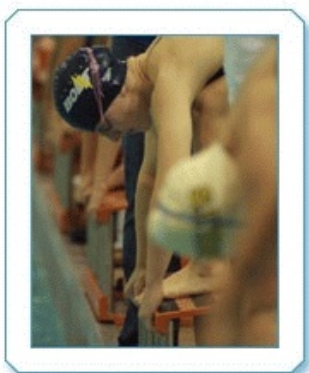


off the blocks

THUNDER BAY THUNDERBOLTS SWIM CLUB MONTHLY NEWSLETTER | 2009 ISSUE 1 | JANUARY 2009



swim 

Dates to Remember

Stroke & Turn Clinic

4 Jan 09

Full Schedule Begins

5 Jan 09

Groundhog Invitational

9-11 Jan 09

12 & Under NWO Camp

17-18 Jan 09

Words of Wisdom

REMINDE YOURSELF OF YOUR PREPARATION AND YOUR PREVIOUS SUCCESSES

Affirmation of our abilities and predictions of successful performance are most believable when supported by the evidence. So muster up all the evidence you can. Remind yourself of all the things you did to prepare for the upcoming performance. And remind yourself of previous successes.

Even if you have not prepared perfectly (which no one ever does), now is not the time to remind yourself of the imperfections in your training activities. There is a lot of room for imperfection. You need not train perfectly to be strong, fast, flexible, well conditioned, skilled and well practised in plays, strategies, and timing. But given where you are at any given time, it be hooves you to focus on the things you did to prepare and how well you did them.

Similarly, you need not have a history of succeeding every single time in order to believe you are going to succeed this time. In fact, you need not ever have succeeded before. You can still do well now. Whatever successes

you have had, however, are worth focussing on. They gain more weight as you attend to them and act a good

evidence for your predictions of forthcoming successful performance. And of course, while reminding yourself of what you did well in the past, you tend to practice those good performances and recapture the feelings that accompanied them.

Reminding yourself of the preparation you did and your previous successes can help you feel confident of doing well in upcoming events. Frequent reminders of preparation and previous successes will help build a general tendency to approach things more.



Dr Keith Bell

Happy Birthday



Celebrating birthdays in
January

Alyssa Parsons
Georgette Lemieux
Megan Carlson
Morgan LaBelle
Kyle Chisholm
Alyssa Beasley
Kurtis Halvorson
Maria Piovesana
Aminah Fares
Cameron Coats
Celtie Coats
Madison Coats

Swim Tip of the Month

Broaden Your Horizon 

This month's tip comes from nutrition counselor Jessica Knowles. Knowles offers some advice on eating a variety of food.

Knowles' Tip:

Broaden your horizons when it comes to trying new foods. The reason why we say to eat a variety of foods is due to the nutrients each food contains. Go to mypyramid.gov to give you a guide to eating a well-rounded diet.

I don't recommend supplements for getting vitamins and minerals into your body. Your body absorbs nutrients from food better than a pill, and there are things like phytochemicals in fruits and veggies that cannot be reproduced in a lab. Also, the dietary supplement industry is not as strictly regulated as the foods we eat, and supplements may contain prohibited substances not listed on the label. They are classified as "Take at Your Own Risk" for Doping Control. (For more information visit www.usantidoping.org).

And just because your weight and blood pressure are normal doesn't mean you're necessarily healthy. How are your blood lipids (i.e., Cholesterol, HDL, LDL)? Foods that come from an animal source will have saturated fat and cholesterol in them. That's why beans/legumes are also recommended as a protein source that has no cholesterol or saturated fat.

Being picky isn't going to cut it when it comes to your health. When you eat better, you perform better. It's that simple.

Parent Tip of the Month

How does your Child Experience Sports?

Children have their own reasons for participating in sports and physical activities but coaches and parents are not always in harmony with their motives. Children commonly play sports:

- to have fun;
- to experience thrills;
- to be with friends or make new friends;
- to do something they are good at;
- to feel good about themselves;
- to feel accepted; and
- to improve and learn new skills.



How to be a Winning Parent



Stroke and Turn Clinic

A stroke and Turn clinic will be held Sunday, January 4th, 2009 2:00 pm at the Canada Games Complex. All parents that have not taken this clinic are invited to attend. Please contact Janice Trush at janicetrush@hotmail.com for more information.

Before you sign up or involve your child in a sport or activity, take time to talk to your child about his or her interests. Children are far more likely to continue in the activity if they are satisfying their own motives and have the support of their parents. They are also more likely to want to achieve excellence in competition for the same reasons.

Sport Parents often have their own reasons for seeing their children in sports, and problems arise when their motives conflict with those of their son or daughter. The result can be a very negative sporting experience for the child. Some of the most common problems arise when parents:

- place too much emphasis on winning;
- push their children to specialize in one sport too early; or
- live their own dreams through their children.

The ideal situation is when your child finds intrinsic reward in participating in the activity – otherwise known as FUN! When the emphasis shifts towards external rewards from parents (extrinsic motives) or being “pushed” to participate, children are far less likely to enjoy and continue in the activity and they become more susceptible to burnout and dropout.

Bingo Dates

Bingo dates for the month of January through March are as follows:

- ☛ 3 Jan 09 - 9:15 pm to 12:45 am
- ☛ 21 Jan 09 - 9:15 pm to 12:45 am
- ☛ 6 Feb 09 - 9:15 pm to 12:45 am, and
- ☛ 7 Mar 09 - 9:15 pm to 12:45 am



Please sign up if you have not already done so.

Quote of the month

Champions are made in the gyms

Champions are made from something deep inside them - a desire, a dream, a vision.

-Mahummad Ali-
