



SEAL TALK

April/May 2011

Volume 4 - Number 5

Table of Contents

Page 1

~President's Message

Page 2

~Senior Report
~Junior 2 Report
~Pups Report
~Upcoming Events

Page 3

~ Phoenix Camp
~MB Team Qualifiers

Page 4

~2010/2011 Training Schedule

President's Message

Our Senior Swimmers are back from their Spring Break Training Camp in Phoenix, and word is that it was an amazing success! All the swimmers worked hard and enjoyed their time together, with Andrew Solomon, Josh Koldon and Jonah Lambert winning the Talent Competition hands down, beating out the coaches.

I would like to extend a HUGE THANK YOU to all of our parents who came out to volunteer at both our Winnipeg West Side Challenge Meet held in March and our April Spring Invitational 2011 Meet. We could not provide these opportunities for our young swimmers to compete without your help. Also, the additional revenue we are able to generate for our Swim Club assists in keeping monthly swim fees down while allowing us to provide a quality swim program for our children.

With the arrival of May, we need to start thinking about our Annual General Meeting, which will be taking place in June. An email will be sent out shortly outlining the available board positions for next swim season. Please consider donating some of your time if you can to one of these positions.

As the Senior Swimmers move on from the Seals, so do the parent volunteers. Succession Planning is the key to the continued success of our Community Based Swim Club, so to that end it is vital that younger swimmers parents step up and start learning the ropes, from the Senior Swim Parents before they move on.

If you are interested in a specific position or have skill sets that could benefit us in the operations of our swim club please contact me directly. New people can be placed in an Assistant Role to start off to ensure that consistency in our club operations is maintained.

Just as a quick follow up to the City of Winnipeg's new budget, as you know the increased rates for recreational facilities will be going up next year as the budget was passed despite our attempts to effect some change in this matter. As a result our Monthly Swim Fees will be going up next year as well.

Next year's budget has not been completed yet, but we did want to keep you informed and let you know that we will be looking at an increase of anywhere between a \$5.00 to \$10.00 per month depending on the group, keeping in mind that we have not raised our Swim Fees in the last 3 years. The budget for next year will be presented at our Annual General Meeting in June and we hope to see you there.

Please don't hesitate to contact me if you have any questions and I look forward to seeing you at the pool.

Bonnie-Lee Lambert
President/Meet Manager
Email: blambert@shaw.ca

Senior Group Report - Ian

It has been a busy few weeks since my last newsletter report. Our Seals performed amazing at Man Sask, winning the Overall Small Club Trophy for the 3rd time in a row! Although winning the Small Club Award it great, our new goal for Summer Man Sasks is to have too many swimmers qualified for the meet to swim as a small club.

March Break saw 11 Seals head off for a training camp in Phoenix Arizona. It was hot hot with a dose of triple hot! The work was tough, the setting beautiful and our young athletes stepped up and worked harder than they have ever done. I am very proud of them for all their effort and hard work. Thank you again to Grant and Rhiannon for giving up time with their families to help with the camp.

April has us into long course season and our first long course meet of the year. It has proved once again to be successful for both our swimmers and the club. I was very impressed with the number of swimmers who qualified out of this meet for GPI, Juniors and Man/Sasks. We have reached our goal of qualifying 30 swimmers for GPI and Juniors and 20 at Man/Sask and I am very proud of this club.

With the sun now shining, it can sometimes be tough to focus on swimming but we have to remember that Championship Month is just around the corner so stay focused, keep working and good luck as we move towards the end of the season!

Coach Ian

Upcoming Events

May 6 – 8

Golden Plains Invit.
Winnipeg, MB

May 28 - 29

Program Meet
Winnipeg, MB

June 10 – 12

Junior Provincials
Winnipeg, MB

July 7 – 10

Man/Sask Provincials
Winnipeg, MB

July 27 – 31

Can Age Group Champ
Montreal, QC

Junior 2 Report - Rhiannon

April started out great for me in the warm Arizona sun. I was lucky to attend the Phoenix training camp with the Senior group as the assistant coach and was impressed with the hard work and great attitudes the swimmers had over the nine-day training camp. The week was a lot of fun and I enjoyed getting to know the senior swimmers more. Although Phoenix was fantastic, I did miss my group of Junior 2 swimmers over Spring Break and was happy to see them again after the break.

Training over the past few weeks has been going very well and everyone in the group has been working hard. We all attended the St James Seals Spring Invitational a few weeks ago and I think we were almost 100% best times for the group. Special congratulations to Allison Varey for qualifying for Juniors for the first time in not one, but three events!

I'm looking forward to the Golden Plains Invitational this weekend as all 12 of the Junior 2 swimmers will be racing in the meet. Good luck to everyone!

Rhiannon

Mini Pups, Pups 1 & Pups 2 Report – Adara

This month has been very productive; our pups 2's are leaping and bounding towards amazing swimmers. During this past month we have had a coaching change and I would like to thank all of the swimmers in Mini's and 1's for welcoming Bridget and Brett into the group. I am very impressed on how they dealt with this change and am looking forward to a very good end of the year. Great job on all of the hard work this month!

Adara

Phoenix Training Camp - Katherine Nemeth Crapper

This year, over spring break, my group (senior) attended a training camp in Phoenix, Arizona. This camp was a lot of fun for many reasons. The pool that we were training in was outdoors so we were able to swim in the sun all day!

It was great to have Rhiannon there to coach us because we do not see her very often and it was nice to have her support. She really understands what we are going through because she has been to many training camps and she knows what it feels like. She has even trained at the same pool we used. Grant was great at adapting our dry land workouts to fit the sets that Ian and Rhiannon had given us that day. He also understands that we all have different strengths. Ian is a great coach because he will take anything that we say to him, and just pushes us harder. I think lots of us found that we can keep going, even if it feels like we have nothing left. Ian really does understand us and he knows how far he can push us. He is not trying to kill us (even though it feels like it), but he wants to make us better swimmers.

It was not all hard work and swimming all the time. There was lots of time to just hang with each other and relax. I think we found out that most of us are not going to play pro basketball. We also went shopping, went to the zoo, went to a Phoenix Coyotes hockey game and played laser tag. By the way, Zac is crazy good at laser tag; he beat the high score when we were there!

The sets that we swam were kind of hard, but we all made it through okay. Looking back on the training camp, I do not really remember the sets, but I remember working hard and having lots of fun with my teammates. If we do a training camp again I would really like to be there. I would not want to be on any other team but the Seals.

Katherine



MB Team Qualifiers

Congratulations to the following Seal swimmers for being selected to the MB Team based on their swims this season.

Tier 2 Team

Michael Solomon
Cameron Russell

Tier 3 Team

Alexandria Miko
Zoey Traverse
Gabe Dela Cruz

Seals Training Schedule

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MIN PUPS (1 PER WEEK)			5:45-6:30 pm Civic			
PUPS 1 (2 PER WEEK)				5:00-5:45 pm Civic	5:00-5:45 pm Civic	
PUPS 2 (2 PER WEEK)			5:00-5:45 pm Civic	5:45-6:30 pm Civic	5:45-6:30 pm Civic	
PUPS 3 (3 PER WEEK)	4:30-5:15 pm Centennial		5:00-5:45 pm Centennial	6:30-7:15 pm Civic		Optional practice 8:00-9:00am Civic Centre
JUNIOR 1 (4 PER WEEK)		6:00-7:30 am Civic (All swim)		6:00-7:30 pm Civic (1/2 hour dryland; 1 hour swim)	6:00-7:30 pm Civic (1/2 hour dryland; 1 hour swim)	7:00-9:00 am Civic Centre
JUNIOR 2 (5 PER WEEK)		6:00-7:30 am Civic (All swim)	5:45-7:00pm St James Centennial (All swim)	6:00-7:30 am Pan Am (all swim)	6:00-7:30 pm Civic (1/2 hour dryland; 1 hour swim)	7:00-9:00 am Civic Centre
SENIOR 1 (5 PER WEEK)		6:00-7:30 am Pan Am (All swim)	4:30-7:00 pm Civic (2 hours Swim; 1/2 hour dryland)	6:00-7:30 am Civic (All swim)	4:30-7:00 pm Civic (2 hours swim & ½ hour dryland)	7:00-9:00 am Centennial
SENIOR 2 & 3 (6 to 7 PER WEEK)		6:00-7:30 am Pan Am (All swim)	6:00-7:30am Civic 4:30-7:00 pm Civic (2 hours swim; 1/2 hour dryland)	6:00-7:30 am Civic 4:30-6:30 pm Civic (All Swim)	4:30-7:00 pm Civic (2 hours swim; 1/2 hour dryland)	7:00-9:00 am Centennial