



Spring Newsletter 2016

Cape Breton Dorados Swim Team



Happy Spring!

We have made it through the toughest part of 2016, winter. It's nice to see the buds on the trees and hear the birds singing again. I just didn't like that rat crossing someone's driveway this morning...look out!

Anyway, the most labour-intensive parts of swim team are behind us, for parents at least. The children will be ramping up their training to make it an actual Explosion! for the Dorados at the last meet of the year. We are hoping to send as many Dorados as possible to Nova Tech Provincials!

It's been a busy couple of months getting ready for the Northside meet, but you parents did an

amazing job! You complete my team and we hope you want more! :P

Here's a recap of the things we've done since mid-winter:

- ✓ Swim-a-thon 2016
- ✓ NT#4 Antigonish
- ✓ Maine, USA
- ✓ Race Camp
- ✓ NT#5 Northside Community Pool
- ✓ HOSTED OUR OWN MEET

We'll discuss most of these in detail in this newsletter.

Breathe...spring is here.

Training for Tokyo Update

January 198.225 km

February 147.55 km

March 119.1 km

April 107.125 km*

Race Camp 66.025 km +
0.200 km Coaches Race 😊

\$wim-a-Thon 2016

What an awesome day! We managed to raise \$5000! You swimmers worked hard for 2 hours, doing your favorite thing (I hope), surrounded by friends and teammates doing their favorite thing (I hope)! Then we had a great awards ceremony and a wonderful feast with yummy treats! Is there a better fundraiser?! We are water people, lucky to be.



Thanks to all of those parents who asked friends and co-workers and family to support our growing team! This money will go far to complementing our fins collection and getting enough resistance bands, paddles, and pieces we need to continue our development. Sometimes one piece of equipment can teach you so much!

Top Distance Swimmers:

Keira	3200 m
Sophia	3600 m
Duncan	4400 m

Top Fundraisers:

Ayden Ryan-Carey	\$700
Emma Cholak	\$465
Abigail Cochrane	\$325

Thanks for all of your hard work, guys! I hope you enjoyed your day!

Nova Tech #4

Well, it seems like ancient history now, but NT #4 did take place in Antigonish on a mostly snowed in day in March.

We travelled with a teeny contingent of Dorados, but had a lot of fun while we were there!



Nova Tech #5 at the Northside!

Congratulations to all of you fabulous families for participating in Nova Tech #5! We welcomed the swimming community officially to Sydney Mines and I think they loved it! I got some feedback from the other coaches saying they actually liked NCP better than 'The Other One'. 😊



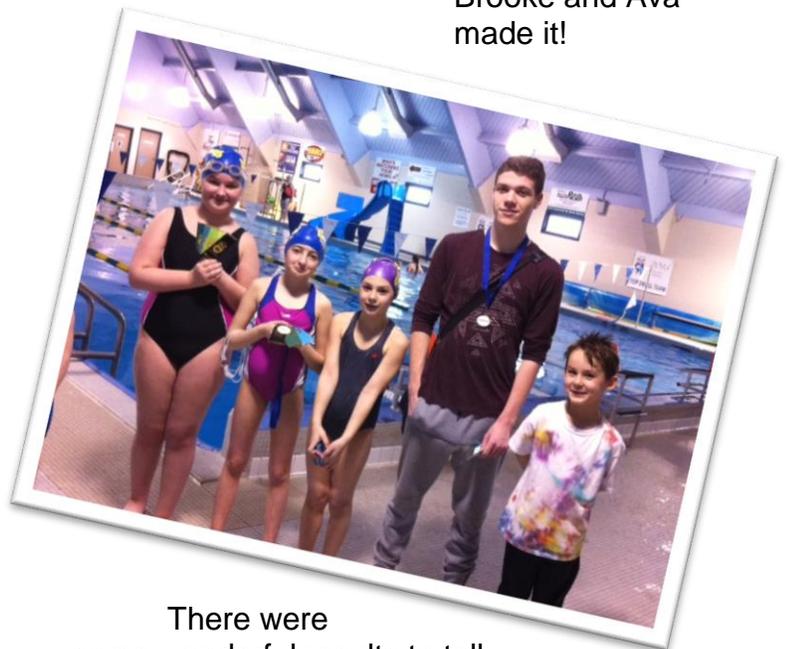
I'm so impressed with all of the parents taking the courses and staying to officiate at the meet. It's nice to open the pool up to a swim-team-kinda world, too. We ran the meet completely on our own. The kids were a little out of sorts, having access to moms and dads everywhere, but I think we managed to make it work. I will make a few changes for next year, but overall an excellent start.

Special thanks to Jonathon and Krista for taking on the canteen, and Amaya and Grandpa for working it! The Hunters were invaluable getting the deck ready, and Jennifer, Kelly, and Gwen getting and keeping the officials room ready for us! Thanks to Nicole for taking all of those fabulous pictures!

Thank you, Ryan, for being an awesome Meet Manager, and we're looking forward to our meet options for the 2016-17 swimming season. Are we really doing it twice??!



It was also really cool to see David from the Post come out and write such a great article, representing our team and our pool with pride! Brooke and Ava made it!



There were some wonderful results to tell everyone about. It's a lot of fun passing out ribbons, and medals, to new Age Groupers and brand new first timers from the same meet!



Upcoming Events



Event	Date	Venue	Sleep...
Nova Tech Explosion!	May 14-15	SAERC, Port Hawkesbury	Hearthstone Inn
LC #3	June 3-5	Dalplex, Halifax	Choice
Q-Plex Splash Into Summer	June 18-19	Quispamsis, NB (Q-Plex, outdoor pool)	Choice
Year End Party & AGM	June 25 th	Mira Park	All to be determined!

This is the part where things get complicated...

NT Explosion!

- IS this weekend, May 14-15, 2016. The session reports are in and with a 9 am start for both days, you can expect to be done at the pool by 3pm. That gives families time to return home and sleep in their own beds, or opt for a leisurely evening in Port Hawkesbury... enjoy!
- **The Hearthstone Inn** is where most families will be...
- Shirts will get picked up or delivered early morning Saturday, and I will bring a SHARPIE to label them as they are given out.
- Please remember there is **NO TECH ALLOWED ON DECK**. Please do not send any electronic devices, phones or music gadgets with the children. We are here to swim...and focus.

AG Long Course Development #3

- Seniors swimmers (AG) June 3-5, at Dalplex
- Discuss event preferences with Coach Stacy **AFTER** Explosion!
- IF interested in a **TEAM** dinner on Saturday night, talk to Ryan ☺
- **LONG COURSE...50 m pool. Good luck!**

Quispamsis Splash Into Summer

- June 18-19, Q-Plex outdoor invitational meet
- All families and swimmers are welcome. The meet is geared toward events 50m and above with an exciting IM eliminator (multi-staged) event over the weekend
- Many families have booked at the Hampton Inn in Saint John (if they don't have family there☺)
- Please confirm your attendance by **June 5th** so we can update our sanctioning details with Swim Nova Scotia.
- Those interested in a Team supper on Saturday, let us know. We'll need to plan ahead.



Bring a Friend! And Open House May 16th thru 19th

- May 16th and May 18th during regular practice times at Kiwanis Pool, 5-6 pm
- May 17th 5-6pm at the Northside Pool
- May 19th 4:30-5:30pm at the Northside Pool
- Anyone is welcome to join us. These are very light training practices, with lots of games and relays
- Bring anyone who might be interested in joining our team next year!

Year End Preparations

- For those returning swimmers that have team trophies, please return them to Coach Stacy by June 17th

Training (Year ENDing)

- Our practices at both public pool will END May 19th, before the long weekend.
- Those who will compete at either the AG LC #3 in Halifax and/or the Q-Plex meet in NB will continue to train at the Coast Guard Pool
- Practice schedule will be as follows:

Monday	6-7:30
Wednesday	6-7:30
Thursday	6-7:30
Saturday*	10-11:30

- Saturday times are not finalized. And open for discussion...

Coach's Corner

It's getting close to the biggest competition of the year...Nova Tech Explosion! There are other level, like Age Group yearend championship events, but not like this! The children will get to see teams that they have never competed against. We'll see swimmers from clubs like Yarmouth, Greenwood, Wolfville, and city teams like Halifax, Dartmouth and Shearwater. There will be lots of kids and lots of colourful teams, so make sure you have a buddy to navigate your way around.

SWIMMERS: LISTEN UP! Before we arrive for competition, Saturday morning at 9am...uurg, we need to prepare both physically and mentally for this challenge. You have been training for an entire year for every one of these events. You are more than ready for this. I promise. Anndd, to get the best out of your

training, you need to prepare your body for the work.

- Make sure you are well hydrated. What I mean is...drink lots of water! We need those muscles to have enough fluids to circulate that lovely oxygen. IF you have plenty of water, then you won't have complications like headaches, muscles cramping or exhaustion. We need water! Drink lots on Friday to avoid any physical problems that can ruin YOUR fun!
- Eat lots of carbohydrates! Some moms and dads may not appreciate the spaghetti dinner (with yummy garlic bread), but it sure fuels those muscles! It's great to have loads of veggies and fruits the days before so you KNOW you have plenty of fuel in the tank for GO TIME!
- Sleep! Get your rest so that your body and mind is ready for the challenge of.... warmups... ☺ There will be a lot of things happening inside that strong body before, after, and especially during your race events. Make sure you've recovered (which only happens during beddytime) and that your mind is relaxed enough to focus. Rest is critical for athletes.

All of the hours you guys have put into the pool WILL pay off. I want you to have a wonderful rewarding experience at the biggest and funnest, yep I said it, meet of the Nova Tech year! Technically we can't teach you any more, you've learned everything YOU can for the 2015-16 season. Now, show everyone in PHAST what the Dorados did this year!

Remember all of the tricky things that the coaches tried to peck into your heads? We need to show off the great turns and starts, pullouts and underwater breathing, that all of you have learned. This is YOUR shot to show mom and dad how far you've come since NT#1. Bwaohahah...can you remember what you looked like at NT#1? :P We can. And we're all so proud of where you are now. Good Luck!