

# CHIKOPI CHANT

February 2000

Winter Edition

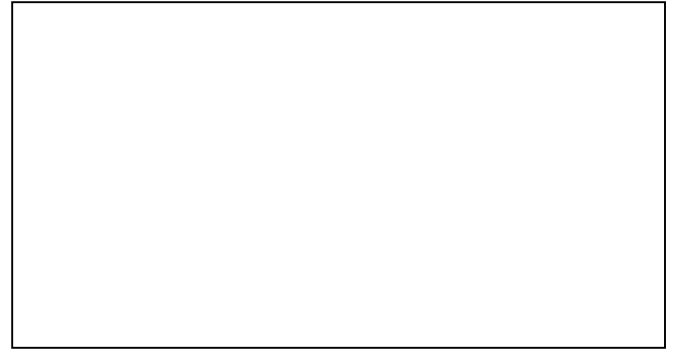
## BEEF-O-BOB DIALOGUE

One of the most valuable things we have is time. Think about it. You need to budget your time between school studies, athletics, music, extra curricular activities, family, friends and more. You wonder each day you wake up "Can I fit all I need to do into today"? Budgeting time – ever so important.

Here we are in February already. Those of you in "cold" country have already tobogganing in the snow and skating on the ice and wearing your "woolies". Those of you in "warm" country have been outside all day playing field events on your grass lawns and wearing your shorts. But regardless of where you are one thing we know for sure is that Chikopi 2000 starts in only 4 months. So let's start gearing up for a wonderful summer experience at Chikopi – "Land Of White Birch".

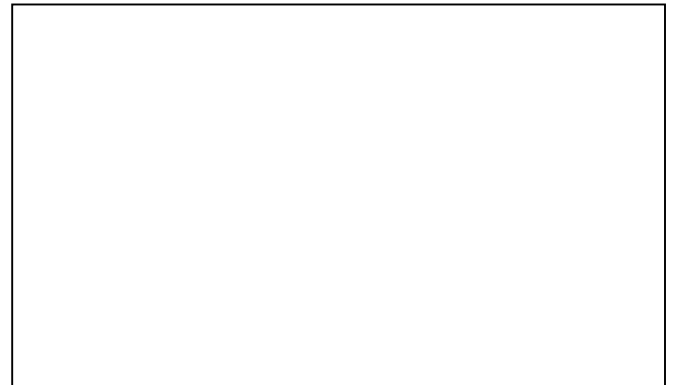
At the end of last summer, Bob, Colette, Lee, Jordan and Colette's dad, Bill, stayed on for another 1½ months to make improvements to camp. Here is a partial list:

1. **SOCCER FIELD LEVELED** – You recall last summer that trees, shrubs and debris were removed from the newly cleared field by the Beaver Pond. This past September, Jack Crossman and crew arrived with bulldozer, trucks and equipment to move over 400 tons of dirt and level the field to a 60m by 90m dimension. As soon as the snow clears in April, Jack will sow (seed) the field and hopefully we will have grass by sometime in July. It will be a large playing field for soccer and other field sports. The current main field in front of the Buck and Rosemary Dawson Mainhouse will be used for lacrosse, group games and activities. Completion date – Summer 2000.
2. **NEW PORCH ON THE BUCK AND ROSEMARY DAWSON MAINHOUSE** – We saw what a great job Malcolm Macaulay did in building new steps on the Mainhouse. Because they made the rest of the porch look out of place, Colette's dad, Bill, along with Lee and Jordan built a whole new porch and railing. It looks great! Brightens up the whole building! Wait 'till you see it! We plan to continue the porch roof to the end of the building so that all of the porch will be under cover! Completion date – Summer 2000.



Bob, Bill, (Colette's Dad), Lee, Jordan and Colette Admire The New Porch And Railing On The Buck & RoseMary Dawson Mainhouse

3. **REMODELED KITCHEN** – You'll notice it when you look through the kitchen serving window. New stove, new refrigerator, new cooking table, freshly painted walls, new floor tile, and above all – new cooks. More on that later. Completion date – Fall 1999.
4. **SAILING PAVILION PROGRESS** – Lee, Jordan & Bob moved over 15 tons of rock by hand to fill in the shallow lake area for the new sailing dock. Another 15 tons will be needed to complete the job in the Spring. A flat deck will be constructed and the old sauna/ball storage room, at the end of the first base line, will be converted into the Sailing House. Direct access will go from the Sailing House to the pavilion to the sailboats. We are also building a "Sunfish Weathervane" which will consist of a full-size sunfish positioned onto a swivel stem in the ground so that sailing students can practice sailing maneuvers in a "dry run". It will be the first ever sailing equipment in Ontario. Completion date – Summer 2000.



Jordan Crandall Moves One Of the 15 Tons Of Rock For The New Sailing Pavilion.

5. **NEW ROOFS – GARBAGE SHED** – This seems like an incidental item, but this new metal shed hidden behind the Mainhouse will defray anymore night time raccoon food fights amongst themselves. It makes for a cleaner kitchen. Completion date – Fall 1999.
6. **NEW FLOOR IN THE BILDERBACK 5 & DIME** – This newly tiled floor makes the whole 5 & Dime look cleaner and brighter. Laid by Bill, Lee and Jordan, it brings a new dimension to the 5 & Dime experience. Completion Date – Fall 1999.
7. **MATT MANN SWIM SHACK AND SAUNA** – The sauna and materials have arrived to construct this in storage. These will be great fun on our lake outings and may inspire some of you to continue with competitive kayak paddling. Completion date – Summer 2000.
9. **NEW INFIELD FOR PRO BOIM STADIUM** – Mississippi red dirt will cover the baselines of our softball infield. It will be even more dry after rain and will give a whole new look to the stadium. Completion date – summer 2000.
10. **MATT MANN III SHORT COURSE SWIMMING POOL** – Construction will start this spring to replace the top half of the 25 yard pool, starting-block end. The winter ice of 1999 damaged the pier rendering it unusable during last Summer. Completion date – Summer 2000.
11. **CHIKOPI MAIN DOCK** – The heavy windstorm of last Summer 1999, demolished our dock as it faces the lake from the boathouse. You remember that? The construction of a new steel dock is presently under way and will be put into place this summer. It will be bigger to accommodate both the starts of early bird swims and the launching of the new R5 kayaks. Completion date – Summer 2000.
12. **DRINKING WATER IN THE HOP'S** – 100% pure drinking water from our 200ft deep well is being re-routed to each sink in all the HOP's so that you will be able to drink water right from the taps. This was done to all water distribution areas in the kitchen last summer. Our drinking water is tested by the Health Department each summer and is 100% drinkable without having to use chlorine disinfectant. Completion date – Summer 2000.

new building for the 50m pool area. It will contain a 12-ft. x 12-ft sauna, change room and swim team meeting room as well as a small water pump room to replace the pump house. Completion date – summer 2000

8. **NEW KAYAK RACKS** – Chikopi purchased 14 new R5 Kevlar/plastic river kayaks complete with aluminum paddles and skirts. Great care must be given to them and new racks are being erected by the Main Chikopi Dock to accommodate their safety
13. **MISCELLANEOUS** -Other improvements will be the addition of new windows to some of the cabins, new porches and/or porch repairs to cabins, the addition of a new porch to cabin 3, painting inside walls in some of the cabins, repairs to the floor of the Playhouse and more.
14. **ADDITIONALLY** – we want to construct a four court paddleball, handball, and racquetball complex behind the Mainhouse. It would contain a 24ft high concrete wall, two sloping sidewalls and a concrete level floor. Completion date – Summer 2000 or 2001.

There's lot's we want to do and lots we are doing. All these facility changes go hand in hand with providing the best program we can provide. We have the same traditions, values and spontaneity, and we also have new things to do this summer, too. Don't miss out – live the life of Chikopi this summer.

We look forward to seeing you all again this summer.

## NEW COOKS FOR CHIKOPI

We are really fortunate to acquire the services of former Chikopi Camper, Brennan Barney and his fiancée Tara as our head chefs for Chikopi 2000. As a camper in 1984, Bre knows the ropes at Chikopi. He is familiar with our schedule, routine and expectations. He will oversee an effective staff of helpers and bring a renewed exuberance to our meals and kitchen atmosphere. After attending the finest culinary schools, Bre has worked in

various restaurants throughout Toronto and manages his own Catering Service. Bre's father, Dr. Robert K. Barney, (Bob), is on the Chik-o-Mak Alumni Foundation Board of Directors and teaches sailing at Chikopi to his University of Western Ontario Kinesiology Students each September. He is Director-Emeritus of the International Center of Olympic Studies at the University. Bre's uncle is our swim coach – clinician Dave Barney from New Mexico who visited us for a fantastic competitive swimming clinic last summer.

We are very happy that Bre and Tara will be with all of us this summer. You can look for some great Chikopi meals. Give them a big hearty Chikopi handshake when you see them this summer.

## WHAT HAVE YOU BEEN DOING?

Let Bob and Colette know via email, new address, [campchikopi@aol.com](mailto:campchikopi@aol.com), what you are doing so we can put it in print the next newsletter. Here's who we have seen thus far: before starting his winter term entrance into Brown University, Jordan Crandall worked into mid October at camp, then visited Florida on his way to Outward Bound Kayaking experience in Texas (he'll have some great things to do with our new Kayak's)..... Robbie Winograd visited Bob at the International Swimming Hall of Fame in January when his Amherst College Swimming Team was training in Florida, he is swimming very well..... Craig Wales is training hard and studying maybe even harder at Princeton University in New Jersey, his swimming is on track as he approaches the Championship end of the season.... Glen Belfry and team, including Bryan Crockett trained in Fort Lauderdale in Dec-Jan at the Hall of Fame Pool to prepare for the second half of the Canadian College season.....

## NOW IS THE TIME TO REGISTER FOR CHIKOPI 2000

Included with this Newsletter are applications for Chikopi's enrollment this summer. Some of our sessions were full last summer. So don't delay. Return your Application today. Those of you returning for a second or more year and who mail your application with Deposit by March 15 will receive a full Chikopi uniform as a bonus. It includes a Chikopi T shirt of your choice, Chikopi shorts and Chikopi Swim Cap. Now is the time to do it.

## COLUMN LEFT EYES RIGHT

We are very fortunate to have secured the writing capabilities of some great individuals, each of whom has written a column for this newsletter. Enjoy their expertise, information, candor and humor. Enjoy

reading. After all – that's what the boy on the Chikopi Logo is doing.

## THE GUY IN THE GORILLA SUIT:

**By Dave Barney, Head Swim Coach, Albuquerque Academy, New Mexico**

When Bob asked me to write a few words for the Chikopi Newsletter, I initially thought of two important ones that go hand in hand with each other. Sort of like twins. Those two words are perseverance and determination. But fortunately for you, I also remember how dry some of my pool-side talks have been about the importance of these two words, so I thought I would spare you the agony of a lecture and draw you a few pictures instead.

Close you eyes and come up with a guy in a gorilla suit. A big guy, round in the middle with a huge chest and back and long arms. He even sways from side to side like a gorilla when he walks. I know this gorilla well. He's my twin brother Robert, sometimes affectionately called Bobby-boy. I want you to understand that he is the personification of determination and perseverance. But rather than tell you, let me show you. When we were kids in high school and needed short, tough yardage against a stacked defense, the high-scoring, fancy-Dan twin in the family never ended up with the ball. Instead we always gave it to Bobby-boy, who simply lowered his head and bulled his way up the middle for the first down. It wasn't very spectacular stuff, as I recall, just a guy in a gorilla suit pounding the heck out of the line of scrimmage. Later in college, the fancy-Dan twin swam the sprints (and you know what wimps sprinters are), while the guy in the gorilla suit endured the 1650. With his eyes red as newts from the chlorine, in an era before goggles, he ground out those laps as methodically as stone grinds grain. More recently, we went looking for apples together to make cider. As it happened, there weren't any "drops" in the orchard, so the guy in the gorilla suit climbed high into one of the trees and began shaking the limbs. The apples gave up their grip reluctantly. It took a long time for the gorilla to shake them all loose from the tree. The fancy-Dan stayed on the ground and picked up the "drops." By this time, you probable think the guy in the gorilla suit is a strongman in a carnival or at the very least one of those bulky professional wrestlers you see on television, but he's not. He's an academician, a college professor, if you will. But even in that guise it doesn't matter much whether he's a shaker of trees or wedging his way through a line of scrimmage or even laboring through 66 teary, blurry-eyed lengths of a 1650, because he applies the very same principles of determination and perseverance, required of physical challenges, to the scholarly research he pursues then writes on the nuances of Olympic History. When you stop to think

about it, an hour or two of apple shaking is not only good exercise but a legitimate prelude to writing and rewriting, over and over again to get the prose just right. But I'm beginning to sound pedantic, so I'll stop before you lose sight of those pictures. But remember the guy in the gorilla suit when you think you can't do something. You can, if you stick to it hard enough and long enough and want it badly enough. Besides, one could be worse than a shaker of apples.

### **CHIKOPI KNOWN ALL OVER THE WORLD: By Lee Simpson, Swim Coach, Australia. Chikopi Coach, Counselor, 1990's**

It was a rainy, cold Victorian morning in Portsea, Australia. There were about four thousand people standing out in the rain preparing themselves for the 1.2km ocean swim. There I am standing there dripping wet preparing myself for the race wearing my Chikopi jumper and hat, when a gentleman who's name I didn't catch came up and started asking me about Camp Chikopi. As it turned out he managed a little country pool in inland Victoria and had heard of Camp Chikopi as an "excellent swim camp." As you can imagine I was very excited that someone over here in such a remote place had heard about camp. We started talking and I was telling him all about camp and how great it really is. We stood there for 10-15 minutes talking and almost missed our race, but didn't. We arranged to catch up afterwards, unfortunately in the crowds of people we never got the chance. So I am still trying to track down this gentleman. I will let you know all the details when I do.

True story....

Yours in swimming!!!

### **SWIMMING: WORK OR PLAY**

**By Robbie Winograd, Ahmerst College Swimmer,  
Chikopi Camper, Counselor, 1990's**

The alarm sounds and you squeeze the pillow to your ears, trying to muffle the obnoxious beeping. Its time to wake up, yet you deny the fact by attempting to go back to sleep. In the end some mysterious force persuades you to leave your comfortable slumber behind, and you get out of bed. Why did you stay up until two-thirty watching Seinfeld re-runs? Why is the bathroom floor so cold? Why is it still dark outside? Why does your coach expect you to make three morning practices a week? Why does your dog have so much energy so early in the morning? Why can you only think about going back to sleep?

These are the questions that have recurred in my mind throughout my swimming career, and I have a feeling some of you can relate to them. Only recently have I

begun thinking about answers to these questions, and my reason for writing this article is to share some of the insights that I have made.

Swimming, like many other competitive sports, requires a high level of commitment. You make a commitment to your coach and your family when you begin swimming. You have many expectations to fulfill; one of them is to do as you are told. When the coach tells you to go to morning practices, then that is what you should do. It doesn't matter so much if you want to or not, you still should. You make a sacrifice to get out of bed now so that it will pay off later. By working hard today, you will swim faster tomorrow. Or at least that is the plan. But what happens when it is time to shave down and you suddenly begin to reflect upon the entire season. The hard work, the lost sleep, has the sacrifice you've made been a waste of time? In order to answer this question, we must ask ourselves why we play sports.

Originally, as young children, we play sports for one reason and one reason only: to have fun. In a game of kickball it doesn't really matter who wins. In tag, does anyone really win? We play for the moment, we play because it is the process that is fun. We compete because competition is enjoyable, win or lose. We swim because it is fun.

As we get older, play turns into full-fledged organized sport. Coaches begin to direct us, and parents begin to show more interest. Suddenly there are prizes at stake; suddenly it is not only about having a good time. The result becomes of more and more interest, until at some point we are willing to sacrifice sleep in order to swim faster. This is not a bad thing. It can, however, become a bad thing if the result becomes of most importance. If the only reason we swim is to go fast in the end, then perhaps it is important to rethink our motivations. We play sports because they are enjoyable; they provide us with an alternative to school and other everyday proceedings. Swimming is a privilege, a fun activity. This is easy enough to see, but with the pressures of college recruiting, intense coaches, and pushy parents, the fun part is easy to lose sight of. For some people, however, going to the pool can become a burden. It is important to recognize when this happens. If every day when you get out of bed you dread going to swim practice, then maybe you should change your team, or find another sport. If you only swim to go fast in the end, you are giving up months of pain for a weekend of pleasure. Is winning and swimming fast really all that is important? I strongly believe that it is more important to enjoy the sport, not for the result but for the activity itself. Otherwise what happens when we don't swim fast, or when we lose? Do we get angry, or do we go home slightly disappointed, but happy to have participated in the first place? Sports are meant to be a lot of fun, let's not forget why we played as children. I think it's important to always be comfortable with one's level of

commitment. Don't swim because your coach wants you to, or because your parents are putting pressure on you. Swim because it brings you pleasure, and play because you have the privilege of doing so. Sports are becoming an ever more important part of our world. For some people, like professionals, it's a lifestyle. For most, it's only a pastime. Many of us see this as common sense, but these simple definitions can change with time. With all of the success that talented athletes seem to dwell in, it's easy to fall into the ultra-competitive spirit and begin playing only for results. Performing well is thrilling, but let's not forget that the process is why we do it.

## PHOTO FINISH

Chikopi needs photos for its newsletters, brochures and scrapbooks. If you have taken photos of Chikopi during any of the past three summers, please submit them for review. It is not necessary to send in the actual photo print. You may make a black & white copy, (Xerox copy, etc.) of the photo and send it to Colette. Fit as many photos on a page as you can. Those photos selected will win a prize. We will notify you so as to borrow the original print, (or retrieve it from you via email). Any photo could be chosen, so don't be selective. If the photo shows an expression, tells a story or is an action scene we can probably use it.

## CHIKOPI SWIMMING COACHES FOR 2000

These coaches have given the green light that they can be with us this Summer 2000:

- **Stan Tinkham** – Stan returns for his 3<sup>rd</sup> year at Chikopi and Ak-o-Mak. He was the 1956 U.S. Olympic Coach for women and at age 24, has been the youngest U.S. Olympic Head Coach ever. He has coached numerous National and Olympic Champions. He brings a calm, direct approach to the sport.
- **David Barney** – Dave returns for his second year at Chikopi. He has been a U.S. National High School coach of the Year, developed an adopted formula to correlate times at sea level and altitude and delivered some of the best swimming clinics you can appreciate. His nephew is our new Head Chef.
- **Don Megerle** – This will be Don's first year at Chikopi and Ak-o-Mak. As head coach of Tufts University for the past 25 years, Don has developed both conference championship teams and winners. An extremely experienced and knowledgeable coach, he puts the personal well-being of the swimmer first. Chikopi campers Ben Possick and Jack Levner have swam for Don.

- **Glen Belfry** – Glen had been our resident coach for over 5 years, but his desire to pursue a Ph.D. Degree has put a damper on his summers to return to Chikopi. However, Glen will be back in 2000, if only for a weekend. For 18 years, he has been the Head coach at the University of Western Ontario and has developed CAIA Champions and Medallists.
- **Lee Simpson** – Lee is returning for his 5<sup>th</sup> year at Chikopi, 2<sup>nd</sup> year as Resident Head Coach. From Australia, Lee has coached at various clubs and assisted some of the world's best Australian coaches. He will head up our daily swim schedule at Chikopi and manage the learn-to-swim program as well. Under Lee's leadership, everyone will be able to complete their Chikopi Mile Swim.

## “BUTTON” IT UP

Enclosed are your 1999 Chikopi Button with your smiling face. This is our 3<sup>rd</sup> year of sending these buttons. Those of you who have received all of them can see how you have grown and matured over the years. Don't discard them because you can bring them to a Chikopi reunion 20 years from now. Won't that be a laugh to see each other as you were when at camp? We'll continue to do this each year.