

October 30, 2006

To all Carded Athletes and Coaches,

I am sure that you have seen the news about the swimming finals being in the morning in Beijing. It has been a point of discussion for several months and I am pleased to know the news, only because all of us can now prepare ourselves and finalize the next 92 weeks (648 days).

I have been in contact with several people across the country to help us plan some strategies for the next 2 years and I am certain that the program will adapt the coaching experience of many coaches, supported by the knowledge of some of the best minds in Canadian sport.

Every change brings forth opportunities! I believe that it is the right time to adapt all of our programs where every practice is the most important one and every chance to race is an opportunity to practice our best swim, whether it is a morning swim or a night swim.

I believe that in this world of fast swimming (and getting faster) we need to innovate but also do the basics better than anyone in the world.

Are we:

- The strongest?
- The leanest?
- The fastest in training?
- The most flexible?
- The best technically?
- Have the best everyday winning attitude?
- Ready to go at any moment?
- Ready to "bring it on"?

These are all the questions that only athletes, willing to do whatever it takes, will answer with a positive response. Athletes and Coaches must build the best environment to have "no rock unturned" in the final preparation to be the "best that you can be".

I trust that everyday we will wake up with the urgency to do something better today than we did yesterday and look at ways to do tomorrow, things that no one in the world is doing yet!

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DG/Entraîneur national



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