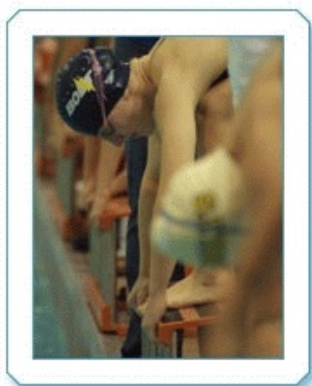


off the blocks

THUNDER BAY THUNDERBOLTS SWIM CLUB MONTHLY NEWSLETTER | 2010 ISSUE 2 | FEBRUARY 2010



Important Dates to Remember

Winter Chill Invitational

Fort Frances 5-7 Feb 10

NWO Regional Championship

Thunder Bay 26-28 Feb 10

Pre-Comp Mid-term Reports

11-12 Feb 10

The Crunch is On!!!

The end of short course season is rapidly approaching with big meets of the horizon. These meets are the targets that you have been aiming for all season long. Whether it is Ontario Provincials, Man/Sask, Westerns or the NWO Regional Championships now is the time to really focus your energies and attention as final preparations begin



These meets mean different things to different people but the principles behind them remain the same. Accomplish your best result at a peak time in the season. That's the way the top athletes in our sport think and that is the way we develop our plan as coaches at the beginning of the year.

Now is the time to really tighten up your training, your focus and your determination. Being at your best has to be your primary focus. Bumps in the road or outside distractions are apart of the journey, not letting them derail your ultimate objective is the tough part.

Train Hard, Race Hard!!!!

NWO REGIONAL CHAMPIONSHIPS February 26-28, 2010

The THUNDERBOLTS are hosting the NWO Regional Championships at the end of February. This is the first time in some time that a true Regional Championship meet has been hosted in Northwestern Ontario. Along with individual placing, athletes will be competing for High Point trophies and an Overall Team Award.

Hosting this meet allows for the home field advantage that could go a long way to winning the Overall Team Award. I believe that we are the best team in the NWO and I would like to be able to prove that in our pool in front of our supporters.

Let's get focused and ready to race!!!!

Have a Great February

Stewart McLean
Head Coach
THUNDER BAY THUNDERBOLTS
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COACH'S CORNER

Storm

Since September, I have been very pleased with everyone's progress in becoming better swimmers and athletes. Continue to work hard in the pool and on the track, and focus on improving your technique in all four strokes.

Good work!

Coach Kyle



Celebrating birthdays in
February

Ann Cano
Guang Chen
Sandra Dusolt
Riley Fredrickson
Ruby Giancola
Olena Hamar
Justin Krueger
Sophia Nedgial
Meagan Uchtenhagen

Lightning & Sparks

The start of the session has been full of surprises. I am seeing swimmers improving everyday, not only technically but through speed as well. I am really impressed with the progression that has been made, and I am more excited for what else the session will bring.

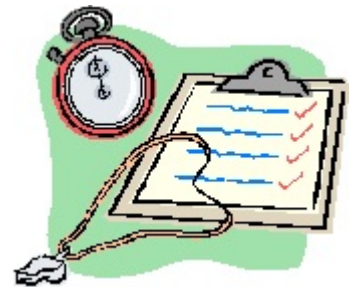
Keep it up!

Coach Rebecca.

Officials

This year the Thunderbolts will be hosting two meets. The NWO Regional Championships and the May International. These meets are huge undertakings for this club especially from the officiating side. Without officials, we cannot run these meets.

Officials are an integral part of the meet process and you can never have enough of them. With that in mind, I would like to encourage all Thunderbolts parents to get involved in being trained as an official. Right now we have a really keen group who are willing to mentor and train new officials and those looking to move up the ladder. Please take advantage of that and get involved.



Quote of the Month:

The difference between the impossible and possible lies in the person's determination

~ Tommy Lasorda ~

Questions?
Email info@thunderbolts.ca

G is for Goal Setting

BY AIMEE KIMBALL, PhD

Every athlete has a goal. Whether it's to win races, achieve a personal best, or simply make it through a gruelling practice, the goals we set undoubtedly exert influence on our performance.

However, there's a lot more to goal setting than just stating what it is you ultimately want to achieve. To get the motivational support and performance boost that goals can provide, athletes must set goals systematically and have various types of goals.

This article will lead you through steps to setting goals so that your performance, satisfaction and quality of practice can all be enhanced. While this article is geared to your sport-related goals, the same steps can and should be used to set goals for all areas of your life.

Step 1: Know where you are headed

Five years from now, what do you want to be doing? One year from now? At the end of this season, what do you want to have achieved? All of these long-term goals are important to sit and write down because they give you something to commit to. It is also important to identify why you want to achieve these goals. This "why" should be something that is valuable to you more than it is to others. Once you identify your goals, close your eyes and picture yourself achieving them. Try to experience the feelings you expect to have when you achieve these goals.

On a weekly basis, reexamine your end-of-season goal. It is okay if you need to adjust it and make it more challenging or more realistic based on your circumstance. Make sure you keep your season goal in mind as you practice so you are aware that what you do today connects you to what you want to achieve in the future. At the end of each season, re-visit your yearly goal and at least once a month imagine yourself achieving your 5-year goal.

Step 2: Know how to get there

Ever get lost on the way to a meet? If you have, typically you knew where you were supposed to end up, you just didn't have a very accurate map of how to get there. Having a path towards your long-term goals is extremely important because what you want to achieve weeks, months, or years from now can only happen if you take the opportunity each day to make progress towards your longer-term goals. Each day ask yourself, "What can I do today to get myself one step closer to where I want to be?" Make sure you always have a short-term, specific goal you are working on. Whether it's a technique goal, a mental goal, or a nutritional goal, keep focussed on your daily and weekly objectives so you can give yourself the best chance to reach your ultimate goals.

Step 3: Identify milestones of success

Having intermediate markers of success can help enhance motivation (ex., swimming a PR, qualifying for a specific meet, mastering a fundamental skill). These markers serve as points on your goal route that are important to you and are achievements you will be proud of. These milestones provide set standards so you know you are progressing along your goal path. They let you know that your hard work is paying off and give you confidence, encouragement, and enhance your commitment.

Step 4: Identify obstacles

Reaching long term goals is a very challenging process and there are a lot of uncontrollable factors that may keep you from reaching these goals. Look at your long term and short term goals and identify obstacles that may prevent you from reaching these goals. Injury, strength of the competition, and burnout are common obstacles swimmers face when trying to win meets, improve time, or work their hardest. If you list an obstacle you can't control, cross it off your list (if you don't control it, don't worry about it). If it is something you do control, make a plan for dealing with it when it comes up. By identifying obstacles and being prepared to overcome them, you are helping to ensure obstacles do not become excuses.

Step 5: Create a system

Everyone is a little bit different in how they set goals. Some set daily goals while others focus on what they want to accomplish on a monthly basis. Create a system that you can stick to that allows you to: a) Set specific, challenging goals, b) Measure progress towards these goals, c) Gain motivation and encouragement from your goals, and d) Focus on these goals every practice.

I suggest setting, at minimum, weekly goals. Maybe every Sunday write three specific areas you want to improve on. Share these goals with coaches, parents, and/or teammates so you have someone to hold you accountable to working on these goals and who can recognize when you achieve your goals. Each day before practice review your goals and remind yourself what you are working on and how this week's goals connect to your goals for the season. At the end of the week, assess whether or not you achieved your goals. If you didn't accomplish what you set out to do, make sure you honestly figure out why you fell short and try to control what you can in the future. If you did achieve even some of your goals, take a moment to reward yourself and feel proud that your hard work paid off.

Step 6: Set different types of goals

One of the biggest mistakes athletes make is setting goals focussed only on the results of meets. While these outcome-oriented goals are important, they are often out of your control. Therefore, it is essential to set process and performance goals as well.

- ▶ Process goals: fundamentals totally under your control (stroke, turns, attitude);
- ▶ Performance goals: "statistics" based on individual improvement (drop time, increase in sets); and
- ▶ Outcome goals: focus is on comparisons to others (winning races, being the best)

Ultimately, you want to focus on your process goals since the more of the fundamentals you master, the more likely you are to reach your performance goals (good technique + good mentality = better time). When you reach your performance goals, you give yourself a better chance of achieving your outcome goals (you don't control if you win, you only control if you swim your best). By focussing on the process and what you control, you are trusting that the way you swim will lead to the performance you want.

Process > Performance > Outcome

Summary

Whether you are 14 or 41, goals are vital in providing direction, creating motivation, and enhancing commitment. Some people shy away from setting goals because they are afraid of being disappointed if they fall short. Other swimmers only set goals for meets or for their careers. It is important not to see goals as the ultimate indication of success or failure; rather they provide you with guidance so that you can stretch your abilities as far as possible. Very few people achieve every goal they set; therefore it is the progress you make towards these goals and the effort you exert in their pursuit that is the determinant of your success. If every day you get a little bit closer to where you want to be, consider that to be a successful day.

The Swimmer of the month is chosen by the coaching staff. The athletes are evaluated on the following criteria:

- ☉ Attendance throughout each month
- ☉ Commitment to the practices and workouts
- ☉ Teamwork
- ☉ Overall Attitude.



January Swimmer of the Month

Senior/

Provincial: Alexandra Smith

Age Group

1 & 2: Evan Pelletier

Flashes 1: Kurtis Halvorson

Flashes 2: Julia Maltese

Storm: Samuel Tamblyn

Lightning: Ellen LaFroy

Calvin Nguyen

Griffin DeGicomo

Geordyn Kopanski

Sparks: Noah Lehto

Lucas Radbourne

Thunderbolts Performance Fund Award Winners

September 2009 – December 2009 Session

The first Performance Fund awards were presented on December 14th, 2009. These awards represent Thunderbolt swimmer achievements during the September to December 2009 session.

Bolts Podium Performance

These awards recognize podium finishes at National, Provincial or Regional Championship meets. There were no qualifying events held in this Session and no awards presented.

Bolts Podium Potential

These awards recognize podium finishes at Invitational meets and the achievement of either a National or Ontario Provincial time standard.

The following individuals were recognized for podium finishes at one or more of the three invitational meets held this session (qualifying meets include Minneapolis Great Wolf Invitational, Kenora Fall Invitational, Prairie Winter Invitational).

K. Adams	S. Bishop	M. Carlson
S. Dusolt	M. Gosselin	A. Halvorsen
M. Halvorsen	K. Hay	N. Hay
E. Hurlen	R. Krueger	J. Krueger
E. Lockyer	J. Lovis	C. Morash
E. Pelletier	G. Simpson	R. Speziale
T. Speziale	M. Taylor	

The following swimmers were recognized for achieving Age Group National times during the Session:

Megan Carlson – 8 events

50m, 100m, 200m, 400m, and 800m Freestyle
200m Backstroke
200m and 400m Individual Medley

Elisabeth Hurlen – 1 event

100m Backstroke

Justin Krueger – 6 events

50m Freestyle
100m Backstroke
100m and 200m Breaststroke
200m and 400m Individual Medley

Jordan Lovis – 2 events

100m and 200m Breaststroke

In addition, the following were recognized for achieving Ontario Jr. Provincial times in the Session:

Alexis Halvorsen – 4 events

100m and 200m Freestyle
100m and 200m Breaststroke

(Note: where the time meets both National and Provincial standards, the higher value/more difficult standard was awarded).

Bolts Team Performance Awards

Most Improved Swimmer – is given to swimmers who have shown dramatic improvement in their swimming over the course of the Session. Recipients are selected primarily on time improvements in the prior session as tracked by the coaching staff but will also include non-quantifiable improvements and efforts made to become a better swimmer.

The most improved swimmers for this past session are:

Abigail Brown	Brooke Hulina	Cameron Johnsen
Daniel Fredrickson	Daniel Wood	Emma Schylter
Emma Zgrych	Madelyn Ross	Meagan Uctenhagen

Leadership Award – recognizes the Thunderbolts swimmer that has demonstrated leadership in effort, dedication and attitude in the pool and on the deck and has acted as an excellent role model and representative of the Thunderbolts Swim Club.

This Session, the award is given to [Sandra Dusolt](#).

Team Spirit Award – is given to the Thunderbolts swimmer that consistently makes an outstanding effort at practices and meets, swims without complaint and best exemplifies team spirit, sportsmanship and support of team-mates.

This Session, the award is given to [Carter Morash](#).