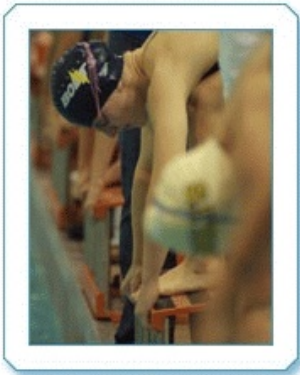


# off the blocks

THUNDER BAY THUNDERBOLTS SWIM CLUB MONTHLY NEWSLETTER | 2009 ISSUE 2 | FEBRUARY 2009



## Coach's Corner

### FEBRUARY FOCUS

Focus can be the hardest thing to maintain when you are in the midst of a longer training stretch between competitions. It is during these longer stretches that maintaining and elevating your focus becomes very important. Being focused on what you need to do everyday is the fastest path to achieving your goal. It is understandable if you need that day off or have an off day in the pool but allowing that to become the norm will definitely derail your path to success. Results of good or bad training are cumulative and will have either a positive or negative effect both physically and mentally on your ultimate race performance. Focusing on the positive and not allowing the negative

attributes to become your everyday actions can make those longer training stretches fly by and allow for the positive performances when it comes time to race.



"Your lifestyle, your character and your success or failure is solely in your hands- but remember-it is in your hands every minute of every day. Success or failure is yours for the taking." Gregg Wells, PHD University of Toronto.

Have a great February!!

Stu



## Dates to Remember

We have a number of upcoming events in the next few weeks including the High Voltage Invitational here at the end of the month. Please check the bulletin board for information regarding meets, fund raising opportunities and club requirements.

### HIGH VOLTAGE INVITATIONAL

**Feb 28-Mar 1, 2009 THUNDER BAY**

Meet Info and Sign-up on the Bulletin Board

### MAN/SASK

**March 19-23, 2009 Regina**

Still awaiting Meet Package, Travel Information has been sent out.

### KSS NWO OPEN SWIM MEET,

**April 3-5, 2009 Kenora**

Meet information and Sign-up have been posted.

### THUNDERBOLT SWIM-A-THON

**MARCH 28TH, 2009**

Details to follow

Please check meet sign-up deadlines carefully, athletes wishing to attend any meet must be signed up prior to deadline.

# Happy Birthday



Celebrating birthdays in  
February

Justin Krueger  
Ashley Drindak  
Meagan Uchtenhagen  
Ann Cano  
Sandra Dusolt  
Patrick Crowe  
Taylor Snead-McPherson  
Riley Fredrickson  
Quillan Baughman  
Jeffrey Seed



Keep things Balanced

## From the Desk of... Coach Kathryn

I was fortunate to travel to Kenora January 16<sup>th</sup> to 18<sup>th</sup> for the NWO 13 and Under Training Camp. The eight swimmers who attended the camp included Shaylyn Bishop, Megan Carlson, Madison Taylor, Jessica Barch, Cassandra Jacobsen, Taylor Speziale, Kaitlin Trevisan and Jenna Simpson. A total of 30 swimmers from the region participated in the camp. As a coach, I found the camp very beneficial for the swimmers, as well as for myself. The swimmers learned numerous new drills, took part in dryland activities, evaluated their goals, and challenged themselves daily. They learned new skills which they were able to bring back to Thunder Bay and share with their fellow athletes. It was a great experience for everyone who attended!



I am also very excited about the expansion of our Age Group 2 group. Approximately eight swimmers from the Flashes competitive group have had the opportunity to swim up with Age Group 2 on Mondays and Wednesdays. I enjoy challenging these swimmers to be the best that they can be, and thoroughly enjoy coaching these new smiling faces!☺

Keep up the hard work!

Kathryn☺

## From the Bulkhead... Coach Christine

Well I'm glad to hear that everyone had a great break and is excited to be back swimming. This month has been great! I have seen a huge improvement with everyone of my swimmers, they come to each practice ready to work hard! I have been building everyone's endurance while keeping their speed strong. I would like to say a special congratulations to the few swimmers who have stepped up doing a half move-up, and are now swimming some days with Kathryn. The Fort Frances swim meet was very successful, tons of best times, congrats to all who went. Its been an awesome January and hopefully it will translate to a very successful February.

~~Christine

## Swimmer's Perspective

NWO Swim Camp

Megan Carlson  
participated in the

NWO Swim camp held in Kenora last month. When asked to comment on her experience, she was more than happy to do so. At the pool, her most memorable moment was learning the "Crazy Scull", a swimming drill. She also learned that you don't stay on your back in backstroke, you stay on your side. She enjoyed meeting and working with Coach Kristi.

Outside of the pool, the best part of the weekend was hanging out with friends on the bus and in the hotel. Her favourite hotel memory was waking up to all her teammates singing her happy birthday in the hotel room. For all those who did not attend, she had one thing she wanted to pass on. "In breast stroke there is a saying, 'Sweep, catch, glide' it works pretty well!"

## Thunderbolts Give back to the Community

### FEDERAL CHILDREN'S FITNESS TAX CREDIT

The Federal Children's Fitness Tax Credit is a non-refundable tax credit on eligible amounts of up to \$500 paid by parents/guardians to register their children under the age of 16 in an eligible program of physical activity. The credit applies to supervised children's programs which have a significant physical activity component and meet specified criteria. For more information about the criteria, go to [www.cra-arc.gc.ca/whatsnew/fitness-e.html](http://www.cra-arc.gc.ca/whatsnew/fitness-e.html).

Parents/guardians are encouraged to keep ALL receipts for sports & recreation programs for 2008. The Federal Government plans to release full guidelines for claims with the 2008 general tax benefit guide.

The Thunderbolts Swim Club will provide an official receipt for the purpose of the Fitness Tax Credit by the end of January . If you have not received your receipt by Feb 10th, 2009 please contact [finance@thunderbolts.ca](mailto:finance@thunderbolts.ca) to make arrangements.

In December 2008, the Thunderbolts gave a donation of \$350 in Quality Market Gift Certificates to the Regional Food Distribution Agency (supplies food to Shelter House, Salvation Army, community food banks etc.). This money was generously donated by those who attended the Christmas party. Thanks to all who contributed to this worthwhile cause. The gift certificates allow the agency to buy food at bulk prices whenever their supplies run low.

Thank you John Barch and Ray Halvorsen for organizing a fantastic Christmas party and to Leanne Barch for organizing the RSVP and attendance lists. Roughly 130 people attended and enjoyed good food and good company.

### Swim Tip of the Month

ABC of Swimming

If you want to swim fast, you've got to prepare yourself mentally. That's not always an easy process. Sport psychologist Aimee Kimball, PhD., introduces a series of articles that makes mental training as easy as A-B-C. This week's topic is Anxiety

#### Why do I have anxiety?

Many athletes have anxiety before they compete, whether it's a pounding heart, difficulty breathing, tight muscles, or worried thoughts. All animals have what's called the fight-or-flight response in which our bodies prepare to either fight a challenge or to run away from it. These symptoms of anxiety aren't always bad, as they can signal a readiness to compete. Think of a race you were involved in that wasn't important to you or where you knew you would win it easily. You probably didn't have the same signs of anxiety because you didn't see this event as being as threatening. The perception of a challenge/threat is what makes athletes feel anxious.

#### Changing the Perceived Threat

If situational factors (event importance, your opponents) cause you anxiety, focus on controllable factors that help you to swim well- a smooth stroke, a strong kick, and a well-timed start. When you start to add "uncontrollables" to your focus, you are adding thoughts to your head that don't need to be there and are making it a lot harder to swim to your potential.

#### Physically Relaxing

To release anxiety, take some long, deep breaths and picture all the physical and mental stress leaving your body. You can also take a few minutes each day to go through your muscle groups, tightening them and then relaxing them. By doing this progressive relaxation, you can recognize when and where you are carrying physical tension and learn to physically loosen your muscles so that you can perform your best.

#### Therefore

Anxiety as you know it doesn't have to exist. You may have some physical activation (faster heart rate, quicker breathing) but you can control this. Simply think how you want to think and leave some time for a pre-race routine that allows you to physically relax. While it requires training, you can regain control of your body by taking control of your mind.

THE THUNDERBOLT COACHING STAFF WOULD LIKE TO CONGRATULATE THE  
 FOLLOWING ATHLETES.  
 THESE ATHLETES HAD THE BEST TOTAL TIME IMPROVEMENT IN THEIR EVENTS  
 DURING THE  
 WINTER CHILL INVITATIONAL  
 FORT FRANCES

## ***THE THUNDERBOLT 15***

1. JESSICA BARCH 156.10 SECONDS	6. PETER LANKIN 61.04 SECONDS	11. ALYSSA PARSONS 47.93 SECONDS
2. KIRI SIMPSON 80.81 SECONDS	7. LAUREN BARCH 58.00 SECONDS	12. JENNA SIMPSON 40.43 SECONDS
3. XENIA ULOK 68.58 SECONDS	8. ALEXIS HALVORSEN 57.81 SECONDS	13. TAYLOR SPEZIALE 35.77 SECONDS
4. JACQUELINE HANLEY 64.75 SECONDS	9. SHAYLYN BISHOP 52.37 SECONDS	14. RANDI SPEZIALE 33.96 SECONDS
5. JESSE CRAWFORD 64.27 SECONDS	10. KAITLIN TREVISAN 51.91 SECONDS	15. EVAN PELLETIER 33.04 SECONDS

1132.73 SECONDS TOTAL  
 IMPROVEMENT.

**CONGRATULATIONS  
 EVERYONE!!!!**

## On Your Marks... Set....Volunteers Needed!

We need your  for the THUNDERBOLT

### HIGH VOLTAGE AND MAY INTERNATIONAL SWIM MEETS.

- High Voltage Meet: Saturday, February 28<sup>th</sup> to Sunday March 1<sup>st</sup>
- May International Meet: Friday, May 22<sup>nd</sup> to Sunday, May 24<sup>th</sup>.

These events are coming soon and we need **MANY VOLUNTEERS** to make this event a success. Come and support our own Thunderbolt`s athletes by getting involved! These meets generates publicity and revenue for our Club. Help us host these great Thunder Bay sporting events.

Your role as a volunteer is very important to our club. You can be actively involved in your child`s swimming program and can also be instrumental in strengthening swimming, for our Club. With a positive attitude and a willingness to lend a hand, you will also have a great impact on your child`s athletic environment.

Volunteers needed for the following:

**Swim Officials** - stroke & turn, and timers

(Contact: Jennifer Cano at 626-9003 or [tcano@shaw.ca](mailto:tcano@shaw.ca) and Erin Banton)

**Swim Officials Needing Training** - referees, starters, stroke & turn, timers

(Contact: Janice Trush at 345-0115 or [janicetrush@hotmail.com](mailto:janicetrush@hotmail.com))

**Hospitality Services**- assistance with food distribution, donations of food, beverages and/or money donations during the meets.

(Contact: Kim Pelletier at 344-6430 or [craigkim@tbaytel.net](mailto:craigkim@tbaytel.net))

**Program Sales (Feb & May) & T-Shirt Sales (May) during Meets.**

(Contact: Andrea Grzelewski at 475-8573 or [msgrz@tbaytel.net](mailto:msgrz@tbaytel.net))

**Board Position - Director of Media and Communication**

(Contact: Leanne Barch at 626-9804 or [lbarch@tbaytel.net](mailto:lbarch@tbaytel.net))

For further clarification, please contact the above people for the designated volunteer area.