



## UPCOMING EVENTS

### April

- Speedo Western & Eastern Champs (Apr 11-14)
- Nanaimo Spring Sprint (Apr 13-14)
- Easter - No Swimming (Apr 22)
- Team Photos (Apr 24)
- ISC Name those Babies Contest Ends (Apr 25)
- PCS Wavemaker (Apr 26-28)

### May

- Comox 10 & U (May 4-5)
- Victoria Day - No Swimming (May 20)
- ISC Medley Challenge (May 24-26)

### June

- Parent Social (June 1)
- Speed League (June 2)
- Long Course VIRs (June 7-9)
- Long Course Age Group Champs (June 21 - 23)
- IRace #5 (June 23)
- Last day of swimming (June 28)

## SPRINTS

- Next Board meeting May 4, 8am.
- **Enter the Name those Babies contest and win!**
- Black shirts for photo day!
- Check out the [new website updates](#) that include time standards for swimmers.

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# Dave's Dives

Last weekend, the best and brightest swimmers from all across Canada descended on Toronto's Pan Am Pool for the 2019 Canadian Swimming Trials. For those younger swimmers and parents who are new to the world of competitive swimming, *Trials*, as it is referred to by the initiated, is the highest level of competition in Canada. It's

where all of Canada's top swimmers come together for 5 days of very fast, exciting swimming and the opportunity to make Team Canada. Based on the performances at Trials certain athletes are selected to represent Canada at international competitions. This year is a pretty special one as selections were made for 6 international competitions: World Championships; World Para Championships; Pan Am Games; World Juniors; ParaPan Am Games; and FISU University Games. This summer, more than 70 athletes will proudly wear the Maple Leaf as they represent Canada on the world stage!

Among the athletes representing Canada are **4 HPC-Vic swimmers who also represent Island**. They are:

- **Jeremy Bagshaw** - World Championships, Gwangju, South Korea (July 12-28)
- **Jade Hannah** - World Junior Championships, Budapest, Hungary (August 20-25)
- **Danielle Hanus** - Pan Am Games, Lima, Peru (August 6-10)
- **Faith Knelson** - Pan Am Games, Lima, Peru (August 6-10)



We are very proud to have them represent Island and now Canada at these major competitions. Congratulations!



Next year, most of these same athletes and perhaps a few new faces (wink wink Island swimmers...) will return once again to Toronto for the 2020 Canadian Swimming Trials and a chance to make Team Canada - but this time it will be the Team Canada that represents their country at the Tokyo Olympics!

We tend to look at those swimmers who do make the Olympics...only in that moment, as Olympians. We look only at the finished product and not the long road it took to develop into the swimmer they now are. We don't see the small victories at meets like the Nanaimo Invitational, the slip ups and lessons from a Provincial Championship, the growing pains and struggles at practice, or the first time they rise up to meet a challenge at a national meet. There's a lot of hard work and obstacles to overcome along the path from dreaming of the Olympics to actually becoming an Olympian. So you young swimmers who look with awe at the Jade Hannahs, Taylor Rucks or Jeremy Bagshaws of the world, remember that they were once like you, a young swimmer dreaming of wearing the maple leaf on their swim cap and they worked hard to get to where they are today.



So ask yourself, what small step can you take today to set you along your path?

## SWIM MEET RECAP

### IRace #4

Over 50 swimmers raced in our Easter themed IRace. Always love to see our ISS swimmers get in the pool and race each other. Their smile after they finish is priceless. Yes, I saw some little ones being a bit apprehensive before, which is very normal, but most of the time it ends up with a smile. Thank you parents in supporting your swimmer and letting them know they can do it and will be ok. From my coaching eyes, I was very impressed with the progression our swimmers have done with their freestyle (head and breathing position and continuous kick). Butterfly was impressive to see and I love the 100m back challenge where very young swimmers were doing their flip turn legally!!! Way to go ISS swimmers and Thanks Parents for your support.



## COACHES CORNER

*Annie Wolfe, Island Swim Skills Manager*



Congratulations to all swimmers who attend the IRace. The swimming is important, but I love that we can connect with your swimmers in a different setting, chat with them about everything and nothing, see them cheering and interacting with their teammates, it's so fun. As I said earlier, I was happy with the progression of swim skills we teach our swimmers and that was after a spring break. Few's date to remember in April: Today April 12 Gold and Silver have their practice from 5-6pm the change is due to a Master swim meet. We will have swim practice on April 19 and 20th, same time. But no Monday 22nd for all group. We will have our ISC Photo day on Wednesday April 24th-your swimmer needs the ISC black shirt available at the office. And no practice on Friday April 26th because of the Wavemaker swim meet. Have a good week everybody. Annie

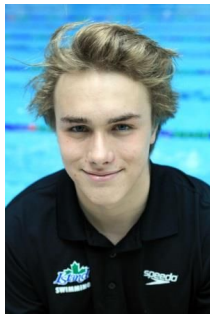
*Wouter Terpstra, Juan De Fuca (JDF) Manager*



This weekend is the NRST Spring Sprint in Nanaimo - for those going, warm up on Saturday is at 8am be on deck by 7:40am for team activation. Fynn and I will not be at the meet so our swimmers will join Coach Brett and Coach Tannaz for the weekend. For those Green and Blue swimmers not at the meet, there will be regular practice at SCP on Saturday morning. The following weekend is Easter and **ALL** of our groups will swim at SCP on Friday April 19. I sent out an email the other week with training times and the only thing that has changed is that we will also have a Bronze practice now from 4-5pm with Coach Neo and Coach Kaitlyn. Saturday April 20 is normal schedule & pools and Monday the 22nd is **OFF** for all

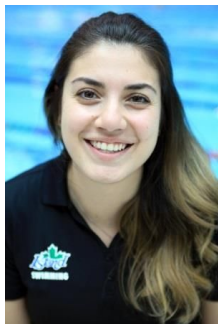
groups. Wednesday April 24 is photo day and we will all be at SCP that day (not JDF) for photos and practice (**wear your black Island shirt!**). Please have your swimmers on deck by 4pm. A few days later is the [Wavemaker meet](#) which Green and Blue will attend but only on Saturday April 27 (follow the link to sign up asap!). For those swimmers invited to the [Comox 10&U meet](#) May 4&5, don't forget to sign up as soon as possible. In regards to the ongoing fundraiser, if you are in need of more booklets (because you're selling so much coffee, not losing them of course 😊) just send me an email and I will bring more to give to your swimmer. Finally, don't forget to have your swimmer(s) participate in the baby photo contest lower down in this newsletter (I hear there are prizes to be won)! Any JDF swimmer who guesses Fynn, Neo and my photo correctly will win an extra little prize.

*Fynn Heaney-Corns, Conditioning and Technique Coach (C&T)*



Hey C&T! We have a couple time changes coming up: We will not have a practice on Friday April 19th, or Sunday April 22 for Easter! We will also have a team photo on April 24th, everyone should wear a black Island Swimming t-shirt, be there for 4:40pm for the full club photo, if you do not normally swim on Wednesday and you'd like to stay for practice, feel free to do so. Keep up the great work C&T!

*Tannaz Hosseini, SCP Green Coach*



Hi everyone, a reminder for those attending Nanaimo this weekend to be on deck for 7:45 am both mornings. I'm excited for the group to race long course for the first time. Since we don't train long course, it's important to use this meet as a fun and learning opportunity. **There is NO practice this afternoon for Green (Friday April 12).** Tomorrow morning, the remaining swimmers not in Nanaimo, will swim with Coach Fynn, same time. Next Friday (Good Friday April 19) we will swim with the Black group from 10 am-12 pm. Saturday AM April 20 is normal and no practice on Easter Monday April 22. Let's keep up the good work this month! Sign up is still open for PCS Long Course Wavemaker Meet for Friday and/or Saturday only (April 26-27) and 10 & Under Comox Meet (May 4 - 5). Also - don't forget Wed.

April 24 is Team Photo Day!! Wear your Black ISC shirts. See you at the pool.

*Brett Bennett, SCP Blue Coach*



A reminder that there is no practice **Today (April 12)** due to the Master's Meet going on. If you are going to the Nanaimo Spring Sprint tomorrow, please be on deck both days by 7:45 for warm up. Next **Friday (April 19)**, we will be swimming from 2:00 to 4:00 at SCP with JDF Blue joining us as well! Saturday AM (April 20th) is normal and then there is **no practice on Monday (April 22)**. Photo day is coming up (**April 24**) and your swimmer will need to wear a Black ISC shirt for it! Last thing, please sign up for the **PCS Wavemaker (April 26/April 27)**. The Blue group will only be doing Friday and Saturday Prelims.



*Riley Janes, SCP Black Coach*



There is no workout April 12th. April 19 workout is 10-12 with our Green group buddies. Photo day April 24th -black shirts only. Everyone should be on deck at 7:45 both mornings in Nanaimo. No Saturday AM workout if you're staying in Victoria.

*Annie Wolfe, SCP Provincial Coach*



Hello guys, a few reminders. If you are interested in selling coffee, please ask me about the order form - actually all should sell 5 bags easy-especially if you drink coffee!!!. No yoga on April 20th but swim practice as usual. No swim practice on Easter Monday April 22nd. Picture day on Wednesday April 24th, bring your swim gear and your ISC black shirt. Next meet will be Wavemaker that we will participate Friday (optional-if you don't want to miss school) and Saturday only. Have a great week everyone.

*Finn Page, SCP Senior Coach*



A few notes going forward. First off, good luck to all those competing at Westerns over in Edmonton this weekend . As well, good luck to everyone swimming at Nanaimo. Because of the meet this weekend, we won't have a Monday morning practice but we will have an afternoon practice, so enjoy the sleep in. As well, a reminder that next week we will only swim Monday, Tuesday, and Wednesday, then we will have Thursday-Monday off for the Easter weekend. I hope everyone gets out and does something fun with their time away from the pool. Don't forget that picture day is April 24th so make sure you wear your black ISC shirt.

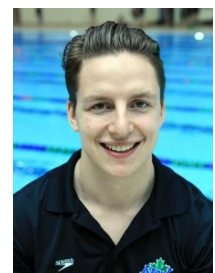
*Dave Tontini, CSI*



Coaches are looking forward to some fun racing at Westerns and Nanaimo this weekend. There is no practice Monday morning but there will be a practice Monday afternoon at the usual time for both CSI and Sr P. Don't forget that the group is off from Thursday April 18 through Monday April 22. We'll return to regular schedule on Tuesday April 23rd.

Congratulations to Kelsey who made a final in the 200 FLY at her first ever Trials meet. Well done K-dog! Please note that our group will not participate in the upcoming Wavemaker meet. We will train around the meet. We will be sending out information on summer competitions soon so please keep your eyes open for that.

*Cole Bergen, Sr Perf*



Make sure you scroll down and participate in the awesome "Name that Baby Contest"...I bet you can't guess them all correctly! As always, let us know if you have any questions or comments.



## Congratulations March Swimmers of the Month!

<u>ISS Bronze</u>	<u>ISS Silver</u>	<u>Green</u>	<u>C&amp;T</u>
Camilla Cota (JDF)	Koen Dupuis (JDF)	Shenae Johnston (JDF)	Elvy Braun Risdale
Natalie Lau (SCP)	Kipton Lowres (SCP)	Karen Pan (SCP)	<b><u>Provincial</u></b>
Masynn Moore (JDF)	Tammy Vladar (SCP)	<b><u>Blue</u></b>	Emilio Agostinelli-Stull
Beckston Shaver (SCP)	<b><u>ISS Gold</u></b>	Ava Denny (JDF)	<b><u>Senior</u></b>
Lucas Wong (SCP)	Thairyn Nelson (JDF)	Sam Medler (SCP)	Tayah Geisbrecht
	Celine Yuan (SCP)	<b><u>Black</u></b>	<b><u>SCI/SP</u></b>
		Nia McDougall	Dylan Kormendy

## **VOLUNTEER UPDATE**

**UPCOMING MEETS:** As we approach the second half of our season, please remember that there are still volunteer commitments for families with competitive group swimmers. To confirm your requirements for upcoming meets, please see our [website](#). Below are a list of these upcoming meets:

1. The final **Speed League** will occur on June 2nd from 1:00-5:30pm. If you haven't already worked a Speed League, sign up is available on our [website](#).
2. **Medley Challenge:** This meet will take place May 24-26. All competitive families have a volunteer commitment for this meet. Volunteer sign up will occur later in the season however, you can see the positions and volunteer times [online](#).
3. **Long Course Provincial Championships:** This [meet](#) will take place July 5-8. All competitive families have a volunteer commitment for this meet. Volunteer sign up will occur later in the season.

## **FUNDRAISING UPDATE**

### ***Who wants to win their swim fees for next season?***

The fundraising committee is having a raffle to win your swim fees for the 2019/2020 season. Tickets are \$20 and available for purchase from the office. Tickets will also be available for purchase at

upcoming meets. You can pay cash or bill your account. Hurry, there are only 400 tickets available. Draw will be held May 26th at the Medley Challenge.

BC Gaming License #114270 "Know your limit, play within it" Problem Gambling Help Line: 1-888-795-6111 [www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)



## KidLED Coffee Fundraiser

It's easy! Pick up an order form from your coach and start selling. Island Swimming makes \$5 from every bag you sell!

Forms are due back to the Fundraising Committee by April 28th.

## SAVE THE DATE - Saturday Sept. 7th

There will be another BIG Island Swimming bottle drive Saturday September 7th from 9am to 4pm at the Glanford bottle depot site. We will be in touch in August to arrange shifts for swimmers.



## TEAM NOTES



Reminder that TAS will be at SCP during the Masters Provincials Meet from April 13-14th. Wetsuits for open water swimming will be available at this time.

## PHOTO DAY

Amanda will be around on photo day (April 24th) to sell black t-shirts. If your swimmer needs equipment, email [equipment@islandswimming.com](mailto:equipment@islandswimming.com) and it can also be picked up at this time.

Estimated photo time schedule:

3:30 - CSI	4:20 - Bronze	5:15 - Silver	5:55 - C&T
3:45 - Provincial	4:35 - Gold	5:30 - Green	
4:00 - Black	4:45-5:00 - Full team photo	5:40 - Staff photo	
4:10 - Blue	5:00 - JDF All groups and Indiv	5:45 - Senior Perf & Senior	

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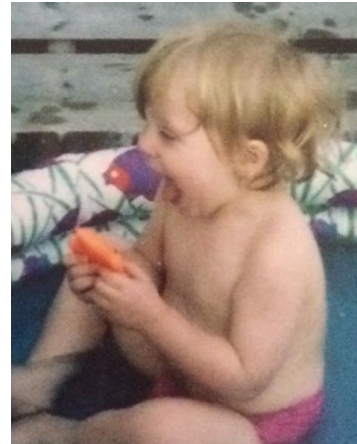
# NAME THOSE BABIES CONTEST

**Who are all these cute babies?** Believe it or not, they are your coaches! Swimmers, match the baby picture to the coach for your chance to win an ISC swag package. One entry per swimmer, top guess will win a prize. If there is more than one top guess, a draw for the prize will occur. All entries will be eligible for a subsequent prize draw. The winners will be announced in the next edition of the Island Heat Sheet. Submit your completed entry form to the Island Swimming Office **by April 25th**.

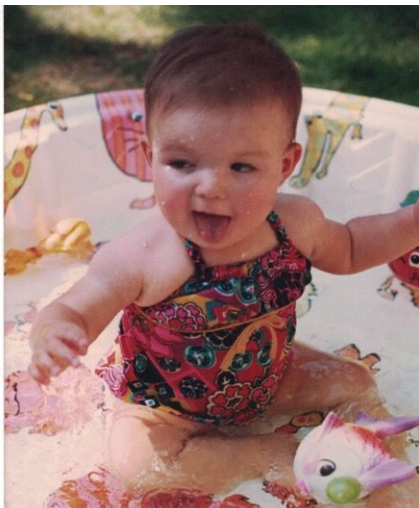
Baby 1:



Baby 2:



Baby 3:



Baby 4:





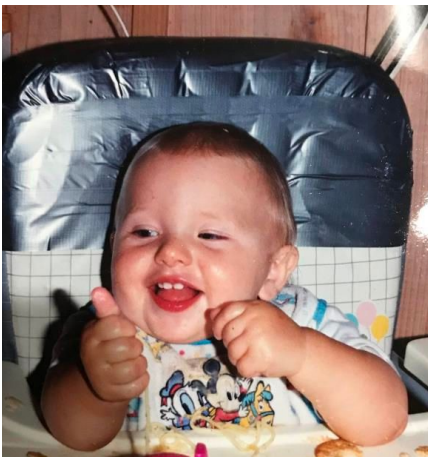
Baby 5:



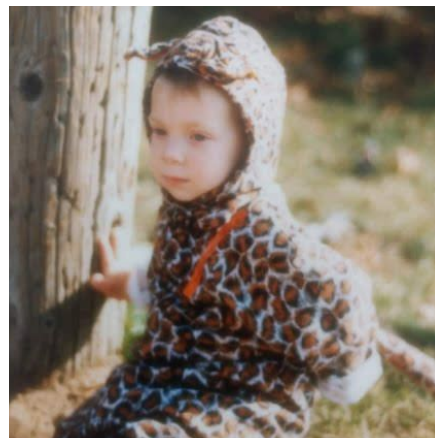
Baby 6:



Baby 7:



Baby 8:



Baby 9:



Baby 10:



Baby 11:



Baby 12:



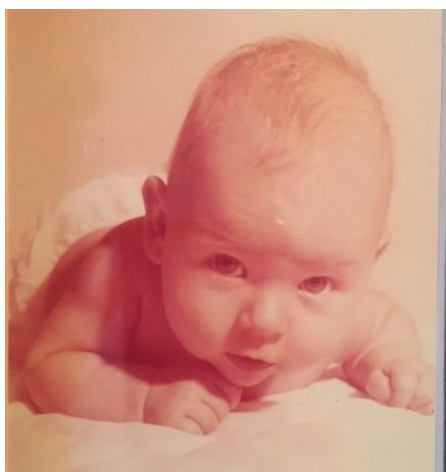
Baby 13:



Baby 14:



Baby 15:



Baby 16:



Baby 17:



Baby 18:



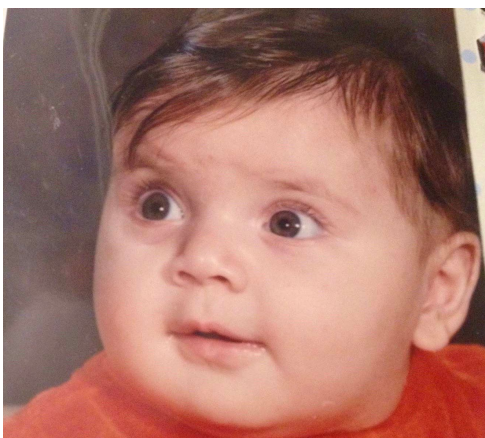
Baby 19:



Baby 20:



Baby 21:



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# Name Those Babies Entry Form

Name (First and Last): \_\_\_\_\_

Swim Group: \_\_\_\_\_

Baby 1:	Baby 2:	Baby 3:
Baby 4:	Baby 5:	Baby 6:
Baby 7:	Baby 8:	Baby 9:
Baby 10:	Baby 11:	Baby 12:
Baby 13:	Baby 14:	Baby 15:
Baby 16:	Baby 17:	Baby 18:
Baby 19:	Baby 20:	Baby 21:

**Please see below for a list of names of the coaches who have a baby photo in the contest:**

Alexx Greenfield

Annie Wolfe

Avila Rhodes

Brett Bennett

Cathy Hanan

Cole Bergen

Dave Tontini

Emiko Osborne

Finn Page

Fynn Heaney-Corns

Kaitlyn Mak

Katrina Shinkaruk

Kyla Ross

Kyle Bennett

Neo Craig

Riley Janes

Shania Sraw

Shiho Chiang

Sophia Witterick-Laskin

Tannaz Hosseini

Wouter Terpstra