

HANEY NEPTUNES NEWSLETTER – JULY 10, 2007

Way to go Haney Neptunes..... more and more I am impressed with the great attitudes of the swimmers of this club. You really act as a team and I love the fact that most of you remember to come talk to your coaches before and after a race. As usual Agassiz was a lot of fun, especially the Team BBQ and Karaoke...Remember to come to warm ups and the team meeting and cheer prior to the swim meets starting.....

SWIMMERS OF THE MEET:

CHILLIWACK - CONGRATULATIONS!

Senior Group (Justin) – Cole Wagner & Nicholas Todd
Intermediate Red Group (Nathan) – Emily Kelvin-Davies
Junior Blue Group (Vicki) – Elena Fierro
Junior Yellow (Binkle) – Max Niiranen

LANGLEY – CONGRATULATIONS!

Senior Group (Justin) – Andres Fierro & Matt Halajian
Intermediate Red Group (Nathan) – Alex Baron-Veale
Junior Blue Group (Vicki) – Jared Kopp
Junior Yellow Group (Binkle) – Rebecca Johnson

AGASSIZ – CONGRATULATIONS!

Senior Group (Justin) – Justin Heidema & Desiree Choquette
Intermediate Red Group (Nathan) – Kaitlin Hollyday
Junior Blue Group (Vicki) – Nathan Muller
Junior Yellow Group (Binkle) – Martina Jesus

AGGREGATE WINNERS –

There were no aggregates given at the Chilliwack swim meet, however, we did break some more records. Congratulations to...

Div 5 Boys – Nathan Kotylak – 100 Fly

Div 6 Girls – Melissa Roberts – 50 Free/100 Fly/50 Fly

“O”Cat 2 Boys – Matt Torres – 50 Free

- Julian Kotylak – 200 IM/100 Fly/50 Fly/100 Back
- Cody Dodds – 100 Breast
- Nathan Stein – 100 Free

Relays:

Div 2 Girls – 200 Medley – Megan Neale, Emily Kelvin-Davies,
Rebecca Todd, Arianne Yeo

Div 4 Boys - 200 Free & 200 Medley – Max Baron-Veale, Andres Fierro,
Michael Abebe, Darren MacPhail

Div 8 Girls – 200 Free – Vicki Binkle, Desiree Choquette,
Melissa Roberts, Jelena Nicolato

Div 8 Boys – 200 Free – Cody Dodds, Matt Torres, Nathan Stein, Julian Kotylak

Langley Meet aggregate winners were:

Div 2 Girls – Runner-up Megan Neale
Div 4 Boys – Winner Andres Fierro
Div 5 Boys – Runner-up Jesse Wicklund

Agassiz Meet aggregate winners were:

Div 2 Girls – Runner-up Megan Neale
Div 4 Girls – Runner-up Talana Madu
Div 6 Girls – Tied Runner-up Melissa Roberts
“O”Cat 1 Boys – Runner-up Dano Marconato
Div 3 Boys – Winner Connor Heidema
Div 4 Boys – Runner-up Andres Fierro
Div 5 Boys – Winner Nathan Kotylak
Div 5 Boys – Runner-up Jesse Wicklund
“O”Cat 2 Boys – Winner Cole Wagner
“O” Cat 2 Boys – Runner-up Cody Dodds

Agassiz Records:

Div 6 Girls 50 Fly – Melissa Roberts 31.55

Div 8 Boys 200 Medley Relay – Justin Heidema, Nathan Kotylak, Jesse Wicklund
Justin Mitchell 2:20.40

SPECIAL MESSAGES FROM COACHES:

Yellow Group: The Yellow Group had a small turnout this weekend in Chilliwack but those who did show up had a good meet. Martina did breastroke for the first time and had an awesome time! Max took off a huge 11 seconds in his backstroke. Mitchell had an awesome dolphin kick in his butterfly, and Rebecca took off 5 seconds in her freestyle! Way to go Yellow Group and I look forward to more great results!!!
Coach Binkle

Junior Blue Group: Ok, for the Chilliwack meet, there were only a few swimmers there as well, and considering it was cold and wet, I felt that the kids held out really well. I think I felt the rain and dampness more than they did. Langley & Agassiz meets were the opposite. They were very hot for what we’ve been used to. All my swimmers continue to try and do there best, and that’s what it is all about. Keep up the hard work!!! Coach Vicki

THE APPRENTICE GAME:

Thank you so much to all the swimmers who are participating. The next task is to plan 15 minutes of a work out for your group. Please print it out and talk to your coach about implementing it. There may be more than one leader from each team stepping up to the

plate and anyone of you can be a leader. The deadline for handing in your pre-planned work out is Thursday, July 19th.

TEAM 1 – DIVING DOLPHINS – Jesse Wicklund, Cindy Meedin, Rebecca Nicolato, Gunnar Stein, Kathleen Read, Danika Kotylak, Desiree Choquette, Nicholas Todd, Bayley Germain, Dano Marconato, Madison Pridham, Alex Baron-Veale, Noah Johnson, Jared Kopp, Abbey Barnett, Elena Fierro, Mitchell Halajian, Morgan MacKay, Amanda Hollyday, Jessica LeClair, Brett Newberry, Bryanne Newberry

TEAM 2 – TEAM KANADA – Cole Wagner, Luke Parenteau, Shaun Lampen, Faith Phillips, Lexi Niiranen, Max Baron-Veale, Matthew Halajian, Jordan Kopp, Tana George, Rebecca Todd, Jordan Bell, Robert Read, Payton Dendys, Nathan Muller, Matthew Way, Jackson Schaefer, Martina Jesus, Melissa Roberts, Virginia Smith, Ted Elphik, Anelise LeClair, Sarah Kelvin-Davies

TEAM 3 – TEAM WAFFLE – Matt Torres, Nathan Kotylak, Sasha Walker, Cole Lauridsen, Madeline Angus, Jacob Sanborn, Thomas Yeo, Emily Halajian, Aidan Elphik-Miner, Megan Neale, Kaitlin Hollyday, Tamara Angus, Richard Laurie, Nicholas Marconato, Sarah Granger, Max Niiranen, Rachel Warwick, Brad Perry, Darren MacPhail, Nicholas Larsen, Julian Kotylak

TEAM 4 – SUPER STREAMLINERS – Joshua Sanborn, Victoria Smith, Talana Madu, Meika Johnson, Taylor Perry, Andres Fierro, Connor Heidema, Nicholas Bruneau, Brittany Sweet, Thomas Laurie, Emilio Nicolato, Trevor Roberts, Shanaia Jesus, Kirsten Kopp, Noah Jensen, Molly Fandrey, Justin Sweet, Hannah Barnett, Rosie Elphik, Bo Chambers, Bryn McInnis

TEAM 5 – NACHO NEPTUNES – Justin Heidema, Christopher Jackson, Colleen Dixon, Madison Gwynne, Emma Germain, Michael Abebe, Shawn Muller, Alex Aguilar, Emily Warwick, Anika Rich, Taeya Fierro, Spencer McIntosh, Jelena Nicolato, Shaquille Naicker, Rebecca Johnson, Ian Cant, Timothy Torres, Arianne Yeo, Caitlin McInnis, Biz Pannell, Lucas Wallace

Team standings to date:

	<u>Poster</u>	<u>Team Cheer</u>	<u>Synchro</u>	<u>Total</u>
Super Streamliners –	18	16	18	52
Team Kanada –	0	8	5	13
Team Waffle -	0	6	17	23
Diving Dolphins -	0	0	17	17
Nacho Neptunes -	0	0	15	15

A REMINDER THAT THERE IS A TROPHY AT THE END OF THE SEASON....and bragging rights....

RELAYS:

Abbotsford relays are swum after Heats and before finals as timed finals. They are not going to be swum at the end of the long day.

As previously discussed, from now on the relays will be the fastest “**official times**” of swimmers on the teams, and where there is not enough swimmers in an age group, we will be making other teams with the fastest remaining swimmers. Everyone that comes to a meet will be expected to be available to swim on a relay unless you have a previous engagement or arrangement with your coach. The relays are posted on the message board no later than Thursday. Please check all divisions to see if your child is on a relay. If there are any discrepancies or you can prove that the relay would be faster another way, please inform Coach Vicki ASAP. Remember, relays are meant to be fun and for some these are the only ribbons they may receive. Remember we are a TEAM. If you are not on a relay please check with your coach before leaving the pool at the end of the day to make sure there have been no last minute changes due to any unfortunate circumstances. Remember, if you do sign up for a relay and don't show up, you may jeopardize your chances of being put on future relays. By not showing up, you not only affect yourself, but at least 3 other swimmers who are eager to swim and the parents who have been waiting around to swim the relay race.

TUESDAY TEAM MEETINGS:

3:50-4:05PM

Topics discussed:

Aggregate awards presented from previous swim meet.

Reminders.....

Apprentice game winner of the task.....

Attendance draws....

TEAM PICTURES RESCHEDULED:

Tuesday, July 17th @ 4:30pm at the pool.

WORKOUT AT ALOUETTE LAKE:

Justin and I are planning an afternoon workout at the lake on Wednesday, July 18th from 3-6pm. We are going to be watching the weather reports and if it is going to be a nice day we will proceed with it. Bring all appropriate beach gear and swim wear for training, sunscreen, WATER, and some snacks. If this is a go, we will be canceling our Mini-Olympics on the Tuesday, July 17th at Maple Ridge Park. Please watch for notices on the board and/or website.

Keep your attendance up and don't forget to fill out your attendance tickets. See you at the pool.....

Coach Vicki