

TROJAN TIMES

A newsletter for members of the BTSC



WETSID WISDOM



By Coach Sam

Flexibility - But Not Where you Think!

Hello Trojan families! I hope you are all enjoying your summer and getting the chance at a nice break before we get back into the swim of things next month! For the first iteration of Wetside Wisdom, I want to take you on an interesting discussion of **flexibility**, but not in a location that is often given the attention it needs.

When we talk flexibility in the sport of swimming, we often think of shoulders and hamstrings.

Usually, this discussion surrounds the overall lack of flexibility many of us have in these regions. One area in particular that is given next to no thought is the **ankles**. Well, what is this and more importantly, why should I care about it? Strap in for the ride, because I am about to tell you!

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A study conducted in late 2014 aimed to discover what the correlation was between ankle flexibility/strength and higher velocity in dolphin kick. Findings from a pool of 26 competitive swimmers found that **lack of ankle flexibility put higher stress on the knees during the dolphin kick**. Additionally, the higher muscle strength a swimmer has in their ankles and calves, the greater the kick velocity capability can be.

In short, **including both ankle flexibility and strengthening exercises in your routine can make a difference in the ability of your dolphin kick**. A point to be made on this is that there should be a direct correlation between the velocity of your dolphin kick and flutter kick as many of the same muscles are being used.

So...by this point many of you may be thinking...

CHOOSE TO BE GREAT

Pride ♦ Respect ♦ Integrity ♦ Commitment ♦ Work Ethic

WETSID WISDOM (CONT'D...)

....“Okay Sam, cool little study, but what can I actually do to make a difference on a daily basis?” That is a fantastic question, reader, I am glad you asked! Here is a great video that you can use for direction on how to get started with your ankle flexibility and strengthening!

Ankle 4-Way with Resistive Band - Ask Doctor Jo ([youtube.com](https://www.youtube.com/watch?v=8333333333))



I hope you enjoyed the brief discussion on the benefits ankle strength and flexibility can have on your swimming! Also note, that being flexible everywhere in your body has it's benefits for swimming. Additionally, practicing good posture is highly important for proper muscle development and maintenance.

Coach Sam

Stay healthy, strong, and excited as we quickly approach our next season!

MESSAGE FROM THE BOARD

Finishing the year on plan

Welcome to our first BTSC newsletter (at least in recent history). Your feedback on our recent member survey was loud and clear - you want more communication in nearly every area. We've formalized a Communications Committee to help us with this and these newsletters are one initiative.

As we finish off our 2023-24 season, and turn our minds toward 2024-25, the chart here gives a snapshot of club financials:

Thanks to the help of the Meets, Fundraising and Finance Committees for your financial stewardship this year. And of course, our sincere thanks to all members who attended the AGM and gave their input.

Profitability is strong at the end of June, and we expect it will decrease slightly through July, as registration fees finish.

Of the surplus shown below, \$40,000 was used to repay the CEBA Loan (government assistance offered to offset the consequences of COVID-19). We expect to end the year ahead of plan, compared to a budgeted deficit of approximately \$10,000. We will continue to report monthly financial snapshots here as the season begins & progresses.

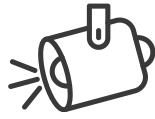
BTSC
Statement of Profit and Loss
YTD June 30, 2024

JUNE 2024	Actual YTD	Prior YTD
Revenues	\$937,557	\$731,297
Expenses	873,740	854,653
Net Profit/(Loss)	63,817	(123,356)

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SWIMMER SPOTLIGHT



Congratulations to...

Sam Brundage on your 11 year-old provincial record in 100BR!

Griff Seguin and **Kaia Hornby** for being selected for Swim Canada's National Team Development Program, and being selected to attend a Swim Canada Distance Camp in Mallorca Spain, Oct 18-16!

Taira Vroom and **Laila Oravsky** on being selected to the Canadian Junior National Team to compete at the Open Water World Junior Championships in Italy!

Best wishes to our graduating swimmers!

Sydney Colquhoun (uOttawa - Poli Sci), Patrick Danda (uWaterloo), Rocco De Oliveira (uOttawa), William Debroux (Wayne State University), Thomas Gangi (uWaterloo), Rachel Hess, Emma-Lee Jacques (Humber College), Madison Kelly, Adriana Martone (Brock - Psychology), Alexander Ottodinoto (Queens U), Jordi Vilchez (Ohio State U - Business), Reese Wessinger (Sarasota Sharks)

you make us
PROUD

JUST FOR KICKS



Thanks to Amylee for the great photo of her summer training setup! Amylee loves her swimming so much, her Dad found an old starting block and some hockey boards so she could keep the fun going at the cottage.



UPCOMING DATES



Aug 18 - Registration opens!

Sept 8, 12PM-4PM

- Welcome Back BBQ!
- Tyndale Park, Barrie
- JD/TOP/PD/PV - bring a dessert!
- JR/SD/SR/HP/NV - bring a salad!
- Dine by donation (suggested \$5)

Sept 9 - 2024-25 Training begins!

Nov 1-3 - Aquafest!

- You can find our volunteer incentive policy [here](#).

Remember! OnDeck is your go-to resource for meet info (including decline dates)!

“

I am building a fire, and everyday I train I add more fuel. At just the right moment, I light the match.

~ Mia Hamm, two-time Olympic gold medalist, Soccer

”

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