



# FASTLANE

Club news and information

Nov./Dec. 2008

## Introduction & Executive News:

We have now completed three months of our swim season, attended 2 developmental meets, and hosted a very successful Joey Calzone Invitational meet. So I guess we have been busy. But we can't stop now. In January, we co-host the NEOR #3 meet along with the Soo Y Dolphins. We will need parent volunteers to help out again and seeing we have one meet under our belt, this one won't be as hard.

Both Johanne and Kim send their congratulations and express a big thank you to all our parents for their help in hosting a very successful Invitational swim meet - Joey Calzone's.

Please note that if you need to contact the registrar, Karen Reid please use the new following email address: [ssmac.registrar@gmail.com](mailto:ssmac.registrar@gmail.com)

Also our equipment manager, Paula Filmore has a new email address that she can be reached at, it is [ssmac.equipmentmanager@gmail.com](mailto:ssmac.equipmentmanager@gmail.com)

There is a new meet schedule posted on the website which has this year's meets broken down by who should attend each meet by their level. It can be printed out, viewed on line and we will post a copy in the office at the pool. While on the subject of attending meets, NEOR developmental meets are MANATORY meets for clubs. IN other words, we, as a club in the NEOR region, MUST attend. If we do not attend, we, as a club, are subject to a fine imposed by NEOR (the regional swim governing body). Only 6 swimmers attended the last NEOR #2 meet in North Bay. Not only does this small showing not help develop team bonding but also it does not look good for SSMAC: It suggests that we, as a club, are not supporting the region. We must show our support to our fellow swimmers and as well as the other clubs in the region if we expect their supporting return. These meets are designed to help develop the swimmers in familiar surroundings as well as a more affordable event.

## Coaches Notes: By Coach Dan

The Commodity of Time

Required reading for all our swimmers should be 'The Last Lecture' by Randy Pausch and Jeffrey Zaslow. Based on Pausch's address at Carnegie Mellon University in September 2007, this lecture was continuing with a tradition of having retiring professors make a presentation to faculty and students that reflected on their career. In this case the context was different; Randy Pausch was retiring

secondary to his diagnosis of terminal cancer. Within one month of the presentation being posted on the internet, over one million viewers had watched the address. Realizing the growing popularity of the piece, Wall Street Journal writer Jeffrey Zaslow approached Pausch about expanding the lecture into book format. The book became a bestseller on the New York Times bestseller list in June 2008.

Pausch gives an account of his drive to become a leading researcher and lecturer in the area of computer science that began with his undergraduate and graduate degree and his eventual associate professor position at Carnegie Mellon University. Along the way, Pausch demonstrates strength of courage and leadership translating his above average intelligence and skills of time management, work ethic and mere determination to achieve a position within the academic elite. In addition, Randy continues to entertain some lofty dreams from his childhood including playing in the NFL, space flight and doing designs for Walt Disney Corporation. Pausch refuses to accept the limits of making these dreams reality. He achieves his dream of space flight by accompanying a group of researchers studying the affects of gravity into test flights with NASA. He eventually consults with the Walt Disney Imagineering department in virtual reality projects. Although his dreams of playing of the NFL are hampered by his physical stature eventually he has a light workout with an NFL team as an honorary member of the team. Randy Pausch was a prolific writer, researcher and innovator. He received several distinguish teaching awards and mentored hundreds of students in the areas of computer science and virtual reality design. However, ironically his legacy may be a non-academic account of achieving childhood dreams, the battle with a terminal disease and the shared human experience. TIME is the ONLY commodity that matters is the thread throughout the book. North Americans are distracted by other commodities primarily commercialism. Ironically, since the book has become a bestseller a steady economic decline has occurred forcing our world to re-evaluate the importance of commercialism. Pausch's experience is a reality that we all must face. Time is a limited commodity. Time should reflect our priorities and dreams. Time should guide life's most important decisions. Commitment to greatness in any field academic, athletic or otherwise requires a commitment to the resource of time. The greatest gift you can provide someone is the gift of time.

Pausch eventually succumbed to his disease on July 25<sup>th</sup>, 2008 at his home in Virginia. He was the father of three young children and a wife of eight years.



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### Upcoming Meets;

Dec. 4-7, Youth Cup, Etobicoke  
Dec. 13, Traverse City Invitational, Traverse City  
Jan. 10, SCAT Winter Invitational, Sault Michigan  
Jan. 17-18, NEOR #3, Sault Ste Marie

We are sending 11 swimmers who qualified to attend the Youth Cup being held at the Etobicoke Olympium pool in Toronto. Congratulations go out to Erin, Steven and Brian Lee, Michael and Joshua Lawrence, Kalen Critchley, Shane Rock, Marina Fournier, Sarah Theodossiou, Julia Turgeon and Kyle Matthews. Good luck and good swimming.

### Past Meets:

October saw us host our first meet of the season, the Joey Calzone Invitational. It was a very successful meet both in the water and out. Although we didn't get the number we had hoped for, those who did attend, enjoyed themselves and we are sure the word will get out for next year. We saw 35 of our competitive swimmer enter this meet in which every swimmer had at least one best time and contributed to the team winning both A and B division team trophies. We also won seven out of the fourteen individual high point trophies. This shows that the MIGHTY SSMAC is BACK!

We also sent 6 swimmers to the NEOR #2 meet in North Bay on Nov. 29<sup>th</sup> and 30<sup>th</sup>.

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

### Birthdays:

My apologies go out to Gareth. In the October newsletter his last name was wrong. It now has been corrected and I hope you have a great birthday.

December:

Gareth Bellinger Dec.10

Amanda Jeffreys Dec. 12

January

Colin MacQuarrie Jan. 1

Kanchi Bajjal Jan. 4

Hannah McClurg Jan. 4

Marissa Lobert Jan. 17

Sheridan Worth Jan. 17

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

### Social News:

We are looking for someone who will volunteer a little of their time to help organize some social events for the swimmers. These events could also be tied in with fundraising efforts.

### Fundraising news:

**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 box provided in the office.

### CHRISTMAS FUNDRAISING BOTTLE DRIVE

The Executive has approved a liquor bottle drive to raise money for the club during this holiday season. Please save all your empties and that of your extended families, friends and neighbours as well. These include all returnable beer, wine or liquor bottles used over the holidays and donate them to the club. During the week of January 5<sup>th</sup>, volunteers will come and collect these bottles from your house. The total of money collected from these bottles will be taken off of your fundraising commitment. We are looking for volunteers to help pick up these bottles and return them. Of course these volunteers would be credited participation points.

We are trying to form a fundraising committee to make less work for everyone. Anyone interested in part of this committee or has an idea for a fundraising event please contact Rob Rock, Fundraising chair, at 942-8657 or [ssmac.fundraiser@gmail.com](mailto:ssmac.fundraiser@gmail.com)

### Shop and Support.

So far Shop and Support has brought in just over \$980 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. With Christmas coming, it is a great way to fill the stocking or get something for the hard to buy for person while on your list supporting the club. 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)



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## OTHER NEWS:

Currently we have an Issue Resolution Process in place through the use of the Liaison Committee that deals with conflicts within our club. The purpose of the Liaison committee is to assist the club in its goal of “enhancing mutual respect, cooperation, and standards of behaviour” by keeping in touch with members, by identifying issues and problems that may arise from time to time, and to be responsible for these being brought to the attention of the appropriate person or persons in order to reach a fair solution. If an issue can not be resolved informally, the Liaison Committee can be activated by contacting any of the committee members and by filling out an “Issue Documentation Form” which can be found on the SSMAC website

<http://www.ssmac.com/newsletter/Newsletter.html>.

Remember, we all signed the parental agreement to keep the issues of the club within the club, and this is truly the best way to resolve any issues IF and as they arise.

Here are the names of the Liaison Committee for this season:

Chair and Level 5 representative, Amy Reich  
Level 4 representative, Rachel Kennedy  
Level 3 representative, Cora Severini  
Level 2 representative, Peter Lobert  
Level 1 representative, Lianne Lawrence  
Executive representative, Rob Rock  
Coach representative, Dan Stratton

Please feel free to contact anyone of these members directly if you have an issue that requires their help. Please also refrain from sending emails, as confidentiality cannot be maintained.

Dry Land Strengthening Program has been started up with some of the Level 1 & 2 swimmers. It is being held at the George Leach Center Monday and Wednesday mornings and is run by Coach Dan.

## GETTING INVOLVED:

We hosted our second swimming 101 course on Nov. 11 and was received well by the parents who attended. SSMAC will hold another session of swimming 101 on JAN.13<sup>th</sup>. Remember that this course is mandatory for Level 5 and Roo parents to attend at some point throughout the season. Please plan to attend. Other parents are more than welcome to come and participate. More details to follow.

Please contact Johanne at [ssmac.officials@gmail.com](mailto:ssmac.officials@gmail.com) if you are interested in attending at timers clinic. We need timers for 2 more meets this season. The course does not take long and it is a good way to earn participation points or can be used by high school students for their volunteer hours. . We could deliver this course on a Saturday morning during practice.

Dec. 29<sup>th</sup>, from 5-7pm at the SSMAC office, Jean will be holding a Meet Manager Training Course. Anyone interested or would like more information, please contact Jean at [ssmac.president@gmail.com](mailto:ssmac.president@gmail.com)

## CHRISTMAS PRACTICE SCHEDULE:

Dec. 22, 4:15pm – 5:45pm, Levels 1, 2 & 3  
Dec. 23, 7am – 8:30am, Levels 1 & 2,  
4:15pm – 5:45pm, Levels 1, 4 & 5  
Dec. 24, 7am – 8:30am, Levels 1 & 2  
Dec. 25 & 26, NO PRACTICE  
Dec. 27, 7am – 9am, Level 1, 2, 3, 4, & 5  
Dec. 28, NO PRACTICE  
Dec. 29, 4pm – 6pm, Level 1, 2, & 3  
Dec. 30, 7am – 9am, Level 1 & 2  
4pm – 6pm, Levels 3, 4, & 5  
Dec. 31, 7am – 9am, Levels 1, 2 & 3  
Jan. 1, NO PRACTICE  
Jan. 2, 4pm – 6pm, Level 1, 2, & 3  
Jan. 3, 7am – 9am, Level 1, 2, 3, 4 & 5  
Jan. 4, NO PRACTICE  
Jan. 5, regular schedule starts.

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

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

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

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