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THE WAVE

THE OFFICIAL NEWSLETTER OF THE BURLINGTON AQUATIC DEVILRAYS

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The Holiday Season is here!

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Hello Swimmers and Parents.

We will be hosting our annual Holiday party at Centennial pool On January 9th This is also when we will hold our annual draw. Last year we took an informal team group photo and it would be nice if we could do that again so please bring your cameras and your smiles!!!



BAD Holiday Fun Swim 2009

Keep those submissions and photo's coming!

"I concentrate on preparing to swim my race and let the other swimmers think about me, not me about them."

- Amanda Beard -

Thanks to all those who contributed to the last newsletter and to this one. This newsletter cannot survive without your input.

Please send future contributions to vmarois2@cogeco.ca

Thanks,

Veronica Marois

BAD Newsletter Editor



BAD BANQUET 2010

This year's BAD banquet was a great success thanks to many supportive volunteers and an enthusiastic group of swimmers and their families. We had a record attendance this year, with a grand total of 225 swimmers and family members attending the event. The banquet has become not only an event to congratulate and celebrate the achievements of the swimmers, but also a chance for families to be able to meet and visit with each other outside of the pool environment. A big thank you needs to go out as well to everyone who helped with donations to the silent auction and all the generous members who bid on the items. As a result, the club was able to raise approximately \$ 5,000 to help support the club. Finally, a big thanks needs to go out to our MC of the evening J.P. Ouellette as well as all the many volunteers, including Bender Chug, Arden Ouellette, Debbie Allen, Tony Whyte, Slavica Duric, Esther Eivinsen, Rob Sybersma, Peter Koschanow as well as staff from the Holiday Inn who worked tirelessly at putting together such a fantastic evening. Coordinating and running an evening such as this is never an easy task, but the banquet team rose to the challenge and put on an event to remember. Plans for next year's banquet are already in the works so don't forget to mark your calendars for next year's big event, planned for October 22 at 6:30pm at the Holiday Inn.



Senior Group



Coach Sean with Angelia Hodgson, Riley McNaught, Emily Peetsma, Kenna Smallegange (JB1)



Coach Alexi Khoury and Alexis Whyte

Senior Group and Intermediate Gold

Looking back to the month of November I ought to say that I'm satisfied on what we were able to accomplish in just two and half months of training. I contribute it to earlier fitness training in the months of September, October as well as additional two weeks of training in the month of August.

BAD Invitational was rewarding meet with good swimming performances overall, don't forget that this meet was training through meet. I'm sure that some of you guys were surprised how fast you could swim early in the season without taking much rest before this event.

One Club record was broken by Aidan Robson in 50 Fly, erasing the old one which was set by Tynan Pringle

Youth Cup was good venue for checking your standings against the fastest age group swimmers in Canada. With the new meet program and tough time standards this event had attracted not only clubs from Eastern and Western Provinces of the country but as far as Republic of China. I believe that you guys gained valuable experience from this meet, not to mention most of you had fast swims with personal best times.

Congratulation to Holly Henderson, Natalia Kwiatkowska, Madeline Ouellette, Nicholas Chug and Aidan Robson for re-qualifying for *2011 SC Junior Provincial* in Nepean during this meet.

Dash for Cash meet was a pleasure to watch, all of you guys swam your best times all the way through the meet. Congratulation to Alex Bowles, Shaun Cayuga, Maksim Duric, Caroline Gobran, Holly Henderson, Madeline Ouellette, Jane Therrien and Sarah Tsounis for good work.

Well done swimmers!

At the end, I want to say that the month of **December** is still loaded with lots of events:

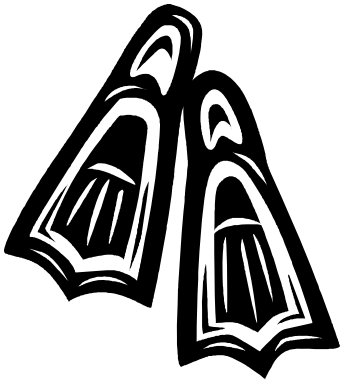
1. CAMO Invitational
2. Christmas Time (well deserved a week off)
3. Christmas Training (be ready....)
4. The New Year Celebration (a couple of days off)



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

(Michael Phelps)

Sergei



Junior Silver

What a great fall it has been. I have seen great improvements in all of your swimming and I have seen awesome results at our first two meets. WAY TO GO TEAM!

While watching all of you at the past two meets, I just want to re-emphasize the importance of working on your skills during practice time. While we practice it is very important to do proper flip turns and proper underwater work so that we do the same during our meets.

By practicing, practicing, practicing proper turns we can go into our races confident that our turns are the best they can be. Faster turns mean better swims!

By practicing staying underwater longer off the walls and coming up at the flags we can be sure to be able to do the same during our races.

If we don't practice proper technique during practice time it is very difficult to be able to do it while we race and we all want to have amazing races!

Have a fabulous break everyone. Eat lots and relax lots. I can't wait to see you all in the new year!

Cheers,

Intermediate Silver and Intermediate Bronze



We are almost in the middle of the season, and we are doing very well.

All your kids improved fitness level, swimming stroke techniques and their results, and we are ready to achieve other swimming goals.

We have already five Provincial Qualified swimmers: Rosie, Mabel, Hannah, Olivia, Derek – it's very good for leading other ahead.

On the last meet in the Guelph University we achieved another Club Record for 10 year old girls in 200 fly – Congratulations to Rosie Zavaros!

Great season is coming and we will have Christmas Training at the end of December. It is very good time for improving your kids skills, so please don't miss practices.

Good luck and Enjoy your Holidays!

Yuriy

Nutrition

What to Feed your Kids Before Swimming

Pre-exercise foods and fluids provide energy, while preventing hunger and dehydration during exercise. However, you don't want your child to overeat, or eat too soon before swim practice, as this too can inhibit your child's performance. It is important to find the balance between, enough food so they are not hungry, and not too much that they are feeling stuffed.

Ideally your kids should eat snacks 1-2 hours before swimming. However, with swim practice often being after school or early in the morning, it is sometimes difficult to have this amount of time before swimming. If you often find yourself in this situation, try bringing your children their snack in the car coming home from school, or if they take the bus, try sending them an extra snack that they can eat while they are waiting for the bus. This can help maximize the time for food digestion.

Snacks should focus on fluids, carbohydrates and small quantities of lean proteins. Energy drinks and caffeinated beverages are not recommended for athletes before or during exercise as they may interfere with athletic performance and health.

Here are some examples of some pre-sport snacks:

Pre-Exercise Snack Ideas (1- 2 Hours before Exercise):

Toast with Peanut Butter, water or juice
 Cheese and Crackers, water or juice
 Cereal Bar or Granola Bar, water or juice
 1/2 to 1 Sandwich, water or juice
 Toast, an egg, milk, or juice
 Yogurt, fruit, juice or water



Pre-Exercise Snack Ideas (30-60 minutes before Exercise):

Crackers, water or juice
 Cereal bar, water or juice
 Fruit (without skin, as skin of fruit is fibrous and takes longer to digest)
 Muffin, water, or juice
 Plain Croissant, water or juice
 1/2 bagel (no cream cheese), juice or water
 Proteins, fatty foods, and high fibre foods tend to take longer to digest and will slow the digestion of the other foods consumed, so these should be avoided if there is less than an hour before swimming.

We also need to consider that all children are different. For example, one child may complain of having stomach cramps, even though they ate 2 hours before swimming, while another child may be able to eat a sandwich 30 minutes before jumping into the pool with no complaints of indigestion. So keep mental note of eating times and quantities before swimming and see what works for your own child.

Jas Dhillon, BHEC, MAEd,

Registered Dietitian



Get involved and help us out at our swim meets. Don't forget to check online for open meet volunteer opportunities

Upcoming Events

Christmas training	Dec 27-31
HOBB (BAD at OAK)	Jan 15
Joanne Malar (Hamilton)	Jan 15-16
Ontario Cup (Toronto)	Jan 23-24
WOSA SC Champs (Brantford)	Feb 4-6

Practice is 90% physical-10% mental.

Championship meets are 10% physical-90% mental.

Swimming Canada swim meet information

Upcoming and past meet information is easily accessed on the *Swimming Canada* website. On the homepage look for *Events* on the upper left hand part of the page. You can choose *Upcoming Meets* to find meet packages and hotel information for sanctioned meets.

You can also choose *Meet Results* to view final results from a past meet. Clubs sometimes take a few days to upload the results after a meet is complete. This is handy if the results have not been posted at a meet before you leave the pool. You can find out how your swimmer did later on at home. For the province choose *swimon* and our region is *Western* however we often swim in the central region at the Etobicoke Olympium as well and occasionally in other regions.

