



Nanaimo White Rapids Swim Club NEWSLETTER

Number 4

June 18th, 2004

PRESIDENTS' CORNER

Pack that cooler, gas up the car, the swim meet season is here! As we begin the second half of our season the swim meets start to occur on almost every weekend from now until mid-August. Swim meets are strictly voluntary but are an added bonus to summer swimming.

Often Victoria weekend meets are tied to family visits with relatives. Many families use the weekend meets as an opportunity to get some camping in. Campbell River hosts the best "Air Band" contest on the Island. All in all the swim meet season offers camaraderie between swimmers and families of the clubs. Many long term families have developed and maintained friendships with members of other clubs all because of chance meeting at a swim meet.

Nanaimo White Rapids own Invitational Meet takes place July 4 & 5. This is a great opportunity for our club members to participate in the running of a large summer meet. Keep your eye out for signup sheets!

Due to the activity every Saturday and Sunday for the next while there will be no Saturday practices scheduled. The next swim schedule will see another increase in swim time during the week. If your swimmer still wants more water time, their membership card gives them free access to "noon hour" length and public swimming.

As school draws to a close we will start to see a number of "spirit" and social activities for swimmers. Watch for Spirit Week, Hell Week, Fun Awards, Spaghetti Night and various movie and other activities intended to build the Club spirit and friendships. These are the things that swimmers remember long after the season has ended. Keep your eye on the calendar, join the listsrv and watch that bulletin board.

Take your marks.... Go!

Mike Silverton
President - NWRSC

WANTED: VOLUNTEER COACHES

For those of you who are interested in giving back to your swim club and being a larger part of the Nanaimo White Rapids, we will be offering a volunteer coach program.

Why become a volunteer coach?

- If you are interested in being a coach of any sport, you will gain valuable experience on a pool deck working with a wide range of kids of all ages.
- If you are interested in pursuing a swim coach position, this will give you a hands on understanding/knowledge on how each of the current coaches approaches their profession.
- The reward of working with any young athlete, seeing them progress and being a part of this improvement is immeasurable!

Who qualifies to become a volunteer coach?

- You must be a current member of the Nanaimo White Rapids swim club.
- You are required to commit a considerable amount of time to this position throughout the summer.
- You must be 13 years or older.

I have had some inquiries about how to get involved so we are here to let you know that this program is in the process of being developed and fine tuned to best suite anyone who may be interested. We will not be sitting down together to discuss the function of this position until after high school exams. Keep your eyes peeled to the next newsletter for notification of your first meeting of the season. Thanks for your patience.

Brian and Sheila

"Always try your hardest and if you don't finish how you would like to, its something to work harder for next time." – Alonzo Bisson

REMINDERS

*No practice Wednesday, June 23 for any swim groups due to pool maintenance

*Tuesday, June 29 is the club photo day and family BBQ/ fun swim for all members from 4-6pm

*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>

REGISTRATION NEWS

by Lana Fitzpatrick

The Nanaimo White Rapids Swim Club has been growing daily over the last few weeks. At the close of registration on July 15th we stand at 228 swimmers for 2004. WOW! Not only are we very large, but we are also a club of very many young swimmers, as the table below shows. Please let your friends and neighbours know that we are no longer accepting new members. Thank you to everyone that co-operated with the Registration Committee to get all the forms and information to us in a speedy fashion. Enjoy the summer!

| DIV | GIRLS | BOYS | TOTAL |
|-----|-------|------|-------|
| 0 | 3 | 16 | 19 |
| 1 | 26 | 13 | 39 |
| 2 | 20 | 15 | 35 |
| 3 | 12 | 22 | 34 |
| 4 | 13 | 16 | 29 |
| 5 | 17 | 13 | 30 |
| 6 | 10 | 6 | 16 |
| 7 | 5 | 5 | 10 |
| 8 | 4 | 4 | 8 |
| O1 | 2 | 0 | 2 |
| O2 | 6 | 0 | 6 |
| Tot | 118 | 110 | 228 |



BEST TIMES TOWEL AWARD

Thinking of going to a few meets this year? You can earn a White Rapids Best Times Towel. If you are in division 0-3 you need 4 best times in 4 meets. If you are division 4 and up you need 3 best times in four meets or 4 best times in 3 meets.

Best times are tracked by your coaches and by the best times coordinator but it's a good idea to track your own times too! After the last swim meet of the year a list of names will be posted of those swimmers who have qualified for a towel. Please make sure you contact your coach if there has been an error. This award may only be achieved once.

This is the first year we will be using the ASST program to track the best times. This program shows "first-time" swims in any event as a best time.

Swim your best and have fun. Questions? Call Nancy @ 756-0555.

MEET NEWS

Meet Fees

Now that the meet season is fully upon us, please check out the meet packages in the purple binder that hangs on the bulletin board for details on each meet. You can read about the arrival time 'on deck' each day, places to camp, and the order of events. The cost for most meets for a White Rapids swimmer is \$4.25 per individual event and no charge for relays. The only time that meet fees will differ is at our Nanaimo Invitational Meet where White Rapid's swimmers pay \$2.00 per individual event. It is important to note that these costs are different than those posted in the meet packages on the website. We have kept meet fee costs the same for all 'away' meets to make the system easier to manage. When not sure about times and costs, please consult the meet package in the purple binder. Balances owing for meet fees will be posted on the bulletin board soon by family last name. If you have any questions about meet fees, please call Kevin Bourgeois at 754-1638 most evenings or email lindab@nanaimo.ark.com

Meet Results

Esquimalt June 5/6

While our team was not largely represented, with only 18 swimmers, we still managed to take home a lot of ribbons. Chris Yates attended his first real swim meet, and was absolutely awesome! Hollis Louie, Kaitlin Miller, and Eliza McGuire had 6 best times in 6 events, while Bea Shorting had 5 best times in 6 events.

Port Alberni June 12/13

Nanaimo White Rapids was well represented at this swim meet, with 48 swimmers attending. While Saturday was a wee bit longer than normal, Sunday ran very smoothly and made for a great venue. Normally swim meets do not run as long as it did on the Saturday, but Port Alberni is an extremely small team and needed some additional support from other swim teams. Thank you to all those Nanaimo parents who helped make this swim meet a success! We had a lot of first time swimmers, including Tianna Hollman, Kyra Brugge, Kaitlin Yelle, Stacy Juss, Zack Todd, Steven Moore, Owen Simpson, Josh Todd, Andrew Taylor and Devyn Brugge. Everyone was outstanding!

Best time holders include Hollis Louie and Richard Bourgeois for attaining 6 out of 6 best times, Kaitlin Yelle, Andrew Taylor, and Ian Smith had 5 out of 6 best times, and Stacy Juss, Claire Smith, Riley Prout-Holm, Forrest Simpson, David Lutes, Shane Malone, and Gareth Saunders had 4 best times.

Upcoming Meets

Courtney June 26/27 - This is a great swim meet at an outdoor pool beside a huge field, perfect for setting up a tent and relaxing during the day.

Nanaimo July 3/4 - This is a team event. EVERYONE is wanted for this swim meet at our home pool, including volunteers to help make our meet successful and fun.

NANAIMO MEET JULY 3 & 4

Silent Auction

Hey Parents & Swimmers, our club swim meet is right around the corner and we're looking for some help in collecting items for the silent auction. This is a great opportunity to raise money for our club and your donations would be greatly appreciated!

Don't worry if you are not a business owner or an artisan; you can also make a donation to one of the gift baskets we hope to put together. We are working on the following theme baskets:

- *GARDEN BASKET - items such as gloves, gardening magazines, small decorative pots, seeds, etc..
- *ARTS & CRAFTS BASKET - crayons, markers, glitter etc.
- *FAMILY GAMES & MOVIE NIGHT BASKET - card games, board games, movies, popcorn, snacks, etc.

Donations can be left in the office at the pool in the box marked "Silent Auction" no later than June 26th please. Thanks in advance for your contributions (anything and everything appreciated!) - see you at the pool. Questions? e-mail gwhiting@island.net or 741-8552
-Tanya Whiting & Lara Dodds

Deck Food

Please sign up to donate a deck food item for our swim meet. All families are asked to donate a deck food item whether participating in the meet or not. Sign up sheets are now posted. Volunteers are needed to help prepare and serve deck food during the meet. Please sign up for a shift if you are able to do so. "Many hands make light work". Thanks from Cathy Read Questions? 756-7783

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 talhajj@sd68.bc.ca

BIRTHDAYS

Happy Birthday to the following swimmers:

| | |
|-------------------|---------|
| Hollis Louie | June 5 |
| Jarod Domino | June 6 |
| Riley Prout-Holm | June 7 |
| Emilie Kleijn | June 8 |
| Bryce Williamson | June 8 |
| Stephanie Taekema | June 10 |
| Melanie Heizer | June 14 |
| Brooke Shouldice | June 16 |

SAY CHEESE!

For all the new members in our swimming family, I would like to introduce you to our two club photographers.



Alan Yates, the short and balding fellow, uses his digital camera for action shots in the water as well as any other candid shots that he feels like shooting at. Joan Lutes, the tall me with way too much hair and mostly gray at that, uses her "old-fashioned", manual, SLR camera. For this reason, Joan does mostly candid, still shots. Joan and Alan will be at different meets and social events throughout the summer taking photos for the club. You can purchase reprints of any photos that you like from Joan. The cost is 50¢, to cover cost of the reprint, film and taxes. This is not a club fundraiser and is not intended to make money for the club. So the next time you see Joan or Alan with their camera aimed at you, **say cheese!**



FREEZIE MEET

The Freezie Meet was a great success - beautiful weather, great swimmers and coaches (the hot dogs and freezies were pretty good too!). A big "THANK YOU" to everyone who helped out.

Have Fun in the Sun, But Don't Forget Your Water Bottle

Summer is coming so protect yourself and your family from heat illness by staying well hydrated. Be especially careful when playing sports outdoors. By the time you are thirsty you are already slightly dehydrated. Get in the habit of drinking regularly.

Some of the symptoms of dehydration include feeling dizzy or lightheaded, a lack of concentration, headaches, low energy, increased heart rate and hunger. Dark yellow urine can also indicate dehydration.

Consideration when choosing your beverage

Why are you drinking? Is it for thirst? Energy? Pleasure? Food quality: What nutrients are you getting from the beverage? Does it have carbohydrates, vitamins and minerals? Sugar and fat content: How many calories are you drinking? Dehydrating factors: Caffeine, sugar, salt.

Best and worst hydrating fluids

Water should be used as the primary hydrating fluid and should be used for quenching thirst. Juices that say fruit cocktail, punch or beverage are not pure juice and have added sugar, which is dehydrating. They may have some added vitamins, but are not as nutrient dense as 100% real fruit juice. Milk is a food. It provides carbohydrate, protein and fat, as well as calcium and vitamin D. It is hydrating, so you can count it as one of your eight glasses. This is great, just so long as you don't drink it by the litre for hydration because it does contain calories – 100 per cup. If your child is a picky eater, have a look at how many calories they get from milk and juice. Pop can have caffeine and one can of Coke has nine teaspoons of sugar, both of which are dehydrating. Coffee and tea have caffeine and are dehydrating, but herbal tea can be counted in your eight! Alcohol is also dehydrating, not to mention the 100+ calories per glass. Kool-Aid, iced tea and lemonade are sweet, caloric beverages that can also be dehydrating.

Beverages for the summer

Make your own lemonade with fresh lemon juice and sugar or iced tea with a tea bag, sugar and lemon. Make spritzers with $\frac{1}{4}$ real juice and $\frac{3}{4}$ soda water. This cuts the calories and still provides taste. Blend fruit or fruit purees with ice to make iced fruit smoothies.

Keep you hydrated

Drink water at 1:1 ratio with alcohol, pop, caffeine. Have extra with sweet or salty foods. Carry a water bottle. Drink water with every meal and snack.

MILE SWIM

Mile Swim ~ All swimmers are encouraged to participate in the annual "Mile Swim". Pledge sheets will be available in family folders very shortly. Here's how it works:

1. Swimmers attempt to attain \$25 or more in pledges.
2. Swimmers choose one of the following times to swim:
 - July 6 from 6-9am
 - July 6 from 4-7pm
 - July 15 from 4-7pm(specific times will be posted for various age groups closer to the date)
3. Enjoy pancakes and a drink after the swim.
4. Receive your certificate of completion and your time immediately.
5. Collect your pledges and turn them in to your coach in an envelope that is clearly marked with the swimmer's name. Pledges are credited toward your fundraising account.

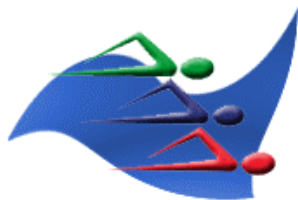
Prizes for fastest group and largest group participation will be handed out at the pep rally after the spaghetti dinner.

CO-HEAD COACH REPORT

Can you believe we're nearly entering the month of July? I know by talking to my swimmers that as of today high school classes have officially come to a close for the summer. I know that many have those pestering exams to focus on but I would like to congratulate all of you in your achievements in the classroom, including those of you who are Graduating this spring. Good luck on your exams and study hard! As we move along at this incredible pace I know a lot of family's have planned vacations or scheduled time away from the pool. If you could please let your coaches know of these events it would be much appreciated as we are madly try to plan the busiest portion of our swim season. I'll remind you to keep your eyes and ears open on what is going on, as every week brings something new and exciting. Check your file folder daily, read the bulletin board regularly, and watch for emails from your coaches as we try to keep you informed the best we can.

We are currently just beginning the swim meet season and so far we have been having a lot of fun not to mention some outstanding swims from everyone that has attended. I know that the summer brings with it a busy schedule but we would really enjoy seeing some more faces in and around the pool at these weekend meets. These meets are for everyone in the club, there are events for all ages and all levels, and as the coaching staff has said in the past we welcome any variety of participation at these weekend meets. If you can only attend one day out of the

weekend that would be great and/or if you only want to swim a couple of specific events that will be fine with us too! We just want to see you out there sharing in the experience that our sport can provide. We must think of these swim meets as an integral part of our swim season and your development as a swimmer. Do you go to soccer practice but never attend the games? Do you practice for hours on the piano but never display your skill at a recital or a concert? You put many hours into the development of your skills in the pool and we want you to know that the coaching staff is very proud of your efforts. We are simply encouraging you to participate. If you have questions please feel free to ask your swimmer's coach or perhaps you can find a parent in the stands who has attended a few meets themselves. The meet sign-up book (blue binder) can be found at the pool every day so sign up today!



COACH REPORTS

Baumann - Brian Nishi

Alright you guys I am going to keep this report short, simple and to the point.

I know that many of you are going to be finishing up with school and as we enter the summer you may be asking yourselves, why do we have morning practices? Well, do you go to swim meets and swim only in the afternoon?...NO...so, that is one reason why we swim both mornings and afternoons. It is to condition your body to be able to cope with the stress and consequential wear and tear of a weekend meet. I will be expecting everyone to pick up their attendance both in the afternoon AND in the morning as your exams finish up.

We have recently had a group meeting. We discussed the competitive goals of this group, behaviour expectations in practices as well as the commitment to your swim season that I expect from each of you. If you were unable to attend this meeting please ask me what you've missed.

Finally, at practices we will be gearing ourselves toward our own Nanaimo swim meet. This is only 2 weeks away so you can expect work on your starts, focus on your turns and hopefully, making you as technically sound as we can as we enter our midseason training. We are going to taper your bodies slightly for this meet. You can anticipate a long meet with heats and finals and I would like each of you to feel physically strong for this weekend.

Hutton - Brian Nishi

Here we are 7 weeks gone by and only 8 more to go into our swim season. That means we're very nearly half way through another wonderful season of swimming in the sun. Each of you are beginning to understand what it takes

during a practice to see an improvement in your skills. I know that it can be challenging and wearing on your body but if you communicate to us how you are feeling in the water it will benefit both of us in your development. It is not easy to improve your swimming abilities and it may take all summer to achieve a success but remember that the journey is the true prize. For each day that you come to practice and really concentrate on what you are doing, the outcome will draw nearer.

In practices, we will spend more time on your turns and your ability to maintain your stroke technique over longer meters. We will be expecting as these turns are practiced that you do your flip turn at every wall. The only way to become better is to practice. Remember that for every 100 meters that you swim there are 3 opportunities to practice your turns.

Tewksbury - Brian Nishi

How are we coping with our exams? I know that for many of you this is your first experience with the stress that exams can present so, I ask you to keep me informed of your "other life."

In practice we have begun our accent to the peak training portion of our season. We all know what and when this is and I know that you are all looking forward to it. I have taken some more time to work on your turns and will be spending considerable more time with our starts. Do you know that if you took into account your start as 15 meters, your turn as 5 meters into the wall and 5 meters out of the wall and then your finish as 5 meters, then this will account for at least 50% of any race that you swim! Think about it and realize that you need to concentrate at every turn that you do. When we practice starts, although it seems like a nice break to swimming up and down the pool, it takes as much if not more attention than the main set.

Finally, we have recently had a group meeting. We discussed the competitive goals of this group, behaviour expectations in practices as well as the expectation of attendance at swim meets. If you were unable to attend this meeting please ask me what you've missed.

Tanner group - Sheila Galloway

School is ending....and so I am SURE that I will see many more of you at the morning practices!!!! Attendance at these practices has left something to be desired...but I have faith that we will all show our dedication once school is out! The last couple of weeks have been busy, but great. At the last two meets our swimmers have had great times, and we were privileged enough to see the sports therapist this week. He had some great advice, and for some reason a LOT of it sounded familiar. Hmmm, you mean we should stretch BEFORE and AFTER practices? And practicing good technique (instead of 'lazy' swimming) will PREVENT injury (and consequently make us better swimmers)???

For those of you who do not know, Phil Bourgeois is leaving this week to go to England to meet the queen and be inducted as a knight. No wait, he's just going on vacation. On behalf of the group, have a great time Phil and don't eat the food! See you at Sidney.

The next month we are going to increase the level of intensity during practices. For those of you who were at practice for the commitment speech, and for those that weren't, here is a little reminder. Intensity and effort are judged not by how fast you swim up and down the pool, but the focus and mental effort that you put into swimming technically well. When you come to practice and just in the pool, you need to commit to being here for practice. You should be focused when practice starts so that you know what the set is, what the purpose and what we are working on, and setting your mind to swimming efficiently (ie. low stroke count) and trying any stroke corrections that your coach gives you (even if it doesn't feel good at first) Only YOU can achieve your goals.

Lastly, remember to check your family file folders. If you have not received a group email PLEASE let me know as this is my preferred method of sending reminders.

Davis group - Sheila Galloway

The last two weeks we have stepped it up a notch. We have been increasing our meters per practice a bit, and we have been to 2 swim meets. I think we are ready to go full steam ahead into the rest of our season (which is half over!) As you have probably figured out by now my focus for the group is to improve ALL the strokes, hence the IM training. Last week we emphasized Fly and Back, and this week was Breast and Free. For those of you who do not like IM, do not be discouraged because we will soon have the opportunity to train our "best" stroke.

The ball was introduced this week. While it is a bit of a challenge, and some of us may lose our patience, this is a tool that we will be using for the next month to help correct head position and emphasize correct body roll. Perhaps at the end of this training period those that form a special attachment to the ball can take it home....

For those of you who do not know, Richard Bourgeois is leaving for vacation to England for the next month. I would like to wish him bon voyage in his travels for the group, and we look forward to seeing him when he gets back!!!

Lastly, a reminder to check your family file folders. Practice is CANCELLED next Wednesday afternoon. I have sent out a group email, so PLEASE let me know if you did not receive it via email so I can get that sorted out. It is the easiest method for me to update everyone on issues that arise as the summer continues.

Hodgson - Marc Belanger

So what's the rule when we are done a set???? Hands on the wall. Well with the swim meet schedule starting up in full effect now this group has really picked it up. We have continued to work on all the strokes as well as some turns

and starts. We will continue to do so all summer and just increase the number of lengths. We have already increased the number of lengths in the past couple weeks and the kids haven't had any problems with the practices, which is great. At the Esquimalt meet Taylor Richardson swam 3 out of 3 best times on the Sunday which was the only day she could make it. The most recent meet was the Port Alberni Meet where Riley Prout-Holm, Taylor Richardson and Alex Turko combined for a lot of best times.

The next meet is this coming Saturday June 19 in Duncan. This meet is the B & C Development Meet and this group will have quite a few participants. On the Sunday there is a meet at the Crystal Pool in Victoria and this is the Kingfish "A" Meet. This means that you have to have swum an "A" time last year in any event or have swum an "A" time this summer.

Well practices are getting a little bit harder and faster and the weather is heating up quite a bit so I cannot emphasize this enough but please come to practice/dryland with a **WATER BOTTLE**. Just a reminder that the dryland for this group is on Friday before practice so please bring the proper attire, because we will be going for runs and doing things that require proper footwear as well as proper attire. The attendance for this group has been excellent and so that is all I can say.

Vernot - Marc Belanger

Well, the meets have started and the sun is hotter than ever. Recently we have been working on all 4 strokes every week as well as adding in some turn work and work on starts. These guys have been working extremely well for those that have been attending practices regularly. Also in the last two weeks there has been the Esquimalt meet where this group's lone representative, Bea Shorting, got 5 out of 6 best times. This past weekend the swim meet schedule took the club to Port Alberni where it was a little long on the first day but the kids and parents toughed it out for the most part. In Port Alberni this group was represented by once again Bea Shorting as well as Andrew Taylor, Kaitlyn Yelle and Andrew McDonald. They all worked very hard and swam very well.

Next weekend the meet is in Duncan on Saturday June 19 and it is the B & C Development Meet where our club will be sending quite a few swimmers. After that there is also the Kingfish "A" Meet at Crystal Pool in Victoria. This meet however is for those swimmers who swam an "A" time last summer or have already swum an "A" time this summer.

Well practices are getting a little bit harder and faster and the weather is heating up quite a bit so I cannot emphasize this enough but please come to practice/dryland with a **WATER BOTTLE**. Just a reminder that the dryland for this group is on Monday right before practice so please bring the proper attire, because we will be going for runs and doing things that require proper footwear as well as proper attire. The attendance for this group has really been sliding downwards in the last couple weeks so

please try and make it to as many practices as possible. Well with that said I would like to say that I really enjoy coaching these guys and I look forward to seeing you all at the pool (every day!!).

Limpert - Kim Beerman

Great work guys! You have been working hard. All of you are now able to swim much farther than you were able to in May. Those freestyle arms are really coming along, and backstroke is looking good as well. We will continue to work on all the strokes, and learn to do breaststroke. Great work guys! Make sure you wear sunscreen to practice and bring a water bottle.

Garapick - Kim Beerman

Wow! You are all improving so fast, it is great to see! The determination within this group is also excellent! We have been working on all four strokes, and have just recently learnt the butterfly. We will continue to strive to improve every stroke, as well as working on our starts, turns and finishes. Now that school is almost finished you will be able to spend more time outside, make sure to wear your sunscreen to practice, and bring a water bottle.

Ottenbrite - Kim Beerman

You guys are working hard! Good job! Your strokes are improving quickly. We will continue to work on the technical parts of each stroke, as well as starts, turns, and finishes. I would like to see everyone off the bottom, and trying those turns at every wall. Now that school is finishing you will be able to spend more time outside, make sure to wear your sunscreen to practice, and bring a water bottle.

Robertson - Kiala Silverton

Great job these past two weeks! Many of you came and swam at the freezie meet and are coming to the Duncan swim meet this weekend! It's great to see everyone so eager to be involved! Let's really work on listening to instructions these next few weeks as it leaves us more time for games and things at the end! Keep trying hard!

Smith - Kiala Silverton

This group deserves a pat on the back for excellent attendance! When you guys are consistently in the pool you improve much faster. Everyone seems to be improving and having a good time! In practice we have been focusing a lot on kick lately, using fins and experimenting with different kicking technique. Already Smith swimmers are seeing speed improvements at every practice! It will really show at meets! So keep up the work!

Ponting - Kiala Silverton

School is almost done, and summer is finally here, which means more people are starting to make it out to practice. Getting towards the middle of the season we are beginning to work on more and more things. Lots of starts, turns and technique! Many of you have signed up for some upcoming swim meets, which is awesome. It's great to see

you guys there! Our group game has been improving! On May 7th, we had 86 points left at the end of practice! Great work guys, now let's try to top that!



WORKER OF THE WEEK

Baumann

Week 2 – Codie Ward always comes to the pool with an incredible amount of focus to work hard and improve her ability to swim. Even more impressive is that recently she has renewed her enthusiasm with an interest in competing in triathlons which is amazing to witness.

Week 3 - Jackie Sangha -there is just something special about seeing a senior swimmer giving back to his/her sport. Jackie could be seen at the Freezie Meet timing in the hot sun cheering on our young swimmers and for that I would like to honour her with this award.

Hutton

Week 2 - Carli Silvertrone has regularly been showing her face to morning practices and has had very consistent attendance this week. The mornings have given her the opportunity to work on her strokes with the luxury of her own lane and what better way to start your day than a nice swim!

Week 3 – Laura Lawley recently attended the Port Alberni swim meet and had a couple of very encouraging swims. She has come to every practice with a goal of improvement which I know will only benefit in her progression.

Tewksbury

Week 2 – Ian Smith always comes to pool with a positive attitude. I love his attitude when given stroke correction as he works hard to improve his skills. Ian was also very visible (along with Gareth) at the Freezie meet as he helped out for the entire afternoon.

Week 3 – Gareth Saunders is one of our many gifted swimmers in this club. He competes hard at the meets and has a lot of success but I believe it is just as important to know that he is always a leader at practice with his daily work ethic and I know that this attitude rubs off on his teammates.

and earned himself a few ribbons. So congrats Andrew and keep working hard, the improvement is endless.

Tanner

Week 2 - This swimmer may not be a role model in every sense of the word, but has one of the ONLY people from this group to come to morning practices, and at those practices has helped poor Sheila set up the pool (which I greatly appreciate). Thanks for keeping me company **Phil Bourgeois!**

Week 3 - This swimmer transitioned into our group after the first 3 weeks of swimming, and has been slowly making his way up the ranks to leading a lane during practice. He had a great meet at Esquimalt where he swam his first 100m Bk and 100m Br, and accomplished both without being DQ'd. Way to go **Don Punshon!**

Davis

Week 2 - This goes to a swimmer who has had almost perfect attendance, who is a great leader in practice by paying attention (most of the time!) and putting out a good effort, and who had a terrific swim meet at Esquimalt. She had 6 best times, and didn't even care when initially DQ'd for 100m Fr because the time was so good. Way to go **Hollis Louie!**

Week 3 - This goes to a swimmers who also has had great attendance, is always well behaved in practice and pays attention to sets, explanations and stroke corrections, and who has had 2 great swim meets with a total of 8 best times. Way to go **Kaitlin Miller!**

Hodgson

Week 2 - **Cody Olson** is always paying close attention to the sets that are being explained and he is always waiting quietly for instruction. He works very hard in practice and has improved quite a bit already. So congrats Cody - you are the swimmer of the week.

Week 3 - **Taylor Richardson** always pays close attention and definitely likes to try new things that I ask her to do and has already improved quite a bit. She has swum 6 best times so far this year combined in two meets and with her hard work in practice I am certain there will be quite a few more.

Vernot

Week 2 - **Bea Shorting** has been working very hard in practices to improve her strokes. Her willingness to learn new things and try new things allowed her to swim for 5 best times at the Esquimalt meet. Her good behavior and positive attitude has earned her the swimmer of the week award.

Week 3 - **Andrew Taylor** began the year swimming with shorts and was possibly going to be moved to a different group but with that said his mother bought him some jammers and his effort level went up 75% and he has become one of the hardest working kids in the group. He swam extremely well at his first ever meet in Port Alberni

Limpert

Week 2 - **Shane Rogers** - wow you are working really hard and it is great to see. Your freestyle and backstroke are getting very speedy! Good work Shane! You have great attitude! Keep working hard!

Week 3 - **Elyse Louie** - you have improved rapidly over the past week. You are always smiling and cheerful, and are a pleasure to teach. Great work Elyse! Keep it up!

Garapick

Week 2 - This swimmer is always striving to do better; she works hard each practice and has a great attitude. Congratulations **Moir Brown**, you are the worker of the week because you work well with others and try to do your best each practice.

Week 3 - **Chris Yates** you are so determined to improve and you are improving very quickly! I enjoy your enthusiasm in the group and your great attitude will help you improve even more! Great job at your first swim meets I hope you enjoyed them.

Ottenbrite

Week 2 - **Georgia Barron** has done a great job in the last two weeks and is showing improvement in strokes and endurance. Your dives are looking great too. You are always trying your best in practice and I appreciate the wonderful attitude you show each day. Your smile is always visible even in the water.

Week 3 - **Krystina Pellegrino** has worked hard in this group and her strokes are becoming more efficient every day. You have a good attitude and I look forward to seeing your times improve with the next test set. It is great to see you trying to do proper turns at every wall- that will help you get even faster!

Robertson

Week 2 - **Kyle Yun** has already shown amazing progress in the first month of the season. Working hard every day he has proved that he really loves to be in the water. Asking questions about drills and technique shows that Kyle is really trying to improve. Great work Kyle, you are doing an excellent job!

Week 3 - **Ashlee Drevant** is great to have in my Robertson group! Listening to instructions and trying her best every day, Ashlee has already made huge improvements. She participated at the Freezie Meet and had excellent backstroke and freestyle swims! Awesome job, Ashlee. Have fun in Duncan!

Smith

Week 2 - Madeleine Whiting is off to a great start this season. Already practicing her flip turns at every end, they are looking better every day! At the Freezie Meet Maddy swam amazing races, showing she just can't wait to go to swim meets! Keep up the awesome swimming and fantastic turns Maddy!

Week 3 - Always ready to speed off the wall, **Hailey Price** is showing great improvements. Having so much fun at the freezie meet, I am glad to see her signed up for the Duncan swim meet this weekend. All of her speedy work should pay off at the meet, as well as her dives and turns which we have been practicing! Great work Hailey and good luck this weekend!

Ponting

Week 2 - Every day that **Derrick Hollman** is at practice you know he will try his best. Having the best attendance in the group so far, he is also at the pool when he doesn't have swimming! Not only does Derrick complete practice, he finds time to make us laugh at the end of each set. Once we figured out how to use the "marshmallows" Derrick quickly saw improvement on his pull. Keep it up Derrick!

Week 3 - This swimmer is so much fun to coach! Always looking to improve his strokes, he asks questions about how to fix them. Swimming in the Port Alberni meet, I could see all of his hard work shine through. **Devyn Brugge** swam amazing races! Doing flip turns for back and free you could see his improvement! Devyn will be going to the Duncan swim meet this weekend, let's have another great meet!

WATER POLO



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Curious about water polo? Come on, admit it. You always wanted to know what really goes on under water.

Water polo, at our club level, is broken down into four levels. The P1's, 11 and under, are coached by **David Heikkila**. Practice times are Monday and Wednesday, 3:15 – 4:30. **Simon Baldwin** looks after the P2's, the 12 and 13 year olds. Same practice times as the P1's. The P3's, 14 and 15 year olds, are coached by **Marc Hammer-Belanger**. Practice times are Tuesday and Thursday, 7:15 – 9:00. **Steve Elwood** coaches the P4's, the old guys, the 16 to 18 year olds. Same practice times as P3. Steve heads up the polo program, bringing to our club a wealth of knowledge and experience, despite his youthful looks.

There is a Sunday scrimmage, 10:30 to 12:00, for all levels. This would be the ideal place to come out and try the game. Don't be scared to introduce yourself to the coaches.

Numbers at all levels need some improvement. Just think about Nanaimo White Rapids taking all four teams to the

Provincial championships in August. That's not out of reach for us, with the number of members we have. Girls, boys, come on out. You'll never look back.

There will be a tournament on the Friday night of the Nanaimo meet, July 2nd. Our club will also host a P1 and P2 tournament on Wednesday, July 7th. Look for details to come out. We would look to have a P3 and 4 tourney later on in July. Stay tuned for other tournaments.

Our club should be very proud that seven of our P2's and P3's qualified for the B.C. Summer Games squad. Congratulations to Tricia Reynes, Gareth Saunders, Brad Cioban, Colin MacDonald, Stacy Juss, Aria MacColl, and Kate Heikkila. Philip Bourgeois and Taylor Olsen are alternates. Way to go!

So, any lingering doubts out there? Come on out, talk to one of the coaches. Talk to your other swimming friends. Give it a try!

Rick Heikkila

P1 Water Polo report - Dave Heikkila

For the past couple of weeks, we have been working on more of the game-play aspects of water polo. I've seen a great improvement in the kids' understanding of the horseshoe offence, and a greater willingness to swim. The numbers are fairly weak right now, so I would like to see more kids coming out to practice to partake in the fun. Practices run from 3:15 to 4:30 on Mondays and Wednesdays. If this is an inconvenience for anyone, don't hesitate to come talk to me, and we will see what we can work out. On a lighter note, we have found ourselves a goalie. Cody is showing a great deal of potential, and unlike most people, he actually enjoys being hit by the ball. Great work during the past few weeks everyone, and in the weeks upcoming, bring your friends. That's all for now, see you at the pool!

Worker of the week for June 7-11th - Always one of the most enthusiastic participants in a water polo practice, **Cody Olsen** has shown a great deal of work ethic and drive to succeed this season. His willingness to play goalie for the P1's has made my life a lot easier. Always the first with his cap on and in the pool at practice, he has been working extremely hard already this year. So Taylor, you'd better be looking over your shoulder, your brother is catching up quickly!!! Congratulations Cody!

P2 Water Polo - Simon Baldwin

We have had an awesome past few weeks. The BC Summer Games trials were a huge success with Nanaimo being represented extremely well on the Vancouver Island Regional Team. The work ethic in practices has been up despite the fairly low attendance. However, we are always looking for more players who want to try out the game. If you or anybody you know is interested, the practices are on Mondays and Wednesdays from 3:15-4:30 with a scrimmage session on Sunday from 10:15-12:00. So come on out and see what water polo is really like!