



Lethbridge Summer Swim Club

August 5, 2009 Newsletter

2009 No. 4

Upcoming Events:

- August 8th and 9th – REGIONALS
- August 11th – Year End BBQ
- August 15th and 16th - PROVINCIALS

Message from the Head Coach:

This is the last newsletter of the season! That must mean that Regionals and Provincials are almost here! How exciting!

Thank you everyone for helping the Lethbridge Summer Swim Club have a very successful season so far! Attendance, morale and performances at both meets and practices have been awesome this season! We won Gross Scoring at 4 out of the six Regional meets and piled up personal bests throughout the season. Every swimmer on the club should be very proud of themselves! For those of you heading to Regionals, the rest of the Region better look out because I know we are more than ready!!

July was full of fun events! Thank you to all the parents who participated in the Relay Night and Water Polo. The more involved a family is in team activities the more enjoyment the swimmers seem to gain. Everyone seemed to have a great time and an even greater appreciation for what these swimmers do on a daily basis. Thanks again for your support of our club. The Team Pursuit had a great turnout and the coaches were amazed at how many lengths the swimmers swam! Awesome. Mexico made a huge comeback with a dominating performance in the Orca Cup duel meet, but the Chile Dogs were able to hang on and prevail as the 2009 LSSC Orca Cup Champions. For those members of Chile that weren't present at the final Orca Cup event, your medal is in your mailbox!

The last regular practice will be this Friday August 7th. The following week is for swimmers attending Provincials only! Thank you again for such a great season!!

Kent

Notes from the Groups:

Donkey Kong (Kent)



Morning practices are now over! Taper has started! Hooray! This means you get to sleep in **and** practices are much easier! You will most likely find that you have a lot more energy during the day. Be sure to use this energy wisely. Don't let all the hard work you've done this season go to waste! Try to get a good amount of sleep, watch your nutrition, STRETCH.. etc. Be smart about what you are doing!

At the Region F Championships, members of "Donkey Kong" will be expected to lead the way for the rest of the team. Let's make sure we are all positive role models. This means: wearing team gear (both days), cheering on team-mates, congratulating younger swimmers on their races, etc. Get excited for the weekend as that will be your weekend to SHINE!

Swimmer of the Month for July goes to Noelle Sedgwick. Noelle has been a leader for the entire club for the whole season. Although this is her first season with the Orcas, you would never know it. Noelle continues to lead the group both practically and vocally. After graduating from high school this spring, Noelle has focused her attention to the pool. Noelle hopes to swim with the University of Lethbridge swim team this fall. I have no doubts that this will happen! Keep it up Noelle and thank you for all your leadership this season!

Funky Sea Monkeys (Jenn)

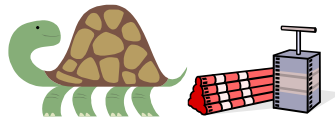


PARENTS: please, please, make sure your children are getting enough proper food and sleep for the next two weeks of competition. Training means very little if the swimmers are exhausted or eating junk. Let's finish

off the season with a bang and show the rest of Alberta what Lethbridge swimmers and parents are made of! Thank you for an exciting season so far... GO ORCAS!

Swimmer of the Month for July goes to Keeley Watt. Way to go Keeley!!

TNT Turtles (Dwight)



Hello swim parents, we are on the home stretch with the BIG swim meets just around the corner. The kids have shown me some impressive results over the past few weekends prepping them for Regionals. I am very excited to see what will happen at Regionals. This week is Regional Championships and it is going to be incredible, this is another big chance for the kids to get 2 chances to get best times and go for some medals. One amazing swim could get you anywhere!!

The last couple of weeks we have been working on some sprints in preparation for the weekend and the kids are looking ready to go. We have been working on our turns diligently from workout to workout.

Swimmer of the month for July is Danielle Price. I am very excited for the weekend and I am getting the kids excited as well. We should see some really quick swimming!! Good Luck at Regionals this Weekend and hopefully at the Provincial Championships!!!

Super Swimmers (Heather)



Hello super swimmer parents, as we near the end of the swim season the group is starting to look great! We have been working on all four of the strokes and have made some huge improvements. The swimmers continue to knock off the seconds and get best times at the swim meets. All the little things that we have been working are coming together. The dives and streamlines are coming along very well. The kids seem to be having a lot of fun at all the meets. The super swimmers have had great

results at the last few swim meets, lots of best times, top five finishes and even medals! Way to go!!!

This next weekend is Regionals and it is going to be a great meet, lots of fast swimming and fun for all. The swimmers have been working very hard for this meet and should be ready to swim fast. The swimmers will have a chance to make finals and swim the race a second time if they are top 8 in the prelims.

Swimmer of the month for July is Ethan Fisher. Ethan has shown huge improvements in all the strokes and works very hard at practices. Way to go Ethan!!

Keep up the great work super swimmers!! See you at the pool.

Lethbridge Summer Swim Club Year End Barbecue, Awards and Executive Elections

Please plan to attend the last social event of the 2009 swim club season!

The details are as follows:

When: Tuesday, August 11, 2009

Time: Following evening workout (6:30 – 7:00 p.m.)

Where: Elks Community Recreation Area
Indian Battle Park

What: Year end get-together, swimmer awards, executive elections & general meeting

What to Bring: MEAT to barbecue and BEVERAGES for your family members
Your own plates, cups and utensils
Your own barbecue utensils

Surnames A-K: Salad or vegetable dish

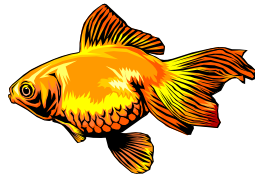
Surnames L-Z: Fruit or dessert

Thanks for your terrific support over the season. Call Kelly Echlin (381-2738) if you have any questions.



ORCA CUP 2009 FINAL STANDINGS

Team	Opening Ceremonies Points	Stupendous Stations Points	Mini Olympics Points	Scavenger Hunt Points	Outdoor Games Points	Team Pursuit Points	Water Games Points	Duel Meet Points	Overall Points
Chile Dogs	29	38	45	51	42	115	30	175	535
Greece Goldfish	28	39	51	45	41	89	51	133	477
Zimbabwe Zebras	24	37	53	38	51	73	40	126	442
Mexico Armadillos	20	39	36	28	46	57	42	223	511



FLEXIBILITY FOR SWIMMERS

Good flexibility is an essential requirement for anyone who participates in competitive sports.

One of the causes of poor performance in swimming is often due to lack of flexibility, the limitation of range of movement in the joints, in particular the shoulder and ankle joints. It restricts the extent to which a limb can be placed in the water to give maximum effect for efficient stroke technique, hence the speed and endurance of a swimmer will suffer. Where there is stiffness in a joint the muscles have to work harder to overcome this stiffness and the body is using up valuable energy which could otherwise be used to swim faster.

By increasing the range of movement in the shoulder, spine and ankle joints, vital energy is saved, technique improves and the swimmer is able to swim faster, harder and longer. It also prevents injury like torn muscles and aching shoulder joints, which is very common amongst swimmers with poor flexibility.

As one gets older, flexibility becomes less, even with regular training in the water. It is therefore important that swimmers do flexing and stretching exercises regularly. For young swimmers, especially those who are just starting to train, it is even more important to exercise because a marked loss of flexibility occurs between the ages of 11 and 13 years, to maintain their natural flexibility throughout their swimming life.

Flexibility exercising requires a serious commitment on the part of the swimmer. A swimmer needs to exercise at least once a day for about 10 to 15 minutes at a time and do the exercises correctly

and with purpose in mind. Exercising once a week or now and then or just going through the motions has no benefit whatsoever and is time wasting.

Every swimmer can find time to exercise once or twice every day for 15 minutes. The exercises are simple, require no equipment, no special rooms and can be done anywhere, whilst watching T.V., for example. Some exercises can even be done in the back of a car on the way to the pool, whilst waiting for the bus or when walking home from school.

All swimmers should also do some flexing and stretching before getting in the water to prepare the muscles for the work and after training to prevent stiffening up. Those who do weight training, flexing and stretching is important before and after the weight work.

In general, simple mobility exercises, stretching the spine, shoulder, hip and ankle joints are all that is basically required. However, a swimmer who has a particular weakness should consult the coach who may then design a special program to overcome this problem.

Any flexing exercise which involves bouncing and jerking movements should not be used as this could cause painful damage to the muscle and the joint. Forced stretch where another person is attempting to force the joint that little bit further, should be avoided unless that person is experienced and qualified. Remember, the other person cannot feel what the swimmer feels. By the time the swimmer tells him 'it hurts', it may be too late; the damage is done and that could mean the swimmer is a long time out of the water waiting for the damage to heal up.

Simple Rules for Flexing and Stretching Exercises

1. Always warm up well before starting.
2. Relax before stretching any particular joint or muscle.
3. Gently stretch the muscle to a point where it feels comfortable and tight and just aching, but no further.
4. Hold the exercise position at its maximum stretch point for a period of 5 to 10 seconds.
5. Repeat the exercise 3 times. This will allow the muscle to stretch further without discomfort.
6. Relax the muscles after each exercise is completed by shaking out.
7. Enjoy it – you'll feel great afterwards.

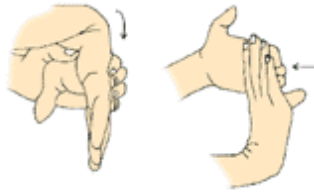
The following pages describe some very simple exercises and the time it takes to do each one of them. There are also some examples of exercise routines which could be followed when watching T.V. or on other occasions. Exercises may be done in any order, however, it is best to concentrate on one part of the body at a time.

Of course, there are many more exercises which could be done, but the aim is to keep it simple and effective, easy to remember and no trouble to do.

Stretching



Pectoralis stretch



Wrist stretch



Upper trapezius stretch



Standing hamstring stretch



Quadriceps stretch



Standing calf stretch



Hip flexor stretch



Piriformis stretch



Hip adductor stretch



Trunk rotation



Double knee to chest