



Official Newsletter of the Burlington Aquatic Devilrays

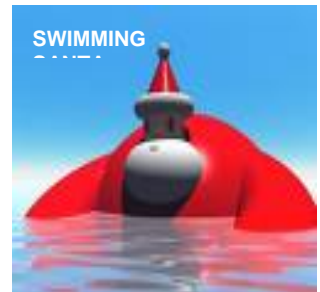
Thank you Parents!

I wish to take this opportunity to thank each and everyone for being a very supportive parent and an involved member. I have had the privilege of being involved with the Club as an executive member for the past year and a half. I am happy to say that the Club continues to strive and succeed in achieving the goals set forth in our Mission Statement. The time is approaching when the term of my position as the Club President is going to end and a replacement must be found. As discussed at the Annual General Meeting held in June of 2007, the membership wished to hold another general meeting in the winter months to acknowledge the final financial statements for the past year as well as to hold elections for the positions of President and Treasurer. This will allow a period of 6 months of transition for the incoming and the outgoing executive members. As members, it is our responsibility to all

our kids and coaches that the Club continues to succeed and provide able volunteers to help manage the running of the business. I look forward to receive nominations for these two positions along with the position of FUNdamentals Registration Person. There will be a notice given out regarding the upcoming Winter General Meeting's date, time and agenda. Thank you again for providing me with your ongoing support. Wishing each and everyone a very

Merry Christmas & Happy New Year!

Bender Chug
Club President
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Special Interest Notes, Articles, and Attachments:



- Updated 07/08
Contact List



- [Swimming.ca](http://www.swimming.ca)
- Fundamental
REMINDER

Swimming.ca

Swimming Canada launched its new web portal www.swimming.ca on October 31, 2007. This next generation, full-featured and flexible website provides users access to a wide variety of information, news, statistics and educational tools.

As part of the online portal, Swimming Canada has undertaken development of an in-house meet sanctioning, entries, results and ranking system. Competitive meet information and results can be found by clicking the "Events Database" link or by going directly to: www.swimmeet.ca. All rankings can be viewed by clicking the "Power Rankings" link or going directly to: www.swimming.ca/power rankings.aspx.

(Note: HOBBS meet results are not listed on swimmeet.ca.) www.swimdirect.ca no longer posts any meet results or rankings for the 2007-2008 season.

A new link to www.swimming.ca will replace the Swim Direct icon on our club website very soon.

Inside Highlights:

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"You can't put a limit on anything. The more you dream, the farther you get."

Michael Phelps

Senior Gold and Silver

Looking back to the month of November I must say that I'm satisfied on what we were able to accomplish in just two and half months of training.

Harvest Invitational was a remarkable start for our group and a lot of our swimmers were surprised how fast they could swim so early in the season without taking much rest before the meet.

Our *Burlington Invitational* was a little bumpy in terms of performance but that was understandable enough since it was a training through meet.

Bell Grand Prix was a good venue for getting international experience (we had foreign teams / swimmers in it) as well as checking present standings on the scale of National and up qualifiers before upcoming Olympic Trials in April. I was hoping for one or two finals but **Julie Calvert**, **Lindsay Delmar**, and **Emily Jarvis** surpassed my expectations (happens once in the while, just kidding).

Meets

Lindsay and I will be traveling with *Youth Canadian Team* to Oregon to compete in *Paul Bergen International* representing Canada and most importantly representing our Club as well. You may check the results at:
<http://www.thunderboltswimming.com/>
or Swim Canada / Ontario websites.

Alex Baumann Invitational in Markham was a two-event per swimmer tune up meet prior to the upcoming CAMO meet in Montreal.

CAMO Invitational will be our last meet before upcoming Christmas, so *Best Times* in prelims (which will be in afternoon session) is a must.

They all performed exceptionally well and ended up with the total of 6 finals (two for each), not to mention best times almost in every single event they swam. I was extremely pleased to see some of you in the stands watching and supporting our swimmers, and I am sure that it proved to be a valuable experience for those who attended. By the way, on that Saturday morning all girls made their finals and I strongly believe that your group presence was a positive additional support for their successful performance. Way to go team!



The month of December is loaded with virtually everything: meets, Christmas (lots of presents), New Year (some more presents) and of course our Christmas Training ("deep impact").

Christmas Training

Please check your December schedule and arrange for car pool (if you need it) particularly for commuting to McMaster. You'll notice that we have 4 days off, 4 days training, 2 days off, 4 days training. Practices will be long and demanding, but no worries, I'll be there for you guys....I'll be full of lots of positive cheers, words of wisdom, simple hugs or even handkerchiefs.....

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Intermediate Gold and Silver

I would like to congratulate the following swimmers for breaking into the top 50 in Ontario. They're names are listed on the Swim Ontario power rankings:

Baillie Cameron, Hope Zavitz, Claire Carnegie, Kaitlin Lamont, Mackenzie Finkbeiner, Darcie Stanton, Courtney Thorpe, Silken Walsh, Victoria Restivo, Alyssa Dey, Taylor Sharp, Jessica Miller, Julia Mortimer, Taylor Cameron, Austin Stanton, Keiran Mortimer, Phillip Hass, Ted Zavitz, Nicholas Chug, and Jacob Reiderer.

Pretty Awesome, having just two full months of training under our belts.

At the Burlington Open, we had a first time Age Group National Qualifier: **Taylor Cameron** clocking in at 2:56.78. for her 200 breaststroke. Congratulations Taylor!

Senior Bronze

This year has really started off well. You have all shown a great and marked improvement in such a short time. Our newest member, Konrad has shown a will and determination that has allowed him to bloom in such a short period of time. Well done. Tamra Brent, has continued to work hard and her positive attitude has definitely enhanced the overall group morale. Thank you, Tamra for the picture. Also, Ethan Leach has shown continued improvement throughout the course of the fall and continues to work hard. All the while, Christina Frolova - Gregory is steadily working hard to improve and over the last (fast?) few weeks has strived to become a sprinter through a great combination of stretching, hard work and a positive attitude.

Although we may be a small group, we are definitely one with a good sense of hard work, fun and high spirits. Each and every practice we have fun, enjoy the time we share and work towards those goals that we set at the start of the year. The true strength of who we are can be measured on maximizing our opportunities when they arise. That being said, each swimmer in this group has taken the opportunity to grow and improve both as a swimmer and as a person.

From my time in the army we had a saying that went, "If you take care of the small things they will take care of the big things!" How True! We have concentrated on these smaller things; stroke correction, turns, starts, kicking, a

Christmas training is coming just around the corner. I do realize that it is a busy time of year; Christmas training is the foundation of your swimming performance for the final meets of your short course swim season. Missing training sessions during this period isn't a good idea if you want to see yourself swimming fast in the months of February and March. Please try your best to attend.

I wish you all happy training and happy holidays in the months December and January.

Ashley



good attitude and hard work. That being said, we call these "Force Multipliers" and as you can see, a combination of all of the above small things multiplies greatly in combination. To this end, all of you have applied yourself and are bearing the fruits of your dedication. As we continue over the next few months, we will need to keep applying the lessons learned above in continuing to work hard and improve. Over multiple practices, sets and repeats you will become fatigued and overworked. You need to continue with the positive attitude you have shown me these past few months to work hard, persevere and be successful. When your arms feel tired and your legs feel like lead weights look inward and draw on your inner strengths that you have worked and built on at the beginning of our season. The groundwork you have concentrated on in the last little while will give you the ability and strength to focus and be successful Yes! I know fatigue can weigh you down! But remember you can do anything you want to do as long as you apply yourself!

I look forward to the coming months with great anticipation. You can do it! I know you can!

I would like to thank the swimmers and parents for their continued hard work and support. I look forward to our new challenges in the New Year. From my family to yours We wish you a Merry Christmas and a Happy New Year.

Drew

"People rarely succeed unless they have fun in what they are doing."

Dale Carnegie

Intermediate Bronze and Junior Gold

Swimming practices involve more than just jumping into the pool, swimming as hard as you can, and jumping out. Stretching, arms rotation before the kids get in the water and exercises that build strength and endurance in the muscles will surely help their swim technique. For these levels, proper swimming technique is very important. Getting comfortable in the water with developing a feel for the water with the hands, arms and legs, getting comfortable with breathing, attention to turns and dives is basic for the future results.

Christmas season is coming and we will have Christmas Training at the end of December. It is a very good time to improve your kids' skills.

Good luck!

Coach Yuriy.

Junior Bronze

The Oakville meet went very well. I was very happy with how well all the swimmers did in the butterfly races! Your strokes looked great! We had lots of best times and excellent swims. At the Burlington swim meet we will be swimming some new races. I'm sure that everyone will do well. When the meets are held close together it is difficult for the swimmers to continue seeing big improvements.



Junior Silver

This level is basic for competitive swimming.

Your kids are doing very well this season.

They already have proper technique for three swimming strokes: back, breast, free, and good basic skills for fly stroke.

During practices we are doing elements of the swimming strokes such as kicks with floater board, swimming with pull buoys and fins, strokes drills, turns and dives. Every practice is important, so please don't miss them.

We will have time off from the swimming pool over the Holiday Time. Please don't forget that your kids have to do various arms rotation, flexibility exercises and stretches.

Enjoy your Holidays!

Coach Yuriy.

We have been talking about healthy eating before practices and before swim meets.

The swimmers have been challenged to have no junk food or pop the week before a swim meet. So far it seems like they are doing well.

Christmas is almost here. Its surprising how fast time flies. Our last practice is our fun night on Friday December 21st .

Please talk to Lori Zavaros for the details.

We will return to practice on Monday January 7th 2008.

Over the Christmas break I would like all the swimmers to continue with their stretches and dryland exercises. They all know what they are!

I would like to wish all the swimmers and their families a safe and happy holiday season. Merry Christmas and Happy New Year.

Colleen





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It's good to be B.A.D.

FUNdamentals

We can hardly believe that Session I is already over and that Session II is about to begin. To those swimmers returning welcome back and to our new little swimmers welcome to Fundamentals.

During the next session we will continue working on kicking properly and getting our bodies in the right positions. For those swimmers that participated in Session I, we have seen a great improvement in your kicking and even some of you are starting to get your bodies in the right position to swim properly.

Good job keep up the great work!

Just a reminder that there will be a break during the Christmas Holidays from December 21st with return on January 7th. We hope that everyone has a safe and terrific holiday, and remember to keep active while you are away from the pool so that you are ready to swim well in the New Year!

Happy Holidays!

Coaches Julie and Jennifer

FUNdamentals REMINDER

Parents are reminded that siblings are always welcome to try-out for our FUNdamentals program. A new session begins in December. For more information, please contact Lynn Calvert at bljdcavert@aol.com

FUNdamentals is a key program for building not only strong swimmers, but also a strong base upon which our club can grow and prosper. Last month, it was announced that a replacement for FUNdamentals Registration was urgently needed. Sadly, no one in our club has offered to take on this role.

While our Membership Chairperson is currently handling the task, it is imperative that a replacement be found very soon. Our club relies on the help of many. Please step-up and help even-out the workload so that our club can continue to offer this introductory program to future swimming stars. Contact Bender Chug at bchug@ispnet.ca as soon as possible. For more information check out the newsletters at: www.swimming.ca/SwimClubs

Merry
Christmas





www.burlingtondevilrays.ca

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* TO BE FILLED positions are still in need of volunteers. Please contact any member of the executive is you are interested in taking on one of these roles.