

TROJAN TIMES

A newsletter for members of the BTSC



WETSID WISDOM



By Coach Endi

5 Pro Tips

The sport of swimming will teach you a lot over the course of your life. Swimming is much more than a sport. The most important gift, however, doesn't show up on the scoreboard and isn't always awarded with medals and accolades: It's the lesson of how to be successful across the rest of our lives, whether it is in personal relationships, our career, or our fitness goals that have nothing to do with the black line.

1. "Get back to basics."

When things are feeling particularly struggle, and we are starting to experience doubt, frustration and impatience we start to look for a new and improved way to get better and get back on track. A new tech suit, a fancy new supplement, or a secret, unknown training technique. When things aren't going your way, forget the fancy stuff.

Break things down and go back to the fundamentals: Technique. Consistency of effort. Eating good food. A good night of sleep. It's easy to get lost in the allure of a better and easier way. The temptation of shortcuts are everywhere, and they are marketed well. But at the end of the day, it's the fundamentals that drive performance.

2. "You're tougher than you think."

Our past experience can be our greatest ally or it can keep us grounded in a comfort zone from which we are hesitant to escape from. After all, how many times have you looked at a seemingly impossible set, that endless swim practice, only until moments later when you not only started it... not only finished it...but actually crushed it?

In that moment something remarkable happens:

Your idea of what is possible changes.

CHOOSE TO BE GREAT

Pride ♦ Respect ♦ Integrity ♦ Commitment ♦ Work Ethic

IN THIS ISSUE:

Wetside Wisdom - 1-2
Message from the Board - 2
Swimmer Spotlight - 3
Upcoming Dates - 3

WETSID WISDOM (CONT'D...)

The gift of hard work and braving adversity isn't just the results that eventually come with it—the satisfaction, the pride and confidence that comes from facing down those seemingly impossible sets will infect the rest of your life.

Remember:

**ADVERSITY DOESN'T BREAK CHAMPIONS.
IT CREATES THEM.**

3. "Keep your eyes in your own lane."

Being competitive is important. Having the racing instinct and using it in practice and in competition will raise your performance. But the moment your swimming becomes about what someone else is doing you lose focus on your own preparation.

4. "Love the work."

Somewhere along the way we were taught that hard work has to totally suck. That if it's good for us, we need to endure the swim workout like it's punishment.

SWIMMER SPOTLIGHT



Congratulations to...

Taira Vroom and **Laila Oravsky** competed in the Junior Open Water Swimming Championships in Italy last month, Taira finish 9th and Laila finished 25th in their 7.5km swims! Both girls were on the mixed 4x1500 relay that finished 9th as well.. You can read the article on [Swimming Canada!](#)



Coach Endi on being named as a recipient of Swim Ontario's **2024 World Class Coaching Award!** Thanks to Endi (and all our amazing coaches) for choosing to be great and inspiring all of us to do the same!

But you know, even if it's only at an intuitive level, that hard work is actually enjoyable. Sure, in the moment when our muscles are screaming for oxygen it's tough, and requires resilience and fortitude to see it through, but there is a deep satisfaction that comes from performing hard work well. The surest way to be successful is to enjoy the work. And that means being passionate about what you are doing. This means having meaningful goals for what you are trying to accomplish in the water. An escalating set of training targets that get you the progression and improvement you want. And embracing the hard work.

5. "Champions are made in practice."

Everyone wants the result. The result is where the accolades are, where the records, medals, and attention are lavished on the champion. Who wouldn't want that? But it's the day-to-day grind, showing up for the early mornings, staying true to your team commitments, holding the breathing patterns, doing the drill work properly, completing the main set when coach isn't looking, and all those other seemingly inconsequential moments that combine to create excellence

Coach Endi

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MESSAGE FROM THE BOARD



Who are we, what do we do?

The BTSC Board of Directors is a volunteer board, of 7 Directors. Most of us (but not all) are swimmer-parents who are deeply invested in the youth swimming experience. If you've never been part of a not-for-profit Board of Directors, you may wonder "What does the Board of Directors actually do?"

In short, our role is an oversight role. Our job is to steer the BTSC towards a sustainable future by adopting effective, ethical, and legal policies.

JUST FOR KICKS



Mr. Melon Head makes an appearance...

The shy and elusive Mr. Melon Head was spotted this summer gearing up for a new season. Mr. Melon Head has mastered the art of blending into his surroundings with his stealth, and finesse.



If you catch sight of this shifty creature, snap some pics and ship them over to directors@barrierswimming.ca, so we can follow the trail of this extraordinary being!

We're also responsible for ensuring the BTSC has adequate resources to advance our mission: **Inspire personal development through the pursuit of swimming excellence.** You can find minutes from our meetings posted on the BTSC website (log in to see them), and you can reach us with questions and feedback at directors@barrierswimming.com.

BTSC Statement of Profit and Loss DRAFT Year-ended July 31, 2024

JULY 2024	Actual YTD	Prior YTD
Revenues	\$953,291	\$737,799
Expenses	901,032	926,204
Net Profit/(Loss)	67,134	(175,170)

UPCOMING DATES



October

- Oct 9: Inspector of Turns Clinic, 7PM Zoom
- **Oct 16:** New Parents Night at EBC, 7PM
- Oct 19: Starter Clinic, 7AM EBC
- Oct 23: Judges of Stroke Clinic, 7PM Zoom

November

- **Nov 1st - 3rd:** Aquafest Home Meet

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*Practice like you're not good enough to win.
Race like you're too good to lose.*

~ Katie Ledecky

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