



# LA Olympians Swim Club



November 2008 - Issue #2

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## Upcoming Events and Meets

Nov. 22 – LOSC Novice Meet (Walnut Grove)  
Dec. 5-7 – FASTSWIM (Richmond)  
Dec. 6 – VPSC 10 & Under Meet (UBC)  
Dec. 13 – LAOSC X-Mas Intra Club & brunch (Walnut Grove)  
Dec. 20-26 – XMAS HOLIDAYS!  
Dec. 27-Jan 4 – XMAS TRAINING CAMP (Prov/Nat)

## L/A OSC October Intraclub Meet

Congratulations to all swimmers who participated in this past weekend's IntraClub Meet. It was extremely successful with over 100 athletes attending.

We had a new regional qualifier who broke the 4:00 200 IM and 5:40 300 freestyle barrier.

Way to go Chelsey Borrowdale!!!! She is eligible to attend all LMR meets within the Region.

Congratulations to Hillary Metcalfe who broke the 9-10 year old Girls 100 IM Club Record. Her time was 1:24.27.

A special thank you to all the parents who helped out with

timing, starting or refereeing; we can't put these events on without you.

As well, thank you to Dorothy Clark for providing food for the timers/officials and coaches.

## VPSC Invitational

Great work all swimmers who attended the VPSC Invitational at UBC this weekend. Congratulations to Kyla Barton who qualified for AA Championships in Chilliwack this coming March as well as to Trista Tetreault who achieved her AAA qualifying time in the 10 & under Swim Stars event. Her time of 3:08.21 in the 200 IM allows her to attend the meet in Victoria in March.

Hillary Metcalfe broke two club records in the 9-10 year old Girls Short Course events! 40.12 in the 50 Breaststroke, and 1:29.53 in the 100 Breast.

Olivia Montgomery set 2 new meet records this weekend in the 100 and 200 freestyles.

[Click here for Top 10 Placings from the meet.](#)

## SFU Clan Cup

Congratulations to Olivia Montgomery who won gold at the SFU Clan Cup Meet this weekend. Olivia took home a gold medal in the 200 freestyle. The meet played host to swimmers 15 & over, some of whom are university athletes. Also attending were some of the Japanese National team members.

Other finalists were Rachelle Kichton in the 200 IM and 200 butterfly as well as Daniela Szalkai in the 200 fly.

## Hyack – Fall Into Finals Invitational

The weekend of November 8-9<sup>th</sup> Langley swimmers attended the Hyack Fall into Finals Invitational in Coquitlam.



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Club records were set that weekend by Hillary Metcalfe (10) in the 200 backstroke and the 800 freestyle while Kate Thomson (13), Morgan Mark (13), Michael MacDonald (13) and Duncan Gleed (15) all brought home cash prizes for their accomplishments.

Finalists for the weekend include: Shelby Blankstein (13) who won gold in the 200m butterfly and silver in the 100m fly, Siobhan Board (11), Meghan Cheung (12), Duncan Gleed who won golds in the 50, 400 and 1500 metre freestyle events, bronzes in the 100 freestyle and 400 IM events. Janelle Hay (13), Shauna Jense (16) who won bronzes in the 800 free, 400 IM and 200 butterfly, Nathan Jongenburger (15), Tom Levshuk (15), Michael MacDonald who won golds in the 200 IM and 1500m freestyle, silvers in the 200 freestyle and bronzes in the 400 and 50 freestyle events. Devon Mark (10), Morgan Mark who won golds in the 50 and 100 freestyles, silver in the 200 and 800 freestyle and bronze in the 400 free, Hillary Metcalfe (10), Martha Metcalfe (12) who won silvers in the 100 butterfly and the 200 Individual Medley, Trista Tetreault (10), Kate Thomson (13) who won gold in the 100 breaststroke, silvers in the 400 free, 200 breaststroke and 200 IM and bronzes in the 800 free, 400 IM and 200 butterfly. William Vosper (17) won silver in the 200 butterfly while Romina Worthington (12) won gold in the 100 butterfly and 200 IM, and bronzes in the 800 free, 400 IM and 200 freestyle.

Swimmers achieving 100% personal bests this weekend were Trista Tetreault (10) and Amelia Blair (10).

## LA OSC Short Course Invitational Meet

The weekend of November 15-16<sup>th</sup> the Langley/Abbotsford Olympians hosted their own short course invitational with some phenomenal successes. The meet went off with no delays which does our meet management credit.

A thank you goes out to all those parents, friends and loved ones who came out to volunteer their time either as timers, food persons or officials, etc.

A special thank you goes out to Cheryl Kichton who helped organize officials, Steve Szalkai who photocopied or programs and to Darren and Sheila MacDonald who

were in the timing booth and doing secretarial duties. Thank you, we can't do it without you!

Medalists this weekend for the Langley Olympians were: Shelby Blankstein (13) who won gold in the 200 butterfly and silver in the 100, Meghan Cheung (12) won silvers in the 200 free, 100 free and 100 backstroke, Duncan Gleed (15) took home gold in the 100 free and bronze in the 200 backstroke, Nathan Jongenburger (14) bronze in the 400 IM, Jared Kichton (14) golds in the 100 and 200 backstroke events, and bronzes in the 100 and 200 butterflies, Rachele Kichton (16) gold in the 200 butterfly, silver in the 200 backstroke, bronzes in the 100 and 100 butterfly and 400 freestyle and IM, Tricia Kiss (16) brought back silver in the 200 backstroke and 200 breaststroke as well as a bronze in the 100 back, Michael MacDonald (13) took home golds in the 100 fly and the 400 freestyle, silvers in the 100 breaststroke, 100 freestyle, 200 fly and and bronzes in the 100 backstroke and 400 IM, Devon Mark (10) won gold in the 50 butterfly, silver in the 200 freestyle and bronzes in the 200 backstroke, breaststroke and IM, Morgan Mark (13) gold in the 100 butterfly, silvers in the 100 backstroke, 400 free, 100 free and bronze in the 400 Individual Medley, Hillary Metcalfe (10) golds in the 50 and 200 backstroke, 50 and 200 freestyle, 50 and 200 breaststroke, 200 IM and a silver in the 50 butterfly, Martha Metcalfe (12) golds in the 100 and 200 butterfly, silvers in the 400 IM and bronze in the 200 breaststroke, Ryan Moloney (13) won silver in the 200 butterfly, Olivia Montgomery (17) gold in the 100 and 400 freestyle, the 200 backstroke, silvers in the 100 butterfly and backstroke as well as the 400 IM and bronze in the 200 butterfly, Jiyhoon Oh (16) golds in the 100 fly, 200 back, 200 fly, silver in the 100 back and bronze in the 100 breaststroke, Kyle Polednik (16) silver in the 400 fr and bronze in the 200 backstroke, Chelsey Salli (16) golds in the 100 butterfly, 100 backstroke, 200 breaststroke, 100 breaststroke, 400 IM and 200 backstroke, silver in the 100 and 400 freestyle, Sage Sturgeon (17) won silver in the 100 breaststroke, 200 backstroke and the 400 IM and bronze in the 100 freestyle, Daniella Szalkai (16) won silver in the 200 fly, Trista Tetreault (10) silver in the 50 fly, 50 and 200 backstroke, 50 breaststroke, 50 freestyle, 200 breaststroke and the 200 IM, bronzes in the 200 IM and 50 butterfly, Kate Thomson (12) won gold in the 200 breast and bronze in the 200 fly.



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Swimmers who achieved 100% best times were: Chelsea Borrowdale (9), Meghan Cheung, Andrew Hall (17) and Brennen Taylor (13). As well, club records were set by Devon Mark in the 50 butterfly and Hillary Metcalfe in the 50 and 200 backstroke, 50 breaststroke and 200 IM.

Meghan Cheung was also a first time Provincial level qualifier. Her time in the 100 backstroke allows her to compete at the BC AAA Championships this March in Victoria.

## 12 & Under Regional Training Camp at Surrey

Swimmers from the Provincial group attended the LMR 12 & Under Regional Training Camp hosted by the Surrey Knights. Swimmers had the opportunity to train against the best 12 & unders in the Fraser Valley area. Activities included motivational talks by Canadian Olympic Team Member Brian Johns as well as dryland training and new exercises!

The swimmers performed a variation of the 5x200 Freestyle Step Test with some of our swimmers going personal bests!

Swimmers in attendance were: Trista Tetreault, Siobhan Board, Hillary Metcalfe, Martha Metcalfe, Romina Worthington and Brennen Taylor.



## WC Blair Closed

WC Blair Pool will be closed from Dec 8-21, 2008. All WC Blair swimmers are encouraged to come to Walnut

Grove to make up their practice. They will be put into groups based on their abilities.

## Christmas Holidays

LA OSC will be having Christmas Break from December 20-December 26. Regular practices will resume Saturday, December 27<sup>th</sup>. There will be no workout on Wed Dec 31st and Thurs Jan 1<sup>st</sup>.

## Christmas Training Camp

That's right, everyone's favourite time of year is coming up.... TRAINING CAMP!!!! This year's camp is for National and Provincial group swimmers. The two groups will be running double practices (morning and afternoon) during the holiday season. Stay tuned for more specific Times.

Dec. 27, 28, 29, 30 – AM and PM practices

Dec. 31 – AM only

Jan. 1 – OFF

Jan. 2-4 – AM and PM practices

Jan. 5 – regular schedule resumes

## Swim-a-thon & TOPS (What is it anyways)

Swim-a-thon is more than just a fund-raising opportunity... for some swimmers it's a chance to go further than they've ever gone before. 5km or 200 x 25m. For others it's a chance to be better than they were the year before and for a smaller group it is a chance to overcome a challenge. Two hours or 200 lengths or for 10 & unders 1 hour or 100 lengths can be a daunting thing. Starting it out can be very scary but for those who persevere the feeling at the end is amazing and something they can be very proud of. Imagine swimming 5km..... some people these days cannot even run that!

Part of our Swim-a-thon this year is TOPS (Tiny Olympic Prospects). This program was put in place by SwimNews Magazine as a means for teams to encourage longer distance swimming. This type of swimming forms the base for training all events; whether that's the 50 butterfly or the 10km open water swim. The great part about distance swimming is that the improvements are HUGE! We're talking minutes instead of seconds or even tenths of a second. Each age group has a freestyle as well as an IM event they swim.

7 & unders – 200 free and 100 IM



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8 year olds – 400 free and 100 IM  
9 year olds – 800 free and 200 IM  
10 year olds – 1500 free and 400 IM  
Both Langley and Abbotsford keep records of the fastest swims in each age group by males and females.

Swimmers who complete the required distances have their names put into SWIMNEWS magazine where they are ranked nationally. Can LA OSC have swimmers who are the fastest in the country?!

## Swimmers of the Month October - Listening

Swimmers of the Month for October were recognized for their listening skills. Part of listening is applying what you've heard. It's not enough just to hear your coach say "remember to do your flip turns", you actually have to do them!

### LOSC:

National – Nathan Jongenburger  
Provincial – Martha Metcalfe  
Regional – Kelly MacDonald, Merideth Clark  
Stroke Improvement – Raven Greenwood  
Olympic Way – Paula Urquidi, Isabella Cumming,  
Sandrine Filotto

WCB OW – Steven Cueva, Nicole Schmidt

### AOSC:

Regional – Jessica Toews  
Stroke Improvement – Tomas Sadler-Rucht  
Olympic Way – Caylee Watrin

In order to win a Swimmer of the Month prize you must also attend the highest level meet you qualify for that month.

Next month's Swimmers of the Month are for Team Attire and Swim Meet Attendance.

## LA OSC Swimmers who do more than just swim!!!!

LAOSC swimmers are more than just swimmers... they are:



Runners at this years' Langley District Cross Country Run. (L to R)

Hillary Metcalfe (gold), Siobhan Board, Martha Metcalfe (bronze), William Karpan, Chelsea Borrowdale (gold).

Janelle Hay (13) Cole Stewart (16) and Andrew Hall (16) also qualified to run in the BC Provincial Cross Country Championships at Crescent Beach!

Cole Stewart (16) has been selected to the Canadian Triathlon team attending the Australian Olympic Youth Festival.

If you've done something spectacular outside of swimming let us know. Contact [kurt@langleyolympians.com](mailto:kurt@langleyolympians.com) and be recognized!



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## Article: Staying Healthy This Winter

[Staying Healthy This Winter \(2008\)](#) Is the Electronic Copy.

This article was published by SwimBC.

### STAYING HEALTHY THIS WINTER – 2008

#### Training:

- Train to Race
- Be the best at what you do; don't compromise.
- Be prepared for anything.
- Work closely with your coach and find ways to make the program as challenging as possible then **Go for it!**
- Include sufficient rest and recovery.  
(15 min, more sleep a day = 7 hours more per month; = 96 hours more per year)
- Work with your coach through illness; manage your health.

#### Environmental Stress:

- Limit exposure to adverse environmental conditions, dress for the weather.
- Stay away from sick people at school...
- Wear warm clothes at all time, cover your head.
- Avoid areas of high pollution
- Arrange alternative training sessions if required due to sickness.
- Be involved in setting a positive environment around you;
- Make one of your teammate better around you every day.

#### Self-Management and Nutrition:

- Be a student of what you eat; Ferrari only use the best fuel to win!
- Emphasize personal hygiene practices.
- Avoid exposure to large crowds and infected individual; especially closer to the big meets.
- Use sports drinks during high volume and high intensity training.  
(Water, Water, Water)
- Consume some carbohydrate, during the workout, to protect the immune system; and replenishes glycogen after but with some - proteins added, helps maintain/build muscle.  
( i.e. chocolate milk)
- Review use of vitamins and minerals. ( use brand name such as Centrum to be extra sure of the quality.) (Do not trust any supplements if not approved)

-Get a dietary review if necessary.

#### Psychological stress:

- Be prepared for every workout; understand you weekly preparation, talk to your coach, have fun training to race.
- Set a positive environment by understanding the strengths and challenges of your teammates. Make your team better.
- Implement a weekly, daily mental plan as part of your preparation for your success.  
( in the car going to workout etc)
- Always look at the good side of things and control the controllable.

The alternative is not so fun.

- Make the Coach – Athlete tandem the strength of your success.
- Train to **Wow** the world! Make everything a fun challenge.
- “Bring it on”**
- You build confidence by doing things you have never done before!
- “Take no prisoners”

#### Medical considerations:

- Consult a Doctor if you have any questions (*a specialist in the area of concern*).
- Be vigilant with ALL over-the-counter medications.
- Be aware of Sport Canada, CCES and WADA Drugs in Sport policies.
- Get your doctor to check with CCES for prescribed medications.
- Beware of systemic signs of illness (e.g. fever, elevated pulse)

#### Reminder

*Please hand in swim meet permission forms on time so your child can be entered into the swim meet!!!!*

*Merry Christmas & Happy New Year!!*



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