

2021

FEBRUARY

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TEAM PRIDE - INTEGRITY - DEDICATION - LEADERSHIP



Senior AM Activation



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***"MOTIVATION IS WHAT GETS YOU
STARTED, HABIT IS WHAT KEEPS YOU
GOING"***

CONTACT US

COACH CONTACTS

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Mini-Waves Lead
Coach

Madi Slack

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Lines of Communication

1. Email **your group coach first** with any questions!
2. Email Head Coach second if you need more clarification.
3. Email the Board Member or Volunteer in charge of “out of the pool” things.

Celebrate SWAT's Achievements

Next Gen Performance Team:

Lucy Jardine, Ella Dobson, Isabelle Dearnaley, Juliette Mercier & Ella Brocklehurst have been named to our Swim Nova Scotia Next Gen Performance Team. We are looking forward to a time when this team can gather together once again.



Also congratulations to former SWAT Swimmers Ryan Jardine and Michael Smith (Dalhousie Tigers) for their selection to the Next Gen Team.



Ken Demchuk Para Championships:

Natasha Sexton-Quillan competed in round 2 of the competition, and placed 2nd in her bracket with her 50 freestyle race. This moved Natasha into the 1-loss side of the bracket, keeping her racing alive. Natasha raced a gutsy 400Free on January 20th to score her 515 pts, which we are hopeful will secure Natasha's spot in Round 4. Way to go NSQ in representing yourself, para-swimming and our team so well!

Swim Nova Scotia Para Swimmer of the Year

Congratulations to our very own Natasha SQ on being awarded 2019/2020 Swim Nova Scotia Female Para Swimmer of the Year!! We are SOOO proud of you for your amazing accomplishments and for your incredible leadership within our team.

GREAT LINKS FOR SWIM PARENTS

Here are some awesome links to keep up to date with everything you'll ever want to know about swimming (and some stuff you didn't even know you wanted to know!)

www.swimming.ca

Swimming Canada Website

www.swimnovascotia.com

Swim NS Website

www.swatswim.ca

SWAT's Website

www.swimswam.com

Swimming News from around the world

www.swimrankings.net

Best times and progress of your swimmers

www.alltides.com

A great Canadian Site to order new swim gear.

Energy Systems: Why do we Swim “SO” Much?

In our sport, training time greatly exceeds the amount of time spent racing. Most of our time together is spent in a training atmosphere, and there are many reasons behind that. Our sport, swimming, is considered to be an “endurance” sport. Even when competing in the shortest events (25 or 50m races), athletes must have a strong “aerobic” base as they cannot finish the race on anaerobic speed, or “pure speed” alone. Moreover, youth athletes need to spend an even greater amount of training time in the “Aerobic Training Zone” than University or National Team Athletes to build up their training foundation.

Last Wednesday I was getting ready for the Senior Workout, and some of our Mini-Waves athletes arrived to the pool early. They came over to where I was writing the practice for Senior and started to ask questions about the workout. As the leader of our team, I loved this moment to connect with our Mini-Waves because I do not always have that individual time with these athletes. My favorite part came when the athletes started to realize how much the Senior Swimmers swim in a workout. I was asked, “What does that 10 mean?”, in reference to 10x50 @ 60 which was written on the board. I explained that the Seniors were doing 50 metres (50), ten times (10x), and they have 1 minute (@ 60) to do each 50 metres. Above that line there was 10x100, and then another set at the bottom of the board. The Mini's quickly did the math and realized those two lines were 1500m (1.5KM!!) and were pretty amazed.

The Science:

At the pool, we have two main energy systems that we train. The Aerobic System, and the Anaerobic System. There is also a 3rd component to racing which is “Critical Speed” or an athletes “Maximum Speed”. At all levels and ages of the sport, we spend the majority of our time training and taxing the Aerobic System. This is our biggest energy system, and when athletes begin to develop their Aerobic System, they can swim at almost maximum speeds for a very long time. Due to this, the Aerobic System supports the Anaerobic System, and an athletes “Critical Speed”. If you think about it a different way, every time you start a race, your Critical Speed steps in. This system is always at Maximum, but can only be sustained for about 4 – 10 seconds. The next training system to kick in is usually your Anaerobic System. If you try to swim in this system for too long, you'll start to build up a TON of lactic acid (that heavy and burning feeling in your arms and legs) and you'll deplete this system quickly too. The more you train your Aerobic System, and improve your Aerobic Swimming, you'll be able to complete the majority of your race (or training) using your Aerobic System. This means you can save those big speeds generated by your Anaerobic System for the END of your race when you want to be able to change your speed and finish strong. As you can see, even though sometimes athletes don't love training in this energy system, it truly is the key to success in our sport.

The Proof:

In this photo, the grey color labeled Oxidative = Aerobic System; Glycolytic = Anaerobic System and Phosphagen = Critical Speed. These other labels relate to the energy or fuel source that drives these systems (to be discussed next month!) As you can see, each system plays a part in races

UPCOMING DATES

February 1st: Novice & Sr P
Race Day @ EH

February 3rd: Sr Race Day
@ SSS

February 6th: Novice, Jr &
Mini-Waves Race Day @
SSS

Parent Meetings

Junior/Novice: Tuesday,
January 9th 7 – 7:30PM
(ZOOM)

Senior: Thursday, January
11th: 6:15 – 6:45PM (ZOOM)

Mini-Waves: Thursday,
January 11th: 7 – 7:30PM
(ZOOM)

Monday, February 15th: No
Swimming - Novice/ Sr. P

Wednesday, March 3rd: Age
Group Time Trial – Details
TBA.

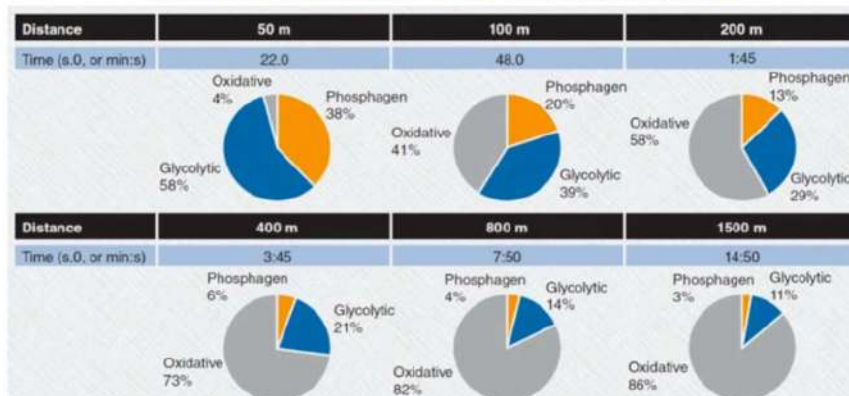
all the way from 50m – 1500m. For any race 100m and above, the Aerobic System is an enormous part of that athlete's success!



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RÉSEAU DES INSTITUTS DU SPORT



RELATIVE CONTRIBUTIONS – MODELED FROM ELITE FREESTYLERS



At the end of our workout, Madi came over to me and said, “The Mini-Waves had tonnes of questions about the Senior workout and were wondering when they could do a practice like that”. I laughed, thinking how amazing it was that we have a group of 25 eager Mini-Waves just itching to move into the next group. Madi told the Mini's that they would definitely do workouts like that when they were older, to which some of the Mini-Waves replied, “So can we do it on Saturday?”.

Being a Prepared Swimmer

Part of the Athlete's Commitment to SWAT is to show up prepared and ready for each practice. This shows respect to their coach and their teammates, and is important to learn from a young age.

What does being a Prepared Swimmer Look Like?

- 2 SWAT Caps in your bag ALWAYS (in-case 1 breaks)
- 2 Pairs of FUNCTIONAL Goggles in your bag ALWAYS (in-case 1 breaks)
 - Extra Swim Suit in your bag (in-case of any sort of malfunction)
- ARRIVE ON TIME!!! (before activation starts – Activation is the beginning of workout, NOT an optional add on)
 - Bring all your gear – both pool and dryland, including: proper dryland clothes (runners, sport pants / t-shirt), Skipping Rope, Thera Band if applicable, Med Ball if applicable, SWAT caps, goggles, water bottle, mesh gear bag with ALL gear inside.
- Positive Attitude – ready to learn.
- Great Teammate – Ready to support all teammates.

It is not the coaches responsibility to problem solve or find replacement gear for an athlete. That takes time away from the other athletes who have come ready to train. Please ensure that your athlete has all of their gear (in duplicates where needed). If you need replacement gear or extra SWAT caps, info is at the end of the newsletter to order more.

FEBRUARY SKILL OF THE MONTH

Mini Waves

Skill: Flip turns: Keeping head tucked while flipping (no turtling). Fast rotation, tight streamlining off the wall. Flipping one arm stroke away (not too close to the wall). Tight, fast ball

Novice

Skill: Maintain tight streamline after every recovery in breaststroke

Junior

Skill: Maintain forearm catch in ALL four strokes

Senior

Skill: Swim through Top of Strokes: Focus on length and extension into top of stroke, through swimming, through walls. Always reaching.

January Skill of the Month Winners!

Mini-Waves: This month's skill focus was Butterfly, specifically the coordination of the stroke. Once the athletes have a strong dolphin kick (keeping their feet together while kicking and having a "belly bum" undulation movement), then they can start adding their arms into the stroke. These athletes of the month have all been working on their 4K1S, tackling the challenge of adding butterfly arms to their kick. The winners for this month are **Haley, Maggie** and **Reece**, not only did they constantly put in 100% effort when working on their butterfly, but they also demonstrated the skill of keeping a positive attitude and enthusiasm while doing it!

Skill: Dolphin Kick: neutral head position, undulation, feet pointed and together, belly-bum movement.

Novice: The novice skill of the month winner is **Olivia Young** for her free and back transitions!! Olivia has ensured that during every back to back turn and free to free turn that she is practicing her flipturns! This is a skill that takes lots of practice and dedication before it becomes a habit, and Olivia has stepped up to the challenge! Congratulations Olivia!

Skill: Flip turn for every free transition and back transition

Junior: The junior skill of the month winner is **Eugene Legge** for demonstrating a steady kick tempo and breathing every two strokes in butterfly for the entirety of January! Junior has been smashing out numerous butterfly sets to challenge the athletes ability to maintain their skills under pressure, and Eugene has excelled at this task! Congratulations Eugene!

Skill: Maintain steady kick tempo in butterfly + breathe every 2 strokes

Senior: Lucy Jardine. Lucy has done a great job with all negative split challenges this month. Lucy is great at swimming confident enough on the front end to control her speed, and then be able to lift to finish faster at the end. Negative splitting, or controlling your front end speed is a super important skill to master in our sport, especially for swimmers who specialize in 400m, 800m and 1500m events like Lucy. Way to go Lu!

Skill: Has mastered the art of the negative split. Capable of swimming controlled and then increasing speed across all distances, pull, kick, swim, etc.

Swimming Canada #RaceAgain Challenge

We are excited to get going in the #RaceAgain Challenge. Our first athletes are racing tonight. Swimming Canada has extended the window for the first racing block due to so many provinces having limited / no pool access. That doesn't change anything for us in terms of our current race dates, but here are the new dates for results submission for your information. We will add a 4th competition during the May/June Window!

SNC #RaceAgain Stage	Competition Dates	Entry Deadline
Stage 1	February 1 – March 7, 2021	March 8, 2021
Stage 2	April 8 – 18, 2021	April 23, 2021
Stage 3	May 21 – 30, 2021	June 4, 2021

SWIM NS MONTHLY CHALLENGES

Swim NS has put together some racing and challenge opportunities for its members for the months of February, March & April.

Our Team will be taking part in the monthly challenges at all levels. This month the challenge is your fastest Dive 25 or Dive 75m !

Groups will be completing this challenge at some point throughout the month, and submitting the results to SNS.

It will be fun for our athletes to see how they measure up against the rest of the province each month. You can follow along on Swim NS Social Media each Friday to see the results as they roll in.

GO SWAT!

Junior and Novice Mental Skills Brainstorming: How to be MOTIVATED!

How to Stay Motivated Without Competitions!

Swimming on faster intervals

Mastering new skills

Swimming with faster/older athletes

Friends, teammates and coaches

Setting goals AND staying accountable for them

Focusing on the positives “what did I achieve in this practice?”

Visualize yourself reaching your goals

Swimming best times in practice

Seeing results in yourself from pushing yourself to the limits

Always striving to do better

Seeing results in your peers

Moving up training groups

Using motivational words in practice

Remember why you started

Reflecting on each practice “what was one thing I did better than yesterday?”



DO YOU NEED **EQUIPMENT**??

Did your SWAT Cap Break? Do you need a second as a replacement or extra to be prepared? Do you need a new SWAT Shirt?

We have stock of SWAT Caps and Shirts. Please email equipment@swatswim.ca and we will arrange payment and get the equipment to you.