



**Dear TSC Families,**

Wow! **What an unbelievably successful short course season!** Championships won, records broken and hundreds of personal bests. So much to report, we don't know where to begin!

To help you get caught up, in this edition of **KEEP SWIMMING!** we've asked our dedicated TSC coaches to tell us what their incredible swimmers have accomplished this Fall and Winter. Read on TSC family. You will be amazed...

## **BUT FIRST, A MESSAGE FROM HEAD COACH, BILL O'TOOLE:**



**Dear TSC Swimmers and Families,**

I would like to take this opportunity to congratulate everyone on an outstanding short course season! **AWESOME** is the first and only word that comes to mind!

We have accomplished so much in the last five months and everyone should be extremely proud of what we have done together.

**We are the:**

- 2014 Swim Ontario Provincial Champions- 1st time EVER in TSC's history!
- 2014 Eastern Canadian Champions.
- 2013 Swim International Team Champions.
- 2013 CAMO Team Champions.
- 2013 Trojan Cup Team Champions.
- 2014 Swim Ontario Festival 2nd Place Team.

And, we've broken 55 TSC Club Records to date...

A lot of dedication and hard work went into those accomplishments and I would like to commend not only our athletes but our TSC Coaching Staff for a job well done!

Our results prove that we have a great team full of talent, drive and potential. The most important lesson to be learned here is TSC can, has and will continue to be the best club it can be at all times. The sky is the limit and our future is up to us. Let's use our success as a catalyst and unify with a shared vision of becoming the best club in Canada and a world class club. We have now proven we **CAN** do this!

For most of you March Break has been a time to recharge and get prepared for long course season. Goal setting is crucial for success and I am a **BIG** believer in its value. Please share your goals with your coach, teammates and supporters who will help you fulfill them. Goals help keep one accountable, engaged and motivated. Fast swimming is never an accident but is well planned, executed and performed on a daily basis starting with a goal. The rest will follow.....

I am extremely proud to be the Head Coach of TSC and look forward to our 2014 long course season. We're on a roll, and continue to accomplish great things!

I wish everyone great success.

Bill



## AND NOW, FOR OUR SWIM GROUP UPDATES...



### NATIONAL GROUP

**Coach Bill O'Toole**

Congratulations to everyone for an outstanding short course season! We have accomplished so many great things since September and I am extremely proud of all of you!

Becoming TSC's Head Coach and having the opportunity to work with all of you is something I consider a privilege. Your hard work, dedication, talent and drive has enabled our club to accomplish something that TSC has never done in its history!

We won **BRANTFORD, CAMO AND THEN.... EASTERNS..** and THEN.... **PROVINCIALS!**

Other highlights so far....include:

### CANADA CUP

At Canada Cup in November we had 14 swimmers qualify: Alexis Bragman, Kaity Gervais, Rebecca Stellino, Penny Oleksiak, Piper Ferguson, Courtney Cowan, Vanessa Gold, Austyn Wunsche, Leena Struzina, Tyler Tong-McDermott, Oliver Straszynski, Phil Vranic, Josh Gold and Will Morley. Eight athletes earned finals or consolations finals: Alexis, Kaity, Rebecca, Penny, Piper, Courtney, Oliver and Phil. Oliver captured a bronze medal in the 200 freestyle and along with Phil earned another bronze in the 200 freestyle relay.

### SPEEDO EASTERN CANADIAN CHAMPIONSHIP ("EASTERNS")

We had three Eastern Canadian Champions: Rebecca (gold 200 back), Tyler (gold 100 breast) and Will (gold 800 free). In addition, 7 out of 14 swimmers earn medals: Rebecca, Tyler, Will, Alexis, Penny, Piper and Phil. Will also earned the 16 and Under Male Swimmer of the Meet based on his Fina point score in the 800 Free. I am also very proud to say ALL 14 swimmers from the National Group were top 16 swimmers!

### 2014 ONTARIO SHORT COURSE AGE GROUP CHAMPIONSHIP ("PROVINCIAL CHAMPIONSHIP")

At Provincials Championship 14 National Group swimmers earned medals: Penny (6 gold! and also High Point Winner for Girls 13 and Under!), Piper (2 gold!), Tyler (2 gold!), Alexis, Courtney, Josh, Kaity, Oliver, Phil, Vanessa, Will, Aleksa, Christiane and Lukasz. And making finals: Andrew and Nathan.

### SENIOR NATIONAL QUALIFIERS

We have three new Senior National qualifiers! Congratulations Penny, Phil and Will. This takes our total to 11 Senior National qualifiers with many others very close to cuts.



## TSC RECORDS

The National Group has broken over 30 TSC Club Records... to date.

## SWIMMING CANADA AUSTRALIAN JUNIOR TEAM

Oliver Straszynski was named to the Swimming Canada Australian Junior Team which competed at the Victoria Open Championships in Australia in January. Oliver made finals in 200 and 400 free and helped Canada win a bronze medal in the 4x200 free relay.

## SWIM ONTARIO TRI-MEET TEAM

Vanessa Gold, Will Morley and Tyler Tong-McDermott were selected to the Swim Ontario Tri-Meet Team which will compete in London, Ontario this April.

## SWIM ONTARIO TRAIN TO COMPETE CAMP

Alexis Bragman was selected to the Swim Ontario Train to Compete camp at Laurier University this April.

## LOOKING FORWARD...

We now have the opportunity to take our club even higher. Long course season is here bringing with it a good time to evaluate, goal set and make individual assessments in your fitness and training performance.

Long course racing was once described to me as a different sport. You need to be 30% fitter than you have been all year. This is available to everyone with the warm weather upon us and outdoor running and cycling available. Let me know what your goals are and let's get to work on having your greatest long course season ever. I am here to help in any way I can.

## FOCUS IS NOW POINTED TOWARDS:

**Provincials**

**Summer Nationals**

**Age Group Nationals**

**We are TSC - the PREMIER swim club in Ontario and one of the Top 5 clubs in Canada!**

**TOGETHER LET'S TAKE OUR CLUB TO ANOTHER LEVEL!  
I WISH YOU ALL GREAT SUCCESS.**





## GOLD 1

### COACH DAVE LING



Heading into 2013-2014, there was a new-ish structure to the groups in the Club and “Gold 1” had a completely fresh set of swimmers none of whom were registered in G1 last year.

#### The early returns of this restructuring have been very good...

- Eleven new Eastern Canadian Championship qualifiers helped TSC’s large Easterns team win the Overall Team Title in Windsor!
- Twelve new individual TSC Age Group Records – Audrey Goodman (50 breast), Katja Pavicevic (100 & 200 breast, a few times), Aidan Hull (400, 800 and 1500 free, and 200 back twice), John Stoyan (50 and 100 free).
- Eight new TSC Age Group Relay Records.
- Significant contribution to TSC’s team championships at Swim International, Trojan Cup, CAMO, Speedo Easterns, and Provincials, as well as TSC’s second place team finish at the Swim Ontario Winter Festival!
- Several women have swum under 1:00 in the 100 free.
- Carolyn Day (100 fly) and Sam Belo (800 free) won silver medals at the Central Region Championships.
- Aidan Hull led a personal assault on the TSC record books in the short course season – setting 12 year old men’s records in the 200 back and 400, 800 and 1500 free.

#### PROVINCIAL CHAMPIONSHIP

With 24 Provincially qualified swimmers, Gold 1 helped produce **25 medals at the Provincial Championship**, lifting TSC to our first Provincial Team Championship!!  
**Medalists were:**

- Para star Misha Mykitiuk was Male Para High Point award with an 8 medal effort (7 gold, 1 silver).
- John Stoyan won the 14 year old men’s 100 free and added a silver medal (50 free) and 2 bronze (200 individual medley and 100 breast).
- Katja ‘Jedi’ Pavicevic won a silver medal in each of the women’s 13 & under 100 & 200 breast.
- Dana Sherrard swam in her first provincial final and won her first provincial medal – bronze in the 15 year old women’s 100 fly.
- Graeme Goodman earned his first individual provincial medal – bronze in the 14 year old men’s 50 free.
- Kaitlyn Burwell earned a bronze medal in the 13 & under 100 fly.
- Jacob Rothery endured his way to a bronze medal in the 14 year old men’s 1500 free.



### **Beyond those individual medals we showed our group depth in relays...**

- Christien Kelly at his first Provincials made his first final (50 free) and then stepped up on the 15-17 year old men's 200 free relay that won a silver medal splitting a smoking 23.91!
- Emma Binns and Renee Corbiere were on the 13/14 year old women's 200 free relay that won a silver medal, Renee splitting a blazing 26.99 - the team setting a new club age group record.
- Emma Binns and Taylor Burwell were on the silver medal winning 400 free relay -this team set a new club age group record.
- Katja Pavicevic swam breaststroke on the silver medal winning 13/14 year old 400 medley relay - this team set a new club age group record.
- John Stoyan teamed up with Graeme Goodman, Jacob Rothery, and Richard Ren as our men's 13/14 year old relays won the 200 free relay, tied for gold in the 400 free relay, and claimed bronze in the 200 medley relay.

### **G1 SWIMMERS OF THE MONTH**

Congratulations to our recognized TSC Swimmers of the Month during the short course season...

- October** Renee Corbiere went on to qualify for Easterns and win a silver medal at Provincials as part of the 13/14 year old girls 200 free relay.
- November** Dana Sherrard went on to make her first finals at Easterns in both the 50 & 100 fly and then win her first provincial medal, a bronze, in the 15-year old women's 100 fly.
- December** Christien Kelly became a first-time Provincial and Easterns qualifier, making finals in the 50 free at Provincials, and earning a silver medal as part of the men's 15-17 200 free relay.
- January** Richard Ren was an integral part of the 13/14 year old men's Provincial Champion 200 and 400 free relay, and bronze medal winning 200 medley relay.
- February** John Stoyan was a top performer at Easterns with a pair of 7th place finishes in the 50 and 100 free, had a seven medal performance at Provincials, and contributed to all four men's TSC club record breaking relay teams.

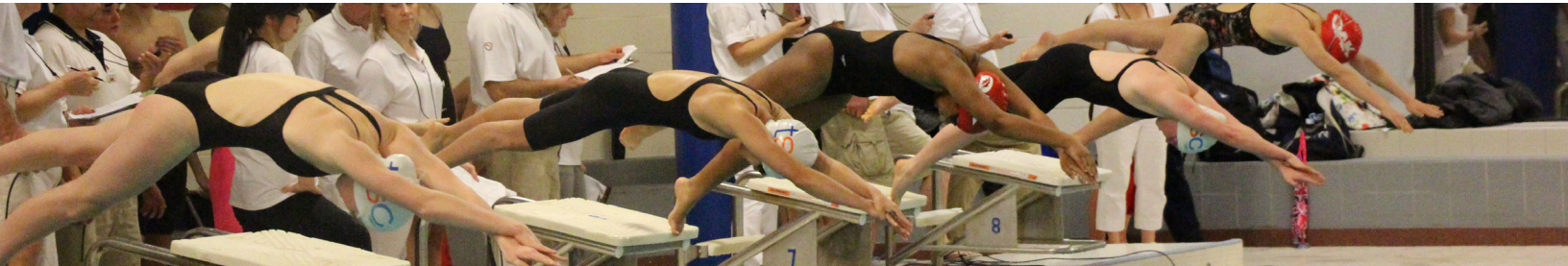
**Gold 1 is ready to build on this success with even faster swimming this Spring and Summer! Watch out!!**





## GOLD 2

### COACH DAVE LING



TSC's Gold 2 group continues to be the best group of its kind in Ontario based on just about every performance metric by which one could measure it.

#### The early returns of the 2013/2014 Gold 2 Group...

- Five new Eastern Canadian Championship qualifiers added to our existing three.
- Five swimmers at Easterns qualified for seconds swims - all 1st time finalists at that level - Lindsay Lauder (200 fly), Kierdra Dowling (400 and 800 free), Thomas van Maren (50, 100 and 200 breast), Sammie Roper (100 free), Cameron Valcic (50 fly).
- Nicole Demirov (200 breast) and Leah Hoffmeister (50 free) emerged as Central Region Champions.
- Also at Central Regions, medals were won by Cathleen Leone (bronze 400 and 800 free) and Nikolas Joy Jelcic (silver 50 free).
- As a group we were proud to contribute to TSC's team championships at Swim International, Trojan Cup, CAMO, Easterns, and Provincials.



## ONTARIO PROVINCIAL CHAMPIONSHIP

Eight qualifiers contributed to TSC's first Provincial Team Championship:

- Kierdra Dowling: 5th 800 free and 200 fly, and 7th 400 free and 100 fly.
- Lindsay Lauder: 5th 100 fly and 8th 200 fly.
- Thomas van Maren: 7th 200 breast.
- Sammie Roper: 8th 50 and 100 free.
- We also saw best time swims from Nikolas Joy Jelcic at his first Provincials, Cathleen Leone, Leah Hoffmeister, and Nicole Demirov.

## G2 SWIMMERS OF THE MONTH

Congratulations to our recognized TSC Swimmers of the Month during the short course season...

- October** Andrew Longwell went on to re-write his personal bests in every event and come exceptionally close to qualifying for Provincials in the 200 fly.
- November** Graeme Goodman qualified and won a bronze medal in the 50 free at Provincials and qualified for Easterns in the process.
- December** Cameron Valcic first time Easterns qualifier reached finals in the 50 fly.
- January** Emma Gomes experienced her best Central Region Championship with 5 of 6 events best times, followed by 7 best times at Newmarket.
- February** Kierdra Dowling emerged as an elite distance freestyler, and re-discovered her butterfly at Provincials making finals in the 100 and 200 fly.

**Gold 2 is pumped for the long course season - ready to take on all comers!**



## **GOLD 3**

### **COACH NIKI REMEK**

Gold 3 had a very impressive short course season. Through dryland, technique work and endurance training, the group saw huge improvements in their times from the first meet in October to the last short course meet in March.

From September to first half of October we focused on technique, underwater, walls and stroke work. By the second half of October we increased the meters and started doing more endurance based sets. By the end of December the swimmers at training camp were putting in some serious meters to help them advance to the next level in their swimming career.



#### **A few noteworthy swim meets:**

##### **MEGA CITY**

At the end of November, G3 competed at the Mega City swim meet where we had some remarkable performances and had very close to 100% best times for everyone!

##### **CAMO**

In December, a number of swimmers from the group travelled to Montreal with the team to attend the CAMO swim meet where they had the opportunity to race swimmers from other provinces and also learn how to swim fast while being away from home. This was especially an exciting competition because of the great team spirit and cheering at every session from swimmers in every group of the club. Swimmers of the Day for this meet included Kate Lord, Gabe Popovic, and Kai Maceda-Rustecki.

##### **CENTRAL REGION CHAMPIONSHIP**

In February, we had a number of swimmers step up and qualify for the Central Region Championship where they raced in their best events and saw huge

drops in their times. Swimmers of the Day for this meet included Kate Lord, Masa Stojanovic, Joseph Samuel and Josh Ngan.

##### **NEWMARKET INVITATIONAL**

We had a very successful weekend of racing at the Newmarket Invitational in March. This meet was the first time for many of the swimmers to race twice a day – prelims and finals, and they performed amazingly. Swimmers of the Day for this meet included Itza Maceda-Rustecki, Kai Maceda-Rustecki, Josh Ngan, and Masa Stojanovic!

I have been very impressed with the group's overall attendance, training effort and performance in the short course season and am looking forward to seeing each swimmer further develop their skills throughout the long course season! Well done G3!





## SILVER 1 & BRONZE 1

### COACH ASHLEY ZAHARIA

Wow! Short course season has come to an end already... time really flies by!

I'd like to start off my first newsletter entry by genuinely thanking each and every one of you, whether you are a parent, swimmer, or coach for such a warm welcome to the TSC family. Coming into a new club is never an easy task and I must say that with all of your continuous support I truly feel like I am part of the TSC family now, and I am so lucky to be able to say that!

For me to say that I am proud of all our swimmers this short course season would be an understatement at best. I am so unbelievably impressed with the amount of hard work and dedication that each and every one of you have put forth into your training and racing. It has truly been so nice to get to know you all so well and I think I can speak on behalf of all of you too when I say we have had some really fun times, and I'm sure there are more to come!

We have had many meets this season and some great races have come out of them all! I would like to recognize the swimmers that have qualified for some pinnacle meets.



## CENTRAL REGION CHAMPIONSHIP

### Congratulations to our Central Region Qualifiers from Bronze 1 & Silver 1.

**From B1:** Isabella Antonio, Rhys Bernard, Clara Hudacin, Stephanie Karmitz, Elizabeth Kiff, Jessica Pearson, Fiona Rees, Claire Rollins, Lily Sheridan, Madeline Spencer, Sarah Wenger, Ian Binns, Sebastian Nisker, Pedro Pesce, William Valcic, and Andrew Zab.

**From S1:** Alicia Corbiere, Marni Gray, Katie Na, Katarina Sinilaite, Ryland Jones, Jonathan Spence, Tate Wunsche, Loy Dennis and Kate Paterson.

### Special shout out to our Central Region medalists:

- Sebastian Nisker: gold 200 back.
- Marni Gray, Alicia Corbiere, Uma Tong and Maija Rix: gold 4x50 medley relay.
- Isabella Antonio: silver 100 breast.
- Andrew Zab: silver 200 breast.
- Alicia Corbiere: silver 100 free.
- Marni Gray: bronze 400 individual medley.
- Pedro Pesce, William Valcic, Ian Binns, and Sebastian Nisker: bronze 4x50 free relay.

## WINTER FESTIVAL

The Ontario Winter Festival meet is a provincial qualifying meet for 13 & under swimmers. It is a high quality meet at which we had many excellent swims and **medalists:**

- Cooper Lochrie: gold 800 free and 200 back.
- Harry Aricibasi: silver 200 fly and bronze 100 free.
- Erik Wright: silver 100 breast.
- Mirko Rado: silver 200 fly and bronze 800 free.
- Caroline Carruthers: bronze 100 and 200 free.
- Kate Paterson: silver 4x50 free relay.

Along with these solid swims Cooper Lochrie qualified for his first Age Group National time in his 800 free with a time of 9:29.75!

In addition to our medalists, the following swimmers worked hard and qualified for this important meet: Alicia Corbiere, Marni Gray, Caroline Martin, Zan Merison, Katie Na, Katarina Sinilaite, Ella Stoyan, Graysen Bernard, Ryland Jones, Owen Straszynski, Tate Wunsche, Isabella Antonio, Rhys Bernard, Fiona Rees, Freya Rothery, Sebastian Nisker, William Valcic, Andrew Zab and Loy Dennis.





## ONTARIO PROVINCIAL CHAMPIONSHIP

Joining the TSC Provincials team from Silver 1 were three very accomplished young men to whom I'd like to extend a huge congratulations: Erik Wright had 2 amazing swims at CAMO and Barrie where he qualified for both the 200 and 100 breast events. Cooper Lochrie and Tate Wunsche qualified for their first events when they swam the 1500 free at Oakville in December, and both added on to their events with their 800 free, and Cooper with his 400 free and 200 back. At Provincials they all swam great making best times and helping TSC win the meet! Way to go boys!

## NEWMARKET INVITATIONAL

The same weekend as the Ontario Provincial Championship we had many of our swimmers attend the Newmarket Invitational meet, which turned out to be a more than pleasant surprise. We had amazing swims by all Bronze 1 and Silver 1 swimmers. Many best times and great spirits all around. We had more Festival qualifiers like Ella Stoyan in her 200 individual medley, and many other close calls that we will get in the meets to come!

The two swimmers who deserve special recognition are Caroline Carruthers and Marnie Gray, both who qualified for their first AGN standard. Caroline had killer races in 100 and 200 free, and Marni in 100 fly.

We also had many swimmers make finals and swim some exciting races. Ryland Jones, Jonathan Spence, Katarina Sinilaite, Loy Dennis, and Kate Patterson represented Silver 1 in finals both nights and had some fantastic results. All in all it was a fabulous weekend of racing and a great way to start March Break.

## MOVING FORWARD....

I hope everyone had a very relaxing March Break as you all (swimmers and parents alike) deserved one. Coming into Long Course Season we're going to swim even better and faster! I want to make sure we all are staying on track, picking up any slack and making sure we are on the ball. The time is NOW to break bad habits. If you keep saying "tomorrow" you will never change. Make the change TODAY! It takes approximately three weeks to break bad habits and activate muscles memory to make the right choices.

Remember practice does not make perfect; "perfect" practice makes perfect. So, always remember to streamline off the walls, have an efficient underwater kick, do not breath out of a turn and stay focused! Yes it is hard, yes it takes discipline, but it comes down to your goals and how badly you want it! I'm here for you all the way!

So let's work hard, swim hard, race hard, and play hard!

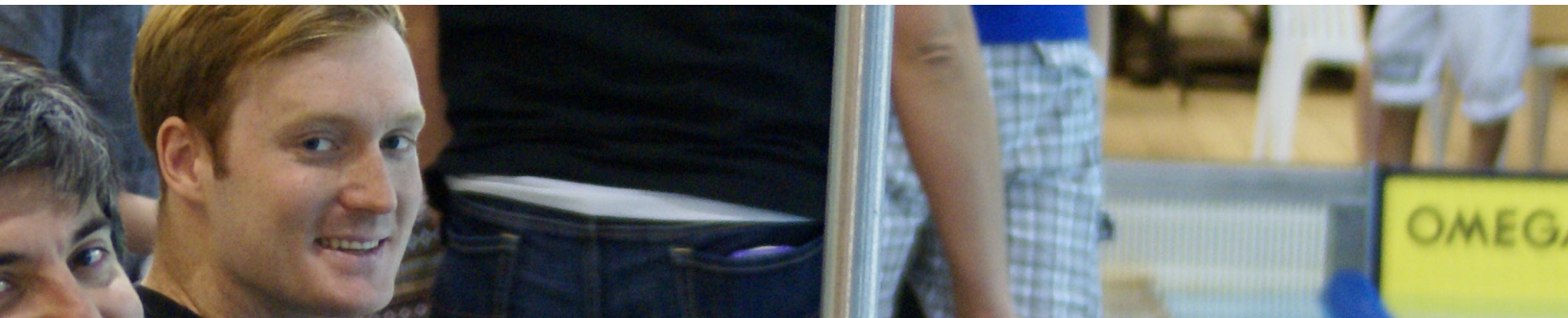
**"IF YOU FOCUS ON THE RESULTS, YOU WILL NEVER CHANGE. IF YOU FOCUS ON CHANGE, YOU WILL GET THE RESULTS." - JACK DIXON**





## SILVER 2 & BRONZE 2

COACH LUKE HALL



It has been a pleasure working with our Silver 2 and Bronze 2 swimmers and I am very excited for the long course season! Throughout the short course season both groups worked extremely hard on developing the fundamental skills in competitive swimming, focusing on fitness, core body strength, kick, body position and technique in all four competitive swim strokes. The result has been many best times in recent weeks, with more fast swimming to come!

### CONGRATULATIONS TO OUR SWIMMERS OF THE MONTH:

- October** Annie Rutherford (S2), Sydney Walsh (B2)
- November** Olivia Luka (S2), Ashleigh Arthur (B2)
- December** Katie Na (S2), Aynsley Brown (B2)
- January** Kate Paterson (S2), Maya Da Luz (B2)
- February** Emma Wheler (S2), David Sargeant (B2)

### 12 & UNDER CENTRAL REGION CHAMPIONSHIP

We had several swimmers qualify for the Central Region Championship:

**Silver 2:** Olivia Luka, Thomas Wheatcroft, Emma Wheler, Isabella Antonio, Eve Boyer, Rochelle Clayton, Olivia Hill, Matthew Karmitz, Bora Kutun, Martha LaFontaine, Kieran McSweeney, Maija Rix, Niki Spiroff

**Bronze 2:** Luke Abell, Brooke Darling Cartwright

### Congratulations to our Central Region Medalists and "Top 8":

- Thomas Wheatcroft: gold 50, 100 and 200 free, 100 and 200 back and 200 IM; bronze 100 IM, 5th 4x50 medley relay; and the 11 year old boys High Point winner!
- Olivia Luka: gold 200 back, 4th 4x50 free.
- Maija Rix: gold 4x50 medley relay and bronze 100 back.
- Emma Wheler: silver 800 free, bronze 200 free and 400 free, 4th 4x50 free relay.
- Olivia Hill: 5th 200 breast.
- Matthew Karmitz: 7th 200 back, 5th 4x50 medley relay.





## 13 & OVER CENTRAL REGION CHAMPIONSHIP

Many Silver 2 swimmers qualified for and swam fast at this Central Region Championship: Sophie Andrew, Katie Brown, Amanda Jack, Veronica Kurkjian, Julie MacDonald, Connor McSweeney, Annie Rutherford and Eli Offman.

## WINTER FESTIVAL

Winter Festival saw some very fast swimming from our qualifiers: Loy Dennis, Kate Paterson, Olivia Luka, Thomas Wheatcroft, Emma Wheler, Katie Na, Bora Kutun, Kieran McSweeney.

### Special congratulations to our “Top 8” Performances:

- Bora Kutun: 4th 4x100 medley relay, 5th 4x50 and 4x100 free relay and 4x50 medley relay, 8th 200 breast.
- Thomas Wheatcroft: silver 100 breast and 200 free, 4th 4x100 medley relay, 8th 100 free and 200 free, 5th 4x50 and 4x100 free relays, and 4x50 medley relay.
- Emma Wheler: 6th 800 free.
- Katie Na: 7th 4x100 medley relay.

## MOVIN' ON UP!

Congratulations to the following swimmers who met the criteria to move into the Silver 1 or Bronze 1 groups:

- Katie Na - **Silver 1**
- Loy Dennis - **Silver 1**
- Kate Paterson - **Silver 1**
- Emma Wheler - **Silver 1**
- Olivia Luka - **Silver 1**
- Thomas Wheatcroft - **Silver 1**
- Eli Offman - **Silver 1**
- Sydney Walsh - **Bronze 1**
- Catalina Wright-Aguila - **Bronze 1**
- Maya Da Luz - **Bronze 1**
- Ansley Brown - **Bronze 1**

Congratulations to all of our Silver 2 and Bronze 2 swimmers, and welcome to all of the new swimmers joining our groups.

**Let's get ready for long course, and show everyone what we've got!!**





## SILVER 3, SILVER 4 & GOLD 4

COACH KATE ANDAL



Silver 3 has had an amazing short course season. We saw huge improvements and many new Central Region and Festival qualifiers. Our group has been working hard on many different aspects of our swimming specifically walls (turns, underwater and breakouts), which has resulted in drastic improvement, as well as building our endurance into the longer distances like the 400 and eventually 800 free events.

Highlighting our successes, I'd like to focus on the following short course meets:

### MSSAC OPEN

This meet was a great starting point for our group as we had many swimmers in events they had never swam before. And.... we had nearly 100% best times!

### CAMO

We had an amazing, fun, and competitive meet at CAMO. Twelve swimmers from Silver 3 attended, with Carmina Cornacchia making her first finals in the 200 fly. It was a meet filled with team spirit and lots of support among teammates.

### CENTRAL REGION CHAMPIONSHIP

Many of our swimmers qualified for their first Central Region Championship, including outstanding swims from Manning Whitby in his 100 breast, Uma Tong in her 200 individual medley, Nolan Marcus in his 200 breast and Megan Maniglio in both her breaststroke events.

At our 13 & Over Central Region' we had representation from Grace Valihora, who is in her first year of competitive swimming. Grace had success swimming the very challenging 50 free event.

### COBRA POWER MEET

The Cobra Power meet was a lot of fun and capped off our short course season well. Swimmers swam many of the events that they had not had the opportunity to swim over the short course season, so we had a lot of surprising and successful swims, including Samantha Sebben, Olivia Kerr, Madeline Kennedy, Grace Valihora, Carmina Cornacchia, Carina Tran, Abbey Wyman and Sophie Dreu. And all the S3 Boys had strong swims:

Nolan Marcus, Cole Searcy, Ethan Beattie, Findlay Murray, Manning Whitby, Ada Ugur and Danyal Riza.

I hope to bring all the positive energy and support our team has for one another into the long course season. Amanda and I are so proud of the many accomplishments of Silver 3 and TSC as a whole.

### SILVER 4 & GOLD 4

The swimmers of Silver 4 and Gold 4 had a lot of great improvements and accomplishments over the short course season. We worked hard building our confidence in competition, developing endurance for the longer events and refining the technical aspects of swimming. Amanda and I are very proud with how the group is progressing and excited to see the group's success through the long course season.





## BRONZE 3

COACH VICTOR DELAC



### THE SWIM SEASON HAS BEEN GOING WELL THUS FAR FOR THE BRONZE 3 GROUP.

The team has made massive strides in a variety of areas such as; reading and understanding the pace clock, stroke technique, kick, stamina, improved confidence in races, goal setting and leadership development.

Every swimmer has been working hard to improve on their stroke technique in fly, back, breast and free. The B3's stamina and speed has improved immensely.

The mandate of the Bronze program is to have each athlete develop their stroke technique, endurance, sportsmanship, and a love for the sport of swimming. At the moment, the B3 swimmers are working hard on their 400m kick sets, 200m individual medley, race starts, turns and on their fitness. The next step for the B3's is to complete the 5000m TSC swim-a-thon challenge that takes place in April.

#### The objectives of the Bronze 3 program are:

- 100 percent attendance, bring all necessary swim equipment to practice and meets.
- Demonstrate self-discipline in both training and stroke technique development.
- Demonstrate a desire to take risks both in test sets and in races.
- Develop leadership skills.
- Achieve personal best times in all individual swim events.
- Develop short term and long term personal goals in swimming (meets and in swim practice).
- Sportsmanship, team spirit, have fun and make new friends at TSC.

#### Bronze 3 Highlights:

First time Central Regional qualifiers. Congratulations!

- Mina Stojanovic 100 breast.
- Denizhan Gonulluoglu 100 back.
- Daghan Gonulluoglu 200 back.
- Liam Alexander 100 breast.
- Olivia Morello 100 breast.

Congratulations, goes out to five B3 swimmers who have met the necessary criteria in B3 and have now moved up to the Bronze 2 group.

#### They are:

- Liam Alexander
- Leith Cameron
- Olivia Morello
- Mina Stojanovic
- Thalia Waite

**Bronze 3 keep up the great work!**





## INTRO WEST & INTRO EAST

### COACH VICTOR DELAC

The INTRO swimmers at Harbord and Riverdale have been working really hard at practice both on deck and in the water. The INTRO juniors (8-and-under) and INTRO seniors (9 + years of age) are making great strides in a variety of areas such as: stroke technique, fitness, dives, turns, kick and body position, sculling and sportsmanship. The most challenging part for some of our young swimmers is keeping their goggles on after a dive entry and staying warm in the pool. All the swimmers are gaining confidence in the water and it's translating into success in their personal lives.

I have been very impressed overall by the INTRO juniors and seniors commitment to sportsmanship and willingness to learn. This is due to the assistant coaches who are doing a great job mentoring and coaching the development group. Both groups have made massive strides in variety of areas such as; reading and understanding the pace clock, kick stamina, and improved confidence at swim meets. Every swimmer has been working hard to improve on their stroke technique in fly, back, breast and free. The INTRO groups' stamina and speed have improved immensely. At the moment, the INTRO swimmers are working hard on their backstroke flip turns, kick sets, and race starts. The next step for the INTRO groups is the 2000m TSC swim-a-thon challenge that is being held in April.

#### The objectives of the INTRO program are:

- 100 percent attendance, bring all necessary swim equipment to practice and meets.
- Demonstrate self-discipline in both training and stroke technique development.
- Demonstrate a desire to take risks both in test sets and in races.
- Develop leadership skills.
- Develop short term in swimming (meets and in swim practice).
- Sportsmanship, team spirit, have fun and make new friends at TSC.

Congratulations, goes out to ten INTRO swimmers who have met the necessary criteria in the INTRO senior group and have now moved up to either the Bronze 3, Silver 3 or Silver 4 groups. They are:

- |  |  |
|--|--|
| • Eli Doran<br><b>Silver 3</b>               | • Maya Bewley<br><b>Bronze 3</b>         |
| • Sam Li<br><b>Silver 4</b>                  | • Clara Evans<br><b>Bronze 3</b>         |
| • Jozeph-Luka Pilasanovic<br><b>Silver 4</b> | • Sesu Maxwell-Atungo<br><b>Bronze 3</b> |
| • Sophia See-Yoon Kim<br><b>Silver 4</b>     | • Charlie Skalenda<br><b>Bronze 3</b>    |
| • Sydney Dowling<br><b>Bronze 3</b>          | • Ella Frank<br><b>Bronze 3</b>          |

Congratulations to all the **INTRODUCTORY** swimmers that are striving to become the Swimmer of the Week in their group. Swimmers keep up the great work!





**WE HOPE YOU ENJOYED THIS EDITION OF KEEP SWIMMING! AS YOU CAN SEE, WE'RE VERY PROUD OF OUR SWIMMERS AND THE ENTIRE TSC TEAM. WE HOPE YOU ARE TOO!**

**IF YOU HAVE QUESTIONS, COMMENTS OR FEEDBACK, WE'RE HAPPY TO HEAR FROM YOU AT [TORONTOSWIMCLUBINFO@GMAIL.COM](mailto:TORONTOSWIMCLUBINFO@GMAIL.COM).**

**UNTIL OUR NEXT NEWSLETTER, KEEP SWIMMING!**

**TSC! TSC! TSC!**

**Rhonda Cohen**  
Board Member, Communications