



AQUAJET NEWS



Holiday Edition



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2012 is an Olympic year with London, England as host. Pics above are of their new pool. Will Michael Phelps win the most medals ever at the Games? Will Canada win a gold? We'll find out later this summer.

Sarah's Novice Groups (Johnson and Dolson)

- We have been working hard lately to learn proper lane etiquette (ex. passing, waiting 5 seconds in between, watching the clock)
- Still a lot of focus on streamline and dolphin kicks off the wall
- We have been learning the technique and timing for breaststroke lately and a bit of fly as well
- Special mention to our most recent top T10 results: Madison Tindall, 24 lengths...Andre Amaral, 22 lengths...Shelby Turner, 12 lengths...Sydney Beechey, 15 lengths...WELL DONE!

Juniors

- A lot of emphasis on core strength and learning proper push ups lately to help get us strong for swimming
- We have been to lots of swim meets so far this season and continue to be shaving time off for some great personal bests
- Focus on getting to practice on time and in the water quickly (come out on deck **READY TO GO!**)
- Great turnout to Secret Santa, it was fun! Thanks everyone :)

Volunteer Coaches

- A shout out to all our wonderful volunteer coaches this year
- Thanks for your help Shawna, Erin, Jordan, and Junior helpers Michelle + Brianna!

January 19th is T Shirt Day



Show your Aquajet pride by wearing your Aquajet shirt
to school, work or wherever you go.

Take a pic of yourself with your shirt and send it to Ron

Masters  Swimming:

All you New Year's Resolution people...
Masters swimming Tues/Thurs. 9-10 p.m.

Friends can sign up too.

Talk to Sarah or Ron about starting

What is Thought Stopping and How Does It Work?

Reduce Anxiety by Using Thought Stopping

From Sheryl Ankrom, former About.com Guide

Panic disorder, and the anticipatory anxiety symptoms that often accompany it, can get in the way of living a full, peaceful and happy life. When panic (anxiety) attacks occur, the physical symptoms are often frightening and confusing. This, in turn, leads to thoughts that are focused on worry and doubt. You may become unsure of what you are able to do in the midst of these symptoms, or you may be convinced that you must avoid certain activities altogether. You may quickly become inundated with a chain of worrisome and negative repetitive thoughts that fill your mind throughout the day.

Many experts believe that your thoughts influence how you feel and how you behave. For example, if your thoughts are focused on worry or doubt, you may begin to feel a sense of helplessness, anxiousness or a lack of confidence. Your behaviors then mirror your feelings. You avoid trying new things or you don't participate in the things you once enjoyed. This does not mean that your thoughts are solely behind your troubling symptoms. There are biological, environmental and other causes contributing to your illness.

What Is Thought Stopping?

One effective and quick technique to help you with the intrusive negative thoughts and worry that often accompany panic disorder, anxiety and agoraphobia is called "thought stopping." The basis of this technique is that you consciously issue the command, "Stop!" when you experience repeated negative, unnecessary or distorted thoughts. You then replace the negative thought with something more positive and realistic.

Why Thought Stopping Works

The principles of why thought stopping works are pretty straight forward. Interrupting bothersome and unnecessary thoughts with a "stop" command serves as a reminder and a distraction. Phobic and obsessive thoughts tend to ruminate or repeat in your mind. Left unchecked, they become automatic and occur frequently. If you're using thought stopping, you become aware of unhealthy thought chains and divert your attention from damaging repetitive thought habits.

Using the thought stopping technique can give you a sense of control. When followed with positive and reassuring statements, you are breaking the negative thought habit and reinforcing a sense of reassurance. If unhealthy thought patterns have influenced how you feel and how you behave, so too, will healthy and beneficial thoughts — but in a much better way, of course!

For more detailed instructions about how to perform thought stopping, visit this link:

<http://panicdisorder.about.com/od/livingwithpd/ht/ThoughtStop.htm>



Think YOU have car pooling problems?

Aquajet Event Schedule

<i>January 9</i>	<i>Regular Practices</i>	<i>Both Pools</i>	<i>All</i>
<i>January 19</i>	<i>T Shirt Day</i>	<i>School or Work</i>	<i>All (take a pic)</i>
<i>January 21</i>	<i>Novice Meet</i>	<i>Brantford</i>	<i>All Novice</i>
<i>February 3-5</i>	<i>Western Regions</i>	<i>London</i>	<i>“C” Qualifiers</i>
<i>February 11-12</i>	<i>Sting Meet</i>	<i>Waterloo</i>	<i>Novices</i>
<i>February 18-19</i>	<i>Guelph Meet</i>	<i>U of Guelph</i>	<i>Ron’s, Juniors</i>
<i>February 20</i>	<i>Family Day Tubing</i>	<i>Chicopee</i>	<i>All and families</i>
<i>February 25</i>	<i>Novice Meet</i>	<i>Burlington</i>	<i>All Novice</i>
<i>March 1-4</i>	<i>Jr. Provincials</i>	<i>Etobicoke</i>	<i>qualifiers</i>
<i>March 12-16</i>	<i>March Break</i>	<i>Florida</i>	<i>qualifiers</i>
<i>March 19 - 30</i>	<i>Johnson Pool closed</i>	<i>Move to Dolson</i>	<i>All</i>
<i>March 24</i>	<i>Swimathon</i>	<i>Dolson Pool</i>	<i>All</i>
<i>March 28-30</i>	<i>Olympic Trials Trip</i>	<i>Montreal</i>	<i>Selected</i>
<i>April 14</i>	<i>Pentathlon</i>	<i>Etobicoke</i>	<i>Ron’s, Juniors</i>
<i>April 15</i>	<i>Novice Meet</i>	<i>Burlington</i>	<i>All Novice</i>
<i>April 20-22</i>	<i>Team Champs</i>	<i>Brantford</i>	<i>Top 30 members</i>
<i>April 28</i>	<i>Long Course Meet</i>	<i>Brantford</i>	<i>Ron’s, Juniors</i>
<i>May 25-27</i>	<i>Guelph Meet</i>	<i>Victor Davis Pool</i>	<i>Ron’s, Juniors</i>
<i>May 27</i>	<i>Novice Meet</i>	<i>Burlington</i>	<i>All Novice</i>
<i>June 8 - 10</i>	<i>Western Regions</i>	<i>Brock</i>	<i>qualifiers</i>
<i>June 28 – July 1</i>	<i>Jr. Provincials</i>	<i>Nepean</i>	<i>qualifiers</i>
<i>July 4</i>	<i>Open Water Champs</i>	<i>Welland</i>	<i>13 and overs</i>
<i>July 13-15</i>	<i>Hauch Meet</i>	<i>London, Ontario</i>	<i>Ron’s Juniors</i>
<i>July 28- August 4</i>	<i>Olympic Games</i>	<i>London, England</i>	



Step Ups and Move Ups

A **move up** is a person changing to a higher group

A **step up** is a person partly training with a higher group

Move Up: Amy Taylor to Junior

Step Ups: Alana Hanson to the top lane at Johnson

Ethan Wade to Sarah's lane at Johnson

Katelyn Kivell, Hannah Boonstra, Andre Amaral
to Gold

Noah Thomas, Madison Tindall, Clare Asthon
and Alex Cichello to Junior

Matt Klahsen, Rachael Anderson, Ethan Locis
to Senior

Congratulations!