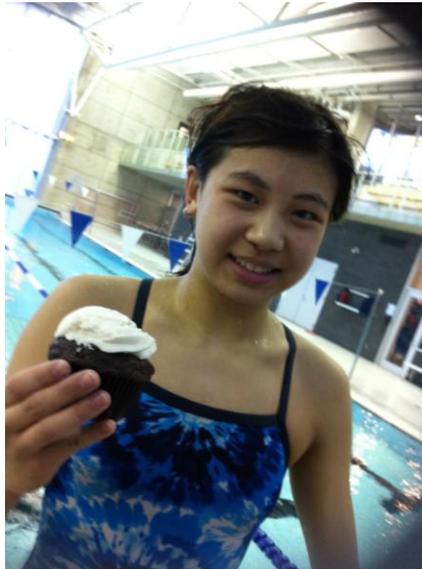


The Hard Work in London leads to to a Huge Cupcake!!!!



It was a very interesting weekend the one I spent in London with Megan Vuong and other seventeen elite Ontario swimmers. At the Train to Compete Camp lead by Swim Ontario Provincial Mentor Coach Dean Boles, I got confirmation (if it was needed!!) that in Mississauga we are doing a very good job with our swimmers and that we focus on the same concepts that the elite swimming in Ontario does!! During the 3 hour sessions in the water a lot of attention went on long underwater, strong kicking, distance per stroke and hard swimming in the second part of a race. All concept that the MSSAC coaches are familiar with since we are working with on a daily bases for long time. And it was nice to see that Megan was among the best for most of these skills. The camp was not only focus on the work in the water but also in the gym. We had a fantastic 4 hour dryland session run by Steve Topham with over 30 different drills to make the core stronger without losing in flexibility. During this session every swimmers worked really hard and always with a sense of enjoyment and gratification. This is definitely an area were at MSSAC we can get better and I will encourage our head Coach Mike Rutledge to have Steve coming over to teach our coaches and swimmers how fun a productive dryland could be. Another area we tackle during the 3 day camp was for the swimmers to the understanding and applying personal responsibilities, invisible training and well being. As a mentor in this area we had John Jorgenson, a sort of magician, psicologol and trainer that with games and creative activities showed to the swimmers how important is team bounding, leadership and trust in each other. Every single area was tackle with success thanks also to the great maturity showed by all 18 swimmers. They all worked hard eager to learn new ways to get better swimmers and better persons. In 3 days I did not hear a single complain, swimmers were always on time and extremely respectful of the coaching staff and the facility and hotel we stayed. Because of such a good example from our Ontario swimmers at the end of the camp we cut them some slack and allowed them to have the best cupcakes in all London!!!

Andrea Pittis

[**If you like to know in details what we worked during this camp follow this link with the day by day goals and practices sessions.](#)**

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Congratulation to Megan Vuong for beeing selected to the Team Ontario that will compete in Halifax at the TRI MEET from May 18 to May 22. In this meet the Ontario swimmers will have the chance to compete against swimmers from Quebec and Atlantic Canada.



Congratulation Jessica Stoyan

Congratulation to Jessica Stoyan for making a Canadian Team that will compete in Macerata (Italy) at the end of June.

At the trails Jessica was the fastest girl in backstroke. At the swim meet in Italy the Canadian team will compete against swimmers from Brasil, Argentina, Venezuela, Switzeland, United States and of course Italy. The other members of the Canadian Team are: Amber Lefler (Windor), Stephanie Caines (Etobicoke), Michelle Zanette (Newmarket), Adam Wood (Oakville), Roman Di Ruscio (Vaughan), Peter Vince Deklerk (Newmarket) and Alex Ruffo (Markham). The Canadian Team will be in Italy from June 21 till July 2. Good Luck Jessica!!!

