



FASTLANE

Club news and information

March 2008

Executive News:

Just a reminder of the meeting on Tuesday, March 25 at 7:00 PM at the John Rhodes Center (upstairs in front of the SSMAC Office). Attached is a copy of the agenda for the meeting.

Introduction:

This is the second edition of the resurrected SSMAC newsletter. Hopefully you are all finding it informative. If you have anything you wish to see in the newsletter, please contact the executive or myself with your comments.

Past Meets:

We had excellent results from our swimmers who attended the Short Course Provincial Championships in London, Ontario Feb. 28 to Mar. 2. We got excellent coverage in the Sault Star and the following is the news release that was posted on Sootoday.com, Saultthisweek.com, and Saultsports.com.

SSMAC brings home medals from Provincial Championships.

The Junior Provincial Short Course Championship was held this past weekend in London Ontario. Over 1,000 swimmers from across the province qualified and swam at this event. Five swimmers from the Sault represented Sault Ste. Marie Aquatic Club. There were three first time Provincial swimmers; Kalen Critchley (11), Erin Lee (10) and Shane Rock (12), while Julia Turgeon (14) and Brain Lee (15) have been at the event before. Despite their small size in numbers, this mighty team from SSMAC finished a respectable 39th out of 71 teams for overall team points.

Kalen had an awesome start to her provincial debut winning a SILVER medal in her 100m backstroke. She finished 4th in her 50 free missing the bronze medal by only 0.03 seconds. She also placed 6th in her 200m backstroke while achieving a new personal best time.

Brian, swimming for the first time as a 15 year, brought home two BRONZE medals in his 100m and 200m freestyle, as well as recording a new personal best times. He also achieved two 6th place finishes in his 100m and 200m backstroke as well as three more top 15 finishes.

Shane achieved personal best times finishing the week-end with a 7th place finish in his 100m freestyle, two 10th place finishes in his 50m and 400m freestyles as well as a 12th place in the 200m freestyle.

Erin swam personal best times to achieve four top 15 finishes. She had a 12th place finish in her 200 free, a 13th place finish in her 100 back stroke, a 14th place in her 400m freestyle and a 15th place in her 200m backstroke. Julia had a personal best time in her 200m backstroke finishing 16th. She also placed 22nd in her 400m IM, 24th in her 200m IM and 26th in her 100m backstroke. The SSMAC Coaching Team and Parents are all very proud of our swimmers' performances at this prestigious province wide event. WAY TO GO!!!

Coach's Corner:

We would like to congratulate our swimmers who attended the Provincials in London. They are Kalen, Brian, Erin, Shane, and Julia. They all swam personal best times and did our club proud. They showed that we are a MIGHTY SSMAC team.

Good luck to those swimmers heading to Victor Davis Memorial meet in Guelph April 11-13th.

Highlights:

Kalen Critchley received a SILVER medal at the Short Course in her 100m backstroke. This was her first trip the Provincials. She just missed a Bronze medal in her 50 free by only 0.03 seconds. Great job Kalen.

Brain Lee came home with 2 BRONZE medals in his 100m and 200m freestyle. This was his meet as a 15 year old. Another highlight for Brian was swimming a personal best in his 200m backstroke on Sunday morning and then beating that new personal best in the finals on Sunday evening. Great job Brain.

Social news:

We will be having a potluck waffle breakfast immediately following the Swim-a-Thon in the room outside the office upstairs.

The Lawrence family and the Executive will be supplying the waffles and we ask that everyone brings some kind of healthy addition to the meal.

There will be a sign up sheet at the club meeting on Tuesday night.

If anyone has a waffle maker, please bring it to the breakfast.



FASTLANE

Club news and information Page 2 March 2008

Fundraising news:

Don't forget to support **Shop and Support**.

To date Shop and Support has earned \$1,416.45. Currently this is our only fundraiser other than the Swim-a-Thon. We can make big money with this if EVERYONE gets involved. Currently there are only a handful of people who are actually doing it. Orders are placed every 2 weeks. We have a stock of cards for sale if you need in a hurry. For the new people starting, you can contact Janice at 946-5748, jmbelanger@shaw.ca, or the order forms are on the bulletin board).

The Swim-a-Thon FAQ

The Swim-a-thon is only a week away. Here are some answers to the most frequently asked questions that I have been asked recently.

1. Cheques should be written out to SSMAC. If people pledging you give you cash, add it up and you can submit a cheque written out to SSMAC for the total of your cash pledges.
2. ALL of the money that you raise goes towards your annual fundraising commitment. (Families with one competitive swimmer have a commitment of \$300 and 2 or more swimmers \$450. We all signed an agreement to this at the beginning of the season and we will be invoiced for the amount owing if we do not meet it.)
3. All swimmers and volunteer lap counters must be on deck at 6:45. We will be starting exactly at 7am SHARP.
4. When you arrive at the pool on Saturday morning, please have with you: your completed pledge sheet, your signed family affidavit, and all money collected in the form of a cheque to SSMAC (NB no cash will be accepted CHEQUES only).
5. I will see you on Saturday March 29 beginning at 6:30am. I will have Tim Horton's coffee and will be ready to collect your pledges.
6. I am still in need of volunteers for lap counting, lap counting set-up, and breakfast set-up.

I'm sure if we all pull together we can make this the most successful Swim-a-Thon ever!!

If you have any questions or comments you can reach me any time. Amy 253-5260

a.wheelerreich@shaw.ca

Classifieds:

For Sale: Speedo training fins size M 7-8. Call Rob or Linda @ 942-8657 or e-mail rrock@shaw.ca.

Grace Lobert is planning to put an order in to OMNI - backpacks, fins, pull buoys, training suits. If there is anything you need - please email her directly with your request by Saturday March 29th.

She will let you know what you owe and once the costs are known, checks can be made out to SSMAC and placed in the Lobert file.

Birthdays:

Sorry to the swimmers we have missed in the past 2 months:

January:

Adam Mossa Jan. 16

Marissa Lobert Jan. 17

Jack Carlyle Jan. 19

Jocelyne Gignac Jan. 27

February:

Christopher Carlyle Feb. 4

Brian Lee Feb. 13

March:

Mark Jobst March 10

Alex Gelmych March 13

Sarah Theodossiou March 17

Matteo Reich March 20

Sherri Lambkin March 29

Josh Lawrence March 29

April:

Shane Rock April 5

Andrew Quon April 9

Vanessa Reid April 13

Noah Janzen April 23

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

Other news:

The 2007 Tax Receipts for the Sports credit are now in your swimmer's file. Please pick them up at your convenience.



FASTLANE

Club news and information Page 3 March 2008

EAT TO WIN

The following are some suggestions taken from an article in the American Swimming Magazine. It has been reviewed by Kim Fisher, registered dietitian and master swimmer, and suggests it is a good guide for preparing for a meet.

1) When you compete you burn carbohydrates.

Anytime you are going at maximum effort you are using the anaerobic system, which can only be fuelled by carbohydrates. In a meet you need to re-load with carbs, not with fats like those in onion rings, French fries, potato chips and donuts. If you are eating fatty, deep-fried foods then the ability for sustained anaerobic activity will be diminished. You cannot produce the energy fast enough from fat breakdown. Fat breakdown is much slower than carbohydrate breakdown.

2) Eat complex carbohydrates during the meet.

These have the vitamins and minerals that serve as "spark plugs" that convert food into energy. Some examples of complex carbs are pastas, cold cereals, pancakes, waffles bagels, English muffins, and rice. *Simple* carbohydrates are those high in sugars, like soft drinks, candies, and desserts, and they lack the vitamins and minerals that provide the critical food-to-energy conversion.

3) One good pre-competition meal is not going to make you, but one pre-competition meal can break you!

You must consume an adequate amount of carbohydrates (60%), fats (25%) and proteins (15%) all week long. Eating garbage Monday through Friday then having pasta on Friday night before the meet does not work. What your body uses on Saturday is dependent on what you put in it the week before.

4) The pre-competition meal should be 60-70% complex carbohydrates.

The more time you have before your session, the more you can eat. But remember, you want to go into competition with the fuel tank full and your stomach empty. You want the blood flow to be going to the muscles, not to the gut.

5) Drink on schedule.

8 ounces every 20 minutes, or 32 ounces per hour. If you wait until you are thirsty you have become dehydrated, and you have lost as much as 10-20% of your performance ability. For sustained activity of less than 1 hour water is fine, more than 1 hour and the carbohydrates in sports drinks will help you sustain the effort.

6) The recovery meal at the meet, lunch after prelims or dinner after finals, is the pre-competition meal for the next session.

This should happen no later than 2 hours after the conclusion of the session. In the meantime, if you need to wait for your brother or sister who is still racing, or you're just not that hungry after your race, then drink a nutrient-dense, high-carbohydrate beverage.

Nutrient-dense, high carbohydrate recovery foods and beverages.

Good for on-deck or during your session: Fruits and fruit juices, Gatorade, raisins, pasta, bagel, banana, cereal.

Upcoming Meets;

LONG COURSE MEET SCHEDULE

April 11 – 13th Victor Davis Memorial Meet – Guelph

May 23rd – 25th Thunderbolt International Swim Meet - Thunder Bay

June 13th – 15th Jeno Tihanyi Long Course Championships, Sudbury - qualifying times possibly – details to follow

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

Submit content to: rock@shaw.ca or call 942-8657.

SSMAC Office 2nd level John Rhodes Pool. Tel. 941-9880; e-mail ssmac@bellnet.ca.

Website: www.ssmac.com



Sault Ste. Marie Aquatic Club Meeting John Rhodes Pool – SSMAC Office

25 March 2008: 19:00 p.m.
#4 - 260 Elizabeth Street
Sault Ste. Marie, ON P6A 6J3

Meeting called by: Jean Turgeon
Type of meeting: Parent Information meeting

Attendees: Chair, Frances Sowards; President, J Turgeon; Vice-President, M Theodossiou; Past-President, H Sowards; Treasurer, D. Boucher; Registrar, A Reibmayr; Fundraising Chair, L Wilton; Secretary, P Theodossiou, and club parents

Please bring:

Agenda topics

Call to order	
Approval of Agenda	5
Reports:	
President report	5
Ad hoc ByLaw/Policy committee report	3
Treasurer report	5
Registrar report	5
Fundraising report	5
S-A-T and Shop and Save	5
Coach Report	5
Business and Questions	
Revised meet schedule	10
Fundraising commitment	10
What is current swim level structure?	5
New Business	
Next meeting?	
Adjournment	

Observers:
Resource persons: