

## **GOLD 2/3 NEWSLETTER – HOLIDAYS EDITION**

From Dave Ling, Coach Gold 2/3

### **RIGHT NOW...**

Through a promising start to the 2011-2012, the Gold 2/3 group is proving to be bigger and better than last season's edition with a lot of good swimming still to come. We have a large and thriving group and on behalf of the group we wish everyone in the TSC family a Happy Holiday season.



### **THE NUMBERS...**

440 – best times produced from the group since the start of the season at a rate of 47%, which is above our group's expectation standard

85% - Gold 2 group attendance...

74% - Gold 3 group attendance...

5 – Easterns qualifiers to-date, a number above last season's 4

8 – Provincials qualifiers for Junior Provincials this March in Etobicoke, a number above last year's 7

? – the number of swimmers who are going to step up in January and February and add their names to the list of qualifiers for these advanced Championship meets

## **THE NOTES...**

- We wish Matthew 'Best Times' Bavington a speedy recovery from an ankle injury so he can get back to swimming fast as he was prior to the injury
- The mild winter weather provides the group an opportunity to continue to run as an important part of our dry land conditioning, dress for the cooler weather and we'll continue to run until snow makes conditions unsafe
- **WATER BOTTLES!** Hydration is very important... always have your water bottles at practice and even around with you at school during the day
- Congratulations to those in the group who won the Most Improved Awards at the November 16<sup>th</sup> TSC Awards Banquet – Alek Riley (S1), Lisa van Breugel (G2), Alex Konson (G3)
- Welcome back G2 alumni Harry Critchley (Dalhousie) and Evan Skwara (Waterloo) who will train with us through the Holiday Training Camp before returning back to University
- Check Dave out on the 'Coach Mike Podcast' (episodes 3 & 12) available for free on iTunes, a podcast about Canadian swimming

## **LOOKING FORWARD TO THE REMAINDER OF THE SHORT COURSE SEASON**

The primary goal for everyone in the group remains the same as it has always been – we will measure success in best times. The more best times, the better!

One of the key elements to swimming well during the Championship meets season in February and March is laying down a foundation of quality training during this holiday break. Now is the time to get to practice early and always, put together great practice performances, and then enjoy the rewards of your hard work when you look up to that clock after a race in which you have gone best times beyond your own expectations. **NOW IS THE TIME!**

It all starts with getting to the pool every day and doing the things it takes to get faster!

## **ACKNOWLEDGEMENTS**

Thanks to...

Heather Rider (Group Parent Gold 2/3)

Ashley Bradbury, TSC's Do-It All MVP

Taylor Bond, master of the Taylor Made Thursday and assistant coach

Eric Vanderbeek and Nadim Barakat, assistant coaches

Nicole Mackenzie (go-to fill-in coach)

All the parents who have voiced their positivity about the program and encourage their young swimmers to be their best.

**GO TSC!**