



The Streamline

Message from Pierre

“Compromise kills a team”

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Canada Cup finals



On Saturday November 26th, Dorado Stars organizes a team activity to attend the finals (6:00 pm) of the Canada Cup at the Etobicoke Olympium (590 Rathburn Road).

The Canada Cup is a high-level meet. Every year, some Olympians take part into this competition. Last year, the swimmers attending this special event met Annamay Pierse (200m breaststroke LC World Record holder) and Brent Hayden (Silver medalist at the last Fina World Championships in Shanghai). With the

Olympics coming in less than one year, you will see international athletes in their final preparation. You will see what fast swimming is...

The events swum during the Saturday night finals are: 50m breaststroke, 200m fly, 100m back, 400m free, 200m IM, 50m free and 4x200m free relay.

For Age group 1 and Age group 2 swimmers, your entry is fully paid by the club but you have to confirm your presence. All the other swimmers/family members who want to

attend must give their names to Pierre and Dorado will get a group fee for you (50% off). The ticket is 10\$ at the door.

You have until November 5th to confirm your presence (AG1/AG2) or add your name on the special group fee list.

What's coming up in November?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Board meeting Journals	2 Journals	3 Journals	4 Journals	5 Gym #3 Journals
6	7	8	9	10	11	12 Dorado Fall Invitation meet
13 Master meet Etobicoke	14	15	16	17	18	19 Gym #4
20	21	22	23	24	25	26 Canada Cup Camp Canada Cup Finals
27	28	29	30			

Canada Cup clinic

On November 26th, Swim Ontario organizes a technical camp for 90 swimmers of the province at the Etobicoke Olympium. This one-day camp is part of the Canada Cup week-end activities. This experience is a nice opportunity for swimmers to meet other coaches and learn from them through different technical stations. Two Dorado swimmers have been selected to participate: Nicole Nagy and Samantha Hillson. Swimmers attending to the camp

must respect an age condition and most importantly, own a minimum of one B standard. The message doesn't change, it's still the same since September 2010: swimming fast is important and will give you access to nice opportunities.

This year our Head Coach Pierre will also be at this camp but this time, not as a visitor. Pierre will be on the coaching staff, in charge of

the butterfly kick and general kick rhythm station.



Results from Hawaii

You probably saw Hans coming back from Hawaii browner than ever. But how things went? 72 athletes were racing in Hans' category and 1918 triathletes in total took part in the World Ironman Championship.

Hans completed the 3.8km swim in a time of 1:05.18, good for the 7th position on 72. He completed the 180km bike course in 5:45.21 (15th) and concluded the marathon in 4:06.03 (14th) ending the event in a total time of 11:05.37, ranking 14th/72 in his age group.

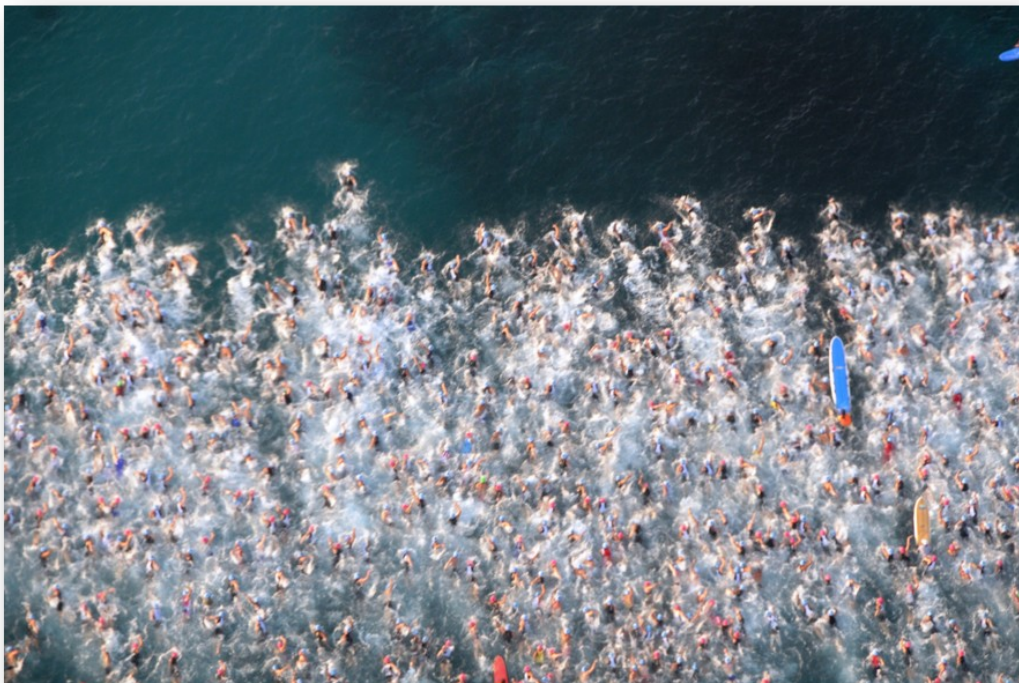
"Five years ago I had the idea to get back to the island of Hawai'i. In 2005 I qualified for World Championships



in Olympic Distance in Hawaii on the island of Oahu. The only race who offers a permanent race location on Hawaii was the Ironman on Big Island. First I had to qualify for this race, in other words, win my age group. I did this this year in Austria. Now Kona, a complete different race, though the distances are still the same but heat, strong cross-head wind makes this race as one of the toughest in the world. I cannot describe the swim start but the picture may give you a bit of an idea what is going on for 1 hour of swimming. The distance is 3.8km. In the meanwhile the daily heat is gradually increasing for the following 180.2km bike ride. After around 50km and tailwind the road turns to the town of Hawi and the famous battle the ho'omumuku crosswinds of 45 mph, 95 degree temperatures and a scorching sun begins for the rest of the bike ride. Back in the transition from bike to run the legs were already in pain.



Now the 42.195km Marathon run. The next 9 miles are back and forth through the town of Kona and the outskirts, before back on the Queen Hwy. Now it gets tough, heat from above and from the road the following 17 miles you are on the road, hill after hill in direction Energy Lab, turnaround and back to Kona. What a relief to see this moment coming just another 13km to run to the finish line. The finish line is something special after such a long day on the move 11hours and 5minutes."



Dorado swimmers dive head first into the season

The past week-end, the Dorado Stars swimmers were taking part in the first meet of the season in Scarborough. This two-day meet held year after year by the Scarborough swim club is the perfect place for new swimmers to make their debuts. Half of the 32 swimmers competing in Scarborough were experiencing their first swim meet ever...

According to Head Coach Pierre-Étienne Lambert, this meet has been a success. First, Dorado brought 10 swimmers aged of 10 years of age and under, a premiere since a long time. "Now I can affirm that we have a development base. It's still fragile but we have it! We finally have more than one or two young swimmers competing and they did really well". Martin Naipual 6 podiums in 6 races, Jordan McAuley three first places (100m free, 50m free, 50m back), Taylor McAuley 3rd 50m back, and Allison Noonan 2nd 100m free.

The Caledon swim club coach set

the objective to qualify at least one swimmer for the Central Region Championship in February. This goal was ambitious knowing that it took 5 months last year to qualify the first one...

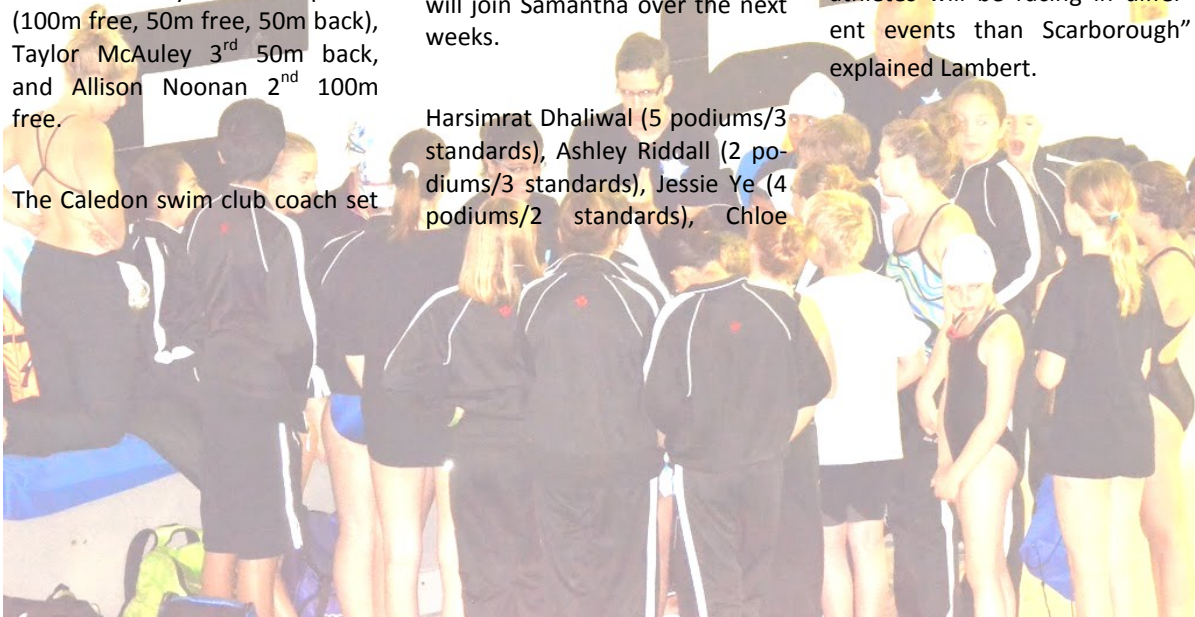


Well, its mission accomplished with Samantha Hillson who won the 100m breaststroke with a time of 1:28.31. More swimmers will join Samantha over the next weeks.

Harsimrat Dhaliwal (5 podiums/3 standards), Ashley Riddall (2 podiums/3 standards), Jessie Ye (4 podiums/2 standards), Chloe

Noguera (2 podiums/1 standard), Emily Hryb (1 podium/3 standards), Kaitlyn Haller (1 podium/2 standards), Billie Moorman (1 podium/4 standards) and Alia Myers (1 podium/1 standard) also did well and contributed to the team's success. Diana Rego also realized a nice personal accomplishment getting her first standard at her first meet ever. "Diana is exactly the kind of recruit we are looking for to build this club: she is young, talented and possesses a strong racing attitude".

"Our next competition is on November 12th at the Mayfield recreation complex and with the recent results my expectations are still very high. I think we will assist to a lot of best times because the athletes will be racing in different events than Scarborough" explained Lambert.



Meet results



Scarborough
October 29th-30th 2011

Athlete	Event	Top 3/category	New standards		Qualified for
			From	To	
Harsimrat Dhaliwal	100 back	2	D	C	
	200 IM		E	D	
	100 free	2	D	C	
	100 fly	3			
	100 IM	1			
	50 free	3			
Kaitlyn Haller	50 free		No standard	E	
	200 IM		No standard	E	
	100 IM	2			
Samantha Hillson	100 breast		B	A	Central Region
	100 fly		No standard	E	
	200 IM	2			
	100 free	2			
	100 fly	1			
	100 breast	1			
	50 free	1			
Taylor McAuley	50 back	3			
	50 free		No standard	E	
Emily Hryb	100 breast		No standard	E	
	100 free		No standard	E	
	100 IM	2			
	50 free		No standard	D	
Billie Moorman	100 breast	2	E	D	
	200 IM		No standard	E	
	100 fly		No standard	E	
	100 back		No standard	E	
Alia Myers	100 IM	3			
	50 back	2			
Amy Langford	100 IM	3			
	50 free	1			
Jordan McAuley	100 free	1			
	50 back	1			
	50 free	1			

Chloe Noguera	200 IM		No standard	E	
	100 fly	3			
	50 free	3			
Diana Rego	50 free		No standard	E	
	50 back	3			
Ashley Riddall	100 back	3	E	D	
	200 IM		No standard	D	
	100 free		E	D	
	50 back	2			
Jessie Ye	100 fly	2	No standard	D	
	100 free	3	D	C	
	50 free	2			
	50 back	3			
Tia Riarh	100 breast	3			
Jamie Vuk	25 free	2			
Alessia Campi	50 back	2			
Alicia Lubja	100 IM	1			
	100 fly	1			
	100 free	2			
Allison Noonan	100 free	2			
Amy Karpenko	50 breast	3			
	100 IM	1			
	50 free	3			
	100 breast	3			
Constance Osuchowki	50 back	3			
Kira Eggengoor	50 breast	2			
	100 fly	2			
	50 free	2			
	100 free	3			
Martin Naipaul	50 fly	1			
	50 free	3			
	100 back	1			
	50 back	2			
	100 free	2			
	50 breast	2			
Niko Racicot	100 IM	2			

After a long absence, the Master swimmers will start competing again. Our Masters will compete at the Etobicoke Olympium on Sunday November 13th. Good luck guys!

Upcoming meet

Date: November 12th

Warm-up: 8h00 am

Dorado Fall Invitational

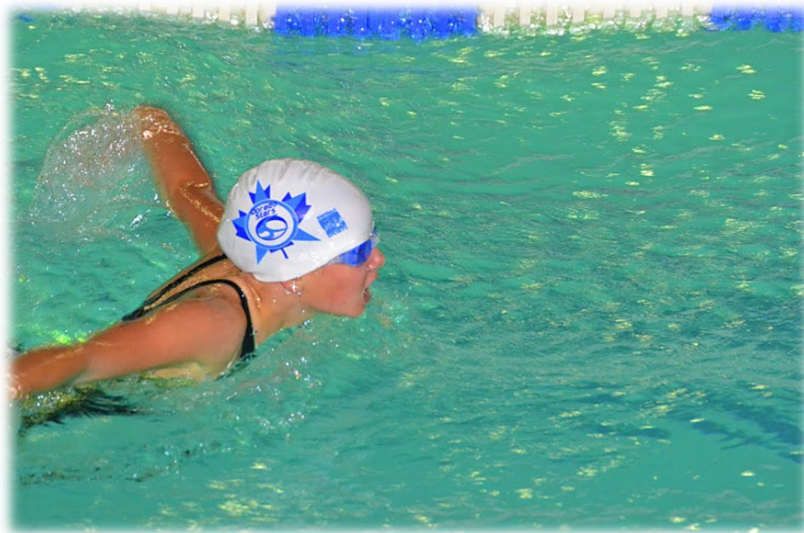
Mayfield pool
12087 Bramalea Road
Caledon, Ontario

Submit your events to
Pierre before
Wed November 2nd



Swimmer of the month

The October swimmer of the month is... Billie Moorman! Billie concluded the month attending 100% of the workouts. In Scarborough, she swam 5 best times in 6 races collecting no less than 4 new standards (50 free D/100 breast D/200 IM E/100 fly E). Billie started swimming competitively last year. She is really committed to her training and she starts to get the results that come with hard working. We are still early in the season and Billie will have the chance to move-up in the different standards...



September	Diana Rego	AG1
October	Billie Moorman	AG1
November		
December		
January		
February		
March		
April		
May		
June		

