



Nanaimo White Rapids Swim Club NEWSLETTER

Number 6

July 16th, 2004

PRESIDENTS' CORNER

Wow! That was a successful swim meet. The NWRSC 2004 Invitational went on without a hitch and all swimmers and parents had an enjoyable weekend. As you will read in other items in this newsletter there are many to thank for the success of our meet. It takes the efforts of all members to pull off an event like this.

For many of our younger swimmers it was their first taste of competitive swimming. They had an opportunity to put to use all the skills and techniques they have been practicing over the last few weeks. Many of them also met other swimmers from clubs on the Island. I hope that they will reacquaint themselves at Regionals and B&C's and those friendships grow from season to season.

Over the next few weeks club activities increase, Sandcastles earlier this week, the Lifeguard Competition this weekend, "Hell Week" next, and the lead up to events to Regionals and B&Cs. The "Spaghetti Dinner" Pep Rally and the "Pie the Coach" contest come to mind. As there were two Presidents who were "pied" last year, this year there will be none. ☺

I hope that our young swimmers are enjoying the sport and are successful because of good basic skills, along with their natural ability. Ultimately, seeing their satisfaction of doing well and being on a team that supports each other and watching the kids develop self-confidence and believing in themselves makes it all worth it.

Swimming is not just about getting to the other side of the pool the fastest. It is about the distance between the start and finish – the process. Getting up early to practice is not just to get pool time, but a test of one's dedication and discipline as a swimmer and as a person. Swimming teaches a person about responsibility, restraint and respect for themselves and everyone around them. All in all, swimming is a lesson on life itself.

See you on deck,
Mike Silverton - President

From Leslie Sutton

Rachael, Chris and I would like to convey our sincere gratitude for the expressions of sympathy and support that have poured in this past week. They have proved to be of great comfort to us. The "Tribute to Peter Sutton" written for the newsletter was very moving.

Pete crossed paths with people in many areas of the community and it was evident by the volume of hugs, cards, e-mails, flowers, food and phone calls that have flooded in and by the amazing group of celebrants who were able to attend Friday's service. Our Ontario family members were amazed at the swiftness with which offers of support arrived, at the sentiments being offered and with the food that arrived, often anonymously. I thank you all for your generosity.

We will deeply cherish the feelings and emotions expressed during the Celebration of Pete's Life, the wonderful messages left in the memory books and the thoughts sent in cards, e-mails, and phone calls. This has proved to be a difficult time for many and we are grateful to you for taking the time to express your thoughts and feelings, in your own way, to our family. Pete's memory will never fade as long as we keep remembering and laughing.

Sincerely, Leslie Sutton

A certain man had three friends, two of whom he loved deeply but the other he lightly esteemed. It happened one day that the King commanded his presence in court at which he was greatly alarmed, and wished to procure an advocate. Accordingly he went to the two friends whom he loved; one flatly refused to accompany him; the other offered to go with him as far as the king's gate, but no farther. He called upon his third friend, whom he least esteemed, and he not only went willingly with him but so ably defended him before the King that he was acquitted. In like manner, every man has three friends when Death summons him to appear before his Creator. His best friend, whom he loves most, his money, cannot go with him a single step; his second, relations and neighbours, can only accompany him to the grave, but cannot defend him before the Judge; while his third friend-his good works- goes with him before the King and obtains his acquittal.

A Talmudic tale

Pictures from the Nanaimo Swim Meet!



Here's Riley, swimming hard!



Go Taylor!



The human chain...



Thanks to Nancy for a well-run meet!



A great swim, Ellen☺



Caught in the act, Joan!

MEEET NEWS

Meet Results

Nanaimo July 3 & 4

It was a great weekend for our club, with 160 of our swimmers taking part. With perfect weather conditions and lots of competition, the times in the pool were fast. Six Nanaimo swimmers captured PQT times (provincial qualifying times), the 'gold standard' in summer swimming. Defending provincial champion and record holder Carla Henderson scooped 3 PQT's, while young Vanessa Yates and powerhouse Shane Malone both achieved 2 PQT's. Tommy Gossland, Kiala Silverton, and Marc Hammer-Belanger each raced to 1 PQT each.

"It was a terrific weekend, with our swim meet going very well" commented head coaches Sheila Galloway and Brian Nishi. "Any time you have almost 500 athletes at an event, and the meet goes off without any hitches, then you have to be pleased with the organization and planning that went into the swim meet. We would like to thank meet manager Nancy McGuire, and all the parents from the club who spent two long days, ensuring that all aspects of the meet went smoothly. We are fortunate to have such an energetic and dedicated group of parents in this community. As well, our older swimmers provided great leadership to the younger athletes, and with the many 'best times' achieved by our swimmers, it appears a large number of our club members will have a very successful summer."

There were a number of local swimmers who took home a fistful of medals. Kristeen Cooper, with 3 golds and a silver, led the medal standings. Henderson had 3 golds and a bronze, Yates picked up 3 golds, Malone and Gossland each received 2 golds and a silver. Riley Prout-Holm collected 1 gold, 2 silvers and a bronze medal, Taylor Richardson had 3 silvers, and James Saunders swam to 1 gold and 2 bronze medals. Mounting the medal podium for gold and silver were Gareth Saunders, Stacey Juss, and Jordan Veller, while gold/bronze combinations were achieved by Taylor Olson, Eliza McGuire and Colin McDonald.

For their outstanding improvement and efforts, swimmers Taylor Olson, Kristeen Cooper, Danya Nieman and Stephanie Taekema were recognized as the "White Spot Swimmers of the Meet".

The following swimmers achieved best times at the meet: Taylor Richardson, Chloe Swabey, Luke Postey, Gabriel Kleijn, Stephanie Taekema, Kaitlin Yelle, Stephen Gossland, Hannah Swabey, Kailey Laidlaw, Mitchell Reid, Martin Shook, Caitlin Gossland, Lis Sevenhuysen, Stacey Juss, Gareth Saunders, Thomas Gossland, Jaclyn Sanga, Kirsteen Cooper, Aria MacColl, Ellen Taekema, Krys Pellegrino, Steven Moore, Randall Domino, Erin Murdock, Georgia Barron, Rhia Beland, Hayley Price, Madeleine Whiting, Simin Rupa, Emma DePaoli, Tianna Hollman, Lauren Rgers, Emma Voetman, Moira Brown, Darby Walker, Kaleigh Studer, Lindsay Hazelbower, Riley Prout-Holm, Chris Yates, Ewen Hergeshe, Joshua Todd, Zachary Todd,

Romi Al-Hajj, Lucas Swabey, J. Gold, Wonsucc Lee, Karli Neiman, Kyra Brugge, Aliza Gemma, Catherine Carriere Der, Hollis Louie, Kaitlin Miller, Caleb Harding, Connor Marwood, C. McMillan, B McCormack, Eric DePaoli, Braeden Price, Melanie Heizer, Forrest Simpson, Taylor Olson, Christopher Yoon, Simon Kleijn, Eliza McGuire, S Scow, D Burdett, Alexine Hurley, Derrick Hollman, Andrew McDonald, Michael DePaoli, Sophia Negrin, Cassandra Yoon, Cara McLaren, Arden Gill, Jasmine Ingalls, Colin McDonald, David Lutes, Nathan Taekema, Garrett Burdett, Blake Mattson, Fraser Read, Landon Munroe, Matt Marwood, Kate Heikkila, Nicole Staughan, Ali Negrin, Laura Lawley, Bradley Cioban, R Chisolm, Matthew Postey, Helen Lutes, S Wallensteen, Allana Beerman, Hayley Sedola, L Rozzano, A Keating, C Wickman, T Newman, Kim Beerman, Emilie Kleijn, Danya Neiman, Vanessa Yates, Cody Loson, Jacob Murdoch, K Vanhest, T Reynes, K Ross, James Saunders, Alex Turko, Andrew Taylor, Sita Olleck, Simon Baldwin, Owen Simpson, Dominic Kleijn, Devyn Brugge, Ian Smith, C Mattson, Gareth Saunders, Sheila Galloway, Kristeen Cooper.

Results

Div 1

Taylor Richardson – 2nd 100 IM, 50 back, 50 fly, 5th 50 breast
Emilie Kleijn – 2nd 100 IM, 100 free
Danya Nieman – 4th 100 free, 5th 100 IM
Riley Prout-Holm – 1st 100 IM, 2nd 50 back, 100 free, 3rd 50 fly
Ewan Hergeshemer – 2nd 100 IM, 5th 100 free
Chris Yates – 3rd 50 back, 5th 100 IM
Ellen Taekema – 4th 50 back
Georgia Barron – 6th 50 fly
Owen Simpson – 3rd 50 breast
Joshua Todd – 4th 100 free, 5th 50 breast
Zachary Todd – 6th 50 breast

Div 2

Luke Postey – 5th 100 IM
Gabriel Kleijn – 5th 50 back, 6th 100 IM, 50 free, 100 free
Chloe Swabey – 11th 100 IM
Vanessa Yates – 1st 50 back, 50 fly, 100 free

Div 3

Stephanie Taekema – 2nd 100 IM, 100 free, 3rd 50 back
Kaitlin Yelle – 4th 100 IM, 6th 50 breast
Dominic Kleijn – 3rd 50 free, 4th 100 IM, 5th 50 fly, 6th 100 free
Steven Gossland – 8th 100 IM
Hollis Louie – 1st 50 free, 100 free, 2nd 50 breast, 5th 50 back
Forrest Simpson – 3rd 100 free, 4th 50 fly, 5th 50 free, 6th 50 breast
Simon Kleijn – 3rd 50 back
Taylor Olson – 1st 50 breast, 3rd 50 fly

Div 4

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

Div 5

Stacey Juss – 1st 100 breast, 2nd 200 IM, 5th 100 free
Gareth Saunders – 1st 200 IM, 2nd 100 breast, 5th 50 fly, 100 free
Tommy Gossland – 1st 50 fly, 100 free, 2nd 200 IM
Laura Lutes – 3rd 100 back, 4th 50 free
Helen Lutes – 4th 100 free, 5th 50 free
Shane Malone – 1st 50 free, 100 back, 2nd 100 free, 5th 100 breast
Alanna Beerman – 5th 100 back
Hayley Sedola – 6th 100 free

Div 6

Claire Smith – 3rd 200 IM
Graham Cruise – 3rd 200 IM, 5th 50 fly
Sean Stewart – 3rd 50 free, 100 free
Alexandria McDonald – 6th 100 back
Graham Cruise – 5th 100 back
Jordan Veller – 1st 100 breast, 2nd 100 free
Kevin Beerman – 1st 100 breast, 4th 100 free

Div 7

Carla Henderson – 1st 200 IM, 100 back, 50 fly, 3rd 100 breast
Kiala Silverton – 2nd 100 breast, 3rd 100 free, 4th 200 IM, 50 free
Kalli Ross – 5th 50 free
David Heikkla – 3rd 50 free, 5th 100 breast
James Saunders – 1st 100 breast, 3rd 50 fly, 100 free
Simon Baldwin – 3rd 100 breast
Kim Beerman – 6th 100 free

Div 8

Kristeen Cooper – 1st 200 IM, 50 fly, 100 free, 2nd 100 breast
Marc Hammer-Belanger – 2nd 200 IM, 50 free
Brian Nishi – 3rd 200 IM
Lorraine Rozzano – 2nd 50 fly, 100 free

'O' Cat 1

Jamie Gold – 1st 50 free, 2nd 100 IM, 100 free, 3rd 50 fly
K. Vanhest – 2nd 50 free, 3rd 50 back

'O' Cat 2

Jaclyn Sangha – 1st 100 back, 50 fly, 100 free, 2nd 200 IM

Juan de Fuca June 12/13

We sent a group of 40 athletes to the Juan de Fuca meet held this past weekend at the Commonwealth Pool in Victoria. Our athletes continued to shine in every division against strong contingents from lower Island/Victoria swim clubs. Once again, young Vanessa Yates tore up the pool, dominating in every race she swam, and finishing with five 1st place finishes. Yates has not been beaten in a race this year, and it appears she will be one of the driving forces for the White Rapids at the Island Championships in early August, as the club attempts to defend its' Island Championship title for the 20th time. Also swimming extremely well, and achieving 2 firsts and 2 seconds were Eliza McGuire and Gareth Saunders. Both athletes achieved PQT's (provincial qualifying times), McGuire for the first time ever (50 fly), while Saunders garnered his top times in the 200 IM and the 100 back. Also winning gold were Taylor Olson (breaststroke), Colin McDonald (breaststroke), and Justina Sypniewski (freestyle). McDonald also took 2nd in the 50 free. Just out of first place, but achieving multiple top 3 finishes were Jamie Gold (4 silvers, 1 bronze), Hollis Louie (3 silvers, 1 bronze), James Saunders (2 silvers), Richard Chisholm (2 bronze), and Helen Lutes (2 bronze). Picking up a bronze medal were Kaitlin Miller (100 free), Forrest Simpson (100 free), Laura Lutes (backstroke) Hayley Sedola (freestyle), Kevin Beerman (freestyle) and Kiala Silverton (200 IM).

Coaches Sheila Galloway and Brian Nishi were pleased with the team's performance. "There were lots of best times achieved this weekend by our swimmers," commented Nishi. "We are getting close to the peak of our

training season, and we will be upping the intensity of workouts. 'Hell week' will be taking place next week, as we gear up for the Regional Championships. This will involve lots of cross training, as well as bringing the athletes closer together as a team. Then we will start to taper for Regionals, B and C Championships, and Provincial Championships.

Named as 'White Spot Swimmers of the Meet' for outstanding improvement were Chris Yates, Richard Chisholm, Hayley Sedola and David Lutes.

Best time holders were Danya Nieman, Ellen Taekema, Lindsay Hazelbower, Luke Postey, Cody Olson, Hollis Louie, Kaitlin Miller, Bea Shorting, Colin McDonald, David Lutes, Alanna Beerman, Tricia Reynes, Eliza McGuire, Gareth Saunders, Tim Wickman, Kim Beerman, Emma Voetmann, Karli Nieman, Chris Yates, Nathan Taekema, Helen Lutes, Laura Lutes, Hayley Sedola, R Chisholm, Kevin Berrman, Vanessa Yates, Forrest Simpson, Andrew McDonald, Taylor Olson, Alex Mcdonald, Owen Simpson, Jamie Gold, and J Sypniewski.

There are a number of White Rapids Swimmers taking part in the B.C. Summer Games this upcoming weekend. The Nanaimo club placed 8 athletes onto the Vancouver Island water polo team. Stacey Juss, Brad Cioban, Tricia Reynes, Aria MacColl, Gareth Saunders, Taylor Olson, Kate Heikkla and Colin McDonald leave on Thursday for the games, while club members Tommy Gossland and Cody Ward will also compete, but not in the water. Gossland is on the Island volleyball team, while Ward is using her swimming ability to good advantage in the triathlon.

Results

Div 1

Chris Yates – 4th 100 free, 5th 50 free 50 back
Taylor Richardson – 5th 50 fly, 10th 50 free
Ellen Taekema – 8th 100 IM
Danya Nieman – 3rd 50 back, 4th 100 free, 9th 100 IM
Owen Simpson – 3rd 50 back, 4th 50 breast, 7th 100 free

Div 2

Vanessa Yates – 1st 50 free, 50 fly, 50 back, 50 breast, 100 free
Luke Postey – 8th 100 IM, 50 fly, 9th 50 free
Cody Olson – 8th 50 breast, 10th 100 IM, 50 fly, 100 free

Div 3

Taylor Olson – 1st 50 breast, 4th 100 free, 5th 100 IM, 8th 50 fly
Hollis Louie – 2nd 100 IM, 50 free, 50 breast, 3rd 100 free, 4th 50 back
Stephanie Taekema – 3rd 50 fly, 4th 50 free
Kaitlin Miller – 3rd 100 free, 10th 50 free
Forrest Simpson – 3rd 100 free, 5th 50 back, 6th 50 breast

Div 4

Colin McDonald – 2nd 50 free, 4th 200 IM, 100 free, 5th 50 fly, 100 back
David Lutes – 7th 100 breast, 9th 100 free
Nathan Taekema – 8th 50 fly
Eliza McGuire – 1st 200 IM, 50 fly, 2nd 50 free, 100 back, 100 free, 4th 100 breast

Div 5
 Gareth Saunders – 1st 200 IM, 100 back, 2nd 50 free, 100 free
 Matthew Postey – 5th 200 IM, 6th 100 fly
 Richard Chisholm – 3rd 100 fly, 100 breast, 4th 50 fly, 5th 100 free, 6th 50 free
 Alanna Beerman – 3rd 200 IM, 5th 100 back, 8th 50 free
 Tricia Reynes – 6th 200 IM, 8th 100 back
 Laura Lutes – 3rd 100 back, 4th 50 free, 7th 100 breast, 8th 200 IM
 Helen Lutes – 3rd 50 free, 100 fly, 4th 100 free, 9th 100 back
 Hayley Sedola – 3rd 100 free, 5th 50 free, 6th 100 fly, 10th 100 breast

Div 6
 Kevin Beerman – 3rd 50 free, 4th 50 fly, 100 breast, 100 free
 Tim Wickman – 5th 50 free, 6th 200 IM
 A.J. Ballard – 5th 50 free, 7th 100 back
 Alex McDonald – 6th 100 breast, 9th 100 free, 10th 50 free

Div 7
 James Saunders – 2nd 200 IM, 50 free
 Kiala Silverton – 3rd 200 IM, 8th 50 free
 Kim Beerman – 6th 100 back, 7th 200 IM, 8th 100 free, 10th 50 free, 50 fly

Div 'O' 1
 Jamie Gold – 2nd 100 IM, 50 free, 50 fly, 50 back, 3rd 50 breast

Div 'O' 2
 Justina Sypniewski – 1st 50 free, 4th 200 IM

Upcoming Meets

Campbell River Meet - July 23/24
 -sign up deadline is Sat, July 16th.

Sidney Piranhas -July 31/ Aug 1
 -sign up deadline is Sat, July 24th.

Regionals – Aug 7/8 (Victoria)
 -sign up deadline is Sat, July 31st.
 We encourage as many swimmers as possible to go to this meet. It is a two-day meet in Victoria for all swimmers.

B&C Championships - Aug 14/15 (Nanaimo)
 -sign up deadline is Sat, Aug.7th.



BIRTHDAYS
 Happy Birthday to the following swimmers:

| | |
|-----------------------|---------|
| Benjamin Hall | July 5 |
| Jenna Hague | July 6 |
| Martin Shook | July 8 |
| Erick Hammer-Belanger | July 13 |
| Romi Al-Hajj | July 15 |
| Jessi Govett | July 16 |
| Tianna Hollman | July 16 |

REMINDERS

*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>

**“Ability is what you’re capable of doing.
 Motivation determines what you do.
 Attitude determines how well you do it.” -
 Lou Holtz**

SNACKS FOR SUMMER FUN

Frozen Bananas

2 bananas peeled and cut in half
 2 tablespoons peanut butter
 ½ cup evaporated milk
 Chopped nuts or crunchy bran cereal

Place banana halves on sticks (if desired). Mix peanut butter with evaporated skim milk until it is the consistency of egg whites. Roll bananas in peanut butter mixture. Roll bananas in nuts and/or cereal. Place in freezer until frozen. Serves 4.

2004 COACH LIAISON COMMITTEE

Pictured below are **Alf McGuire, Jan Saunders and Dan McDonald**, the parents on our **Coach Liaison Committee**. This committee has been formed to help to 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.



NEWSLETTER NEWS

The deadline for submissions for the next issue of the NWRSC Newsletter is Wednesday, July 28. If you'd like to contribute, please e-mail Teresa Al-Hajj at talhajj@sd68.bc.ca

SUMMER TIPS TO BEAT THE HEAT

Kids and Heat

Children are particularly susceptible to heat problems – from dizziness to cramps to strokes. Kids have more surface area in relation to their weight than adults so they absorb more heat, yet their sweat glands don't work efficiently until puberty.

During hot, humid weather, it is better to exercise less intensely, wear loose (or less) clothing, watch for signs of overheating (red faces) and schedule regular water breaks.

Water

Internally and externally, water is a good remedy for summer's ills!

Most experts suggest drinking six to eight glasses of water a day, but do not wait until you feel thirsty to drink. By the time you feel thirsty, you could already be dehydrated. Drink plenty of water before, during and after exercise. Sugary drinks are not recommended because the sugar delays the passage of fluids from the intestines to the rest of the body.

For sunburns, use water by taking a cool shower or bath. Most burns benefit from an hour in the water. Also, sunburns can be dehydrating, so drink extra water even if you are not thirsty.

A simple test for water loss during any form of exercise is to record the body weight before the activity and after. Anything more than a 3% drop in body weight is considered a risk.

Reference Healthline, Vol 4, No. 8 – Fit Kid Topic #2 – Summer Tips To Beat The Heat

HEAD COACH REPORT:

And the winner of the 2004 Hell Week t-shirt contest is.....

LAURA LUTES!

Congratulations Laura on your excellent design! I'm sure you are all wondering what the winning design looks like but you'll just have to wait and see AFTER you've completed Hell Week.

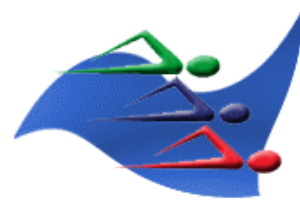
At this time we would also like to give mention to our runner-up in the contest.....DEVYN BRUGGE!

Also, we would like to this time to thank Dominic Kleijn, Alexine Hurley, Claire Smith, Codie Ward, Kyra Brugge,

Simon Kleijn, Stephanie Taekema and Jamie Gold who all gave the coaching staff anxious moments of indecision with their design entries. As we stayed up late in debate on the winner we did come to one overwhelming conclusion...we discovered that many of our talented swimmers are ALSO very gifted artists!

THE CONTEST

**The contest lasts for seconds
Though the training's taken years.
It wasn't the winning alone
That was worth the work and tears.
The applause will be forgotten,
The prize will be misplaced,
But the long hard hours of practice
Will never be a waste:
For trying to win you build a skill,
If you learn, then winning depends on will.
You never grow by how much you win.
You only grow by how much you put in.
So any challenge you've just begun,
Before it's your best, you've already won.**



COACH REPORTS

Baumann - Brian Nishi

I don't think I need to go into too much detail of what to expect in the next couple of weeks. All of you have been here before and know what Hell Week is all about. My expectations for all of you are simple, 100% and no less. I know that there are commitments that you are all involved in but I also know that with only 3 weeks until Regionals your performance at that time will highly depend on your participation in training.

As the season makes its downhill decent toward Regionals, I want to take this time to remind each of you how important you are to the team. We are attempting a milestone, as this season may possibly be the 20th year your Nanaimo White Rapids team has repeated as champions. If you don't already know, relay points count for twice as many as any individual event that you swim and we need all the points we can get. That means ALL OF YOU ARE NEEDED FOR THE SUCCESS OF YOUR TEAM!

Hutton - Brian Nishi

O.k. guys don't look now but we are entering the toughest week of the season. That's correct - it's HELL WEEK! I am aware that all you are a little apprehensive of your participation in this week but I know that you are all capable of completing this intense week of training. Challenge yourself to succeed, test your body and see how both your mind and body responds to this challenge. The reward will only be yours upon completion and I know how proud that this may make you feel. Be sure to get rest when you need it, be sure to eat a properly balanced diet and be sure to arrive at the pool with a positive attitude.

There are only a few weeks until Regionals in Victoria and B&C Regionals here in Nanaimo. For those of you that swam at our own meet congratulations on your races as they were all superb! Also, for these swimmers we expect each of you to attend Regionals in Victoria so please let Sheila or I know of your intentions for this weekend. Thanks.

Tewksbury - Brian Nishi

Here we go! Are you ready for the excitement? That's right, the much anticipated and not to mention most fun part of the year is finally getting under way! Be ready to work hard, be ready to feel tired, and be ready to adjust your lifestyle (i.e. Early to bed, early to rise...etc.). I challenge each and every one of you to make it to 100% attendance this week! The reward will be all YOURS and only YOURS if you accomplish this daunting task. CAN YOU DO IT?

I thought I would take this time to outline the next 3 meets of the year:

Campbell River is always a fun event. With the "air band contest" on Saturday and the on sight camping we expect many swimmers in attendance. I know that the focus of this meet will be on having a good time but I thought that I would also mention that this will be our last meet to practice conditioning our body and mind on the effort it takes to succeed to swim in both heats and finals. There is a caution flag up as you may feel tired after a grueling completion of Hell Week.

Sidney Sprint Challenge will act as a tune up meet for most of you. If you have been attending a lot of meets (i.e. Tricia) we might swim an off event (e.g. 100 breaststroke) to give yourself a mental break from repeating the same races over and over.

Regionals down at the Commonwealth Pool in Victoria is the main focus of the season for all of you. I remind you that every swimmer that attends Regionals can obtain points towards the club. Don't forget that relays count for twice the points of an individual event and every point will matter in our quest to repeat as Regional champs for the 20th year. This means every swimmer WILL MAKE A DIFFERENCE.

I hope to see you all in attendance when you can. Two is best but one day is better than none.

Thanks for your time, Brian

Tanner group - Sheila Galloway

Woah, woah, woah....did you say it's Hell Week? You mean, like I have to make all the practices AND do extra exercising? I don't know man, do you think we can handle this? YES, that's exactly it, you got it dude. So I hope that you have all mentally prepared for the hardest week of your summer, because only the strong will survive....! This is our peak training phase for the summer, after this the focus will shift back to detail work like starts/turns/breakouts, etc. We're into the downward spiral that is the few weeks before Regionals, and the end of another White Rapids summer. The journey so far has been great, and can only get better with all the upcoming team functions like Campbell River, pep rally and Regionals, fun awards and B&C's. This is what it's all about folks. All the grunt work that has been put in by the swimmers (ie. coming to practice), by the parents (ie. all the driving to and from the pool, not to mention the grumpy kids) and the coaches for the wonderful season they have planned with each individual in mind (not to mention the morning practices that come earlier to us older folks). This is the season where friendships become stronger, the excitement of swimming builds, and goals and dreams are realized. To not be a part of Regionals is to be separated from the team and teammates, and miss half the experience that is the White Rapids.

With that in mind let's get back to Hell week. Hmmmm, maybe it will skip by us this year. For those of you who are ready for a challenge then this will be an exciting and motivating week. For others who approach these challenges with negative attitudes and the ever familiar "I can't do this, I'm too tired," then this week will not be a success for you. All I expect from all of you is to show up and do your best. To not show up is to miss out, and to not try your best is to cheat yourself. I'm excited for this week, and I hope you all are too! DON'T FORGET YOUR WATER BOTTLES!!

Davis group - Sheila Galloway

This is it, it's show time! The best and most anticipated part of the summer has finally begun, it's HELL WEEK! This is the week where the children are separated from the men and women (hey, I'm talking about when your parents drop you at the pool!). All the goals and aspirations that you have set during your season, and have recently reset are all tied into this week. This is the week that is more of a mental conditioning. Whoever can deal with the tiredness the best will therefore be the most successful later on. If you can deal with being tired, making all your practices AND activities and survive with a positive attitude, being proud of yourselves for completing this accomplishment then you will be mentally tougher than your competition at the next meet. Because ultimately success is all in your head. If you feel that an experience was beneficial, educational, or successful then it will be, and it will make you stronger in the future. So, the question is, how many of you will survive? Which group in the club will have the highest participation; will it be ours????

So, over the last couple of weeks we have worked our way into more intense practices, and obviously I don't need to mention Hell Week. Following Hell Week we will be switching our focus to detail work, ie. turns/starts/breakouts. The videotaping is pretty much done, so the feedback sheets that you will be receiving can be really helpful tools if you use them. This has been such a great season so far, and I can't wait for us to finish it off well as a group. The big wind-up meets are Regionals and B&C's. I would really like every member of our group to be a part of Regionals as swimmers, and for everyone to be involved in B&C's in some way, either as a swimmer, helping at the meet, or just there to help cheer on your teammates.

Hodgson - Marc Belanger

As the peak of the summer training approaches I would just like to take this opportunity to remind everyone of the upcoming regional championships. I have already sent out an e-mail to those families that I have an e-mail address for but for those that did not receive the e-mail please feel free to talk to me or any one of the other coaches about the Regional Championships. Basically it's the meet where Nanaimo has been the Power House of the Island Region for the past 19 years in a row, and we would obviously like to continue our winning ways and make it to the milestone of 20. So I am encouraging all families to please consider signing up for this meet as soon as possible so we have an idea on the number of people attending. This meet is the best meet to attend all summer; it has the most team spirit and exciting races. I think it's an experience that all the swimmers should have.

I would like to also take the opportunity to congratulate everyone in the group on their magnificent attendance and hard work. Keep it up you guys it's awesome. So in the next few weeks they will be training harder and really pushing themselves to improve their strokes and put together all the technical things that go into a race, such as the dives, breakouts, turns, finishes and obviously the FAST swimming! So with next week we will have a lot of hard workouts included with the Hell Week activities which all together will ultimately increase their swimming abilities.

So I am looking forward to the next few weeks and the Regional Championships. I really think that with all the work put in by this group, no matter what place anyone gets in meets or whether or not they qualify for provincials, that everyone has really achieved a lot this summer.

Vernot - Marc Belanger

As the peak of the summer training approaches I would just like to take this opportunity to remind everyone of the upcoming regional championships. I have already sent out an e-mail to those families that I have an e-mail address for but for those that did not receive the e-mail please feel free to talk to me or any one of the other coaches about the Regional Championships. Basically it's the meet where Nanaimo has been the Power House of the Island Region for the past 19 years in a row, and we would obviously like to continue our winning ways and make it to

the milestone of 20. So I am encouraging all families to please consider signing up for this meet as soon as possible so we have an idea on the number of people attending. This meet is the best meet to attend all summer; it has the most team spirit and exciting races. I think it's an experience that all the swimmers should have.

So with that said I would like to say that for the most part the swimmers that do attend practices are working hard and have been showing improvements. On the other hand the attendance for this very large group has dropped a lot. So I encourage everyone to attend all practices, especially at this time of the summer where you will do a lot harder practices but it is the peak of your training for the summer. So obviously that means in then next few weeks we will be increasing the practice intensity and then there will be a lot of outside of the pool training next week with the Hell Week activities taking place.

So I look forward to these busy few weeks and to see everyone really train hard and improve their strokes and times right through to the end of the summer. See you all at the pool!

Limpert - Kim Beerman

You guys are doing great! I can't believe how much you guys have improved! We have worked on freestyle and those arms are looking great, and you are really getting the hang of breathing on your side. Backstroke is also looking good. Your breaststroke is really coming together. For butterfly we have been working on mermaid kicks and dolphin kicks, and we will be adding the arms in, then you guys can really fly up the pool. Great work!! Next week is Hell Week, and practices will be more difficult. There is a prize for having perfect attendance during hell week (all practices and activities). Make sure you bring a water bottle to practice! If you are attending the Campbell River meet, you can sign up to be in the airband, as we will be having practices Friday and next week ([Friday @ 3:45-4:15](#)).

Garapick - Kim Beerman

Wow! All the swimmers are making rapid improvements on their strokes, this is awesome! We have been doing harder practice to prepare for hell week. Your butterfly is looking good; make sure that you move those hips! Next week is Hell Week, and practices will be more difficult. There is a prize for having perfect attendance during hell week (all practices and activities). Make sure you bring a water bottle to practice! If you are attending the Campbell River meet, you can sign up to be in the airband, as we will be having practices Friday and next week ([Friday @ 3:45-4:15](#)).

Ottenbrite - Kim Beerman

Good work! This group is working harder during practices, and it sure shows in those attending the meets. I have been seeing quite a few best times, which is great!! We have been focusing on IM as well as building up endurance levels and improving stroke and turn technique. Next week is Hell Week, and practices will be more difficult. There is a prize for having perfect attendance during hell week (all practices and activities). Make sure you bring a water bottle to practice! If you are attending the

Campbell River meet, you can sign up to be in the airband, as we will be having practices Friday and next week (Friday @ 3:45-4:15).

Outstanding Swims from Kim's groups

Nanaimo:

Georgia Barron swam 50 fly for the first time and got into the finals!

Both Josh and Zack Todd made it to finals in 50 backstroke

Owen Simpson had a nice final for his 50 breaststroke

Krystina Pellegrino, Denman Moody Chris Yates, Josh Todd and

Owen Simpson swam 100 free and did a great job.

Juan de Fuca:

Ellen Takema took 21 seconds off for her 100 IM

Danya Neiman took 11 seconds off her 50 back and 10 sec off her 50 free

Karli Neiman took 9 seconds off her 100 free

Owen Simpson took 5 seconds off his 100 free



WORKER OF THE WEEK

Baumann

Week 4 – Sita – with a 100% attendance Sita has quietly made a lot of progress with all of her strokes. As she sets an excellent example with her work ethic on a daily basis she also continues to commit to improving her strokes.

Week 5 - Kim – when I come to the pool and prepare for this groups practice there are some things that I can always count on - the pool temperature to be askew and Kim to be in it. Also, she recently took off an amazing 1 minute and 16 seconds in her 800 freestyle.

Hutton

Week 4 – Karli – a repeated winner we just couldn't ignore her continued work ethic and consistent attendance.

Recently she has been working hard at her breaststroke which I know will be looking good in a couple of weeks down in Victoria.

Week 5 – Shelby – each day Shelby has been coming to the pool with a purpose. Whether it be to work on her butterfly or work on her dives (more than once this has happened!), she always let's me know and I'm more than happy to accommodate her daily goals.

Tewksbury

Week 4 – Laura Lutes – Laura has had consistent attendance throughout the month of July. She has also attended our Nanaimo meet and the Juan de Fuca swim meet where she has begun to show a lot of really good signs as she prepares for the end of the season.

Week 5 – Marcus Negrin – we have all experienced a frustrating period in our life when there are things that you want to do but for one reason or another you simply can't. Although Marcus has had a long road to recovery from his injured arm, he has not let it sway his determination to succeed. With an unbelievable amount of patience and a responsible commitment to be healthy we can all remember how lucky we are to have good use of both our arms.

Tanner

Week 4 – Colin McDonald has a great outlook on life, and approaches most situations with humour and integrity. But when it is time to get down to business, Colin makes the necessary commitments, whether it is to focus during a race to achieve his goals, or by not giving up during hard practices. Congratulations Colin!

Week 5 – David Lutes learned a very valuable and hard lesson this past week. It can be really tough to come to the pool and give a 100% when you are really tired, and even harder when you really don't want to be at the pool

Robertson - Kiala Silverton

I love how eager all of you are to get into the water. Ready with your suits on, a kick board in hand and goggles on our heads. We have now covered all four strokes and are practicing all them at practice. Some strokes are tougher than others (fly), so keep working hard guys! Hell Week starts on Monday and I hope to see all of you coming to practices and attending your activities. Be sure to bring a water bottle to practice and to the Hell Week activity. Let's keep working hard next week!

Smith - Kiala Silverton

I would first like to say how proud I am of all of you. We are all making huge improvements since the beginning of the season. Everyone is practicing their flip turns and really working on their technique. I hope to see all of you attending all of next week's practices and activities. Let's see how many Hell Week survivors we can have! Remember to bring a water bottle to every event and practice!

Ponting - Kiala Silverton

We have had lots of pool space these last few weeks, as fewer and fewer swimmers have been attending practices. Must be the weather! For those of you who have been coming, great work. We have been working a lot on our turns, as well as our endurance. I hope to see better attendance from the rest of you for Hell Week. Please bring water bottles to every practice and Hell Week activity.

James Saunders - Junior Coach

Hello everyone! As I am sure many of you have noticed I was recently rotated from the Robertson and Smith (Jr 3 & 5) groups that Kiala coaches, back to the Garapick and Limpert (Jr 4 & 6) groups that Kim coaches. I had a great time working with all of the swimmers in Robertson and Smith over the past 6 weeks, and I will be sure to keep track of all you guys, as I am sure over the remaining few weeks of the summer there will be even more improvements made by all. In addition to working with Garapick and Limpert, I will also be working with Sheila's

in the first place. But perseverance pays off, and it did big time at this past swim meet for David where he dropped tons of time off his races.

Davis

Week 4 – Catherine Sevenhuysen has been making a lot of improvements lately, and has just finished swimming two successful swim meets. At both Courtenay and Nanaimo she had a whole whack of best times, and her attitude and work ethic in practices has been wonderful. Congratulations!

Week 5 – Jamie Gold is finally with us full time! She has had perfect attendance this past week, and can always be counted on to have a positive attitude, not back down from any challenges, and a desire to improve in everything she does. She has made up for lost time by making tons of best times in the last two swim meets in Nanaimo and Juan de Fuca. Way to go!

Hodgson

Week 4 – Gabriel Kleijn has settled down lately and is working hard at practice. It definitely showed at the Nanaimo meet when he improved his times and made finals in his first year of division 2. So keep listening and working hard so the improving never stops.

Week 5 – Danya Nieman has shown such potential in her not only because of her swimming ability but also because of her attitude. She works hard and tries to fix her strokes whenever I ask her to do something. Her positive attitude and hard work also made her swim extremely fast in her very first mile swim. For a first year swimmer in Division 1 she really surprised me and I'm sure a few others. So keep it up Danya!

Vernot

Week 4 – Lisa Sevenhuysen has really come into her own in the past few weeks. I first saw it at Courtney when she seemed very pleased with her swims. Then in practice the following week she took some initiative and really swam fast. So then I saw the confidence in her and I signed her up for her very first 200 IM and when she swam with no complaints at the Nanaimo meet she swam very well. Congratulations Lisa!

Week 5 – Andrew McDonald has been attending practices very regularly and working hard during those practices. Recently this past week he swam the mile swim and took off a ton of time from his mile swim last year. So keep it up and those best times will keep coming. Good work Andrew!

Limpert

Week 4 – Anthony Pellegrino has come to almost every practice, and he is always smiling. He loves the water, allowing his strokes to improve quickly. Great work Anthony!

Week 5 – Isabelle Poulin is always working hard in practice. She has a great attitude and she is a fish. In her first swim meet in Nanaimo, Isabelle swam very well. Good job Isabelle, keep smiling!

Garapick

Week 4 – Erin Murdock has improved so much throughout the summer. Her eagerness in the water has allowed her to learn quickly. Erin is always working hard, and she usually has a big smile on her face. Keep up the great work Erin!

Week 5 – This boy joined the club later into the season, but he has been working hard, coming to almost every practice. **Thomas Grenn** is very determined and he listens well to corrections and his strokes are getting better every day. Great job Thomas!

Ottenbrite

Week 4 – Luke Swabey is a very energetic, smiley kid who loves the water, and in the past few weeks Luke has been working hard at practice, listening to directions, and to his surprise, he became one of the leaders in this group. Great job Luke!

Week 5 – Nicole Wenner has a great work ethic which she brings to practice every day. She always tries her best and tries out every correction or tip I give her. She is always positive and is a great addition to the group. Way to go Nicole!

Robertson

Week 4 – Matthew Landry's hard work at practice definitely helped him complete the mile swim. Matthew was led by his determination to finish all 64 lengths! Great work Matthew, keep it up!

Week 5 – Finishing the mile swim was only the beginning for **Zac Cioban**. Always ready to jump in and swim, he cannot get enough of the water. Whether he is at the pool to swim or just waiting for his brother, Zac is always happy to be at the pool. Keep up your hard work Zac!

Smith

Week 4 – Always prepared for practice, **Ewen Hergesheimer** is always ready to lead out a lane. His enthusiasm is very much appreciated by his peers as well as his coach. Great work Ewen. We will miss having you at practice!

Week 5 – Erin Skeeles sets a very good example for the rest of her group. Always arriving on time, Erin brings a water bottle, cap and goggles, and huge grin on her face. She is an excellent addition to the group. Great job Erin!

Ponting

Week 4 – Melanie Heizer is a very hard worker. Being sure to practice each stroke correctly has really paid off. Completing her mile swim on July 6th, she came to practice the next day and was ready to swim back and forth again. It's great to see you trying your best. Good job Melanie!

Week 5 – This aspiring butterflyer always wants to practice his butterfly. **Devyn Brugge** always tries very hard and it is definitely showing! His strokes and turns have improved tremendously since the beginning of the year. Good luck during Hell Week! Keep up the great work Devyn!