

GO Kingfish Club Record holders - Where are they now?

Interview with Mike Lamothe

By Lisa St.Pierre

How I met Mike Lamothe:

My daughter Erica and Mike's daughter Claire are both members of a competitive dance team here in Ottawa. I recognized Mike's name from the GO Club Records list on our website and wondered if perhaps this was the same individual. As it turns out, it was!

Mike's 3 long standing GO club records:

<u>Short Course:</u>	Boys 13-14	200 Breast	2:24.74
<u>Long Course:</u>	Boys 13-14	100 Breast	1:09.16
		200 Breast	2:29.23

At what age did you start competitive swimming?

I started swimming when I was 10 with the Fort Frances Aquatic Club in 1983 and joined the Gloucester Ottawa Kingfish Club in 1986.

Do you recall how big the club was when you swam with GO?

When I started, GO had over 350 swimmers at the time.

What are some of your fondest memories of GO?

My fondest memories while swimming with GO was the travelling and the friends I made all over the country. I was lucky enough to qualify for the Ontario Tour Team that went to Atlanta Georgia, the Canadian Junior Team that went to the 8 Nations Swim Meet in Holland one year and France the other and being part of the 1992 Olympic Development Camp, to train in Montreal and Vancouver and train with people all over the country.

What are your fondest memories of your former coaches?

What I remember about my coach was 20 x50 fly can always be done in the last 17 minutes of the practice, "ready means ready" and "mileage, mileage".

Note from Lisa: Mike also explained to me that back in the 80's, there was less awareness about sports nutrition and some of the new training techniques that are

applied today – it was all about swimming as many kilometers as possible, each and every practice.

Who were the swimming role models that you and your team mates looked up to?

I was lucky that we swam in the era of the greatest swimmers, “The Fast and the Furious”, Victor Davis and Alex Baumann! They dominated coming off the 1984 Olympic Gold medals, the Commonwealth Games and the 1988 Olympics. They were the heroes of every swimmer at the time.

What was your biggest swimming accomplishment?

My greatest accomplishment in swimming was being part of the Junior National Team and travelling to Europe.

What was your favourite and least favourite stroke?

My favourite stroke was breaststroke and my least favourite is backstroke.

Do you know how many club records you still hold to this day?

I still hold three and the only reason I know this is because of the website.

Which skills did you develop by being a competitive swimmer with GO?

The best skills I developed as a swimmer were commitment, determination, and hard work. These skills will be used for the rest of your life. Remember 10x400 IM in 6 minutes won't kill you, it only adds to your character!!

Which post secondary institution did you attend?

I went to the University of Alabama on a sports scholarship.

Was your university swimming experience a positive one?

I would recommend anyone to continue to swim while attending University and being part a team. It was the greatest four years of my swimming career.

How was swimming in the US similar or different to swimming in Canada?

The biggest difference was racing in a 25 yard pool as opposed to a 25 meter pool; you have to be fast on the turns!

What brought you back to Ottawa?

After I graduated in 1996 from Alabama, I was hired by the Ottawa Police Service as a constable. I was promoted in 2007 to Sergeant and in 2012, I took a leave of absence from the Ottawa Police Service, and I am currently working fulltime as a labour relations officer for the Ottawa Police Association.

What advice would you give to our club's swimmers today?

Enjoy each day you swim; you will have ups and downs throughout your swim career but don't ever give up. Life will give you these same challenges; the key to success is how you overcome the challenges that are presented to you. Train hard and push yourself to the next level by setting short and long term goals; as long as you try your best, you will never lose, even if some people swim faster than you!