



Nanaimo White Rapids Swim Club NEWSLETTER

Number 2

May 13, 2005

PRESIDENTS' CORNER

Wow, here we are into week two of the swim season already!

The swimmers have been placed into their Greek Gods/Goddess groups and are getting to know their teammates and coaches. They are also busy practicing their strokes and knocking off the winter's rust. Parents are busy organizing carpools to get their kids to and from the pool, early morning coffee runs to Timmies, finding the mail folders and of course looking for lost goggles.

Yes, it definitely feels like the beginning of summer swimming!

Soon, no one will remember the "chaotic" first week, where swimmers and parents (especially new club members) wonder what is going on. In conversations with other club presidents, this first week appears to be a "rite of passage" into summer swimming, as most of them had similar tales about their club's first week.

I think that our coaches deserve a big round of applause for their hard work and dedication in placing the 200+ kids into their groups, also a big thanks to the swimmers and parents for their patience and enthusiasm shown in the first week.

The club held its first social event on May 1 and I was happy to see a big turnout at our "Meet the Coaches Night" at Boston Pizza (parts of the evening reminded me of a previous NWRSC dinner at a B.P. in Victoria, but that's another story!).

The board of directors is continuing the task of taking care of the club's business and has recently held the first planning session for our fabulous Nanaimo Invitational

Swim Meet, to be held July 2-3 at our pool. This is one of the largest meets in our Vancouver Island Region, and

personally I think it's the BEST! We hope that all swimmers will participate in individual and relay events.

Many volunteers will be needed to allow the swimmers to enjoy this meet. The Directors hope we can call on parents and friends to volunteer in some shape or form.

A recent BCSSA letter indicates that a minimum of 85 people are required to make a meet happen; this does not include "reliefs" for those people. So even if you are only able to help out for a couple of hours, it will be a great help.

Please don't hesitate to contact a Club Director if you have any questions about the club (we are hoping to have name tags for the Board soon, so they will be easy to spot).

See you at the pool,

Alan Yates
President



FUNDRAISING 2005

Welcome everyone.

Thank you to the many helpers that assisted with registration. We had lots of fun and enjoyed meeting so many new families and catching up with the returning families.

A special thank you is extended to Telus for generously donating our major fundraising prize this year. They have provided a bicycle, helmet and lock valued at \$350.00 from Sportchek. (You may exchange the bike package for **anything** at



Sportchek to the value of \$350.00.) We also have two CD players to give away. Any swimmer raising \$10.00 **OVER** the minimum fundraising requirement will be given one entry for the draw prizes. For each additional \$10.00 raised you will be given one additional ticket!

Our major fundraising event for 2005 is the Mile Swim. The NWRSC encourages all swimmers to participate in this event at our pool June 23rd or July 5th. Enjoy pancakes or hot dogs after your swim and encourage your fellow team members along. Look for pledge sheets and information on the event times in your family file or call Kathy Reynes @ 756-4455. Start collecting your pledges early and win these fantastic prizes.

Chocolates are still available at the pool.

Calendar/Greeting card orders should be handed in before June 15th so that you can use the calendar July 1st!

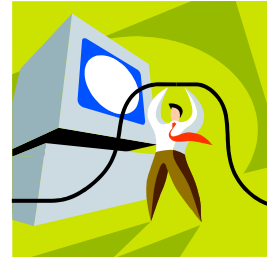
Please ensure all other fundraising is completed and handed in by July 5th. The NWRSC is always looking for new fundraising ideas and new volunteers to help out. Anyone interested in helping out please call Nancy McGuire @ 756-0555.

Thanks in advance!

REMINDERS

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

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



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**Silverton at
msilverton@techcetera.ca for further
information.**

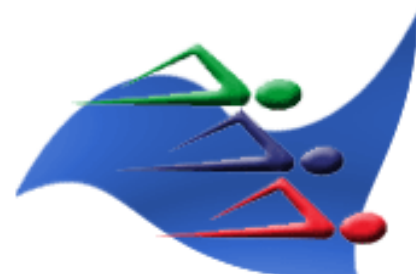
UPCOMING EVENTS

Tag Day	May 28
Blue & White Meet Nanaimo	May 29
Port Alberni Invitational Meet	June 4-5

NEWSLETTER NEWS

The deadline for submissions for the next issue of the NWRSC Newsletter is Wednesday, May 25. If you'd like to contribute, please e-mail Teresa Al-Hajj at:
talhaji@sd68.bc.ca

Some parents have inquired about group lists for car-pooling purposes. We have provided such lists in the past but received requests that this information not be passed out publicly. Please check with other parents on the bleachers to organize car-pooling arrangements.



MEET THE COACHES!

Jenny Duncan

Hi everyone,
My name's Jenny Duncan
I've lived in Vancouver
since I was born. I swam
played water-polo for the
Vancouver Vikings
summer club for over 10
years and I coached for
them during my last two
summers. I have spent
the last three years coaching winter club for the Vancouver Pacific Swim Club, who I also swam with for 2 years. I was most recently in charge of the development program there. I'm also a third year UBC student in History.



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I look forward to working with all the swimmers in the club this summer. I am trying my best to learn all your names, but it will definitely take a while. I think the White Rapids are an exciting team with a great facility, welcoming people and a lot of potential. The coaching staff is fantastic and I know everyone will learn a lot from each and every one of them. My prediction is the 2005 summer season for Nanaimo White Rapids will be a tremendous success.

See you all at the pool,
Jenny

Kirk Stringer



Kurt Murphy

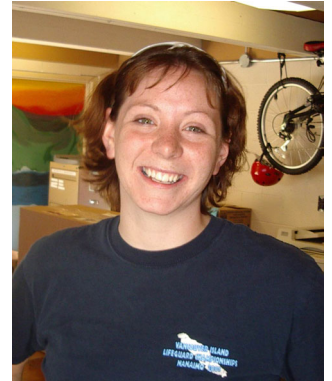
Hey everyone. Just wanted to take the opportunity to introduce myself and to thank you all for inviting me up to beautiful Nanaimo. I swam competitively with the Thunder Bay Thunderbolts Swim Club for about 10 years. Partway through my swimming experience I started coaching; first with the I-Can-Swim program and then with the competitive program. I finished up my time with the Bolts as their assistant head coach. I am NCCP level II qualified (whatever that means) and have just graduated



Kinesiology (that's the study of human movement) at university. I look forward to meeting a bunch of new faces, coaching some fast swimming and having a lot of fun this summer.

Tiffany Locke

Hello all, my name is Tiffany Locke, and I have been a part of this club for the past 12 years. During that time, I have had many achievements, including attending provincial championships for both swimming and water polo as well as participating in 2 summers games with the island region team. Besides swimming it has been an abundance of camping trips, Campbell River lip-syncs, cheers, all night relays and plenty of fun! For the past two year, I have been living in Ottawa at University of Ottawa where I am studying psychology and swimming for the University of Ottawa Gee Gee's team. In my first year of university I was a page in the House of Commons and this past year I was a residence advisor for housing services on campus.



I am super excited to be back and I am super pumped about the new coaching staff and the many adventures to come! If at all you need want to get a hold of me my email is tiffanylocke@hotmail.com and my phone number is 758-7624, and also I am always available before and after practices! Top gun high fives all round!

Kiala Silverton





Kim Beerman

Hi everyone and welcome back to another wonderful swimming season! I have just completed my first year at UBC and loved living in residence, meeting lots of new people and learning new things. I am very excited to be coaching again this summer. I have been a member of the White Rapids for the past 8

years as a swimmer and later as a volunteer coach, junior coach and developmental coach. This year I will be coaching the Hephaestus group and the Athena group; we will be working hard developing and refining skills, and also having lots of fun. I hope everyone has a wonderful experience this summer. A reminder to swimmers to bring a water bottle to practice (stickers!), and to wear sunscreen! Try to be on time, but if you can't - please come join u whenever you can!

A reminder to parents that there are group meetings coming up; we will discuss the objectives for the summer, and answer any questions you may have. I hope to see everyone there!

Hephaestus= Tuesday May 17 @ 7:00 (after practice)
Athena= Wednesday May 18 @ 5:30 (after practice)

Feel free to contact me any time!

Kim Beerman
kbeerman17@hotmail.com
758-6757



Sita Ollek

Hello everyone! I'm Sita Ollek and I will be coaching as a developmental coach this summer. I am currently in grade 12 at NDSS. This will be my seventh summer swimming with the White Rapids. I was a junior coach for the club last year and I have helped with the Winter Maintenance program for the past two years. This summer the two groups I will be coaching are Perseus and Pegasus. I have also been dancing for the past 13 years. I am really excited for a great summer season! Welcome to all our new and returning families and I look forward to seeing you at the pool!

Claire Smith

Hi my name is Claire Smith and I am the new Junior Coach this year. I will be helping out in several swim groups this summer, and hope to meet most of the kids and parents in the club. My biggest goal this season is to remember names, so I'm sorry if I continue to call your child Buddy, but I will eventually get it right.



I am attending Wellington Secondary School where I am finishing my Grade 11 year. This year I plan to continue my seventh year of competitive swimming with the club. I am super excited to spend another sunny summer at the outdoor pool. I love to swim and I hope to spread this passion to the swimmers that I will meet.

My favourite band is Maroon 5, so don't be surprised when you hear it every day over the sound system! I hope everyone has a groovy summer and I look forward to seeing you at the pool!

Simon Baldwin

Steve Elwood

I have been coaching water polo for way too long, 21 years (or at least something like that). This means that I either haven't got it right yet or I lack creativity, not sure which really. I'm looking forward to a good summer and hope Simon and I can build on some of the accomplishments of last season. We will be hosting two tournaments this summer, in the early weeks of July, and hope that everyone comes out to support the kids.

Steve

Business cards here!

