



Nanaimo White Rapids Swim Club

NEWSLETTER

Number 7

July 30th, 2004

PRESIDENTS' CORNER

As the last part of the season approaches and we enter a time when the two biggest meets of the season take place we need to reflect on the success that we have had as a club. Our swimmers were swimming in their swim groups two days into the month of May. They have developed their strokes and built up their endurance. The pool has been operational more days than last year and the water has been pristine! Our children have improved their strokes, beat their personal bests many times and in some cases learned to swim a length of the pool. The Club, the staff, the Board of Directors and most importantly, the coaches have helped to make this possible.

It is time for the members to use that training and effort to help support the Club in winning its twentieth Ray Newman Regionals and to be victorious in taking home the B&C Regional trophy the following weekend.

As we enter Regionals the focus changes. All swims collect points and Island teams vie to collectively gain enough points to have the highest totals. Results in individual events and relays are used to add to the total. We need all members to support our Club in Victoria next weekend and at the B&C's the weekend after that so that we can keep these trophies in Nanaimo where they belong.

On the Friday of Regional weekend we will see Water Polo playoffs for our P2, P3 and P4 teams as they compete to be the Island team to play at Provincials later this month. The bigger the crowd from Nanaimo cheering them on, I am sure, the better they will play.

The Regionals in Victoria culminate on the Sunday with all Island teams shouting their team cheers and inviting each other to come together to form one Island team that will travel to the Provincials to represent our region. It is an awesome spectacle as swimmers on the Island break team lines to form a new team with the swimmers they have met in marshalling over the summer.

We have the advantage of being the largest team. To best use this advantage, we need all of our swimmers to swim at these meets. Even one day helps us in relay configuration and individual events and collectively gain points to make us successful. Enjoy the buildup to these events and come support the team at the Thursday night "Pep Rally".

As we hear chanted on deck at Regionals... "Is-land, Is-land, Is-land"

See you in Victoria!

PS: Just to clear up a rumour floating around... Brian's attack wasn't a sneaky way to get out of performing his part in the Lip Sync contest. ☺

Mike Silverton
President – NWRSC

"The future belongs to those who believe in the beauty of their dreams"

- Eleanor Roosevelt

NWRSC Board of Directors

The NWRSC has been named as a defendant in a small claims lawsuit started by a former employee. The Club denies the allegations made in the lawsuit; the Club is filing a defense in the lawsuit. Since the matter is now before the Court, the directors of the Club have been advised by its lawyer not to make any further comment.

A couple of Div 1 swimmers mentally preparing at the Campbell River Meet....



Best times were achieved by Taylor Richardson, Krys Pellegrino, Megan Skeeles, Erin Skeeles, Owen Simpson, Forrest Simpson, Riley Prout-Holm, Joshua Todd, Zackary Todd, Gabriel Kleijn, Simon Kleijn, Dominic Kleijn, Emilie Kleijn, Rhia Beland, Cody Olson, Taylor Olson, Kaitlin Yelle, Andrew Taylor, Mitchell Read, Declan Burdett, Garrett Burdett, Lauren Moore, Alexine Hurley, Blake Mattson, Sophie Heizer, Melanie Heizer, Chris Yates, Vanessa Yates, Wonsucc Lee, Steven Moore, Lucas Swabey, Hannah Swabe, Chloe Swabey, Catherine Carrier Der, Thomas Grenn, Callum Gemma, Aliza Gemma, Luke Postey, Ethen Dinnen, Moira Brown, Kyra Brugge, Devyn Brugge, Chloe DeBeeld, Stephanie Taekema, Eliza McGuire, Steven Gossland, Sheldon Scow, Shelby Scow, Meaghan Pranke, Dakota Burill, Alanna Beerman, Tricia Reynes, Richard Chisolm, Aria Maccoll, Justyna Sypniewski, Arden Gill, Megan Malone, Chris Sutton, Whitney Bastedo, Jordan Veller, Sita Olleck, Georgia Barron, Karli Nieman, Danya Neiman, Kaleigh Studer, Taylor Hayward, Kailey Laidlaw, Caleb Harding, Madeleine Whiting, Alex Turko, Darby Walker, Bea Shorting, and Kate Heikkila.

MEET NEWS

Meet Results

Campbell River July 24/25

The weather was beautiful; sunny and warm with enough breeze and shade to keep cool. The air band contest is always fun - Our groups "EBAY" and "Love Shack" gave amazing performances!!



Upcoming Meets

Regionals - Victoria Commonwealth Pool

Come and support the swimmers and better yet, come and swim! An exciting two-day meet with the most team spirit going. Sign up deadline is Sat. July 31st.

B & C Championships -Nanaimo

The sign up deadline for this exciting two-day meet is Sat. Aug.7th .This is a great meet for all B&C swimmers with a lot of team spirit.



Pep Rally & Spaghetti Dinner

A great way to get ready for Regionals!

Thursday August 5th, 2004, 5–7:30 pm

Bowen Park

Tickets: \$3.00 a person (Family rates available)

Tickets include spaghetti, Caesar salad, bun, cold drink and ice cream

Please bring your own cutlery and dishes

Raffle tickets will also be available for a chance to throw a Cream Pie in the Face of Your Favourite Coach or Club President

For dinner tickets call Sonya Skeeles at 753-0067 or email skeeles@shaw.ca



BIRTHDAYS

Happy Birthday to the following swimmers:

Simon Kleijn	July 19
Randall Domino	July 20
Thomas Bourgeois	July 21
Alanna Beerman	July 23
Melanie Heizer	July 23
Aly Arabsky	July 24
Hailey Fielden	July 25
Gareth Saunders	Aug 4
Zachary Todd	Aug 5
Joshua Todd	Aug 7
Kate Heikkila	Aug 7
David Heikkila	Aug 7
Krystina Pellingrino	Aug 7
Isabelle Poulin	Aug 8
Hayley Sedola	Aug 13
Lauren Shaw	Aug 13
Alicia Huppee	Aug 15
Michael De Paoli	Aug 20
Robert Barry	Aug 21
Brendan Brown	Aug 22
Shelby Scow	Aug 22
Meaghan Pranke	Aug 24
Taylor Malpass	Aug 26
Cassandra Yoon	Aug 26
Dylan Dalbock	Aug 26
Stuart Wallensteen	Aug 27
Nicole Straughan	Aug 28

Nutrition Notes

- If the body does not get enough of the right kinds of food, growth can be affected or the body can become sick. Getting enough of the right foods is called “nutrition”.
- The body needs energy for everything it does. It needs energy to move, to make the nerves and glands work and to make the heart pump.
- Food is used to make energy, to grow and to replace old cells.
- Three-quarters of the food we eat is used just to make heat.
- If children can't get enough calories, they will grow less, lose weight and run out of energy. If children get more calories than they need, they get fat.
- The best advice: “You are what you eat! Go toward fruits and vegetables, whole grains, lean meat and fish. Leave behind junk foods and foods that are salty, sweet or greasy.”
 - reference *The Well Child Book*, Summit Books

NEWSLETTER NEWS

The deadline for submissions for the next issue of the NWRSC Newsletter is Thursday, Sept 2. If you'd like to contribute, please e-mail Teresa Al-Hajj at talhajj@sd68.bc.ca



A P1 water polo player!

Head Coach Report

By now I'm sure everyone is aware of our big team goal this season. As we are quickly approaching the two most exciting days of the summer I will once again remind each of you that your swim club, the Nanaimo White Rapids, are on a current 19 year Regional Championship run. Yes, that's right, it has been 19 YEARS *in a row*, which your very own swim club has walked away with the Ray Newman Trophy for the top combined points by a team at Regionals.

I know that the coaching staff has worked tirelessly to give each of you the best opportunity to show off your abilities at this swim meet and with our support we hope to guide and lead you to another successful Regionals. There are approximately 110 swimmers from our club attending Regionals this year and each of YOU will have the opportunity to make a difference. With each individual event that you swim I want you to know that you have the support of each swimmer, coach and all of the parents in the stands cheering you on! With every relay that you are chosen to swim on YOU have the opportunity to gain valuable points for your team. These are points that WILL make a difference.

Once we arrive at Regionals I want each of you to walk around the Commonwealth pool in Victoria with your Nanaimo White Rapids t-shirt and be proud. Be proud of belonging to the team that has set the bar of consistency to the highest level. I also ask each member of this club to be sure to display a sportsmanship that will be admired by all our competitors. Always wish your competitors good luck, be helpful if the opportunity arises and let's encourage a positive experience for everyone to enjoy.

Finally, let's all show the heart of champion that once again will rise to the challenge! Be mighty both with your **SPEED** in the water and your **SPIRIT** on the deck and good luck to you all in each of your swims!

Head Coaches
Brian Nishi
Sheila Galloway

Volunteer Coaches

You may have noticed over the past couple of weeks a few extra bodies hanging in and out of the pool helping with your child's swimming. These have been our Volunteer Coaches. Although their stint with us has been unfortunately short lived, their contribution to the club was very much appreciated! I would like to take this time to thank these individuals for their time and their outstanding display of coaching! These coaches were:

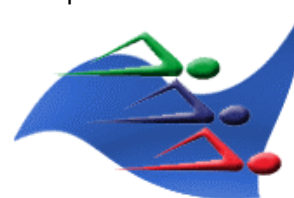
Alanna Beerman
Brad Cioban
Laura Lawley
Marcus Negrin
Tricia Reynes
Gareth Saunders
Claire Smith
Ian Smith

Once again thanks for all your efforts, and as usual this club looks like it's well on its way to producing some more outstanding coaches in the future!

Update on Brian!

Our own Brian was checked into the hospital with appendicitis on Friday night, had surgery on Saturday, and was sent home Tuesday night. He is quickly on his way to a full recovery, and we will see him on the pool deck on Monday.

From Brian and Sheila - A thank you for all the support that we have received during this time, and that wonderful card made during the Campbell River Meet!



COACH REPORTS

Tanner group - Sheila Galloway

Ready? Set? Go! There's no time left, it's time to get this started! The biggest event of the season! It's time to put our game faces on and leave our fears and trepidations at the door. LET'S GET READY TO RUUUUUMMMMMBLE! The summer is behind us, and our future is Regionals /B&C's. All we can do is focus on now, get ready NOW, be ready NOW to swim our best. Looking back on this season we've had a great year; great weather, great friends and a great group of swimmers. This is the largest crew that we've taken to Regionals in about 5 years, so we are going to be LOUD and rock the Commonwealth Pool with our AWESOME CHEERS and TEAM SPIRIT. I mentioned this at practice but I will remind you once more. At Regionals I would like everyone to sit together as one big NANAIMO section, showing all the other teams who we are and what we stand for. What do we stand for? FAST swimming, LOUD cheers, LOTS of fun, TEAM SPIRIT! Although I wasn't at Campbell River I understand that we did the best cheer of the season; let's try to blow ourselves away next time!

Just remember, everyone is behind you. When you get up on those blocks, and you're feeling a bit nervous or scared, remember that every Nanaimo White Rapids coach has faith in you and your abilities, and then remember that every Nanaimo White Rapids swimmer is cheering for you, and then remember that you are a White Rapid, which stands for the best swimming on the Island. YOU are an important part of Nanaimo White Rapids history.

Davis group - Sheila Galloway

This group has been SO awesome all year long, and there are only so many ways and times that I can say that. However, I was so inspired by the way that you all came together as a group during Hell Week. Everyone gave more than 110%; everyone was positive and supportive to

teammates during the whole experience. This is what makes me coach. Coming to the pool at 6:00am in the morning to be greeted by excited swimmers who are just happy to be at the pool, standing on deck during a heat wave, watching my swimmers trying their hardest and never giving less than 100%, knowing that my swimmers just love swimming for what it is. The best sport on Earth. This is what motivates me in the morning and keeps me coming back day after day to the pool. So I want to thank you all for your dedication and your spirit.

Coming into Regionals, we want to raise our spirits even more. This is THE moment that we have all been waiting for, training for, dreaming of. Getting up on those blocks with the WHOLE building cheering for you, the Nanaimo White Rapids coaching staff behind you every step of the way, relay teams building friendships for life. What could be better than a team cheer with over 200+ swimmers and parents rocking the Commonwealth building and drowning out ALL OTHER TEAMS, being the envy of the island with our team spirit, awesome cheers, and the best swimming around. So as we approach the end, remember that you are a White Rapid; you are a part of the best team on the island, with the best team mates on the island, with the best coaches on the island.

Hodgson - Marc Belanger

There really isn't much to say about this group that the word "amazing" doesn't sum up already. This group has attendance that I have not seen in a long time as well as the work ethic and determination of elite athletes. So it has made my job a lot easier. So thank you to all the swimmers and parents of this group.

With Regionals just around the corner, things seem to be happening very quickly and they will continue to all through the rest of the summer. We have just completed Hell Week and it was a very successful week for this group, with many participants surviving the whole week. The practices were increased quite a bit and I congratulate the swimmers once again on completing the 40 x 50m practice on Thursday afternoon. So in the next few weeks things will be settling down practice wise but not right away. Things will be kept at a high level this week and next week will be toned down quite a bit heading into Regionals. With that said, I have not checked on the attendance for this group for Regionals but we all know the deal!! So remember to sign up for Regionals; the deadline for us to have the entries in is Monday August 2nd so this week is the last week to sign up. If you have any questions concerning Regionals or anything else please feel free to approach me at any available time. Well the last part of the summer is always the most exciting and so I am looking forward to seeing everyone gear up and get ready to swim fast and have a great time at the Regional Championships.

Vernot - Marc Belanger

Well, Hell Week just went by and although the attendance was not as good as I had hoped, the swimmers that attended worked very hard and showed a lot of improvement. The practices have become very hard

and they will continue to be quite difficult through this week, but then after Sidney things will settle down a lot and the technical parts of a race will be the focus heading into Regionals.

Just a few reminders, the Sidney sprint challenge is this weekend and following that meet is BC day when we will not be having practices. But the coaches will be working hard doing the entries for Regionals so please don't forget to sign up for Regionals this week as there are no deck entries for this meet. The Monday after Regionals there will also be no practice and the meet is quite draining for swimmers and they will need a day off. So if you have any questions about Regionals or anything else feel free to approach me at any available time.

Limpert - Kim Beerman

This group has been a very fun group to teach, filled with many characters, laughter and smiles! I hope you have all enjoyed swimming this season as much as I have enjoyed teaching you! The improvements that each swimmer has made are remarkable. Everyone is able to swim many lengths, and many of you even completed the mile swim!! Your strokes have shown fantastic improvement. Great work everyone! Keep swimming! Just a reminder, my e-mail address is vocaldancer@hotmail.com if you would like to contact me.

Garapick - Kim Beerman

When I look back to where we were in the beginning of the summer to where all of you are now, it amazes me that everyone has improved so much. Most of you were new to the club this year, and everyone worked hard to master each stroke and new skill. It is great to see so many best times at Juan de Fuca and Campbell River! Congratulations, you have all done a wonderful job; now let's keep that momentum going until the end of the summer. I hope that as many of you as possible swim at Regionals and B&C's. We need your help to make these events a great culmination of the swim season. They are fun! Just a reminder, my e-mail address is vocaldancer@hotmail.com if you would like to contact me.

Ottenbrite - Kim Beerman

Only a few weeks of swim club left, and you have made so much progress. You guys have done an excellent job this summer! Everyone has improved immensely! This group is always filled with so much energy and enthusiasm for swimming. It was great to see so many best times at Juan de Fuca and Campbell River! I would love to see as many of you as possible attend Regionals and B&C's because they are both wonderful events filled with team spirit and fun times! Just a reminder, my e-mail address is vocaldancer@hotmail.com if you would like to contact me.

Robertson - Kiala Silverton

I would like to start with saying how impressed I am at how many of you completed Hell Week! It's great to see you guys getting in there and doing your best! Great work these past two weeks, we have done a lot! Working on all four strokes now, we find ourselves with lots to do.

Keep working hard at every practice, and remember to bring a water bottle to the pool every day!

Smith - Kiala Silverton

Wow! You guys should be very proud of your hard work! Over half of you completed all of the Hell Week activities and practices! With Hell Week behind us we are beginning to work a lot on starts, turns and finishes, as they are the most important part of our race. So let's keep working hard and be sure to sign up for B&C's!

Ponting - Kiala Silverton

First of all, great work these past couple of weeks. It's great to see you all trying so hard at practices, especially during Hell Week! With Regionals coming up we are going to be working on the little things. Our starts, turns and finishes become very important and so we will be working on them a lot. Keep up the hard work.

Junior Coach Report

Wow! I can't believe that the season is almost over already! It has gone by extremely quickly. For those of you who don't know, I am leaving for Montreal today and therefore will not be there for the remainder of the season. I just wanted to thank all you guys for a terrific season. I saw some amazing improvement in your swimming this summer. You all work really hard and are great groups to work with. Good luck to everyone who is planning on attending Regionals and/or B&C's. Have fun! See you soon!

-Sita



WORKER OF THE WEEK

Baumann

Dave Heikkila - coming off a tough Hell Week at which he attended 100% Dave had an excellent week in his training. Dave showed a lot of desire in the pool and a great positive attitude out of it. I know that he will have a superb ending to his season.

Whitney Bastedo - with perfect attendance during Hell Week she has worked extremely hard on improving her skills and even asked for extra help on her turns. She always looks like she's enjoying her time in the pool and with this positive attitude I'm am certain this will lead her smoothly into a successful meet at Regionals.

Hutton

Carli Silverstrone – this swimmer was one of only two swimmers in this group to have 100% attendance during Hell Week! Carli is a determined swimmer -I am really looking forward to seeing her perform at the upcoming Regionals.

Shelby Scow – what a great week for Shelby! She successfully completed Hell Week and although a little tired I know that we are looking to have a great end to the season. Shelby is also a repeat winner of this award for which I would like to congratulate her on!

Tewksbury

Tricia Reynes – Tricia was one of the many successful 100% attendees of Hell Week in this group but I saw her step up her determination and effort in everything that she did. It was a tough week that she survived but I am now very encouraged to watch the end of her season.

Chris Sutton – for one entire week I saw this young man work his butt off in the pool, and to my pleasure (almost) never complain. He put in an amazing week of effort and was successful on his goal to obtain the coveted t-shirt. Congratulations Chris!

Tanner

Alexine Hurley has made a lot of improvement this summer, and her positive attitude makes practices that she attends better for both her teammates and her coach. In this later part of the season Alexine has made a larger commitment to swimming, so congratulations Alexine!

This next one was a really tough choice, so I awarded it to two people. First is to **Garrett Burdett** who is such a positive role model for other teammates in our group, and who really stepped it up during Hell Week to do a best time in practice at the end of the week. Second is to **Nathan Taekema**, who really made more of a mental leap these last few weeks, being a much more positive person, being one of the first people to get in the pool, and by accepting the challenges as they came at him with an undaunting spirit. Congratulations to you both!

Davis

Vanessa Yates has been a constant in this group, always at practice, always working hard and helping others, at almost every single meet to cheer on her teammates, and always loving swimming. For all her hard work the whole season, congratulations Vanessa!

This week the award goes to both **Stephanie Taekema**, who has also been a constant in practices and meets, who is always willing to help out a team mate or coach, and never gives less than 100% at any practice; and **Kailey Laidlaw**, who had an AMAZING week during Hell Week where she stepped it up about 10 notches! There was no challenge too large for Kailey to tackle, and she did such a great job during Hell Week.

Hodgson

Emilie Kleijn has really taken her swimming to a new level. She has been working very hard in practices and improving her strokes a lot which shows when she swims at meets and takes off a lot of time. So keep working hard Emilie and the improving will never stop.

I will not be handing out a worker of the week for Hell Week due to so many swimmers all working very hard this week, so I congratulate you all on a job well done!!

Vernot

Sheldon Scow really stepped up his overall swimming attitude and work ethic. He has been working very hard in all practices and pushing himself to make hard pace times and to improve his endurance and the technical part of his strokes. Keep it up Sheldon.

I will not be handing out a worker of the week for Hell Week due to many swimmers working hard this week. Congratulations to all that survived the whole week!!

Limpert

Evan Price is an extremely hard worker with a wonderful attitude! Every day he comes to the pool with a smile on his face and always wants to swim more. His strokes have improved so much! He can even do 50's with a flip turn now! Evan is such a pleasure to teach- great work Evan!

Shane Rogers or "Shane the Shark" loves to swim. He is always trying his best, and is always asking if he can swim more. Shane always has such a great attitude and he has made wonderful improvements in his swimming this summer!

Garapick

This girl tries her best every day, and is a pleasure to coach. **Chloe De Beeld**, you have improved a lot this summer! Your positive attitude and your determination make you a wonderful part of the group. Excellent job Chloe!

Callum Gemma is the youngest swimmer in this group, and boy does he work hard. He is determined to improve his strokes, and takes corrections very well. It is obvious that he loves the water! At the Campbell River meet, Callum swam 50's for the first time in races and did very well! Keep it up Callum!

Ottenbrite

This boy has really changed his attitude toward swimming, and it is great to see. **Romi Al-Hajj** always enjoyed the water, but now he is right in there with the rest of the group working away. I think he even surprised himself at how hard he could work during practice! He has had excellent attendance this summer and is always ready to have fun. Good work Romi, keep it up!!

Zack Todd decided to work really hard this past week -- at first I thought it was for the Hell Week T-shirt, but once he realized that he could keep up, there was no turning back! He participated happily in all of the events, resulting in 100% attendance for Hell Week! Your strokes have improved, shown by the best times you achieved in Campbell River. Great work Zack.

Robertson

Jordan Harding worked very hard this week zooming up and down the pool with his amazing kick! His strokes have improved so much and it truly shows! Great work Jordan! Let's keep working hard!

This past week **Ashlee Drevant** has put in a lot of work! Trying her best every practice, Ashlee has seen huge improvements in every stroke, especially her breaststroke which is just looking excellent! Great job Ashlee! Keep it up!

Smith

Moving up into this group a few weeks ago, **Chris Yates** has quickly become a leader in the group, attending every practice and trying his best every day. His hard work in practice is definitely paying off, taking off tons of time in all of his races and making finals at the last few meets! Great work Chris!

Consistently attending practices and trying hard **Kyra Brugge** has improved immensely since the season has begun. All of her hard work allowed her to make it through Hell Week, the hardest week of the year. Great job Kyra!

Ponting

When **Mike De Paoli** is at the pool, he is ready to jump in and start swimming. No matter what I throw at him, Michael is ready to give it a go. Keep up the hard work Mike!

Meaghan Pranke is a very hard worker. When she comes to the pool, she brings a very positive attitude and a great work ethic. Always willing to try something new with her strokes, she improves every time she gets into the water. Great work Meaghan!



Some P2 water polo players in action!