



# LEGENDS LEDGER

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## Tapering - Every Swimmer's Favorite Time of the Year

We are now well into our first competitive phase of the year, the time of the season where we focus on swim meets and the skills involved with fast racing. For our experienced competitive swimmers, the season is basically broken up into three cycles which all end with a big meet for our swimmers. The first cycle runs from September to December with Trois Rivieres/Gander and our long course time trial. The second cycle ends in March at SC Championships and the third cycle really depends on what meets swimmers are looking at but could focus on LC Championships, Fort Lauderdale, LC East Coast Championships or Canadian Age Group Championships. Each cycle begins with an emphasis on basic training skills, moves into a lot of hard work and then ends with a focus on race preparation aiming for the best results possible. We have had a great history of success racing at our focus meets and this year we look to build on that skill with our strongest meets ever!

Our younger competitive swimmers will be focused on the Gander Provincial Invitational Meet, December 3-5th which will be the first preliminaries and finals meet for our swimmers this season. Gander did a great job with this meet last year, running a combination of timed finals events (200m and over) as well as preliminaries and finals for the 50m and 100m events. In the 50m and 100m events swimmers will race them in one session and then the top 6 swimmers of each age group will race again in the next session.

Our more experienced competitive swimmers will be traveling to Trois Rivieres for the first time to compete in the Megophias Meet. We are sending an incredible 48 swimmers to the meet, at least 15 more swimmers than we've ever sent to an off island meet before! The pool is very fast, it has hosted the P2 Provincial Championships for over 8 years with Quebec coaches saying only great things about the speed of the swimming in the pool. The swimmers will travel to the meet the day before to train at the pool and rest before they aim for their top performances!

As the swimmers start to taper, basically it just means that there will be more focus on race related skills in practice and for our older swimmers their meters will come down as their rest goes up. Swimmers will be expected to go very fast when we do speed work in practice as they will be setting up their racing to be their best ever. It is important for swimmers to make sure they are getting more rest away from the pool as well during their taper. They should feel like they are saving up energy for their racing at the meet. Swimmers should also make sure that they are getting ahead on their homework to get rid of any extra stresses before or following the meet.

Our performance level at big meets has been consistently improving, now we want this to be the strongest meet we've ever had. This means everyone racing for 100% best times, pushing themselves against new competition and aiming to qualify for new meets - Canadian Age Group Championships, Eastern Nationals, East Coast Championships and NL Championships. Getting time standards this early in the year is a great way to help plan the rest of your season around your main focus meets!

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### Upcoming Events:

- Gander Invitational - Dec 3-5th  
37 Legends swimmers attending the Gander Meet!
- Megophias Invitational - Trois Rivieres - Dec 3-5th  
We have 48 swimmers attending the meet!
- Pre-Competitive Super-Skills Competition - Dec 11th  
All pre-competitive swimmers 8:30-10:00am
- Legends Time Trial - Aquarena - Dec 18th  
All competitive and pre-competitive swimmers 6:30-10:00am

## Legends Nov 13 Time Trial Review

The Legends had a great time trial on November 13th with 4 swimmers qualifying for our team travel meet in Trois Rivieres. Grace C in the 100m IM, Amelia T in the 200m Free, Sarah J in the 100m IM and Michael Do in the 100m IM all made their second qualifying standard. Marcella Whelan also qualified for the NL Provincial Championships! Great work for our young swimmers!

We would like to thank all of the parents who helped officiate, we couldn't have run the time trial without you!

### 100% Best Times

Jillian A, Nathan B, Angus BP, Max B, Davin B, Grace C, Iain C, Meghan C, Declan D, Michael Da, Walter FO, Amy F, Daniel F, Emily F, Antonia F, Jenna G, Kali H, Sean H, Cameron H, Jennifer K, Tristan L, Liam L, Hannah M, Kathleen M, Jennifer M, Darragh M, Rochelle M, Ben N, Kathleen N, Sam N, Kendall N, Cassidy N, Shane R, Jane R, Pascale R, Danielle S, Lucas S, Lydia S, Colin S, Kathleen T, Jack T, Marcella W, Erin WS, Abby W, Molly W



## Tomblin and Forbes Lead the Way for Memorial at AUS Invitational!

The Memorial Sea-Hawks competed at the Dalhousie hosted AUS Invitational Meet this past weekend. The meet was a shaved and tapered meet for the Hawks with all swimmers resting and ready to go heading into the meet. The women's team was led by Leah Tomblin (lifelong Legends swimmer and current coach) who swam to two provincial records and qualified for the CIS Championships (varsity national championships) in all three backstroke events. She swam to time of 1:04.02 in 100m back, placing 1st in the final and beating her best time by 1.8 seconds as well as breaking the old provincial record by 1.4 seconds. Leading off the 4x100m medley relay, Leah bested her time again with a 1:03.98! In the 200m back Leah raced to a 3rd place finish and a time of 2:21.04, beating her own provincial record by .9 from last year. Leah also placed 3rd in the 50m backstroke with a best time of 30.77! On the women's side Dayna Hogan (Legends swimmer in the offseason) swam to a 4th place finish in the 100m freestyle with a time of 59.60, less than a second off of qualifying for the CIS Championships.

Highlights for the men's team include: David Forbes qualified for the CIS Championships in all four of his events. He placed 1st in the 100m free with a time of 51.16, leading the race from start to finish. Forbes was also 1st in the 50m back with a best time of 26.71. He was 2nd in the 50m fly with a time of 25.48 and swam to a 23.67 in the 50m free placing him 3rd. Brandon McKay (lifelong Legends swimmer and current coach) had a great meet, racing to best times in all of his events. He was 4th in the 200m im with a time of 2:12.54, 4th in the 100m brst 1:08.21, 5th in the 50m brst 30.51 (just .4 off of the cis champs time) and 7th in the 200m free 1:57.06. Brandon raced to best times in the heats and improved his placing in finals every swim. Aaron Buckingham (lifelong Legends swimmer) placed 5th in 50m back 28.81, 6th in 50m free 24.19 (just .3 off of cis champs time) and 8th in the 100m free 53.12. Matthew Avis (lifelong Legends swimmer and current coach) was also best times in every swim and reached finals in the 400m free 4:23.74. The men's 4x100m free relay was very exciting as the team raced hard to beat Dalhousie for it's first win in the event in 25 years. The team consisted of Buckingham, Forbes, McKay and Harvey and was just passed on the last 50 as Dalhousie finished off with their fastest swimmer. The team swam to a time of 3:30.52, more than 3 seconds under the old provincial record and less than a second from qualifying for the cis championships. McKay had an incredible split on the relay of 52.7, his best official time is a 56.7.

The results of the Sea-Hawks are important to our club for a few reasons. First, swimmers will not reach their full potential until they are in their 20s. It is very important to keep as many of our Legends training and racing past their high school years as possible so we can see higher performance standards in our province. Many of the swimmers are also from the Legends as well as our neighbouring clubs, it's always exciting to see our swimmers race fast! The Sea-Hawks also are a good indicator of the training program for our top swimmers. They often swim practice together and their season plan peaks about 2-3 weeks before the Legends each year. Generally however the Sea-Hawks swim at big meets, the Legends should swim as well or better at their own big meets. Anytime swimming can get into the news, through the paper, radio or internet it is always good for our sport.



**Contact Information**  
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**Eastern Nationals 2011**  
London, ON - February 17-20

Owen Daly  
Catherine Silotch

**Age Group Championships 2011**  
Montreal, QC - July 27-31

Owen Daly      Curtis McKay  
Logan Slade     Catherine Silotch  
Emma Dornan



**Megophias Invitational 2010**  
Trois Rivieres - Dec 3-5  
Attending Swimmers

99-98 Jenny, Beth, Molly, Amelia, Grace C, Colin, Ben N  
97-96 Caroline, Dawn, Katie, Laura S, Maggie, Meg, Sarah J,  
Kathleen D, Emma D, Darragh, Davin, Declan, Gabe,  
Jack, Liam O, Chris M, Logan, Stefan, Tim M, Walter,  
Michael Do  
95-before Amy, Kaitlyn, Louise, Rebecca, Elizabeth, Jessica,  
Samantha, Victoria M, Sarah T, Victoria T, Leo,  
Owen D, Chris D, Iain, Sam N, Daniel, Nathan, Peter,  
Curtis, Reniel

**Travel Teams Selection Criteria** - full criteria on our website

**Atlantic Tri - Team**

Travel to the Tri-Meet (Ontario vs Quebec vs Atlantic) in Halifax May 18-22nd  
4 swimmers each age girls born 98, 97, 96, 95 and boys born 97, 96, 95, 94  
Swimmers must be qualified for Canadian Age Group Championships  
Then they will take the top 4 swimmers for each stroke + 400im + 400fr fina pts  
All eligible swims must take place this season up to SC East Coast Champs

**NL Swimming Provincial Travel Team**

Travel to the Edmonton Keyano Invitational depart May 2 return May 9.  
12 swimmers total (at least 4 girls + 4 boys) based on top 3 swims at SC NL  
Championships in Deer Lake March 11-13, limit to swimmers born 93 +before

Both of the travel teams have expenses but do have funding from Swim NL.

**Reminders...**

- **Upcoming Schedule Changes**  
All Trois Rivieres swimmers will train 8:15-10:15am on Saturday, November 27th  
All other swimmers will still train from 6:30-9:00am on Saturday, November 27th  
Top 1 /3 / AGP will practice 3:15-5:45pm at the Aquarena on Thursday, Dec 2 - no AM practice  
December 3-5 there will be no practices due to Gander Meet and Trois Rivieres  
Monday, December 6th no morning practices for Top 3, Top 2 or National  
Top 3 can swim on Monday, Dec 6 in the afternoon 3:15-5:45pm at the Aquarena
- **Pre-Competitive Super Skills Competition**  
Saturday, December 11th - 8:30-10:00am at the Aquarena for all pre-competitive swimmers
- **Competitive Swimmers 5km Challenge**  
Saturday, December 11th 6:30-9:00am at the Aquarena for all competitive swimmers
- **Megophias Invitational - December 3-5 - Trois Rivieres**  
We have 48 swimmers attending the meet! Meet information is on our website!
- **Gander Provincial Invitational - December 3-5**  
We have 37 swimmers attending the meet! Meet information is on our website!
- **Fundscrip**  
Buy Gift Certificates for the stores you already shop at and money goes into your swimmer account to pay for meets, etc. For more information visit: [www.fundscrip.com](http://www.fundscrip.com) or if you have questions email Helmien Engelbrecht [helmien@warp.nfld.net](mailto:helmien@warp.nfld.net) or call 754-3204.
- **Sea-Hawks Competitive Stroke Technique Clinics - Registration on our website.**  
4:00-6:00pm Saturdays at the MUN Pool. Focus on developing new skills for each stroke.  
Dec 11 - Butterfly Jan 15 - Breaststroke Jan 29 - Backstroke