together this year like: car wash, bike challenge, movie night and paintballing. It is very good to see you working on making the group a more cohesive unit by doing activities outside the training schedule. It will make you a much stronger team.

The squad had great workouts with the T2, T3 and T4 swimmers so far and we are looking to doing more of those workouts together since it is good for everyone and it helps the younger swimmers tremendously. This week (first week in November) we will have our distance week by swimming 11 workouts in a row. Three of these workouts will have a dryland component and we will start the dryland program with the people from Pacific Sport, it will be Wednesday November 3 from 3:30 to 5:00 pm for an assessment and it will be followed by 5 weeks of dryland on Tuesday morning from 6:30 to 7:30 am after the swim session from 5:30 to 6:20 am. This dryland will be a great addition to our training and will be helping us when we do our circuit training days.

I am looking forward to a great month of November training wise and racing wise.

### Tier 2 and 3 squad report

In October Tier 2 and 3 worked really hard to improve the butterfly. Almost everyday we were working on butterfly kick, drills to improve this difficult stroke. At the VKSC Fall Invitational all swimmers improved their butterfly. It's great to see that hard work is paying off.

On Thursday October 27, 5 of the Tier 2A swimmers swam their 1st 200 m Butterfly. This is a great accomplishment. Philippe Lemay swam 200 m butterfly twice. After his first race he asked me: "Can I please swim it again"? I think I can do better. He improved his time by 13.92 seconds. Pretty impressive.

Matai Dusil: 3:43.96

Sarah Mehain: 3:47.36

Hannah Mehain: 3:43.04

Jessie Williams: 3:44.69

Philippe Lemay: 3:24.28

Well done everybody.

In Tier 3, 2 swimmers swam their 1st 100 m Butterfly.

Asia Minnes: 1:57.64

Anika Kintzel: 2:05.21

We will do all kind of test sets every month. That way everybody is getting used to kicking a 400 m freestyle kick set, or to swim a 400 IM or a 800 m Freestyle.

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### October 2 and 3, 2010 Swim BC Regional Camp

Ian Dorval, Kaih Lee, Meredith Levorson, Kaia Phillips and Hannah Mehain took part in the Swim BC Regional Camp in the H2O in Kelowna.

Vince Mikuska, the Provincial Team Coach was leading the camp.

On the first day we had two swim sessions. The first was all about freestyle and fish kick. The second session was all about Backstroke and fish kick.

The second day we had two swim sessions, one all about breaststroke and one all about butterfly.

The swimmers also spend time with a nutritionist and worked on relaxation. 5 time Olympian Joanne Malar was at the camp to talk about her career, to show the swimmers her medals and share all her experience with the swimmers.

It was a great camp and everybody learned a lot.

### October 16, 2010 Silver Star Bike Challenge

On Saturday October 16 we challenged the Silver Star road with Tier 1 and Tier 2 swimmers, 2 coaches and some parents. 13 km and 600 m in elevation.

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With a great support crew of Nicky and Lydia Phillips, Lloyd and Sharon Slater (Thanks Sharon for taking all these beautiful pictures)we conquered that mountain. For sure it was a mental challenge and the 1500 m freestyle looks like nothing anymore.

Well done everybody. This was great team work.

### Kokanee Fall Jamboree, October 24, 2010



#### **100% Improvement**

Congratulations to Avril Baldauf, Braden Kersey, Jean-Christophe Lemay, Thayne Mackenzie, Ceilidh McNaughton, Regan Peace and Madeline Roemer for improving all their events.

#### **First Swim Meet**

Congratulations to Kevin Sullivan, Chase Walthers, Abbey Bartel, Kaitlyn Buchholz, Morgan Mardiros, and Simonne Tremblay for participating in the Vernon

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Jamboree, which was their very first swim meet. All six swimmers swam very well and we are glad to have them on our team.

### First 200 IM

The coaches would also like to say congratulations to Chris Lemay, Charles Lemay, Regan Peace, and Cailee Weslowski for completing their first 200 IM swim. This is a great accomplishment and you can now start working towards that 4 minute mark.

Congratulations to Ceilidh McNaughton for swimming the 200 IM under 4 minutes. Ceilidh's time was 3:56.27.

## Vernon Kokanee Fall Invitational Oct 22-24, 2010

The Kokanee swimmers had a great meet this weekend at the Recreation Center; it was their first meet of the year and they came out of the chutes fast and furious. The technical elements of underwater kicking, streamlining and even the one step relay take over are being executed very well and are noticed by the crowd and their competitors.

On Saturday evening during finals Jordyn Ross (Gold Medal), Dara Wasylik (Silver Medal) and Jade Freeman (Bronze Medal) accomplished to swim the BC AA standard for the 200 m Backstroke for 11 & under girls.

This means that Jordyn, Dara and Jade are allowed to compete at the BC AA Championships in Chilliwack in February 2011. Congratulations to all 3 of you.



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### 100% Improvement

Congratulations to Alexander Dlouhy, Matai Dusil, Keiran Grant, Chloe Grenier, Anika Kintzel, Kiah Lee, Philippe Lemay, Sean Manchester, Asia Minnes, Jordyn Ross, Florian Terpstra, Dara Wasylik for improving all their events.

### VKSC Club Calendar 2010/2011

November 8	Nutrition presentation Tier 1,2 Ogoogo room 5-6 pm
November 10	Nutrition presentation parents, Ogoogo room 5:30 pm- 6:30 pm
November 13-14	Kelowna Fall Meet, Kelowna Tier 1,2,3(Q)
November 19-21	PGB Fall Invitational, Prince George Tier 1,2,3(Q)
November 21	Shuswap Jamboree, Salmon Arm Tier 3,4
December 10-12	Kamloops Ice Classic, Kamloops Tier 1,2,3(Q)
December 10-12	Para Can-Am, Toronto
December 20-24	Training Camp, Home Tier 1,2
January 16	Shuswap Jamboree, Salmon Arm Tier 3,4
January 22 - 23	KAJ Invitational, Kelowna Tier 1,2,3
February 5 -6	KSC Valentine, Kamloops Tier 2,3,4
February 11-13	BC AA Provincials, Chilliwack Tier 1,2 qualifiers
February 17 - 20	Westerns, Tier 1, qualifiers
March 3 -6	BC AAA Provincials, Victoria Tier 1,2 qualifiers



### October 31, 2010 Paintball

On October 31, on a beautiful sunny Okanagan day, Tier 1 and 2 swimmers gathered together to play paintball. It's not easy to recognize each swimmer. Bryan, Wouter, Matai, Joshua, Kaia, Courtney, Emily, Johanna, Carrie, Ian, Alexander, Jaylen, Kieran, Jamie, Allison and Florian. The weather was really cooperative

and everybody was running, crawling, hiding, shooting and sweating. It was absolutely a good workout for everybody. It looked like everybody had a great afternoon.