

# ADCKC ANNALS



## **ADCKC Annual Swim Meet**

Swim Meet Tips from Hannah. The ADCKC annual swim meet will take place Feb. 5th

## **The Revival of Bantam Olympics**

Read about Bantam Olympics from a Bantam Olympian.

## **Q&A With Cheema Coach Caitlly Dunphy.**

Hear how one of our up and coming Coaches gets the job done!

## The Revival of Bantam Olympics!

I was glad to recently hear that ADCKC is bringing back Bantam Olympics this February. It was an inspiring time for me as a young athlete and I hope that other young athletes can take as much from the experience as I have. Even now, after years of world-level competitions I think of Bantam Olympics is a defining moment in my personal and athletic development.

My most memorable Bantam Olympics experience was from the winter of 1998/99, after a year of second place finishes to my rival and comrade Matt Grose in the summer racing season. Every time we lined up against each other there was always a buzz in the crowd about who would be victorious but he always managed to edge me out. At the end of the season, there were no more chances to compete against Matt so I looked forward to training hard in the off-season and winning the Bantam Olympics.

The competition events were swimming, a running sprint, a flexed arm hang, a medicine ball throw, and a beep test. Matt won the swim and took the lead early, holding the lead throughout the sprint and medicine ball toss. Matt was a great athlete and I knew that I had to do something amazing to beat him. When it was time for the flexed arm hang I decided I was NOT letting go until I knew I had outdone Matt. I managed to hold on for over two minutes (my arms violently shaking) and won the flexed arm hang to tie Matt for the lead. The tiebreaker came down to an exciting beep test; a test where competitors run between two lines and must reach the lines before an audible beep to avoid elimination. The beeps came faster and faster and when the levels went up to the twenties, Matt and I were the only athletes left with the other athletes

### Bantam Olympics Basics

Date: February 20th, 2010

Location: Bell Aliant Racing Centre & Banook Canoe Club Dartmouth NS

Age Requirement: Peewee & Bantam Age Paddlers

#### Events:

- Flex Arm Hang
- Beep Test
- Sprint
- Medicine Ball Toss

cheering us on. By now, we were sprinting with no rest at the lines. After several minutes of head-to-head racing, I screeched to a halt and, as I darted toward the next line I noticed that Matt had disappeared from my periphery. Just as my foot hit the next line I heard a beep and turned to see that Matt had just missed the line. I had won the Bantam Olympics! Fueled on sheer happiness and cheers from the crowd, I managed another couple of lengths before keeling over with a smile on my face, knowing that I had finally conquered my rival.

For me, Bantam Olympics was more than just a fun time and camaraderie. It showed me the power of working hard toward a goal, and set me on a path of many future triumphs. I hope that Bantam Olympics this year will provide meaningful experiences for the up-and-comers of today and that young athletes will enjoy it as much as I did.

*Mark DeJonge is one of ADCKC most elite athletes and recently competed at the World Championships here in Dartmouth. Thanks Mark for being a guest writer on this edition of The Atlantica.*

CHECK OUT THE FOR SALE ITEMS	PLASTEX DOMINATOR	BRASCA KIDS PADDLE	C-1 SUPER COMPETITION	HODY SPORT C-1
To view more items, get contact info or to sell your old equipment visit <a href="http://www.adckc.ca/forsale">www.adckc.ca/forsale</a>	White w. Red stripes. Comes with bag.	Kids paddle w. adjustable shaft. \$100.00	Blue on white. Wing model around 7 years old. \$875.00	Blue and white. Very stable. \$800.00

## IMPORTANT DATES

Jan 26th - Theory A Planning  
& Practice

Jan 27th - Theory A Nutrition

Jan 29th - ADCKC Swim  
Centennial Pool  
1970 Gottingen St. 7:30pm -  
9pm

Jan 30th - ADCKC Run 9am

Feb 5th - ADCKC Swim Meet  
Centennial Pool  
1970 Gottingen St. 6pm - 9pm

Feb 6th - ADCKC Run 9am

Feb 10th - Coaches Meeting  
Bell Aliant Racing Centre  
7:00pm - 8:30pm

Feb 12th - ADCKC Swim  
Centennial Pool  
1970 Gottingen St. 7:30pm -  
9pm

Feb 13th - ADCKC Run 9am

Feb 19th - Theory A Making  
Ethical Decisions

Feb 19th - Bantam Olympics  
Swim  
Centennial Pool  
1970 Gottingen St. 6pm - 9pm

Feb 20th - Bantam Olympics  
Bell Aliant Racing Centre &  
Banook Canoe Club

Feb 20th - Theory B Teaching  
& Learning

Feb 22nd - Chev. Club  
Coaching Funding  
[http://www.coach.ca/  
makingdreamspossible/club/  
index.htm](http://www.coach.ca/makingdreamspossible/club/index.htm)

Feb 26th - ADCKC Swim  
Centennial Pool  
1970 Gottingen St. 7:30pm -  
9pm

Feb 27th - ADCKC Run

## Q&A WITH CHEEMA AQUATIC CLUB COACH CAITLYN DUNPHY

### What are you taking in school?

Bachelor of Science in Kinesiology

### What are your coaching certifications?

Certified ELCC, working on my  
Competition Development certification

### What are your goals as a coach?

To coach a provincial and a national level  
team. To continue to coach at Cheema and  
help the program grow.

### What are your goals for your athletes that you coach?

The most important is to instill in them a  
desire to have a lifelong healthy lifestyle.  
The second is to push them to reach their  
full potential and help them accomplish  
their goals.

### How do you motivate your athletes?

It is hard to keep athletes motivated in a  
sport with a very short racing season. I try  
to keep them motivated by keeping the  
training program interesting and new. I  
have team meetings and individual  
meetings to keep them motivated and  
focused on their goals.

### How has your degree helped you with your coaching?

It has given me much more awareness of  
the human body. When I write my program  
I try to respect the rules of physiology so  
that my athletes get the full benefit of their  
program.



### How have your other coaching certifications helped you as a paddling coach?

The certification programs have helped me  
realize the amount of planning and time  
that goes into writing a high level program.  
The certification programs are also a great  
way to learn from other coaches and hear  
new ideas.

### Is it difficult being a female coach?

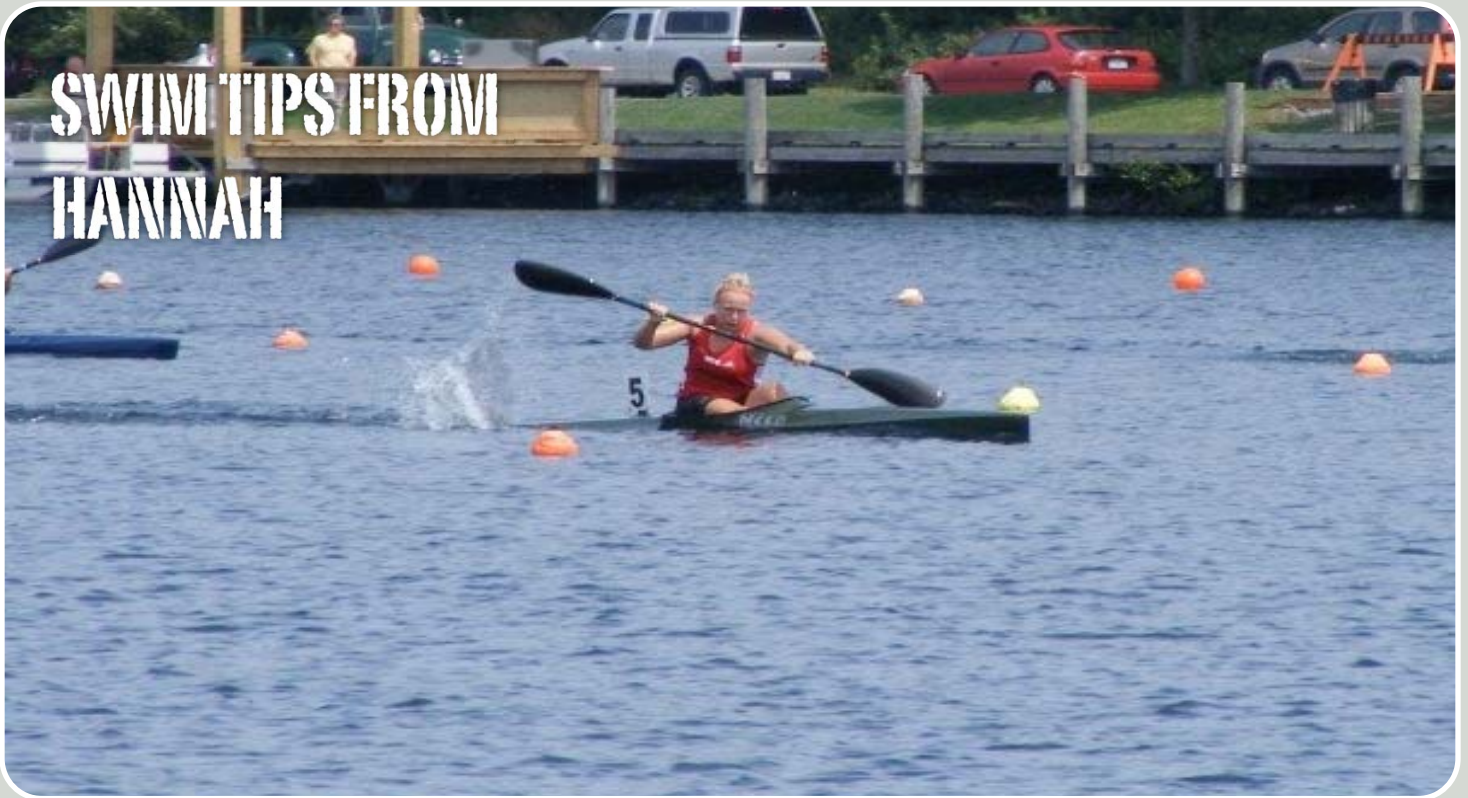
It is not as difficult as I thought it was  
going to be. I think it takes a little longer to  
gain some athletes respect but eventually,  
if you give them reason too, they will.

### What challenges have you faced being a female coach?

I think the biggest challenge is finding out  
how to be authoritative because when a  
female coach is strict she is 'mean'  
whereas a male coach is 'tough'. I also  
think it takes a little bit longer to convince  
athletes that you are equally as  
knowledgeable and capable of helping  
them reach their goals.

### In one word, how would you describe yourself as a coach?

Positive



# SWIM TIPS FROM HANNAH

## Brush up on your swimming skills & get ready for the Annual ADCKC Swim Meet

### How long have you paddled?

I have paddled since I was 5 or 6. Paddling has always been a part of my life. I grew up around the lake and watched my mom race masters.

### How long have you swam?

I also started swimming when I was 5 or 6, but took a break in 2005 when I had to decide if I would try out for the swimming or paddling Canada Games team. Last fall I decided to go back to swimming as a form of cross training, and ended up making the Dalhousie varsity swim team.

### Greatest paddling moment?

I have had so many fulfilling moments in paddling, but I think that my experiences at the 2005 and 2009 Canada Games were pretty incredible. Being back in my Banook singlet this summer was also awesome!

### Best moment swimming?

My best swimming moment took place last February at the CIS championships in Vancouver. After taking three years off of competitive swimming, I achieved a national time, which had been a goal of mine before I took time off. Being at the meet with such supportive teammates made it even better!

### Do your rituals before a race differ between swimming and paddling?

Before a paddling race, I make sure I feel really calm and focused. Before a swimming race, the atmosphere is different. There is often music playing

before the finals start, and for me it is more of an excitement and adrenaline based pre-race routine.

### How are the training groups different?

I feel really lucky to have two fantastic training groups. My paddling training group is smaller, with a few athletes who I frequently go head to head against. At swimming there are over 40 team members, so who I race or train with can change from day to day. Since there are so many strokes and distances, the training is more varied.

### How has swimming helped your paddling and vice versa?

Swimming has helped remind me how much fun racing can be! When I made the swim team, there was never any pressure; I was just racing for the fun of it. That carried over into the last paddling season, and made me way more relaxed and excited about racing.

### Do you have any swimming tips for the paddlers for their upcoming swim meet in february?

I find that an important element of swim racing that can often be neglected is the warm up. A land warm up right before racing can really help. Shake your arms out, jump around, and just get pumped up in general! In terms of the actual swimming, FLIP TURNS! They may seem like they're slowing you down at first, but once you master them, the difference will be huge.

Swim Meet  
February 5th