



Nanaimo White Rapids Swim Club

NEWSLETTER

Number 3

June 4th, 2004

PRESIDENTS' CORNER

The "Blue & White" was great. Everyone deserves a pat on the back for their contribution. There were many parents new to the club timing and swimmers who swam their first race. In this sport, the swim meet is the game you play after all that practicing. It was an exciting, fun-filled day. Even the weather cooperated!

We have just started our second swim schedule of the season and as many of you have noticed there has been increase in swim time for groups, included those dreaded morning practices. Along with increased water time, coaches are continuing to emphasize stroke development, swimming technique and endurance. Swimming is not an easy sport. The movements are complicated, the training is strenuous and time consuming, but it is worth it. Everyone knows that swimmers are some of the healthiest people around. Swimming is a sport that you can enjoy doing for the rest of your life, not just watching it on TV. The strength and conditioning that you get from swimming can help you with other sports from softball and tennis to running and snowboarding.

As the summer swim schedule begins to fill, the time you spend practicing the next few weeks will help you see greater success at both your personal goals and at swim meets. (More on swim meets in the next newsletter)

This is also a time when it becomes hectic for parents with more questions, time commitments and school activities wrapping up for the year. Do you have questions? Make sure you seek your answer from one of the experienced swim parents or speak with one of the Board of Directors or coaches. We have many helpful members who are willing to share their experience. If you have questions – ask.

I'd like to pass on a "Thank You" to Laurie Crossan for all the time and effort she put into making Tag Day a big success. On behalf of the Board of Directors, Laurie coordinated and ran the recent Tag Day. With Tag Day and other fundraising events the membership for the NWRSC has remained the same for 10 years.

See you on the bleachers,

Mike Silverton
President - NWRSC



FUNDRAISING NEWS

Tag Day a Big Success

Tag Day was held on Saturday May 29th at five locations around the city from 10 a.m. to 4 p.m. There were 66 families that participated in this event, working in two-hour shifts. Over \$2100 was collected on that day. When the cheques of those who did not participate are added in, this event will have earned well over \$4500. These funds are earmarked for special events, equipment and awards for our swimmers.

Another important aspect of the day was the promotion of the NWRSC. Many questions were answered and the community learned more about our club. It was a very positive experience for those who participated, parents and children alike. Comments from the community centered on how polite and respectful our swimmers were while manning the booths. Good Work Swimmers!! Many thanks to Bernice Brown, a new parent, who spoke very highly of our club to passers-by, Debra Postey, who supervised a very large group of youngsters in a tight space at Canadian Tire with ease and grace, and the many other parents who helped out in big and small ways. Lastly, a very large thank you to Laurie Crossan and her family for their Herculean efforts before and during this event.

This is a reminder that the **coffee orders** are due in by June 16th and **Tupperware orders** have been extended until June 16th. Last day for **bottle returns** is July 1st. Mile Swim is July 6th and 15th. All fundraising is to be completed by July 15th.

REMINDERS



Get Connected!

If you would like to keep up with NWRSC information, check out the club website at <http://www.bcssa.bc.ca/vi/nan/index.html> You will find information on schedules, fundraising, newsletters, BOD meeting Minutes, and many other items relating to the club. There is also a link to join the club email list - for quick up-to-the-minute announcements and opportunities with the club.



BCSSA Officials Training

Don't forget the regional Stroke and Turn Clinic and a Level 3 Starter and Referee Clinic, Friday June 11th 6pm-9pm at our pool.

REGISTRATION UPDATE

As of June 1st, there are 223 swimmers registered with the NWRSC, including coaches. Although many swim groups are now practicing at full capacity, the club is still open to new registrations, but only if there is room to accommodate these new swimmers in the available groups. The registration paperwork needs to be completed by June 15th, so we ask that families who need to get information in to us, please do so quickly. Contact Lana Fitzpatrick at 751-2642 or fitzl@island.net if you have any registration questions.

GREAT BLUE & WHITE MEET!!

Thank you to everyone who came out to the blue and white meet on the weekend. While it wasn't beautiful weather, from what the coaches saw everyone had a great time! There were a lot of swimmers at this meet, over 100, and a lot of them were first timers at a swim meet, including: Elyse Louie, Lauryn Collins, Ashlee Drevant, Sophie Heizer, Tianna Hollman, Emma Javid, Nora Loyst, Brenna McCormack, Danya Nieman, Hayley Price, Lauren Rogers, Brooke Shouldice, Moira Brown, Kyra Brugge, Chloe du Beeld, Aliza Gemma, Karli Nieman, Brendan Brown, Devyn Brugge, Callum Gemma, Matthew Landry, Brian McCormack, Danya Nieman, Shane Rogers, Adam Smith, Andrew Taylor, Eric Turko, Kaitlin Yelle, Jacob Brown, Ethan Dinnen, Ewen Hergesheimer, Derrick Hollman, Liam Hurly, Jasmine Ingalls, Anthony Pellegrino, and Evan Price.

Thank you to all the parents that helped make this meet such a success!

"Talent is perhaps 50% of what makes a good swimmer ... But you can't make it on talent alone." - Alex Bauman



BIRTHDAYS

Happy Birthday to the following swimmers:

Lauren Bissonnette	May 23
Jacob Murdoch	May 23
Jamie Gold	May 24
Taylor Richardson	May 24
Claire Smith	May 26
Maddie Ng	May 27
Steven Gossland	May 28
Erik Matthews	May 28
Denman Moody	May 29
Jaclyn Sangha	May 30
Lukas Swabey	June 2
Kyle Yun	June 2
Timothy Cioban	June 3

Freezie Meet is Wednesday, June 9 from 5-7pm. This is for Division 3 and under and there is a sign-up sheet. The deadline to sign up is *Saturday*. Also volunteers will be needed again to help set up the pool, time, etc!!

UPCOMING MEETS

June 12 / 13	Port Alberni – 2-day meet sign up by Sat, June 5
June 19 th	Victoria Kingfish "A" Crystal Pool "B&C" Duncan sign up by Sat, June 12
June 26 / 27	Courtenay – 2-day meet sign up by Sat, June 19

Good luck to all of our swimmers at the Esquimalt meet this weekend and the Port Alberni meet June 12/13.

Note to new parents: The Duncan meet is a great start to the meet season - one day and a great way to get your feet wet!

Deadline for meet entries is the Saturday 1 week prior to the meet event. **Please remember to sign the BLUE meet book with YES or NO for each meet listed.**

Meet Packages containing all meet info are available on the deck (clear & purple binder) or on-line at www.bcssa.bc.ca/vi/meetinfo.html

Building blocks for a healthy you

If the body does not get enough of the right kinds of food, growth can be affected or the body can become sick. Getting enough of the right foods is called "nutrition". Food helps your body stay healthy, repair itself, grow and supplies energy. To make sure the body gets everything it needs, eat foods from each of the food groups: PROTEINS, CARBOHYDRATES, FATS VITAMINS and MINERALS.

Protein is needed for your muscles and the main structural parts of the body. Proteins are necessary to repair damaged tissue. The building blocks for the body come from proteins.

Carbohydrates provide much of the body's fuel. The major function of carbohydrates is to provide a continuous energy supply to the trillions of cells within the body.

Fats provide energy. Any excess fat that is not used as energy is stored on the body. Fats can be found in meat, dairy food, cheese, etc.

Vitamins and Minerals are a special group of chemicals that our bodies cannot make, but we can get through vitamin-rich food.

Food for thought ... 75 percent of the body is water

NEWSLETTER NEWS

The deadline for submissions for the next issue of the NWRSC Newsletter is Wednesday, June 16. If you'd like to contribute, please e-mail Teresa Al-Hajj at talhaji@sd68.bc.ca



This photo of Jasmine Ingalls, taken by Dave Lutes at the Blue & White Meet on Sunday, won 2nd place in the May Photo Contest at Save-On-Foods!!

Coach Reports

Baumann - Brian Nishi

This morning I woke myself up at 5:00am. Do you know why I was awake so early? I and 12 swimmers were making our way to morning practice. That's right, I said 12 swimmers! It was a new record for a 5:45am practice for this season so congratulations to all of you who were there. I know there were more of you who were "planning on making it" and we were all very sorry not to see you there.

I know that this is the time of exams and most of you are going to have to take some time to study. I ask that you manage your time wisely by being sure to make time for swim practice. It is a short season as most of you know and if you are able to keep a regular attendance throughout this period it will make for an easy progression into the next phase of the season.

In practices, the meters for some workouts have begun to increase. We are up to the occasional 3000m practice in an hour and a half but the majority of practices are still mainly focused on technical improvement. As I have mentioned during practices we are just beginning to spend a little more time with sprinting and refreshing the brain on some of the "secrets of racing". Be prepared for a challenge each time you come to the pool, be ready both mentally and physically to get through the hour or hour and a half practice and be prepared for some tired bodies!

Finally, next week on Wednesday, June 9th is the Freezie Meet. This meet is strictly for division 3 swimmers and under but I would like to see ALL of you attend this club function to help out with running it. Timing and otherwise is always needed so I encourage each of you to lend a hand.

Hutton - Brian Nishi

Here we are a month into the season and we have already seen a lot of improvement. Practices are much more structured, which Sheila and I appreciate, but we have also seen each swimmer determined to improve his or her skills in the water. As I have mentioned for my other swim groups, I know that this is a busy time of the year but we would love to see your smiling faces at the pool and in the water as often as possible.

During the next couple of weeks our objective is to continue to improve your stroke technique. On Fridays we are doing dryland for a half our before we get into the water. Be sure to bring appropriate clothing on these days. We may go for a run, skip or play a game in the field so be prepared for anything.

Tewksbury - Brian Nishi

I must say that I am having an incredible time working with these swimmers; each of them has shown me a desire to learn and to improve their swimming ability. For a coach there is nothing better than to see this every day I come to the pool.

As for what is going on in practices, we are now beginning to immerse ourselves into the swim meet season and we are rapidly trying to keep up with the demands that this will have on each of you. I have not moved too far from continued work on stroke correction as I see this as the major area of improvement and the most beneficial to a long term growth as a swimmer. With Esquimalt this weekend and Port Alberni the next you can expect to be learning the many tricks of the trade on how to prepare for and perform in a race.

Next week on Wednesday, June 9th is the Freezie Meet. For most of you Division 3 wasn't too long ago. This is an excellent opportunity for you as "senior" swimmers to give back within your sport. Come out that afternoon and be part of the fun. That's all for now. Keep checking your box regularly and keep on top of the meet sign up sheet as this swim meet season is upon us!

Tanner group - Sheila Galloway

Despite the "nice" weather we've been having it's been really great to see so many faces at the pool. As school is winding up I know that everyone has events that they will be attending, so please let me know when you will be missing practices....We have our very first swim meet this weekend. I know that not many people are able to attend this, and I am sure that I will see most of you at the Port Alberni meet!! Congratulations to those swimmers how swam 100m Bk and 100m Br for the first time as Div 4's at the blue and white this weekend.

This week we received our swimmer's handbooks and goal sheets. I just want to re-emphasize the importance of setting goals, whatever those goals may be, and to remind you that those sheets are to be given back to me on Tuesday.

On a side note, I haven't seen very many water bottles so far, and yet we've had quite a few leg cramps.....hmmm, interesting. I've got it! We should all bring water bottles to practice to AVOID leg cramps.....Also if you have any morning music requests, you are more than welcome to bring in your own music (provided it has appropriate language).

Davis group - Sheila Galloway

The last two weeks have been great! This group always has good attendance and is always upbeat and goofy. We've had a little break from the skipping, but be prepared for a lot more of that in the near future (so bring proper shoes!!). We also have started dryland so if you have any ideas of games that you would like to play then please let me know, and feel free to bring equipment for games that you would like to play.

Most of us attended the Blue and White meet on the weekend, and had lots of fun! The Freezie Meet (where you get freezies) is on Wednesday, and just like the Blue and White Meet you have to sign up for it. There will be no

practice this day so I would like EVERYONE to be there to swim some races and have some fun.

As the meet season has started I would like to remind you all about practicing our turns. You do about 100 turns per practice during sets. If you don't put very much energy into these turns, or don't practice proper turns (ie. backstroke turns) then you help create bad habits that are very hard to break. We will start practicing turns at the end of practices, but on average you will only get to practice about 10. So either you can get lots of practice doing 100 turns during practice well, or you can have a little bit of practice doing 10 turns at the end of practice trying to break those bad habits just formed!!!!

Hodgson - Marc Belanger

Well, as we are through one month of training the summer seems to be hiding on us with all the rain of late but we are hoping for some nicer weather. Although the bad weather is here this group has still been having some great attendance and I hope will continue this way and get better. We have just recently had a parent meeting, so if you missed it and are unaware that this took place please come and talk to me.

This group has been gradually swimming a little bit more in every practice every week. They have been doing a lot of kick and drills to correct any part of their stroke that they might have some difficulty with. In the next few weeks I hope to continue doing kick and stroke correction with some speed work and more technical things like dives and turns and things specific for races. So I look forward to putting it all together.

The first swim meet is this weekend in Victoria with this groups' lone representative on Sunday, Taylor Richardson. So good luck to you. I know it is the first swim meet and it's early in the season but I would like to see some more participation in the swim meets because these guys are training well right now and it would be nice to see them get into a race and have some fun with that part of summer swimming. So the next meet will be Port Alberni and the sign up deadline for that is this coming Saturday the 5th. So don't forget to sign up for the meet and if you can't go then please mark down a NO or e-mail me, Thanks. Well, keep up the good work guys.

Vernot - Marc Belanger

Well a month of the season has already gone by, and wow, has it gone fast. The attendance for this group has been great. I am very happy with the way this group behaves and listens to what we are doing during practices. We have been trying to swim more lengths each week and we have done so. We are still doing a lot of kick work while also trying to add in some speed and stroke correction as always.

The first meet is coming up this weekend in Victoria at the Saanich Commonwealth Place where this group will have one representative and that is Bea Shorting. I would like to see a lot more participation in the meets as this group is

probably the biggest group in the club with 22 swimmers. The next meet will be the Port Alberni Meet, so don't forget to sign up by this Saturday because the entries need to be in by Monday. Well keep working hard guys and the improving will never stop.

Limpert - Kim Beerman

Wow! What a great group of kids so eager to swim! We have been working hard learning new strokes, and have started to learn breaststroke and some parts of butterfly. It is great to see such fast improvement. Everyone is able to swim much farther now with fewer stops. Great work guys! Many of you came to the Blue and White Meet; it was a lot of fun and you all swam very well!

Garapick - Kim Beerman

We have learned and worked on all four strokes now, and are practicing completing the lengths without stopping. The flip turns are really coming along, we will keep working on these throughout the summer. We have also worked on our starts - both dives and backstroke starts. The first test sets have been recorded; they were great! We will be working hard to try to improve the times each set. It was great to see so many swimmers and parents at the Blue and White Meet last Sunday.

Ottenbrite - Kim Beerman

You are swimming more lengths with every practice and I love to see the great improvement! Your strokes are rapidly getting more efficient, and you are getting faster each week. We have been working on our flip turns, and it would be wonderful to see flip turns at every wall. The first test sets went really well; let's try to keep the hard work going! Great work at the Blue and White Meet, it was nice to see so many smiling faces.

Robertson - Kiala Silverton

Good job! I am happy to see everyone coming to practice. We have been doing lots of kick every day, we are starting to do more and more in streamline which is awesome! The next few weeks we are going to be doing lots of technique practice so let's have everyone listening and trying their best in the pool each day. Great work guys!

Smith - Kiala Silverton

I'm glad to see how many of you are coming to practices! It's great to have you all there working hard. Everyone has been improving so much these past two weeks, our breaststroke looks awesome and so do those flip turns! Let's keep up this great work for the rest of the season! Amazing work guys!

Ponting - Kiala Silverton

First of all I have to say good job guys! The past few weeks have been busy, lots of work on freestyle, backstroke, breaststroke and butterfly! We are now starting to have some fun with the equipment, using fins and working on our pull. Now everyone remember we start our ongoing group challenge this week, so remember those rules. (1)The group starts with 100 points (2) When

someone touches the bottom or pulls on the lane rope we lose a point (3) Let's try and keep our points above 85 to start!!!



WORKER OF THE WEEK

Baumann

Tim Wickman – The other day I saw something in practice that I've been waiting to see all season. I told him that I didn't want to make a big deal out of it, so if you read this maybe you could keep it between you and I. But what I saw is this individual make a simple commitment to swim an entire practice from start to finish. Great effort Tim and enjoy your meal.

Hutton

Brittany Arruda – Every practice that Brittany has attended she leads out a lane, keeps track of the set we're on and puts in a good effort. She has grown quietly into a leadership role and is a good role model for her peers.

Tewksbury

Stacy Juss – We have ourselves a very hard working swimmer who has had consistent attendance throughout the first month of the season. Stacy leads out a lane time and again, has attended every morning practice so far and swam very well at the Blue and White Meet. Keep up the great swimming!

Tanner

Every day that **Taylor Olson** comes to practice he brings his enthusiasm, his love for swimming, and work ethic with him. Taylor is very conscious of trying to correct stroke technique and doesn't believe in giving less than 100% effort. He is a good role model for all of his teammates. Congratulations!

Davis

Simon Kleijn arrives for every practice with a smile on his face (even the mornings) and a particular question for the coach. His goofy nature is fun to be around for the coaches and the other swimmers. Simon always offers to help set up the pool and is a positive role model for his teammates. As well, he had almost 100% attendance last week. Congratulations!

Hodgson

Riley Prout-Holm has been attending practices and while at practice he always asks questions about swimming and what he can do to get better. He works very hard and achieved the fastest time in our 200m kick test set. Keep it up Riley!

Vernot

Kaitlyn Yelle has already improved so much in the first few weeks. She is very easy to coach as she listens well and responds well to the corrections given to her. She attends practices very regularly and always works as hard as she can. Keep up the hard work!

Limpert

This boy has worked very hard at the practices; he even does extra lengths to improve his strokes. He listens well and co-operates with everyone. **Evan Price** you have shown that you love to swim and you are doing really well! Congratulations on being our first worker of the week!

Garapick

This group has so many hard working swimmers that it was difficult to choose just one worker of the week. This girl works hard at every practice, has great attendance and always comes to the pool with a smile on her face, ready to swim. Congratulations **Tianna Hollman** on being our first worker of the week. You will improve so much this summer because of your great attitude.

Ottenbrite

This swimmer has excellent attendance and comes to the pool with determination to do his best. He tries hard at each practice, and is constantly improving. He is very co-operative and is a pleasure to coach. **Owen Simpson**, you are swimming very well this year and you have a great attitude. Keep up the good work!

Robertson

Only missing two practices so far this season **Adam Smith** has shown that he is always ready to hop in the water and do his thing. Following all directions and completing every practice Adam has made huge advancements in his swimming. Always happy to see such an enthusiastic swimmer at the pool! Swimming 25's at the Blue & White Meet, he did an amazing job on each one! Very impressive Adam!

Smith

At every practice **Brooke Shouldice** does her best and then some more. Always working to improve her strokes she has shown great progress in her backstroke, freestyle and breaststroke. Brooke also has recently mastered her flip turns. No longer having to plug her nose during a somersault, her turns are definitely on their way! Good job Brooke!

Ponting

This swimmer was one of the only swimmers at the first morning practice. Attending every practice the past week **Brendan Brown** is showing amazing progress. Not only is he enthusiastic at morning practices, but even when we work on fly! Brendan's flippers gave him a big blister, but he was in the water working hard the next day anyways. Keep up the great work Brendan!