

The Weather Network Full Forecast
Fort Smith, NT
-21°C
Fort Smith

Slave River Journal



Remembrance Day 2008

Fort Chipewyan, Alberta

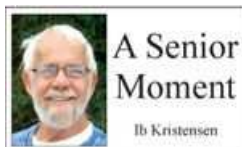
Fort Smith, Northwest Territories

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Sunday, DEC 14, 2008
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Guest Book

Swimming Fast, Swimming Hard

By GABRIEL ZARATE, SRJ Reporter 25.NOV.08

A Fort Smith swimmer hopes to put together a competitive swim team to take advantage of the town's pool, one of the finest in the NWT. Christina McAdam took her Fort Smith Hurricane Swim Club, consisting of two competitive swimmers, to its first sanctioned swim meet in Hay River. She hopes to grow the team and attend many more such events.



"It's a very dedicated sport," warns McAdam. "You have to be all in or not in at all."

McAdam's soft-spoken demeanor belies her dedication to the demands of competitive sport. She is at the pool almost every weekday from 6:00 to 8:00 a.m. working with her two athletes and has recently attracted four newcomers.

McAdam is proud of her swimmers Danielle McAdam, 17 and Taylor Phillips, 15, and their performance at the Hay River meet in mid November. They each competed in six races and exceeded their personal bests every time. McAdam says it is up to the individual to be motivated to improve.

"The coach can tell you as much as he or she can but it's up to you to make your time go down. It's up to you to actually make it." McAdam is willing to train swimmers as young as 7-years-old if they are strong swimmers. "Anybody who's interested in coming and training, we'll look at your ability to do it," she says. "I don't want to turn people away." To her satisfaction, McAdam's two original swimmers are stepping up into roles as her unofficial assistant coaches, mentoring younger swimmers.

"There's no other feeling like getting my swimmers ready for competition."

McAdam has been a swimmer her whole life and regrets she never had the opportunity to swim competitively with a coach. She is working on her coaching certification and is a qualified lifeguard.

McAdam is also fundraising for the club's next meet in January in Yellowknife. The club is going to hold a swim-a-thon where swimmers pledge to swim for two hours, non-stop except for a single break halfway through.

Swimming is an intensely healthy sport. It develops the muscular strength of the whole body without the joint-damaging impacts of many other sports. It also improves lung and heart fitness.



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- How much thought went into it.



Guest Book

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