



# FASTLANE

Club news and information

March 2009

SSMAC Executive:

President, Jean Turgeon [ssmac.president@gmail.com](mailto:ssmac.president@gmail.com)  
Vice-Pres, Marios Theodossiou [mariost@shaw.ca](mailto:mariost@shaw.ca)  
Past-Pres, Harry Sowards [hfsewards@ontera.net](mailto:hfsewards@ontera.net)  
Treasurer, Don Boucher [don@holmetsecurity.com](mailto:don@holmetsecurity.com)

Secretary, Paula Theodossiou [mariost@shaw.ca](mailto:mariost@shaw.ca)  
Registrar, Karen Reid [ssmac.registrar@gmail.com](mailto:ssmac.registrar@gmail.com)  
Fundraising, Rob Rock [ssmac.fundraiser@gmail.com](mailto:ssmac.fundraiser@gmail.com)  
Coach Dan [coach@ssmac.com](mailto:coach@ssmac.com) or [ssmac@bellnet.ca](mailto:ssmac@bellnet.ca)

## Introduction & Executive News:

Although February was a short month, we were very busy as a team. Again we worked together as a club and hosted a very successful Dave Kensit Championship meet that saw 20 of our swimmers excel in the water. Once again the executive, the meet manager and the official's chair would like to thank everyone for their help and support in hosting this important meet. The following weekend we wished Brian Lee good luck at the Eastern Championships in Halifax while being coached by Andrew. The third weekend in February saw coach Dan travel to Timmins with seven of our swimmers who all managed to return home with medals from the Fred Rams Championships. And finally, the fourth and last weekend of the month saw coach Andrew once again traveling this time to Ottawa with three swimmers for the Junior Provincial Championships. All three of our swimmers return with medals. What a terrific way to finish off the short course season, winning in all four of the final meets in the final month and in four different cities. No wonder March is a black out month. However, we have no time to rest.

With March comes the start of the long course season. Swimmers are preparing themselves for a new challenge and setting new goals to achieve. The coaching staff is busy setting their own goals and making sure our swimmers achieve what is deep inside of them. Lets take the success of the short course season and build on it to have an even better and more successful long course season as we kick it off in Sudbury April 4 and 5<sup>th</sup>.

In March we held a general membership meeting to bring the membership up to date with the progress of the club. Some important information that came out of the meeting was that we will be holding our Annual General Meeting (AGM) in June to elect a new executive. This way, the executive has the summer to prepare for the upcoming season. The annual end-of-the-year banquet will be held at Joey Calzone's in June after the Long Course Championships. We are looking for a volunteer to spearhead the organization of this event, please don't be shy.

Team pictures will be held May 1<sup>st</sup> at the pool. Every swimmer will be required to wear a SSMAC t-shirt for the photo. If you don't have one, please contact Paula Fillmore to order one.

The new revised bylaws are almost ready for distribution, review and adoption. They will be sent to the members via email for review.

The coaching staff selected the members to represent our club at team champs in Brantford. The 20 swimmers will be traveling to and staying together at the meet.

In March we also had a very successful Swim-a-thon which I will talk more about later. So even though March was a black out month, we didn't have time to relax.

We currently have 51 competitive swimmers and 24 Roo's.

We would like to take a moment and welcome two new swimmers to our club, Carrie-Lyne Smale (level 2) and Paul Widdett (level 3). Please take a moment to welcome both the swimmer and their families to make them feel welcome at our club.

## Upcoming Meets;

April 4 – 5, NEOR #4, Sudbury  
April 17 – 19, Team Champs, Brantford  
May 2 – 3, NEOR #5, Elliot Lake  
May 8 – 10, East Side Mario's, Sudbury  
May 23-24, NBYT Invitational, North Bay  
May 22 – 24, Thunderbolt International, Thunder Bay  
June 12 – 14, Jenő Tihanyi LC Championships, Sudbury  
July 2 – 5, LC JR Provincial Championships, Etobicoke  
July 16 – 19, Age Group Nationals, Montreal

Check out the website [www.ssmac.com](http://www.ssmac.com) for complete schedules, newsletters, press releases and links to our proud sponsors



# FASTLANE

Club news and information Page 2

March 2009

## Past Meets:

Dave Kensit saw 20 swimmers compete with many successes in the pool. Sixteen swimmers received a total of 58 medals at this meet. The senior team took the high point trophy and we saw Brian Lee break a NEOR record in the 50m-back as well as receiving individual and senior high point trophies. Shane Rock and Kyle Matthews also received individual high point trophies for their age groups. Every swimmer had personal best times and showed that the coaching staff prepared our swimmers well.

Eastern Championships in Halifax saw Brian Lee return with 2 silver medals.

The Fred Rams brought the best out of the seven of our swimmers who attended with each swimmer contributing the 24 medals count SSMAC attained. Sherri Lambkin won individual high point trophy. Congratulations also go out to Kailee, Aaron, Lucas, Kate, Mitchell and Emily for representing SSMAC so well.

Finally, the Junior Provincial Short course Championship held in Ottawa saw 3 of our swimmers attend and obtain medals. Kalen and Shane both won 2 bronze medals each while Kyle won a single bronze medal. Congratulations on your success.

All meet press releases can be found on the SSMAC web site and online at [www.sootoday.com](http://www.sootoday.com), [www.saultsports.com](http://www.saultsports.com) and [www.saultthisweek.com](http://www.saultthisweek.com)

## Fundraising news:

APRIL 6 is a pasta dinner/sports nutrition talk/pep rally/ fundraiser for Team champs at Joey Calzone's from 6 to 8. Tickets are just \$10 each with \$5 for each ticket going towards your fundraising commitment. Bring yourself, your swimmers and of course your family and friends. This will be educational, fun as well as filling. Tickets can be purchased from SSMAC office or from the Team Champs chaperones.

**SWIM-A-THON** was held on Saturday March 28 during the 7am to 9am swim practice. Special thanks to Guy Smith for landing a helping hand to Amy Reich in organizing this year's S-A-T. This year we had 43 swimmers completing 7584 laps for an average of 176 laps per swimmer. Last year 32 swimmers completed 5080 laps for an average of 159

laps per swimmer. So we saw a substantial improvement over last year both in the water and out. All monies are not yet in but to date we have raised over \$8,000. The five top fastest swimmers to complete the 200 laps are:

Marina Fournier - 71 minutes

Shane Rock & Sarah Theodossiou - 73 minutes

Julia Turgeon - 74 minutes

Michael Lawrence - 75 minutes

Colin MacQuarrie - 78 minutes

## FUNDRAISING BOTTLE DRIVE

The Executive approved a liquor bottle drive to raise money for the club during the holiday season. We had ten families contribute to this fundraiser raising \$192.10. We will continue this fundraiser on an on going basis and if you accumulate bottles or get them donated by family and friends, please contact Rob and he will arrange a time to pick them up. These included all returnable beer, wine or liquor bottles. The total of money collected from these bottles will be taken off of your fundraising commitment. With a couple of long weekends coming, it is a good time to ask friends, families and neighbours to save those bottles.

Anyone interested in part of a fundraising committee or has an idea for a fundraising event please contact Rob Rock, Fundraising chair, at [ssmac.fundraiser@gmail.com](mailto:ssmac.fundraiser@gmail.com)

## Shop and Support.

So far Shop and Support has brought in just over \$1,500 for the club by just ordering the cards you use everyday. So you can see, it is an easy way to raise your fundraising commitment funds. A couple of families have raised over \$200 each towards their fundraising commitment.

Remember, you can order cards for friends and family members as well and get the credit towards your account. The order dates are on the SSMAC calendar that can be found on the website. For more information, contact; Janice at 946-5748, or [ssmac.shopsupport@gmail.com](mailto:ssmac.shopsupport@gmail.com)

## REMINDER\*\*\*

**IMPORTANT MESSAGE:** If you eat at Joey Calzone, bring your receipts to the SSMAC office. We would like to thank Joey Calzone's for his support of our club and the recent swim meet. We need to show him the support we as a club give back to him, as we are in the process of renegotiating a new contract with him for meet sponsorship. So please collect those receipts and place them in the fundraiser file in the office.



# FASTLANE

Club news and information Page 3

March 2009

## GETTING INVOLVED:

We had about 35 people attend our FUN NIGHT ON THE SLOPES at Searchmont held on the Friday night of the March break. Everyone had a great time, the conditions were great, the weather co-operated and most importantly, no one got hurt. Honourable mentions go out to Colin MacQuarrie for doing so well his first time on skis. Also mentions go out to Sherrie Lambkin and Kailee Valois on their great improvement over the last time they were out with us. Next year we are planning two nights, one at the Christmas break and another in the March Break. Thanks to all the families for participating.

We are still looking for someone who would like to start up the social committee. This position requires someone who would like to plan a couple of events through the year to promote team building. They could work in connection with the fundraising committee and make the social event a fundraiser as well. Please contact the executive if you are interested in becoming part of this important part of the club.

## Birthdays:

April

Shane Rock April 5

Andrew Quon April 9

Venessa Reid April 13

Noah Janzen April 23

May

Shae McLury May 1

Michael Reid May 1

Dante Severini May 5

Carrie-Lynne Smale May 8

Devon Cavanagh May 10

Lexus Hall May 10

Amelia Marratto May 19

Erinn Theodossiou May 24

Kalen Critchley May 27

Sarah Gelmych May 29

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

## Extra Credit:

We would like to recognize the accomplishments of our swimmers out of the water as well as learn a little more about them. This month we have 3 submissions relating to four of our swimmers.

We would like to congratulate Colin MacQuarrie a straight "A" student of the Sault High School in Michigan. Colin was the Sault High School Swim Team's MVP and was the only freshman named to the Upper Peninsula All-High School Swim Team. Colin is impressing both countries with his talent, way to go Colin.

We would like to congratulate Rayne Fisher for competing in the Kiwanis Music Festival in March. Rayne was awarded a scholarship in the Woodwind division for playing the flute. Rayne was also asked to play the flute at the recent production of Charlie Brown performed across the river at Lake State, April 2-5. Rayne is also the designer behind this year's Team Champs' t-shirt using the familiar "iPod" as a basis. Swimming, music and design, what a combination, what can we say but WOW! Two of our swimmers teamed up outside the pool to put an entry into the 2009 Rotary Science Fair. Marissa Lobert and Amelia Marratto entered their "Dogs vs Humans - Whose Mouth is Cleaner?" into the Health Sciences division. They won "Best Of Category" but didn't stop there. Their experiment also won FIRST PLACE - BEST OF FAIR that allows them to travel to the Canada wide national competition being held May 9 to 17<sup>th</sup> in Winnipeg. From what I heard through the grape vine was that the dogs mouth was cleaner, something to think about girls!! Marissa and Amelia we will be keeping our fingers crossed for you on your next journey to Winnipeg, the whole team is behind you. What an accomplishment.

Please send any information like this to the newsletter so we can publish and recognize our swimmers outside the pool as well. Please submit to [ssmac.newsletter@gmail.com](mailto:ssmac.newsletter@gmail.com)



# FASTLANE

Club news and information Page 4

March 2009

## Swimmer Additions:

This is a new addition to our newsletter that will allow of swimmers to voice some of their ideas about their experiences with swimming. This is a great opportunity for the younger swimmer to learn that from the older swimmers and maybe even the other way as well. We are very pleased to have Paxton Merrenger allow us to print her recent oral about her experiences with swimming.

Paxton Jessie Marenger  
Grade 6, Mrs. Chilelli; Oral Presentation

### “Take your mark, get set, Beeeep!”

Welcome to the exciting world of competitive swimming.

When the buzzer sounds I take a deep breath, launch my body forward off the blocks and for a split second I fly before diving into the cool, refreshing water.

I swim as far and as fast as I can under water before surfacing to begin my stroke. I reach, I kick, I breath and I use every muscle in my body to propel myself down my lane to the other end of the pool. When it is just out of reach I take a breath and dive down somersaulting under the surface. Positioning my feet against the wall I push off with all my might and head back in the direction I just came from. I do this over and over again until I come to the final lap.

When the end is in sight I use what little energy I have left to give it more than all I've got and touch the wall to finish the race. No matter what place I come in I know I have done my best.

In September of 2007 I took my love of swimming to the next level and joined a competitive swim team, “The Soo Y Dolphins”. It didn't take long for me to realize that this was going to be hard work but it was also going to be worth it. We practiced an hour a day, 3 days a week striving to perfect our strokes and improve our times.

My first swim meet with the team was in Michigan at the Lyon's Invitational. I swam as hard as I could but got disqualified several times that left me feeling terrible. I did receive a few ribbons and a medal at that meet but I knew I had some work to do.

I competed in a few other meets with the Dolphins team in 2007 and improved my times and performances throughout the year.

When the 2008 season began I again signed up to swim with the Dolphins team and attended two meets with them before my Mom and I decided that I needed a new Coach that could take me to the next level.

During the Joey Calzone's meet in November I heard one voice above them all yelling “hep, hep, ho” at his swimmers. This is where I first saw Coach Dan Stratton, the head coach of the Sault Ste. Marie Aquatic Club (SSMAC for short). He sounded exactly like what we were looking for.

I tried out for the SSMAC team at the beginning of December and was accepted onto the team immediately. Since then I have been practicing for 1 ½ hours 3 days a week. Coach Dan accepts no excuses and treats every practice like an opportunity to mould his swimmers into champions.

He tells us what to do and watches us carefully to see if we are doing it correctly. If we are, we get a “good job” and if not he asks us to get out of the pool and he shows us how to do it correctly.

Last year I raced in a 200 meter freestyle race which seemed to last forever. I was way behind but I kept on going and finished the race in last place. This year when I did it again I came in first place but was disqualified for my start. Although I was disappointed I was also proud because I had improved my stamina and speed so much. I know that the next time I attempt this event I will be ready!

I recently completed my second meet as a SSMAC swimmer and I placed 8<sup>th</sup> overall in the 200m Back, I also set all new personal best times and was very proud of my performance as was my Coach.

Swimming to me is not just a form of exercise it's also a way to express myself. Just being in the water is soothing, long practices are rewarding and the adrenaline rush I get from competition lasts long after the meets have finished. Although my body hurts, the fun definitely outweighs the pain.

My mirror of victory currently holds 12 medals and 6 ribbons from my past meets, I can't wait to add some more! I look forward to many more years of swimming and competing and racing against my own past performances.

Next time you are looking for something fun and active to do...Make a splash!



# FASTLANE

Club news and information Page 5

March 2009

## Coaches Notes: By Coach Dan

### The Wisdom of Failure

Regardless of whether you are a Joanne (JK) Rowling fan or not, you cannot argue the success of the Harry Potter series. Since the first volume in 1997, the seven installments have sold over 400 million copies, been translated into 65 languages and are available in more than 200 countries. At age 43, Rowling is considered one of the wealthiest women in Britain and estimated by Forbes magazine to have a net worth of over \$1 billion.

On June 5<sup>th</sup> 2008, Rowling spoke at the Harvard commencement ceremony having received her sixth honorary university degree (preceded by St Andrews University, University of Edinburgh, Napier University, University of Exeter and University of Aberdeen). In her address, Rowling called on members of the graduating class to use their capacity to empathize and their experiences of failure to conquer apathy. Rowling recalled her early adult years as “failure on an epic scale” and described being an unemployed single mother who was “as poor as it is possible to be in modern Britain without being homeless”. But upon reaching her lowest point, Rowling said, she could strip away the ‘inessential’ and discovered “Rock bottom became the solid foundation upon which I rebuilt my life.” Closer to home, our country’s greatest hero and the Lou Marsh Award winner in 1980, Terry Fox, made a commitment to raise one dollar for every Canadian citizen (or 24 million by the population at the time). He proposed to achieve this with a cross Canada run referred to as the ‘Marathon of Hope’. He would begin his run on a prosthetic right leg in St. John’s Newfoundland on April 12, 1980 and finishing in Victoria, British Columbia. Unfortunately, on September 1, 1980, Fox had to discontinue his run just north east of Thunder Bay, Ontario.

To that point, he had not reached his financial goal however he had logged 5, 373 kilometers or 3, 339 miles. Within six months, by February 1981, \$24.17 million dollars had been raised and Terry Fox’s dream of getting one dollar from every single Canadian for cancer research had been realized. Currently, the Terry Fox Run has thousands of Canadians participating and roughly 60 countries around the world. Since its inception, the ‘Terry Fox Foundation’ has raised over \$340 million dollars for cancer research.

Many Canadian swimmers should be familiar with Mark Tewksbury, winner of Olympic Gold at the 1992 Summer Olympics in Barcelona, Spain. However, few will remember that the Olympics in Seoul, South Korea, Tewksbury had finished fifth and had contemplated retirement following his showing. Tewksbury returned from the 1988 Olympics with a silver medal, thanks in part to the other members of the 4x100 medley relay (Victor Davis, Tom Ponting and Sandy Goss). He decided to commit himself to another four years of extensive preparation, travel, and competition. The end result was additional world leading performances, world cup victories, and an Olympic Gold Medal performance in the 100 meter backstroke final. It was an exciting Olympic victory for Canada.

Few of us wish to embrace failure, especially when we are in the midst of it. However, accepting failure can be a tremendous opportunity for growth. Many high performance athletes have been required to overcome failure. Sometimes these athletes have repeatedly experienced failure to achieve their final objective. In my opinion, it is a requirement to success in the long term.

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

Submit content to: [ssmac.newsletter@gmail.com](mailto:ssmac.newsletter@gmail.com) or call 942-8657.

SSMAC Office 2<sup>nd</sup> level John Rhodes Pool. Tel. 941-9880; e-mail [ssmac@bellnet.ca](mailto:ssmac@bellnet.ca).

Website: [www.ssmac.com](http://www.ssmac.com)