



Chikopi Chant

Beef-O-Bob

March/April 2010



Chikopi's Webber Field - Wally Webber - circa. 1965

The Summer Calendar of Events is set for 2010. Bob met with Dianne and Catherine of Ak-O-Mak to set the calendar. Always remember that our program is based on "spontaneous tradition." We know what we want to do but not always when we will do it. That is where the spontaneity comes in.

During the first four week session we will have the Knoepfli Mile Swim, an exchange day with Ak-O-Mak, the 12K run, the Chikopi Field day, the Camp photo, the trip to Niagara Falls, planned competitions in soccer and baseball with near-by camps and many other things that will take place including condensed canoe trip.

During the second Four Week Session, we will host the Chikopi Sunfish Regatta, 10K-3K Open Water Swim, Triathlon, (swim, bike, paddle), Kempfenfest: 2K swim at Barrie, Ak-O-Mak Water day, Canoe trips and much, much more.

Of course during the Two Week program at the end of August, we try to incorporate as many of these activities as time allows.

Our schedule is also full of surprises. You guys who are attending for the first time need to take a look on our web site for details of our every day program. Excitement, experience, learning and participation are our main goals at Chikopi. There is something for everyone.

Finish this last school term with a, "Sprint to the Finish," study hard and apply your best efforts to getting good grades and finishing strong in your sport or extra curricular activities. Then be ready for a wonderful summer at Chikopi.

Joe's Perspective

Old Value #5: Look for the "real camper" not just the "real me" – by Joe Menter



In today's world it is becoming more and more difficult to focus. We are bombarded with options, decisions, technology, and other distractions that make it easy to forget what is important. Being able to focus is more than concentrating intensely on one thing for a short period of time. It is the ability to know what you want and how to achieve it; it is about setting a goal, making a plan, handling distractions and setbacks, finding balance and achieving what you set out to do.

At Chikopi, it's easy to focus. You are surrounded by responsible leaders whom you can learn from. There are few distractions. All you have to do is wake up each morning, go for a smooth early bird swim or run, to get the blood flowing, and try your best in everything you do. There is no worrying about who posted what on Facebook or answering your cell phone or what you are going to do with your friends. You already know where your friends are and what they are doing; they are right next to you on the field and at every meal. The challenge is *learning how* to focus. Being at Chikopi we have the unique opportunity to learn. There is something about nature and exercise that makes us feel good and clears our minds. It's a chance to go back to basics, a chance to be a "real camper" for a while and forget about everything else, no distractions. So before you come to camp this year, set some goals for yourself. This is your golden opportunity to learn how to focus on them.

Zack's Back!

The Hand We Are Dealt – by Zack Hurd

Spring has returned to Ontario. It here in all its glory! I have just arrived back in Barrie after a relaxing and sun filled weekend up at Ahmic Lake. The weather we all experienced this past winter was extremely unusual, that goes for everyone in the northern hemisphere. The people in London, England, experienced a very white Christmas, while those of us in what is supposed to be the “White North” saw little to no snow at all this winter.



Here in Ontario we have had our warmest start to Spring in recorded history. Temperatures’ around Toronto hitting 24 degrees Celsius (75 degrees Fahrenheit) in the middle of March. This ‘weird’ weather has been both good and bad; good news is Ahmic Lake is already warming up with the ice on the lake almost melted away, I was able to walk in knee deep just this morning...but the bad news is all of the winter sports in Ontario have suffered. This upcoming week I am scheduled to volunteer at K2 Alpine Nationals in Collingwood, ON, but with no snow on the hills it makes it very difficult to ski. All this warm weather sure is nice for us in Canada, we set two records this year, we had both the warmest and driest winter in history! Our neighbors’ to the south had the complete opposite situation, cities such as Baltimore, MD and Washington, DC set records for the amount of snowfall and Mobile, AL saw its first snowfall in 13 years. In early February on a single day there was snow falling in every state except Hawaii! Yes in Florida too. I left Toronto on February 1st wearing little more than a hoodie and jeans; when I got to Pensacola, FL the next day I was greeted with three inches of snow!

So a weird winter indeed, and some of you may be wondering why I am mentioning the crazy winter weather in the Chikopi Newsletter. The situation that everyone experienced this winter was an extreme of uncontrollable situations and something we can all learn from. It was something that we had no choice but to adapt to the environment that was dealt. I know Brett Saunders traded in his running shoes for some skis, and I switched up my snowshoes for some flippers this winter; you have to make the best of what you have to work with. It is the nature of things, of all things, that are Chikopi, to overcome hardship and to make best of any situation in which we find ourselves.

One question frequently asked by campers and councilors’ is, “how can I do better.” That question can apply to anything in life; sport, school, work, attitude. There is a simple answer, “do.” If you want to be faster, smarter, stronger, you have to work at it. If you want to be a great leader, a great student, a great councilor, a great person; you have to work at it. No matter how good you become at anything there will always be something that stands in your way, something will throw a stick in your spokes, and it’s the knowledge of how to deal with these difficult situations that will set you apart from everyone else. Adversity is a learning curve on your way to success. Everyone meets challenges on any path we take, we cannot control our environment, but we can choose the route we wish to take and can obtain the tools we need along the way.

Chikopi is one of those tools; a resource and learning experience that can be used time and time again when you face adversity in both life and sport. Nothing will ever be perfect and having the knowledge and the ability to “do” when others cannot is what will set you apart from everyone else. If you are a swimmer and your goggles break right before your race what are you going to “do,” you are a public speaker and you forget your notes at home what are you going to “do.” Chikopi may not give us the answers to these situations, but it does prepare us to deal with these types of situations. The ability to stand up and press on when others cannot, to learn from other’s experiences to help us with our own, to be able to “do” everything we can in any situation is what makes us great. I have seen Chikopi men go out and run when it is -40 below zero because they knew they can do it.

So get out and ‘do’ when others are not. You will be all the better for it...let nothing stand in your way and you will be the better for it.

The Following Articles Were Provided By the 2009 CIT's

Because Of Camp Chikopi

When You Hit The Wall – Chant Chikopi – by Matt Dmytrenko

Hello everyone, I hope you are all doing well. I can't wait to see you all in the summer, back at Chikopi! I am going to start off by telling you about my year since Chikopi ended 2009.

It was September and swim season was about a week away. After returning from camp I had learned that my mom didn't think that swimming would be good for my performance academically, but after many emails and phone conferences with my coach we decided that I would swim four times a week as opposed to the normal nine. This didn't sit well with me; being a distance swimmer I knew I would need to change my focus. So I became a sprinter. In the beginning it was fun, I started dropping second upon second, best time after best time. This quickly became frustrating as I soon realized that I could only come close to best times in 50 and 100 meter distances. As practices got harder and harder throughout the year I fell further and further behind as my aerobic capacity had withered away because of my lack of training.



This training pattern continued throughout the year but with March Break Training Camp in Naples, Florida soon approaching I was determined to make this camp the turning point of my season. I knew that this camp would be harder than anything I've ever done because of the shape I was in starting the camp. At the same time, being the first training camp I'd ever attended I did not know what to expect.

March 12th was the first day of training. Our first practice was on a nice cloudy cool morning. Up until this point I was unprepared for any distance swimming and lucky for me, our first main set consisted of a bunch of 500 repeats. Surprisingly I felt great, I don't know what it was, if I was just excited to be in Florida for the first time, or maybe it was swimming outdoors in relatively brisk water that reminded me of Chikopi Early Bird that kept me motivated. Anyhow it was the best distance set I have had in months.

Later that same day our coach was lecturing us about how this training camp was not just supposed to be another week at practice. He said we would reach breaking points, mentally and physically, that we would need to overcome these if we were to have a successful training camp. He said everyone's breaking point would come at different times but that it would come. Little did I know my breaking point was going to happen sooner than I expected.

It didn't take very long at all. I had so much confidence from practice the previous day I decided I was able to take on the hard pace time for warm up. This rapidly became a bad idea as the pace seemed to keep getting faster as I stayed the same speed. I thought, no problem I'll just go back to the slower pace, I can still have a good practice. As I hopped out, grabbed my water bottle and started walking over to the slow pace lane the Toronto coach, (whose team we traveled to Florida with) said, "You know recreation swim starts at the YMCA down the road soon." Right then my confidence dropped about 50 notches. But I went on my way, got into a new lane and started the main set. This time it didn't feel quite as effortless as the morning's practice. I felt as if I could not swim fast if my life depended on it. I struggled through the practice using every fiber of my being to make the paces.

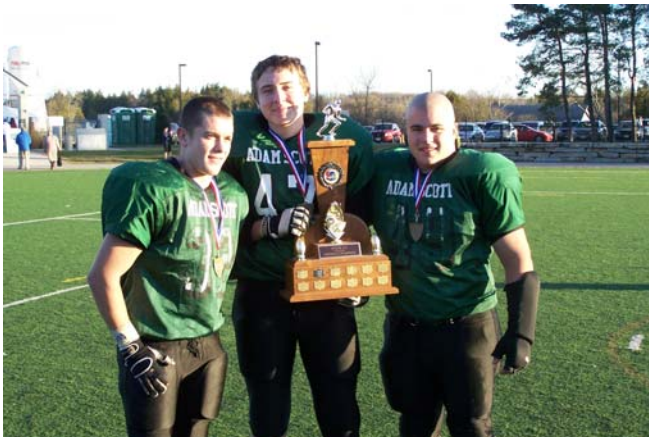
That night I felt horrible, not only physically from the intense practice, but also mentally. I could not grasp the fact that I just went from the best practice of my year to the worst in under twelve hours. I tried analyzing every little thing I did between the two practices to try and figure out what I could have done to influence my poor performance. It was not until much later that I realized; that practice I hit my breaking point. Next step, breaking through.

The next practice started off very similar to the first. I felt good, not great, but it was better than nothing. Somewhere into the beginning of the main set it hit me. I hit, ‘the wall,’ again. Normally when I swim, I sing songs. Don’t ask me why but when I hit this metaphorical wall I had the urge to sing but the only songs that would come to my head were Chikopi cheers. So I sang them in my head and in a way the set started to feel easier. It was as if the cheers were helping me to tear down this wall. It was as if, the memories of Chikopi and the hard work I put into every day at camp turned into energy that started flowing through my veins.

I used this strategy of singing Chikopi songs for a few more days and after a while the practices started feeling better and better. After a few more days I didn’t even need to recite these cheers to swim fast, (I still choose too though just because they are so catchy). Chikopi has had a profound effect on how I tackle the challenges of everyday life. I think that whenever you are challenged by something in life, you can look to what Chikopi taught you and overcome these challenges.

Because Of Camp Chikopi

See You All Real Soon– by Colin Dolman



Colin Dolman Holds the Team’s Victory Trophy

Can’t wait to see you all at Chikopi in a few months. This is my tenth summer going to Chikopi. I have met many people from all over the world and am still in contact with many of them. I go to Chikopi right from school every year. I love the camp because of all the activities we participate in. I get fit and become a better person. When I leave camp at the end of summer, I am fit for football and have the sportsmanship it takes to be a part of a winning team. With the structure of a daily routine, and learning to play a lot of different sports, it makes the summer a lot of fun. So I am looking forward to seeing you all back at camp.



Because Of Camp Chikopi

Lacrosse – by Kristopher Sanders

I was 7 years old my first year attending Camp Chikopi. For the most part I was a swimmer. I played a lot of other sports like baseball and soccer, but never found passion or love in any of those sports. That first year at camp, Ryan Smith, (Smitty), helped me discover a new sport that would soon become my true love, LACROSSE.

The following summer my parents registered me into a competitive lacrosse league in Windsor. Every summer since I have played competitive box lacrosse. This past fall, I played field lacrosse for the first time in London, where we won the C Division Provincial Championships. This year I have signed to play Junior B Box lacrosse for the Hamilton Bengals and I am very excited to learn more about the game.

It is all thanks to Chikopi that I have learned so many new things, about myself, about sports and how to live and share in a cabin for a few weeks every summer. Chikopi gave me the opportunity to try something new, to challenge myself to be, “the best that I can be,” in the sports I participate in, at school and in life.

I hope to be able to continue my lacrosse career in post secondary school, and continue to spend a part of my summer at Camp Chikopi. See you all this summer.

Because Of Camp Chikopi

Apply Chikopi – by Josh Tate

One of the best things about the Chikopi experience is how it affects your swimming back home during the year. The saying “Nothing easy is worth doing” is alive and well at Chikopi, and the Chikopi Men who come here learn this and live by it in the outside world.

This is especially true for the athletes who come to camp. Whatever your goal is, whether it’s winning an Olympic Gold, or making the regional cut, it is attainable, though it may not be easy. The experiences at camp help to strengthen your resolve, the drive to succeed. If you take what you learn here and apply it to your training, you will achieve your goal.



Training the past two seasons for me and my other teammates who went to camp with me has been phenomenal, and we owe much credit to Chikopi and what we’ve done here. We are among those who work the hardest, the ones who don’t give up. In the end, we are the ones who will see the most success. The moral of the story is: don’t let your experiences from camp go to waste. Those who take them and apply them at camp are the ones who see the most success.

Because Of Camp Chikopi

Time Management - by Arturo Torres

Earlier this week I was thinking, “what is the thing that I have learned from Chikopi that has helped me the most through out this year?” I had so many options like, friendship, leadership, hard work, staying positive, discipline, loyalty, and many others, but the one that stood out the most, due to certain problems I have had lately is, “not giving up.”



This year I have been doing many activities, as I know most of you are doing. This I think we can also thank Chikopi for, because camp has shown us that we can achieve more if we don't waste our time. My many activities include, studying, running, organizing charity projects, and doing social service. Oh! And not forgetting my new addition, salsa lessons!

When things get tough and all jumbled up I try to remember how at Chikopi, we managed to go out for Early Bird, three morning classes, afternoon practices, team comp, elective time and still manage to go out for practice in the war canoe. After remembering this I just think, “Hmm, what I am doing here is nothing compared to all the things we did in camp.” This is how camp has taught me not to give up and continue pushing through even when conditions are not the best. This is how Chikopi has stayed with me in my everyday life, and although I am unable to go to Chikopi this year I know Chikopi will be with me.

Alumni Alley



Chikopi's Nick Thoman, (1999-2002), stands on the podium with Michael Phelps (L) and Aarron Peirsol (C), after the Men's 100m backstroke final during the Charlotte Ultra Swim at the Charlotte Aquatic Center on May 16, 2009 in Charlotte, North Carolina.

Photo by Streeter Lecka/Getty Images North America

CSCAA Announces Inaugural Winners of the Ted Keller Diving Honor

College Swimming Coaches Association of America



The College Swimming Coaches Association of America along with the Kalos Kagathos Foundation announced today the inaugural winners of the TED KELLER DIVING HONOR. Bruce Hopping, Chairman of the Kalos Kagathos Foundation, states “this honor is to be conferred annually to the diving coach and diver from the collegiate ranks who distinguish the legacy of Ted Keller”. Keller is the former Diving coach of Ft. Lauderdale and annual College Diving Forum Director.

Criteria for the recipients include: Academic achievement, respect for coaches and athletes, exceptional achievement, sportsmanship and commitment to instruction, training and attendance. Bob Rydze of the University of Iowa chairs the selection committee.

A three foot ceramic – sculptured Greek vase depicting a boy and girl diver being coached will reside in the International Swimming Hall of Fame in Ft. Lauderdale Florida. There will be a plaque on the vase honoring each year’s winners. Each winner will receive a certificate to be presented at the annual Diving Forum or at the appropriate NCAA Championship.

The inaugural winners of the Award are: Diver – David Boudia of Purdue University and Diving coach - Matt Scoggin of the University of Texas – Austin. These two outstanding inaugural winners set the bar high for future recipients.

The Honor of presenting the award was bestowed upon Bob Duenkel, International Swimming Hall of Fame Executive Director, and Rob Groseth, College Swim Coaches Association of America Executive Director, at the Men’s NCAA Division I Swimming and Diving National Championships in Columbus, Ohio, at Ohio State University on March 24th 2010.

Ted Keller has designed and constructed Chikopi’s hand-made awards for the past 20 years. Each award is different and unique.

Matt Laschuk – Chikopi alum 2003

11 - 13 March 2010 - NCAA Division II
Wayne State University 3rd Overall.
100 Fly: 50.47 – 14th. 400 Medley Relay: 3.20.36 - 7th.
100 Breast: 57.67 – 15th. 200 Fly: 1.51.22 – 10th.
800 Free Relay: 6.43.89 4th. 200 Breast: 2.05.25 – 14th.





February 22, 2010

International Swimming Hall of Fame
1 Hall of Fame Drive
Fort Lauderdale, Fl 33316



Chikopi's Coach - Dave Barney

Sports News Release

The International Swimming Hall of Fame announces that Albuquerque Academy swimming coach, Dave Barney, whose boys' and girls' teams won a record-breaking 30th and 31st New Mexico State Swimming & Diving Championship last weekend in Albuquerque, has topped the national record of 30 combined state meet wins previously held by Coach Jack Nelson in the State of Florida. Nelson's accumulative record was achieved while coaching at Ransom Everglades, the Pine Crest School and Fort Lauderdale High School. Barney achieved his mark coaching at Albuquerque Academy only.

Barney's female swimmers have won 14 state meet championships since 1986. He established the Academy's girls swimming program in 1975, shortly after the school became coeducational. His male swimmers have won 17 championships since 1985, including 10 in the last twelve years. Over the years, his swimmers have posted 218 New Mexico High School State Meet gold medal swims while setting 63 individual and relay state records.

The News

2010 Chikopi Summer Registration

Pass This On To Your Parents

The 2010 registration form is posted on the web site. News for late registrations: The Ontario Government, has put and increased tax rate onto Summer camps. An invoice paid after July 1st, 2010, will be subject to the new tax, 13%, an increase of 5%.

Chikopi FaceBook -

Coming Real SoonCamp Chikopi Official Facebook Site - Established and Sanctioned By Camp Chikopi's Board Of Directors.

Chikopi Web Site

Have you checked it out yet, we have received hundreds of compliments on the new site. Hope you, your families and friends have enjoyed the new look too. www.campchikopi.com

Because

On the new site we would like to post blurbs from our campers and parents, each one is to start with: "Because of Camp Chikopi" Please email us your submission to post on the new site and enter in the May Newsletter.

Bunk1 Notes

Camp Chikopi has partnered with www.Bunk1.com! Bunk1's secure, easy to use, summer website services will allow parents, family and friends to stay in touch with staff and campers via email all summer!

Chikopi Clothing

In our endeavours to provide the style and clothing that you would like to see sold in the Bilderback 5 & Dime store, we are asking you to email us the colours and styles you like to wear. We will pass this information onto the Chikopi clothing manufacturer to see what is possible for 2010.

Countries 2010

So far the following countries are being represented at Camp Chikopi for the summer 2010.

Will your flag be "Flying High" at the entrance?



- Australia
- Canada
- Colombia
- England
- Germany
- Hong Kong
- India
- Ireland
- Kenya
- Mexico
- Poland
- Qatar
- Russia
- Scotland
- USA

Chikopi Spring

These photographs, taken at Chikopi were sent to us this week, awwwww!!!!



Spring Bear Cubs near Chikopi



Back Field at Chikopi

May Newsletter

Any news to share? Send it in via email with a photo, and it will be included in May's issue. Submission deadline May 1st. May will be our final Chant until Autumn 2010.