

Volume 4, Issue 1

THE WAVE

THE OFFICIAL NEWSLETTER OF THE BURLINGTON AQUATIC DEVILRAYS

October/November 2010

Burlington Aquatic Devilrays

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WELCOME BACK TO BAD!

Hello Swimmers and Parents.

WELCOME back to our returning families. We are excited for another year filled with hard work, friendship and personal bests.

Welcome aboard to our new BAD families who have just joined us. We hope you and your swimmers will feel part of our team very quickly. We are all here to help make it a rewarding year for you. I would like to extend a special thank-you to Debbie Allen and Arden Ouellette for assisting our new members, their patience and hard work is appreciated.



Our Newsletter needs you!

Many parents and swimmers had mentioned how they missed their bi-monthly wave, so this year it is being resurrected after a long hiatus.

The newsletter is intended to be a way to connect the entire club. It is a forum for recognizing the successes and accomplishments at every swim level, as well as an area to share news of upcoming events. It can also be used to recruit volunteers when necessary.

Our coaches will have the opportunity to recognize hard working swimmers, offer some training tips, helpful hints, and inspiring words.. We will have an "Ask the Coach" area where swimmers or parents can send in questions so a coach can respond in the newsletter.

Parents...Please submit photos and information from your squad.

I am looking for special achievements, accomplishments... all of those things worth sharing that make us such a great club. The key to making this a successful newsletter is to reflect our membership.

Some of our bigger news articles will be forwarded on to Hazel Bowles, our media liaison. She will make sure that our club is celebrated in the news. Go BAD!!!

Swimmers...You can contribute to a "swimmers only" segment.

Please submit what being a BAD swimmer means to you, and you can share it with the club. You can submit a quote, poem, short essay or even a drawing or photo. One or more submissions will be chosen each issue.

Please send your contributions and "Ask the Coach" questions to swimbad@cogeco.ca

Thanks,

Veronica Marois

Newsletter editor

For myself, losing is not coming second. It's getting out of the water knowing you could have done better. For myself, I have won every race I've been in
- Ian Thorpe [AUS]

BAD Executive Housekeeping

Thank you to two of our exiting executives. I wanted to thank Chris Robson and Veronica Marois for their efforts they put forward as Vice President and Membership Chairperson respectively. It is always hard to pin point every volunteer's involvement in our busy swim club and many times we take each other for granted. Chris and Veronica continue to be involved in other volunteer positions and I truly appreciate their efforts.

Please Welcome Debbie Allen and Jamie Peetsma to our executive for the next two years as Membership Chairperson and Vice President respectively. I am sure they are going to be a great asset to our club in making sound decisions on all our behalf. Please feel free to approach either of them if an opportunity makes itself available. I look forward to working with both of them in the coming year.

Bender Chug

*It's not how
good you are.
It's how BAD
you want it.*

Developing News

Devilrays are preparing themselves for a new Scoreboard this year. We have been diligently working with the City of Burlington and our supplier, Team Aquatics in preparing to put up a new scoreboard above the pool directly across from the seating gallery. The City has agreed to our proposal and now awaits an estimate for the electrical installation. As you may agree, our current scoreboard is not very user friendly and does not allow the swimmer or the parent to see the race time accurately. The new Scoreboard consists of 6 separate lines, one for each lane, which will allow everyone to see the individual swimmer time. The new Scoreboard will also encourage other swim clubs to attend our meets with more regularity as this has been a sticking point in the past. Wishfully, we are hoping to have this scoreboard up prior to our Home Meet in November. We will keep you informed as it progresses into action.

Club members and our local corporate sponsorship has been the primary reason for undertaking this task. We have by no means accomplished our target goal of raising the entire funds but we still hope some of you are going to be able to help. We have to raise approximately another \$6000 and are confident that with everyone's help this can become a reality. Please feel free to contact myself at bchug@ispnet.ca or our Corporate Sponsorship Chairperson, Lindsay Weatherdon at lweatherdon1@cogeco.ca. We look forward to your involvement in achieving our goal to put up a new Scoreboard.

Respectfully,

Bender Chug

Club President



...CREATING A POSITIVE ENVIRONMENT WHERE EXCELLENCE IS INEVITABLE...

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

Our September preparation started with mixture of land sessions and practices in the water. The Hall of Fame Meet in Etobicoke was successful. All Senior and Intermediate Gold Groups swimmers looked very strong in the water for the month of October; it means that our earlier preparation for the SC Swim Season went well.

In the mean time I'm looking forward to our upcoming meets in the month of November and beginning of December.

Sergei

It's good to be BAD!!!

Intermediate Silver and Bronze

Swimming season has started and your kids came back to the swimming club fresh and healthy after summer time.

My goal as a coach is to keep your kids healthier with interest to swimming practices. We will focus on improving their overall fitness level and their swimming stroke skills.

I always plan my practices according to swimming stroke techniques and begin with a warm-up, drill set, kick set, pull set, main set and later cool down. Drill sets are very important for all swimmers because they help to build-up proper swimming strokes. Without good techniques, the chances of improvement in swimming diminish significantly.

For this season we will swim, dive, play and have lots of fun at our meets this year.

Let's go!

Yuri

Junior Groups

We have had a fantastic fall in the pool on, the deck and on the track! I am very pleased with the progress of all the swimmers in the JS groups. Every week I am seeing improvements. We shall continue doing our dry land sessions on Friday and Saturdays. Dry land is important for the swimmers to help build the muscles in the arms, shoulders back and legs. By challenging these muscles on land it will help move the swimmers through the water easier and they will be able to hold the "catch position" for all their strokes longer! We shall continue to focus on stroke correction for fly, back, breast and free as well as starts and turns. Our first meet is in November and I am excited to see the swimmers put all that training into their races.

Keep up the good work!

Jen



London Olympic 2012

Aquatic Complex

Kind of looks like a devilray to me ...

Nutrition

I just wanted to take a chance to introduce myself first off - Jas Dhillon - Registered Dietitian. I have 2 girls that swim with the club, one in JB and one in JS. I will be writing a nutrition section in the Newsletter and am working on adding a Nutrition section that will be posted to our BAD members only website. I will start with some basic nutrition information and then focus on specific topics in following newsletters. If you have a specific topic you would like me to write about please feel free to email me at jasmeet_b@hotmail.com.

What is a Healthy Meal plan for young athletes?

Active children do need more calories each day than their inactive peers. How much more is a complicated question, and is dependent on many factors – it may range from as little as 500 calories extra per day for the kids swimming at the JB/JS level, up to 1000's of additional calories per day for those kids swimming at the higher competitive levels.

Serve 3 nutrient rich nutritious meals and 3-4 healthy snacks to children every day, in order to meet their daily recommended Food Guide Servings. This is true for both younger and older children.

Because young children they have small stomachs that tend to fill up quickly, children need to eat small amounts of food throughout the day. This is also true of the older children who are swimming at the competitive levels and have very high caloric requirements due to their high energy expenditure. Frequent meals and snacks are required to meet their energy needs.

Canada's Food Guide provides direction healthy eating. Eating foods from each of the four food groups is the best way to make sure that children get the nutrients they need. The four food groups are Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives.

Canada's Food Guide recommends how many Food Guide Servings people should eat from each of the four food groups, plus a small amount of added oils and fats. This is an average amount that people should try to eat each day.

NOTE: These numbers DO NOT include the additional calories required for very high activity levels at competitive levels of swimming.

	Children 2-3 yrs	Children 4-8 yrs	Children 9-13 yrs	Females 14-18yrs	Males 14-18yrs	Females 19-50yrs	Males 19-50yrs
Vegetables & Fruits	4	5	6	7	8	7-8	8-10
Grain Products	3	4	6	6	7	6-7	8
Milk & Alternative	2	2	3-4	3-4	3-4	2	2
Meat & Alternative	1	1	1-2	2	3	2	3

Continued on page 5...

Nutrition *continued from page 4*

A healthy meal plan for a young athlete should provide:

Enough calories for exercise and growth

Lots of carbohydrates such as: bread, pasta, rice, fruits, vegetables, milk and yogurt

Carbohydrate is the main fuel source for exercise.

Enough protein for growth and to build and repair body tissue and muscle. Protein comes from: meat, fish, chicken, eggs, milk, cheese, yogurt, nuts, peanut butter and seeds.

Drink enough fluids to prevent dehydration.

Frequent meals and snacks to make sure they get enough calories

Offer a VARIETY of foods in order to provide all the vitamins and minerals their body needs.



Here are some suggestions when choosing foods:

- Eat at least one dark green and one orange vegetable each day.
- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
- Drink your milk each day
- Try meat alternatives such as beans, lentils and tofu.
- Satisfy your thirst with water.
- Be a positive role model for children. They will be more likely to enjoy a variety of foods and to try new foods if you do.

Jas Dhillon, R.D., BHEc, MAEd
Registered Dietitian
Oct 2010

Volunteers Needed

We need you. BAD can not host a swim meet without the required number of officials.

Our BAD invitational is fast approaching and volunteers are needed for **most** positions. If you would like to earn building bonds at this meet please see what positions are still open on our website. In the *members area* click on *Member Home* then scroll down to *Meet Volunteer Positions*. Email Heather Khoury at officials@burlingtondevilrays.ca Let her know which sessions you are volunteering for and your current Official level. If you have not yet taken the online timer clinic please contact Heather to do so.

If you would like to help at the concession stand please email Sue Thompson at sthompson23@cogeco.ca

Other Volunteer Opportunities

If you are interested in any of our other positions please check our website in the *documents* section under *club contacts* and see what position are still available. You can contact any member of the Executive if you are interested in one of these rolls.



BAD invitational 2010

November 12-14

BAD Families Can Earn Cash from Grocery Card Program To Offset Swim Fees

The Grocery Card Program was created as a way of helping families cover part of the costs of the BAD swimming program. This is how it works: when we place large orders as a group, retailers offer back a commission which goes directly to the purchasing families. This is NOT a fundraising effort by the club rather the benefits flow back to the individual families participating in the program.

Grocery Card orders are placed at the end of each month for 2 participating grocery chains: (1) the Loblaws family of stores; and (2) Longos. The Loblaws cards can be used at any of the Loblaws Stores (i.e. Fortinos, No Frills, Loblaws, Zehrs, etc) at any of their locations in any city or town. Effectively the grocery cards are treated the same as cash as long as you are applying it to something the store sells. Similarly, Longos cards can be used at any Longos. These cards are not confined to Burlington and so they can be purchased for family and friends.

Longos pays back 5% on the value purchased. Loblaws offers a sliding scale from 2 to 5%, based on the total amount purchased that month as a club. It is with the Loblaws grocery card program that we can all benefit by higher member parent participation as we all want see the rebates at the 5% level versus the 2%. The higher the total order, the more everyone earns.

Grocery Card payments are collected via direct withdrawal and the withdrawn amount is adjusted to account for the commission earned. Therefore, for a \$100 gift card from Longos, \$95 will be withdrawn from your account. A small fee is deducted each month to cover bank charges for payments to the stores.

A family ordering \$300 from each Longos and Loblaws for 8 months would earn between \$168 and \$240 back in commissions. Consider it free swimsuits? Equipment? Raffle Tickets?

Watch for e-mails mid month to place orders.



Announcements

Gold, Silver and Bronze for BAD swimmers at the Hall of Fame meet

Derek Calvert: 1st place 50Bck 10 and under
 Derek Calvert: 1st place 100Brst 10 and under
 Derek Calvert: 2nd place 100IM 10 and under
 Mable Zavaros: 1st place 50Free 10 and under
 Mable Zavaros: 1st place 100IM 10 and under
 Mable Zavaros: 2nd place 100fly 10 and under
 Rosie Zavaros: 1st place 50Bck 10 and under
 Rosie Zavaros: 1st place 100fly 10 and under

Rosie Zavaros: 3rd place 100Brst 10 and under
 Holly Henderson: 2nd place 100 Brst 12yr old
 Olivia Chug: 3rd place 100 fly 10 and under
 Natalia Kwiatowska: 3rd place 50 free 12yr old
 Natalia Kwiatowska: 3rd place 100 free 12yr old
 Hannah Koschanow: 3rd place 100 Brst 11yr old
 Josh Bradt: 3rd place 100 fly 10 and under

Upcoming Meets

BAD Invitational	Nov 12-14
HOBB (BAD at OAK)	Nov 20
Canada Cup (Etobicoke)	Nov 27-28
Youth Cup (Etobicoke)	Dec 4-5
Dash for Cash (Guelph)	Dec 4-5
CAMO (Montreal)	Dec 18-19

*Everything is possible
 if you are motivated
 enough.*

-Sergei

Swimming Canada website is a wealth of information

To look up all recorded data on your swimmer, log on to the Swimming Canada website www.swimming.ca. At the top of the page choose *Records and Ranking*. In the left hand column choose *Search an Athlete*. Type in your swimmers name and you can see all recorded data. A fun and informative tool to track your swimmers progress. Clicking on the print icon gives even more detailed information.

Another interesting area is the *TAS Power Ranking* under the *Records and Ranking* area. It ranks the top 50 swimmers by age and event.

