

TROJAN TIMES

A newsletter for members of the BTSC



WETSID WISDOM



By Coach Sam

Patience and Loving the Process

Hello Trojan families! I hope you are all settling into the season, enjoying practices, and steadily preparing for races! As many of us know, the swim season is long, grueling, and at times, arduous. I am here to say that while this can be true, it is all part of the process – what truly makes us swimmers! Given the length of the season and the continuity of setting, achieving, and resetting goals, in this Wetside Wisdom, we're talking what it means to be patient, while also falling in love with the process. I want to lead you through an activity that will require some imagination and introspection.

Take a few moments and imagine being the absolute best version of yourself.

What do you see?

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Maybe you're a brand new Regional qualifier. Maybe you just hit your first National standard, or maybe you're an Olympian who just earned your rings. Take some time to consider everything it took for you to achieve that dream.

- Hard work in practice
- Persistence
- Help from parents, coaches, and teammates

Maybe it even took some hardship and difficult lessons learned. Maybe there were roadblocks you had to take several attempts at leaping over.

Now bring yourself back to where you are at right now. Are you ready to take on these challenges? To simply relish in the successes and failures along the way?

This mini exercise can get you thinking about what it takes to become the best version of yourself. It's rarely straight road to your goals.

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WETSID WISDOM (CONT'D...)

Your journey will have curves and bumps along the way, along with some nice hills you can ride down, let off the gas, and enjoy the ride! It is impossible to foresee when we'll find success or failure. My message here is this: find a way to enjoy **everything** as it comes. Lean on those around you, help others when you can, and learn from everything you encounter along the way.

Here are a few simple truths for you to keep in mind about patience.

Truth #1: Patience is about trusting and enjoying the process

Think about one thing you want more than anything. A new gaming system? A new phone? A big Lego set? You may not be able to get it right away - you might need to save up. Swimming, and the many practices we do is just like making deposits to your bank account. We keep adding, and adding and when we finally have enough, we make that big purchase. Improvements do not happen overnight. Every lap, practice, and skill you work on adds to your bank account, waiting to be spent at the right moment.

Truth #2: Patience means staying committed, even when the going gets tough.

It is impossible to always be at your best – this is where effort and focus shine brightest. Practices may not always go to plan; races may seem to stagnate – what then?

You stay patient, you stay invested in yourself, and keep loving what you do. This is where you let the deposits just keep accumulating in your bank account. If you stop making those deposits when it's hard - taking the easy way out when the going gets tough - you only put yourself in debt.

Truth #3: Small improvements lead to big results

Sometimes we can get so caught up in the end goals that we lose sight on all the stepping stones we need to touch along the way. Swimming freestyle, backstroke, breaststroke, butterfly, or medley is a big picture thought. Each stroke, each race has dozens of small moving pieces within it and it's easy to forget to focus on these. Turns, dives, breathing positions, kick, pull, catch, underwaters, finishes, and countless other technical aspects of swimming are often underappreciated...but can be the largest contributing factors to your success. Maybe you added time in a race or did not go as fast as you wanted. Does that mean you didn't progress? Definitely not! Maybe you made a huge improvement in one of these skills – this is a success worth being proud of! Celebrating these small wins can absolutely allow us to fall even more in love with the process, and help us stay patient for the overall goal

Truth #4: Patience prepares you for lasting success

Let's be honest. Achieving goals quickly feels great, We all want that! It's just not how progress works. It's impossible to have big goals and accomplish them every time. It's a fundamental truth in life, that steady improvement and consistent commitment to the big picture creates a major sense of accomplishment when an end goal is achieved. **The more work we put in, the sweeter the the achievement tastes.**

You are learning so many life lessons from this sport of swimming. These will stay with you throughout your life – long beyond your last race. Patience is a virtue and loving what you do makes for an awesome time, no matter what stage of the journey you are on.



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MESSAGE FROM THE BOARD



Welcome!

With the onset of the New Year, we often look at things in a new light and make a plan to move forward. Sometimes, this means a commitment to new beginnings - creating new goals or enacting a new plan. The BTSC is no different. The changing of the calendar year has seen change with the Board of Directors for our club. I'm honoured to introduced myself, Stephen Taylor, as the new BTSC club President. I'd like to take this opportunity to introduce the rest of our board volunteers: Brandon Oevering will continue to support in the Vice-President role. Laura Vaughan will continue her involvement with the Finance Committee, and will see her role extended to include Treasurer. Mark Oatway, first year on the Board, will fill an Officer position as Secretary.

Rounding out the board, we have Christy McConachie (in her second term) plus new board members Stacey Miller and Carmine Palermo.

First and foremost, we are all parents of swimmers within the club. We are also volunteers who are committed to the long-term success of the BTSC. We want to provide tools and support for BTSC staff that will enable them to create a safe, inclusive environment where every swimmer can grow physically and mentally, and create amazing friendships and lasting memories. We are here to listen to you, fellow parents and BTSC members.

Your ideas, views and suggestions are vital to the success of our club.

We'd also like to thank past board members, both recent and long-past. Each board passes on the responsibility for the health of our club, and we are thankful for all the work of prior volunteers. In this season, we'd especially like to thank John Eley, Alexandra Harrison and Cathie Gillespie for your generosity and wise contributions over the last number of years. It was a privilege to serve with you!

Budgeted revenues were based on 18 swimmers per group. Overall swimmer numbers have exceed this YTD.

BTSC Statement of Profit and Loss YTD-ended Dec 31, 2024

DEC 2024	Actual YTD	Prior YTD	Budget YTD
Revenues	\$631,328	\$503,350	\$529,720
Expenses	430,485	392,000	408,761
Net Profit/(Loss)	200,843	111,350	120,958

Estimated profit; some December expenses still to be finalized.

Aquafest expenses up \$6k over PY, merchant fees and SO dues up \$4k due to higher revenue; pool rental up over PY by \$7k; offsite training of \$4k has been paid, but not yet billed.

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UPCOMING DATES



March

- **Mar 1-2:** Trojan Pentathlon - volunteers needed!
- **Mar 1-2:** 2025 OAGs
 - *Here's to some fast racing for all our inspiring athletes!*
- **Mar 10:** March break training schedule begins - see Google Classroom for details

SWIM-A-THON!



Swim-a-thon is back!

After a highly successful inaugural Swim-a-thon in 2024, **we'll be back at in from May 1-24**, as our Trojan teams clock 15,000km, measuring the distance from Australia to Hawaii! Many thanks to Sarah Darby and John Eley for championing this event.

Last year, you raised \$15,000 for the club. This year's funds will go toward extended training opportunities, including long course and dryland training, plus team uniforms and apparel. As you know, we included these "extras" in registration fees for 2024-2025. A Swim-a-thon success would help us reduce or cover the cost of these extras for the 2025-2026 season.

What's Involved?

- 1) Create a fundraising page using the Swim Ontario template (5 min)
- 2) Share your fundraising page via email or social media
- 3) Repeat Step 2 as often as you have the time and energy for 😊
- 4) Join the Trojan's celebration on May 24th!

A small fundraise on the part of every swimmer makes a BIG difference.

Thank you in advance for Diving In!

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*Patience is not the ability to wait but the ability to keep
a good attitude while waiting.*

~ Joyce Meyer

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