



Nanaimo White Rapids Swim Club NEWSLETTER

Number 1

May 3, 2005

PRESIDENTS' CORNER

On behalf of the NWRSC Board of Directors, I would like to welcome everyone to our 2005 Summer Swim Season. We hope that you have a fun and successful summer.

This is the 39th year that the NWRSC has offered an exciting summer aquatic program at the "Best Little Pool" on the Island.

We are joined by many familiar faces, both in and out of the water this summer. However, we also have a number of new faces joining us this year at the pool, not the least of which will be our new Head Coach, Jenny Duncan, and her coaching staff. The newsletter will be carrying some bios on our coaches in a later edition.

We have also had an infusion of new parents stepping up to form the Board of Directors. This Board, which consists of both new Directors and returning Directors have been working hard all winter to produce this year's exciting season. I would like to thank them for all the hard work they have done over the winter and will continue to do as we move through the summer. I am proud to be associated with these wonderful people.

Once again, welcome to all, let's have a great time in the water this year and we'll see you at the pool.

Alan Yates, President - NWRSC

FALL & WINTER MAINTENANCE



Photo of the Wednesday group!

Maintenance during this past year was well attended with positive, hard working swimmers. Every practice was full of appropriate drills to improve all strokes; 10 to 15 minutes was devoted to starts and turns consistently. Swimmers maintained their flexibility and their "feel" for the water.

As they now enter the new season, the focus will continue to be on the improvement of the many skills, but also work on adding speed. Sita, Kiala and I wish you all success, but above all, retain your good sense of humor and your health!

It was a pleasure and an honor to work with you all.

Thank you,

Catherine Kleijn, Coach

***A big thank you to Leanne Edle
for managing this program!!***



Swim Schedule for May 2 - May 6

Div 0 - Div2 4:15 - 5:30

Div 3 & 4 5:15 - 6:30

Div 5 & up 6:15 - 7:

SWIM SCHEDULE WEEK ONE

Mon, May 2 – Friday May 6

Div 0 – 2 4:15 – 5:30 pm

Div 3 & 4 5:15 – 6:30 pm

Dive 5 & up 6:15 – 7:30 pm

*if you are not sure which division your swimmer is in, please refer to the chart at:

<http://www.bcssa.bc.ca/PDFs/2005swimsyncage.pdf>



APPAREL

The Queen of Apparel and her loyal Assistants will be available at the pool side with the swim suit size kits and gear from Monday through Friday, May 2nd to May 6th from 3:00pm until 6:00pm for last minute orders. Last order day for apparel will be Friday May 6th, 2005.

A special note to parents that it is expected to take up to six weeks for some items to arrive. Thank you kindly for your patience.

The Q of A :)

NEWSLETTER NEWS

The deadline for submissions for the next issue of the NWRSC Newsletter is Wednesday, May 11. If you'd like to contribute, please e-mail Teresa Al-Hajj at talhajj@sd68.bc.ca



REGISTRATION REPORT

Thanks to all those families who mailed in their applications. There were 101 mail-ins, which is a significant increase over last year.

April 23 had another 57 come and register.

For those who are not aware, the BCSSA added a personal privacy act clause to the new forms. What this means is that for those individuals who mailed in their forms or had someone drop them off, they will need to find myself or Jane Barron to sign the new form (the forms will also be available at the information booth that will be set up at the pool each day this week). This is something the province requires. Thanks for your understanding in this matter.

Your new registrar,
Laura Prout

REMINDER

*If you would like to keep up with NWRSC information, check out the club website at:

www.bcssa.bc.ca/vi/nan/index.html

**be sure to click on the link to sign up to be on the mailing list – this is a great way to receive information as it becomes available

INFORMATION BOOTH

NEW TO THE CLUB?

HAVE QUESTIONS?

Board Members will be available at the information booth that will be set up at the pool each day this week from 4:15 on. Chocolates and apparel kits will also be available.

COACHING STAFF 2005

Jenny Duncan	Head Coach
Kirk Stringer	Assistant Head Coach
Kurt Murphy	Senior Coach
Tiffany Locke	Senior Coach
Kiala Silverton	Developmental Coach
Sita Ollek	Developmental Coach
Kim Beerman	Developmental Coach
Claire Smith	Junior Coach
Simon Baldwin	Water Polo Coach
Steve Elwood	Water Polo Coach

Please stay tuned for write-ups on our coaching staff in the next newsletter!!

BOARD OF DIRECTORS 2004/2005

President	Alan Yates
Vice President	Kevin Bourgeois
Past President	Mike Silverton
Treasurer	Jane Barron
Secretary	Marise Wickman
Registrar	Laura Prout
Director	Rick Heikkila
Director	Nancy McGuire
Director	Bernie Taekama
Director	Teresa Al-Hajj
Director	Geoff Whiting
Director	Steve Beerman
Director	Catherine Kleijn
Director	Linda Shorting

WATER POLO

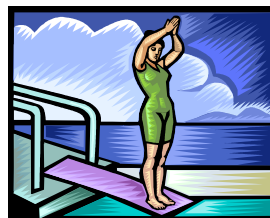
Interested in water polo? Swimmers have the opportunity to enjoy a team sport, learn new skills and improve endurance. Water polo builds on team spirit and strengthens friendships. There is no additional cost for attending water polo practices. Please contact Rick Heikkila at



rvtech.com

rbheikkila@shaw.ca or 390-2399 for information on this great program!

POOL OPERATIONS



The Nanaimo White Rapids Swim Club and the City of Nanaimo have a renewed 5 year agreement for the co-management of Bowen Park Kin Pool. This new agreement covers 2005-2010. The Nanaimo White Rapids Swim Club is pleased with the opportunity this provides for the club to schedule the facility and offer programs for the club and the community.

New capital projects for the pool and surrounding area include a new diving board stand in a new location. The City has provided a new playground in the grass area, north of the pool. There will be new landscaping and some tree and plant relocation.

This is our club facility, use it with pride. Please help us maintain and improve this great community outdoor swimming pool facility.

Steve Beerman
Pool Operations Committee Chair



Get your flower baskets! This is one of the many fundraising opportunities available with our club. For each purchase of \$32.00, \$5.00 will be credited to your fundraising account. Contact Catherine at kleijn@shaw.ca for more information about the baskets. More fundraising info is coming in the next newsletter!