



The Paw Print

February 4, 2005

***** **Message from the Coach** *****

Another very successful month for Glacier Bears. The AA LMR Championships took place in January in Vancouver. It was attended by 5 swimmers. Francis Aubin swam all best times and in 50 m freestyle he came 3rd with a time of 27.12, qualifying him for Canada Summer Games and for AAA Championships as well. Geoffrey Thompson swam all best times and made Canada Games qualifying times in 1500m, 100m and 50m freestyle. He also qualified for AAA's. Spencer Edelman was first in 100 m butterfly and qualified for AAA's. Kim Holmes captured 2 gold medals in 100m and 200m breaststroke as well as 3 personal best times qualifying her for AAA's. Ariana Edelman swam all best times and came home with 2 bronze medals in 200m breast and 200m backstroke. Congratulations to everyone for an excellent showing! In February there are two swim meets taking place: February 3, 4, 5 and 6 are the AAA Championships in Victoria. Bronwyn, Alex, Lynsey, Erin, Kim, Alan, Spencer, Tanner, Francis, Brendan and Geoffrey are attending. Two weeks later the Canadian Western Nationals are also in Victoria and will be attended by Alex, Bronwyn, Lynsey and Marcos. Congratulations to all qualifiers and good luck at the meets.

Marek

***** **Coming Events** *****

Time Trial – Whitehorse – March 5th, 2005. Start time will be approximately 7 am, wrapping up by 9:30 am.

Haines Spring Meet – Haines, Alaska – April 2nd, 2005. This is an invitational meet, open to all swimmers. Please let your coach know if you are interested in attending.

Island Invitational – Victoria, B.C. – April 22nd, 23rd, 24th, 2005. This is an invitational meet, open to all swimmers. Please see your coach if you are interested in attending!

Yukon Invitational – Whitehorse – April 30th and May 1st, 2005. This is the final Yukon-hosted meet of the season, and wraps things up for our Teddy Bears, Cubs, Black Bears and Polar Bears.

***** **IMPORTANT** *****

SPRING BREAK INFORMATION:

Spring break dates this year are **Monday March 21st to Friday April 1st inclusive**. There will be no swimming from **Monday March 21st to Monday March 28th**. The club has booked lanes on **Tuesday (29th), Wednesday (30th), Thursday (31st) and Friday (1st)** from 8-10 am and 4-6 pm. Depending on the interest level, groups will be slotted in according to their normal number of hours per week of swimming. If your child is interested in swimming this week, please let your coach know by the end of February, so that coaching and lane space can be finalized. If there are any questions regarding the spring break schedule, please contact Val Holmes (633-2307) or Brian Edelman (667-4661).

!!!!!!! Glacier Bears Raffle !!!!!!!

Raffle ticket sales are going well, thanks to all of our dedicated volunteers! The club is requesting that every swimmer have someone work at least one slot for them (a sheet showing available locations and times is posted on the club bulletin board at the pool) (Kodiaks and Silver Tips to work at least three slots per family). Thank you very much to those club members who have volunteered to coordinate the ticket sales on a weekend!

!!!!!!!!!!!!!! Bingo Report !!!!!!!!!!!!!!!

Bingo revenues are looking fairly good so far this year. Thank you very much to all the volunteers who dedicate their time to keeping our club in a financially sound position. **We are still in great need of bingo callers, and training is available for anyone who is interested in this position – it is a great way to build up travel credits towards swim meet expenses!** More bankers would be great too! If anyone is interested in either of these positions, please call Val Holmes at 633-2307 or Brian Edelman at 667-4661.

Coming Soon **→ Administrator Position**

The club will soon be looking for someone to provide administrative support to the Board of Directors, including the coordination of our weekly bingos. For more information on this position, please contact Marie Gagnon or Pat Duncan. The following is a current list of the executive and board:

<u>President</u>	<u>Directors:</u>
Brian Edelman, 667-4661	Peter Cassidy, 668-6294
<u>Vice-President</u>	Sue Harding, 668-2099
Marianne Thompson, 668-4023	Val Holmes, 633-2307
<u>Secretary</u>	Kristin Innes-Taylor, 668-2414
Marie Gagnon, 393-4966	Paul Leslie, 668-3823
<u>Treasurer</u>	Mike McArthur, 633-6346
Pat Duncan, 633-2652	Santhy Vibe, 633-3289

Good advice from U.S. Team Member & Olympic Gold Medalist Josh Davis

1. **Finesse** - strive for the best technique possible. Pay attention to how you hold your head, shoulders, and hips in finding your balance and achieving the perfect streamline. Always use a high elbow underwater - in every stroke - as this puts your forearm in a position to push against the water. Do all drills with great focus.
2. **Fitness** - improve the 3 energy systems - endurance, power, and speed - to improve your "engine". You can keep going in aerobic sets (endurance) when what you really want to do is stop and catch your breath; you can keep pushing strongly against the water and keep kicking strongly (power) during anaerobic sets when your arms feel like they're going to fall off and your legs burn with the effort of fast kicking; you can keep your tempo up (speed) in sprint sets and maintain great form even though you feel you're on the edge of losing your technique. When the coach asks you to do "extra work" by swimming double practices, adding surgical tubing workouts to gain strength, biking or running, look at this as an opportunity to do more than your competitors might be willing to do.
3. **Flexibility** - stretch out lightly several times a day. Hold each stretch for a minimum of 30 seconds. Always stretch until you're just starting to feel discomfort - DON'T stretch so much that you feel pain. The best time to stretch is after you've warmed up or after you've finished your practice. Consider stretching out on deck for 5 or 10 minutes after practice. Only stretch when your muscles are warm.
4. **Fuel** - It is so easy to just "snack" instead of eating real meals. Consider eating 4 or 5 small or medium meals every day. We need to eat as much fresh, raw (uncooked) vegetables and fresh raw fruit as possible. Don't go for the convenient "processed" foods like packaged cookies or chips. They may taste good but they have very little nutritional value. Whole grains are very important - whole wheat breads, pasta, oatmeal, brown rice. Eat several helpings of these foods each day. Get into the habit of choosing vegetable protein instead of the "higher fat" animal protein by eating legumes - all kinds of beans (soybean products like tofu and miso, navy beans, pinto beans, etc), nuts, and seeds. When you do eat animal protein, make sure the source is a "lean" cut of that meat, leave off the skin of chicken for instance, choose fish like tuna and salmon, eat small portions of pork, etc. Drink as much pure water as you can throughout the day, breathe slowly and deeply several times a day (before practice, after practice, before sleep, etc). Increase the amount of quality sleep you get each night (you probably need 8 to 10 hours and perhaps even a nap during the day). You need to reduce the stress in your life so that your immune system can be at its best. Avoid caffeine, too much sugar, added salt, etc. Of course, smoking and drinking are both illegal and dangerous as well as counterproductive for athletes. **Don't give in to the BAD kind of peer pressure that says alcohol and drugs are "cool".**
5. **Focus** - Set medium and long term goals with very specific and achievable times and maintain a positive attitude about achieving your goals. Be patient with your own progress. Be thankful for the gifts you have (Have an Attitude of Gratitude) whether those gifts are mental, emotional, or physical.
6. **Family and Friends** - Serve others so that you don't get completely wrapped up in your own "story". Listen to your parents - they know you better than anyone else. Do what they ask in terms of chores around the house so that you begin to build a good "work ethic" from an early age. Choose your friends carefully; those around you can greatly influence your thoughts and actions. Listen carefully to your friends and learn what they value and what their goals are.
7. **Trust** - Listen to the suggestions of your coaches. They are some of the most influential adults in your life. At some point you may spend more time with your coach than you do with your parents. Learn everything they're trying to teach you. There are many lessons involved in our sport that will prove valuable throughout your life.