



FASTLANE

Club news and information

May 2008

Introduction & Executive News:

Sorry for the lateness of this newsletter but we had a lot of things going on in May and we wanted to wait until everything was finalized.

Past Meets:

May was another very busy month for swim meets. We had twenty swimmers attend the East Side Mario's meet in Sudbury. The swimmer did extremely well bringing home 28 medals and 6th place in team points.

The second big meet was the Thunderbolt International meet in Thunder Bay at the Canada Games Complex. Fourteen very energetic swimmers attended this meet as they swam 10 events over the weekend (plus finals for the senior swimmers). Again SSMAC was represented well bringing home 52 medals of which 16 were GOLD and 19 SILVER. They also combined for 3rd place in team standings. Press releases and newsletters can be seen now on our website at www.ssmac.com under the heading of news. Thanks to Marios for adding this to our website.

Upcoming Meets;

LONG COURSE MEET SCHEDULE

June 13th – 15th Jeno Tihanyi Long Course Championships, Sudbury
June 20 SSMAC SUPER, FUNTASTIC, MIGHTY, SWIM MEET!! all are encouraged to attend!!!
July 3rd – 6th, LC Provincial Championships, Thunder Bay
Aug. 13th – 16th, Ontario Summer Games, Ottawa

Fundraising news:

Shop and Support.

To date Shop and Support has earned \$2,014. We raised \$1,000 since January. Regular orders are completed now for the summer. However, you can contact Janice if you require any over the summer. Also, for individual orders over \$1,000 (except on Cosco and Walmart cards), shipping is free until the end of June. We can make big money with this if EVERYONE gets involved. Last year we had 21 families order cards but only 5 families ordered on a regular basis. For more information, contact Janice at 646-5749. jimbalderson@shaw.ca

Coaches' Highlights:

SUPER SSMAC SPEEDY SWIMMING

Long Course Swim Season Successes:

May Meets: East Side Marios and Thunder Bay International Invite allowed our swimmers to compete in many events/distances as per the Provinces Long Term Athlete Development Model (LTAD) and participate in both Heats(AM prelims) and Finals (PM) in a Long Course-50m pool.

Our Goal is to prepare athletes to do a PBTime in the AM and be able to repeat this achievement in the evening finals, allowing them opportunity to demonstrate good sportsmanship and athleticism in the sport of competitive swimming.

Many of our swimmers made all of their finals scoring some **personal best times in all four strokes and different distances.** They were mighty and it was especially exciting to see senior swimmers make many final swims and allowed the second long course race opportunity in events they are learning how to race! -----Many of our SSMAC swimmers achieved the Goal of performing their PBTime SC in a LC pool or scoring higher FINA points LC! -----**All SSMAC swimmers are excelling in the sport now!** The Coaching Team is very proud of those SSMAC swimmers who made finals for the first time and those swimmers at their **first**

Long Course meet who swam all their events well--- these experiences will help them in their future competitive swimming and have given our swimmers the confidence to "GO FOR IT"! **They are all believing they are MIGHTY SSMAC.** As we prepare for the **June Regional Championships** the swimmers and Club get to embark on a new experience, **swimming together as a TEAM.** This event is a **TEAM** points event and swimmers are trained and expected to do PB Times in all AM swims ---this competition will be exciting and we have a large **SSMAC TEAM** participating with lots of talent---swimmers will be sitting and cheering as a **TEAM** and are reminded to wear their **TEAM** uniform and bring a **WATER** bottle on deck and some healthy snacks as the sessions are long and the Gold Pool is very hot and humid.

Please note that all swimmers need to be at the Gold Pool at **4:15 Friday June 13th, 7:45AM Sat and Sun mornings** and those in the afternoon sessions need to be there at **1:15pm on Sat June 14th and Sun June 15th** **** this is a change from the original meet information. ****



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Coaches' Highlights Continued:

The Head coach will meet with parents on **Wednesday, June 11th, 2008** after evening practice at 6:00pm. Please forward your questions to the office and we will try to have all information for you then so you get the correct information. With the Summer Season we see many swimmers too tired to train. This is a safety concern as athletes who are not ready to train can get injured. The basic recommendation for swimmers is 10-12hrs of sleep and lots of good nutrition.

We want to thank Coach Danielle for all her help and the quality safe instruction she provided to our swimmers. We also want to congratulate Coach Andrew for completion of his NCCP Level One Skills Course and wish him luck on his assessment. Proper training and mentoring of Coaches is a necessary time intensive process and extremely important for the Safety of your swimmers! Regular Practice schedule ends **Thursday June 19, 2008**. We have the pool booked afterwards and will be sending out an updated summer schedule and more information as soon as it is finalized and approved!

Happy Swimming

Head Coach Eve

Other highlights:

Erinn Theodossiou and Lexus Hall spent their birthdays in the pool at a swim meet. What a way to celebrate!!

Intermediate swimmers make huge improvements and swam age group finals at Eastside Marios and Thunder Bay.

Congratulations go out to Michael Lawrence, Brendan Wilton, Christopher Carlyle, and Rayne Fisher.

Coach Eve is issuing "SUPER SPEEDY SWIMMERS" speeding tickets. If you need more information about these tickets, swim very fast or ask Shane Rock.

Summer swim schedule to be announced shortly or ask Coach eve, 941-9880.

Good luck from the Alumni Coaching Staff to all swimmers attending Regional Long Course Team Championships in Sudbury on June 13th - June 15th.

Birthdays:

May:

Shae McLury May 1

Michael Reid May 1

Dante Severini May 5

Devon Cavanagh May 10

Lexus Hall May 10

Amelia Marrato May 19

Erinn Theodossiou May 24

Kalen Critchley May 27

Sarah Gelmych May 29

June:

Kate Mohammadi June 1

Franc Marrato June 5

Michael Lawrence June 6

Ryan Griswold June 21

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

Classifieds:

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

For Sale: TYP SPLIT fins. Contact Coach Eve.

Other news:

Please remember to check your swimmer's mailbox for any important news.

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

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

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Website: www.ssmac.com