



UPCOMING EVENTS

April

- PCS Wavemaker (Apr 26-28)

May

- Comox 10 & U (May 4-5)
- PISE Family Sport and Rec Festival (May 4)
- ISC Family Hike (May 11)
- 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 11th, 8am at SCP.
- Congratulations to **Aidan Pang** and **Declan Warner** winners of the Baby Name contest.
- New contest: Draw us a picture or send us a note on why you like to swim. Your name will be entered to win a prize!

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Dave's Dives

No I was not baby #1 or baby #21 as most of you thought. I'll use the fact that you all associated me with the largest babies in the photos as extra motivation to continue exercising and eating well. You weren't too far off in your guesses by the way as I was born at 10lbs 13oz, a Tontini family record! However, I stayed committed to a strict Atkins diet (popular at that time) between the ages of 0-1 ½ to become the svelt-like giraffe you see in the photo to your left.

Now it might be a bit of a stretch (pun intended) to segway from gym + giraffes to swim talk but hopefully you'll see the

connection. **Discipline is not easy. It takes practice.**

For us old folks, we experience that battle when it comes to exercising, diet, and overall health challenges. It's difficult to stay motivated to get yourself going. For swimmers who are training 4-8 times a week for what seems like most of the year, it's equally challenging to stay motivated the whole time. It's totally normal for swimmers to go through periods in a season or even a career where they experience a dip in motivation. However, there are some strategies that swimmers can use to stay on track and I encourage them to use these tools before they find themselves totally de-railed.

Goals: Goal setting is the number one tool to help keep you fresh and motivated. Goals provide direction, motivation, and purpose. Now goals don't have to mean goal times, although those are often the most fun. Your goals can be process oriented like: attendance at practice; nailing down a certain technique; or completing a certain set, number of meters, or an interval. Perhaps your goals are more long term? Qualifying for a meet, moving up to a higher group, or earning a scholarship to university? Your goals, whatever they are, need to be your goals - they are things you and you alone want to achieve. I encourage swimmers to constantly be revising and resetting goals for themselves. The last important step is to make sure you communicate those goals with your coach because it's their job to help you reach them.

Reflection: This is such an important and often overlooked part of swimming. Sometimes we get so entrenched in the routine that we neglect to take a step back and reflect. I recommend swimmers spend a minimum of 5 minutes each week reflecting on their week. Ask yourself: How did this week go? What did I accomplish at the pool? At school? Elsewhere? Am I happy with my week? Finally, set an intention for the next week. This week I will continue to do _____ well. This week I will make the following change _____. You'd be surprised what 5 minutes of reflection can do for your attitude and your psyche.

Anchors: This is a strategy that we have discussed and used with the older swimmers but I think it can be adapted for swimmers at any age. An anchor is a word or phrase that summarizes your purpose. An anchor evokes emotion and creates clarity and focus. For example, Dana Vollmer, three time Olympic medalist and ultimate comeback Queen, used the anchor *Forward* as a reminder to always move forward no matter what is happening around you. She used this anchor in the context of racing but I think it's just as useful in a practice setting. Keep moving forward with your technique, your attitude, your habits, your spirit etc...I encourage swimmers to come up with their own anchor words for racing

and practice. A key word that they can say to themselves to stay focused and motivated.

With the use of these three small strategies, I believe swimmers will find a giraffian-like difference in their motivation. For more on Dana Vollmer, check out Olivier Poirier Leroy's article on [SwimSwam](#)

SWIM MEET RECAPs

Speedo Western Championships



ISC had a super successful 2019 Westerns which saw the group of 11 swimmers really come together as a team in support of one another and put up some fast swims. Swimmers got better with each session and everyone has something to build off of from this meet.

The meet got off to a bit of a slow start on Day 1 but there were some positives to draw from including Harper Nevins who stepped up and swam a best

time in the 100 BK and on the 4 x 200 FR relay. Dylan Kormendy qualified for Senior Nationals in the 200 BR on the first night of finals with a time of 2:23.81 and took home a Silver medal in the process! Dilly Dilly! Dylan then backed that up on the second night of finals with another Senior National time in the 100 BR 1:06.20, this time setting a club record for Boys 15-17. That record is sure to get a lot faster as Dylan has two more years in the age category!



Day 2 had some other awesome swims including Lauren Mosher getting her first ever Senior National cut in the 50m FLY with a time of 28.72. She also earned herself a cake with her 50 FR performance on the last night...ask her about that story!



Day 3 saw Thea Masselink win bronze in the 200 BK with a time of 2:18.84 breaking the girls 13-14 club record in the process. Way to go Thea! We also had some excellent swims in the 100 FLY with Dylan and Eli going sub 1:00 for the first time, Matty Clavelle getting a best time and excellent swims in the A final from Sela and Mareya. Eli also got his first ever CJC cut!

The last day had some interesting races to say the least. One of the highlights was certainly Mareya's 200 FLY final where she battled to a best time of 2:22.40 just missing out on the podium. And by far the most exciting event of the meet was the 4 x 100 Mixed Medley Relay. ISC was right next to rival PCS for this one. The teams went back and forth as it was a boy versus a girl for each leg. Going into the freestyle leg ISC was a full 8 seconds behind PCS. In an incredible display of raw emotion and power, Sam Beyak dove in and absolutely tore up the pool as he somehow managed to catch up and just out

touch the PCS swimmer on the finish...recording an insane split of 51.89 and sending the building into a frenzy in the process. Impressive stuff from Big Bad Beyak!

All in all the swimmers did ISC very proud. A shout out to our chaperone Mama Rikki for knocking it out of the park in her first ever time as chaperone!

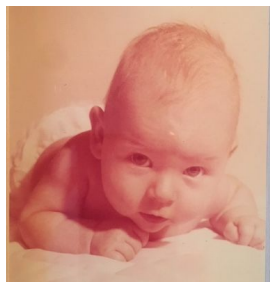
Nanaimo Spring Sprint

Green had a great meet in Nanaimo, many who were swimming long course for the first time ever! It was a really great learning experience, and realizing 50m and 100m long course isn't that bad after all. Lots of best times were achieved and especially impressed with our dolphin kick in fly, getting stronger each race and each practice!

The Blue group ripped up our first Long Course meet of the year! This was also the first meet this year where the Blue group had NO DQ's!! This is something we have been striving towards this year and I was ecstatic when I saw all the results at the end. Overall, it was a successful meet and the kids had a ton of fun while racing hard.

COACHES CORNER

Annie Wolfe, Island Swim Skills Manager



This is great, the sun is back and with this, the kids have suddenly a lot more energy. A reminder that we have no ISS this Friday due to the Wavemaker swim meet. Gold have Saturday as usual. We will have a lot of swimmers participating in the 10 and Under Championships in Comox on May 4-5 so good luck to all, this is a real fun swim meet to attend. We have a little time to train before our last iRace which will be on June 23rd. If you are already looking at some summer activities for your kids, ISC offers summer programs that you can register weekly in case you would like to stay water fit. Summer Skills registration is on our [website](#). Have a good weekend everyone.

Wouter Terpstra, Juan De Fuca (JDF) Manager



I hope you all enjoyed the long weekend and are ready for a few action packed weeks. Before we get to upcoming events, I'd like to congratulate Taylor Price and Abigail Yerama for qualifying for Age Group Provincial Champs this summer in Chilliwack. Both had an exceptional meet in Nanaimo and it goes to show that hard work pays off! The rest of our swimmers also did a fantastic job with everyone swimming best times in a majority if not all of their events. Well done! Tomorrow morning is Wavemaker for Green and Blue. Practice is still on today at JDF but no Saturday morning for those not racing. Next weekend is the Comox 10&U

meet and we hope all the kids going are excited. Coach Fynn will be there, along with 3 other coaches, to guide the troops and keep them energized. That Saturday there will still be morning practice at JDF

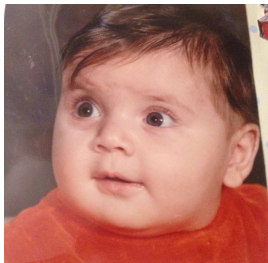
for Gold and at SCP for Green for the kids not at the meet. In two weeks from now, on May 11, we will have our postponed Family Day hike at Mt. Work. May 24-26 is our own Medley Challenge meet and I'd like to encourage all Green and Blue swimmers to sign up for that already. The rest of the season will go by in a blur so make sure you keep checking the events calendar for upcoming meets and following along with the newsletters!

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



Hey C&T, I hope you all enjoyed the baby photo contest. This weekend is another change up for us. A reminder that we will not have a practice this Friday, our practice on Saturday is from 2:00-3:00 and everyone is welcome. Sunday will be normal time and everyone is welcome to that as well. Congratulations to Kai Pollard who is our swimmer of the month for April, Kai has been crushing it every day and has had a great attendance so keep up the great work Kai!

Tannaz Hosseini, SCP Green Coach



I hope you all appreciated the baby photo contest... I know many of you thought my picture was Coach Dave's, we fooled you! But I will say I still do the same eyebrow raise and stare. Green is swimming at the PCS Wavemaker today and tomorrow. There is no practice tonight due the meet, and no practice tomorrow morning as the majority of the group is at the meet. I'm JUST as excited for the Comox 10 & Under Championship next weekend! Team Blue vs Team Green again, who will win? Coaches will share the teams and relays at the meet on Saturday. Time to get pumped! Please email me if you have any questions. Congrats Ethan He, April Swimmer of the Month!

Brett Bennett, SCP Blue Coach



Can you believe we only have 2 more full months before we break for the summer? This season has gone by crazy fast and these last remaining months will probably go by even faster! This weekend, the majority of Blue is at the **PCS Wavemaker**, which means there **won't be any practice today and tomorrow**. We will have regular practice on Monday (April 29th). It's never too early to sign up for a meet, I would like to encourage everyone to sign up for the **ISC Medley Challenge**, held at SCP from May 24th to May 26th. Blue will be doing all 3 days of the meet, but you can pick and choose which days if there are conflicts. Just make a note of it when you sign your athlete up.

Riley Janes, SCP Black Coach



Annie Wolfe, SCP Provincial Coach



Hello Provincial! So glad to have everyone back after all the different meets and vacation time. Time to train hard and WELL to finish the season on a good note. We will have a taste of racing this weekend at the Wavemaker - know that this meet is meant for us to race with little racing preparation - meaning we are in a training phase and this is about stepping on the block to race hard with no racing suit. Best times are always a goal as many swimmers didn't race often L/C yet and in many cases the entry times are last year times but effort and applying skills is what I'm looking for. Let's be positive and swim with a plan just like practices, especially for the 200m fly. Next meet, with

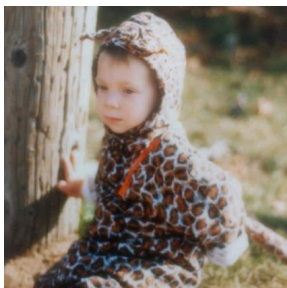
more of a focus on racing, will be Medley Challenge. Please, read the information about Far Westerns, it will be fun to have as many Provincial swimmers attending this year end meet in the sun - an outdoor pool! Congratulations to the SOM: Kiah Craig. Don't forget to bring your coffee order this week - there is still a few days left for it. Have a good weekend and let's hope for a sunny day for Sunday!

Finn Page, SCP Senior Coach



Hello all! I hope everyone had a great long weekend off and away from the pool. A few notes for the coming weeks. First, no swimming on Victoria Day (May 20th.), enjoy the day off! Our next opportunity to race is the ISC Medley Challenge at the end of May. As this is a hosted meet, I expect all senior swimmers to be racing. Remember that today (Friday April 25th) there is no afternoon practice.

Dave Tontini, CSI



Welcome back, I hope everyone enjoyed their long, long weekend! Is it any surprise that Cole and I also have the best looking baby photos? Shame on you if you thought anything otherwise. As you should already know, we are not participating in the Wavemaker this weekend as the kids are coming off a break and are not quite ready to race. The next opportunity for racing is the always fun and ever exciting Medley Challenge. Swimmers will be racing in at least one IM event (hopefully qualifying for the eliminator) as well as their best 100m race (to compete for the crystal prize). We will also use this as an

opportunity to race anything that has not already been done this season...look out 200 fly! We will be having practices on Victoria Day (May 20th) as it is the week of the meet, so please plan accordingly.

Cole Bergen, Sr. Perf



VIR's are in Nanaimo June 7-9. We will ask some swimmers to participate fully in this meet as it is a good opportunity to get second swims. Other swimmers may participate one day or not at all, please speak to your coach to find out what applies to you. We are looking into offering team travel for this meet so stay tuned for that. Of course all swimmers who have qualifications for Provincials will participate in that meet here at SCP from July 4-7.

As you have already heard, we have decided to participate in Far Westerns this year. We are doing our best to bring down the cost of this trip for team travel. We have already found a hotel that is \$1500 cheaper than last year! This is a really good opportunity for the kids to end the season on a good note and we strongly encourage everyone who is qualified to sign up. Please note that ***all swimmers are expected to train until Tuesday July 23rd***, regardless.



April Swimmers of the Month

*Congratulations to the **April Swimmers of the Month** for demonstrating a strong work ethic, positive attitude, dedication, team spirit, commitment, and good attendance.*

Island Swim Skills Bronze:

Makai Byrne (JDF)

Makai has grown as a swimmer over the last few months. Not only has his swimming speed and technique improved, his understanding of our sport has seen a dramatic improvement as well. He always comes to practice with a smile on his face and is ready to swim! Keep it up Makai!

Samson Jr. Haire (SCP)

Samson has had an amazing month! He is also new to the group, but he is a great listener and a keen learner. At the last iRace, he did his very best and earned a few prizes too! Awesome work Samson!

JT Houston (SCP)

JT has been awesome this month! Always enthusiastic, always ready to lead the lane, always ready with a smile for his teammates, the lifeguards, and other Island coaches. It's so great having someone so positive in the group.

Henry Mittelsteadt (SCP)

Henry is a brand new swimmer to the group, and he has been nothing but awesome! Throughout the month he has progressed in his freestyle, and especially his breathing! Great job Henry, keep it up!

Vivienne Simms (JDF)

Over the last few months Vivienne has improved greatly, her swimming technique and confidence in the water has seen the largest improvement. Vivienne also constantly shows up on time, ready to swim, with all of the necessary equipment. Well done Viv, keep up the good work!

Island Swim Skills Silver:

Raina Eames (SCP)

Raina has brought lots of positive energy to the pool this month. Raina has done an awesome job following the focus of each practice and is always excited to swim. Raina also did an amazing job in the 100 back challenge at the iRace. Keep up the good work!

Charlotte Guthrie (JDF)

Charlotte did a great job at the last iRace and is looking ready to race at the Comox 10 and under! She has really picked it up this month and has been doing an awesome job with everything we have been working on. Awesome job Charlotte!

Sanjana Rao (SCP)

Sanjana had an amazing month. She was very focused and was always listening. Sanjana had amazing attendance and always showed up to practice with a smile! Keep up the amazing work!

Island Swim Skills Gold:

Danyal Abedeen (SCP)

Danyal has overcome a few hurdles (health wise) this past season so it is great to see his comeback this month! His almost perfect attendance, improved fitness, and determined attitude all contributed to better efforts at the IRace meet and the 200 & 400 free practice challenges. Danyal's friendly and cooperative manner makes him a great teammate in our group!

Emmett Hastie (JDF)

Emmett has kicked up his training to the next level this last month! He is leading lanes and working hard both physically and on the skills that we're constantly working on. Keep up the great work Emmett!

Conditioning and Technique (C&T): Kai Pollard

Congratulations to Kai Pollard who is our swimmer of the month for April. Kai has been crushing it every day and has had a great attendance this past month. Keep up the great work Kai!

Green:

Ethan He (SCP)

Ethan has one of the best attitudes in the Green group. He always listens, asks questions, and gives his best effort to work on technique. He had a great meet in Nanaimo, earning his first VIR qualifying times. Keep it up Ethan!

Annika Nesbitt (JDF)

Annika has shown great determination this past month. Every practice she comes up to me and asks if she can work on her breaststroke and has shown great improvement in all four strokes. Keep up the awesome work Nesquick!

Blue:

Tiegan Szulc (SCP)

Tiegan has had a fantastic month of April, with her regularly showing up to practice ready to work. She is always pushing herself and her teammates during difficult sets, while still keeping the atmosphere light and fun. At the Nanaimo Spring Sprint, she went best times in 7 of her 8 swims and got a LC VIR cut in the 50 Free. She continues to improve each day and is a great energy to have in the group. Keep up the great work T-Dawg!

Taylor Gossman (JDF)

Taylor is silently and sneakily working on her skills and the corrections I give her. I think she might burst out and take everyone by surprise one of these days! Taylor also had a great meet in Nanaimo the other weekend where she swam 100% best times. Keep up the hard work on your skills and staying "long" as I always yell at the top of my lungs across the pool. Well done Taylor!

SCP Black: Zahara

Life is full of endless choices, becoming a good swimmer is simply a daily decision with honest reflect. Zahara has clearly made a choice to identify as a swimmer and now chooses daily to become a successful swimmer. It's been fun to watch and help.

Provincial: Kiah Craig

It didn't take too long for Kiah to do what she likes to do best in her new group...Lead. Kiah loves to push off the lane first and even though she is sometimes confused about what we are doing, she has the confidence to swim first. She has perfect attendance and loves to be at the pool. She has put up really fast training times in workout lately so it will be exciting to see how this will translate to racing in competition. Keep up the good work Kiah!

Senior: Shania Sraw

Shania always comes to the pool with a smile and ready to embrace any challenge. Between swimming, coaching, and lifeguarding Shania is always at the pool, but always seems happy to be there. Keep up the winning attitude Shania!

Senior Performance/CSI: Ashley Christison

This month was a typical month for Ashley. She was at every practice. She was the first one at the pool for every morning session (besides Cole of course...I think he sleeps here). She was the first one at the whiteboard for the explanation. She led her lane every workout. She worked her butt off AND she spent the whole month with a big old Ashley smile on her face. Ashley is without a doubt one of the leaders of our group and of our club. She sets a terrific example for others to follow. Now if I can just get her to stop poking me in the soft parts of my belly (tough task as my belly is...mostly soft!). Ashley: Keep leading and keep smiling!

VOLUNTEER UPDATE

Medley Challenge is fully opened [online](#) for volunteer sign up.

Don't forget that we will need club officials for the **Long Course Provincial Championships** on July 5-8. All competitive families have a volunteer commitment for this meet. Volunteer sign up will occur as soon as we are able to get the meet package to confirm sessions and time outs.

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



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.

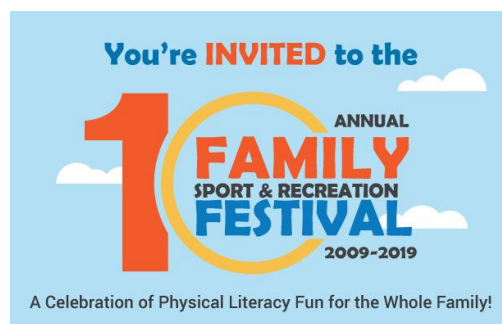
SAVE THE DATE - Saturday Sept. 7th

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

PISE Family Sport and Recreation Festival will occur Saturday May 4, 11am - 3pm. Island Swimming Club will have a table there. Come out to this free event. See the [PISE website](#) for more information.



On Friday, May 17th (Pro-D day) there is an event for female athletes ages 8 to 18 during the morning at Glenlyon Norfolk School. This event is hosted by a non-for profit organization called Fast and Female. Fast and Female Ambassador will be spending the morning telling stories of empowerment and inspiration with the goal of encouraging girls to stay active and healthy in sports throughout their life. The link to registration and further information about this event is on their [website](#).

NAME THOSE BABIES CONTEST

AND THE WINNER IS...**AIDAN PANG (Blue Group SCP)**! Aidan had the most correct guesses with 19/21! Congratulations Aidan. You can come to the office to claim your prize.

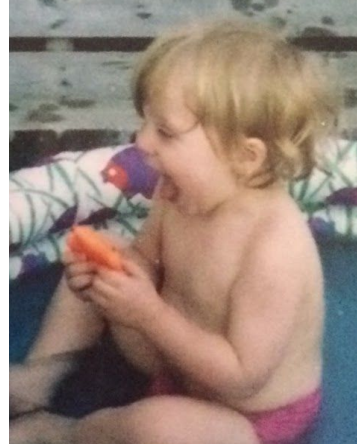
The random draw prize goes to: Declan Warner. Declan come to the office to get your prize.

Below is the full list of names of our babies

Baby 1: Fynn Heaney-Corns



Baby 2: Sophia Witterick-Laskin



Baby 3: Cathy Hanan



Baby 4: Riley Janes



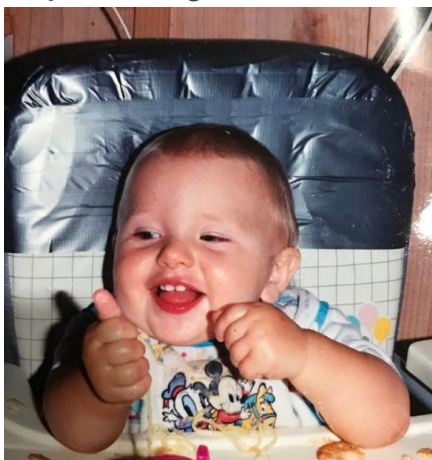
Baby 5: Kaitlyn Mak



Baby 6: Katrina Shinkaruk



Baby 7: Finn Page



Baby 8: Dave Tontini



Baby 9: Alexx Greenfield



Baby 10: Wouter Terpstra



Baby 11: Shiho Chiang



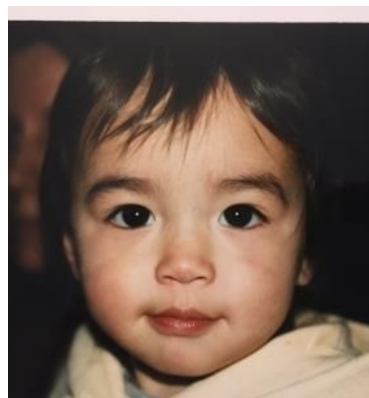
Baby 12: Brett Bennett



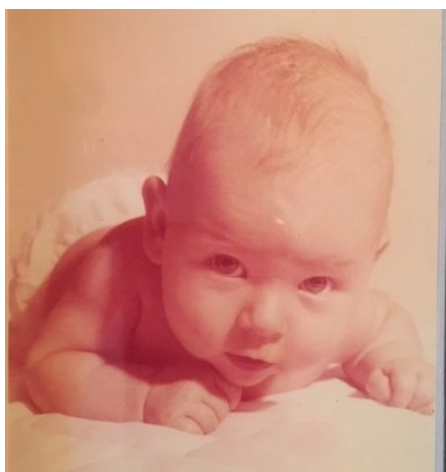
Baby 13: Cole Bergen



Baby 14: Kyla Ross



Baby 15: Annie Wolfe



Baby 16: Shania Sraw



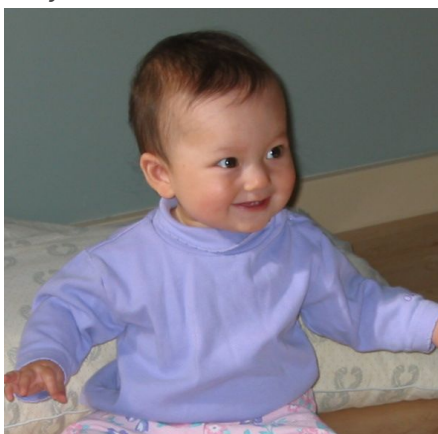
Baby 17: Kyle Bennett



Baby 18: Neo Craig



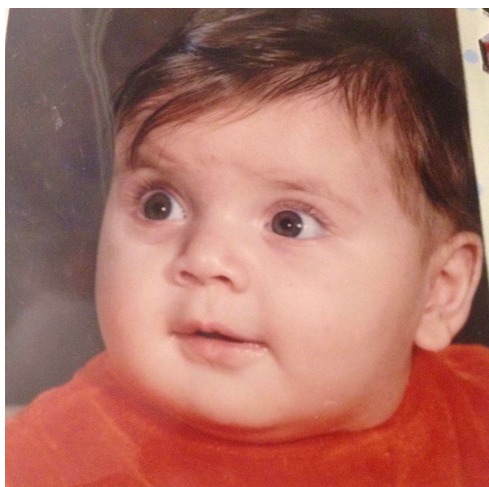
Baby 19: Emiko Osborne



Baby 20: Avila Rhodes



Baby 21: Tannaz Hosseini



Why do you like to swim?

Draw us a picture or write us a note on what makes you excited about swimming. Drop off your picture/note to the Island Swimming office or email it to meetadmin@islandswimming.com. We will make a collage of the pictures and notes and post them at Medley Challenge and maybe our website/newsletter. Your name will also be entered into a draw prize for some cool Island Swimming prizes. Submit your picture/note to the Island Swimming Office **by May 17th**.

Name (First and Last): _____

Swim Group: _____

I like swimming because: