

Dorados Newsletter

Issue Date April 2019



Happy Spring!

I feel as though we haven't spoken in so long... but it's just because this team has been so busy! I was on the road for 9 straight weekends, so some of this newsletter is PRETTY old. It just feels old because of all of the NEW stuff that has recently happened. I will try and highlight everything, but still keep it short...is that possible??

Fly Camp

Think back to February... Thank you everyone who came and participated in Fly Camp! We had a large group this year, so things ran a little differently.

The pool sessions focused on the technique of the streamlines and dolphin kick. The kids had to build the leg muscles and I'm positive they were sore and tired after those 2 days.

We showed swimming technique videos to remind everyone, and introduce some, to the butterfly stroke. There were Olympic race videos and examples of very fast swimming. Hopefully, the visuals gave our swimmers a little reference material for what their bodies should and should NOT be doing in the water.

The travel and information session that started out as a Senior group activity became an entirely new vision for the team! How did that happen?! We would love to see where the research has taken us!

Thanks again to Hailey, our favorite nutritionist for sharing her healthy treats, (because that was the most important take-away) and information regarding healthy food choices.



*Seniors
underwater at
Fly Camp.*



Nova Tech #3 and Moncton

What a crazy day! We all remember that the meet in Truro and the meet in Moncton were both amazing! Look at the ribbons they collected!

We had relay teams for the first time this year... and Kendall McArthur won the inaugural Rubby Boot Award - for traveling, participating in unknown events and sharing a great attitude about everything! He was brave, and strong and committed to doing his best.



GIRLS ONLY Practice

It was a long time in coming, but I think the girls had a great time. Thank you to Joanie and Jennifer for coming to lead these girls and help me out! Participants completed an activity that reminded them of the different types of communication, and how important they can be when working toward a goal. But most importantly, they completed the first ever Dorados Tumble Line. We'll have a video for everyone to watch at Swim-a-thon.



ANY CONTRIBUTION FROM THE BOYS
ONLY PRACTICE....Beuller? ...Beuller?



Swimmer of the Month - February

This swimmer has been very keen to train with his partner, *The Rocket*, all winter. He has been participating in practices at both pools and has reached his goal of being the youngest Dorado in Age Groups! Congrats on a lovely GOLD medal for all of your hard work - WINSTON CLARK.



Juniors

All of our 5 qualifiers that participated in AA Winter Champs this year made it to FINALS! It was a great meet – the Blues were well rested, fueled and hydrated. I love it when a plan comes together. Thanks a bunch to Gladys, AKA Grandma, and Jennifer, for hosting the entire clan at her house in Wolfville for numerous meals. It helps to have a community like ours!

David Fry

The 2 individual qualifiers for David Fry (Senior Provincial Championships) outperformed expectations. They were coming off a great meet in Wolfville, and still managed to take time off swims ... in the Long Course Pool. Congrats to Lexie and Hazel for their TOP 8 Performances.



AGD#Two

In the true spirit of team, this crew accepted exhibition swimmers at both ends of the spectrum, juniors and seniors. We felt the love all weekend, first time ever at home! Keep your eye out for this crew...making BIG things happen in the future.

Bowling never felt so good.

Maine 2019

We are proud that we were able to send 6 swimmers to Maine on the NS Provincial Tour Team again this year. Duncan was the only returner to show the group the ropes, and they managed to come away unscathed! They had new coach experiences, packing and solo-travel for the first time, whirlwind trip!

Thank you to everyone who contributed and sold West Jet tickets this past fall. We promised that the funds would be put to good use, and here is a perfect example! Thank you Dorados for supporting this group of athletes and their travel opportunity!



Swim-a-thon 2019

Registrations are growing! Thank you to everyone already registered, we have \$2800 raised so far! Please feel free to share your personal pages online and on socials, and our swim-a-thon website –

www.novascotiaswimathon.ca/cbd.

EARLY BIRD PRIZE goes to Team CERULEAN for having the most registered teammates by March 9th! Watch out for the next challenge...you could be coach(es) for a day!



Upcoming Dates

Fast 'N' Furious	April 27-28th
Nova Tech Explosion	May 11-12th
Swim-a-thon	June 8 th
Year End Party!	June 9 th
East Coast Games (Quispamsis, NB)	June 22 nd -23 rd
NB Champs (Senior Qualifiers)	July 5-7th



Coaches Corner

I know you. Parents read everything I write...in emails, in newsletters, in the newspaper. I wish I could get a sticker for every parent who reads this!

But the truth is, we rarely have time to sit and read ourselves, let alone read with the children! This newsletter is sent in hopes that the children will be able to see it (and themselves), read it and maybe discuss it with you. They have a lot of things to say to me about their daily lives (which I love, by the way) at the pool, so I imagine they also have a lot to say to you about the things we do in the pool. So many lives, so many stories. ☺

For this Coach's Corner, I encourage you to share something from this newsletter with your kids – even if it's just a few of the pictures. They may not know what their teammates have been up to. It gives them also something to discuss at activation and helps grow friendships.

I wanted also to thank everyone for their support in hosting the AA meet. That was a huge accomplishment for this team – a lot of firsts for us, but a lot of recognition from both the PSO and the provincial teams. Depending on the year, this team has historically been inconsistent in its contributions to Swim Nova Scotia and not included when making decisions that affect the entire province. We have now registered, and have participating, over 70 swimmers. That's a little more than the 6 we started with, so slowly we can influence change. Thank you to every single mom, dad, grandma, grandpa, auntie, and friend (that helps every time*). Because without your hours, we would not have been able to make an impact on the head official, or the other families who came for the first time to Sydney. Those families have been scared to travel. Scared of Sydney. The only way they could see us for what we are, see the program for what it is, and the good people we have on our team WAS to come here. So, happily we changed some opinions in March. We accomplished a long-standing goal of ours – to become relevant. So your work here is not finished, exactly. But we accomplished much more than 3 swim sessions. THANK YOU.



P.S. And these 'kids' had the most fun I've seen in a long time. They Owned Kiwanis. We have a great group of young leaders that FINALLY got to have home field advantage. Totally worth it.