

# Silver Two

## Toronto Swim Club

Growth means change and change involves risk,  
stepping from the known to the unknown,

- George Shinn



Hello!

It has been a great season so far and I anticipate it will only get better. Up to this point the group has been working on technical achievements with a large emphasis on streamlines, kick outs and body position. The swim meets have shown that we have been improving as a group, making strides toward many of our season goals and time qualifications. A special shout out goes out to Joshua Ngan who made his Age Group National time standard in 200 Breast and had now transitioned to Silver One and to Jenna Wong who made her Provincial time standard in 200 Fly. These achievements help motivate the group to all strive to succeed in a similar fashion.

Moving into the Christmas training camp and the new year the group will start challenging themselves in practice both in technical work and in some longer practices and faster pace times. The swimmers will benefit the most from this when they are at 100% of the practices and do not miss part of the program. As most of the swimmers know, I have been tracking our progress in an extended group challenge called the "Tour de Trials". During this challenge we are swimming the distance to Montreal prior to the club trip to the Olympic Trials. There are a series of jerseys that are available to be won, including ones for total distance swam, leadership during meets and practices, best times at meets and fantastic swimming in practices. Most of the swimmers are currently just past Port Hope (100km) in the challenge and it is easily apparent which swimmers are attending the most practices or are making up meters in practices outside of ours.

There has been amazing work done so far. I look forward to more as the year moves forward.

Laura

### Tour to Trials

Yellow Jersey (First- 48 km): Jenna W.

White Jersey (First- Group Rookie 48km) : Emma G.

Polka Dot Jersey (Leadership Points): Nicole B.

Green Jersey (Most time taken off at meets): Maya W.

Red Jersey (Best at practices): Christien K.

Yellow Jersey (Second -100km): Paula P.

White Jersey (Second- 100 km): Jenna W.



We don't have eternity to realize our dreams, only the  
time we are here.

- Susan Taylor