

# BRONZE 3

## New Year - New Challenges!



### WHAT DOES COMPETITIVE SWIMMING MEAN TO YOU?

We are about to begin a new year, and there is already a buzz of excitement in the air, as people around us begin to create and set their new years resolutions. For some it is to get into better shape, to eat healthier foods, or to become more organized. As a competitive swimmer you are setting goals all year round, and you learn at a very young age

how important this process is for ones success.

So far the B3s have worked hard at setting short-term goals. They have set goals on a daily basis - when going into a specific test set, or in a performance on demand set (POD), and they have also set goals before every swim meet.

We have also learned that hard work, being prepared with your equipment; regular attendance and a positive attitude on and off the pool deck play an important role in achieving these goals.

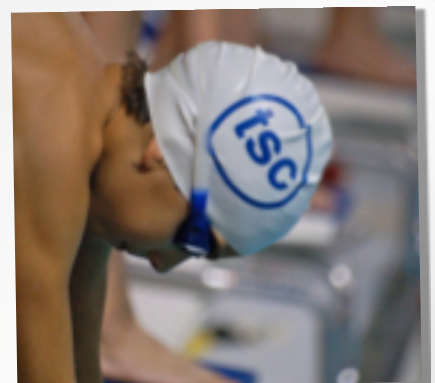
It is now time to re-evaluate, re-set and begin to think about your long-term goals. Don't be afraid to aim high!



TEAM SPIRIT & ENERGY!



LONG LASTING FRIENDSHIPS!



DETERMINATION & FOCUS!

# Group Highlights

Our first three months of the 2011-12 swim season have been incredible. Every swimmer that comes into the program is eager to get to practice, shows commitment to the program by demonstrating excellent attendance and toughness on the dry land and swim sets.

The group has spent these three months focusing on the most fundamental skills of competitive swimming: streamline, underwater, kick and body position, stroke technique, distance per stroke and overall fitness. We have had excellent results in our regular test sets like the t400 kick, t200 free, t100/200 IM, 20x50! sets.

Since September the group has formed a very positive and dynamic bond. It is amazing to see the amount of support and encouragement that the swimmers give one another on a daily basis.

Our swim meet results have been amazing. The group has had 301 best times since September. At the TSC Time Trial the group had 100% best times in the 400 Free and 200 IM. We also had significant time improvements in

the 100 and 200m distances at the MSSAC Open meet. I am also thrilled to see that swimmers show great sportsmanship by staying in the water until the last swimmer touches the wall and by shaking hands with your competitors.

## GOALS AND CHALLENGES MOVING FORWARD

As we head into the final stretch of the short course season, there are a number of upcoming racing opportunities for swimmers to reach their short course goals. During this time it is important to take care of your body and stay healthy. Always find ways to improve your streamline, underwater kick, turns and technique, remember your best times and most importantly challenge yourself to the best of your ability everyday.

I am very proud to call you the Future of Toronto Swim Club. Newer/younger swimmers will always be looking up to you, so be a good example for them. You all did a fantastic job at the Tri-Star leading the Intro swimmers.

Keep up the great work B3s!

## UPCOMING EVENTS

### HOLIDAY TRAINING CAMP

JANUARY 3-7

### GROUP MOVIE AFTERNOON

MON. JAN 2

### ANNUAL SKATING PARTY

THURS. JAN 5

## UPCOMING MEETS

### JESSE COWARD WINTERLUDE

@HUNTSVILLE

SAT. JAN 21 - SUN. JAN 22

### TRI-STAR #2

@BRAMPTON

SAT. JAN 28

### CENTRAL REGION SC CHAMPIONSHIPS

@ETOBICOKE

FRI. FEB 10 - SUN. FEB 12

(QUALIFIERS)

### WINTER TEAM CHAMPIONSHIPS

@ETOBICOKE

SAT. FEB 25 - SUN. FEB 26

### OLYMPIC TRIALS CAMP+MEET

@MONTREAL



## Attendance & Performances to be proud of

IN ORDER TO BE SUCCESSFUL YOU HAVE TO HAVE TEAMMATES THAT PUSH YOU EVERY DAY. YOU ROCK B3S!

Name	Attendance %Sept- Dec	Outstanding performance
<b>Aida</b>	76	3:23 200 Free @MSSAC Open
<b>Jamie</b>	72	4:06 200 Breast @MSSAC Open
<b>Eleanor</b>	98	3:36 200 Back @MSSAC Open
<b>Matthew</b>	98	1:42 100 Fly @MSSAC Open
<b>Brianna</b>	93	3:06 200 Free @MSSAC Open
<b>Elizabeth</b>	85	3:56 200 IM @TSC TT
<b>Veronica</b>	80	1:42 100 Fly @MSSAC Open
<b>Martha</b>	98	3:30 200 Free @MSSAC Open
<b>Marcel</b>	100	3:40 200 Breast @MSSAC Open
<b>Olivia L</b>	81	1:56 100 Breast @MSSAC Open
<b>Julie</b>	78	1:42 100 Fly @MSSAC Open
<b>Olivia M</b>	57	38 50 Free @MSSAC Open
<b>Findlay</b>	98	3:26 200 Back @MSSAC Open
<b>Demirhan</b>	98	3:36 200 IM @TSC TT
<b>Sarah</b>	72	3:49 200 IM @TSC TT
<b>Nikola</b>	83	3:56 200 IM @TSC TT
<b>Dunia</b>	89	1:46 100 Breast @MSSAC Open
<b>Emma</b>	93	6:48 400 Free @TSC TT
<b>Sandy</b>	NA	3:36 200 Back @MSSAC Open

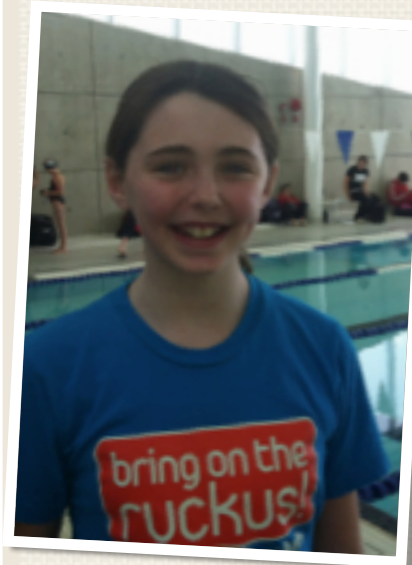
## B3 Attendance Report

<b>September</b>	92%
<b>October</b>	90%
<b>November</b>	78%
<b>December</b>	87%



## MATT MAKES THE BIG MOVE!

BEST WISHES TO MATTHEW WHO WILL OFFICIALLY MOVE UP TO BRONZE 2 IN THE NEW YEAR! IT HAS BEEN A PLEASURE TO WORK WITH MATT OVER THE LAST YEAR AND A HALF. EXCELLENT JOB LEADING THE B3 SWIMMERS AT EVERY WORKOUT. CONGRATULATIONS MATT!



## NEW CRC QUALIFIER!

CONGRATULATIONS BRIANNA. THE FIRST B3 THIS SEASON TO MAKE HER CENTRAL REGION STANDARD IN THE 50M FREE AT MSSAC OPEN!

**ARE YOU NEXT?**



## WELCOME SANDY!

SANDY HAS MADE THE BIG MOVE FROM INTRO TO B3 THIS MONTH. CONGRATULATIONS SANDY!

# B3 FUN!



## MESSAGE FROM COACH ASHLEY

Wishing all B3 families a Happy and Safe Holiday Season! Thank you to every swimmer to arrives on deck prepared to work hard and focus. Thank you to all of the parents for your instrumental support and encouragement.

A very special THANK YOU to our wonderful Group Parent Gulcan Ozel who keeps us all up to date with changes and upcoming events.

Please remember to check your email, the group calendar and TSC website on a regular basis.

Happy New Year!

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