



SEAL TALK

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President's Message

November is upon us and no snow in sight yet!

Our swimmers have been working hard at improving their skills in the pool and hopefully having fun doing it.

Our Celebrate Swimming 2011 swim meet received rave reviews on how smoothly it was run from swim parents, volunteers, and coaches from other clubs. This is due to the hard work of many of our parent volunteers who not only worked at the meet but were also intricately involved in organizing the meet.

A huge thank you must go out to our Officials Chairperson, Donna Miko who organized all of the volunteers for our two-day meet as well as Candice Bell & Sherril Irvine for all of their hard work at organizing all of the food preparations to feed the volunteers & coaches.

Also, a big thank you to not only to our parent volunteers (both seasoned and new) but also to many of our senior swimmers who took the stoke & turn clinics offered and stepped up to help out as well.

The swim meets our club hosts go a long way to earning additional revenue for our program and enables us to keep our monthly swim fees down, but we can't put these meets on without our parent volunteers, so thank you one and all.

Our next club hosted meet will be our "Swim for a Cure" Christmas Invitational meet held on December 10th & 11th, 2011. Once again this year we will be donating ½ of the net revenue from this meet to the Canadian Cancer Society-Manitoba Division as a means of giving back to the community and in support of the "Fight Against Cancer".

There have been a number of parents asking for more information on swim meets and the club requirements for volunteering at these meets. The members of our club who have been volunteering at meets for a number of years often forget what it's like just starting out in the sport of competitive swimming. As a result we are working on a document for new parents to help provide more detailed information on what a meet is all about and all the work that goes into hosting a meet. This document is currently still under construction and we will send it out to all members once it is complete. If anyone has any questions please don't hesitate to ask, we are always willing to share our wealth of experience & knowledge with anyone who is interested in learning more. You can also review our parent handbook that is in PDF format on our SJS website under the registration drop down menu in the documents & forms web-page.

Congratulations to our swimmers in our Senior & Junior groups that received the following awards for last swim seasons phenomenal swimming achievements at our **2010/2011 Awards Brunch** held on Oct 7th, 2011.

Junior 1 Coaches Award Male (St Jimmy Award) **Winner Ian Milne**

Junior 1 Coaches Award Female (St Jimmy Award) **Winner Cosette Koltek**

Junior 2 Coaches Award Male (St Jimmy Award) **Winner Jaerrod Dela Cruz**

Junior 2 Coaches Award Female (St Jimmy Award) **Winner Alexandria Miko**

Junior 2 High Point Award Male **Winner Gabe Dela Cruz**

Junior 2 High Point Award Female Winner **Sarah Watson**

Senior Coaches Award Male (St Jimmy Award) **Winner Andrew Solomon**

Senior Coaches Award Female (St Jimmy Award) **Winner Robin Dalla Vicenza**

Senior High Point Awards Male **Winner Cameron Russell**

Senior High Point Award Female Winner **Zoey Traverse**

Swim of the Year (based off World Performance Chart) Male **Winner Michael Solomon** scoring 497 points in his 50 back and 100 Free at Man Sasks Long Course

Swim of the Year (based off the World Performance Chart) **Female Jasmine Vialette** scoring 493 points for her 200 Back at Man Sask Short Course.

Club record achievers last season were Sarah Watson, Cameron Russell, Alexandria Miko, Winson Choi, Michael Solomon, and Henrique Nascimento Fiorese.

In closing I would also like to extend a huge thank you to our Board of Directors and Chairpersons who volunteer their personal time to the running of our Swim Club on a day-to-day basis. The majority of our current board members have been serving with me over the course of the past four years. I have come to rely on them and we have become a great team. That being said it is time for us to look to the parents with younger swimmers to move into these board/chair positions. Please contact me directly via email at bllambert@shaw.ca if anyone is interested in getting involved at our Board level for next swim season. We have an opportunity to do some mentoring this year for those that are interested.

Thank you.

Bonnie-Lee Lambert

St. James Seals Swim Club

President/Meet Manager

Senior Group Report - Ian

Welcome back to a new swim season. It has been a busy start up. The Seals have 114 swimmers in the pool this year. That's a record number! A big thanks to the Board and staff for getting things up and running smoothly.

Our numbers in the Pups program this year is the largest ever. We have addressed this by adding an extra Pups 1 class later on Thursday and Friday. We have also added Assistant Coaches to Pups 2 and down to assist with the numbers...welcome Sydney and Emily! We are also looking at finding more pool space to address a possible increase in the Pups 2 after move ups.

Please go to our Seals website often as we are constantly updating it with information. You can also join our Facebook fan group just search for St. James Seals on Facebook.

Our first meet has already taken place. Our very own Celebrate Swimming Swim meet had a record 56 Seals participate! I was very impressed with the quality of swimming out of all our swimmers. A number of new Junior PWI and Man Sask qualifiers came out of our very first meet. Results are posted on the website.

Senior Group News

Welcome back senior swimmers and welcome to our new group members Alex, Devon, Riley, Cassie, Sydney, and Daniel!

We have started into our load faze with mostly an aerobic base to our workouts. I have also started doing work with stroke rates at swim meets. The hope is to practice with those rates at practice time so we can feel what it is like to go at race pace all the time.

The Senior group has also started a new program with the Winnipeg Wave and Selkirk Dolphins. We are doing a once a month joint practice with their senior swimmers. The Seals hosted the first practice on October 22nd. The practice consisted of a tough two hours swim followed by a classroom session with a sport nutritionist. Our next joint practice will take place November 19th at the Wave's home pool in Seven Oaks. I will have info out on that shortly.

Coach Ian

Upcoming Events

November 12 & 13
Brandon Invitational
Brandon, MB

November 19th
Winnipeg Wave
Pre-Competitive Meet
Pan Am Pool

December 1-4
Prairie Winter
International
Pan Am Pool

December 10 & 11
Seals Christmas
Invitational
Pan Am Pool

Junior 2 Report - Rhiannon

As this is the first newsletter of the season I would like to mention how great it is to be back and to have the season in full swing again.

The Junior 2 group has 13 fantastic swimmers and is pleased to welcome two new swimmers to the Seals this year. Welcome to Emile Fouj, originally from the Sherbrook Sharks and to Bredan Schweder who moved to Winnipeg this year from Thompson, Manitoba.

Since the start up last month we have been focused on our technique and slowly increasing our volume. There have already been many noticeable technical improvements for all swimmers and we are starting to look sharp in the pool.

Most of the group competed at the St James Seals hosted "Celebrate Swimming Invitational" on October 29th and 30th. We came away with many best times in almost all our races and qualified a number of swimmers for the Prairie Winter International taking place at the beginning of December. Thankfully we have another meet in a couple weeks in Brandon to give more swimmers the opportunity to qualify and to fine-tune our turns and streamlines so that we are much faster in and out of the wall.

Keep working hard and most importantly, swim smart!

Coach Rhiannon

Junior 2 Report – Emma

Hi everyone,

It's great to be back at the pool for what I expect to be another great season! The Junior 1 Group has been busy working hard and everyone seems to have adjusted to the early mornings nicely. I want to congratulate the 14 Junior 1 swimmers who came out to participate in the first meet of the year; everyone did fantastic! I look forward to seeing what this group will be able to accomplish in the coming months!

Coach Emma

Pups 1-3 Report – Brett

I would like to welcome all the swimmers, returning and new registrants, to the 2011-2012-swim season! I am very thrilled to be working with the Seals for my third year, and have never been more excited about the young talent I am seeing in the pool. This first month has gone by so fast, and I am already seeing improvements in all the swimmer's strokes.

The Pups 1's and 2's have been working hard on their freestyle and backstroke and will start training hard for their first pre-competitive swim meet on November 19th. I cannot wait! This meet will be a great opportunity for our up-and-coming pups to show off their fast swimming. Parents, make sure to have your consent forms in by November 9th!

The Pups 3 group spent much of October practicing their starts and turns in preparation for their first swim meet on October 29th and 30th. I was very happy to have 9 swimmers entered in the first meet, the most I have ever had at the beginning of the year! All the swimmers performed extremely well, I am very excited to see how much these young athletes will improve over the season. Next swim meet is in Brandon November 12-13, good luck swimmers!

Coach Brett

What is an "A" or "AA" time or Age Group National Time?

This is often a question from new swimmers and parents. A, AA or Age Group National times are the official time standards set by Swim Manitoba. These standards are used to determine who qualifies for Junior Provincials and the Manitoba Saskatchewan Age Group Championships. Age Group National Times are time standards for a National level swim meet. The time standards also help us to determine which session swimmers swim in at local meets here in Winnipeg. The club usually follows the rule that if a swimmers has 4 or more AA times they will swim in the afternoon session.

Swimmers who make the "A" standard will qualify for the Manitoba Junior Provincial Championships. The meet is held twice a year. One meet is short course in March and one meet is long course in June. Swimmers only need to make one qualifying time to qualify for the meet. Juniors is also the 10 and under Championships, and 10 and unders have their own time standards.

Swimmers who make the "AA" standard in a race have qualified for Man Sask Provincial Championships. The meet is held twice per year. One meet is short course in March and one meet is long course in July. This meet is a joint Provincial Championship with Saskatchewan.

Age Group National times are time standards set by Swim Canada. Swimmers who make this time are able to go to the Canadian Age Group Championships held in July.

All time standards can be found on our website at www.saintjamesseals.com or Swim Manitoba's <http://swimmanitoba.mb.ca/>.