
UBCD SPLASH ATTACK

November 2004

INSIDE THIS ISSUE:

President's Report	1
UBC Swimmers Update	2
The Journey of the Swimmer	3-5
10 Characteristics of a Winning Program	6
VAC News	7
Fall Calendar of Events	7
The Parents' Role	8-9
Fall Birthdays	10
Important Contact Info	10

Welcome to a new edition of the UBCD Splash Attack.

This newsletter can be viewed online at:
www.pacificdolphins.com.

We are happy to mail our first edition of the season, however, please be advised that all other editions of this newsletter will be sent by email, as well as posted on the website.

Message From the President

- Marianne Mange *PDSA President*

Welcome to the 2004-2005 swimming year!

The 2004 Olympic year is behind us and the program is moving forward with immediate sights on placing as many of our swimmers as possible onto the 2005 World Championship, FISU and Canada Games teams.

As we focus on future successes it is important to reflect on our past and to critically assess what we do well and where improvements need to be made. Several informal meetings have been held in order to obtain feedback from athletes and parents and a formal planning session is scheduled for December. The resulting plan will then be presented at the annual general meeting of members on January 18th, 2005.

In an effort to improve communication board updates will be posted regularly on the website. Additionally, the coaches will post program and schedule information.

The UBC Dolphins would like
to thank the

NEWTON SQUARE COUNTY BINGO

whose continued support
allows the PDSA to provide
high level coaching and
quality programming.

Newton Bingo
401A - 7093 King George Hwy
Surrey, BC

UBC Swimming Update

- Derrick Schoof *UBC Thunderbird Swimming*

Today marks 2 months of swimming (for most of us) after returning to the water from a small summer break. With a few key members recently joining us after World Champs, the entire team is back in the water.

The UBC Thunderbirds have been very busy training and competing in preparation to win our 8th consecutive National Title. So far this season we have had the opportunity to race some excellent NCAA Div 1 teams to really help get us back into the mindset of racing fast. On October 2 the University of California-Berkeley Golden Bears Women's team came up to UBC to really let us know what fast, early season swimming was all about. We also had the opportunity to train with them over the weekend. On that same weekend, the men travelled to the University of Washington to race the Huskies in a relay meet.

The following weekend I travelled with Coach Steve to the ASCA Clinic in Indianapolis to listen and learn from some of the worlds most experienced and successful coaches. We watched the World Short Course Championships to see how the best in the world were performing. Following that, the coaching staff went to Whistler to attend the BCSCA Coaches conference and to listen to other coaches speak, including the Head Coach of the Australian Institute of Sport, Pierre Lafontane (who is Canadian!).

On October 21, I travelled to Dallas with 8 T-Bird women to race in the SMU Classic – we were the first Canadian team to ever take part. We raced SMU, Indiana, Rice, Washington, and South Carolina. It was an excellent competition and experience for all of us.

We just returned back from Victoria (Senior Circuit #1) and now we are preparing for our own Colleges' Cup which will take place at UBC on Friday, October 5 at 5:00 PM and Saturday, October 6 at 2:30 PM. Visiting teams will be University of Calgary, University of Alberta, SFU, University of Victoria, and Seattle University (an NCAA Div II team). I encourage all of you to come out and support your T-Birds.

After Colleges' Cup the team will prepare for the Canadian Open (Nov 25-28), then race a Dual meet at SFU on Dec 1 at 6:00 PM, and some athletes will compete in the Richmond Rapids Fastswim on Dec 3-5.

The Women's team will stay at home for Christmas Camp starting December 27. The Men's team will travel to Phoenix for a camp that will end with a competition on January 8, against Arizona State University and the University of Wyoming.

If you have any questions regarding the UBC T-Birds swim team please contact me at 604-822-8903 or email me at ubcpdsa@interchange.ubc.ca.



The Journey of the Swimmer

- Laurin Weisenthal (age 17) *Aquazot Swim Club - Irvine, California*
Source: www.insweep.com

“The philosophy is simple; to achieve, you must work. You must work very hard.” – Erika Salumae, 1992 Olympic Sprint Cycling Champion.

The time is five o'clock A.M. The sky ripples in a deep, velvety black as I race across the pool deck, tugging my unruly hair into a latex swim cap. The frigid wind bites into my nearly bare body; the icy deck numbs my toes as I adjust my goggles over weary eyes. I glance about, feeling the warmth of comradeship as my eyes light on the four others who have made the effort this morning. With a deep sigh of resignation, my body launches into an arch, convulsing slightly at the initial shock of the crisp, eerie blue water. Forced awake, I automatically begin the powerful strokes of my warm-up, preparing myself for the first of the day's two training sessions that will test the physical strength and mental tenacity of each athlete who dares make the attempt.

Day in and day out it is the same routine; if you want to be great, if you one day want to be ranked among the few who can call themselves the best, you must maintain a lifestyle that nears insanity. Commuting time not included, swim training eats up anywhere from 20 to 24 hours of your week, possibly more, depending on the coach. Not even illness, weather, or holidays are allowed to interfere with your training schedule: unless you are vomiting or feverish you drag your protesting body to practice; unless lightning threatens you like you endure whatever nature hurls in your way; if something as inconsiderate as Christmas causes you to take a day off, you make up the training you missed, perhaps by adding another round of doubles to you week.

Athletes vying for the coveted label of “the best” all face grim circumstances and sacrifice. The unfortunate high school student has a structured schedule to contend with, translated into required school hours and nightly class work. Life becomes a fearful experience of day to day survival: directly after school comes practice, so homework isn't started until 7:30 at night. If this sounds like simple inconvenience, the factor of morning practice has been forgotten. Swimmers rise for practice anywhere between 4:00 and 4:30 in the silent darkness of early morning. They are lucky to snatch five hours of sleep on the eve of a double practice day. The other days they cannot make up the sleep they have lost because they must finish the homework they couldn't complete the night before. There is always a Saturday morning practice as well, so the only time a swimmer obtains a decent amount of sleep is Saturday night.

Training itself is rigorous and painful, both on the body and on the mind. It involves a demanding combination of dryland exercises and two hours of pool time per training session. People have hinted swimming to be a boring sport, swimming - - up and back along a black line - - for all eternity. These critics cannot be any more wrong.

Swimming requires more thought and focus than many of the common sports other play. True, you don't contend with a ball, nor do you need to devise strategies and plays involving other people. But what makes it so difficult is the overwhelming emphasis on technique: forcing your body to move in just the perfect way to minimize resistance in the water and maximize the power of your stroke. There are four different strokes in swimming, and for each stroke you must consider a multitude of tiny factors: where is your

hand entering the water? How is your body position? Are your elbows bent enough on the catch? Are they bent too much? Are you overreaching? Are you dragging your hips? Are you rotating enough? And so many more. Resistance through water is a factor that is much more significant than resistance through air, and any little error can add tenths that build up over the course of a race. You must feel where your body is in relationship to the water, and there is always, always something you are doing incorrectly.

Swimming becomes an intricate dance of perfecting one thing and discovering another that is flawed. Even the best in the world, the Olympians and world record holders, are forever looking for minute adjustments in their technique to drop mere hundredths from their times.

This quest for perfection involves endless repetition of unimaginable drills to discover the right niche for each athlete. You must always be thinking about what you are doing, feeling each element, to detect the flaws. At the same time you must be thinking about starts, turns, finishes, pacing, and racing. You must be smart to be a swimmer.

Then you must take what you feel in the drills and apply it to the actual sets.

Coaches develop sets that are tailored to match the swimmer and the swimmer's needs. The sprint freestyler, for example, does not do the same workout as the butterflyer, who does not do the same workout as the distance freestyler, and so on. But no matter which group you fit into, sets are devised to be arduous affairs. You must push yourself to your limit, and then push past that, over and over again, in every training session you face.

You must always force yourself on, performing whatever your coach tells you to do. You never pause to consider disobeying: if he says to swim faster, you swim faster. The response is automatic; you listen, you doggedly nod, and you launch yourself off the wall, hurling your will into the set. Swimmers suffer some of the most pain imaginable, for their whole body is consistently subjected to the wrath of the pool. After some training sessions your body is so beat up that you walk into your living room and drop dead on the floor. No muscle group escapes use in swimming. You tighten up in pain, force your way through sheer physical exhaustion; yet the dedicated punch through the breaking point and continue on, knowing that this is what it takes to be the best.

At times you work so hard that you simply become numb to the pain; you are aware that you can barely lift your protesting arms out of the water, and that your legs feel like solid granite, but you no longer detect your screaming body. Few ever reach this point; they begin to feel the rising surge of pain and back off, afraid. Hence the mental toughness and desire come into play, for you must defeat the mind games you begin to play with yourself. You cannot ponder whether you can go on; you must decide to go on, and if you do, you discover the beautiful, liberating feeling of realization that you can do anything.

Swimming is a cruel sport. You can train with all your heart and soul for a year and just before the important meet, fall ill. Or at that one meet you can have a single poor performance due to a large amount of details that could go wrong. Or you can get a devastating injury, the most common being one to the shoulder. To come back from injury is a difficult journey in itself, and one that defines a person's character. Then there is the unfairness of the sport: the hardest workers and most deserving are not always the ones that reap the glory. Talent is just as great a factor in swimming as it is in anything else, and those that have it do not always realize the potency of their gift. An athlete may give her life to swimming and still never be as great as another, born with the natural gift, who gives

only 70% to the sport. Swimming can give the highest pinnacle of joy and elation in success, but it can also bestow the most crushing misery and devastation in failure. Both are decided by mere seconds or less.

So why do you do it? friends ask me. Why do you go through all that? Are you crazy or something? Maybe I am.

But they don't understand, they can't understand swimming in the way that I do. I do it because I love it, more than anything the world can offer. Even in the middle of the most painful training sessions, performed on little sleep, with my body begging for relief, I am content to be where I am. I have been through the darkest hours of the anger and frustration of injury, wondering desperately if I would ever return to the pool. I have been broken down by the demands of the sport to be built back up again. I have cried in disappointment and doubt when I failed to perform as well as I expected after months of the above described. Yet always am I drawn back to the glittering, blue water, ready to face another day.

I love swimming for what it is, a sport that represents all that is right in athletics. There are no judges to determine whether you are a superior athlete than the next girl. No coach can make a call as to where you will play, how much you will play, and how important you are to a team. The person to get their hand on the wall the fastest is the winner, whether you like that person or not. The clock does not lie.

To many, swimming is just another sport, or a fun activity.

Yet only those on the inside of the swimming world really understand what this sport is about. I love the people involved in swimming, for we all know what we go through, in the pool and out. Even those who aren't willing to push themselves as far as others have an appreciation and give their admiration and respect to those who do. We are always immediate friends because of the bonds we share; because we know what it to be consumed by a sport that makes us whole, and to want something so badly that we will do whatever it takes to get there. And that feeling of glory, that feeling of performing excellently after everything has gone right, is the most beautiful, indescribable feeling in human experience. No matter how rare, that is what we live for, and I could never give it up.

NOTICE

Pacific Dolphin Swim Association Annual General Meeting

Tuesday, January 18, 2005

6:00pm

UBC Aquatic Centre Classroom

The 10 Characteristics of Winning Programs

- Tom Johnson *PDSA Director of Swimming*

As we begin a new season, goals are set - to be accomplished throughout the season. To achieve our goals this year, we all need to check ourselves on an on-going basis, to monitor our progress. The following is the type of checklist with which we should measure ourselves to make sure that we are on the right track. This is a challenge for all swimmers, parents, volunteers, and administrators in the PDSA.

1. **THE CHALLENGES THAT WE FACE ARE MEANINGFUL.**

We need to be at our best in order to win.

2. **TALENT.**

Talent exists in our program at all levels. The realization of that potential is the challenge.

3. **LEADERSHIP.**

Through the coaches having a voice in the development and implementation of the policies of the program; the interests and goals of the program can be met on a day in day out basis.

4. **STRATEGIC PLAN.**

Know where we are going and what markers we need to achieve along the way.

5. **COMMITMENT.**

Buy in by all parts and all the players in the program. (The *we* needs to be bigger than the *me*.)

6. **SCOREBOARD.**

Constantly measuring how we are doing.

7. **ACKNOWLEDGEMENT.**

Everybody can make a difference. What kind of difference do you want to make?

8. **IDENTITY.**

Know who we are, what our values are and what standards of behavior we live by.

9. **CULTURE.**

Develop and maintain a culture and traditions of a winning team.

10. **ENVIRONMENT.**

Create and maintain an environment where people have opportunities to evolve.

VAC News

- Kelly Taitinger *CDSC Head Coach*

Things are going smoothly down at the Vancouver Aquatic Centre. It has been quite a change since Mies is no longer around. We have a new coach down here but not really new to the program. Brad Hutton has taken on the assistant coaching duties with the UBC part of the program as well as coaching another group with CDSC. We have about 20 swimmers in the group down here with another 70 or so in CDSC and are looking for some great things over the season. Ilya will be traveling to Australia with Steve, Janice, and Maya in January and we are trying to get him prepared for some fast swimming.

This part of the season has us focusing on push offs and streamlines as well as trying to develop a good team atmosphere. The swimmers are doing very well in their attendance. Six of the swimmers will be taking part in the Swim BC camp to be held this weekend at Victoria and also will swim at the Senior Circuit meet. The others will take part in the VPSC meet held at UBC this weekend. We are focusing on things such as even splitting, 10 metre push offs and aggressive turns. We are not really looking at how fast they are going right now.

Having done some test sets, we hope that the results will show a steady improvement over the year. Some of our team goals include; winning 'AAA' championships in February with everyone making at least one final swim; as well, trying to win overall male and female. They are looking at having at least everyone in a top five position at the meet. We have had meetings with all of the swimmers and their parents and have gone over what we think they may need to work on as well as listened to what they want out of swimming.

We will be sending a team to Quebec to compete in the Pointe Claire Invitational during December as well as some swimmers going down to Tualatin Hills to take part in their invitational meet. Our Christmas camp will be held at the Vancouver Aquatic Centre over the Christmas break.

Calendar of Events

2004

Oct	30-31	VPSC Invitational	Vancouver, BC
Oct	3 0	Senior Circuit #1 (LC)	Victoria, BC
Nov	5-6	College's Cup	Vancouver, BC
Nov	5-7	Cascade Speed Meet	Calgary, AB
Nov	12-14	Island Invitational	Victoria, BC
Nov	13-14	Hyack Invitational	New Westminster, BC
Nov	19-20	BC High School Provincials	TBA
Nov	25-28	SC Canadian Nationals	Calgary, AB
Dec	1	UBC T-Birds @ SFU	Burnaby, BC
Dec	3-5	Rapid Fastswim Classic	Richmond, BC
Dec	10-12	Tualatin Hills Invitational	Tualatin Hills, Oregon
Dec	10-12	PCS Christmas Cracker	Victoria, BC
Dec	18	UBCD Cup	Vancouver, BC
Dec	27-Jan 9	UBC T Training Camp	Phoenix, Arizona
Dec	18-Jan2	UBC D Training Camp	Vancouver, BC
Jan	8	UBC T-Birds @ ASU (M)	Phoenix, Arizona
Jan	15	TAS Senior Circuit #2 (LC)	Vancouver, BC

The Parent's Role

The following is an excerpt from a book by one of our team sport psychologists, Dr. Keith Bell: *The Parent's Guide to the Proper Psychological Care & Feeding of the Competitive Swimmer*. If you would like a copy of the book, please contact the coaches at the UBC coaching office.

The Parent's Role in Helping to Create and Maintain a Positive Team Environment

To let the coach coach

When you signed your swimmer up, you hired a professional to coach your child. Let the coach coach. You do not hire an accountant to do your taxes, then do the taxes yourself. You do not secure the services of a surgeon, then perform the surgery yourself.

Find a program for your child that has a professional coach. Then let the coach do his job. Most club swimming coaches are experienced and trained in the sport.

As is everyone, coaches are imperfect. But, unless you are a swimming coach yourself and are up-to-date on the latest techniques and theories, more than likely swimming coaches have greater expertise in this area than you do. Moreover, you have a very powerful something that coaches do not have: a conflict of interest. Your judgment is clouded in this arena by your love for your child. Your child's coach should care about your swimmer, but he will be more likely to be objective about your child's swimming than you are likely to be. Do your child a favor. Let the coach coach.

To allow the coach to coach without your constant scrutiny

Don't look over your coach's shoulder. What if the swimming coach showed up at your place of employment and watched everything you did all day? Would everything you do be perfect? Would the purpose and long-term benefit of everything you do be apparent to this lay person? Would you do things the way he would think they should be done or the way he would do them? Would his needs or particular project always take precedence over all of your other responsibilities? Would his scrutiny be distracting and obtrusive?

Yes, coaches are imperfect. No, coaches do not coach the way you would or the way you want them to. No, your child is not, and should not, be the centre of the coach's universe. Moreover, everything looks different under the microscope and with constant scrutiny.

Let the coach coach without a critical audience. Don't look over his shoulder.

To recognize that you have one, the coach has many

While you are focused on your child, the coach is responsible for the entire program. Though most coaches care about each and every swimmer, they must do what is best for the entire program. Most often that will also be what is best for your child, at least in the long run: but not always. Sometimes your child's immediate interests must come second to the long-term benefit of the overall program: but then, that too is most often in your child's long-term best interest.

To make a contribution to the team

Do what you can to support the team. Your participation in fund-raising, chaperoning, organizing social activities, assisting with travel arrangements, helping with equipment, running meets, and other support activities strengthens the program while letting your child know that you care and are there for him. Moreover, anything you can do to relieve the coach of administrative and support activities frees him up to spend more time on planning and technical areas.

At the very least, do not disrupt the program. Get your swimmer to each practice on time. Let the coach coach without interruption. Keep informed so that the coach does not have to repeatedly answer the same question. Get your entries in on time, so time is not spent chasing you down. Consider that there are quite a few members on the team. If even a small percentage of them cause a disruption once in awhile, the cost (in terms of coaching or administrative time and in terms of diversion from the mission) is huge.

To promote the program

Your advocacy goes a long way. Say nothing but good things about your swimmer's team, the staff, team members, other parents, and especially your children. Go out of your way to advocate the program, and all associated with it, to your child, to other parents, to the swimming community, and to the community at large.

Look for the good things and talk about them. Draw attention to the positive aspects of the program.

Yes, there will be imperfections. No program is perfect. But you are far better off (and so is the program and, as a result, your child) if you attend to, and comment on, the good.

To accept everyone associated with the team

It is unlikely that all of the swimmers on the team will like each other. It is more likely that some will not. There may even be one, two, or a few youngsters that no one likes. It does not matter. It matters very much, however, that they treat each other with respect and dignity, support each other, challenge each other, expect each other to make a contribution, and reinforce each other's action for excellence. Most importantly of all, it is imperative that every swimmer accept each and every other swimmer's right to participate in his team's pursuit of swimming excellence and his right to enjoy the quest. This is one of the basic foundations of a great program.

Similarly, you need to recognize that every swimmer, parent, coach, support staff person, and volunteer member has a right to participate in the program. You do not have to like everyone or anyone. You merely need to accept everyone associated with the team.

To expect others to support the team's mission

You should accept everyone's right to participate. But that does not mean you need to be accepting of everything that everyone does.

Do not let anyone detract from the program. Help everyone involved to stay on track and to contribute to the team's pursuit of swimming excellence.

To be part of the solution, not the problem

Don't complain about the program or the coach. Complaints are cancerous. They eat away at all that is good and worthwhile.

Complaints draw attention to imperfections and get others focused on these failures instead of on what is working. For that matter, complaints often point to something that has nothing wrong with it and label it as bad, making it bad by the very act of complaining about it.

Your child's team will have imperfections. Often there will be some aspect of the program that may not be perfectly suited to you liking. The coach will act differently than you may have if you were in his position or from how you may have wished he had. He will say things in a different way than you would and even than you would like him to. (Of course, even you often talk to your child, and otherwise act toward him, in ways other than you would like to act.) But don't complain about imperfections. Instead, make a contribution to the program.

If it is your perception that something is wrong, point it out only if something can be done about it and solely to someone who can do something about that which concerns you. If, and when, you do voice a concern, also offer a suggestion for corrective action. Contribute. Don't complain.

Volunteers and Sponsors

For more information about the opportunities to support our local athletes, please contact the UBC Dolphins Administration at cechan2@yahoo.com .

HAPPY BIRTHDAY

September

Brittany Cooper
Oriana Cope
Jennifer Ng
Robyn Thom
Phoebe Ho

October

Brent Hayden
Janeen Lee
Elenora Dalling

November

Kelly Doody
Robert Miller
Mike Mintenko
William Walters

December

Hong Kei Chan
Hong Ting Chan
Ian Chan
Michelle Landry
Caitlin Meredith



PDSA IMPORTANT PHONE NUMBERS

Executive:

President	Marianne Mange	604-988-9432
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Treasurer	Margaret Durward	604-732-3639
Director of Swimming	Tom Johnson	604-822-9623

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VAC Office	604-684-7928
VPSC Office	604-736-0411

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