

# TSUNAMI WAVES

For *TSUNAMI's* Swim Families - -  
*Easter '08 - UPDATE*

**TSUNAMI BOARD 2008 - - OUR ANNUAL GENERAL MEETING** was held Thursday, March 6<sup>th</sup> at 7 PM, Fir Room – Echo Center -- We have a new slate of directors – seen below. We owe a great debt of gratitude to retiring members Ken and Jackie Zydyk and Hans and Lynne Galesloot. The club and the sport of swimming have been enriched by their involvement over 10 or more years. Thank you - you will be missed. We still have room for a couple more directors. Please contact our new secretary Brian Lavery 724-6283

**President** – TBA

**Secretary** – Brian Lavery

**Registrar** – Deidre Reed

**Treasurer** – Sandra Clarke

**Director** – Rod Mitchell

**Director** – Gittan Klemestrud

**Director** – Kevin Clarke

**Past President** – Ken Zydyk

**BC Gaming Rep** – Brent Corey

**CALLING ALL PARENTS - - Sunday, April 13th (9 AM – 2 PM)** – We will be hosting our final meet for this season - Vancouver Island Regional Swim Meet # 7. We have done an excellent job in our two previous meets and there is no reason to believe we'll do anything less this time. The swimmers are training hard and have improved greatly at each competitive opportunity. - - If you haven't signed up yet, please call Karen Mitchell asap - 724-6155. - - **WE CANNOT RUN IT WITHOUT YOUR HELP - - EVERY FAMILY'S INVOLVEMENT IS NEEDED IN SOME WAY - - - - THANK YOU! !**

**March/Easter Break - -** Starts Saturday, March 15<sup>th</sup> with students back to school Wednesday, March 26<sup>th</sup>, '08.  
**This Term's Practices Will Conclude** – On Friday, March 14<sup>th</sup>. **Spring Term Practices Will Commence** – On Wednesday, March 26<sup>th</sup>, at his/her normal time. . .

## **TSUNAMI's Spring Swimmer Drive - -**

We now head into the final term of our 2007-2008 swim season and we would like to finish on a high note - well positioned for the fall. On Monday, March 31<sup>st</sup> and Wednesday, April 2<sup>nd</sup> from 3:30 – 4:30 PM we will again be offering a free trial for pre-competitive and competitive swimmers. During this free trial period, your child will be evaluated by our coaching staff in order to select the correct group for him/her. Former FUNdamentals and competitive swimmers are encouraged to attend these sessions. Word of mouth has been our best advertisement so far - - PLEASE PASS THE WORD.

**SWIM-A-THON '08 - -** This is our final and major fundraiser of the season. It is always held in April during a regular practice session. We will select a Monday or Wednesday late in the month - - date will be posted well in advance. The SwimBC Swim-a-thon forms should be ready for distribution around the first of the month. Prizes will be awarded to the top three money raisers. The minimum goal per competitive swimmer is \$150.00.00 and FUNdamentals is \$50. All swimmers/families are expected to participate.

**Speaking of Fundraising** – Panago Pizza Coupon Sales – Karen Mitchell 724-6155 – most Friday's she is at the pool. We get a nice rebate on each coupon you buy – everybody like pizza.

**UPDATED Swim Meet Schedule - -** If you receive this as a hard copy the schedule will be on the back - - If you receive this via e-mail the schedule will be on page 2. Please note any date changes. Should you have any questions please contact your swimmer's coach.

**FUNdamentals/Evaluations Coach - - Lianne Saunders**

**Bronze/Silver Coach - - Deidre Reed**

**Assistants - - Kylie Booker & Michelle Dagg**

**Senior Coach - - J. P. Hugh Sproule**

**Phone: 250-724-6677 email: [pa-tsunami@shaw.ca](mailto:pa-tsunami@shaw.ca)**

**<http://www.tsunamiswimteam.org/>**

**Our Aim is to be – Athlete Centered**  
**Coach Directed – Parent Supported**



*TSUNAMI* would like to acknowledge the ongoing support it receives from the following organizations: – the British Columbia Lottery Corporation, the Alberni Valley Gaming Association, the City of Port Alberni Parks and Recreation, the Port Alberni Toy Run and our local TIM HORTONS.

*MARCH 11<sup>th</sup> 2008*

## Upcoming Meets for the Winter/Spring Term:-

MEET	DATE	LOCATION	MEET TYPE
2 <sup>nd</sup> Mini-Meet	March 12 <sup>th</sup>	Port Alberni	In House
7 <sup>th</sup> VIR Quad Meet	April 13 <sup>th</sup>	Port Alberni	Club
Island L/C Invitational	May 9 <sup>th</sup> – 11 <sup>th</sup>	Victoria	Selected/Qualified 11 & O Swimmers
3 <sup>rd</sup> Mini-Meet	May 28 <sup>th</sup>	Port Alberni	In House
NRST L/C Invitational	May 24 <sup>th</sup> & 25 <sup>th</sup>	Nanaimo	May Require An 'A' Standard Time
8 <sup>th</sup> VIR Quad Meet	May 31 <sup>st</sup> or June 1 <sup>st</sup>	Qualicum	***Club
VIR L/C Champs	June 6 <sup>th</sup> – 8 <sup>th</sup>	TBA	Requires 'AA' Standard Time
Provincial L/C Champs	June 20 <sup>th</sup> – 22 <sup>nd</sup>	Langley, BC	Requires 'AA' Standard Time
CRKW Outdoor Invitational	June 21 <sup>st</sup> & 22 <sup>nd</sup>	Campbell River	May Require An 'A' Standard Time

Swimmer & Parents – Please let the coaches know as soon as possible if your swimmer cannot attend any of these meets.

**\*\*\* NOTE:-** This meet usually concludes the competitive season for a significant number of our swimmers.

**Nutrition for Young Swimmers** – The new Canadian food guide for athletes can be downloaded. [http://www.hc-sc.gc.ca/fn-an/food-guide-liment/educ-comm/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-liment/educ-comm/index_e.html)

**The Need to Remain Hydrated** – It is a proven fact that regular consumption of water throughout a practice will help alleviate cramps, headaches, nausea and in some cases early fatigue. Drink lots – drink often.

**The Radford Report (March 2008):-** Ken Radford, SwimCanada's Technical Director, was the lead coach for Team Canada at the recent European Youth/Junior Tour which had a number of BC swimmers on it. One of his observations with regard to the Canadian swimmers at the meet, and the BC swimmers were no exception, was that, for the most part, we (the Canadian kids) do a good job in the pure swimming part of the sport, but we were getting absolutely worked over when it came to the underwater kicking and streamlining of starts and turns, as well as the approach (last stroke or so) into turns. - - Ken noticed this even when taking our own Team BC Youth/Junior kids to the recent meet in Portland Oregon and also when up against swimmers from outside the country of similar swimming speed. We are lacking when it comes to those areas. While it is sometimes noticeable at the start, it often becomes glaringly apparent in the latter parts of races where one of our swimmers might head into the final turn stroke-for-stroke, but then come up out of the last turn half a body length behind. It is for this reason that we have made the streamlining and dolphin-kicking a central theme in our presentations to the swimmers at the Provincial Team camps.

As a coach, I have been stressing this for years - - The following is part of my ongoing litany for TSUNAMI's swimmers:-

- WHAT WE DO IN PRACTICE - WE DO IN COMPETITION -  
SO IT IS VITAL THAT WE PRACTICE - PRACTICE - PRACTICE  
 ALL OF THE DRILLS AND TECHNIQUES CORRECTLY - ALL OF THE TIME!!!



**DID YOU KNOW** - - Everyone thinks of hockey and football players as macho strong athletes. In a couple of random fitness tests conducted by Canadian universities several years ago, it was discovered that swimmers, gymnasts and tennis players had, on average, higher 'all round' fitness scores. With some exceptions, hockey and football players actually scored in the middle percentile. Swimmers as a whole topped the list. - - Swimming is a proven life skill. .