

# Dorados Fall Newsletter

Issue 2017- 003



## WELCOME!

Here's what I know to be true...

- We're back!
- Summer was fun, but swimming is back. Nothing else matters.
- Explosion....OMG! That happened.
- New friends, lots of programming to come!



## 2016-17 is OVER!

Thank you everyone for participating in the year end party at Mira Park (campground this time). It was the 2<sup>nd</sup> annual paint battle and the parents were the resounding winners. Let's hope next year the kids will be able to bring a little more game.

Awards and certificates were presented to the following deserving participants:

President's Choice – Lexie Quinn

Dorado of the Year – Hazel Clark

Rookie of the Year – Claire Trainor

Outstanding Effort Award – Lexie Quinn

Top Age Group Swimmer of the Year –

Anna Morrison

*Dorados Hoodlums*



*Crew with all of the Hardware*

Top 11 12 Year Old – Duncan Clark  
Future Leaguer of the Year – Sophia Burrow  
Skilled Stroke Award – Rebecca Morrison  
Most Improved Swimmer(s) of the Year –  
Max Harpell and Sophie Hunter  
Congratulations again to all of your  
accomplishments throughout the season!

## NB Premier #1 - Moncton

Results of the returning swimmers in Moncton were 84% best times. That's a wonderful result after only 5 weeks of consistent training. Summer vacation can't even slow is down!

We left New Brunswick with 2 medal recipients, Warren (silver) and Wade (gold) and 8 NEW Dorados RECORDS! The first meet of the year changed our record board forever. Congrats to Lexie, Hazel, Warren and Winston for becoming the latest **RECORD BREAKERS**.



## Nova Tech #1 - Truro

What a great experience for all of you rookies!  
We spent plenty of time in the car resting, that most of you swam like rockets! We were by far the largest team at the meet, 28 registered,



and our results showed such progress. Way to go! It was an 81% personal best results and a shiny bronze medal awarded to Alice! Congrats everyone! The first is under the belt... too many ribbons to count!

Now on to hosting ours in December!



## AG Dev #1 – Wolfville

We've had a busy couple of months, eh?! It's no wonder the kids have time to actually train in the pools! Wolfville gave us 9 new records with another 84% personal best swim percentage. Now, many of you will notice these kids have just competed 2 weeks previous to this competition. For a swimmer to take another 3 seconds off a 50m swim is amazing at this level, but after 2 more weeks of work!? Just awesome. Proud of this crew.



The Holiday Scavenger Hunt should start about 10:15am once we have the teams in order. Please bring your phones charged and ready! Cross your fingers we don't get 40 cm of snow Dec 15<sup>th</sup>!

Lunch will be served at approximately 12:30pm. We will wait on all groups to return. And the party should end by 2pm.

We will also be collecting food donations for the Salvation Army. Let our team help theirs!

Please dress appropriately for temperature and for walking/running. We love parents and siblings to join us! Charge up!



## UPCOMING EVENTS

**Nova Tech #2** – We are hosting Nova Tech #2 on **Sunday December 10<sup>th</sup>, 2017**. We need helpers in many areas. Please come to the organizing meeting to sign up for a job!

**Holiday Party – Saturday December 16<sup>th</sup>, 10 am.** We will be hosting our party again this year at the Kavanagh Room at the Joan Harriss Cruise Pavilion.

**Fly Camp** – 2 days of focusing on a single stroke makes it a lot more familiar. We try to dedicate time to butterfly, goal setting, team building activities and loads of swimming fun during the camp. Work can be fun, too!

We are working to fit all of the camp pieces into place, details coming soon. Historically, camp costs were \$30 for 2 days of training, 9-3 pm and a t-shirt! For your vacation planning, we're shooting for Dec 27<sup>th</sup>-28<sup>th</sup>.





## Training for Tokyo

As many of you know, we ask the children to sign out after every practice. The goal is to keep track of the distance swam throughout the year. We've been training since the Rio Olympics to see if the team can accumulate enough kilometers to make it to the Olympics in Tokyo 2020!

Many children forget the distances, but if they sign in, the coaches can give a reasonable estimate for credit. So far, here's how the season is shaping up:



September – 183,850 m

October – 312,725 m

November – 137,875 m

**Y-T-D Total – 609,300 m**

Please remind your swimmers to sign-in! Our logs are showing some participants with less numbers than expected. ☺

## Holiday Dates -

Aside from Fly camp, the pools will be closed from Dec 18<sup>th</sup> through to Jan 3<sup>rd</sup>, 2018. No, that is NOT negotiable. It's a wrinkle in the fabric of OUR sport to have such a long break in training. But camp helps with the dryout, and everyone deserves a wonderful holiday break. So enjoy!

I will send reminders via email and REMIND if something exciting is happening over the break.

## Swimmer of the Month -

It is with pleasure that I introduce you to our chosen swimmer of the month... **Allison Giorno**. Congratulations!

She is new to the team this year, but has demonstrated consistent effort and dedication at practice. She arrives at the pool with all of her gear and ready to participate. She always has a smile on her face and is eager to jump in the water!



## Coach's Corner

I'm still unsure if I should title this section Coaches Corner or Coach's Corner, or even Coaches' Corner (anyone want a chance, let me know!) because maybe they're all valid. Sort of, since it's mine, ours and yours.

It's my turn to tell everyone how proud I am of our fall accomplishments. We have trained enough that I'm sure every parent can see a noticeable improvement in their children. You should be very proud of their hard work. I also want to thank you for bringing them to all of these events; practices, meets, fun events. Without you there would be no team. Thanks, PoD!

This sport will take you so many places; off island, all over our province, around the Maritimes and even out of the country. (I expect to send a small contingent to the Olympic Trials in Bath Maine again this year... which is exciting.) It'll give the children friends they never thought they'd find, a physical activity they can do for life, a job though high school and beyond, even university scholarships. Parents, what a door you've opened!

I'm grateful to have a team of new coaches join our group. Some parents may not even know who we are, so here goes! Thank you coaches for dedicating your time and heart to our kids.

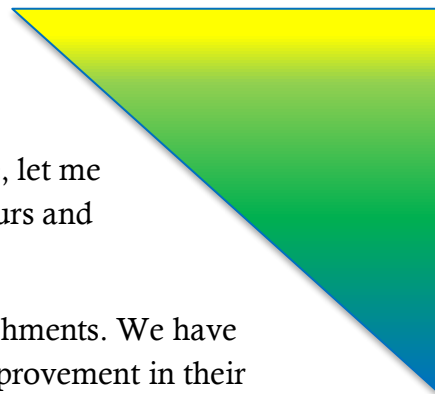
**Coach Ryan** – AKA President Ryan. He's always around to chat and answer questions. He's busy pumping kids up during hard sets, and sending them out the door when they're tired and hungry. Fist bumps all around!

**Coach Mike** – Our own bearded wonder! He's been attached to the team longer than me! Competing triathlete and swimmer, he's passed the love of the water on to his girls, and what more can you ask for?! He has other hobbies to... ask him about his Rock Star status someday.

**Coach Matt** – Leader of the Pack! Swimmers returning to the fold... a recurring theme you'll notice here. Water babies become water people, and pass it on. Matt has taken swimmers that could barely BoB to swimming 25 after 25 in a few short weeks and then they turn around and Rock It Out at NT#1.

**Coach Dan** – It's nearly impossible for SWIMMERS to sit in the stands! Can't be Done. Dan is invested now that he's passed his water skills on to his daughter...and she loves it, too. Everyone gets in on the team spirit. Ask Dan about his practices on the Dorados of moons ago...mornings are awesome... right?!

**Coach Eric** – Northside Champion! The team needs an anchor on the Northside and Eric has been vital this season. He swims regularly for fitness, but the joy of the sport comes through when he's teaching the kids. New to the Nova Tech program, but merman none the less.



**Coach Joanie** – Our tech guru. She's our best broadcaster, webmaster and all around publicist. With children on the team, she knows how the cheer squad works. Now, she's learning more and more by being in the water, and she has a special investment in the 2017-18 season as Nico joins us.

**Coach Stacy** – Mama! Just happy to be here, Folks! Heads up, ALL of your kids are mine. :P I don't stay away from the water for long. Maybe, it started when I tried to teach my 'rock' how to swim years ago or maybe I really was a mermaid in another life. Go Chargers!

Back to work... A few reminders as we head into winter and to the next competition:

- Send them with water. There is no access to drinking water at Kiwanis Pool and they need it. So please remember to pack it.
- We leave a warm pool, tired and hungry, but head directly into cold air. Let's try and keep our heads warm by packing a toque. It's late so nobody will see your hair!
- After school snacks should be fuel for an hour or more of work. It's hard to focus and exert the necessary energy without the supply in there.

**Blue Team** will be dedicating more practice to breaststroke in the coming weeks, even though we've almost obliterated the breaststroke records on the board. There's always more work to be done on those pullouts and building the most powerful of the kicks.

**Aqua Team** is building their breaststroke. It tends to be the stroke that holds them from reaching that prized Gold Medal time. We'll build more dolphin kick in the coming weeks to work the core for fly camp as well.

**Green Team** is starting their *frogger* section of the year! I shouldn't say that, but we start in a place that looks like *frogger* every year and end up with a solid stroke. The meet is right around the corner and the breaststroke, for those strong enough to do the 200 IM need it for the Silver Medal time. It's a long, tough swim. But with a strong breaststroke kick, it can make the 200 long meters more manageable.

**Lime Team** has been embracing breaststroke kick tentatively over the last few weeks. There's more to come! Our meet is backstroke and breaststroke. Learning the power of that kick is what will create the little forward movement they get at this age. Best of luck!

**Lemon Team** will make their most valiant effort at breaststroke you will ever see! They need the loudest, happiest and most outrageous cheer squad ever! (I love the polywogs, shhhh!)

December is a short month, but we lose a lot of dedicated hours over the holidays so it's important to get into the meat of the breaststroke and some dolphin kick. They like the fins, so that becomes a treat...a very manipulative one on my part. Well worth it in the end. Wait for it! - Stacy