



# FASTLANE

Club news and information

August 2008

## Introduction & Executive News:

Well, the summer holiday for the children is almost over and back to school is in the air. This only means that another season of swimming is arriving. For those of you that may not have heard, we have a new coach for the 2008-2009 season. We would like to welcome Coach Dan Stratton to SSMAC as he prepares for his new job and life here in the Sault. The website is up and running. Please check the web site often, as updates will be posted on this site. Currently under "schedules" is the new weekly training schedule of workouts for each level, a practice and event calendar for September and October as well as a 2<sup>nd</sup> DRAFT of the NEOR meet schedule to help start planning the season.

Completely revised registration forms are now posted on the website. Please fill out all the appropriate forms and drop them off at the office or on Sept. 6 during the new member registration drive. Any questions or concerns about the registration forms, please contact the interim registrar Laurie Carlyle at [lauriecarlyle@hotmail.com](mailto:lauriecarlyle@hotmail.com). Any questions regarding the fundraising commitment or the participation policy, please contact the President, Jean Turgeon at [ssmac.president@gmail.com](mailto:ssmac.president@gmail.com).

The Annual General Meeting (AGM) will be held Tuesday, September 9 at 7pm at the John Rhodes Pool outside the SSMAC office. The agenda will be sent out shortly. All members are encouraged to attend. The executive is looking for volunteers to help with various positions/duties for the upcoming season. Please come willing to submit your name to a position or committee and get involved with your swimmer's club or write it down on your registration form in the appropriate section of the page detailing the commitments of each member. It is the volunteers that run the club and the more we have, the easier it is. The executive is comprised of the following positions: President, Vice president, Past president, Registrar, Treasurer, Secretary and Fundraising Chair. Other non-voting positions include: Liaison Committee (1 chair and one member from each level), equipment manager, Publicity chair, Officials chair, Away and home meet managers, Shop and save coordinator, Swim-a-Thon Chair, Billet chair, Social committee, Newsletter editor, Media release coordinator, Webmaster, Club Statistician, Participation policy coordinator etc. People that have already stepped up are Kim Fisher & Johanne Guilbault, home co-meet managers.

Johanne has also taken on the Chair of Officials position. Laurie Carlyle as acting registrar to get the season going.

## Coaches' Notes & Highlights:

Transitioning from the South Western region to the North Eastern region of Ontario has been almost seamless, thanks in large part to the members of Sault Ste Marie Aquatic Club. Specifically, I want to mention Jean Turgeon who almost single handedly hauled the contents of the moving truck into my new residence and then graciously offered a refreshing swim in his backyard pool when we were finished with the boxes. To Marios and Paula Theodossiou, who both have been a constant resource regarding the club, its resources, the swimming community and all the beauty of the area of Sault Ste Marie. To Don Boucher and his able assistant Linda, who have reminded me of the logistics and management of the SSMAC coaching team. Cathy Marinelli, our club liaison to the pool, its staff and municipality of Sault Ste Marie. To the Fisher family, who will be providing valuable assistance to the upcoming Joey Calzone's SC Invitational and who represented SSMAC in an 'unofficial' capacity this past summer in Italy. I also wish to mention Harry and Francis Sowards, who have acted as tremendous ambassadors to the program and have provided invaluable advice and direction to our leadership. I have great confidence in the leadership of our organization and the direction we are heading. Further, I wish to personally thank all of these individuals and many others who have extended their hospitality to my family and me. On behalf of the coaching staff and the executive, I look forward to the commencement of the season, the opportunity to work with a great group of youth and children and to represent our region and municipality with pride and dedication.

Dan Stratton

## OTHER NEWS:

Swimming 101

This year, all new members of the competitive program will have to take a course entitled swimming 101 so they can be informed and educated about the club structure and operation. This course will also include information about what to expect at swim meets, the rules of competition and the role of the officials. We plan to offer such course within 30 days of new members joining the club. Of course this course would be open to current members wanting to know and understand more about competitive swimming.



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## Past Meets:

The Ontario Summer Games were held in Ottawa August 13-16. Two SSMAC swimmers represented our club as part of the NEOR team. Shane Rock tallied a total of 5 medals out of 8 swims, a GOLD, 3-SILVER and a BRONZE. His first medal was silver in his 50 free, swimming to a personal best time of 28.03 seconds. His next medal was another silver in his 200 free followed by a bronze in his 100 free. The swim of the week was his gold medal performance on Saturday in his 400 free. Ranked 5<sup>th</sup>, Shane came out and was leading the pack by the 100-meter mark and never looked back. Knocking off over 13 seconds off his personal best time to touch the wall at 4 minutes and 40 seconds to secure the gold medal. But this was not the end of the day for Shane; he was the anchor swimmer in the 4 X 100 medley relay. Diving in the pool on the 4<sup>th</sup> and final leg of the race, Shane's relay team was just over 3.5 seconds behind the leaders but his efforts fall just short, as they had to settle for silver just less than a second off the first place finishers. Shane missed the in podium in both his 200 and 400 IM as well as the 1500-meter freestyle by finishing in 4<sup>th</sup> place in all three events. The other swimmer representing SSMAC was Marina Fournier. Marina had a great meet as well winning BRONZE in her 200 fly. She made finals in three of her events finishing in the top eight and achieving personal best times. Complete press releases can be found on our website at <http://www.ssmac.com/newsletter/Newsletter.html>

## Upcoming Meets;

Oct. 18-19, NEOR #1, Sudbury  
Nov. 14-16, Joey Calzone Invitational, SSMAC  
Nov. 29-30, NEOR #2, North Bay

## Social News:

The "greet and meet" for the new coach was well attended. Thanks to the Turgeon's for opening up their home (not pool) to us. Thanks to the swimmers and their parents who took the time out of their summer schedules to attend this important event (the food was excellent).

Our annual BBQ to kick off the season is in the planning stages and watch your e-mails for more details.

## Birthdays:

August:

Samuel Weir August 6  
Eamon Macdougall August 10  
Peter Silvano August 12  
Erin Lee August 18

September:

Kailee Valois Sept. 21  
Emily Boucher Sept. 26

Please contact me if you want me to announce ANYONE's birthday.

## Fundraising news:

### Shop and Support.

Was on hold for the summer. Look for more information as we start the new swim season. For more information, contact; Janice at 946-5748, [jmbelanger@shaw.ca](mailto:jmbelanger@shaw.ca)

## Classifieds:

For Sale: Speedo training fins size M 7-8. Call Rob or Linda @ 942-8657 or e-mail [rock@shaw.ca](mailto:rock@shaw.ca).

SSMAC FASTLANE is the newsletter of the Sault Ste. Marie Aquatic Club.

Submit content to: [rock@shaw.ca](mailto:rock@shaw.ca) or call 942-8657.

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