



# The Paw Print

April 10, 2006

## \*\*\*\* Message from the Coach \*\*\*\*

Three events have taken place in March and April so far. The first was the Last Chance meet in Juneau, Alaska on March 3-5. Fifteen swimmers competed at the meet and after few problems with the ferry schedule, we managed to arrive in Juneau on Friday just in time to check in to the hotel and walk to the pool. The meet was well attended by the local Juneau swimmers (about 100) and some swimmers from Haines and other parts of Alaska were there as well. All Glacier Bears (Hanna Val, Brendan Zrum, Jason Zrum, Geoffrey Thompson, Molly Purser, Alexandra Gabor, Julia Fedoriak, Thomas Chretien, Aurora Cherian-Kuni, Geo Bourcier, Kirsten Berube, Craig Berube, Francis Aubin, Anne Aubin and Kaylie Allison) swam very well, with many personal best times and many bags of ribbons. The second event was the Time Trial on March 25. All swimmers attended the trial, including the Teddy Bears - very good swimming by all swimmers again! Special congratulations go to Mark Verhalle, Erin Oliver-Beebe, Rebecca Leslie, Joshua Kelly, Aurora Cherian-Kuni, Kaylie Allison and Ashley Bray for making qualifying times for the LMR championships. Please let coach know if you are planning to attend this meet in June - so far we have 15 swimmers qualifying for this AA event. The third event was the Spring Carnival in Haines, Alaska on April 1-2. The weather was fantastic so the trip was beautiful! This time 19 swimmers took part in the meet including 4 girls 8&under. All the kids (Megan Wirachowsky, Haley Wirachowsky, Mark Verhalle, Spencer Sumanik, Jason Zrum, Molly Purser, Erin Oliver-Beebe, Erin McArthur, Kate McArthur, Connor Oliver-Beebe, Joshua Kelly, Shara Kearney, Jessica Harach, Thomas Chretien, Tanner Cassidy, Taylor Campbell, Hayley Bielz, Kirsten Berube and Anne Aubin) swam very well and had lots of fun as they played a few games during the breaks. The next meet, coming up soon, is the Yukon Invitational at home so everyone keep working hard and good luck at the meet.

Marek

## \*\*\*\*\* End of Season Dates \*\*\*\*\*

It's hard to believe it, but the end of the swimming season is now in sight for some of the Whitehorse Glacier Bears. Please refer to the following schedule:

**Teddy Bears:** the last practice will involve participation in the Yukon Invitational Swim Meet (Saturday April 29<sup>th</sup>) – details to be announced.

**Cubs 1, Cubs 2, Black Bears:** end of the season will be the Yukon Invitational Swim Meet.

**Polar Bears, Kodiaks:** end of the season will be the AAs in Vancouver. For those NOT attending this meet, the last practice will be Thursday June 22<sup>nd</sup>.

**Silver Tips:** season is scheduled to be completed the week of July 17<sup>th</sup> – 22<sup>nd</sup>.

## \*\*\* Silent Auction Fund Raiser \*\*\*

Planning for the silent auction is going well. It will be held Saturday May 6<sup>th</sup> at the Canada Games Centre. We plan to set up tables in the lobby area near the pool, and we will be open most of the day. Lots of volunteers will be needed to help with security at this event, and also to help with contacting the winners of the items once the auction is closed. There will be an information sheet posted at the pool shortly – please sign up to help out!

## \*\*\*\*\* Coming Events \*\*\*\*\*

### Yukon Invitational Swim Meet

Whitehorse, Yukon – April 28<sup>th</sup> and 29<sup>th</sup>, 2006.

### Wind-up Awards and Pizza dinner

Multi-Purpose Room, Canada Games Centre  
April 29<sup>th</sup>, 2006, right after the meet!

### Silent Auction Fund Raiser

Canada Games Centre – May 6<sup>th</sup>, 2006.

### Hyak Invitational

Vancouver, B.C. – May 19<sup>th</sup> – 21<sup>st</sup>, 2006.

### LMR Regional Long Course Championships

Vancouver, B.C. – June 23<sup>rd</sup> – 25<sup>th</sup>, 2006.

## \*\*\*\*\* Chaperone Survey \*\*\*\*\*

The club's chaperone committee has circulated a survey regarding a possible chaperone policy – please take a few moments to give us your thoughts! **For further information please contact Doris Aubin at 667-2590 or Tammie Pasloski at 667-2917.**

## Yukon Invitational

### \*\*\* Swim Meet and Wind-up Awards/Pizza Dinner \*\*\*

The Yukon Invitational Swim meet will be held Friday April 28<sup>th</sup> and Saturday April 29<sup>th</sup>. A meet package is attached to this newsletter. Please note that immediately following the last event on Saturday there will be an awards ceremony and pizza supper held in the multi-purpose room upstairs at the Canada Games Centre. All family members are welcomed and encouraged to attend this wrap-up event. To cover the cost of the pizza, the club will be asking for a donation of \$5 per family. If there are any questions about the meet or awards ceremony/supper, please call Brian 633-5198 or Val at 633-2307.

# \*\*\*\*\* How To Watch A Swim Meet \*\*\*\*\*

## **The Racing Course**

The length of a short course racing pool is 25 metres. A long course racing pool is 50 metres. Pools have six to eight lanes and each lane is approximately 2.5 metres wide. The water temperature should be kept at 26°C.

## **The Meet**

There are normally 13 individual events and three relays for men and women in a swim meet.

## **Freestyle Events**

In the freestyle, the competitor may swim any stroke he or she wishes. The usual stroke used is the front crawl. This stroke is characterized by the alternate overhand motion of the arms. The freestyle is swum over 50, 100, 200, 400, 800 and 1500 metre distances.

## **Backstroke Events**

In the backstroke, the swimmer must stay on his or her back at all times, except at a turn. The stroke is an alternating motion of the arms. At each turn a swimmer must touch the wall with some part of the body. Swimmers must surface within 15 metres after the start and each turn - race distances are 100 and 200 metres.

## **Breaststroke Events**

Perhaps one of the most difficult strokes to master, the breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast on or under the surface of the water and brought backward in the propulsive stage of the stroke simultaneously. The kick is a simultaneous thrust of the legs called a frog or breaststroke kick. No flutter or dolphin kicking is allowed. At each turn a swimmer must touch with both hands at the same time. Breaststroke races are distances of 100 and 200 metres.

## **Butterfly Events**

The most physically demanding stroke, the butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together - no flutter kicking is allowed. The butterfly was born in the early 1950s due to a loophole in the breaststroke rules and became an Olympic event in Melbourne, Australia in 1965. Butterfly races are swum in 100 and 200 metre distances.

## **Individual Medley**

The individual medley, commonly referred to as the I.M., features all four competitive strokes. In the I.M., a swimmer begins with the butterfly, changes to the backstroke after one-fourth of the race, then the breaststroke for another quarter and finally finishes with the freestyle. The I.M. is swum in 200 and 400 metre distances.

## **Medley Relay**

In the medley relay all four strokes are swum by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum in backstroke, breaststroke, butterfly and freestyle order. The medley relay is either 200 metres ( four by 50 metres) or 400 metres (four by 100 metres).

## **Starts and Turns**

Many races are won or lost in starts and turns. In the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are still. Then, once the starter is satisfied, the race is started by either a gun or electronic tone. Quick turns are essential to a good race. In all events the swimmer must touch the wall, but in the freestyle and backstroke the swimmer may somersault as he or she reaches the wall, touching only with the feet. In the other two competitive strokes, the swimmer must touch the wall with both hands before executing the turn.

## **Strategies**

The sprint races (50 and 100 metres) are an all-out burst of speed from start to finish. The slightest mistake can cost precious hundredths of seconds -and the race. The 200 metre events require the swimmer to have a sense of pace as well as the ability to swim in a controlled speed. The 400, 800 and 1500 metre freestyle require the swimmer to constantly be aware of where they are in the water and how tired they are becoming. Swimming the first portion of the race at too fast of a pace can sap a swimmer's strength and cause a poor finish. Swimming the first portion of the race too slowly can separate the swimmer from the pack and make catching up impossible. There are two ways to swim a distance race. Swimmers may elect to swim the race evenly (holding the same pace throughout the race) or they may negative split the race. A negative split occurs when the swimmer covers the second half of a race faster than the first half.