

HANEY NEPTUNES NEWSLETTER – JULY 24, 2007

UNBELIEVABLE!! We are in to our final countdown for Regionals and Provincials. Less than 2 weeks to Regionals and then.....we're on the road again....to Prince George.... This past week was the Abbotsford meet and considering we just had "Hell Week", we had some fabulous swims. Abbotsford pool is much nicer after the renovations and movie night was a big hit. Just a quick note: Coach Justin has an opportunity of a lifetime to Ref a waterpolo tournament in the Dominion Republic, WOW. He will be leaving mid-week next week, and returning in time to head to the Provincials. We welcome back Bridgette to help out in his absence and of course I will still be there.

SWIMMERS OF THE MEET:

ABBOTSFORD - CONGRATULATIONS!

Senior Group (Justin) – Joshua Sanborn & Jacob Sanborn

Intermediate Red Group (Nathan) – Nicholas Bruneau

Junior Blue Group (Vicki) – Molly Fandrey

Junior Yellow (Binkle) – Bryn McGinnis

AGGREGATE WINNERS – Abbotsford

Congratulations to...

Div 4 Boys – Andres Fierro

"O"Cat 2 Boys – Joshua Sanborn

ABBOTSFORD MEET RECORDS:

"O" Cat Boys – Nathan Stein - 50 Free 25.30 & 100 Free :55.67

- Joshua Sanborn – 100 Breast 1:25.68

SPECIAL MESSAGES FROM COACHES:

Seniors: Abbotsford was a chance to see how we do among other swimmers from other regions and you stepped up to the plate and came out swinging. Even after Hell Week, you still managed to get some best times and make lots of finals/consolations and then better your times in the finals. That's all part of the training. Knowing what you want and focusing to get there is all part of the competition. The next two weeks are all about that.....and fixing the little things....tapering.....sleep.....eating healthy...Keep working hard, Coach Vicki

Junior Blue Group: Once again, my little guys absolutely amazed me. Molly swam 3 out of 4 best times and swam her 1st 50 free ever and did a 1:16. She also raced the 25 Breaststroke to try and win. Elena made all finals in Div 1 placing 4th, 5th, 6th & 7th and did a fabulous backstroke flip turn. Shanaia swam on Sunday and got 2 of 3 best times and no DQ's. Jelena had a rough weekend in Dq's, however, her determination and never getting down prevailed and she made consolations in 50 Breast and placed 10th overall without looking around at everyone. Caitlin swam 3 best times and also made consolations in everything, where did she come from? Nathan also made 3 finals and 1

consolation and swam 5 best times of 7 swims getting 2 “A” times. Alex is in Div 3 and for his 1st year made all 4 consolation finals taking off an amazing 19 seconds in his 100 free. Now Nicholas (aka:Pico) swam in Salmon Arm and he too made all finals and 1 consolation final and swam 3 best times. You guys are working so hard and I can see the desire in your attitudes and that breeds success. I am sooooo proud of all of you. Keep listening and working hard and let’s have some fun out there...Coach Vicki

THE APPRENTICE GAME:

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

I have yet to see any group hand in the next project which is an easy one.... Making up parts of a workout....It is your teams chance to catch up.....Monday is the deadline.... A REMINDER THAT THERE IS A TROPHY AT THE END OF THE SEASON....and bragging rights....

RELAYS:

Regionals – If you have any questions regarding the relays and how they are made up, please refer to the relay policy posted on the message board at the pool. As previously discussed, 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. 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. 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.

TEAM INFO:

Reminders.....

Attendance draws....Swimming... Lexi Niiranen and Caitlin McInnis

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

Coach Vicki