



# Nanaimo White Rapids Swim Club

## NEWSLETTER

Number 5

July 2nd, 2004

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### A Tribute to Peter Sutton

It was with great sadness that I learned of the death of Peter Sutton. Pete was the NWRSC President when our family became involved in the club. I became the President after Pete.

Pete Sutton was a very welcoming, warm man. He did lots of jobs for the club and around the pool. Most of his work was done silently, effectively and without request. He manufactured and fixed lots of things around the place. This will be missed. When you see the Canadian flags up at the pool this swim meet weekend, you will see they are held in small blue custom-built flag holders, Pete built all of those.

When you look at the lane rope reel, or see the pools aluminum teaching tables, think of Pete. He had those structures built and he nearly always got that kind of job done for less expense than expected.

When we became members some 7 yrs ago, our first encounter with Pete was at a tag day event. Pete was driving to each location to take make sure that the club's visual identification was displayed and he took pictures of the club members at each of the display tables.

Pete was an on-deck official, he could work any job. He could even do touch pad management. He was a meet manager. He managed the BC Summer Games Meet in Nanaimo in 2002. He volunteered at the BC Summer Games in Victoria in 2000, partially so he could watch out for the well-being of the NWRSC timing system that was being used for that event. The man could do anything and everything. He made things happen.

Pete Sutton was a man of great dedication. He became a Board Member of our Gaming organization. He realized how important that system was to many youth sport and

culture organizations. This is how he quietly put himself into a position to help. He often preferred that others not know of his contributions. Pete was quietly effective and a model volunteer. Pete's contribution to the gaming board reduced the NWRSC's volunteer needs and solidified our club's position within that process.

Those who had the pleasure of working with Pete know that he strived to do the right thing. Barriers were to be reduced if the right thing was being pursued. When we started to chat about the idea of changing the club's relationship with the City and Bowen Park Kin Pool I asked Pete to help. I did this because if the idea made sense to Pete, and he thought it was a good thing, it must be a good thing. His judgment was good, his opinion was valued.

I know that Pete gave to his colleagues at his work place. He also volunteered with Operation Red Nose. What a great contributor to his community!! I know that with each of his contributions he was valued, respected and enjoyed.

Pete loved his role as a parent. I recall a few fun trips to B & C's in Powell River. He valued that meet and enjoyed the success that meet was providing to those swimmers. He enjoyed the focus of that meet. The BCSSA Vancouver Island Region and the NWRSC may want to find a way within the B & C Championships to recognize Peter Suttons' contribution and values.

Wow, what a shock to think of Pete's absence. We all have a big hole in our hearts and in our thoughts about his family, and his community.

My heart goes out to Leslie, Rachael and Chris, whose loss is the greatest.

Sincerely,

Steve Beerman



## REMINDER

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>

"It does not matter how slowly you go so long as you do not stop" - Confucius

## MEET NEWS

## MEET RESULTS

### ESQUIMALT

Colin McDonald had 4 BT's

Richard Bourgeois had 3 BT's (out of 4 events)

Congratulations to all swimmers who attended this meet!

## PORT ALBERNI

A strong contingent of swimmers from Nanaimo White Rapids Summer Swim Club traveled 'over the hump' to the Blue Waves Swim Meet held in Port Alberni this past weekend. The club again is giving evidence that that it will be a major power in summer swimming on Vancouver Island this year. The Port Alberni meet, held over two days, gave young swimmers a chance to travel to another club and test out their skills against athletes who came from summer clubs north of the Malahat.

"The meet was an incredible success for our club," commented Coach Brian Nishi. "We had 51 swimmers attending, including many first time swimmers. Everyone swam at least one best time during the weekend, and the confidence of our swimmers is growing with each race. The coaching staff was very impressed with the efforts of all our athletes, but we know this is only a stepping stone to some more impressive swims still to come this summer."

For their efforts at Port Alberni, three youngsters were chosen "White Spot Swimmers of the Meet". Kaitlin Yelle, competing for the very first time, worked extremely hard, and cracked the top 8 in her division, a terrific accomplishment for a 1st year swimmer in Div 3. Riley Prout-Holme, only 7 years old, displayed determination in the pool as great as that of any of the bigger competitors at the meet. It was his first meet of the year, and he looked strong in all events. Hollis Louie had a breakout swim meet, really getting tough and competing. She consistently placed in the top of her division, and was a positive influence on her teammates.

Other youngsters working hard, and showing big improvements were Madeleine Whiting, Joshua Todd, Zackery Todd, Bea Shorting, Lauren Moore, Steven

Moore, Chris Yates, Nathan Taekema, and Georgia Barron.

Placing at the tops of their divisions with multiple 1st place finishes were speedsters Vanessa Yates, Eliza McGuire, Richard Bourgeois, and Shane Malone. Right behind them were teammates Colin McDonald, Gareth Saunders, Claire Smith, Kiala Silverton, Owen Simpson, Stacey Juss, Graham Cruise, Forrest Simpson, and Laura Lutes, who all achieved multiple top 3 placings. Just out of the medals, but also achieving good times were David Lutes, Tricia Reynes, Ian Smith, Andrew Taylor and Chris Sutton.

## Top 10 Results for Port Alberni Meet

Div 0

Zackery Todd – 6th 50 back, 8th 50 free

Div 1

Georgia Barron – 7th 50 Breaststroke

Taylor Richardson – 3rd 100 I.M., 50 fly, 5th 50 free

Riley Prout-Holm – 1st 50 free, 2nd 100 free, 50 fly, 3rd 50 back

Owen Simpson - 2nd 50 breast, 50 back, 4th 50 free

Joshua Todd – 5th 50 back, 6th 50 free

Chris Yates – 3rd 50 free

Steven Moore – 9th 50 back

Div 2

Vanessa Yates – 1st 50 free, 100 I M, 50 fly

Alexander Turko – 4th 100 free, 50 breast

Div 3

Kaitlin Yelle – 6th 100 IM, 50 fly, 7th 50 breast, 9th 50 free, 100 free

Kaitlin Miller – 8th 50 free, 9th 100 IM

Hollis Louie – 1st 50 free, 2nd 100 free, 50 breast, 100 IM, 3rd 50 back, 7th 50 fly

Andrew Taylor – 5th 100 IM, 8th 50 free, 50 breast, 9th 50 back

Forrest Simpson – 1st 50 fly, 2nd 100 free, 4th 50 breast, 50 free, 50 back

Richard Bourgeois – 1st 50 breast, 2nd 50 free, 50 back, 50 fly, 3rd 100 free

Div 4

Nathan Taekema – 3rd 200 IM, 10th 50 free

Colin McDonald – 2nd 200 IM, 3rd 50 free

David Lutes – 4th 100 breast, 5th 100 back, 6th 50 free, 100 free

Philip Bourgeois – 9th 100 free, 100 back, 50 fly

Eliza McGuire – 1st 200 IM, 50 fly, 3rd 50 free

Div 5

Stacey Juss – 2nd 100 breast, 3rd 100 free, 4th 50 fly, 6th 100 back

Helen Lutes – 3rd 50 fly, 4th 50 free, 5th 100 free, 7th 200 IM, 8th 100 back

Laura Lutes – 3rd 50 free, 100 back, 200 Im, 4th 100 free, 6th 50 fly

Tricia Reynes – 5th 200 IM, 100 back, 6th 100 free, 7th 50 free, 9th 50 fly

Hayley Sedola – 4th 100 fly, 6th 50 free, 200 IM

Shane Malone – 1st 50 free, 100 back, 100 free, 100 breast, 2nd 200 IM, 50 fly  
Gareth Saunders – 2nd 100 back, 3rd 100 free, 100 breast, 4th 50 fly  
Ian Smith – 5th 200 IM, 6th 50 fly, 7th 100 free, 8th 50 free, 100 breast  
Chris Sutton – 3rd 200 IM, 4th 100 fly, 7th 50 free

#### Div 6

Carly Mattson – 4th 100 back, 6th 100 free, 7th 50 free  
Alexandria McDonald – 5th 50 free  
Claire Smith – 3rd 50 free, 100 free, 2nd 100 breast, 200 IM, 3rd 100 fly, 4th 50 fly  
Graham Cruise – 3rd 100 free, 100 back, 50 fly

#### Division 7

Kiala Silverton – 1st 100 back, 2nd 100 free, 100 breast, 3rd 50 fly

## DUNCAN

Duncan meet was a swim meet to remember. For many it was their first swim meet introduction, and for seasoned veterans it was another joyful trip to Duncan! Many swimmers now know the tricks of the trade, from knowing which whistle means get ready to swim, where to pick up the card with their name on it, or remembering which side to be on (front or back)! The most memorable moment from this meet would have to be when the fire alarm when off during the 100m Breaststroke, and the whole pool was emptied onto the field across from the pool. The coaching staff was pleased to see so many new faces at this swim meet. The team cheer that we did was awesome, so parents and swimmers warm up your vocal chords for the Nanaimo meet this weekend!

Kingfish 'A'meet results - Colin McDonald had 4 BT's  
Richard Bourgeois had 3 BT's (out of 4 events)

## COURTENAY



More than 70 swimmers from the Nanaimo White Rapids Swim Club traveled to Courtenay recently to compete in the Courtenay 'Blue Devils' Swim Meet. Beautiful weather contributed to an extremely large entry of swimmers, and resulted in some great swims from the competitors.

"There were a number of races with more than 50 athletes entered, and most of the junior divisions, especially on the girls side, saw 40 plus swimmers per event" commented

coach Brian Nishi. "For our kids to place in the top 10 in these events is a significant achievement. It looks like many of our younger swimmers are beginning to understand how to race, and we will be seeing rapid improvement in these young athletes performances."

There were a number of breakthrough swims by individuals. For their outstanding efforts, and improvements, swimmers Tricia Reynes, Taylor Richardson, Colin McDonald, Gabriel Kleijn and Forrest Simpson were named "White Spot Swimmers of the Meet". As well, there were some Nanaimo swimmers who continued to shine by making numerous trips to the medal podium. Shane Malone, Dominic Kleijn, Hollis Louie, Riley Prout-Holm, Stacey Juss, Stephanie Taekema, Jaclyn Sangha, Eliza McGuire, Vanessa Yates, Kiala Silverton and Owen Simpson all showed that they will be contenders at the Island Championship in early August with their multiple top 3 finishes in their chosen events.

## Top 10 Finishes - Courtenay Meet

#### Div 1

Taylor Richardson – 3rd 50 back, 5th 50 breast, 6th 100 IM, 100 free, 8th 50 free  
Emilie Kleijn – 6th 50 free, 9th 100 free  
Riley Prout-Holm – 1st 50 back, 3rd 50 free, 50 fly  
Danya Nieman – 10th 100 IM  
Owen Simpson – 2nd 50 back, 50 breast, 4th 50 free  
Joshua Todd – 5th 50 breast

#### Div 2

Chloe Swabey – 8th 50 fly, 10th 50 free  
Gabriel Kleijn – 2nd 50 back, 4th 100 IM, 100 free, 5th 50 free, 50 fly, 6<sup>th</sup> 50 breast  
Alexander Turko – 6th 100 IM, 50 fly, 8th 50 free  
Cody Olson – 8th 100 IM, 50 fly  
Luke Postey – 4th 50 fly, 6th 50 free  
Vanessa Yates – 1st 50 back, 50 breast, 100 free

#### Div 3

Stephanie Taekema – 3rd 100 IM, 50 fly, 4th 50 free  
Hollis Louie – 3rd 50 free, 50 breast, 100 free, 4th 100 IM, 6th 50 back  
Dominic Kleijn – 1st 50 free, 3rd 100 IM, 50 fly, 50 back, 50 breast, 100 free  
Taylor Olson – 2nd 50 fly, 4th 100 IM, 9th 50 free  
Forrest Simpson – 2nd 50 back, 4th 100 free, 5th 50 breast, 50 free, 7th 100 IM  
Simon Kleijn – 10th 50 back

#### Div 4

Eliza McGuire – 1st 50 fly, 2nd 200 IM, 100 back, 4th 100 free, 5th 50 free, 100 breast  
Colin McDonald – 3rd 100 breast, 4th 100 free, 50 free, 5th 200 IM, 100 back, 6th 50 fly  
Nathan Taekema – 9th 50 fly

#### Div 5

Tricia Reynes – 3rd 200 IM, 100 back, 4th 100 fly, 8th 50 fly  
Stacey Juss – 1st 100 fly, 100 breast, 2nd 100 free, 50 free, 3rd 50 fly

Alanna Beerman – 3rd 50 free  
 Hayley Sedola – 3rd 100 free, 6th 50 free, 100 fly  
 Ian Smith – 5th – 200 IM, 8th 100 fly, 100 breast  
 Matthew Postey – 7th 100 fly, 8th 200 IM  
 Shane Malone – 1st 50 free, 100 fly, 100 back, 100 free,  
 2nd 50 fly, 100 breast  
 Richard Chisholm – 4th 100 breast, 7th 50 fly, 11th 100  
 free

Div 6  
 Graham Cruise – 1st 100 back, 4th 100 fly, 5th 50 fly, 6th  
 200 IM, 50 free, 100 free  
 Alexandra McDonald – 9th 50 back  
 Carly Mattson – 9th 100 free, 50 free  
 Claire Smith – 1st 100 back, 100 breast, 2nd 50 fly, 5th  
 100 free  
 A.J. Ballard – 2nd 100 back, 4th 50 fly, 6th 100 free

Div 7  
 Kalli Ross – 2nd 50 free, 4th 100 free, 5th 100 back  
 Kiala Silverton – 1st 100 back, 100 breast, 2nd 50 fly

Div 8  
 Sheila Galloway – 3rd 50 fly, 2nd 100 breast

Div 'O' Cat 1  
 K. Vanhest – 3rd 50 back, 4th 100 free, 50 free

Div 'O' Cat 2  
 Jaclyn Sangha – 1st 200 IM, 50 free, 50 fly, 100 free, 2nd  
 100 back  
 Whitney Bastedo – 3rd 200 IM, 5th 50 free

## UPCOMING MEETS

The next action for the locals is at our home pool at Bowen Park, when we host our own "White Rapids Invitational Meet" July 3rd and 4th. This meet, the largest outside of the Island Championships, will see 500 swimmers converge on the pool for the 2 day event. Our club has 170 of our own swimmers competing, and coaches are eager to see our athletes take on competition from all corners of Vancouver Island.

Please remember to wear your Rapids swim cap at the meet this weekend - If you need to purchase one you can do so on Friday from Sheila. Latex are \$6.00 and silicone are \$14.00.

## NEWSLETTER NEWS

The deadline for submissions for the next issue of the NWRSC Newsletter is Wednesday, July 14. If you'd like to contribute, please e-mail Teresa Al-Hajj at [talhajj@sd68.bc.ca](mailto:talhajj@sd68.bc.ca)

## BIRTHDAYS

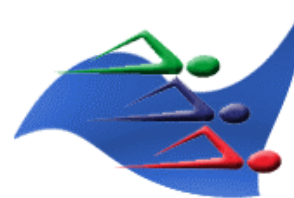


Happy Birthday to the following swimmers:

Forrest Simpson	June 19
Katie Mclean	June 20
Tricia Reynes	June 25
Keenan Abdurahman	July 1
Lauren Rogers	July 1

## 2004 COACH LIAISON COMMITTEE

The Coach Liaison Committee consists of club parents that deal with issues concerning coach decisions that are not resolved after discussion between the concerned party and the coach(es). They mediate problems or difficulties that arise or are foreseen between the Coaches, parents and/or the Board. These parents are: **Dan McDonald, Alf McGuire, and Jan Saunders.**



## HEAD COACH REPORT VOLUNTEER COACHES

As I have talked to many parents and swimmers who are eager to begin their "training", it sounds like we should have lots of enthusiastic young faces at our first Volunteer Coaches meeting. There will be a meeting in the "Office" at the pool on **Wednesday, July 8 @ 5:00pm.**

If you could bring with you a schedule of days and possibly times during the day that you are available that would be very helpful. Also, be sure to have a good idea of the age group you would like to work with and the number of hours per week that you are willing to commit to. Please bring a notebook/paper and a pen to write with.

I will also address the expectations of a Volunteer Coach and your added responsibilities with the club. The meeting should last approximately an hour. If you have questions regarding this meeting or if you are unable to make it to the pool at this time, please email me.

Brian [b\\_nishi@hotmail.com](mailto:b_nishi@hotmail.com)

## HELL WEEK T-SHIRT CONTEST

As many of you who are returning swimmers know what HELL WEEK is all about I will quickly attempt to give an abbreviated explanation to the new members of our swim club. HELL WEEK lasts from Monday, July 19<sup>th</sup> to Friday, July 23<sup>rd</sup>. For every member of the swim club there will be a list of events that the coaches challenge you to complete. For the senior swimmers they have a physical activity every day of the week in the afternoon placed on top of their regular swim practices in the pool. For our younger swimmers we ask a little less. The goal of this week is to attend ALL the activities that you are scheduled for. How do you know what these are? There will be a handout given out in your family file folder a week ahead of time.

There is a very coveted award that goes along with the successful 100% completion of HELL WEEK. This is not an easy task! I'm predicting this will be a very exclusive club.....Will YOU be one of the select few who receive this coveted award?

Last season we designed a T-shirt to give to only those who attended every event that we asked them to attend. This year we would like YOU to design this shirt. Use your creative mind to submit a design and the coaches will select one winner.

If you have a design you can hand it to your coach or email it to me. The deadline for submission of your design is **Wednesday, July 14<sup>th</sup>**. If you have any questions please email me at [b\\_nishi@hotmail.com](mailto:b_nishi@hotmail.com).

## GROUP REPORTS

### Baumann - Brian Nishi

So how are we all feeling? Are you ready to swim fast this weekend? We have tapered ourselves off slightly towards this weekend to have everyone physically rested for our own meet. As we have 160 swimmers attending the meet from our club I will need your assistance in marshalling the younger swimmers, cheering every member of our club on, and generally displaying your leadership as "senior swimmers". Please talk to me or one of the other coaches on Saturday and Sunday morning and ask where you can be made useful. For this I thank you in advance.

As for practices, we have taken some time recently to focus on our turns and starts. You can expect this to continue but you must also realize that for every turn that you do in practice is your opportunity to perfect this skill. There are 3 turns for every 100 meters and usually we swim 2500 meters in a workout. You can do the math. If you concentrate and focus your attention on what you are doing then there is no doubt in my mind that you will improve!

Now let me give you a little glimpse into your future. After this weekend there are only 2 weeks of training before HELL WEEK. You can expect both your meters and the

effort you put into your practices to gradually increase during this time. As I gear up your mind and body to handle the toughest week of the season, I ask each of you to take ownership of your training. Listen to your body throughout the next couple of weeks; if you are hungry then eat, if you are tired then get to bed early, if your muscles are feeling fatigued then you need to take the time to rest BEFORE or AFTER practices in order for them to recover. Only you can be responsible for your well being.

Finally, in the next few weeks I will try and communicate with each of you about what your intentions are for the end of the competitive swim season. I will be asking each of you to discuss your goals for the end of the year at Regionals, whether it be at Regionals in Victoria or here in Nanaimo. I would like to see each of you attend one of these last two meets.

### Hutton - Brian Nishi

Here we go! We over half way through your summer swimming season and are now tumbling down the hill towards end of the season. In a few weeks it is HELL WEEK and if you don't already know, during HELL WEEK there are activities that go beyond the pool. Combined with our regular swim practices there will be activities in the afternoon that will test your physical endurance as well as have a little fun along the way. We would love to see all of you in attendance throughout this week and challenge each of you to win one of the coveted HELL WEEK t-shirts!

As for practices, we are continuing with our stroke development. We know that this can become tiresome so we ask each of you to keep your concentration levels up. We will do our best to keep things interesting by introducing some new drills and attempting some more challenging sets.

Finally, for those of you that are going to the Nanaimo meet this weekend it's great to see you out at a swim meet! It's going to a long, hot weekend so be sure to come prepared. Bring appropriate clothing, nutritious food and be sure to drink a lot of WATER throughout the day. Remember that if you are feeling thirsty then you are already dehydrated!

### Tewksbury - Brian Nishi

Can you believe we are already into the month of July? We are only 2 weeks away from HELL WEEK and 5 weeks away from Regionals! To be honest I am very pleased with the gradual improvement of this group's training. You guys have worked really hard on improving the individual skills needed for each stroke, so now is the time to test your abilities in the water and see how well these skills hold up against some tough swimming. In the next week you can expect that I will prepare your bodies for Hell Week with a gradual climb in the meters swum in practice and in the intensity that you will swim some parts of practice.

As we enter the month of July I want to talk a little bit about competing. First of all, we are well on our way to having a very successfully summer so let's not drop the ball now. As we keep both eyes focused on the end of the season I will remind you of the importance of racing at each swim meet prior to Regionals. With each race that you compete in we are testing your body and its ability to withstand the physical demands that you are asking of it. For example, if you are swimming 100 freestyle I always remind you to NOT breathe off the walls. Why? Because this will make your overall race faster. If I remind you enough times my goal is that at Regionals this part of your race is second nature. At another meet I may ask you to sprint the first 50 of your 100 meter race like it was a 50 free. Why? So that you can feel how your body reacts when fatigued. Eventually, at Regionals you're going to want to take out that first 50 very similar to a 50 free and we don't want it to be a shock at that moment, right? Keep these things in mind at every swim meet. Ask me what I want you to work on for each event and then work on it. The goal is to have the perfect race mapped out in your mind BEFORE the end of the season. Do you have your 200 I.M. splits down to the second yet? Think about it.

Finally, in the next few weeks I will try and communicate with each of you about what your intentions are for the end of the competitive swim season. I will be asking each of you to discuss your goals for the end of the year at Regionals, whether it be at Regionals in Victoria or here in Nanaimo. I would like to see each of you attend one of these last two meets.

### **Tanner group - Sheila Galloway**

Whew, school is finally over, and I think I might actually start seeing some of my swimmers at practice (especially mornings)! Well, I am really excited for this weekend's swim meet, almost the whole crew is out and it will be a fun time. Remember to bring lots of extra clothing (in case it's cold) and stuff to keep you occupied. There are only five weeks left of training until REGIONALS...that's it, five weeks. If you haven't committed yourself to this season yet, then this is absolutely the last time to do this. Five weeks to get ourselves in tip top shape, learn those explosive dives and aerodynamic turns.

We have done a few test sets over the last couple of weeks, and here are all the Top Baneeners from them: Don Punshon won the 300m kk, Don Punshon won the 200m IM, and Megan Malone won the 200m Fr. You too can be the top weiner!

It's been very hot out the last couple of weeks, so I want to see more people bringing their water bottles. Which also brings us to bathroom breaks....these are to be done before practice, and in between sets. So if you ask in the middle of a set, unless it's an emergency, the answer will most likely be no.

### **Davis group - Sheila Galloway**

This group has been really awesome with really high attendance, good attitudes and a refreshingly strong work ethic. I don't have to explain to you guys why we don't walk

on the bottom and finish swimming into the walls the way the older swimmers need it explained! I am continually surprised at the leadership that is present in this group. Everyone is helpful, courteous, and kind to all the other team members that they encounter, and the coaching staff has noticed. We will be continuing to focus on learning to sprint, and working on starts and turns for the next couple of weeks. Then it is Hell Week.....be prepared for the challenge!

The last couple of weeks we have done a few top bananas, and here are the weiners: Hollis Louie won the 200m IM, Keenan Abdurahman AND Mitchell Read won the 200m kk, Kaiely Laidlaw won the 200m Fr, and Hollis Louie won the 400m Fr. Keep up the good work guys!

We are over the hump that is the start of the season, remembering how to swim and getting in shape. You will find that practices are going to start getting more challenging, so try to make as many practices as you can so that you don't feel left behind as the season progresses. I'm very excited for this weekend and I know we will all have a great meet!

### **Hodgson - Marc Belanger**

Well, this group's attendance really summarizes the way things have been going in the past few weeks. It's amazing how many kids come to all the practices. Not only has the attendance at practices gone up but also the attendance at meets, which I believe is a direct reflection on the practices. It been a lot of fun to watch the kids put what they have learned in practice into a real race and succeed at getting a best time. This group has had so many best times in the first few meets.

In the next few weeks there should be a lot more speed work as well as trying to put everything together for races, such as starts, turns, streamlines and all the little things which will help take off a little bit or a lot more time. With our Nanaimo meet coming up and spirit week in the mix, the summer should really be taking off in a very positive and fun direction. I hope everything keeps the same; I am very happy with this group. Congratulations to everyone, you guys keep it up!

### **Vernot - Marc Belanger**

In the past few weeks it has seemed to me that the attendance for practices has gone down a little bit but not significantly, and I do understand that school has just come to an end. With other sports and priorities this group has still managed to put out quite a few people to the past tow swim meets, which is very nice to see. Everyone who has been attending meets has really been swimming well.

So in the next few weeks we will be increasing the lengths and also doing some more speed work. With our Nanaimo meet coming up and many other meets we will also be working on putting together everything to do with a swim race, such as starts, turns, streamlines and finishes which will help to take off a little bit or a lot or time.

Well with half the summer already gone by I am looking forward to seeing what everyone has in them for the rest of the summer. It should be a lot of fun with many social events and swim meets coming up. So keep working hard and having fun!

### **Limpert - Kim Beerman**

Wow you guys are improving sooo quickly! While we are still focusing on our other strokes, we are progressing on to butterfly and breaststroke. We have been practicing being dolphins and mermaids. The kids are polishing up their dives and stream-lines and are making excellent progress. Now that school is out we will be having dry land, where we can have some fun as a group out of the pool. The kids are polishing up their dives and stream-lines and are making excellent progress. Keep up the enthusiasm!

### **Garapick - Kim Beerman**

Great work! The group is doing an excellent job on improving their strokes, learning new drills and doing increasingly difficult workouts! Now that school has ended I'm looking forward to seeing more swimmers on a regular basis. We will also be having dry land, where we can have some fun as a group out of the pool. You're all looking great in the pool and I'm excited to see you get up and race in some of the upcoming swim meets! If you are new to the club, you will be surprised at how fast July flies by with all of the different activities that are happening. Keep up the hard work guys!

### **Ottenbrite - Kim Beerman**

Awesome! July already?? I can't believe how fast the past two months have gone by. My Super Troopers are doing great out there in the pool and at the meets. It's wonderful to see these Troopers at their first meet. It can be a bit scary, but they all seem to enjoy it in the end. We have been working on IM (fly, back, breast, free) lately and will continue to work on it; they seem to be catching on very quickly. Keep up the great work guys!!

### **Robertson - Kiala Silverton**

It's great to see so many of you at practice every day. With the sun shining it is very refreshing to jump into the pool. This past week we have been working on all four strokes. Fly is a very tough stroke, and those of you who have been trying it, excellent job! Now since the sun is shining, let's not lose focus. Everyone should really try to listen at every practice. Keep trying guys! Just a reminder my e-mail address is [kiala@techcetera.ca](mailto:kiala@techcetera.ca) if you would like to reach me.

### **Smith - Kiala Silverton**

These past few weeks we have been really focusing on details; we're doing lots of drills and technique to improve our strokes as much as possible. We have also been working lots on our starts and turns, which is really starting to show. Almost all of you can do a flip turn, great job guys! One thing we still need to work on is our swimming circles. Let's really think about the every practice, it makes

swimming in large groups so much easier. Great job guys! Good luck this weekend! Just a reminder my e-mail address is [kiala@techcetera.ca](mailto:kiala@techcetera.ca) if you would like to reach me.

### **Ponting - Kiala Silverton**

More and more of you are coming to practices, which is great, although morning practices have been very small. The past two weeks no one showed up! So let's really try to make it in to those morning practices, they're not that bad! When we are in the pool, we have been doing lots of technique, turns and starts. For the next couple of weeks, I would like everybody to think about every stroke they take. Let's not get lazy! You guys have done a great job. Those of you going to the Nanaimo meet, good luck! Just a reminder my e-mail address is [kiala@techcetera.ca](mailto:kiala@techcetera.ca) if you would like to reach me.

### **Junior Coach report-Sita Ollek**

These past weeks I have been working mostly with the groups Garapick and Limpert. The improvement that I have seen has been wonderful. You guys have been working really hard and it really shows! Everyone in both groups always tries their best the whole time and it's great to see. It's also wonderful to see so many of you signed up for our swim meet this weekend! I know you guys are all going to have a great time and will enjoy yourselves. Keep up the good work!



## **WORKER OF THE WEEK**

### **Baumann**

**Week 4 - Claire Smith** - with school finished up Claire has had regular attendance at practices and seems to have a renewed sense of dedication to her swimming. At Port Alberni and Courtney she was knocking out some best times and looks to be well on her way to having a successful summer.

**Week 5 - Graham Cruise** - I know that I may regret this selection but at Courtney this past weekend Graham showed a new sense of maturity in his racing. He displayed a realization that with each race he swims he needs to work on something small to better the whole. As we work towards the ultimate goal of swimming his very best at Regionals this will only help.

### **Hutton**

**Week 4 - Shelby Scow** - Shelby has been showing an incredible amount of improvement in the water. She recently attended the Courtney Meet where she swam an excellent 200 I.M. and I think I spotted her at a morning practice or two as well. Congratulations Shelby!

**Week 5 – Carmen Williamson** – each day Carmen attends practice there is never a complaint, she listens well and tries hard to improve her skills. Every day I can tell that she simply likes to swim and sometimes we all just need to remind ourselves of the simple appreciations we find in life. So thanks, Carmen.

### Tewksbury

**Week 4 – Hayley Sedola** – in a very quiet manner Hayley has shown improvement in all four of her strokes. She consistently makes it out to morning practices, swam well at Courtney last weekend and has shown a commitment to her swimming that I am very excited to see. Keep up the great work Hayley!

**Week 5 – Richard Chisholm** – the other day in practice Richard showed me a desire to complete a set that has gone unprecedented this year. It was a set 50's, half of which were butterfly, and he met my challenge to complete all of them without breaking stroke! It was great to see at the mid-point of the season and I know that I will only see more as the season progresses.

### Tanner

**Week 4 – Caity Gossland** is one of the happiest people I have ever met, and she just brightens up the swim deck as soon as she steps on it. Even though she doesn't always make all the practices, the practices that she attends she really makes them count by working hard AND having fun. Congratulations!

**Week 5** – I have come to rely on **Garrett Burdett** to help rally the troops during the first few minutes of those morning practices. He is always willing to help set up the pool and lead stretching while I struggle away with the tarps. When Garrett sets his mind to a task, he completes it, and I think we can all learn a little from Garret.

### Davis

**Week 4 – Dominic Kleijn** has been a constant in our swim groups, with his near perfect attendance, his constant role model behaviour and positive attitude. Dominic never misses a beat, and always leaves on his pace time. Congratulations!

**Week 5 – Forrest Simpson** has really made a visible commitment to his swimming season over the last few weeks. He has had perfect attendance for two weeks running, and has a LOT of best times at the two swim meets that he has attended. Forrest is always willing to try new things, which makes life much easier as a coach. Way to go, Forrest!

### Hodgson

**Week 4 – Megan Skeeles** has come a long way since the beginning of the summer. She has improved on all her strokes and has taken off a truck load of time at the recent swim meets. So keep it up Megan, the improvement never stops when you work hard.

**Week 5 – Karli Nieman** has really showed that she wants to and will put in the work to improve her strokes. She consistently attends practice and has really been trying hard and listening well to try and improve her strokes. Just recently she has learned how to do breaststroke very well and that is one of the hardest strokes to learn. So keep it up, Karli.

### Vernot

**Week 4 – Aly Arabsky** has really been working hard on improving her strokes and has done just that. She balances water polo with swimming and still manages to attend four out of five practices. She swam very well at the Duncan development meet. So keep up the good work Aly!

**Week 5 – Hannah Swabey** has not only improved her strokes and work ethic from the beginning of the summer, but also her attitude. She is now always going first in her lane, leading the way and working hard. So keep it up Hannah!

<p><u>Duncan and Courtney Meet:</u> I would just like to say Congratulations to all swimmers from Hogson and Vernot for all the best times and outstanding work at the recent meets. The attendance from groups at meets has been amazing and the swims have been great. Congratulations!</p>
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### Limpert

**Week 4 – Lauryn Collins** is a hard worker and she listens to directions well. She is always ready to improve her strokes or dives, and when I give her a suggestion she always replies with "I'll try my best". Great job Lauryn!

**Week 5 – Cyrus Rupa** has been working hard in his swimming in the past few weeks. He's listening more, which is key in the younger groups, and he is focusing well on his strokes. His strokes are getting better, making him much faster. Great work Cyrus!

### Garapick

**Week 4 – Sophie Heizer** is a great part of this group! She is very alert and works hard at perfecting her strokes, taking correction and focusing while she swims. You're doing an excellent job Sophie!

**Week 5 – Jacob Murdock** has improved so much since he has started swimming. He is always willing to try new things and is a very dedicated swimmer! I am always impressed with his positive attitude and willingness to learn. Great job Jacob!

### Ottenbrite

**Week 4 – Denman Moody** worked extremely hard this week. She was thinking hard and gave 100% all week, even when she was being run over by the boys racing down the pool. She is a great girl and a pleasure to coach. Keep up the good work!!

**Week 5 – Alex Rudston-Brown** is a lot of fun to have in this already-crazy group of swimmers. He likes to joke around with his friends, but when it's time to listen to a set being explained or to swim his hardest, he's ready to go! He is a very talented swimmer and his strokes are looking better every day!

### Robertson

**Week 4 –** Since the beginning of the season **Liam Hurly** has improved tremendously! At first only swimming with a board, but now streamlines and trying all four strokes! Liam is practicing very hard and it really shows when he swims! Good luck at the Nanaimo meet Liam! You'll do great!

**Week 5 –** Being one of the only girls in the group, **Lauren Shaw** definitely is out-numbered, but this does not stop Lauren! When she hops into the water I know she will try her best all practice. Working on her strokes she takes great care in correcting them. Good job Lauren! Keep up the hard work!

### Smith

**Week 4 –** Joining my group a little ways into the season, **Connor McMillan** has quickly caught up. Always ready to get off the wall and show his stuff, Connor has shown great improvements in all of his strokes. Great work, Connor, and let's keep up this pace for the rest of the summer.

**Week 5 –** Ready to lead out the lane, **Lauren Rogers** is always ready to swim. Pushing off the wall in her streamline, she sets an excellent example for all of her teammates. Working on her flip turns and dives Lauren will do very well at the Nanaimo meet. Good luck this weekend Lauren!

### Ponting

**Week 4 –** Whenever **Connor Marwood** is at the pool, he is eager to get into the water. Waiting to get off that wall, Connor listens to instructions and then shows he understands with his swimming. Trying hard to improve all of his strokes, Connor is definitely seeing huge advances. Great job Connor!

**Week 5 –** Even if **Eric De Paoli** has already been swimming that day, he is still excited to get in the water for practice. Really working on his turns, dives and strokes, Eric will see it all pay off at the Nanaimo swim meet! Great work Eric, and good luck at the swim meet!



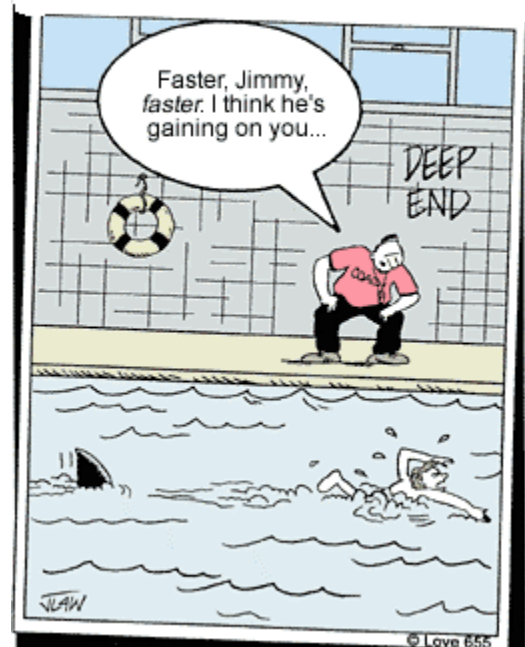
## WATER POLO

### P1 Water Polo report - Dave Heikkila

The past few weeks have been fun for the P1's and me. We are still short on numbers at practices. I really want to be able to run a P1 team this year at regionals, but we need more players for this. Everyone come out and try at least one practice. At least you can say you tried. All of you probably saw Simon or me at the pool at sometime this week, actively pushing water polo. There is the recruitment section for this week. Now for the fun stuff. We will be scrimmaging today (Friday), the night before the big meet, like every year. It is from 6-9. We are also hosting our own water polo tournament on Wednesday, July 7th from 11:00 to 5:00. These are both great opportunities for our kids to get some experience in the game of water polo. I think that's all I've got for now, so I'll leave you with an other encouragement for everyone to come try water polo.

See you at the pool!  
Dave

**Worker of the Week** - It's always nice to see a smiling face at practice. It gets the coaches and the other players excited for practice. **Aly Arabsky's** smiling face always brightens practice for everyone. It has been great to see Aly at more and more practices lately, and her water polo skills have been increasing greatly. So keep up the good work Aly, and congratulations.



Mr. Pimble's controversial swimming class.