



Nanaimo White Rapids Swim Club

NEWSLETTER

Number 6

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FALL AND WINTER MAINTENANCE NEWS

There are only a few spaces left for fall and winter maintenance, and they are going quickly!!!! The cost per swimmer will be \$65.00 for a total of 12 sessions.

For those who are new to the club, we offer 2 12-week "maintenance" sessions for our swimmers of all ages and levels. This is a great way to keep fit and tuned over the winter months (also great cross training for soccer, dance etc.) and to continue working on your strokes, turns, dives and endurance...while having some fun as well, of course!

Any questions? Please feel to call me @ 756-9792 or email @ edlesimpson@shaw.ca

Thanks so much,

Leanne Edle-Simpson
Maintenance Coordinator



Coach Reports

Jenny

Deglau/Hayden: Congratulations everyone on some fine swimming at Regionals. There has been lots of significant improvement in the group which is exciting to see. Provincials will be a fine showcase for many of your racing abilities. I also continued to admire your improved work ethic as a group after Hell Week. I look forward to seeing you all at awards night, and perhaps running into some of you in Nanaimo this year. Have a great school year, and I hope to see you in the pool at least once before May 1 2007!

Rich

Stutzel: So this is it kids. The final newsletter of the season and I must admit that I have nothing but kudos to offer you all. It's not very often a coach can say that every single athlete stepped up when they needed to, but at Regional Champs you all did just that so congratulations. The entire group made finals, pulled off breakthrough swims and showed the VI Region that Nanaimo's Stutzel group was a major force to be reckoned with. I look forward to seeing you all on deck, in shape and ready for another epic season next year.

Vizsolyi: Very impressive display of swimming this season Vizsolyi's. In our push-button society it was such a relief to work with a group of kids so willing to push towards their goals month after month. The whack of personal bests at Regionals shows that your hard work over the summer was indeed worthwhile. Oh, and one more thing...ah nothing☺ It's honestly been a pleasure coaching you all. Be sure to attend winter maintenance to keep up those rippled abs and see you next year!

Marc

Weiss: This group had one lone representative at the Regional championships who swam very well and did achieve some best times. As the summer season winds down I would like to thank those swimmers who attended practice and swam hard and improved so much over the summer. I would also like to thank the parents because of their efforts in driving the kids to swim practice and swim meets throughout the summer. I hope that you all had a fun summer and enjoyed coming to the pool.

Kariya: This group is an amazing bunch of kids that any coach would be privileged to work with. Everyone in this group swam extremely well at the Regional Championships this past weekend in Nanaimo. Almost every swimmer qualified for the Provincial Championships in Kamloops, the majority of whom I will see there. I can't wait to see what happens on the big stage. I would like to send out a big thanks to all the parents who made my summer so much easier by just simply bringing their son or daughter to the pool every day with a great attitude about swimming. As well, another huge thanks to the swimmers who swam so well all summer and I hope the best is yet to come. Congratulations to all the swimmers on their successes this summer; it's great to see what achievements can happen when they just simply put in the work.

Tiffany

Say & Chuy: I first of all want to say congratulations to all those participants who made it out to Regionals and B & C's. It was great to see all those wonderful best times. It has been a true pleasure to work with you guys this summer. I think that the greatest thing that I saw was the amount of progress everyone made, both in and out of the pool; the challenges that you guys faced were incredible. Many thanks to the parents for putting in their time and energy (it does make a difference) and most of all to the kids for putting their passion into the sport. I hope you all will learn a life long love for the water. I am on my way back to Ottawa for the fall but I would love to hear from you guys. (tiffanylocke@hotmail.com) Cheers and have a great winter!

Kiala

Johns: Wow guys! You have really come a long ways this summer! At the beginning of the season you swam about 400 meters in a practice and you have currently tripled that amount with an amazing 1200 meters in a practice! Not only have you started to swim more, you are also swimming better! Back, breast, fly and free are all part of your practices and you are definitely showing me that you can swim them well! Not only have I seen huge improvements in practice but also at swim meets! It's great to see so many of you participating at meets this summer. At the beginning of the summer you were all swimming 25's in breast and fly, but now you are swimming 50's and even 100 IM's and 100 freestyles! I would also like to point out how many of you are now able to do flip turns! It really is amazing what a difference a summer can make! Congratulations you guys on an amazing summer!

Keep up the hard work! Have a great winter and I hope that you all keep swimming!

Robertson: Good job this summer guys! I hope you all had as much fun as I did. For those of you who attended Regionals last weekend, great work! Everyone had great swims! Have a great winter guys and see you in September!

Kim

Wow, the summer sure has flown by quickly; it seems that only a few weeks ago we just started. I have had a wonderful summer, and have really enjoyed coaching all the kids! Thank you to all the parents for getting them there, I know that is not always easy, and also, thank you for helping to make swim club such a wonderful experience. I will not be returning next summer, as I will be off to Australia for a semester of school. I hope you all have a great swim club season next summer!

Hartley:

You guys sure have improved since May! As many of you were brand new to the club, you have learned many skills that I hope you will use forever. You know all four strokes, the turns for each stroke, and are able to start them for a race. You guys were a pleasure to coach. Keep up the swimming! Have a great year of school, and have fun next summer!! Remember that the awards banquet is on September 10th from 6-8 pm at John Barsby - I hope to see you all there!

Brambley:

You guys were awesome! I enjoyed every minute of it! You have built on old skills, and have learned many new ones as well. All of you are getting much stronger in the water, and you all have improved tons since the beginning of the summer, which shows with all of your best times. I hope you have a great school year, and tons of fun next summer! Remember that the awards banquet is on September 10th from 6-8 pm at John Barsby - I hope to see you all there!

Sita

Reimer: Wow! You guys have done a great job this season! You have all improved so much over the past weeks and it has been great to see. Everyone's swimming is looking great and you are now all able to swim much more in each practice compared to when you first started. I had a great time coaching all of you and I hope you all enjoyed your summer with the swim club. A reminder that

the awards banquet is coming up on September 10th which I encourage all of you to attend. Thank you all for being such a great group and for doing such a wonderful job this summer. I hope you all enjoy the rest of your summer and good luck with your new school year in September.



Workers of the Week

Hayden/Deglau

There were many breakout swims at Regionals but I would like to award worker of the week to **Hayley Sedola** and **Tricia Reynes** for their huge step up swims at Regionals. Hayley showed huge confidence in every single one of her finals with best times in all four finals. She ended up qualifying for Provincials in 100 free. Tricia also had four significant best times, and will certainly be a contender for Provincials next year as she has another year in Div. 6. Congratulations ladies!

Stutzel

Week 12 – Great job to **Vanessa Yates** who led the grueling 25 X 25M fly set and even the pull sets over the past few weeks. She's worked very hard and has improved her fitness dramatically over the past few weeks. It's great to see your hard work paying off Vanessa!

Week 13 – Props to **David Lutes** for stepping it up in practice, leading the get-outs swims and reaping the rewards at the swim meets. Dropping 10 seconds in his 100 Breast this season to go 1:24 was a major display of tenacity and stoked the entire club at Regional Champs.

Vizsolyi

Week 12 – Wow, that **Darby Walker** stepped it up this week. Her freestyle in those challenging sets looks amazing. Great stuff, Darby!

Week 13 -- **Shelby Brown** may have broken her arm in early July but you'd never know it now. She swam hard all week and had a spectacular performance at Regionals. Way to go Shelby!

Weiss

Week 12: **Jay Lawlor** has been attending practices very regularly and has improved a ton over the summer.

Week 13: **Ally Fabbro** worked very hard this week in all sets that were asked of her and she swam very well.

Kariya

Week 12: **Moira Brown** has worked very hard all summer and this week she attended all practices and worked very hard at all the sets.

Week 13: **Mike Taylor** has been great to have in this group because of his work ethic and his determination to get better.

Week 14: **Chris Yates** is a great swimmer to have in a group because of his ability to listen to a coach and apply what he learns very quickly.

Johns

Great work **Nyree McGonigle**! The week before Regionals is very important and you made sure you came to every practice you could even though you were camping! It definitely paid off with some amazing swims on the weekend! Congratulations on making finals and achieving your first "A" time!

Good work **Liam Cooper**! You have really come a long way this summer! Showing up at the pool you look like a real swim clubber! Cap, goggles, suit (and cape!) you are always ready to go. Great job Liam!

Robertson

Good work **Lauren Moore**! I am very happy to see you at practice because every time you are at the pool you are ready to work hard. I would like to say good job with your training; you had an awesome weekend at Regionals! Loads of best times and lots of fun! Good job Lauren!

Cliff - TBA

Hartley

July 18- 22nd

Cyrus Rupa has done a great job this week working on his butterfly, making sure his arms always come out of the water. Awesome work Cyrus! Keep it up!

July 25-28th

Henrik Olsen is always working his hardest in practice. He comes to the pool with a great attitude, and is a pleasure to coach. This week Henrik's starts have improved a bunch! Good work bud!

July 31-Aug 4

Madeline Hart is a great worker, she is determined, but also likes to have fun at practice. She is a leader in the group. Thanks for your hard work Madeline!

Aug 7-11

Colby Browns's strokes have improved a lot this summer; he is always working on trying to fix the things that I tell him. Awesome job this summer! Thank you for coming back for relays at Regionals!

Brambley**July 18- 22nd**

Hannah Fehr has been working hard all summer, and having fun while doing it. In practice she took off 10 seconds off her previous 50 fly time! Great work Hannah!

July 25-28th

Macki Barerra comes to the pool and tries his best. He works very hard to try to use the corrections I give him for each stroke. Macki you have done a great job this summer! Have fun at school in September!

July 31-Aug 4

Kreston Lance comes to the pool with energy, but when he hits the water, he is ready to work. Kreston's kick has become much stronger these past few weeks, and this is great to see! He has also been working very hard on butterfly! Good job Kreston!

Aug 7-11

Evan Price is always an extremely hard worker and for the past two weeks he has even been able to do legal breaststroke kick! His dives are coming along too! Great work Evan! You are a pleasure to coach!

Reimer

Quinn Todd: This swimmer just keeps getting better and better! His strokes are looking fantastic, he is always leading group, and he always shows up to practice with a smile on his face. Keep it up!

Mackenzie Cooper: Mac has been working hard in practice lately. He also did a fantastic job at Regionals, swimming 50 free, 50 back, and 50 breast. Keep up the great work Mac!