



## NEWSLETTER February 10, 2009

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### Dates and Reminders

Feb 16 (Family Day): No classes or workouts (all groups)

March 16-20: March Break – No classes or workouts for sessional programs or Devo

**Swim-A-Thon:** Check our website for the swim-a-thon date at the end of March.

### Apparel items

Support the club by purchasing swim suits, goggles and other equipment. E-mail [guelphmarlins@bellnet.ca](mailto:guelphmarlins@bellnet.ca) or call Kathy Fagan at 519-836-3820 (Mon-Thur 9am - 3pm)

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### Swim School News

Katy Martin

#### Test sets

The week of February 9-13 will be test set week. Each class will do a specific test set based on what level they are in. These test sets are done every session and are meant to track swimmers' success over the season. Swimmers and parents, be sure to check out the results on our website!

take place on March 4 for those swimmers in Mini Marlin, Novice and Jr. Marlin. For those swimmers in Marlin and above the mini meet will be on March 5. Both meets will be at Centennial Pool and will start at 4:30pm. Parent volunteers are always needed and much appreciated, so please contact the club if you can lend a hand.

#### MINI MEET!

Mini meets are a great way for kids to experience the sport of competitive swimming. This session the mini meet will

If you have any questions, comments or concerns at any point during the session, please e-mail Katy, the swim school coordinator, at [martink@uoguelph.ca](mailto:martink@uoguelph.ca)

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### Competitive Corner

Officials Update from James Ball

#### May Long Course meet

Thanks to all of our volunteers our hosted meets have been going very well. There have been a few changes to the structure of the May long course. There will no longer be a second afternoon session. The Friday sessions are for all ages. The Saturday and Sunday morning sessions (warm-ups 7:00 am) are for 13 and over girls and 14 and over boys. The Saturday and Sunday afternoon sessions (warm-ups 12:30 pm) are for 12 and under girls and 13 and under boys. Please go online to our google document <https://www.google.com/accounts/ServiceLogin> and make any necessary changes or email me at [marlinmeets@rogers.com](mailto:marlinmeets@rogers.com).

#### Officials Certification and Clinics

Next year our club must have five people with level II certification. A number of you have taken the necessary clinics but need the deck evaluations. Please consider volunteering when we go to an away meet. It increases your experience as every club runs their meets a little differently. It also is beneficial to get signatures from other level IV and V officials. Please remember that you must request a deck evaluation from the referee before the session starts. You can do both your timekeeper/safety marshall and strokes and turns clinics online at <http://swimontario.ninehub.com/> (you will need to get an access "key" from me as per an email I sent out in the fall). We will be offering a number of clinics during the long course season. Please email any clinic requests to me.

Check out [From the Coaches](#) for contributions by Don Burton (page 3) and Paul Meronen (page 5)!!



## WORKOUT NUTRITION

Whether you're in swim school or competing at the provincial level, you need to eat right so you can do your best in the pool.

### What should you eat before your workout?

Remember that the energy you will burn comes from the food you ate 24-48 hours before exercise. That's why it's so important to maintain a well-balanced diet. The purpose of your pre-workout snack is to regulate your blood sugar before and during exercise. Think short-term energy boost and stick to foods high in carbs, moderate in fibre and low in sugar. That's whole grain products, cereals, oatmeal and bagels that are low in sugar and fat, as well as pasta and fruits.

### Timing

If you are eating more than 2 hours before your workout, add protein to slow down the absorption of carbs to keep blood sugar levels stable longer. Think lean meats, natural peanut butter, fish, eggs and low-fat dairy or soy products. In fact, a complete balanced meal is okay 2-4 hours before your workout.

But the closer you time your snack to pool time, the more you need to cut back on volume as well as protein and fat content. Anything eaten an hour or less before exercise should be limited to a small carb-only snack, some fruit or a sports drink.

### Post-workout

Eating after your workout for a fast recovery is essential, especially for athletes who train daily. A snack within 15-30 minutes after heavy exercise will replenish your energy stores quickly and enhance your overall performance. What you should eat? A high-carb snack with moderate protein. Good choices are low-fat chocolate milk, milk and cereal, sports drinks, yoghurt with fruit, peanut butter sandwiches or trail mix with cereal.

Finally, remember: dehydration reduces performance. Maintain proper fluid levels throughout the day. Drink before you feel thirsty during and after workouts.

Source: Nutrition for the Long Run. Heidi Smith. 2003

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## Club Contacts

### Club Administrator

Kathy Fagan [guelphmarlins@bellnet.ca](mailto:guelphmarlins@bellnet.ca)  
(519- 836-3820, Mon-Thurs 9am - 3pm,  
Fri 9am-12 pm)

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Meet Commitment Coordinator  
Swim-a-thon Committee Coordinator  
Silent auction Committee Coordinators

**Newsletter Volunteers wanted:** if you can do better than this in terms of **layout and design**, please contact Stephanie Tucker at [kstuckerfamily@sympatico.ca](mailto:kstuckerfamily@sympatico.ca) to help us improve!

**UPCOMING GMAC EVENTS AND NOTICES**

Feb 14-15<sup>th</sup> BDO inv at UofG for those entered (check entries on web)  
Mon Feb 16<sup>th</sup> No Swim School, Sr Select or Kendra's groups practice  
Wed Feb 18<sup>th</sup> High school Meet at UofG during day (volunteers needed)  
Feb 19-22<sup>nd</sup> U of G at CI's in Vancouver (some of your coaches may be competing)  
Feb 22<sup>nd</sup> Skills and Thrills Meet (wish to enter? Please contact Kendra by Feb 16<sup>th</sup>)  
Feb 23<sup>rd</sup> GMAC's AGM 7:30pm  
Feb 26-March 1<sup>st</sup> Jr Provincials in Nepean  
March 4<sup>th</sup> Mini Meet for Jr Marlin Level and under at Centennial Pool  
March 5<sup>th</sup> Mini Meet for Marlin Level and up at Centennial Pool  
March 11-15<sup>th</sup> SNC's National Championships at U of T (worth the trip to see some fast swimming! Finals will be early evening and info can be found on the web)  
March 16-20<sup>th</sup> March Break -- No classes or workouts for sessional programs or Devo  
April 3-5<sup>th</sup> Victor Davis Memorial Meet at VD (No Fri classes at VD)  
April 17-19<sup>th</sup> Team Championships in Etobicoke for the 40 chosen  
April 26<sup>th</sup> Skills and Thrills Meet at UofG (wish to enter? Contact Kendra by April 20<sup>th</sup>)

**FROM THE COACHES**

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**Dolphin Kick 101****Don Burton**

There have been countless rule changes in the sport of competitive swimming. There are always new technologies for suits, caps, lane ropes, pools, starting blocks, etc. For over 100 years there was no rule on how far one could go under water. That rule changed after 1988 when some very smart people figured out the physics of kicking underwater v.s. swimming.

The first time underwater kick was brought to my attention was in 1987, when I was swimming at Etobicoke and we had a swimmer named Sean Murphy who was consistently placing first or second in Canada at Senior nationals. The entire 1987/1988 season we as a group had to repeat 50's long course kicking, 30 meters dolphin kick under water on our back, then sprint 20 meters of backstroke. For someone who was having success in breaststroke, and not much in backstroke, this was a huge challenge!

Sean Murphy, who could already kick under 1 min long course, became great at this skill! At the 1988 Canadian Olympic trials he won the

event and was placed on the Olympic team ahead of another backstroker Mark Tewksbury. (Tewksbury won gold 4 years later in Barcelona in the 100back!)

I was in the stands for the Men's 100 backstroke final in the 1988 Olympics in Seoul, Korea. After the start of the final it looked as if there was no one in the pool for the first 35 meters; that is when the first person came up and started swimming. The top three swimmers surfaced at the flags (45) meters, took two or three strokes, then went under for another 35 meters! They smashed the world record that night and underwater kick was born!

By December of 1988, there was a new rule put in place that on backstroke no one could go past 15 meters off any wall under water. The interesting thing is that no one applied that idea to fly or free until in the 1996 Olympics in the Men's 100 butterfly, when a Russian, Denis Pankratov, dove in and



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stayed under water off the start for over 35 meters and off the turn was under water for over 15 meters. He won the race, smashed the world record, and shortly after that meet, another rule was put in place where no matter what stroke, swimmers are only allowed to stay under water for a maximum of 15 meters.

There are countless examples of huge swims over the last 20 years and dolphin kicking being the difference, 2000 Sydney Olympics; 200 butterfly and Misty Hyman of the USA and her "fish kick".

Michael Phelps has dropped the 200 free world record, the 100 and 200 butterfly, the 200IM and 400IM countless times over the last 6 years. Dolphin kick has been a huge part of that! His coach Bob Bowman has made it a big part of his training! He spoke of dolphin kick being the fifth stroke in swimming and if you can't do it, you will not be competitive internationally. Even the distance 800 free and 1500 free swimmers are using dolphin kicks off all their walls.

If the people from FINA who make the rules for swimming, stopped people from kicking past 15 meters, so there was still "swimming" going on in all races, and if we know that kicking dolphin kick is faster than swimming, why do most swimmers at all levels of competition only kick a few times off walls in races?

The answer... fast flykick under water takes a lot of work and is uncomfortable when your mind and body ask for air. It is a trainable aspect of swimming, no different than any technical part of any stroke. Coaches see swimmers take the easy way every day, when

workout demands or meet demands increase, swimmers skip the kickouts so they expend less effort and get to take a breath earlier.

The kickout and not breathing off the walls on free go hand in hand. The power on the first stroke and flutter kicking produces a great deal of power and speed compared to taking a breath off the wall and not kicking.

The Marlins have been working on this skill with the young swimmers from day one. We are not perfect but we have adopted these proven tactics for years and take PRIDE in how we look off the walls!

How does GMAC get to be the best club in the world from where we are now?

Devo and Sessional Programs will do 3 fly kicks off all walls in workouts and meets.

Comp and 10 and under swimmers will do 5 m kickouts on all workouts and meets.

Jr Elite and 12 and unders will do 7 m kickouts at all workouts and meets.

Int Elite and 14 and unders will do a minimum of 9 m kickouts at all workouts and meets.

Sr Elite will do a minimum of 11m kickouts at all workouts and meets.

For all kick sets done without the board there will be an underwater component that has superior streamlines and speed built off the walls.

What if you are not at the level you or your coach want you to be right now? Get there one week at a time! From now till our first long course meet, we have over 8 weeks, long enough to increase your kickout one meter a week and get where you need to be!

Kickin' it...!



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### Intermediate Elite Update

Paul Meronen

We are what we make ourselves. Virtually any aspect of our present reality—mental, physical or spiritual—with which we are dissatisfied, can be modified with the simple first step of saying to ourselves: “ I would have it otherwise”. The challenges presented daily in workouts and meets are not a threat to us but rather a vehicle to personal growth. Bettering personal bests in workouts is FUN!

### Mid Season Rankings

At this point in the short course season a number of Intermediate Elite swimmers have achieved Top 25 rankings nationally:

Micayley Cromwell (13) 15<sup>th</sup>-100Fly

Austin Mulder (14) 21<sup>st</sup>-200 Back

Stephanie Papadedes (14) 11<sup>th</sup>-200 Fly , 15<sup>th</sup>-100 Fly

Riley Konrad (12) 4<sup>th</sup>-50 Breast, 5<sup>th</sup>-100 Br, 8<sup>th</sup>-200 Br

Katherine Stamp (12) 6<sup>th</sup>-50Back, 9<sup>th</sup>-50 Fl, 11<sup>th</sup>-100 Back, 15<sup>th</sup>-100 Fly

Erin Stamp (14) 4<sup>th</sup>-50 Breast, 6<sup>th</sup>-200 Br, 8<sup>th</sup>-100 Br, 19<sup>th</sup>-50 Fly, 21<sup>st</sup>-50 Bk, 24<sup>th</sup>-100 Bk

Congratulations are in order but we must remember that before the end of the short course season improvements across the nation by keen, achievement-oriented athletes will average upwards of 1.5 seconds per 50 meters of racing distance. Maintenance or improvement of these rankings will probably require at least this same magnitude of improvement by our athletes. And this always begins with workout bests, in the areas of both technique and time.

### Homework

To supplement the aquatic and resistance programs all athletes have been assigned homework to be completed five days per week. This consists of core strengthening work (400 repetitions daily) in the form of sit-ups, crunches, jackknives, leg raises and back extensions. Endurance strength in abdominals, obliques and spinal erectors is essential for maintenance of body position and rotational forces in all four competitive strokes.

**FOOD FOR THOUGHT: GOOD is the enemy of GREAT.**

### Yesterday, Today, Tomorrow

Since we live in the present, yesterday's reality is a piece of history. We learn from it but move forward. The performances from last month or last week should no longer be more than of historical interest. Reference points for what we wish to achieve today, as reference points for tomorrow's performances. In the Intermediate Elite group, performances from last season will not be used for qualification into any level of championship meet this season. Qualifying standards must be performed in season. **THIS** season.

### Easy/ Fun

The easy thing is to attempt to peak (rest) for every meet. The fun thing is to exhaust yourself and then challenge yourself to see how TOUGH you can be while less than 100% ready to compete while in a tapered state.

### Success

Over my years of international touring with Canadian teams consisting of our nation's best swimmers I have concluded that it is not fitness level, for all top world class competitors have spent years of arduous training reaching this level, but technical expertise that separates those on the podium from those who are only there.



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### Age Group Nationals Qualifiers

Intermediate Elite swimmers who are presently qualified for this summer's competition are Riley Konrad in the 100 and 200 Breast, Austin Mulder in the 100 and 200 Back, Stephanie Papadedes in the 200 Fly and Erin Stamp in the 50/100/200 Breast and 50/100/200 Back.

### Risk Taking

Nothing great in human history has been achieved without pushing beyond the accepted norms of the day. Nothing in the life of the individual athlete moves toward great achievements without pushing through our own personal limits and risking that unutterable word, FAILURE.

### Event Selection

Every time I attend a meet some athlete is selecting not to race some of the events in which he/she is entered in order to "save" for a favoured event. As a coach I am attempting to teach my athletes to RACE. On demand. Because this is their competitive reality. And as a parent I would strenuously object to paying \$8/event to have my child swim, rather than compete, for a minute and a half.

### John W.

On one of the many international tours I have had the honour of participating in, John W., a student in his final year in Aeronautical Engineering at the University of Toronto, wrote a final exam while on tour in Europe, absent from classes for 2 weeks, under my supervision, passing with flying colours. He had learned the skills of time management and managed successfully to balance the requirements of both his academic and competitive lives. I am amazed that any of our athletes would find it necessary to miss workouts for tests or exams. My most successful student-athletes have never reduced training loads to accommodate their academic schedules, be it for projects, assignments, tests or exams.

Last season a number of my swimmers chose to take part in end of year school trips that required breaking the continuity of their competitive training programs at a crucial period leading into our provincial and national championship season. To an athlete, performances were severely compromised, flushing down the drain ten months of training and competition. Our kids' peer group, the group they identify with, their friends, are found within the Marlins group with whom they share hundreds, if not thousands of hours over the years. I ask myself why.

### Mindset

Why would I enter a training or racing environment satisfied with what I had achieved YESTERDAY?

### Amazing

I am ceaselessly amazed by the potential of the human body. It is near heresy to consider any aspect of our life as non-physical. The body is always involved, even in what we consider the most "cerebral" pursuit.

### My final word

I, as a coach, bring 100% of myself to every workout. If my athlete gives 100% of himself at 100% of the workouts provided we have the perfect formula for producing the best possible outcome in every race ( $3 \times 100\% / 3 = 100\%$ ).

If the athlete works 80% of the available content, both technical and effort-based, and misses 10% of available workouts? Do the math.  $(100\% + 80\% / 2 = 90\%) \times 90\%$  (attendance level) = 80% of the possible outcome.

Can you truly afford not to commit to the  $3 \times 100\%$  formula when many of your competitors do?