



FASTLANE

Club news and information

September 2008

Introduction & Executive News:

First let us welcome you back to our 30th anniversary year of excellence in swimming. It looks like it is going to be a great year and everyone on the executive is pumped and excited about our swimmers' prospects. Let us introduce you to your executive:

President: Jean Turgeon

Past President: Harry Swards

Vice-president: Marios Theodossiou

Treasurer: Don Boucher

Secretary: Paula Theodossiou

Registrar: Karen Reid

Fundraising: Rob Rock

Here are a few more volunteers who have stepped forward to help the club in other areas:

Janice Belanger - shop and support, Kim Fisher and Johanne Guilbault - Co-Home meet managers, Johanne also as Chair of Officials, a committee of Cora Severini, Sheila Critchley and Diane Mohammadi to work together as away meet managers, Mark and Tina Luciani as Participation point coordinator and point tabulator, Paula Fillmore equipment manager. Frances Swards is the chair of the adhoc policy committee with members Amy Reich, Cora Severini, Lianne Lawrence, Peter Lobert, Rachel Kennedy and Jean Turgeon (executive rep) that have been working over the summer on new bylaws for our club. Rachel Hall is organizing the dance for the Joey Calzone meet. Also thanks to Laurie Carlyle for stepping in as interim registrar to get the club going.

Coaches' Notes & Highlights:

Sleep. Meet. Compete.

One of the greatest experiences of the Olympic Games and Paralympic Games for its participating athletes, coaches, managers and officials is the Athletes Village. Imagine for a minute, 35,000 representatives from approximately 200 countries sharing accommodation, meals and leisure pursuits such as TV, phones, computers and video gaming. Imagine the unique experience of sitting down to lunch across from a swimmer from Serbia, a table tennis star from China or a wheelchair basketball player from South America. This truly is a unique cultural exchange that is a chance of a lifetime and central to Olympic ideals of peace through understanding.

How unfortunate it is that many athletes perceive this as a significant distraction to their preparation and performance to the extent that they believe this is a barrier to success in their individual events. Controlled conditions are in some ways ideal for success and achievement, thus access to the Olympic Village by the media and family is limited. However, athletes need to develop an understanding early in their careers the importance of sport as a means to experience a cultural exchange.

This is perhaps why I endorse the notion of billeting to the extent that I do. Competition and performance are certainly important. However, in my opinion, developing and understanding of other families, communities and rival athletic teams culture is also valuable. Not only does this give swimmers a new appreciation of home and the comforts of that familiar bed, chair, dining room and refrigerator, it provides an understanding of the nuances of ones competitor. That swimmer that you always compete against shares many of the same environments both in training and outside the pool. Understanding a competitors' experience can establish a bond that may in fact continue beyond the career of the swimmer.

NEOR has a strong tradition of billeting. Western Ontario Swimming Region (WOSA) of which I was a member of for almost twenty years does not have that tradition. In my opinion, this is unfortunate for those swimmers and members. Central Region (greater GTA) is similarly unfamiliar with the tradition of billeting for the past 30 years. I believe the sport experience is somewhat diminished as a result. The greatest swimmer ever to immerse from the NEOR program was Canadian Swimming Legend Alex Baumann. I have never spoken to Mr. Baumann about his early swimming career; however I would be inclined to make the following prediction. His experience in traveling and billeting in this region may have contributed to his acclimatizing to the athlete village in Los Angeles in 1984. Further, it may have actually enhanced his achievement of two (2) gold medals and two new world records established that tremendous week in July twenty four years ago.

Sleep. Meet. Compete. It may be greatest experience that sport can provide today's children and youth.

Coach Dan.

Upcoming Meets;

Oct. 18-19, NEOR #1, Sudbury (deadline Oct. 3)

Nov. 14-16, Joey Calzone Invitational, SSMAC

Nov 29-30 NEOR #2 North Bay



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OTHER NEWS:

On Wednesday, October 1st SSMAC will be hosting a club time trial event during our regularly scheduled practice time 4:00 PM to 5:45. This time trial is designed to allow our club's youngest and newest swimmers to meet the pre-requisite standards in either the 400-freestyle and/or 200 IM. All swimmers attending the upcoming NEOR Development Meet #1 hosted by Sudbury Laurentian are required to meet the pre-requisite standards for these two events. Many of our returning swimmers in the upper levels have swum these events in sanctioned meets in their previous seasons, however many of our Level 4 and 5 swimmers have not. NEOR Development meets are introducing this Pre-requisite standard to harmonize the long-term athlete development model (LTAD) that both Swim Ontario and Swimming Canada will be launching this 2008-09 competitive season.

All parents/families are invited to attend and support our swimmers in their first competitive experience this season and will be provided 5 participation points per person as per our club policy for their assistance in providing the meet. We invite all swimmers to attend, however our primary priority is to provide those swimmers without the pre-requisite swim an opportunity to achieve their sanctioned swim.

Coach Dan

Past Meets:

Nothing to report as of yet. Stay tuned. All meet press releases can be found on the SSMAC website and will be submitted to the Sault Star, Sault This Week, Saultthisweek.com, sootoday.com and saultsports.com.

Classifieds:

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

Equipment Manager Report:

Wednesday, Oct 1, 4:30 to 6:30pm will be an equipment order night at the pool. There will be swimsuits, t-shirts, hoodies, tracksuits etc. available to try on for sizing and ordering. You can contact Paula Fillmore at 649-5628 or dp.fillmore@sympatico.ca for more information.

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.

Birthdays:

October:

Aron Mohammadi Oct. 23

Cait Tomlinson Oct. 23

November:

Lucas Luciani Nov. 5

Marina Fournier Nov.18

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

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 rock@shaw.ca.

Shop and Support.

Our first two orders this season has brought in \$220. There have been 14 people order cards so you can see it is an easy way to raise your fundraising commitment funds by just ordering cards for your everyday items, like food and gas and with Christmas coming, it is an easy way to fill the stocking. The next two order dates are Oct. 9th and Oct. 25th. For more information, contact; Janice at 946-5748, jmbelanger@shaw.ca

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