

March 26th 2011

Newsletter



Two New Club Records

Last weekend at ManSask Donovan Spilchuk broke his own club records in the 15-17 year old male category in the 50 free (24.04) and 100 free (53.19). Congratulations Donovan!

If you know of any records that have been broken or any errors on our club record page please notify a board member. Records will be updated again at the end of July.

Lasers Win Small Club Award

Head Coach Robert Eynon and assistant Meghan Whittaker took 15 competitive swimmers to ManSask provincial championships at the Shaw Centre last weekend. The meet was hosted by the Saskatoon Goldfins, held over four days, and had nearly 400 swimmers attend. In a nutshell: Laser swimmers were entered in 100 preliminary races and ended with 56 top 10

finishes, 95 personal bests (between prelims and finals) and brought home 14 medals. Every race in the top 20 final results scored club points. The Lasers earned 934 points with 15 swimmers averaging 62 points per swimmer compared to last short course ManSask where the club earned 892 points with 22 swimmers averaging 40 points per swimmer and two years ago just over

450 points with 15 swimmers averaging 30 points per swimmer. What is clear with results like this is that the Lasers are building a solid foundation for the future and not relying on a few top age group athletes. The accumulation of all these points resulted in the Lasers winning the provincial Small Club award. Congratulations coaches, swimmers for a job well done. More ManSask news page 3

Coaches Corner

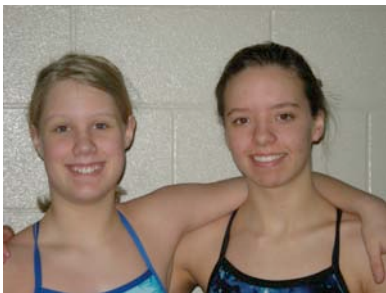
One of the hallmarks of a quality swimming team program is a planned program of physical development. This includes programmed physical stress and recovery times. Progress can only be made by the athlete by imposing a previously unexperienced stress on the body system. The body will then adapt to this stress, if provided the appropriate degree of active recovery. A quality swim program will mix the types of stress applied to the group of athletes. Thus attendance

at a workout is a CRITICAL feature of making physical progress in the program. When an athlete misses a workout, they miss the cycle of stress and recovery and end up taking one step forward and two steps back. Plus the fact that the athlete is letting his teammates down by not attending and has lost the opportunity to learn what is being taught that day. Note to coaches: if you let athletes miss without comment you are saying in effect that it doesn't matter if they miss. And if

their absence means nothing, then their attendance means nothing as well. For 12 and unders coaches should educate parents about importance of attendance while allowing athletes to participate in other sports. For 13 and over swimmers coaches should press for good attendance. To Achieve Great Things: First Show up Every Day. *Adapted from article by John Leonard, American Swim Coaches Assoc. Link to complete article on Laser website.*



*Above Danielle Booth
Nerves of Steel story
page 3. Below newest
qualifiers for Age Group
Nationals Heather
Shury, Marina Aspen.*



Up Coming Events

SEPTATHLON is

April 9th & 10th, and we are proud to have Cameco as our title sponsor. This is a popular meet due to the well-stocked prize table and raffle table. The prizes for these draws are supplied by you the membership. Each family is to provide a prize worth 30 dollars per child swimming with the club. Please take the time to find a prize that would

be of interest to the swimmers ages 7 and up. Items can be fun and do not have to be swimming related. The hot pink electric guitar was a big hit last year with the young girls. So put your thinking caps on and go shopping. Contact: Heather Field hmf0405@gmail.com The club also requires someone from your family for volunteer positions all day Saturday and Sunday

until around 2:30 pm. Positions can be filled in many areas but there is always a large need for officials in the area of timing or stroke and turn. If you have not had a chance to take the timing or stroke and turn clinic, the Goldfins are offering clinics on March 5th and 12th. Contact Lisa Larocque our officials coordinator for more info. l.larocque@sasktel.net

I can swim and Introduction to Competition

LEARN TO SWIM PROGRAMS: Registration for the next I Can Swim session with the Lasers is coming up fast. You can register on one of two nights April 5th or May 3rd at HBAC starting at 6:45 pm.

SWIM TO RACE For swimmers 12 years old and younger who have swim experience through Red Cross or I Can Swim

and who are interested in learning to swim with LASER PRECISION, the club is offering a free trial including an assessment for our competitive swim program. The trial starts April 4th and runs MWF and a second week of trials starts April 11th and runs MWF. All sessions are from 5:30-6:30 at HBAC. If you have any questions regarding the free trial please contact

our head coach Robert Eynon at endeavorswim@gmail.com.

THANK YOU TO OUR VOLUNTEERS

Saskatoon Lasers held a **bottle drive** on the afternoon of March 12th. The drive was well attended and raised over \$900 for the club. After all the hard work, pizza was supplied by the Makari family Little Caesars

Pizza. Thank you to all the people who supported this fundraiser.

A heartfelt thank-you to all the parents who helped out at ManSask by officiating. This year the Lasers filled multiple official shifts at every

session. This was a well attended and smoothly run event, but the Goldfins could not have run it without you.

Thank you.

ManSask Highlights

The 16 & over boys relay team had a strong showing in both their 4 x 50 freestyle and medley races, coming in second and fourth respectively, edging out cross-town rival Goldfins in both races. Well done boys! All short course ManSask results can be found at www.swimming.ca but notable highlights from ManSask include Donavan Spilchuk's new club records in the 50 (24.04) and 100 free (53.19), also there are two new Age Group National qualifiers Marina Aspen (100 breast) and Heather Shury (200 back) AGNs are held this year in Montreal at the end of July. Both girls now join

teammates Donavan Spilchuck, Julian Nelson and Ross Hansen who have already qualified for this event. Normally for any meet with so many swimmers, it's hard to choose a single race that stands out above the rest. But not this time! The **NERVES OF STEEL** story for this ManSask goes to Danielle Booth who swam her 200 breast stroke with a PB time of 3:23.14 (by 2 seconds!). It wasn't fast enough to get her into the final that evening, but as fate would have it, tied her for the position of second alternate and resulted in a mandatory swim off. The swim off was immediately before the start of the 400 free, and when Dani arrived, her swim off competitor was a no show. Meet management asked Dani to

swim the race alone. Dani took the blocks and the gun went. Dani dove in and another girl suddenly ran to the blocks and jumped into the pool beside her and started swimming the freestyle. Needless to say this caused a great deal of shoulder shrugging amongst the officials. When it was determined that the second girl in the water had assumed she'd missed the start of her 400 freestyle (the next heat in line) the officials stopped her. Even with all the commotion, Dani never broke stroke, swam her race in a new PB time taking off another 3 seconds. She got her AA time as well. Good work Danielle!! That was amazing.

Coach, Athletes named to Prospects West Team

Assistant coach Meghan Whittaker was named to the Prospects West Swim Team. This team is made up of 16 Saskatchewan male and female athletes and 16 Manitoba athletes who are 13 or 14 years of age and are top scoring athletes at the end of short course season based on FINA points. Of the sixteen top scoring Saskatchewan athletes four of them are Lasers. Marina Aspen, Justin

Sharma, Ashley Ho, and Heather Shury. Congratulations athletes for being chosen. For those athletes who accept this offer, the team will travel to Lethbridge in mid-April to train with and compete against teams from Alberta and British Columbia. Meghan was named the female coach for this team. Congratulations Meghan.



Justin Sharma, Jennifer Sharma, Reed Aspen and Heather Shury receive small club award on behalf of the Saskatoon Laser Swim Club at ManSask Sunday night.