

SILVER 1

Coach: Bob

**We swim fast!
any time
any place
under any condition
every day
Especially today!**



SILVER 1 LEADING 'THE CHARGE TO PERSONAL SUCCESS' EVERY DAY

December 19th, 2011: **The end result is not as important as the struggle getting there!**

Silver 1 December Newsletter:
When things go right!

I am very excited about the success of our season thus far. The results at Youth Cup and Camo show that our hard work is paying off. We have had many swimmers qualify for Provincials, Age Group Nationals and Easterns. Congratulations goes to all those swimmers who posted best times which is everyone. At both meets we had several finalists, medalists, and champions. I am thrilled that our group has been represented in the 800/1500 freestyle and 400 I.M. This means that we are in good aerobic shape. Above all the performance success I was mostly proud of the way that our swimmers conducted themselves on the pool deck. They were positive, focused and supportive of one another. At the end of each long meet not one

swimmer looked tired or unengaged. Our swimmers are resilient. That being said, our job is not done. We need to find ways to get better. I want to help you create advantages over your competition. I believe that we can take advantage of our competitions weaknesses. I am a firm believer that under water proficiency and turn speed is the quickest way to improve in this sport, especially during the short course season. As a swimmer my greatest results came from my ability to increase speed in and out of every wall. I do my best to convince my swimmers that this skill is the key to success and we are starting to get better. From this point onward I will insist that all of my swimmers become Wall Warriors. I believe this will create a competitive advantage which will surely lead to greater success in 2012.

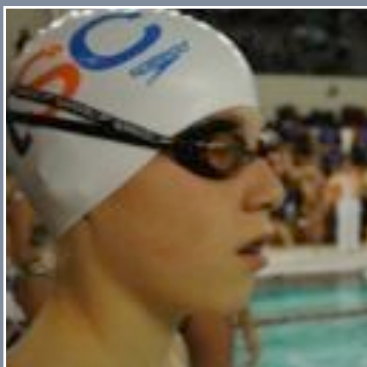


Let us take up arms and build a force against our competition. Here are six weapons to work on daily.

- 1 - increased speed into the wall
- 2 - dynamic rotation on turns
- 3- explosive push offs
- 4- free glide streamline
- 5- quick and powerful kick
- 6- precision on the break out - (feet past flags)

Bob Hayes

TEAMWORK



Wall Warrior

Wall Warrior's are Wall Warrior's every day. Every turn, push off, and dive counts.

Find your Potential

To uncover your potential you need to give your best effort every day.

Roster and Goal Attendance

Name	% Sept - Dec
Alexis Bragman	100
Kaitlyn Burwell	97
Taylor Burwell	97
Renee Corbiere	85
Lauren Cullye	84
Aleksa Gold	91
Vanessa Gold	85
Graeme Goodman	85
Julia Kiff	83
Gabby Lloyd	85
Allison Martin	77
Will Morley	87
Misha Mykitiuk	93
Joshua Ngam	77
Maddie Noble	81
Luis Orlando Rodriguez	92
Jacob Rothery	94
Liam Ryan	87
Ryan Smith	74
John Stoyan	95
Lucy Straszinski	92
Freya Wright	89
Reese Wunsche	89

Performances to be Proud of

100 Breast 1:14 Camo
 200 Fly 2:52 Camo
 400 Free 5:32 Camo
 400 IM 5:54 Youth Cup
 200 Back 2:34 Camo
 200 Back 2:34 Youth Cup
 800 Free 9:15 Youth Cup
 400 Free 5:00 Brantford
 50 Free 27.75 Youth Cup
 100 Free 1:01 Youth Cup
 100 Fly 1:09 Youth Cup
 200 IM 2:24 Camo
 50 Free 28 Pan-American Games
 200 Breast 2:51 Silver Thunder TT
 100 Back 1:08 Youth Cup
 200 Fly 2:16 Camo
 1500 Free 18:38 Youth Cup
 200 Back 2:40 Mega City
 100 Free Relay 1:00 Youth Cup
 50 Breast 37 Camo
 400 Free 4:56 Youth Cup
 400 Free 5:10 Camo
 400 IM 5:48 Camo

"TSC supports Terry Fox"



2011-2012 SEASON



New Assistant Coach

Marco Monaco


I would like to take this chance to thank Marco Monaco who has been working with the Silver 1 group every Monday night and some Saturday mornings. Marco is a newly retired National Team member who has been a great help in the technical development of the our swimmers this season.



Upcoming Events - January - March

- January 20-22 Ontario Cup - Qualifiers
- January 20-22 Oakville 13+ / 12U Friday only
- January 21-22 Huntsville 12U
- February 9-11 Central Regions
- February 16-18 Easterns Gatineau Qualifiers
- March 1-4 Provincial Champs Etobicoke
- March 3-4 Newmarket
- March Break 12-17 Off
- March 30-April 1 Olympic Trials + Camp



GTL - GUARANTEED TSC LAWS	STREAMLINE	BREAKOUTS	TURNS	FINISHES
	<p>Streamline off every wall. Create the longest you.</p>	<p>3 strokes before your first breath.</p>	<p>2 in 2 out no breathing in or out of each wall.</p>	<p>Olympic Finish head down last 5 meters into every finish + always speed up into the wall.</p>

COACH'S TOP 10

A message from Bob Hayes



As we head into the 2012 here are 10 things that I am thinking about.

- 1) **We have become a great a team.** I am proud of every swimmer in Silver 1 for adding to our wonderfully positive environment. I really enjoy coming to work with all of you. Our daily atmosphere puts a smile on my face every day.
- 2) **Attendance** Our group attendance from September to December has been really good but not perfect. We all have really great goals. Please make sure your commitment is as great as your goals.
- 3) **Set your goals and let me know.** It is really important that I am aware of your goals. I am asking for a new revised copy of your yearly goals by Saturday January 7th. If I don't know where you want to go it will be hard for me to help you get there.
- 4) **Every meter Every swimmer.** I write each workout thinking about your needs. Everyone needs to complete every meter in order to get the most from the program. Some workouts will include different distances for different swimmers.
- 5) **21 Days** A wise man once said that it takes 21 days to form a habit.
- 6) **Become a Wall Warrior** Since Youth Cup and Mega city our focus on our walls has begun to improve. We will continue to start every workout with the wall warrior oath. If you can follow all the tsc laws throughout the entire winter training camp you will feel the difference in your own stamina, strength, and performances.
- 7) **Always come happy.** Even when things are tough it is much more productive to have a smile on your face. Lets try to love every meter we swim.
- 8) **Technical Tips.** When I give you a stroke correction, remember it, live it, practice it, and own it.
- 9) **UH2O.** The only way to be awesome at underwater is to work on it EVERY TIME you push off the wall.
- 10) **Fuel your Body with Success.** If you want to excel in the classroom and the pool it is important that you are eating REAL foods. Try to stay away from junk food especially before and after workouts.

Final Words

I am really looking forward to the winter training camp. Lets do our best to train our bodies to be better. If you, finish every meter, hit every target time, and complete every dryland rep, you will succeed. Remember what I always say, "If you want to be really successful you need to do everything your coach asks and a little bit more".

Bob Hayes

Bob's thoughts

Set Goals and work hard every day to achieve them.
Everyone should do 100 push ups every day.
"When you love to work hard it means your good"

BOB HAYES

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TORONTO SWIM CLUB

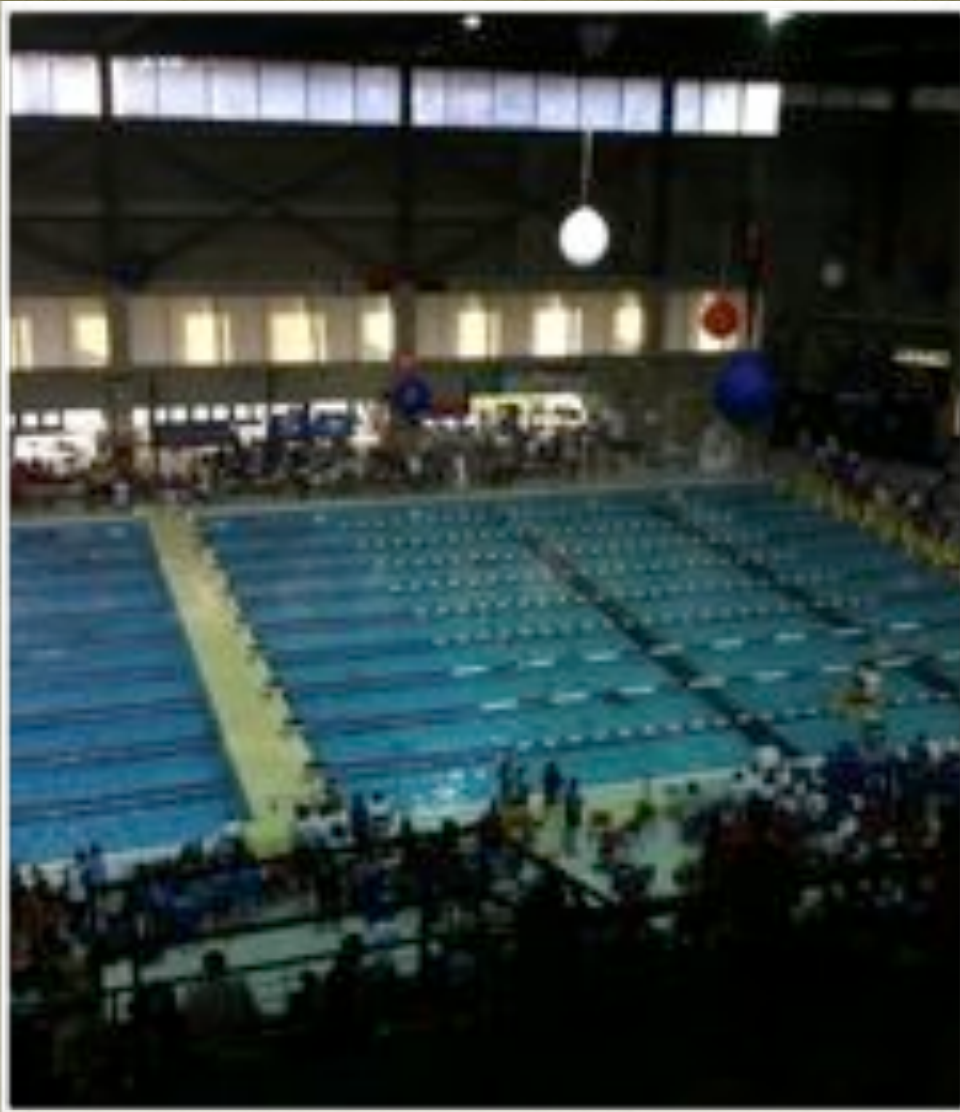
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SILVER 1FUN





SILVER 1FUN



December

SEVENTEEN BUNDLES OF POWER



Breaking Barriers
Every day

CURRENT LEVEL AS OF 2011 YEAR END

AGN OR EASTERN

Alexis Bragman
Vanessa Gold
Gabby Lloyd
Maddy Noble
Julia Kiff
Luis Orlando Rodriguez
Will Morley
Jacob Rother
Joshua Ngan
Aleksa Gold

PROVINCIAL

Reese Wunsche
John Stoyan
Kaitlyn Burwell
Taylor Burwell
Allison Martin
Misha Mykitiuk
Graeme Goodman
Lucy Strasynski
Lauren Cuyllé

CENTRAL REGION

Freya Wright
Liam Ryan
Ryan Smith
Renee Corbiere



Wall Warriors

We are wall warriors.


We promise to increase speed in and out of every wall.

We promise to push off every wall with explosive power.

We promise to adhere to the breathing principals of the TSC laws.

We are wall warriors.

Our competition will submit to our wrath.

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