



CAPE BRETON DORADOS SWIM TEAM

Welcome Newsletter

Fall 2015

Welcome!

by Stacy Clark

There are so many things I want to share with you, tell you, and update you! Ahh! I am so excited about this competition season!

But first, I should give credit where credit is due. At the year-end banquet, June 2015, there were a bunch of awards given to very deserving swimmers.

Rookie of the Year - Sophie Lovett

Dorado of the Year – Duncan Clark

Skilled Stroke Award – Hazel Clark

Outstanding Effort Award –
Anna Morrison

Most Improved Swimmer –
Braydon Hunter

Top Age Group Swimmer –
Maddie Harpell

Top 11-12 Swimmer – Anna Morrison

Future Leaguer of the Year –
Hazel Clark

Congrats again to all of the award recipients. You guys put a lot of work into last year and I know all of the parents are so proud of all of you!

The 'Training for Tokyo' team distance was 785 km! Yep, we pretty much swam all around the province! It was a lot of dedicated swim practices, but the top distances are as follows:

Maddie Harpell – 86.875 km

Anna Morrison – 66.5 km

Sophie Lovett – 57.75 km

We hosted an afternoon filled with water balloons...well, the ones that didn't break overnight. I think the kids enjoyed themselves and our banquet picture proves that one should complete the awards ceremony BEFORE the water fight. Hey, I'm learning new things all of the time with these kids! Thanks for a great 2014-15 season...Now, on to 2016!



2015 Banquet

L-R: Anna Morrison, Braydon Hunter, Duncan Clark, Maddie Harpell, Winston Clark, Rebecca Morrison, Mylene Harpell, Hazel Clark.



2014-15 Champs!

The Nova Tech team last year made some great improvements, and took home the 'Top Small Team' award at Explosion! We only had a handful of swimmers, but that's all we needed! This year, 2015-16 season, the Nova Tech Explosion is in Port Hawksbury, and I expect to have numbers from the Dorados like Swim Nova Scotia has never seen! Everyone mark your calendars for May 13-15, 2016... We need to represent!



Upcoming Events

The schedule of events for the fall involves a few Nova Tech meets and parents meetings. When you look at the year schedule, we can see what's coming down the line.

	Nova Tech	Age Groups
November	NT #1 hosted by PHAST in Antigonish Sunday Nov, 8th	SC #2 hosted by DCSC in Dartmouth Nov 13 th -15 th
December	NT #2 hosted by TCSC Sunday Dec, 6th	Candy Cane Invitational hosted by TCSC in Truro Dec 11 th -13 th
December	Parents Meeting	Week Dec 9 th , TBD



For the first Nova Tech meet of the year, please let us know by [Friday October 30th](#) if you are planning to attend. We hope there aren't too many scheduling conflicts so as many kids as possible can make the competition kick-off! If anyone needs help with travel arrangements or carpooling options, please let us know as early as possible. Go Team! The Truro Centurions Swim Club (TCSC) has made accommodation arrangements for those interested in staying at the Holiday Inn. Room prices are \$99 + taxes and the group rate is under the title, Nova tech #2 Swim Meet. Reservations available at 888.895.1651.

Parents Meetings - Thanks to all of those parents for coming out to meet with us. So far, the communication is going smoothly, and we hope to continue that through the year. It was great to hear what the interests and concerns were. Hopefully we covered all the important stuff. Anything comes up, please don't hesitate to contact us. © Looking forward to that first swim meet!

Dryland Training – One thing very new thing to our swim team is the ability to utilize the Coast Guard College gymnasium. Yeh! Water sports rely heavily on the physical fitness level of an individual on dry land. The training in the water uses muscle power and energy, physical coordination, and basic cardiovascular capacity...EXACTLY the same systems of your favorite *other* sports.

We will use this Saturday morning practice time to introduce some basic body control for balance and agility, and develop some strength-building activities that will help keep the kids strong. They will not be 'pumping-up' during dryland, but they will eventually learn some exercises using their own body weight. The plan is to keep the entire morning of activity full of team building activities and sporting fun.

Another bonus to 'Dryland training' is that I get to chat with the kids about subjects that usually take more than a few minutes. They are fully dressed, and not soaking wet, so I can steal a few minutes to discuss things like goal setting (individual and team concepts) and explanations and strategies of the short-term training plan. It feels much more comfortable knowing that everyone is on the same page. ☺

Swim-a-thon

As established at the start of the season, the Dorados (CBD) will be doing a fundraiser in the winter. It is probably the simplest fundraiser I have ever participated in. ☺ I love how it shows not only the kids what they are capable of, but the parents, friends and family, and the public as well. It's a great opportunity to get family involved in supporting your kids, and the team, and they can be from anywhere



in the world. The benefit of having an online website is that anyone can see it and donate as they choose. The webinar is complete. Officially, Swimming Canada will not allow us to open the site until 2016, but we will start advertising and getting ready during the holiday season. Let me know if you would like to join me in supporting the kids as they gear up for the event. We'll ask for specific jobs as it gets closer.

Meet Help Please!

As a help for that first meet, I'd like to pass along some experienced hints. 3 kids, a couple of hours in a vehicle...together, some hours at the pool...anything to help plan!

- 🌊 Dress cool-ly. You, I mean. It is warm on deck for people in clothes, but warmer after an hour or so with extra bodies. Believe me... dry fit, and tank tops are your best friends.
- 🌊 **Bring water.** Most times they sell water and the canteens, and we advocate supporting the canteens, but you'll need a lot of water. Pack a few in the car.
- 🌊 Kids need their own water bottles. If they can carry 2 in their bags, bring 2. I WILL make them drink. There are no sports drinks i.e. Gatorade allowed.
- 🌊 Pack kids a lunchbox with healthy, fuel-filled snacks. There are lots of kids on deck, so be aware of food allergies and try not to pack peanut snacks. Some things that have historically worked are
 - fruits (bananas are especially good for recovery), apples and grapes
 - Crackers, rice crackers
 - Cheese, cheese strings
 - Cereal bars, granola, granola bars
- 🌊 Kids need to know where their goggles, cap and suit are in their bag. Please make sure THEY pack that section.
- 🌊 2-3 towels. They will be in and out a few times...
- 🌊 T-shirt (dryfit dries fast and keeps them warm), shorts, pants, hoodie...whatever they need to stay warm. It will get wet, and potentially moved around on deck, so don't let them bring anything precious.
- 🌊 **NO TECH.** It is a swim meet. There are no cell phones, (I will have mine for contact), i-pods, i-pads, shuffles or mp3 players, Nintendo ds, no game thingys. If they are not swimming, they will be cheering...

Training for Tokyo

Training is useless if you can't tell where you're going, or where you've come from! To that end, we started a program last year to record, and keep track of the distances covered for the year. The kids come to practice and work, swim about a kilometer and then go home for dinner. Yep! Amazing! Well, this 'Training for Tokyo' program shows the children how far swimming can take them. The team, last year made it around the entire province, and Maddie swim 86 km herself.

It's a tangible that we can use as a motivator and a reward. Maybe, it will come in to help decide who the 'Swimmer of the Month' might be!

The key to making this a reliable program with legit numbers is that the children are responsible for recording their distances at the end of each practice. The children just sign-in at the start of practice and jot their distance at the end. Easy Peezy. Please remind the kids to sign the log-book every time they come to practice. 😊

Suits! Suits! Suits!

For everyone who placed an order for new suits, they should arrive close to the end of October. We will collect payments as they are distributed, female suits cost \$60 and male suits cost \$55.

Coach's Corner

Here's a section I get to dedicate to training, or areas of health and nutrition, whatever comes up!

This month, I'd just like to explore some healthy habits to kick the year off right! Some of the subjects we'll be discussing during our warm-up and dryland times might be hydration, training, healthy snacks, fueling up for race-day, goalsetting and whatever they come up with! We've already talked about game options...so, they make me work!

HYDRATION: A key part of keeping the body functioning smoothly is water. The children use a lot of energy while they are in the pool, and they don't notice at all when they sweat. Sometimes they are flushed and coaches can notice how hard they work, but most of the time (and specifically at the CGC) the water keeps them cool. An excellent habit to get into is bringing a water bottle to practice. The kids can take a quick drink between sets. Some people don't like the heavy feeling in their belly, but they should have the water in their swim bags for just after the workout.

SLEEP: So many professionals are reminding us to get adequate sleep. This is so important for these active kids. You may have noticed a change already in the sleep pattern, if they are swimming a couple of practices a week. They have to push themselves through a liquid 1000 times denser than air, so they get tired (even if they say they aren't). Hopefully swimming will help get them to bed, and getting as much sleep as they can will only help them in every aspect of life.

GOALS: We're starting this week to discuss what goals are important to the kids. EVERYONE has a different plan, a different perspective and different desires. So, we'll discuss what they might want for different timelines, as a group, as a team, and individually.

My goals are pretty simple but oh so complicated this year. I would love to get as big a group of Nova Tech kids as possible to the year-end meet in Port Hawksbury. We had a small group last year, 6, and still took home 'Top Small Team'. We have such a huge potential this year, and I'm looking forward to it.

See you at the pool!

