





The World According to Gord


Upcoming Events:

Pickering Rainbow Classic 
PICKERING, ON
April 9-11 (Shark)

Etobicoke Pentathlon 
ETOBICOKE, ON
April 11 (Bronze & up)

OSHAC Club Picture Day! 
Donevan Pool, 4pm Sharp!
April 16 (Team Event)

OSHAC Super Saturday #2 
& Board/Parent Breakfast
April 17, 7-9am (Team Event)

Brock LC Invitational 
ST. CATHARINES, ON
April 24-25 (Bronze & up)

Festival Of Spring TEAM TRIP! 
NEPEAN, ON
May 7-9 (Qualifiers, Bronze & up)

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I would like to start off by congratulating everybody on all their hard work through the short course season. We had a great season with so many best times, several club records and great memories that will stand the test of time.

I hope you were all as proud as I was to watch our Canadian Athletes participate at the 2010 Vancouver Olympic Games. If I could have one of you take anything away from watching these games, it would be that dreams can come true. Every one of the athletes who won gold had the dream long before it became a reality. Something in them was able to keep that dream in mind every time they went to train and race. They worked themselves up the ladder in their sport and in the end their efforts were rewarded with the best performance of their lives.

In order to make the Olympic Dream come true I firmly believe that there are three elements that must be present. These elements are Focus, Dedication, and Commitment.



(The Oshawa Aquatic Club competes in Trois-Rivieres, Quebec in early December)

As we get prepared for the Long Course season this is a good time to review your goals, make any adjustments if they are necessary and get yourself Focused, Dedicated, and Committed to those goals. Let's make the long course season even better than the short course one.



Next Issue:

Spring/Summer Ed. June 2010

*The World According to Gord, cont'd...*Again, these elements are **Focus, Dedication, and Commitment.**

Focus: An athlete must be able to keep themselves driven to the task they are trying to complete in the moment as well as understanding that this is all part of the big picture in working towards their goals. Being in the moment and completing a task brings a great sense of accomplishment and is a great way to recognize the steps taken toward a desired outcome. Everybody's goals will be different but in the end each athlete must focus on that goal in every workout. A very short mental assessment at the end of each workout will let you know if you have maintained your focus or not. You need to ask yourself how you performed, if you can say "Yes!" then you have maintained your focus and you have taken one step closer to your goal. If you say "NO!" you need to ask yourself what factors lead to the poor performance in workout, and then you need to take steps to ensure that you don't make those mistakes again. In this way you are mentally checking yourself on a continual basis. This is an excellent way to keep yourself on track.

Dedication: An athlete must be dedicated. What does this mean? It means that with respect to the chosen goals of that particular athlete, all decisions regarding the pathway to those goals must be adhered to. If you are given a set that is particularly challenging this is the time to dedicate yourself to its completion. It maybe something that you have never done before or it may be a set that has given you trouble in the past. Dedication is the mental push that we give to ourselves in training when we feel we are approaching our limit physically. It is when we tell ourselves "YES! I want this!" and then we get down to the business of getting things done.

Commitment: An athlete must be committed to their goals. In order to gauge your commitment level you need only ask yourself one question. What do I want to get out of this? If the answer is that you want to reach your goals (Whatever they are, make Regionals, win Provincials, stand on the podium at the Olympic Games) and you have not yet reached your goals, what are you going to do about it. Your commitment is measured by the decisions you make to get there. If your friends are going to out for dinner and they ask you to come but you have a workout to go to. The decision you make is the measurement of your commitment to your goal. The athlete that is committed to their goals will make arrangements to be at workout and meet up with their friends later. The athlete who is not committed will not make those arrangements. As athletes you are faced with the decision all the time. How you plan your time and manage yourself on a daily basis is a measurement of your commitment. Your eating habits/Sleeping habits/ Homework habits are all measurements of your commitment to your goals.

Remeber these, and keep up the great work everybody.

Gord's Swimmer's of the Month!

GOLD AND SENIOR

December: Rylee Greer had a tremendous month in December. It started with great swims in Trois-rivieres, Quebec, and continued through the Christmas break with a great training block. Rylee then swam on t a great performance at the Ontario Senior Champs in the 800 Free. Great Job Rylee!

January: Mackenzie Vierhout has been coming on real strong in her training. She is beginning to believe in herself and her abilities in the water. This gain in abilities lead her to a top 8 finish at the Central Region Championships in early February. Keep up the great work Mackenzie!

February: Brandon Bronson had a tremendous month in February. He swam at the Eastern Canadian Championships for the first time setting club records in all of his swims and when a week later to win a Silver medal in the 200 Bk at the Swim Ontario Junior Provincial Championships.

- Coach Gord Sprung

On Pace with Chris

Well the shortcourse season has come to a close, marking the unofficial half-way point of the 2009-2010 swim season. The age group levels have seen a lot of success in a lot of different ways.

The Silver group has been working extremely hard this winter season. Silver swimmers battled through a tough Christmas training schedule that saw swimmers who made each practice hit over 50km in the 8 days of holiday training.

We had some very strong swims at the Cindy Nicholas Classic in Scarborough in January. Here Jenna Khattab, Sabrina Lamanna and

Madeline Bischof fell just shy of qualifying for the shortcourse Central Region Championships. All Silver, Bronze and Junior Varsity swimmers competed extremely hard and saw some personal bests. In February Madeline Perrault and Erin Smith of the Silver group represented the Oshawa Aquatic Club at Central Regions where they swam very fast and scored best times. Great job girls. February also saw our club host 5 teams in our annual OSHAC Pentathlon. Both age groups of 12 and under, and 13 and over all represented the club well and had lots of best times. It is never easy to get up and compete in 5 events over the course of an afternoon. Everyone swam extremely well and for some Bronze and Junior Varsity swimmers, this was the first big test for some in their first Pentathlon. At the end of an already busy month, the team headed east this time to Port Hope to compete in the NORAC Invitational. This was a great meet being there was no added pressure here. Swimmers were just encouraged to have fun as always, and compete hard and see what we could do. There were multiple swimmers who competed in their first 400 Freestyle or 400 I.M. Congratulations to all swimmers for doing an exceptional job during a busy end to the shortcourse season.



Currently throughout the age group levels there is lots of movement taking place. There are many Silver, Bronze, Shark and Junior Varsity swimmers on the move to their next level in the program. This doesn't happen randomly or by chance. The on the move program enables swimmers who consistently demonstrate hard work, dedication, and proper training etiquette and responsibility, the opportunity to swim with team mates in the next level to themselves. Swimmers begin by adding 1 work out of the higher level onto their regular schedule. These swimmers know who they are and why they have been chosen to accept this opportunity. Good job everyone; now, it's what you do with that opportunity.

The Olympic Way program recently wrapped up its second of three 10-week sessions with their Mini-Meet on Thursday March 11th at Donevan pool. All Dolphin and Shark swimmers did a great job and had a lot of fun. I heard a lot of positive things about the meet and how swimmers performed. Way to go to all our novice swimmers! You all looked great!

Everyone please be sure to check OSHAC.CA frequently for all information on what's upcoming. Remember, the Club's Picture Day is Friday April 16th at Donevan. All swimmers are also encouraged to participate in our 2nd Super Saturday on April 17th from 7-9am also at Donevan. Parents remember, during the Super Saturday our Board of Director's will be hosting an informative parent's meeting for any and all questions and/or concerns anyone may have. Please come out. Thanks!

Chris Ellul, Head Age Group Coach and Olympic Way Administrator



SILVER

Chris' Swimmer's of the Month!

December: Hannah Wells is the swimmer of the month for the Silver group. Hannah has had her fair share of up and down's this season but really demonstrated to her peers, myself, and above all her own self, that when you really want to make something happen, you can do it. The team traveled to Trois-Riveres, Quebec in December and here is where she began her snowball effect. She knew what she wanted, and had a tremendous meet scoring best times and has really been pushing herself to new heights. Keep it up Hannah, you're on a roll!

January: Ben Wilhelm is the Silver swimmer of the month through January. He did a great job through Christmas training over the holidays and followed it up during the month of January. Ben works extremely hard each and every day at the pool and it is no surprise he has gotten to where he is so fast. Keep doing what your doing and you'll keep seeing results. Ben is a model example of what can be accomplished by hard work and determination.

February: Silver swimmer of the month through February is Madeline Perrault. Maddie had a very busy month swimming in four meets including the shortcourse Central Region Championships at the Etobicoke Olym-pium in early February. Maddie scored a personal best, five Central Region standard times going into regionals. This hasn't come easy for her as she has worked extremely hard this season. She has been one of the most consistent and most dedicated and determined swimmers all year long. She is now working towards making the fulltime move into the gold group. Congratulation's Maddie.



BRONZE

December: Mila Laschuk is the December swimmer of the month. Mila has really shown not only her coach but her team mates as well, that she is serious about her swimming and her training. Every night Mila is making sure she is working hard and on what she needs to in order to improve her own swimming skills. She takes direction and feedback extremely well and it's the reason she has improved so much this season, and why she is the December swimmer of the month. Great job Mila!

January: Congratulation's goes to Alana Deochand as she is the January swimmer of the month for the Bronze group. Alana has done a tremendous job this month through January, both in competition and at practices. Alana started swimming on the move with the Silver group in December and began adding Thursday nights with Silver in January. Alana is a very hard worker and is always asking questions to get the most out of every set in each work out. Good stuff Alana!

February: February swimmer of the month is Sarah Wels. Sarah is one of a few swimmers that made the move from Shark to Bronze in September and since the start of the year she has done a great job day in and day out. She has a great attitude about her and wants so much to learn how to get better and what else she can do to improve her own skills. February has really been an amazing month for Sarah as it has been the best swimming of Sarah's young swimming career by far. She handles whatever I throw at her and never complains. Keep up all the great work Sarah.



JUNIOR VARSITY

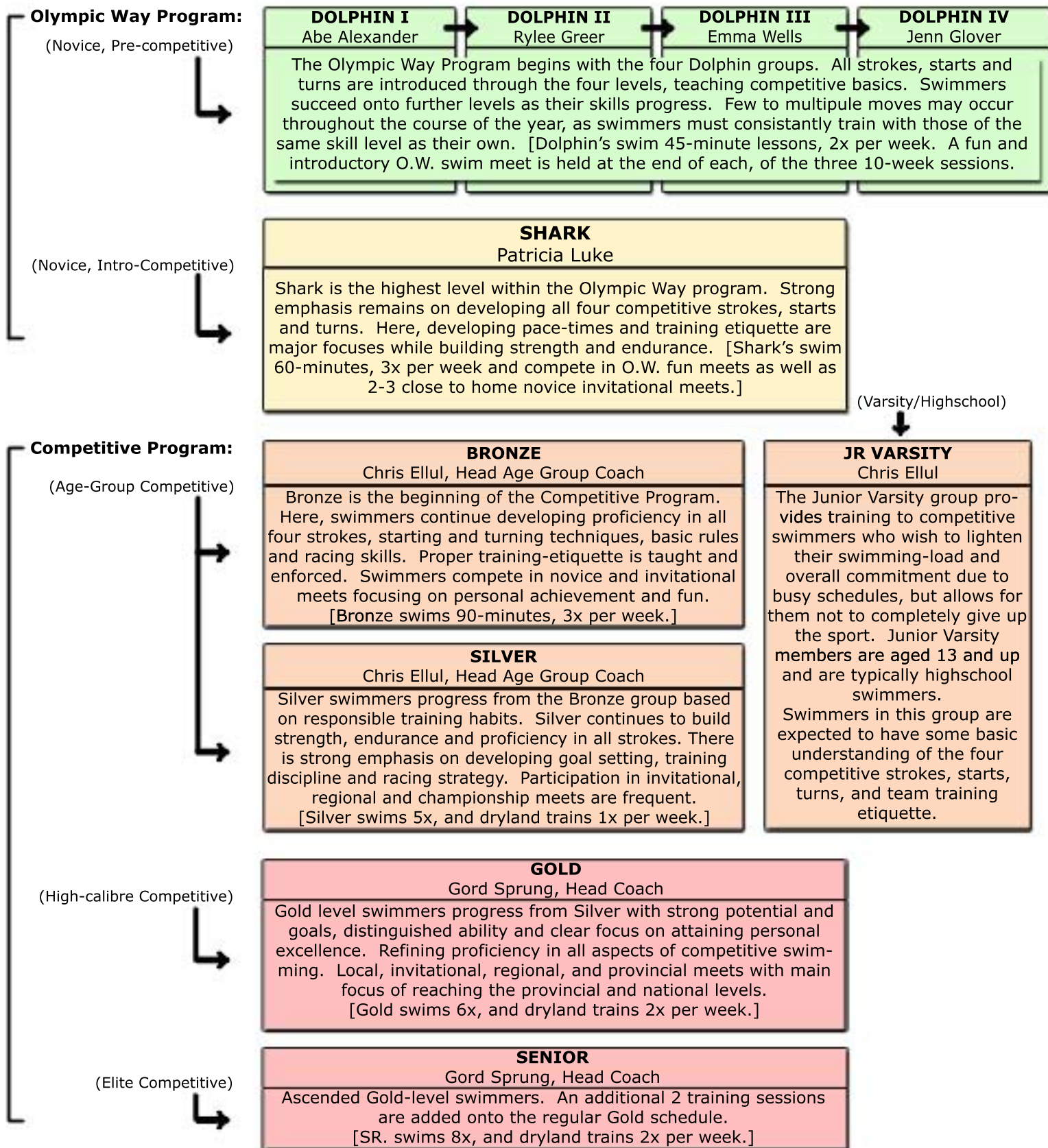
December/January: Nicole Dixon is the swimmer of the month through December and January. Nicole joined us late in 2009 and is still relatively new to the sport. She has been concentrating on learning all there is to competitive swimming. It's a lot of hard work and there's definitely a lot of patience needed when building that endurance up when getting used to any competitive swimming schedule. Nikki has maintained a very positive attitude and continues to improve her skills.

February: JV swimmer of the month for February is Kevin Chan. Kevin joined us not too long ago and swam with his highschool swim team. Soon after swimming there, he decided he wanted more and joined the Oshawa Aquatic Club. Kevin maintains a hard working ethic in the pool each day and it's already showing signs of paying of. Keep up the great work Kevin and you'll keep seeing results. Way to go buddy.

- Coach Chris Ellul

Oshawa Aquatic Club Progression Chart

This chart shows all of the groups within the Oshawa Aquatic Club and the order of progression through the program. All new swimmers to the club are evaluated when they begin and are placed appropriately in a group for them, according to their skill level. In detail you can see what each group consists of when speaking of how many work out sessions and hours per week swimmers will train. You can also see what the expectations are for each group.



From the Board:

> Hi everyone, just wanted to thank you all for volunteering and making this our most successful Pentathlon ever.

We have had quite a number of compliments from the other teams coaches, some are even ready to sign up for next year, so we need to keep up this dedication to our club going forward.

Thanks also to many of our own swimmers who volunteered their time on the days they were not swimming to help us out as well.

Cheryl McCCasey,
Meet Management

> Thank you so much to all parents and families that contributed food for all our home meets this season. Your amazing generosity does not go unnoticed.

It takes all of us to make each swim meet a success, and parents, you really 'stepped up to the blocks' when asked! Thanks again everyone! :)

Betty Khattab,
Social Committee

From Our Level 5 Official:

My sincere and heartfelt congratulations go out to Sam Khattab and Dwight & Mary Jo Bronson. Today, at the CR Clinics in Toronto, these wonderful folks were awarded their Level III Pins. All have worked very hard to achieve this, and deserve everyone's respect for doing so. All three are very fine officials and a real asset to your club. This is a great personal achievement for each, but on a wider scale, this means that OSHAC is now fully compliant for obtaining sanctions for your meets. This, of course, remains contingent on my staying with your club until one or more of these folks reaches the lofty heights of Level IV. Given their level of knowledge, skill and dedication to the sport, I am confident that all of these officials will be Level IV by sometime in 2011.

Because of the commitment these folks, and others who also are "climbing the ladder" (not to mention the occasional gift cards to my favourite shopping emporium, for which I thank you) I am very happy to promise you that I will remain with your club as your designated Level V as long as needed.

I also would like everyone to recognize and acknowledge the huge commitment Cheryl makes in assuring that your meets all run as successfully as they do. Most of you who are not directly involved in the organization and running of meets have no concept of how much work is involved. Those of us who have been Knighted with the Order of the Blue Badge merely have to show up and blow the whistle, knowing that Cheryl and her army of helpers have done all of the groundwork. I have no reservations whatever in saying that no other clubs manage meets better than OSHAC. My hat is off to Cheryl.

Since I'm on a roll anyway, I would also like to make a pitch for someone to step in as Chair of Officials. Cathy Barta has worked very hard trying to fill this position when no one else would, and must be thanked and congratulated for her efforts. For a new swim parent to take on this role, she showed great courage, and gave it her best. Thanks so much, Cathy. Now, however, we need someone else to step up to the plate. Ideally, this would be someone fairly well up the ladder (nudge, nudge, hint, hint) with prior knowledge and understanding of the position and what it entails. I remain willing to help and advise anyone willing to take this on. If you think you might be able to do this, but don't aren't sure you want to make that commitment, please give me a call.

NOW! Most importantly, I would like one of you to whom I have addressed this email to pass it on to all of the families in your club. Forget the modesty, if I have said nice things about you, don't be shy. I have not said nearly enough in praise - that I will do in person.

Sincerely,
Wayne Dorrington

Important Upcoming Dates:



SUPER SATURDAY #2

When? Saturday April 17th, 7:00-9:00am

All swimmers, Dolphin through Senior are encouraged to come and have fun with the entire club! It's always great to have an opportunity to get the whole club working together. All groups will work in stations with our line up of Competitive Coaches. Come learn from Gord, Chris, Patricia, Jenn, Emma, Rylee and Abel!

Parents/Guardians are all invited as well to come out and enjoy free coffee and muffins. The OSHAC Board of Directors will be there to provide information to parents regarding the path to competitive swimming.

Now recruiting Volunteers and Board Members!

We are also in need of dedicated parents to assist the board and/or join as a board member. To learn how you can help, please attend the April 17 Super Saturday free breakfast and the annual general meeting on May 12 at the Donevan Recreation Complex.

Thanks so much!



OSHAC's ANNUAL FUNDRAISING EVENT "TWO FOR THE SHOW" COMEDY NIGHT!

When? Saturday May 1st

Mark your calendars for our biggest fundraiser of the season! A night of comedy, music and loads of fun! Tickets are \$20.00 per person. Each competitive family is entitled to 2 free tickets. Tickets are available through the following swim families - Tina Greer, t.g.greer@rogers.com (you can often see her at poolside), Betty Khattab, Jacqueline Wells and Ann Wilhelm.

Your attendance is important for this night to be a success. So, invite your family and friends, have great night out, and support our swim club all at the same time!

The success of our fundraiser greatly depends on each family donating an item for our silent auction. See our letter for the fundraiser for more details. Please give your silent auction items to Tina Greer or Betty Khattab by April 26. Remember all funds raised help pay the costs of running the club and help the kids become great competitive swimmers. Help make it exciting with a great item that others will want and let the bidding war begin!



OSHAC ANNUAL GENERAL MEETING

When? Wednesday May 12th, 7:00pm

All parents are encouraged to attend the annual general meeting where the board and coaches will discuss OSHAC's performance for the past year (swimming, finances, etc.) and members vote on any new / changes to by-laws.

DONATIONS:

Help us succeed with a donation or seek donations from a business or others by using our prepared letter you can find online at oshac.ca. You can find it on the left hand side on our homepage.

SPONSORSHIP:

We are also actively seeking sponsors. For information about sponsorship and the advertising / promotion benefits provided by OSHAC, please contact us at (905) 430-5307.

New Club Records!

PROVINCIAL SET RECORDS:

Male 13-14 50 Free

25.97 Justin A Bronson at Swim Ontario Jr. Prov Champ SC 01/03/2001 OSHAC

25.85 ** Brandon Bronson at 2010 SC Junior and PARA Provincials 25/02/2010 OSHAC

Male 13-14 100 Back

1:00.41 Brandon Bronson at 2010 Speedo Eastern Canadian 18/02/2010 OSHAC

1:00.12 ** Brandon Bronson at 2010 SC Junior and PARA Provincials 25/02/2010 OSHAC

Male 13-14 200 Back

2:12.15 Brandon Bronson at 2010 Speedo Eastern Canadian Champs 18/02/2010 OSHAC

2:10.32 ** Brandon Bronson at 2010 SC Junior and PARA Provincials 25/02/2010 OSHAC

EASTERN SET RECORDS:

Male 13-14 50 Back

29.19 Brandon Bronson at Ontario Cup 2010 16/01/2010 OSHAC

28.88 ** Brandon Bronson at 2010 Speedo Eastern Canadian Champs 18/02/2010 OSHAC

Male 13-14 100 Back

1:02.45 Brandon Bronson at 8e invitation Aquaparc H2O 04/12/2009 OSHAC

1:00.41 ** Brandon Bronson at 2010 Speedo Eastern Canadian Champs 18/02/2010 OSHAC

Male 13-14 200 Back

2:13.68 Brandon Bronson at 8e invitation Aquaparc H2O 04/12/2009 OSHAC

2:12.15 ** Brandon Bronson at 2010 Speedo Eastern Canadian Champs 18/02/2010 OSHAC

*Congratulation's Brandon Bronson,
on behalf of your entire swim club and team mates, on all your success!*

SWIM 