

# Bronze Newsletter



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December 2011

## The Bronze Holiday Training Camp starts on January 2nd. B1's & B2's: Are you ready to take it to the next level?

The Bronze 1 and 2 swimmers have had a successful season thus far. The 17th annual Halloween costume party was the big highlight in October for all the Bronze swimmers. Each swimmer has made great strides towards achieving either provincial or central region B-standard times at this stage of the swim season. Congratulations go out to two B2 swimmers, Marni Gray and Suzanne Merison who have made the criteria to the B1 group, including qualifying for the first time to the short course provincial championship. I would like to give a shout out to Jonathan Spence (B1) who qualified for his first



provincial championship. Three B1 swimmers were selected in late November to represent TSC at the annual Swim Ontario Fundamentals Camp. They were: Aidan Hull, Katja Pavicic, and Sarah Fu. Congratulations to Aidan Hull (B1) who broke the boys 10-and-under TSC club records in the 100m BK (1:16.22) and 200m BK (2:39.41).

To have success in the sport of swimming it takes self-discipline, hard work, stroke development and a desire to take risks in each race. This was evident with all the Bronze swimmers who had a phenomenal meet performance at the Mississauga Open in mid-December.

The start of the New Year will be exciting, as the B1/B2 groups get ready for the TSC Holiday Training Camp. Following that comes the Jesse Coward Winterlude meet in mid-January in Huntsville. The road trip will be a great experience for our Bronze



athletes who will get to race and enjoy an evening of snow tubing. We are two months away from wrapping up the short course season.

Athletes are encouraged to train hard, reassess their goals, stay healthy and strive to achieve solid attendance. Having fun and developing new friendships will enhance the swimming experience. Keep up the great work swimmers!

I would like to take this opportunity to welcome Rose Scott as our new B1/B2 group parent who has taken over from Catherine Dennis. Catherine has taken on a new role on the TSC board. Thank you to all the Bronze parents for your continued support in making TSC one of the premier swim clubs in Canada.

***For goal setting to be most effective, set specific goals, relevant, daily goals then absorb yourself in pursuing them. Encourage yourself, compliment yourself, and enjoy yourself as you achieve your short-term goal and move toward long-term ones.*** - Terry Orlick, author of *In Pursuit of Excellence*