



The Streamline

Message from Pierre

Here is the first edition of your Streamline!

have to submit their journals to Pierre at the end of each month. For the new swimmers, the idea is simple. You

once a month about training or anything else they judge relevant. At the end of each month, I collect

I hope you appreciated to have *Swim and Sports* coming to the pool. September and October are two big months for them and they will have to come back for team wear. At least, everyone has his swimming equipment. It is imperative to have it ready to use all the time. By the way, you won't have time to adjust it during the workout; this is something you have to do at home.



need a writing book (size, shape, price, quality of your choice). This is a personal journal between the athlete and the coach first. Parents are invited to look at it if the swimmers are comfortable with that. I want the athletes to write every day, once a week or

the journals, I read them and I personally respond to each swimmer. Why do we do that? This short exercise is a great opportunity for the swimmers to express what they would not say in person and it's an awesome opportunity for the coach to know his athletes. The first month is October and the first pick-up date will be early November, after the first meet. The journals are not optional, they are mandatory.

Good reading!

Journals are back! All swimmers in the Intermediate, AG1 and AG2 groups (including CT),

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What's coming up in October?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Prospect group starts	4 Board meeting	5	6	7	8 Ironman Hawaii
9	10 No training (Thanksgiving)	11	12	13	14	15 Gym #1
16	17 Picture night	18	19	20	21	22 Gym #2
23	24	25	26	27	28	29 Scarborough meet
30 Scarborough meet	31					

Message from the president

It is that time again.

I would just like to welcome back all returning members and all new members to the fastest growing, fastest moving swim club around. This is going to be our biggest and best season yet. With the help of our Head Coach Pierre and assistant Coaches Hans and Alicia we will get this group in the water and getting ready for this season.

I want to take this time to thank everyone for their hard work with getting this season underway and registration done. Carmen our Team Manager once again has gotten everything underway and with the help of Mary Lubja registration went smoothly.

I must say it was wonderful to see so many kids out for our tryout at Caledon Central Pool in early September. We did have a bit of a situation when the power went out and all kids had to get out of the water. We had to re-schedule but we moved forward and when all the kids returned the next night or on the Saturday everyone was eager and off they went again.

I just want to remind everyone to check out our new website and this is where all the information will be in regards to practice schedules, meets, bingos and parent meetings. Please this is your responsibility to keep informed with upcoming events at the club.

Well with that I am looking forward in seeing old and new members and please feel free to come and speak with me about what is happening with the club or any concerns and remember this is **OUR** club and we need to **ALL** make it a great success.

See you Pool Side

Barb Hillson

President

Hardest swim sets

All swimmers work hard. Wait... Scratch that. All swimmers think they work hard. Even the sprinters. Pain is a proud partner for all of us, at some point all of our bodies have been broken and crippled into lactic acid induced paralysis. But some are a breed apart. Aquatic masochists who can take a degree of coaching sadism that's certainly cruel and unquestionably unusual. The sets they complete send shivers down the wet spines of lap stroking mortals.

Best times might be the final word on swimming success, but there's another standard that counts for swimmers: the sets they did to get there. They're a shadow currency that carries serious weight among those who know how much it truly takes - and those who can take ever more. This January 4th to 17th, in Potsdam, Germany, an international crew of the some of the hardest core swimmers on earth is gathering for what's shaping up to be the ultimate distance training camp. They plan to attack the hardest sets any coach can possibly conceive. They're calling it Battle Training. It's the brainchild of German National Team coach Dirk Lange and it's an open invitation to any and all who think they can hang. Germany's Phelps-beater Paul Biedermann will be there, along with Germany's open water four-time world champion Thomas Lurz. Russia's European champion, Yuri Prilukov is going, along with the top distance stars from Australia, South Africa, Canada, and elsewhere. In an email last week, Dirk Lange summed it up for me

nicely: "The strongest will survive," he wrote. "We're offering it for everyone who is not scared of pain." A fine taunt for all you self-respecting distance swimmers out there...

It got me thinking about the all-time hardest sets I've ever heard of... or, in some cases, ever swam myself. Here are five workouts that the folks at Battle Training can try to live (or die) up to... if they can take the pain:

5.) 24 x 400's, long course - by Tom Dolan. 6 of each stroke, descending each series 1 - 6. Devised by Rick Curl, it was sets like this that helped make Dolan the greatest IM'er of his generation. 6 x 400's Fly is a back-breaking set any day. When it's just 1/4 of the main set, you know you're going around the bend and asking for rare and memorable pain.

4.) 80 x 200's Free on 2:30, long course. Wearing gym shorts and tights. Ok, I'm biased; I did this one myself when I took lifeguard lessons in 1993. But I'll take the challenge with anyone who'd like to say it doesn't belong. 16K wearing shorts (with pockets) and tights, while holding 1:10+ for over three hours. 1996 Olympic champ Trina Jackson was among the last standing; others had to be dragged from the pool barely conscious. Literally.

3.) 20 x 1500's on 20:00, long course - by Larsen Jensen. Had he made it, this one would be number one. However, word has it that Jensen made it to #17 before missing the interval

and having to stop. No shame there. It's sets like this that made Jensen step up every time under pressure and always perform at his best when it mattered most. With this in the bank, it must have seemed easy.

2.) 4 x 5000's on 50:00, short course - by Jeff Kostoff. The distance king of the 80's reportedly did this one while he was at Stanford. Makes you delirious just thinking about it. 20K averaging under 1:00 each 100... Flipping at every wall for 200 consecutive laps before a few gasps of rest, then doing it again, four times. Kostoff did this 25 years ago. You can take the fast suits and the tech-assisted records, sets like this are more impressive any day.

1.) 30 x 1000's on 10:00, short course - by Erik Vendt. The gold standard by, quite possibly, the greatest training animal in American swimming history. Vendt performed this masochist masterpiece in high school when he was with the Ocean State Squids in New England. It happened one Saturday morning when Vendt and his coach, Josh Stern, decided to show up at the pool an hour and a half before workout started for the rest of the team. When his teammates arrived, Vendt had already plowed through half of this monster. They dove in and pushed him through the back-half - another 10 miles at minute pace!

Here's hoping the swimmers in Potsdam push these limits further still... If you'd like to be one of them, the invitation is open...



Kinetico running festival September 25th 2011

Event	Athlete	Place/category	Time
10 km	Hans Porten	1 st	40:08
	Jean Compton	1 st	50:29
5 km	Nikolai Racicot	4 th	19:25
	Bem Partington	10 th	22:00
	Diane Tsialtas	3 rd	24:02
1 mile	Harismrat Dhaliwal		
	Diana Rego		
	Ryan Myers		
	Joshua Myers		
	Alia Myers		
	Subreen Grewal		
	Bailey Miller		
	Jessie Ye		
	Kaitlyn Haller		
Tia Riarh			

Dorado Stars Swim Club

Swimmer of the month

Each month, one swimmer will receive the “swimmer of the month” title. No matter in which group the swimmer is, everybody in the club is eligible. The selection is based on meet performances, commitment in the training process and attitude. Each swimmer of the month will receive a small gift from the club to reward his efforts.

September was a short month with only two weeks of training. Nevertheless, it is important to mention the good work done by **Diana Rego**, Age group 1. Diana is starting her first year with a competitive swim club and successfully “survived” her first two weeks as a competitive swimmer. Diana is really focused on her development and she is definitely an example of perseverance.

Diana, congratulations, it’s good to have you with us!



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

