



From the Desk of the President

Welcome Goldfin families to the 2010 segment of the short course season. In a few days we will have a number of young swimmers heading to Regina for the Provincial A's and 10 and Under Cup Feb 5th to the 7th.

We wish all our competitors the best of luck and hope they achieve the goals set as a result of all their hard work and training.

The next meet that we will be involved with we also have the honor of showcasing as well as competing. It will be the much anticipated Speedo Western Canadian Championships presented by Cameco. It will run from Feb.18th to the 21st and will require all the human resources our club can possibly provide. I would like to take this opportunity to thank all the committee members that have so selflessly organized this event to date. It has already involved countless hours of meetings, planning and coordination to get us to this level of completion.

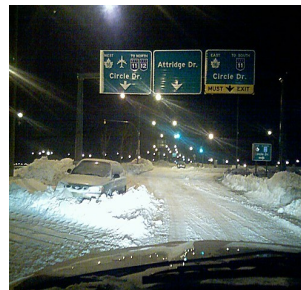
There is still a daunting list of

tasks to fulfill but we are sure that with the aid of our membership we will accomplish all that is required to make this event the best it could possibly be. Although your athlete may not be competing it is still a fantastic opportunity to be involved, and for your athlete to experience and be motivated by this premier swim event of the SNC short course season.

I would like to invite the Goldfin membership to ask any Goldfin team manager, meet manager or board member as to how they can be more involved with any upcoming meet, event, committee or board position. It does take the entire club to host and attend meets our athletes so rigorously train for. If you have any questions or concerns we are all in this together to do what is best for our athletes and will do all that we can to inform and help you.

Yours in swimming,

Jerry Benkic



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Upcoming Meets

- Speedo Western Canadian Championships presented by Cameco Saskatoon Feb 18-21
- RYMM Invitational Regina Mar 6-7
- MAN/SASK Winnipeg March 18-21
- Sprint Meet Swift Current March 27
- Spring Nationals Montreal Apr 8-11
- Septathlon Saskatoon April 17-18
- EKI Edmonton April 29-May 2

Head Coach's Report by Kevin Coulman

. Happy new year to all, it has been quite a change over the last little while. The Goldfins have made a lot of adjustments in this new year but we still maintain what the Goldfins swim club is about. The club is becoming more of a club with multiple groups working together and helping each other. We've started to see these results with better swimming at the time trials and meets over the last little while. We still have a lot to do but it is a good start to where we want to go.

For this article I would like to address shoulder injuries and what we can do to prevent them and what we can do to make the better. There are a few swimmers with some shoulder problems at the moment some more serious than others but in all these cases overuse is not the main cause. When age group swimmers are developing shoulder problems the first thing we like to jump to is how much are they swimming and how much swim-

ming should we take off. This tends to do very little when the swimmer returns to the water after this time off, the first longer swim set usually creates the same pain as they had prior to the time off. The main issue that coaches deal with shoulder problem is the technique of each stroke. Even some of the best swimmers rely on flexibility in the shoulders to go fast and without proper movement in the core those shoulders could develop shoulder pain. As coaches we put a major emphasis on working the proper technique so that the swimmers are capable of maintaining this technique for quite some time. The other issue that can have an impact on shoulders are the development of shoulder strength. One side of the shoulders could get stronger than the other side which tends to happen in swimmers we just need to make sure through dryland programs that the athletes are strengthening the other side of the shoulder. There are other ef-

fects on shoulder instability like posture and flexibility but as far as I am concerned the key problem arises from technique or the inability to maintain technique over longer distances. If this can be addressed early then most shoulder injuries should be prevented. If ever a swimmer starts to experience shoulder soreness they should mention it to their coach and then do the workout as written with a better emphasis on technique after the workout and every subsequent workout they should stretch out. If ever someone experiences sharp pain then the swimmer could do some kick, they could get out early to stretch longer or do some strengthening work with stretch cords. For most swimmers young and old adding post workout stretching to a typical regime and little more focus on technique will go a long way in reducing shoulder problems.

National Report by Kevin Coulman

A lot has happened since the last newsletter. We have had some great performances and some good meets but the big success has come in how the swimmers changed their attitude towards team and training. We are slowly getting the swimmers back to where they need to be to have success but along the way we have had some highlights. Portland was a big meet for all who attended. Mitch Benkic, Drew Matthews, Andy Makosiej and Cole Benkic all have best times or near best times at this meet. The swimmers that we were up against really allowed us to see

what changes needed to be made to get to that level. We managed to have a lot of fun with such a small group of swimmers. We had a few developmental meets in Edmonton and in Saskatoon for our time trial where our goal was to race hard despite being tired. Though not a complete success the swimmers are starting to get better at competing when they don't want to and this is the main mental skill that will be the focus for the next little while. We finished off January on a high note at the last time trial Nick Mastromatteo managed to get his Western Cut in

200 Fly we look forward to see how performances continue.

National Swimmer of the Month:

Drew Matthews

Drew has had consistent success throughout the year with best times at all the major meets we have been to and is only getting better. She is able to do this through a consistent training regime and constantly engaged in her technique and practice performance. Good things will continue to happen with this type of attitude.

Senior Sprint Report by Andrea Leroux

First of all Happy Holidays. To all those families that were gone during the holidays I hope you came back rested and ready for 2010. The December Christmas camp went very well. We put in a lot of miles and had some very intense workouts. Those swimmers who were away for Christmas camp came back to practice in January looking a little rusty. This month

and February provide us with some exciting racing opportunities and I encourage all of you to stop in at Westerns to see some really fast swimming. Please remember you all need water bottles on deck.

Senior Sprint Swimmer of the Month:

Ryan Eichhorst:

for his amazing attendance and effort he put in at training camp. Man-Sask should be a great meet!!!!

AGE Report by Tim Smith

Christmas camp went very well this season and it showed in our results at the Blue Bear meet in Edmonton. Special congratulations to Adam Benkic who qualified for Age Group Nationals in 200 Free, 200 Fly and 400 IM. Well done! Congratulations to Austin Larocque on winning the 100 Back and the 13-14 Boys on winning both relays

Our next phase of training is a long one leading into Man/Sask Champs March 18-21. Lets focus on serious quality swimming, paying attention to details. Everyone should now understand how important results are going to be at Man/Sask Champs with se-

lection to a Tour and Training Camp in Kamloops (April 16-18) available for 13-14 year olds. We have the possibility of having several swimmers qualify for this tour from both A.G.E. and Senior Sprint. FOCUS ON IT. It can happen!

A training camp is now being planned for the Easter Break (April 6-10 To be confirmed) with Edmonton Keyano Swim Club in Edmonton. This camp will be for A.G.E. and possibly a few others. Those swimmers who qualify for the Kamloops Tour, this will be a golden opportunity to work with the

Keyano qualifiers for the Tour. The Camp will be one week prior to the Tour. If any swimmer or parents require more detailed information about Man/Sask prep, the Camp or the Tour, please contact me directly and I would be glad to answer any questions you might have. Keep up the good swimming!

AGE Swimmer of the Month:

Jessyca Brissaw

based on her attendance, effort in practice and attitude. Awesome!

Advanced Placement Report by Allison Cowan

Happy 2010! If January is any indicator, this is going to be a breakout year for all of the swimmers in AP. We now have nearly all of the swimmers qualified for "A" Provincials with multiple swims and 4 qualifiers for short course Man/Sask! The swimmers are certainly stepping up to the challenges they face at workouts, time trials, and swim meets. My goal is that by the end of the year all 11 & overs will have swum a 400 IM at a meet - a challenging event but one that shows true heart. The response I usually hear after a swimmer has swum it for the first time is, "Well that wasn't that bad!" which I expect I'll hear a couple more times. With the new year, there have been a couple changes to the training schedule. Mondays and Wednesdays are at 5:45-7:30pm. These will be the dryland days. We'll spend 15 minutes working on

core (Mondays) and strength (Wednesdays) before we get in the water. Fridays are now 4:45-6:30pm. Saturday mornings remain the same as the fall. Saturday afternoons (2:45-4:30pm) are optional for everyone in AP for now. Once the club camera arrives, Kevin and I will make up a schedule to bring in the athletes two or three at a time for stroke filming and analysis. Welcome to Oskar Wolfe, the newest addition to AP! Oskar is fitting in well and is showing some great improvement thus far. Keep it up Oskar!

The coaches have decided that there may be some group moves after Man/Sask. We will invite the swimmers and speak to his or her parents when the time comes. Change within the groups is vital for both athlete development and for club development. I know that if any of the

swimmers of the AP group are asked to move, they will do well in whatever group they are placed.

I hope you get the chance to check out some fast swimming at Western's (maybe when your parents are working!) in February. Information will come on the training schedule during Feb. Break.

Let's keep up the great training for the remainder of the short course season! Stay healthy, drink lots of water, and get lots of rest!

AP Swimmer of the Month

Nov: Maya Lenhert-Thiel

Maya trains well, is determined to do well & always has a great attitude!

Dec: Natalia Huber

Natalia was on fire this month! She attained her first "AA" time. Fantastic work!

Development 2 Report by Mat Mossey

Hey Dev 2!!!

Everyone is looking amazing in the water!!! It is really great to see the progress that has been made since the start of the year. At the mini-meet there were several new benchmarks set. Tatum, Elizabeth and Lindsey achieved new time standards, Emily partook in her first swim meet with impressive results and everyone was holding their streamlines off the dives as well as the turns, Great Job.

However, we still have a long way to go, we are going to keep working on streamlining, keep working on great

technique and increasing our speed, but most importantly, we are going to have a fun time doing it.

“I wouldn’t say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it”

Michael Phelps

Development 1 Report by Marlee Budz

December and January seem to have flown by already! We have been working hard on our technique in all four strokes these past two months and everything is coming together very nicely. For February and March I plan to work more on streamline kick as well as our turns, touches and dives. Our goal is to perfect these so that when it comes to going to meets we have complete confidence in doing well and not being too nervous!

I would like to welcome some new swimmers that have joined the Development One group, I now have the pleasure of coaching Mitchel, Heidi, Paige B, Paige C, McLaren and Lauren. They are all very hard workers and a great addition to our group!

Dev 1 Swimmer of the Month:

Gracie Larocque

Gracie has had awesome attendance for the past 2 months. She works hard in the pool and is a great leader in the group. Great job Gracie! Keep up the awesome work!

A BIG THANK YOU to the following:

The Goldfins would like to thank the following Chaperones for taking care of our swimmers and for their time and support:

JP Fiset--- Erin McGonigle, Brenda Kirilenko & Faye Tomlinson

Canada Cup ---Shannon Mastromatteo

Moose Jaw---Lorraine Mastromatteo

The Goldfins would also like to thank Bruna Bonavia-Fisher & Eva Lehnert-Thiel for updating & revising the [Goldfins Information Handbook](#) which can now be found on the website by clicking on ‘Info for Parents’

Meet Managers Report by Carol Benkic & Glen Kobussen

Goldfin Families:

It's countdown to our BIG EVENT, 2 ½ weeks to go. We are very excited to host this event. We would like to thank everyone that has already volunteered your time and energy, but we still need more volunteers. If you have not volunteered yet, there are positions to be filled. Every position will help you in the volunteer point system. Our athletes need us now. We are expecting approximately 600 of the highest competitive athletes from Western Canada.

We have scheduled Feb 19th as the Opening Ceremonies, with the meet running from Feb 18th until Feb 21st. We are expecting Minister Duncan, Mayor Don Atchison, Marj Walton Swim Sask, Dave Haapnaa, Swimming Canada and our presenting sponsor Cameco at the opening ceremonies. Our theme is 'Paint The Town Red', this is to recognize all the Canadian athletes competing at the Vancouver Winter Olympics. All volunteers will be provided with a red officials shirt to wear for all sessions. In addition the finalists swimming during the evening session Feb 19th will be provided with a red swim cap from Swimming Canada. If you would like to see what it's all about, Paint The Town Red advertising is on Swimming Canada's Bulletin www.swimming.ca. We are expecting to have some Olympic caliber swimmers, tell all your family and friends to come out and see the best sport around and be part of it.

See you there!

Carol Benkic /Glen Kobussen

Meet Managers

CONGRATULATIONS!

Kendra Chernoff, Saskatoon Goldfins, has been named one of three finalists in Youth (18 & under) Female category for the 2009 Athlete of the Year. This is the second year in a row that Kendra has become a finalist and last year she won the award.

Kendra, age 18, broke 37 provincial and 3 national records in the 2009 calendar year. At the 2009 Junior Pan Pacific Swimming Championships, she helped her team win silver in the 4 x 100 medley relay, won an individual bronze in the 100m fly, and broke the 200m fly provincial record. At the Western Canadian Championships, Chernoff won three gold medals in her fly events and broke the national 100m fly record twice. She broke the NAT SC Open record and was crowned National Champion at the Spring Nationals, where she also won a gold medal in 100m fly and placed fifth in the 200m fly. At Summer Nationals, Chernoff placed first in the 50m fly, second in the 100m fly, and fourth in the 200m fly, and also broke the national LC open record. She won two gold medals and one silver medal at the 2009 Canada Summer Games, and was named Female Team Captain. On the international stage, Chernoff won gold in the 100m fly and bronze in the 200m fly at the 2009 Tri Nations Cup, as well as silver in the 100m fly and bronze in both the 200m fly and 50m fly at the British Grand Prix.

Swim Saskatchewan congratulates Kendra on her nomination and wishes her good luck.

Swim Saskatchewan also nominated Cole Benkic, also a member of the Saskatoon Goldfins, in the Youth Male category for his very successful 2009 achievements although he did not advance to one of the three finalists.

At the 2009 Age Group Championships, Cole won gold in the 200m fly, silver in the 100m fly, and placed fourth in the 50m fly, breaking provincial records in his events.

Benkic had two twelfth place finishes at the 2009 Canada Summer Games. During the 2009 calendar year Cole broke nine provincial records and was named to the 2009 Swimming Canada National Prospects team.

The Saskatchewan Sport Awards take place in Regina Thursday, March 25, 2010 at the Conexus Arts Centre.



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Upcoming Events

- Goldfins Monthly Board Meeting will be cancelled for February.
- Speedo Western Canadian Championships presented by Cameco Feb 18-21
- 'Paint the Town Red' during Westerns Finals Friday Feb 19
- RYMM Invitational March 6-7
- MAN/SASK March 18-21
- Sprint Meet March 27
- Spring Nationals April 8-11
- Septathlon April 17-18
- EKI April 29-May 2

The Goldfins Globe will be distributed bi-monthly from November to June. If you would like to contribute to the next newsletter that will be published in April 2010, please submit your information to me by March 31 2010. If you have any suggestions or ideas please contact Carolyn Cameron Newsletter Editor via email: webmaster@goldfins.ca

