

THE WAVE

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THE OFFICIAL NEWSLETTER OF THE BURLINGTON AQUATIC DEVILRAYS

Burlington Aquatic Devilrays

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*... creating a positive
environment where
excellence is inevitable*



HELLO PARENTS and SWIMMERS!!!

WELCOME BACK to another season of hard work, personal bests, and fun!!!! How time flies... we are excited to welcome swimmers and parents back for another year of Devilrays Swimming. We would like to extend an extra special welcome to our new families and we sincerely hope that your experience with us is an enjoyable and longlasting one!

Our Newsletter needs you!

The purpose of our newsletter is not only to keep you informed, but also to help foster a greater sense of 'community' within the Burlington Aquatic Devilrays organization.

The newsletter provides a forum for our coaches to recognize team successes, discuss upcoming events, and to encourage swimmers outside of the pool by offering some tips, helpful hints, and inspiring words.

We can also view the newsletter as a BAD message board that we can extend beyond just our club, a tool for reaching out to the entire city of Burlington... let's show off what BAD is all about!

The key to making this a successful newsletter is to make it useful to you, the readers. How can you help? **PLEASE CONTRIBUTE!** I am looking for special mentions, achievements, accomplishments... all of those things worth sharing that make us such a great club.

Thanks, and I look forward to meeting you all throughout the season!

Chris Kemp

Senior Gold / Silver

The new swim season is already here and as always it brings new challenges and new performance expectations. Remember that everything is possible if you are motivated enough to reach your goals in the sport of competitive swimming.

Our September preparation started with a mixture of land sessions and practices in the water. The first meet in Etobicoke was successful; in general all senior group swimmers looked very strong in the water for the month of October, meaning that our earlier preparation went well.

I was pleased with our performances in November and am looking forward to our upcoming meets in December. I am sure it will be fun to swim fast before going to Swim Camp in San Diego!

Work hard, swim fast and have fun doing it....

Sergei

*... the mind controls the
body and the mind is
unlimited*

Intermediate Gold / Silver

I am sure you, like most swimmers, have experienced a time when you felt like you were 'in the zone', where every action flowed absolutely perfectly and effortlessly. These are times when you feel, even just for a few minutes, like you are the world champion.

Well, those times when you felt invincible can propel you towards even greater success in the future! You can do this by mentally constructing your own 'dream race'. This is something you can use and practice in training, so that when you reach the big meets, you will be ready to put your dream race into action.

Here's how you do it. First of all you need a pen and paper, and then I want you to really think hard through the archives of your memory bank, because I want you to remember the time and the place that you did the 'best dive you've ever made'. Yes, you CAN remember if you try hard enough! Your best dive ever....think for a moment. OK, once you've remembered, write down the word 'Dive' on the paper, followed by the location, date and the event where you had this fabulous dive. Now, I want you to think back over all the meets and training you've done in the past and remember the best 50m you ever swam in your life, in your favorite event (or you can even use an entire race, if you like). Then, write it down next to the word 'Race' (including the location and event you did this).

Now, remember the best turn you've ever done (this might take some real brainwork to remember this one, but you can do it if you keep your mind focused on it). Once you remember your 'personal best turn', write down the location, date and event (naturally) next to the word 'Turns'. OK, we've nearly finished creating your dream race. Now, last of all, remember your most brilliantly powerful finish ever, think of one that really stands out - and write down the time and place of this next to the word 'Finish'.

Your dream race is complete, and you are ready to use it.

Now look at the paper and look at the best race segments you've ever swum - your best dive, your best laps (you use the 50m lap you wrote down for every single lap of the race), your best tumble turns, and your best-ever finish. OK, now close your eyes, and now join that race all together in your mind, like putting together a jigsaw puzzle of film and video clips. Put them all together as one race, and this is now the movie of you at your absolute best! Mentally play this through your mind regularly, especially at training, and make this dream race your goal to achieve in training and the meets. Then, rewind and play it through your mind again, and again, and again until you know it backwards.

When you can do this, you will soon notice your times coming down and the quality of your strokes improving. As time goes by and perform even better dives, laps, turns and finishes, add these to constantly update your dream race, taking out any old race segments which are no longer your best ever. So if you haven't done created your dream race yet, go and do it right now. Use this as your 'benchmark', the peak of your swimming career that you aspire to achieve all over again. By remembering and using your dream race, it will bring you plenty more in the future!

The Intermediate Gold and silver groups have had a great start to the season. Aside from training and dryland - I've really been pushing goal setting and creating your race plan. The kids have developed a good foundation for the short course season. Please prepare yourself for December -January, as the training will be picking up. Christmas training is around the corner. Details will be given out shortly.

Ashley



*best dive... best turn... best swim...
your dream race!*

Intermediate Bronze / Junior Gold

We had a very good start for our new swimming year. First meet showed us your basic skills for beginning of the season. I encourage you to continue working hard on improving swimming strokes, skills and your timing during the practices so that you can achieve better and better results on your next competitions and I will try to help you with it. Please try to come to the pool 10-15 min. before practices (Monday, Tuesday, and Friday); on Wednesday you can come 45 min earlier for dry land. We will do various arm rotations, flexibility exercises, stretches and etc.

We will have a lot of meets ahead and I will see how you improve your swimming skills from practice to practice. Don't miss the practices and you'll be doing great.

Great season is coming and we will have Christmas Training in December. It is a very good time to improve your skills.

Keep the good work up.

Yuriy

Junior Silver

You are doing very well this season and I can see an improvement in your swimming strokes. We have just started to learn butterfly. The butterfly might be the hardest of the strokes to learn, but this is not the hardest of the strokes to swim if you have a proper swimming technique. During practices we are learning elements of the swimming strokes such as kicking, swimming with pull buoys and fins, strokes drills, turns and dives, exercises of breathing, streamlining etc. Every practice is very important to us, so please try not to miss them and try to come 10-15 min. earlier before practices for dry land.

For this level, timing (how fast you can swim) is not important, only proper swimming technique is and the decision on who is ready to move up will be based on technique only (butterfly, back stroke, breast, free, turns and dives).

You will get Progress Record cards before the Christmas Holidays and you will know your strong and weak points.

Good luck.

Yuriy

Junior Bronze 1 & 2

Wow! What a busy few months for our swimmers. The consistent attendance and fantastic attitude has made for really great improvements in endurance and the skill development of all the swimmers. Way to go!

Initially we had been working on front and back crawl, focusing on a streamlined head and body position and a good strong catch with our arms. Building endurance with LOTS of kicking and working on particular skills with different drills has been the focus for the past number of months. It has been really exciting for me to see how the kids have been progressing. By working on proper stroke technique, swimmers, you will become faster and faster!

The next few weeks we are going to continue our focus on breaststroke kick, dolphin kick as well as to continue to practice all our starts and turns with proper streamline and dolphin kicking off the wall.

All the swimmers who attended the first HOBBS meet and the November 23 meet should be congratulated with their outstanding performances! Nicely done! Now let's get excited for our next meet!

I am really enjoying coaching this great bunch of kids. Their enthusiasm and desire to work hard makes it loads of fun.

Jen and Anne



*hmmm.... what if??
dare to dream
2012 is only 4 years away!*

*... consistent
attendance and
fantastic attitudes!*



... kicking is essential to the improvement of the rest of your strokes

Swim Fit 1 & 2

What a great group of swimmers. When we first started in September these two groups had a variety of different level swimmers and with practice and team work and everyone helping each other, everyone is doing great! We are working on correcting our strokes, and increasing our endurance. Once a month we will do a time swim, so that the swimmers can see how well they are improving. We have gone from swimming 1800m in September to 2500m in a practice. (1.8 Km to 2.5 Km). Not BAD.....

Keep up the great work!

Julie

FUNdamentals 1 & 2

Wow, I can hardly believe that Session I is almost over! Session 1 ended on November 24 and Session II will start December 1st .

The fundamental groups are off to a great 'kick' start. The kids are very enthusiastic and seem to be enjoying their time in the water. We have been working a lot on our kicking and trying to get our bodies in the right position. Once the swimmers have gotten to that point then we can start correcting our arms and breathing!

Over all I have seen a lot of improvement in most of the swimmers!

Keep up the great work guys!

Julie

FUNdamentals 5 & 6

Wow, where has the time gone. The first session is already finished. The swimmers all worked hard on the new skills and improving their strength. Their kicking is getting much better. This is essential to the improvement of the rest of their strokes. All swimmers have received their progress reports. If you have any questions or concerns please contact me after practice.

The second session starts on Wednesday December 3rd. We will have a two week break for Christmas and return to the pool on Wednesday January 7th.

I would like to wish everyone a Merry Christmas and a Happy New Year.

Colleen



BURLINGTON AQUATIC DEVILRAYS

Birthdays

NEXT NEWSLETTER:

A section will be reserved for birthdays

Achievements

NEXT NEWSLETTER:

A section will be reserved for notable achievements and special mentions

Club Announcements

NEXT NEWSLETTER:

A section will be reserved for listing BAD club announcements

Upcoming Meets

Youth Cup (Etobicoke)	Dec 4-6
HOBB – BAD vs HAC (Centennial)	Dec 6-7
Dash for Cash (Guelph)	Dec 12-14
Ontario Cup (U of T)	Jan 16-18
OAK Invitational	Jan 24-25
WOSA SC Champs (London)	Jan 30-Feb 1
HOBB – BAD vs OAK	Feb 21-22
SC Junior Provincials (Nepean)	Feb 27-Mar 1
BAD Invitational	Feb 28-Mar 1

DECEMBER 2008						
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28	29	30	31			

JANUARY 2009						
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FEBRUARY 2009						
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