

NEWSLETTER

NOVEMBER 2023



MONTHLY RECAP

Nine BVOSC athletes took to the pool to compete over the weekend at the Prince Rupert Invitational Swim Meet. The weekend was a success with Smithers athletes swimming well. First meet experiences, PBs, two medals and a whole lot of fun was had!



Piper Campbell taking home silver medal.



Sawyer Preston taking home the gold.



Lucy Stam enjoying her first swim meet!

The parent ambassador role has been a huge success in getting athletes on deck and ready to go so the coaches can focus on using the whole sessions for coaching. It is showing in the athletes swimming progress! Thank you to all the parents that have volunteered to date!



DID YOU KNOW?

- If you go to the BVOSC [website](#) you can see who holds the existing club records for the club.
- There is a calendar on our [website](#) that is updated with events, coaches and any cancelled training days. Have a look!
- Coaches are constantly assessing each athlete and may recommend to you a change in roster during the season. As well, the end of the fall session, coaches will inform each athlete what roster they are to register in for the subsequent session.

REMINDERS

- COMPLETE REGISTRATION WITH SWIM CANADA if you have not already done so.
- ORDER YOUR TEAM SWIMSUITS AT [PROSHOP!](#) They are required for swim meets. *
- PLEASE REMIND YOUR ATHLETE to be on deck 10 minutes before the session starts so they can warm up and be ready to go on time. On Wednesdays, athletes must wait until the lifeguards are on deck at 5 pm before entering onto the pool deck.

*NOTE: Size kits are on their way so your athlete can try them on. Orders will not be processed until sizes are confirmed, but please enter your order into pro shop as we need to know numbers asap.

UPCOMING EVENTS

LOCAL MINI MEET!

- We are hoping to have a mini meet just for the club in November. This will give athletes and parents a chance to see what is involved in a meet and try it! Stay tuned!

VISIT US ONLINE AT:

