

Nanaimo White Rapids Swim Club

Newsletter

Number 8

September 14th, 2003

FROM THE EDITOR

The 2003 season has come to a close for the Nanaimo White Rapids Swim Club. The last four months have flown by and our swimmers have had some great experiences. New swimmers learned about the benefits of our club. All have participated in practices with a focus on learning all of the swimming strokes and how to swim effectively and efficiently. Some swimmers entered competitions. These experiences gave swimmers a chance to measure their progress and have fun at the same time. For seasoned swimmers and polo players, this fun was evident at the practices, swim meets, water polo matches and at the many special events. Learning to set and achieve your goals is a great experience and can be applied to other areas in life.

It was another great season of accomplishments for our club. The NWRSC defended its Vancouver Island Regional title for the 19th year in a row AND placed sixth overall at the Provincial Championships. Several swimmers broke meet records.

The successes of this past season can be attributed to the excellent coaching leadership in 2003. The club thanks both **Brian Nishi** and **Sheila Galloway** for their hard work and dedication to the sport in their positions as Head Coach and Assistant Head Coach Swimming. **Marc Belanger**, Assistant Head Coach Water Polo, and **Kathy Trajan**, Coach, are also thanked for the many hours they contributed to our members. Our two new coaches, **Rachel Sutton** and **Tiffany Locke**, also deserve a big thank you for their work and patience with the younger swimmers. We hope they each have a wonderful winter and continue their interests in swimming and water polo. The three Junior Coaches for 2003, **Simon Baldwin**, **Kim Beerman** and **Kiala Silverton**, are congratulated for contributing to the successes of the club by filling in where they were needed, especially with those younger swimmers who benefit so much from the special attention.

Thanks to all the volunteers who helped the club during the summer season. It is important to remember that each contribution is helpful and appreciated. There were about 225 swimmers in the club this year and the volunteer help was essential to the success of the season with a large club like ours.

A special thank-you goes out to **Mike Silverton** and **Marise Wickman**, our co-Presidents, for making it look like the club runs all by itself. These two people were behind the scenes for every success that we experienced this year. Also, the **Beermans**, the **Conways**, the **Suttons**, the **McGuire**s and the **Saunders** played important roles in the day-to-day affairs of our club. Most of these people have been involved with the NWRSC for many years and gave immeasurable time this season to keep everything running smoothly. Thank you to these special volunteers who have served us so well. Once again, we remind the **140 families** in our club that many of these key families have senior swimmers and will be stepping down soon. It is imperative to get new blood involved at the Board and Committee level in the coming year so that valuable knowledge and experience can be passed on by these key individuals.

Everyone needs to be reminded that the club operates all year long. We thank the many volunteers who are continuing in some capacity to serve the club in the off-season. We hope that new volunteers will also come forward this Fall. The club needs help to plan for next season. There are many vacancies at the Board and Committee level. I am stepping down as Editor for the Newsletter, after three years, so am hopeful that someone will take this job on in 2004. Please contact the BOD, if you are able to help in any way. Every club activity is focused on providing quality opportunities for our swimming and water polo members.

The club's Annual General Meeting will be Tuesday October 28, 2002 at the Beban Social Centre, at 7pm. We need at least 20 parents or swimmers 18 years of age or over, to achieve a quorum. There will be a slate of officers for the Board of Directors to be voted on. We do not anticipate any changes to the club's Constitution or By-Laws. Constitution and By-Law changes require a 75% margin to pass. All other items require a simple majority (50%+1) or approval. If you have an item that you think is appropriate for the AGM, please give the AGM Chairperson, Mike Silverton, the courtesy of advanced notice of your plans. Please remember the **NWRSC Annual General Meeting October 28th, 2002, BEBAN Social Centre 7pm.**

The club offers a winter swim and water polo maintenance program. The BCSSA categorizes all swimmers as "S" or "O" swimmers. "O" category swimmers have done formal winter swimming, in excess of 2 hours per week. A swim meet is considered one hour of swimming. Lessons for lifesaving classes, leadership training (NLS, Instructor, Leaders, etc) are not counted. Individual, non-formal training does not count. Many winter water polo tournaments may not count, but participants need to be careful that the exemption has been granted prior to participation. To maintain the "S" category, swimmers must be careful to abide by these regulations. The club's winter maintenance program is conforming. We encourage you to participate in this technique-focused program for off-season skill advancement. If you are planning to train in the winter and maintain your "S" category status, please check with Mike, Marise, Karen Conway or the BCSSA office. The rules for "S" category swimming

are long, complex and change from time to time. Neither the club nor the club's BOD will take responsibility if you cross into the "O" category in an unintended manner. Be careful if you are playing the margins of this issue!!

We need your input to move the club forward. If you have an idea, or are willing to play a leadership role in an area, or want to be involved in the club's overall activity, please let us know. We hope to see everyone back next summer!! *Lana Fitzpatrick*



NWRSC WEBSITE

The Nanaimo White Rapids Swim Club has an excellent website which can be found at www.bcssa.bc.ca/vi/nan/index.html. This website will be open all winter, so check it for updates on swim club news. Contact addresses for BOD members, past newsletters and other items are posted too. There are direct links to the VI Region and BCSSA websites.



NEWS ITEMS

WINTER SWIM MAINTENANCE

When: Fridays, **Sept 19** to Dec 12 Fall Session
Jan 10 to April 16 Winter Session

Where: Beban Park Pool

Times: 3-4pm for Juniors (under 10)
4-5pm for Seniors (10 plus)

Cost: \$50 per session for members
\$55 per session for non members (plus \$15 BCSSA insurance)

Contact Karen Conway at 758-2288 re: registration .

WINTER POLO MAINTENANCE

When: Sundays, **Sept 28th** to Dec 21st Fall Session
Jan 4th to April 18th Winter Session

Times: 8:30am- 9:30am for Juniors (12 & younger) Cost \$60
9:30am-11:00am for Seniors (13 & older) Cost \$70

Where: Nanaimo Aquatic Centre, 741 3rd Street

Add \$15 BCSSA registration fee for non-BCSSA members to register - payment accepted Sunday, Sept 28th at pool contact Leslie Sutton 754-4190

LIFESAVING SOCIETY COURSES

Several leadership programs are being offered through Parks, Recreation and Culture this winter. The **Bronze Medallion & Senior Resuscitation** course will be offered Oct 14–Nov 13 and Jan 6-Feb 5. **Bronze Cross** will be offered Nov 18-Dec 18 and Feb 10-Mar 11. The **Triple Certification** is offered in an intensive all day program Monday to Friday over Christmas and during Spring Break. The **National Lifeguard Service Award** course is offered Oct 15-Nov 24 and Mar 13-19 (all day). Check these courses and many other courses offered this winter if you are interested in helping out at the Kin Pool in years to come.

ANNUAL GENERAL MEETING

Our Annual General Meeting will be on Tuesday October 28th at Beban Park Centre, at 7:00pm. The meeting is usually one to two hours long. At this meeting we will hear committee reports on the larger aspects of the club's business. There will be the election of the 2003-2004 Board of Directors. There must be 20 members present to make a quorum.

2004 REGISTRATION DATE

Mark this date on your calendar!

APRIL 18, 2004 10AM - 2 PM BEBAN PARK

You get a \$5 credit towards fundraising for every family you refer. For more information please call Karen Conway, Registrar at 758-2288.



FUNDRAISING REPORT

NANCY MCGUIRE

The Fundraising Committee would like to thank all the hard-working volunteers who made the 2003 summer swim season such a success. The participation was great and everyone seemed to be enjoy themselves, whether they were flipping burgers or swimming a mile! We would like to encourage anyone who would like to join us next year to call Joan at 758-7735 or Nancy @ 756-0555. New ideas and fresh faces would be very much welcomed. A reminder that all members can continue collecting bottles and using the gas cards over the winter months. Any amounts collected during the winter will be credited to the 2004 season. Hope to see you all at winter swim maintenance/water polo and again ready to swim in 2004!



WATER POLO REPORT *Leslie Sutton*

It was very exciting to watch the provincial water polo ply. The P2 and P4 NWRSC teams and the P3 Mash team all made it to the Bronze Medal round. The P2's winning the Bronze was a very nice treat. Congratulations to all players. It is hope that Regional Medals will arrive in time for the Awards Night and will be handed out then. If you are unable to attend, then I will get the medal to you. Simon and Dave are busy planning great things for the Fall/Winter polo maintenance program. Any seniors interested in volunteer coaching during maintenance, let me know. Register at the NAC on Sun Sep 28th. Steve Elwood and I are planning more games. Once a month is ideal but we will keep you posted about this. Call me Leslie @ 754-4190 if you have any questions.

2003 BEST TIMES

This has been quite the year for racking up Best Times. There were almost 70 swimmers that had eight or more Best Times at swim meets this season. We congratulate them all on this awesome achievement! The numbers show just how hard these swimmers have worked throughout the season. It's incredible to see just how many individuals earned more than 20 Best Times!

Gareth Saunders – 34
Eliza McGuire –28
Colin McDonald –27
Vanessa Yates -25
Carla Henderson –24
Tricia Reynes – 23
Aria Maccoll – 22
Shane Malone – 22
Jaclyn Sangha - 22
Alanna Beerman – 21
David Lutes –21
Forrest Simpson - 21
Cassandra Knieval - 20
Hollis Louie –20
Stephanie Taekema – 20
Chris Sutton – 19
Graham Cruise – 18
Tom Gossland – 18
Hayley Sedola – 18
Richard Chisholm – 16
Ian Smith – 16
Kevin Beerman – 15
Dave Heikkila – 15

Larissa Hogg – 15
Dominic Kleijn - 15
Lauren Moore - 15
Justyna Sypniewski – 15
Garrett Burdett –13
Taylor Olson - 13
Nathan Taekema – 13
Chloe Swabey – 13
Simon Baldwin - 12
Kim Beerman – 12
Richard Bourgeois – 12
Sandra Dekker – 12
Danielle Lafortune – 12
Kaitlin Miller – 12
Taylor Richardson – 12
Kiala Silverton – 12
Jordan Veller – 12
Caitlin Gossland – 11
Helen Lutes – 11
Megan Malone – 11
David Spence – 11
Keenan Abdurahman – 10
Philip Bourgeois – 10
Jamie Gold – 10
Luke Postey – 10
Don Punshon – 10
Margaret Trajan – 10
Tim Wickman – 10
Alex McDonald – 9
Fraser Read – 9
Marnie Boers – 8
Declan Burdett – 8
Brad Cioban –8
Shannon Gold –8
Steven Gossland – 8
Kate Heikkila – 8
Laura Lutes – 8
Blake Mattson – 8
Marcus Negrin – 8
Sophia Negrin – 8
Matthew Postey – 8
Sheldon Scow – 8
Claire Smith – 8
Sean Stewart – 8
Kathy Trajan – 8



Pool Operations

Report - Steve Beerman

This has been a very successful year for the Bowen Park Kin Pool. Public Swim attendance, community rentals, and swim lessons are all exceeding budget and surpass the usage for 2002. Our plan to link the facility back to the community seems on track. We have also made progress in our need to make the operation sustainable. The new water quality controller has been helpful.

We need to thank the club members who served as Pool Staff in 2003 and contributed to the success of pool operations. They are: **Simon Baldwin, Kevin Beerman, Kim Beerman, Marnie Boers, Stephen Conway, Gregg Cormie, David Cruise, Graham Cruise, Dave Heikkila, Tiffany Locke, Devin Maccoll, Joe Negrin, Sita Ollek, James Saunders, Kiala Silverton, Claire Smith, Rachael Sutton, Chris Wickman, Tim Wickman**

The success of the Pool Operations for 2003 will allow the club to participate in some facility upgrading. For more complete information please attend the NWRSC AGM on Oct 28th.

REGIONAL CHAMPIONSHIPS 2003

The club successfully defended its Island title for the 19th year, placing more than 300 points ahead of their nearest rival this year. We sent over 100 members to the Vancouver Island Championships in Victoria, and dominated the two-day meet. Two team members broke Island records. **Carla Henderson** continued her assault on the record books, with new marks in the 100 back, and 50 free, as well as garnering two other 1st place finishes. **Jaclyn Sangha** was also a dominant force, setting a new Island record in the 50 fly, as well as picking up two more firsts. Also showing that they were contenders for the upcoming

provincial meet were **Shane Malone** , **Aria MacColl** , and **Marc Belanger** , all with 3 gold medal performances. Double wins were achieved by **Kathy Trajan** , and **Colin MacDonald** . Individual Island Championships were achieved by **Gabriel Kleijn**, **Cassandra Knievel**, **Dominic Kleijn**, **Eliza McGuire**, **Gareth Saunders**, **Jordan Veller**, **Tiffany Locke**, **Daniel Lafortune**, and **Sheila Galloway** . Named "White Spot Swimmer of the Meet" were **Jordan Veller** and **Eliza McGuire**, who both had outstanding swims and claimed bronze, silver and gold placings.

The coaching staff was extremely pleased with the team's performance. There were 55 swimmers who qualified for the provincial meet, and 21 relay teams that advanced. Brian commented that there will be a large number of these swimmers who will be making finals at Provincials. It is quite an accomplishment to be able to make the finals as this means you are one of the top eight swimmers in that stroke and age group in the province. Once you are in the finals, you just give it everything you have. That is when the hard work pays off. Brian also noted that swimmers from Nanaimo will be part of an impressive 'Island Regional Squad', that is hoping to surprise some of the powerhouse teams from the Mainland. Nobody else in the province knows this pool (Commonwealth Pool) better than us, stated Brian. The walls, the starting blocks, and the environment will be what the Island swimmers are used to, so we are hoping to take advantage of this, and have calm, relaxed athletes who will turning in some personal best swims. We definitely have a number of medal contenders in the club, and the Nanaimo White Rapids should do very well at the provincial level.

The following swimmers placed in the top eight for individual events on the Island. Congratulations to them all.

Luke Postey -3rd 100 free, 6th 50 breast
Cody Olson -7th 50 breast
Chloe Swabey - 5th 50 fly
Gabriel Kleijn - 1st 50 back, 5th 100 free, 50 free
Vanessa Yates -3rd 50 breast, 50 free, 4th 100 IM, 6th 100 free
Cassandra Knievel - 1st 50 bk, 2nd 50 free, 3rd IM, 7th 50 breast
Richard Bourgeois - 2nd 50 breast, 4th 50 free, 6th 50 bk, 100 IM
Dominic Kleijn - 1st 50 free, 3rd 50 breast, 4th 100 free
Stephanie Taekema - 2nd 50 fly, 4th 50 back, 7th 100 free
Forrest Simpson -2nd 50 fly, 3rd 100 IM, 50 back, 5th 100 free
Steven Gossland - 5th 50 fly, 50 free, 7th 50 back
Hollis Louie - 6th 50 free
Colin McDonald -1st 50 breast, 100 IM, 2nd 50 free, 3rd 100 free
David Lutes -6th 50 back, 50 breast
Eliza McGuire -1st 50 fly, 2nd 100 IM, 3rd 50 back, 8th 50 breast
Nathan Taekema -4th 50 back, 100 IM, 5th 50 fly
Sophia Negrin - 8th 50 back
Richard Chisholm -5th 200 IM, 6th 100 breast, 7th 50 fly
Gareth Saunders -1st 200 IM, 2nd 100 bk, 100 breast, 3rd 50 free
Shane Malone - 1st 100 back, 100 free, 50 free, 2nd 50 fly
Matthew Postey - 7th 100 breast
Brad Cioban - 7th 100 free
Stu Wallensteen - 8th 100 free
Tricia Reynes -7th 200 IM
Larissa Hogg - 4th 50 free
Brittany Knievel 3rd 100 back, 50 free, 5th 100 free, 8th 50 fly
Jordan Veller - 1st 100 breast, 2nd 50 free, 3rd 100 free
Claire Smith - 5th 100 fly, 6th 100 breast
Marcus Negrin - 6th 100 breast
Tommy Gossland - 2nd 100 free, 3rd 200 IM, 50 free, 50 fly
Chris Sutton - 4th 100 fly
Kiala Silvertown -2nd 100 br, 4th 200 IM, 100 bk, 5th 50 free
Carla Henderson - 1st 50 fly, 100 back, 100 free, 50 free
A.J. Ballard - 7th 50 fly, 100 back, 50 free
Eric Hammer-Belanger - 3rd 100 free, 4th 50 free, 5th 100 br
Kevin Beerman - 7th 100 breast, 200 IM, 8th 100 free
Sean Stewart - 3rd 50 fly, 50 free, 5th 100 free
Stephen Conway - 4th 100 fly, 6th 200 IM
Graham Cruise - 3rd 100 fly, 5th 50 fly, 8th 200 IM
Tim Wickman - 6th 50 free
Marnie Boers -2nd 50 free, 3rd 100 back, 100 free
Tiffany Locke - 1st 100 breast, 6th 100 back, 7th 50 free
Simon Baldwin - 6th 100 breast, 7th 100 back, 200 IM
James Saunders - 5th 50 free, 6th 200 IM, 7th 100 br, 100 free
Marc Belanger - 1st 50 fly, 100 free, 50 free, 4th 100 breast
Danielle LaFortune - 1st 500 fly, 2nd 100 free, 8th 50 free
Rachel Sutton - 5th 100 fly, 8th 100 free
Chris Wickman 2nd 100 breast, 100 free, 50 free, 5th 100 back
Sheila Galloway - 1st 100 breast, 2nd 200 IM, 3rd 50 free
Kathy Trajan - 1st 100 free, 50 free, 2nd 50 fly, 200 IM
David Cruise - 1st 50 fly, 2nd 100 fly, and 200 IM

B & C CHAMPIONSHIPS @ Powell R.

Over 30 of our swimmers traveled to Powell River to take part in the annual Vancouver Island Regional B & C swim meet. This event is the culmination of the swim season for those swimmers who have not yet achieved A times in their respective events. Once an athlete has reached an A standard, they are no longer eligible to swim that particular stroke/distance as a B or C level swimmer. Many swimmers taking part in B & C's this year are honing their swimming skills for next year, hoping to reach finals at Island meets, or even travel to provincial level competition in the future.

The **Olson brothers, Cody and Taylor**, both achieved finals in all four of their events, and looked extremely sharp in their races. Also achieving four finals were **Lauren Moore, Keenan Abdurahman, Sita Ollek, and Hayley Sedola**. **Hayley** was a power in div 5, claiming top 3 finishes in all 4 of her events. Also reaching the medal podium in multiple races were **Alanna Beerman**, with 2 firsts and 1 second, **Chris Sutton**, (2 seconds, 1 third), **Kim Beerman** (2 firsts, 1 second), **Kiala Silverton** (2 firsts), **Tricia Reynes** (1 first, 1 second), **Don Punshon** (1 first, 1 second), & **Keenan Abdurahman** (1 first, 1 third). Named 'Nanaimo White Spot Swimmers of the Meet' for their outstanding results were **Hayley Sedola** and **Alanna Beerman**.

Kathy Trajan, coaching at this meet, was extremely pleased with the improvement of these swimmers over the season, and the results at this championship. The new swimmers gained valuable experience. The more experienced veterans turned in some very solid races, dropped lots of time to achieve personal bests, & represented themselves & our club well.

Congratulations to the following swimmers!

Addy Abdurahman C finals: 2nd 50 bk
Cody Olson B finals: 2nd 50br, 3rd 50bk, C finals: 1st 100IM, 2nd 50fr
Steven Moore C finals: 3rd 50fr
Lauren Moore B finals: 1st 50bk, C finals: 3rd 100 fr, IM, 4th 50fr
Hollis Louis B finals: 3rd 100fr, 4th 50fly, 5th 50bk
Sheldon Scow C finals: 2nd 50bk
Declan Burdett C finals: 4th 50bk
Keenan Abdurahman C finals: 1st 50fly, 3rd 50fr, 4th 50br, 5th 50bk
Catherine Sevenhuysen C finals: 1st 50br
Kaitlin Miller B finals: 3rd 50fr, 5th 50br, 6th IM
Mitchell Read B finals: 4th 100fr, 6th 50fr, C finals: 1st IM
Ian Christison B finals: 6th 100fr
Taylor Olson B finals: 2nd 50fly, 5th 100fr, 50fr, C finals: 1st 50bk
Don Punshon C finals: 1st 50br, 2nd 50bk
Megan Malone B finals: 2nd 50br, C finals: 5th 50bk
Jorgen Christison B finals: 5th 50bk, C finals: 1st 100fr
Philip Bourgeois B finals: 4th IM, 6th 100fr
Tricia Reynes B finals: 2nd 100bk, C finals: 1st 50fly
Matthew Postey B finals: 1st 100bk, 5th 100fr
Shelby Scow C finals: 3rd 100br
Garrett Burdett B finals: 6th 100fr, C finals: 2nd 100br
Fraser Read B finals: 5th 50fr, C finals: 2nd 100fr
Hayley Sedola B finals: 1st 100fr, 2nd 50fly, 100br, 3rd 100bk
Sandra Dekker B finals: 4th 100bk, 4th 50fr, 5th 50fly
Nicole Straughan B finals: 5th 50fr, 6th 50fly, C finals: 1st 100br
Chris Sutton B finals: 2nd 100bk, 100fr, 3rd 100br
Alanna Beerman B finals: 1st 100br, 50fr, 2nd 100fr
Kiala Silverton B finals: 1st 50fly, 100fly
Sita Ollek B finals: 6th 100fr, C finals: 1st 50fly, 100br, 2nd 50fr
Kim Beerman B finals: 1st 100bk, 2nd 100fr, C finals: 1st 50fr

WATER POLO PROVINCIALS

Call them the little team that could. Nanaimo White Rapids P2 (11 & 12 year olds) water polo team came home from the B.C. Summer Swimming Water Polo Championships held in Victoria this week with a bronze medal. The White Rapids were the smallest team, player for player, at the tournament, and in a game that requires speed and power the locals had to make up for their lack of size with tough defense and lots of determination. Nanaimo opened the tournament with a win over Crescent Beach. Two quick goals by **Gareth Saunders** put Nanaimo ahead 2-0 at the quarter, and the team held a 2-1 lead at half. **Brad Cioban** popped a shot in the net early in the second half for a 3-1 lead, but the Vancouver team responded with a goal of their own. Saunders gave our team some breathing room with his third goal of the game during the last quarter. **Colin McDonald** was a standout in goal, making numerous tough saves. The final score remained 4-2. Our team had a slow start on their second game of the day against North Vancouver, and we were down 2-0 at the quarter. Then **Brad** went to work, scoring a goal as he stole the ball and went in all alone to beat the keeper. Just three minutes later **Brad** charged the net as the keeper struggled with a shot, and he swam the ball into the goal when the keeper fumbled. **Richard Chisholm** then continued the Nanaimo offensive attack, with a great shot from the outside that went over the North Van keeper. We led 3-2 at the half. North Van then made some player changes, and created size mismatches. Our squad played hard but could not hold on, and went down to a 5-3 defeat.

The second day we played two tough matches against Burnaby and Haney, both of whom are provincial powers. In the Burnaby game, **Gareth** caught the opposition napping and went in for two quick goals to give us a 2-0 lead. **Brad** chipped in a first half goal on the beautiful long shot, but we were then unable to hold Burnaby, and went down to defeat. In the second game, the team was held to just one marker by **Cioban**, and this loss placed our team 4th. We then lost in cross over play, which left us the bronze medal game. The game for the bronze was against North Van, and again Nanaimo got off to a great start. **Saunders** scored on a penalty shot, and then just 2 minutes later, received a long pass from keeper **Colin McDonald**, and swam past the defense to put the team up 2-0. **Brad Cioban** then put the pressure on N Van with a marker, and the team finished the half up 3-1. We came out in the second half knowing that we would have to play great defense to contain the pressuring opposition. we did this, with players staying very tight to their checks. Good goaltending by **McDonald** saw the clock run out with Nanaimo ahead 3-2 for the victory. The big difference in the final game was the play of our girls: **Kate Heikkila, Tricia Reynes, Aria MacColl & Sophia Negrin**, who all played tough and just dug and dug. They stayed tight to their checks, and despite being tired, never gave up. In summer club polo, you must have 3 girls in the water at all times, so their tough defense and determination were key to our victory. **Ian Smith, Garrett Burdett, Philip Bourgeois, Blake Mattson, & young Taylor Olson**, who moved up an age division to play, rounded out the roster for the P2's. Congratulations players!

In P3 play (13-14 yr olds), the locals did not fair as well. In their first game against Haney, **Shane Malone** had a goal in the first half. **Adam Ericson** with one, and **Kevin Beerman** with a pair rounded out the Island Regional team's scoring in their first loss. Each of these players scored single tallies in a loss against Coquitlam, and then **Malone** and **Beerman** each scored against North Vancouver. The third game was a much closer affair, with the Island team only losing by two. The cross over game saw **Shane** again notch two markers for the Island, and in their final outing, a very well played game saw Nanaimo in contention for a medal until the last few minutes of the game. **Shane** again had a pair of goals, and **Kevin** had a lovely breakaway but was stymied by the opposing keeper. Good defense by **Carly Mattson, Chris Sutton, A.J Ballard, & Cody Ward** kept things close, but the team eventually lost 5-3.

Senior division play P4 (16-18 year olds) saw Nanaimo hoping to defend their bronze medal, but it was not to be. Lack of games before the tournament again hurt the locals, as they had a tough first game against Haney. **Simon Baldwin** and **Marnie Boers** were the only players to score, and **Erick Hammer-Belanger**, despite playing well in goal, was unable to handle all the shots that came his way as the Nanaimo team went down to defeat. Regrouping, the team played well against the Okanagan, with **David Cruise** getting a pair, and **James Saunders** a single in a 3-3 tie. However, in their third game of the day, nothing went right for the squad, and they went down to defeat against a powerful N Van team. **Chris Wickman** got the lone Nanaimo goal. The following day, Nanaimo played well against Burnaby, with **Simon** stripping the keeper of the ball and scoring. **James**, on a nice pass from **Chris**, hammered the other Nanaimo goal home, although in a losing cause. **Simon** had the lone goal for Nanaimo in their last game of the day, against Haney. In their final game, again against North Van, still with a chance for a medal, our team played extremely hard. **Marnie** scored one, to get us close at the half (2-1) and then it looked like **Dave Cruise** had evened things up. However, the goal was called back, and Nanaimo hit 3 crossbars on excellent scoring opportunities. N Van then scored again before the whistle to take the win. **Dave Heikkila, Carla Henderson, Tiffany Locke, Joe Negrin, Kiala Silverton, Rachael Sutton & Tim Wickman** rounded out the P4's.

PROVINCIALS for SWIMMING 2003

The BCSSA 45th Annual Provincial Championships were held at the Commonwealth Pool in Saanich, August 11th to 17th. The swim event were held over a three-day period (Aug 15-17th). The provincial summer swim meet is run in conjunction with water polo, synchronized swimming, and diving, all of which are part of the BCSSA. This aquatic event is one of the largest held in North America, attracting 2000 athletes from all corners of the province. Our club placed sixth overall, in a very close race, one of the best showings for our club in years.

CLUB	Girls	Boys	Total Pts
White Rock Amateur	1178	946	2124
Burnaby Barracudas	925	816	1741
Coquitlam Sharks	432	768.5	1200.5
North Vancouver Cruisers	578.5	597	1175.5

Vancouver Vikings	432	688	1120
Nanaimo White Rapids	716	399.5	1115.5
Port Coquitlam Marlins	482.5	597.5	1080
Abbotsford Whalers	245	663	920

Led by a record-breaking performance by **Carla Henderson**, the club placed numerous swimmers in the medals. **Carla** showed great technique in her 100 backstroke, and fought off tough competition to break the existing provincial record. She also swam extremely well in her other three events, just missing medals in all of them, placing 4th three times. There were several White Rapids who brought home multiple medals. **Shane Malone** showed he is one of the top in his age group with 3 medals - gold (50 free), silver (100 free), and bronze (100 back). He went out extremely fast in each race, and then swam tough and hung on in the last few meters of each race to claim a podium placing. Also claiming gold were 'O' category swimmers **Aria MacColl** and **Jaclyn Sangha**. **Aria** dominated her races, and picked up three golds, in 50 back, 50 breast and 100 free. **Jaclyn** also came home with three firsts, (100 fly, 50 fly, 100 free) plus a second (200 IM), making her races look effortless with her outstanding technical swimming. **Kathy Trajan** swam her way to one gold and two bronzes (100 free, 50 free, 200 IM) Reaching the podium for a single medal was young **Jamie Gold**, who placed 2nd in the 50 fly, and just missed bronze in the 50 free. **Marc Belanger** took bronze in 50 free, and then a pulled muscle forced him out of other finals. **Stephanie Taekema** looked sharp in bringing home a bronze medal in the fly. Stephanie also teamed up with **Cassandra Knievel**, **Vanessa Yates**, and **Hollis Louie** to capture the gold medal in the girls div 2 medley relay. The same group then won bronze the following day in the free relay. Also medaling in the relay were the O '2' girls relay of **Sangha, Kaylee Hanson, Justyna Sypniewski & Codie Ward**, who won gold in the medley relay.

Although missing out on medals, there were a number of White Rapids who achieved finals, and had excellent swims. **Marnie Boers** had a great meet, making 3 finals, as did **Danielle LaFortune**. Making finals in 2 events were **Colin McDonald, Gareth Saunders, Tiffany Locke and Kaylee Hansen**. Single finals were achieved by **Richard Bourgeois, Cassandra Knievel, Brittany Knievel, Codie Ward & Justyna Sypniewski**.

Coaches were pleased with the team's results at provincials. Brian commented that there are over 6500 summer swimmers in B.C, and only the top competitors from each region attend provincials, so the competition is fierce. Each year more records fall, and the times that these young athletes swim are extremely fast, given that most of them are only training for 15 weeks. Our team members have swum many personal bests, and it is a real achievement for these swimmers to have advanced to a final (top 8) or consolation final (top 16). They were very happy with relay results as well: 18 relays reaching finals.

Other medals were won by team members who swam on Vancouver Island Regional Relays. These relays are made up of the fastest swimmers on Vancouver Island in each age division, who then go head to head against all the other regions for provincial placings. Claiming medals as Island Relay members were: Gold - **Stephanie Taekema** and **Cassandra Knievel** (div 2), Silver - **Marc Hammer-Belanger** (div 7), **Sheila Galloway, Kathy Trajan** (div8), Bronze - **Gareth Saunders, Shane Malone** (div 4), **Jordan Veller, Brittany Knievel** (div5) **Carla Henderson** (div 6).

Here's the very long list of NWRSC swimmers that placed in the top 16 for individual events or the top 8 in relays for British Columbia. We are all very proud of your achievements. *(please excuse the editor is there are any mistakes!)*

Gabriel Kleijn -16th 50 bk,
Cassandra Knievel -7th 50 bk, 9th 50 free
Dominic Kleijn 11th 50 free
Stephanie Taekema -3rd 50 fly
Forrest Simpson - 14th 50 fly, 15th 50 bk
Vanessa Yates – 9th 50 breast
Richard Bourgeois - 5th 50 br
Girls Div 2 Medley Relay (**Cassandra Knievel, Vanessa Yates, Stephanie Taekema, Hollis Louie**)- 1st
Girls Div 2 Free Relay (**Hollis Louie, Vanessa Yates, Stephanie Taekema, Cassie Knievel**) - 3rd
Boys Div 2 Medley Relay (**Forrest Simpson, Richard Bourgeois, Steven Gossland, Dominic Kleijn**) - 5th
Boys Div 2 Free Relay (**Forrest Simpson, Richard Bourgeois, Steven Gossland, Dominic Kleijn**) - 7th
Colin McDonald - 7th 100 IM, 8th 50 breast, 14th 50 free
Eliza McGuire - 15th 50 fly, 16th 100 IM
Shane Malone - 1st 50 fr, 2nd 100 fr, 3rd 100 bk, 13th 50 fly **Gareth Saunders** - 5th 50 bk, 7th 200 IM, 11th 100 br
Boys Div 4 Medley Relay (**Gareth Saunders, Richard Chisholm, Shane Malone, Brad Cioban** - 6th
Boys Div 4 Free Relay (**Gareth Saunders, Brad Cioban, Stuart Wallensteen, Shane Malone**)- 5th
Brittany Knievel - 6th 100 bk, 12th 50 fr
Tommy Gossland – 9th 100 fr, 13th 200 IM, 50 fly
Chris Sutton- 16th 100 fly
Jordan Veller – 10th 100 br
Girls Div 5 Free Relay (**Jordan Veller, Brittany Knievel, Claire Smith, Laura Lutes**) - 7th
Carla Henderson - 1st 100 bk, 4th 50 fr, 100 fr, 50 fly
Kiala Silvertson - 15th 100 bk
Sean Stewart - 14th 50 fr
Boys Div 6 Medley Relay (**Sean Stewart, Kevin Beerman, Graham Cruise, Eric H-B** - 6th
Boys Div 6 Free Relay(**Tim Wickan, Kevin Beerman, Joe Negrin, Sean Stewart**) - 8th
Marnie Boers - 4th 50 fr, 7th 100 bk, 8th 100 fr
Danielle LaFortune - 5th 100 fly, 7th 100 fr, 8th 200 IM
Tiffany Locke - 6th 100 br, 12th 200 IM

Marc Belanger - 3rd 50 fr

Girls Div 7 Medley Relay (**Marnie Boers, Tiffany Locke, Danielle Lafortune, Rachael Sutton**) - 5th

Girls Div 7 Free (**Danielle Lafortune, Tiffany Locke, Rachael Sutton, Marnie Boers**) - 4th

Boys Div 7 Medley Relay (**Simon Baldwin, James Saunders, Marc Belanger, Tim Wickman**) - 7th

Boys Div 7 Free Relay Relay (**James Saunders, Tommy Gossland, Simon Baldwin, Marc Belanger**) - 5th

Kathy Trajan - 1st 100 fr, 3rd 50 fr, 200 IM, 4th 50 fly

Chris Wickman - 11th 100 br, 15th 50 fr, 100 fr

David Cruise - 10th 200 IM, 11th 50 fly, 14th 100 fly

Girls Div 8 Medley Relay (**Kim Beerman, Sheila Galloway, Kathy Trajan, Aria Maccoll**) - 6th

Girls Div 8 Free Relay (**Sheila Galloway, AJ Ballard, Kim Beerman, Kathy Trajan**) - 4th

Boys Div 8 Free Relay (**Dave Cruise, Chris Wickman, Stephen Conway, Tommy Gossland**) - 8th

O Cat 1 swimmers:

Jamie Gold - 2nd 50 fly, 4th 50 fr

Aria MacColl - 1st 50 bk, 50 br, 100 fr

O Cat 2 swimmers:

Jaclyn Sangha - 1st 100 fly, 50 fly, 100 fr, 2nd 200 IM

Kaylee Hansen - 4th 100 fly, 7th 50 fly

Codie Ward - 5th 100 bk

Justyna Sypniewski - 5th 50 fr

O Cat 2 Girls Medley Relay (**Jaclyn Sangha, Kaylee Hansen, Codie Ward, Justyna Sypniewski**)- 1st.



HAPPY BIRTHDAY!

Here's the list of Birthday Kids for the last half of September. Hope you enjoy your day!

Kim Beerman	Sep 17 th
Tim Wickman	Sep 17 th
Kathy Trajan	Sep 16 th
Lindsay Hazelbower	Sep 21 st
Teresa Gaultois	Sep 22 nd
Tabitha McLeod	Sep 27 th
Christine Gossland	Sep 28 th
Kayla Fenrick	Sep 28 th
Riley Govett	Sep 28 th
Morgan Govett	Sep 28 th
Christopher Yoon	Sep 29 th



Nanaimo White Rapids Swim Club

1966 - 2003

Celebrating 37 years of summer swimming