



FASTLANE

Club news and information

October 2008

Introduction & Executive News:

We have gotten through our first meet and had some very good swims by all swimmers. We have been working hard behind the scenes to get the club fully functional, registering all the competitive swimmers and planning for our Joey Calzone's Invitational meet being held Nov. 14th through 16th here at our pool. It is a great meet where each swimmer can swim up to 9 personal events and you don't have to drive and stay in a hotel!!

The following is a list of not only the executive but also others who are doing a job for the club and always appreciate input or even some help. Please let me know if I missed someone.

President, Jean Turgeon ssmac.president@gmail.com

Vice-Pres, Marios Theodosiou mariost@shaw.ca

Past-Pres, Harry Sowards hfsowards@ontera.net

Treasurer, Don Boucher don@holmetsecurity.com

Secretary, Paula Theodosiou mariost@shaw.ca

Registrar, Karen Reid ssmac.registrar@gmail.com

Fundraising, Rob Rock ssmac.fundraiser@gmail.com

Coach Dan coach@ssmac.com or ssmac@bellnet.ca

Meet Manager;

Kim Fisher, ssmac.meetmanger@gmail.com

Officials,

Johanne Guilbault ssmac.officials@gmail.com

Shop & Support,

Janice Belanger ssmac.shopsupport@gmail.com

Equipment Orders

Paula Fillmore dp.fillmore@sympatico.ca

Newsletter submissions

Rob Rock ssmac.newsletter@gmail.com

Hope these help.

Coaches Notes:

How important one's perspective is in observing and interpreting the world around us. Consider, as an example, Canadian astronaut Chris Hatfield. The former Canadian Air Force Colonel has flown two space shuttle missions including Atlantis (1995) and Endeavour (2001). In describing his experience he has explained 'I've seen the whole country in the time it takes just to think about it and have seen three provinces in one glance'. Moving at eight kilometers per second, the space shuttle circles the globe every 90 minutes and encounters sunrises and sunsets 16 times per day.

I have had the privilege of meeting Mr. Hatfield twice. Although he continues to reside and work in Houston, Texas at the Johnson Space Centre, he returns to hometown of Sarnia frequently to spend summers at a small island just south of the city (Stag Island). On one occasion, he was presenting some sample images from the 10,000 photographs taken from space by crewmembers over two missions. His presentation in a school gymnasium at Bright's Grove Public School was both engaging and exhaustive. The second occasion was much less formal, taking place at a small social gathering on Stag Island. It was incredibly humbling to meet this Canadian icon. In addition to his missions with NASA, he has flown CF-18's across Canada and speaks fluent Russian.

My point is this, I'm sure that his perspective of a dead battery in his vehicle is very different than my own. I doubt he would call CAA.

Competition and the associated physical requirements necessary to achieve may seem insurmountable for a novice swimmer, however for our most experienced athletes it appears effortless. The skills and physical attributes necessary to succeed as a provincial and national level athlete are indeed complex. However, I have always subscribed to philosophy that emerged early in my coaching career. The best mental preparation is physical readiness. This was repeatedly reinforced by an influential coach I had while I was still in high school and continues to influence my coaching perceptions today. Without exception, athletes that I have coached that have not achieved according to their and my expectations could trace back their lack of physical readiness and gaps in their training preparations prior to the event. When I view and evaluate swimming performances at any competition, be it regional, provincial and/or national it's from this perspective. Thus, it is my role and the role of our club coaches to ready our swimmers for competitions and the demands they will face in those situations appropriately. This certainly is a drain on resources from the perspective of the athlete, coach, and club. There are no short cuts to high performance and those who succeed do so through appropriate dedication, time and a tremendous amount of effort. Respect for the process will yield results regardless of the natural abilities of the swimmer.

At the completion of their competitive careers, it is my hope that all our swimmers will appreciate and respect this process. Moreover, I further hope it influences their approach to all challenges encountered post their athletic career.

Coach Dan



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Upcoming Meets;

Nov. 14-16, Joey Calzone Invitational, SSMAC
Nov. 29-30, NEOR #2, North Bay
Dec. 4-7, Youth Cup, Etobicoke
Dec. 13, Traverse City Invitational, Traverse City

Past Meets:

We had 26 swimmers attend the first NEOR #1 meet in Sudbury in October. ALL the swimmers had personal best times, which is a major accomplishment for the first meet of the season. Congratulations to all the swimmers for their hard work.

Six of our high school aged swimmers qualified to join a 24-member NEOR All Star team that competed at the Laurentian University Varsity Quad Meet on Nov. 1st & 2nd. Members of the team were Marina Fournier, Sarah Theodossiou, Julia Turgeon, Brian Lee, Josh Lawrence and Kyle Matthews. They gave the University swimmers a run for their money with each swimmer posting at least one personal best time over their 4 events. This was an opportunity for these swimmers to face competition at the next level while being able to show off to each university what they have. They all did the club and the region proud. All meet press releases can be found on the SSMAC web site and online at www.sootoday.com and www.saultsports.com.

Birthdays:

November:

Ben Maxwell Nov. 4
Lucas Luciani Nov. 5
Marina Fournier Nov. 18
Tayna Baker Nov. 20

December:

Gareth Belanger Dec.10
Amanda Jeffreys Dec. 12

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

Equipment Manager Report:

Contact Paula Fillmore at 649-5628 or dp.fillmore@sympatico.ca for any swim equipment needs.

Social News:

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

Fundraising news:

Anyone interested in planning a fundraising event or has a suggestion for an event, please contact Rob Rock, Fundraising chair, at 942-8657 or ssmac.fundraiser@gmail.com

Shop and Support.

So far Shop and Support has brought in \$425 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. The order dates are on the SSMAC calendar that can be found on the website. The next order dates are Nov. 8th and 22nd. For more information, contact; Janice at 946-5748, or ssmac.shopsupport@gmail.com

Extra Credit:

A new item we would like to report in our newsletter is accomplishments of our swimmers outside the pool as well. However, I need your help. Please email me any information I could put into the newsletter so we can know more about our swimmers. Sorry if I missed anyone, but here is what I have for October. In October, Amelia Marrato set a record for her cross-country race in the Algoma District Elementary Schools proving she is fast in the water as well as out, congratulations Amelia! Other cross-country runners competing in October were Marina Fournier, Chelsea Griswold and Elyse McCarthy competing for Sir James Dunn in the city high school cross-country meet. Chelsea and Elyse both went onto compete at NOSSA were they competed for both their city and their school. Congratulations girls. Shane Rock came 3rd in his cross-country race for the Huron-Superior Catholic District School Board for the elementary schools as well as his St. Patrick's softball team finished 1st for the City East end district and 2nd for all of the HSCDSB. Congratulations Shane.



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OTHER NEWS:

Joey Calzone Invitational meet is coming up fast. We need all the help we can get, so please if you haven't signed up to help out, contact Kim Fisher, meetmanager, at ssmac.meetmanager@gmail.com to find out what is available. Also, contact Johanne Guilbault at ssmac.officials@gmail.com if you are available to officiate. Remember: "The sooner we know who can do what the easier it is to plan". Any help goes towards your participation points.

On Wednesday, October 1st SSMAC hosted a club time trial event during our regularly scheduled practice time 4:00 PM to 5:45. This time trial was designed to allow our club's youngest and newest swimmers to meet the pre-requisite standards in either the 400m-freestyle and/or 200 IM. NEOR Development meets introduced this Pre-requisite standard to harmonize the long-term athlete development model (LTAD) that both Swim Ontario and Swimming Canada launched this 2008-09 competitive season.

We had a great turn out and even the swimmers had some fun. Thanks to all those who helped make it happen.

The executive recently approved the formation of 5 new committees: Nomination, Fundraising, Communication/Social, Meet Managing and Advisory. We would like one member from each level to on each committee to give a voice for the swimmers in that level. Currently we have an adhoc Liaison and meet management committee. We will be posting the new terms of references and by-laws on the website. When we do, please review each of these committees' duties and volunteer for one that suits you.

Currently we have an Issue Resolution Process in place that deals with conflicts within our club. The intent of the SSMAC Issue Resolution Procedure is to resolve effectively concerns raised by any member, swimmer, or coach in a reasonable and serious manner. If an issue can not be resolved informally, the Liaison Committee can be activated by contacting an executive member, a liaison member and by filling out an "Issue Documentation Form" which can also be found on the 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.

GETTING INVOLVED:

We hosted our first swimming 101 course in October and was received well by the parents who attended. SSMAC will hold another session of swimming 101. After discussion with Dan, we thought this invitation should be extended to parents of swimmers in ROOs, level 5 and 4. We are convinced that the content would be of interest to all of these parents. The session is currently planned for the 11 Nov 2008 at 6:30. Watch for details.

The Soo Y Dolphins hosted a combined Timer's clinic which SSMAC families were invited and attended. They are planning more in the future. Stay tuned for details. It is an excellent way to get involved.

Classifieds:

If any one has fins or good used equipment for sale, please let the rest of us know by putting it into the classifieds. Send an email to ssmac.newsletter@gmail.com with a description, cost and a contact phone number or email address.

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

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

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Website: www.ssmac.com