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Swim Meets

- \* May 28-30 Mel Zajac
- \* June 5-13 Mare Nostrum Tour
- \* June 18-20 Santa Clara
- \* July 8-11 LA Grand Prix (J&I)
- \* July 8-11 AAA Provincial Champs

Head Coach—Chad Webb

The first half of the season is already over, and what a great start to the season the Dolphins have had at every level. I want to congratulate the coaches and the swimmers on their outstanding efforts as we have seen some great results across the board. Our organization has run some of the best meets in BC and Western Canada in part because of our great base of volunteers and officials. Some of you have already contacted the office to help out at the Mel Zajac meet and this is greatly appreciated as our top level Dolphin program has very few parents around to help in these areas. As we head into the long course season I want to encourage the swimmers to go with a 1% winning attitude. If you took everything you do in everything in your life (ok even if it's just one or two things) and improved it by 1% each day – Where would you be in a week? A month? In 3 months at Nationals ?

The answer is simple, you would be well ahead of where you are now. We don't need to improve drastically as some people think, we just need to do things 1% better each time every day and you will improve incredibly. So when you streamline off the wall, go 1% further each day, by the end of the season you could be giving Phelps a run for his money ! When you coach tells you to go fast, try to give it 1% more- maybe that's a better finish, turn or breath control, but I guarantee to you, you will see improvement. The last thing is – Do it without the coach telling you to. As I mentioned at the awards banquet, ask yourself the question in your training, "How hard would I train, if no one was watching?"

## UBC SWIMMERS WIN AT PAN PAC TRIALS

The UBC Dolphins continue to show dominance! We placed 7 swimmers onto the National Team that is competing in the Pan Pacific Championships this summer in Irvine California. Along with successfully placing athletes on the national team, the Dolphins also won the meet! Representing our country in sport, is one of the healthiest and most distinguished honors an athlete can receive. We are very proud of the dedicated athletes from our organization who have qualified for this honor. Congratulations to Brian Johns, Brent Hayden, Tanya Hunks, Scott Dickens, Lauren Lavigna, Annamay Pierse, & Martha McCabe! It

### National Swimmers—

When you achieve your Sr. National Standard we would like to invite you to come swim with the varsity program as directed by your home coach. When swimmers qualify, your coach will notify us and make arrangements to come and swim with us regularly, as

was exciting to watch the intensity and ups and downs all people experienced at the meet, as swimmers drove themselves with the mission of representing Canada at the Pan Pacific Champs. Some swimmers had to wait until the last day to make the National Team, and that provided a hair raising challenge for many swimmers and coaches. UBC showed that we have a wealth of competitive depth as we won the meet in strong fashion. As a team we have prided ourselves in being able to bounce back after challenging swim meets, the CIS championships taxes a large amount of our Senior athletes emotionally and

We want to encourage our membership swimmers to continue their success in swimming by eventually swimming with the UBC Varsity Team while attending university.

physically, and it is a wonderful accomplishment to turn around re focus and perform well at the highest level. The high school athletes in our organization did a wonderful job maintaining high level performances, as there was Western Canadian Champs, and AAA provincial champs leading up to Pan Pacific Trials. There will be another shot at making the Pan Pacs this summer at Nationals in Victoria. Continue to strive towards keeping your best performances at the highest possible level. There are many opportunities to represent Canada this summer! Talk with your coaches and begin goal setting to be ready for an exciting summer

## Technique Tip Kick

"We are only fit as our legs." is a great quote to live by as we prepare for the Long Course Season. Now more than ever the kick is going to be a dividing factor in the ranks of high level swimming. It is important to understand that kicking is an excellent way to increase specific aerobic fitness, and it will have little cost to your technique. Always keep in mind though that it is important to have a tool box of methods to train your kick, if we work on only one area of the kick we will deceive ourselves as to the overall improvement our kick is making.

When you train kick, be sure that when you are in your typical kick set with a board you understand that the kick board lifts your head and upper body to a higher level, and your feet are splashing a lot of the time, but your torso is dipped down into the dangerously low area of the water. The upper quad to sternum area has been measured to be the area of greatest resistance in the full stroke. The moral of that story is be aware of the limitations that kick board work has on your training and it is important to work on other methods of kick training so not to get to adapted to pulling yourself into a lowered body position. Kick on your back on your side, on a board with a snorkel, with fins, and anything else people can think of that is constructive.

Kick serves 2 purposes; the first is to provide propulsion and stability. In free, back and fly, your kick is responsible for a good portion of your propulsion, in breast it obviously ranges higher and depends largely on the swimmer and what event they are swimming. The second, and more underestimated purpose kicking serves is to keep your body high in the water. The speed of your feet mixed with an appropriate amplitude will give you the opportunity to swim at the optimal height in the water. Along with good training be sure to work consistently on your hip flexibility and especially your ankle flexibility as about 90% of the propulsion of the kick comes from below the ankles.\*

\*<http://www.popularmechanics.com/outdoors/sports/watersports/4278453>

## Winskill Dolphins



Two weeks ago Coaches Ben and Tom traveled with the Provincial team to Kamloops along with Sidney Peake, Maya Hiebert, Gabe Lee, Vito Zou, Luke Reilly, Noemie Thomas, Mckenzie Summers and Meghan Kwiatkowski for the Prospects West camp. It was an educational experience for all. The [main focus of the camp was stroke reliability](#).



Winskill have 4 athletes named to the [North American Challenge Cup national team](#) trip (Markus Thormeyer, Vito Zou, Luke Reilly, Noemie Thomas), as well as Coach Tom as the 13-14 Girl's coach. The meet is in Santa Clara, California at the beginning of August.

Noemie Thomas and Coach Tom are also heading to Montreal at the end of June as part of the [Swimming Canada Prospects team squad](#), training and racing at the Canada Cup meet there.

As always the Mies Schootman meet was a great way to begin our long course season (Thanks to CDSC for hosting it!). We had some really very good swims, not just for early season but in general so we are very excited to get into the summer competitions. Madi Milford posted a swift 32.01 in the 50m backstroke taking the meet record.

## Athletes are Genius'

The qualities that set a great athlete apart from the rest of us lie not just in the muscles and the lungs but also between the ears. That's because athletes need to make complicated decisions in a flash. One of the most spectacular examples of the athletic brain operating at top speed came in 2001, when the Yankees were in an American League playoff game with the Oakland Athletics. Shortstop Derek Jeter managed to grab an errant throw coming in from right field and then gently tossed the ball to catcher Jorge Posada, who tagged the base runner at home plate. Jeter's quick decision saved the game—and the series—for the Yankees. To make the play, Jeter had to master both conscious decisions, such as whether to intercept the throw, and unconscious ones. These are the kinds of unthinking thoughts he must make in every second of every game: how much weight to put on a foot, how fast to rotate his wrist as he releases a ball, and so on.

In recent years neuroscientists have begun to catalog some fascinating differences between average brains and the brains of great athletes. By understanding what goes on in athletic heads, researchers hope to understand more about the workings of all brains—those of sports legends and couch potatoes alike.

As Jeter's example shows, an athlete's actions are much more than a set of automatic responses; they are part of a dynamic strategy to deal with an ever-changing mix of intricate challenges. Even a sport as seemingly straightforward as pistol shooting is [surprisingly complex](#). A marksman just points his weapon and fires, and yet each shot calls for many rapid decisions, such as how much to bend the

elbow and how tightly to contract the shoulder muscles. Since the shooter doesn't have perfect control over his body, a slight wobble in one part of the arm may require many quick adjustments in other parts. Each time he raises his gun, he has to make a new calculation of what movements are required for an accurate shot, combining previous experience with whatever variations he is experiencing at the moment.

To explain how brains make these on-the-fly decisions, [Reza Shadmehr](#) of Johns Hopkins University and [John Krakauer](#) of Columbia University two years ago [reviewed studies](#) in which the brains of healthy people and of brain-damaged patients who have trouble controlling their movements were scanned. They found that several regions of the brain collaborate to make the computations needed for detailed motor actions. The brain begins by setting a goal—*pick up the fork, say, or deliver the tennis serve*—and calculates the best course of action to reach it. As the brain starts issuing commands, it also begins to make predictions about what sort of sensations should come back from the body if it achieves the goal. If those predictions don't match the actual sensations, the brain then revises its plan to reduce error. Shadmehr and Krakauer's work demonstrates that the brain does not merely issue rigid commands; it also continually updates its solution to the problem of how to move the body. Athletes may perform better than the rest of us because their brains can find better solutions than ours do.

To understand how athletes arrive at these better solutions,

other neuroscientists have run experiments in which athletes and nonathletes perform the same task. This past January [Claudio Del Percio](#) of Sapienza University in Rome and his colleagues reported the results of [a study](#) in which they measured the brain waves of karate champions and ordinary people, at rest with their eyes closed, and compared them. The athletes, it turned out, emitted stronger alpha waves, which indicate a restful state. This finding suggests that an athlete's brain is like a race car idling in neutral, ready to spring into action.

Del Percio's team has also measured brain waves of athletes and nonathletes in action. In one experiment the researchers observed pistol shooters as they fired 120 times. In another experiment Del Percio had fencers balance on one foot. In both cases the scientists arrived at the same surprising results: The athletes' brains were quieter, which means they devoted less brain activity to these motor tasks than nonathletes did. The reason, Del Percio argues, is that the brains of athletes are more efficient, so they produce the desired result with the help of fewer neurons. Del Percio's research suggests that the more efficient a brain, the better job it does in sports. The scientists also found that when the pistol shooters hit their target, their brains tended to be quieter than when they missed.

Good genes may account for some of the differences in ability, but even the most genetically well-endowed prodigy clearly needs practice—lots of it—to develop the brain of an athlete. As soon as someone starts to practice a new sport, his brain begins to change, and the changes continue for years. Scientists at the University of Regensburg in Germany documented the process by scanning people as they learned how to juggle. After a week, the jugglers were already developing extra gray matter in some brain areas. Their brains continued to change for months, the scientists found.



The Mies Schootman meet was held at UBC during the April 16<sup>th</sup> weekend with over 500 swimmers competing. It was a chance for swimmers to swim ALL events in order to qualify for upcoming competitions. The younger CDSC swimmers who competed did a great job with their swimming and their cheering. Travis Kam won the aggregate for the 15 year old boys posting some impressive early Long course season times. We now are starting to do a training block for swimmers who will compete at both the Hyack and Mel Zajac competitions next month in order to try and qualify for Age group nationals or just provincials. Zach Somjen won the 15 – 17 and Youth swimmer of the year for the overall UBCD group at the recent award banquet. Congratulations and we look forward to some exciting swimming in the near future.

## *VPSC Highlights*



### VPSC News

#### **6 VPSC Swimmers Have been Selected to National or Provincial Team initiatives.**

##### **Canadian National Age Group ID Selection**

Marcus Chu for his 16 year old boys 100 back

##### **North American Challenge Cup**

Nina Takahashi for being selected in the 12 & under Girls category.

##### **Team BC Zajac Testing**

Samantha Corea

Laura Sze

##### **Team BC 13/14 Best in West Meet**

Dillon Higa 13 year old boys

Andrew Takahashi 13 year old boys



#### **Sam Corea Makes Finals at Pan Pac Trials**

Samantha Corea made finals at the Pan Pacific Trials in the 50 fly, she also made a second swim in the 100 fly. Samantha showed exceptional promise and we can look for great things in her Future.

#### **UBC Thunderbirds Varsity Welcomes VPSC Grads.**

Vivian Tsang & Monica McKeown received a warm welcome to the UBC Thunderbird Varsity Team at the UBC Dolphin awards banquet.

The last couple months have seen a lot of exciting events and results for VPSC swimmers. March started off with BC AAA Championships. Over 50 swimmers traveled to Victoria for the meet and all swam their best over the weekend. 14 swimmers came away with individual medals led by Heather Lam coming home with seven medals. Other medalists included Joel Lotzkar (6), Edward Zhao (5), Caitlin Quon (3), Samantha Corea (3), Laura Sze (3), Alicia Chung (2), Monica McKeown (2), Keith Eriks (2), Vivian Tsang (1), Dina Kim (1), Dillon Higa (1), Edison Jyang (1) and Angela Lo(1). The highest race of the weekend was the 18 & Under girls 50 Free where VPSC swept the medals finishing 1-2-3 with Sam, Vivian and Laura. VPSC also showed strength in the relays with eight relays winning medals led by the gold medal win of the 18 & Under girls in the 4x50 Free Relay. With that finishing off the short course season 31 new VPSC and 7 new PDSA records were set by VPSC swimmers.

At the end of March two swimmers traveled to Montreal with the PDSA team to take part in Commonwealth Games Trials. Congratulations to Monica McKeown and Samantha Corea. Both swam in relays placing in the top 8 and Samantha made three individual finals including making it into the championship final in the 50 Fly. This is a huge accomplishment and sets her up well for making future splashes at the national level.

In April two swimmers traveled to Kamloops to take part in the Swim BC 14 & Under all star camp with top swimmers from around western Canada. Congratulations to Andrew Takahashi and Dillon Higa for this accomplishment. A national ID team selection also took place in April and Marcus Chu was selected to the Swimming Canada National ID team for 16 year olds as the fastest 100 Back-stroker in Canada, congratulations Marcus.

April also saw some of our younger swimmers achieving some new provincial levels. Congratulations to Sebastian Mattman, Michael Mitchell, Mac Brown and Lyly Pei for achieving their AA provincial standards. Michael also qualified for AAA championships in the 10 & Under category.

Submitted— Tyler Lewall

## UBCD Awards Banquet Award Winners!

The UBCD awards banquet was run out of the beautiful Marine Drive Golf Course on April 24th. Swimmers, parents alumni and coaches were treated to a wonderful breakfast, and a great gathering to celebrate our world class success. Head Coach Chad Webb put together an inspirational slide show displaying how much fun it is to be a swimmer in our program, as well as some clips of our World Record swims this past summer. Brian Johns was our MC with thanks to him as he kept the event running very well, and our Technical Director Tom Johnson had some inspirational words of wisdom for our organization moving forward. Congratulations to all of the award winners listed below!

### UBC Dolphin Age Group Award Winners 2008-2009

10 & Under Girls  
Heather Lam (1247)

10 & Under Boys  
James Choi (712)

11/12 Girls  
Noemie Thomas (3160)

11/12 Boys  
Vito Zou (2570)

13/14 Girls  
Karyn Jewell (3675)

13/14 Boys  
Edward Zhao (3033)

15-17 Girls  
Savannah King (4234)

15-17 Boys  
Zach Somjen (3437)

Youth Awards  
SAVANNAH KING (female) - 800 free at Zajac  
ZACH SOMJEN (male) - 100 brst at AYOF

Senior National Swimmer of the Year Awards  
ANNAMAY PIERSE (female)  
SCOTT DICKENS (male)

University Swimmer of the Year Awards  
ANNAMAY PIERSE (female)  
SCOTT DICKENS (male)

Swimmer with a Disability of the Year Awards  
DONOVAN TILDESLEY

Team Aquatic Supplies Scholarship Awards  
Tommy Gossland

### International Recognition Awards

#### WORLD CHAMPS

Annamay Pierse  
Brent Hayden  
Scott Dickens  
Matthew Hawes  
Tanya Hunks  
Savannah King  
Martha McCabe  
Lauren Lavigna  
Jordan Hartney  
Duncan Furrer \*\*

Tom Johnson\*\*  
Jozsef Nagy\*\*  
Eugene Liang  
Ron Mattison  
Janet McKeown  
Ken Mikkelsen  
Derrick Schoof  
Janice Hanan

Mies Schootman Service Award - Erica Gomez

### Stroke Performance Awards

Individual Medley  
**TANYA HUNKS – female**  
**BRIAN JOHNS – male**

Breaststroke  
**ANNAMAY PIERSE – female**  
**SCOTT DICKENS – male**

Backstroke  
**LAUREN LAVIGNA – female**  
**MATT HAWES – male**

Butterfly  
**TANYA HUNKS – female**  
**BRIAN JOHNS – male**

Sprint Freestyle (50 & 100)  
**KEI AOKI – female**  
**BRENT HAYDEN – male**

Middle Distance Freestyle (200 & 400)  
**SAVANNAH KING – female**  
**BRENT HAYDEN – male**

Distance Freestyle (800 & 1500)  
**SAVANNAH KING – female**  
**MATT PARISELLI - male**

### World Swimmer of the Year Award

**ANNAMAY PIERSE – 2<sup>ND</sup> PLACE WORLD CHAMPS  
WORLD RECORD!**

#### FISU GAMES

Brian Johns  
Rory Biskupski  
Haylee Johnson  
Hanna Pierse  
Callum Ng  
Tara Ivanitz  
Kevin Chu \*\*  
Duncan Furrer \*\*

#### TRI NATIONS/SR B

Tommy Gossland  
Hanna Pierse

# MEL ZAJAC INTERNATIONAL SWIM MEET

## Swimming Excellence Swim Camp

The UBC Dolphins are excited to present a "Swimming Excellence" camp for young BC swimmers.

This swim camp will be an opportunity to pick up some new skills, meet some other swimmers, meet the Canadian National Team Swimmers and learn from some of the best coaches in the country.

The mini-camp will run on Saturday May 29 between the heats and finals of the the Mel Zajac International Swim Meet from 1:00pm – 4:00pm at the UBC Aquatic Centre.

The camp will feature:

- Numerous Canadian National Team Swimmers
- Many Canadian National Team Coaches
- Technique specific drills and stroke correction
- A start and turn session
- Prizes and autographs from National Team swimmer.



**\*\*The camp will cost \$75.00 per swimmer.**

**HOWEVER,**

**If you register your swimmer for the swim camp**

**AND**

**Commit to volunteering by timing or officiating at any one session of the Mel Zajac International Meet, the camp will be FREE.**

Swimmers:

Please bring, a swim suit, goggles, fins and it is recommended that you also bring a pull buoy & kick board.

Minimum Ability Requirements:

Ability to swim 100 free in under 2:00

Minimum age of 10 years old

To register:

ALL REGISTRATION INFORMATION is on the [www.pacificdolphins.com](http://www.pacificdolphins.com) web site.

What session for the Mel Zajac Swim Meet you would like to help out at:

- Friday 8:30am-1:00pm
- Friday 5:00pm – 8:30pm
- Saturday 8:30am – 1:00pm
- Saturday 5:00pm – 8:30pm
- Sunday 8:30am – 1:00pm
- Sunday 5:00pm – 8:30pm

Please note \*\* if you do not show up for your scheduled volunteer session, you will be invoice \$75.00 for the

swim camp.

OR

Credit Card information if you are going to be paying for the camp.

If you have any further questions, please do not hesitate to contact Janice at

PDSA office:

604 822 8903

[ubcdolphins@gmail.com](mailto:ubcdolphins@gmail.com)



THE MEL JR. & MARTY  
ZAJAC FOUNDATION  
For Seniors & Children

"Ever tried. Ever failed. No matter. Try Again. Fail again. Fail better."  
~ Samuel Beckett



As a

young man, Abraham Lincoln went to war a captain and returned a private. Afterwards, he was a failure as a businessman. As a lawyer in Springfield, he was too impractical and temperamental to be a success. He turned to politics and was defeated in his first try for the legislature, again defeated in his first attempt to be nominated for congress, defeated in his application to be commissioner of the General Land Office, defeated in the senatorial election of 1854, defeated in his efforts for the vice-presidency in 1856, and defeated in the senatorial election of 1858. At about that time, he wrote in a letter to a friend, "I am now the most miserable man living. If what I feel were equally distributed to the whole human family, there would not be one cheerful face on the earth."



Winston Churchill failed sixth grade. He was subsequently defeated in every election for public office until he became Prime Minister at the age of 62. He later wrote, "Never give in, never give in, never, never, never, never - in nothing, great or small, large or petty - never give in except to convictions of honor and good sense. Never, Never, Never, Never give up." (*his capitals, mind you*)



Socrates was called "an immoral corrupter of youth" and continued to corrupt even after a sentence of death was imposed on him. He drank the hemlock and died corrupting.



Sigmund Freud was booed from the podium when he first presented his ideas to the scientific community of Europe. He returned to his office and kept on writing.



Robert Sternberg received a C in his first college introductory-psychology class. His teacher commented that "there was a famous Sternberg in psychology and it was obvious there would not be another." Three years later Sternberg graduated with honors from Stanford University with exceptional distinction in psychology, summa cum laude, and Phi Beta Kappa. In 2002, he became President of the American Psychological Association.



Charles Darwin gave up a medical career and was told by his father, "You care for nothing but shooting, dogs and rat catching." In his autobiography, Darwin wrote, "I was considered by all my masters and my father, a very ordinary boy, rather below the common standard of intellect." Clearly, he evolved.



Thomas Edison's teachers said he was "too stupid to learn anything." He was fired from his first two jobs for being "non-productive." As an inventor, Edison made 1,000 unsuccessful attempts at inventing the light bulb. When a reporter asked, "How did it feel to fail 1,000 times?" Edison replied, "I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps."

"Our greatest glory is not in never falling but in rising every time we fall."  
~ Confucius