

THE WAVE

FEBRUARY / MARCH 09

THE OFFICIAL NEWSLETTER OF THE BURLINGTON AQUATIC DEVILRAYS

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*I can't fly, but swimming
is the next best thing....*

The water is my sky

~Author Unknown

 **HAVE A FUN AND SAFE MARCH BREAK!** 

Our Newsletter needs you!

If you would like to provide an article for an upcoming issue of our newsletter, please send your contribution to kemp@cogeco.ca. I am looking for special mentions, achievements, accomplishments... all of those things worth sharing that make us such a great club.

Please note that lead times are generally 1-2 weeks prior to newsletter distribution.

Thanks, and I look forward hearing from you!

Chris Kemp

FYI for Senior and Intermediate swimmers... CIS Athletic Scholarships

The following is an excerpt from an article that recently appeared on the Canadian Interuniversity Sport website regarding CIS Athletic Scholarships: http://www.universitysport.ca/e/story_detail.cfm?id=13665

OTTAWA (CIS) - Canadian Interuniversity Sport announced on February 9 the findings of its data collection on athletic scholarships provided by Canadian universities during the course of the 2007-08 academic year.

The data reveals that in '07-08 Canadian universities together provided \$8,527,861 in athletic scholarship money to CIS student-athletes. Additionally, student-athletes received in excess of \$7 million in other award categories from their universities (for academic excellence, etc.).

Universities provide athletic scholarships to student-athletes for a variety of reasons including:

- to reward and recognize athletic excellence of students who are demonstrating progress towards furthering their education;
- to provide financial support to student-athletes who may be unable to hold part-time jobs because of their athletic and academic commitments;
- to recruit athletes, develop and sustain competitive teams, and to create incentives for Canadians with athletic and academic talent to remain in Canada.

Last year over 2,000 of CIS' 10,000 student-athletes earned Academic All-Canadian status by achieving an academic average of 80 percent or higher while competing for their universities, demonstrating the Canadian commitment to success in the classroom as well as the playing field.

The athletic scholarship data can be found at:

<http://www.universitysport.ca/e/research/index.cfm>

Senior Gold / Silver

Feedback on Training:

Overall I'm pleased with Senior Group dynamics, our training sessions are running well.

Based on Senior Group swimmers performance in recent meets I may conclude that the senior program works well and it is obviously important for me to know. Considering that our Christmas Training Camp was very successful I want to start working on the next one as early as this March, perhaps parents' / swimmers' input (location particularly) will be beneficial for me to know. I'll call the Senior Group parents meeting before the March Break for covering various topics including Training Camp for next year.

I want to encourage Intermediate Gold Group parents to come as well, considering that some of your swimmers will be moving up to Senior Group in upcoming March or September.

In the mean time I want to remind to all of you that the most important meets for the SC season are in the months of February and March. Your swimming performance will be used for various selections, including Division I Championship.

Meets in February and their importance:

Western Regional Champs - last chance to qualify for SC Provincials

Eastern Nationals - need to swim way above Senior Nationals Standards if you want to make "A" final; close or equal to Senior Nationals for "B" and "C" finals

BAD Invitational - last meet before the final selection for Division I Champs

Junior Provincials - always nice to finish your SC season with Personal Best Times

Spring Nationals - selection for 2009 Canada Games (Ontario Team)

North American Challenge Cup (Mexico) - selection for 2009 Team Canada (Development Team, various Age Groups) is based on the Short Course Performance

Division I Champs

Our Team will be going to Division I Championships in spring time and the month of February is very much belongs to the team selection process. Our team selection will be on three basic principals:

1. First priority is to swimmers whose best times are equal or better 8th place in any event from the results of 2007-2008 Division I Champs
2. Second priority is to swimmers who will be selected for relays for upcoming Division I Championships with the possibility that this relay will swim equal or better 8th place from the results of 2007-2008 Division I Champs.
3. Third priority will be swimmers with combination of best attendance and work ethics during our training from the month of September up to the end of the SC season.
4. Additional considerations will be given to swimmers whose positive behavior overall will be used as uplifting effect for helping the team to swim to its best during this exciting meet in April.

The team completion and its announcement will be before the March Break.

That's all for now...

Sergei

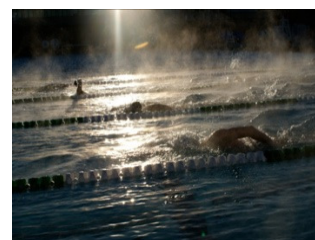
*H2O: two parts Heart
and one part Obsession*

~Author Unknown



*Seven days of no
swimming makes one
week*

~Author Unknown



Chlorine is my perfume

~Author Unknown

LATEST NEWS

February 2, 2009

2009 Ontario Cup
Formerly known as the Senior Short Course Provincial Champs. Six Devilray swimmers attended the meet at the U of T Aquatic Center Jan 16 to the 18th. Five more club records were set and a bronze medal was won by Lindsay Delmar.

...read more on our website
[2009 Ontario Cup](#)

January 23, 2009

The Aquatic Center at McMaster University in Hamilton was the Venue for the 2009 Joanne Malar Invitational. Our Devilrays continue to set new club records and some qualified for Short Course Provincials.

...read more on our website
[Joanne Malar Invitational](#)

January 14, 2009

Swim Camp-Coronado Island
For most people the Christmas holidays are a time for relaxing. Not for our senior swimmers, they traveled to sunny California for a one week training camp at Coronado Island. Not only did our swimmers train hard but they also bonded as a team.

...read more on our website
[Swim Camp Coronado](#)

Intermediate Gold / Silver

The month of February, for any swim coach means championship meets. We have been fairly consistent with our skill work over the last few weeks. Please make sure, you are paying attention to the little details in practice. Like, doing you're kickouts off every turn, not breathing last stroke in and out of the walls; concentrating on the tasks within the sets, not just the speed. I thought it would be fitting to talk about situations that pop up at meets, since this month is full of them.

When you are at a meet, there are all kinds of silent hazards to watch for which can affect your mental attitude (and your races) - and many swimmers don't even know they are there.

Recognizing these hazards is the main step towards a successful mindset - as many swimmers don't recognize them and simply allow their mental approach (and their races) to be silently sabotaged - without even knowing it!

I will go into some of these hazards in a moments, but first, *the best way to remain focused and positive at a meet is to regularly 'check in' with your thoughts every 10 or 20 minutes*, to ensure that your thinking is 'on track' for a successful meet. Basically this allows you to notice what you are thinking each time you check in, and eradicate any negative thoughts immediately before they begin to grow more powerful. This is essential - as once these negative thoughts take effect, they are very difficult to overcome.

It's also very important to keep a watchful eye out for other potential saboteurs which can be are intent on your swimming destruction - let me show you what I mean. Here are just a few very powerful silent saboteurs to your swimming, to watch out for at meets:

- **Uncontrollables** - these are powerful negative thoughts which focus upon all the things you absolutely cannot control. This can range from hundreds of different factors, such as the amount of swimmers in the warm-up pool, the temperature of the water, the lane you are swimming in, the size and physique of your competitors, etc.

These (highly common) thoughts create anxiety which constrict the muscles and reduce the bloodflow, thus reducing your performance in the pool. You must watch for these thoughts very closely at meets, and stop them immediately before they take effect.

- **Comparisons** - mentally comparing yourself to your competitors - their physiques, performances or times. Never do this (unless you know that you will come out on top!), as this usually focuses your mind on your shortcomings rather than your assets - and this type of thinking must immediately be changed by focusing instead upon your strengths.
- **Competitors** (or their coaches / friends or parents) who 'plant' negative thoughts in your mind. This can be very common and also very subtle, making it difficult to detect. For instance, someone may ask you what your best time/performance is (often before a race), and then kindly inform you that they (or their swimmer) has done a much better one. Or they may let you know about every single great swim they have ever done in recent times.

If you're not careful, *this can unknowingly set off a string of negative thoughts before a race*, which could eventually lead to a bad performance - remember, the mind controls the body! (By the way, a great response to these comments is to say "wow, you should do really well in this race then!" This puts the pressure right back on them). Others who use psychological warfare may use this 'reverse' method to put pressure on you, by mentioning things such as "you have had such good results, you should do much better than me today". Of course, this could also be a truthful comment made to you by a friend, but always make sure you can tell between the authentic ones and the fake ones!

These are just some of the saboteurs to look out for. You can only overcome the hurdles you know about - so always be aware of any influences upon your mental attitude when you are at meets, especially before races. Do this by 'checking in' regularly, to eavesdrop on what your mind is thinking. Always remember that on many occasions, races are often won before they even start.

Ashley

Intermediate Bronze / Junior Gold

We are in the middle of the season and we are doing very well. All your kids improved on the fitness level, swimming stroke techniques and their results and we are ready to achieve new swimming goals.

Based on the last meet results we are on the right track.

Congratulations to Danika Huizinga for making Provincial Time for 100 fly (1:27.91) and now she will participate in Junior Provincial Championships at the end of February in Nepean. My congratulations to Intermediate Bronze and Junior Gold swimmers who all achieved Provincial Short Course time levels scale. We have only one month left before March Break and we have one more short course meet ahead of us. Let's keep up the good work.

Yuriy

Junior Silver

Swimming practices involve more than just jumping into the pool, playing with friends, swimming lengths and just jumping out. You need to pay close attention to the instructions given and to understand what is required of you. We need to work together on improving swimming strokes technique (butterfly, back, breast strokes and free style). You need to get comfortable in the water, develop a feel for the water with the hands, arms and legs, get comfortable with breathing. Correct ways of doing turns and dives are basic for the future results. Your kids are working hard and you can see improvement in their Progress Record cards. We have only one month left before March Break and during this time we need to decide who is ready to move up and who will stay on the same level for another half of the year. Next level is competitive. We will base our decision on the proper swimming strokes, turns and dives only. We will continue to work on these skills in the coming months. Our next HOBBS meet is in Oakville, February 22.

Good Luck to you all.

Yuriy

Junior Bronze 1 & 2

Another great couple of months for both of our Junior Bronze groups. The continued enthusiasm and desire to improve in every practice has been really great to see and is definitely paying off!

It has been really awesome to watch the growth of the swimmers from their first meets up to the last meet we had in Brantford. The athletes have gone from being timid, and sometimes a little scared to confident and enthusiastic about their races. Way to go team!

Over the next few months we will continue to focus on fine tuning our flip turns and dives with the focus on blasting off those walls and blocks in a super tight streamline. Remember, we need to do proper turns off the walls in practice so when it comes to racing they come easy.

We have a few more meets coming up and so it is really important to continue to be consistent with coming to practice. Please try and come 10 minutes early so you can properly swing out warming up those important shoulder and hip joints.

Let's continue to be focused at practice as we have an upcoming meet in February. Keep up the good work team.

Jen and Anne

Western Ontario Swimming Association

OFFICIALS' CLINICS

When: Saturday March 07th, 2009
Registration & Coffee 8:30 am

Where: Fanshawe College, St Thomas Campus
120 Bill Martyn Parkway, St. Thomas

Sessions: 9:00 - 11:30 Morning Session
12:30 - 1:00 Afternoon Session

Lunch will be provided free of charge.

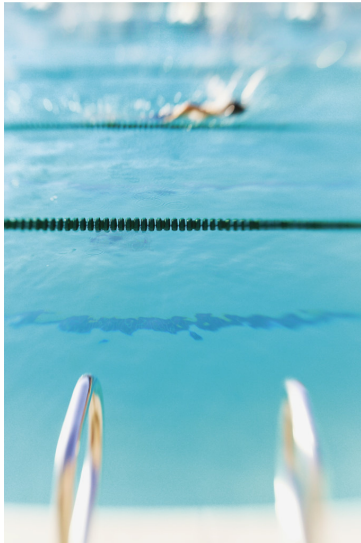
Officials to be presented:
Stroke and Turn Head Lane Timer
Chief Timer
Chief of Course
Chief Place Judge
Chief Judge Electronics
Meet Manager/ Recorder Scorer
Starter
Referee



*If you have a lane,
you have a chance*

~Author Unknown





It's a good idea to begin at the bottom in everything except in learning to swim

~Author Unknown

Swim Fit 1 & 2

Wow February is already here! We would like to welcome our newest member to the group, Katherine Pepper. Some of you may remember Katherine from when she swam with the club in the past, welcome back Katherine.

In addition to continuing our timed swims once a month I will be adding in some dry land training too! Every ones times have been improving! Some of our swimmers are also swimming with their high school teams and they are making great contributions at the school meets. Keep up the great work!

Just a reminder there will be no swimming during the March break starting March 13th to 20th.

Yours in swimming,
Julie

FUNDamentals 1 & 2

It seems that everyone had a great holiday and were anxious to get back in the pool! It is wonderful to see the enthusiasm in all the young swimmers! Everyone seems to be working very hard at kicking and trying to keep their bodies in the right positions. Just remember that everyone achieves these particular skills at their own pace, but over all I have seen a lot of improvement in everyone!

I can't believe that Session 2 will be over on February 23 and that we will be starting Session 3 on March 2nd. Also remember that we will not be swimming over the March Break. (March 16-20).

Happy Swimming!
Julie

FUNDamentals 5 & 6

We are almost at the end of the second session. The swimmers are starting to improve their endurance which is making it easier to work on new skills. We have been doing lots of work on kicking. We are also trying to remember to swim all the way to the wall without walking on the bottom! Progress reports will be going home at the end of the session.

This session finishes on Friday Feb 20th.

The third session starts on Wednesday March 4th and finishes on Friday May 22nd . We will be off for March Break from Wednesday March 11th until Wednesday March 25th.

If you have any questions or concerns please contact me after practice.

Colleen



BURLINGTON AQUATIC DEVIL RAYS

Birthdays

NEXT NEWSLETTER:

This section reserved for birthdays

Achievements

NEXT NEWSLETTER:

This section reserved for notable achievements and special mentions

Club Announcements

NEXT NEWSLETTER:

This section reserved for listing BAD club announcements

Recent and Upcoming Meets

| | | |
|---------------------------------------|---------------|----------------|
| WOSA SC Champs | Jan 30-Feb 1 | London |
| Eastern Canadian Championships | Feb 12-Feb 15 | Halifax |
| HOBB – BAD vs OAK | Feb 22 | Oakville |
| SC Junior Provincials | Feb 26-Mar 1 | Nepean |
| BAD Invitational | Feb 28-Mar 1 | Burlington |
| Spring Nationals | Mar 11-Mar 14 | U of T |
| Etobicoke Pentathlon | Apr 4-5 | Etobicoke |
| HOBB – BAD vs BRANT | Apr 5 | Brantford |
| Division I Team Champs | Apr 18-Apr 19 | Etobicoke |
| Brock LC Invitational | Apr 18-Apr 19 | St. Catherines |

| FEBRUARY 2009 | | | | | | |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |

| MARCH 2009 | | | | | | |
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| APRIL 2009 | | | | | | |
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