

THE ISLAND HEAT SHEET



Holiday Edition

December 14, 2018

IMPORTANT UPCOMING EVENTS

December

- JDF annual pool shutdown, all swimmers at SCP for practices (Dec 10 -21)
- MJB Law Classic (Dec 14-16)
- Last regularly scheduled practice before break (Dec 21)

January

- Mini camp for some swim groups (Jan 2 - 5)
- Regular practice schedule resumes (Jan 7)
- JDF Parent meeting with President and Head Coach (Jan 11)
- Officials Training Clinics (Jan 11, 13, 18, 20)
- Senior Circuit 2 (Jan 19)
- VIR SC Championships (Jan 24-27)

February

- PSW Invitational (Feb 9-10)
- Speed League (Feb 10)
- iRace #3 (Feb 10)
- Middle and Elementary School Prelim meet (Feb 11 & 13)
- Tier 1 Winter Championships (SC) (Feb 22-24)
- ISC Time Trial (Feb 23)
- Middle and Elementary School Championships (Feb 24)

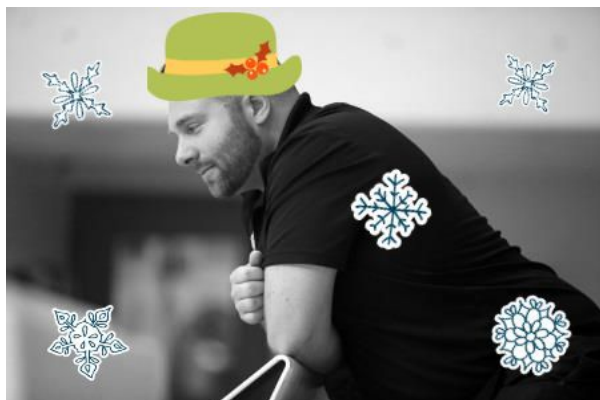
IN THIS ISSUE

Upcoming Events.....	p1
Sprints.....	p2
Dave's Dives.....	p2
Swim Meet Recaps.....	p3
Coaches Corner.....	p6
Profiling ISS Coaches.....	p10
Winter Training Schedule...	p11
Swimmers of the Month.....	p12
Fundraising Update.....	p13
Volunteer Update.....	p13
Team Notes.....	p13



SPRINTS

- Speak to your coach about training schedule over the winter break. Finalized schedule is on **page 11** of this newsletter.
- Remember that SCP has a **no deck changing** rule in place. Swimmers must change in designated changerooms.



Dave's Dives

Hello ISC,

Being our last edition of Dave's Dives before the holiday season, I thought it would be wise to discuss the holiday season from a coach perspective. As parents and swimmers, you might wonder why some groups get over two weeks off of



swimming, some over a week, and then others only 5 days (much to their chagrin). You also might ask "Dave, what the heck am I supposed to do with these kids if they are not at the pool or school!" Well, lucky for you, I'm here to answer these queries and more!

First let me explain our philosophy on time off for the swimmers. We basically have three different groups of kids:

Pre-Competitive/Non-Competitive Swimmers



These swimmers get the most time away from the pool. With this level and age of swimmers, it's important to take time away from swimming for a few reasons: 1) We encourage these swimmers to do plenty of other activities besides swimming. This is good for the overall development. 2) It's important for these swimmers to miss swimming. We want them to come back to the pool excited and eager to swim. A little time away now will help ensure longevity in their swimming careers. 3) Families with young kids should be spending time together over the holidays rather than at the pool. Enjoy your time together because as the kids get older, you will have fewer and fewer opportunities to do so.

Younger Competitive Swimmers

All of the same principles from the previous group apply here as well. The only difference is that these kids are competitive and eager to continue to build on their swimming skills. Therefore we give these kids the opportunity of having a few practices in January to maintain their feel for the water, technique, and fitness so that they are ready to start up again come January 7th.



Most of the swimmers that fall into this category are also in puberty or close to it. So, the other added bonus we see from giving them some time off of training is physical growth. You'll often see swimmers hit growth spurts during holiday break, spring break and, of course, summer break (measure your kids and see!). This is awesome because who doesn't like getting taller, plus Coach Riley won't have to bend down as much to talk to his swimmers, his back must really ache!

Older Competitive Swimmers



Finally, we have our group of older athletes, the Holiday Warriors. If it wasn't for a mental break and to spend time with family...we wouldn't give them any time off at all! The reason behind this is not to torture the swimmers (as they would have you believe) but simply that these older athletes rely more on fitness than the younger ones. These swimmers swim somewhere between 30km-45km in a week and are very fit. The downside of that is that they lose fitness much quicker than a younger athlete who might swim 10km-20km a week. That's why these athletes get back at it on December 27th. It's a heck of a lot easier to stay in shape then to get back into shape as many parents will soon realize when the New Year's Resolutions kick in ;)

Now, some of you are sitting there thinking, "Well that's all fine and dandy Dave, but what do we do with these balls of energy that are accustomed to being at school and the pool every hour of their day?" My suggestion is anything and everything so long as it's not swimming laps! It's still important for kids to stay active during their time away from the pool and definitely not a good idea to binge watch netflix everyday all day (maybe just one day). So, take the kids skiing, skating, sledding, organize a family outing, go to a museum, plan a picnic, get together with friends, or just relax and spend some quality time with the family. However you end up spending your time, I would like to wish all our members a wonderful Holiday Season and may 2019 bring you and your loved ones health and happiness. All the best and see you next year (my favourite Dad joke...).

SWIM MEET RECAPS

iRace #2

Thanks to all the swimmer who came out to the last iRace of 2018 and to all the parents who helped with timing! Our second iRace of the season was a festive one with lots of Christmas spirit. Even Santa dropped by to watch some of the action! With every iRace we focus on a set of skills that over the course of the season we have progressed. Overall, the coaches were very pleased with all the swimming as we saw lots of improvement in the skills that we've been working hard on every practice since the last iRace. Well done everyone!



Pointe-Claire Invitational



Bonjour! This past weekend we took 34 athletes from the Provincial, CSI, and Senior Performance groups to the far away tundra known as Pointe-Claire, Quebec for the 3rd year competing in the Invitational. We made the trip ready to test our swimming and French all in one go. Over the course of the weekend, there was not a lot of French, but there was lots of fast swimming! The three and a half session meet started on Thursday with distance swims where Island was a strong 90% best times with Sophie Marshall and Alex Kurz taking a 1-2 finish on the AA Side. We carried that momentum through the meet with many great performances in prelims and finals including earning some medals over the following three days. And, to top it off, Island was hands down the loudest team on the pool deck (primarily during activation). The result of all this was a lot of fast swimming and a great team atmosphere where everyone played a role in each other's successes and helped keep the whole team motivated and excelling over a long 3.5 days of racing! After all the races swimmers still had enough energy to frolic in the winter wonderland that is Mount Royal and partake in some tobogganing and other outdoor excursions!

A huge thank you to the chaperones who kept the swimmers fed and went above and beyond to make sure they were well taken care of. There were many fantastic swims and all results, medalists and points scores can be viewed [here](#). Thank you Pointe-Claire Swim Club for allowing us to attend this fantastic meet!



Xmas Cracker



This past weekend we had around 86 swimmers attend the Christmas Cracker at Commonwealth Pool. With over 700 swimmers attending the meet, the sessions did feel long, but Island's racing was fast! We had many successful swims, tons of crackers, and loads of best times from each group. As seen at the top, our coaches came decked out on Saturday in their ugliest Christmas sweaters, as well as many swimmers with their impressive Christmas attire. Bah Humbug!

Highlights from the meet:

- **Thea Masselink** (Provincial/CSI) came to race! 2 big best times - 100m Back, taking off 4 seconds from her best time going a 1:01.71 and another 6 seconds off her 200m Back with a 2:14.10. Just as impressive was a 21 sec improvement in the 400m IM - almost breaking the 5 minute mark! And all best times in the 200m, 400m, and 800m Free.
- **Emiko Osborne** (CSI) winning swim of the day on the Friday, stepping up in her 200m Free with a new best time of 2:04.68. She was also a fantastic leader in all of our activations.
- **Larry Yu** (Senior Performance) under 1:00.00 in 100m Back for the first time going a 59.86.
- **Valeria Tonix** (Black) winning herself a huge chocolate bar for having a time ending in .16 in her 50m Fly - 35.16!
- **Noah Weaver** (Black) going a best time in the 800m Free - 10:27.38 - splitting a best time at the 200m and 400m, he won the event by .5 earning himself the yellow Christmas Cracker champ t-shirt (see right). It was the last race of the meet...started at 8:45 pm on Sunday.
- **Ethan Manseau** (Blue) earning his first Tier 1 qualifying time in 100m breaststroke.
- JDF Swimmer of the Meet - **Taylor Price**
- Green Swimmers of the Meet - **Stella Graham and Isla Lord**





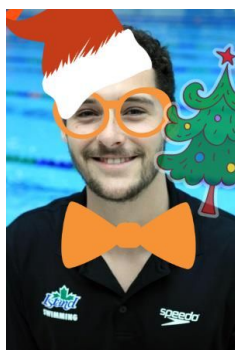
COACHES CORNER

Annie Wolfe, Island Swim Skills Manager



Allo everyone. So fun to see our JDF crew joining us, it's a good opportunity to get to meet and interact with each other and I encourage all to come to SCP even though it might be a more challenging commute. We had a great time at the last iRace with Santa coming to say hello. We challenged our little swimmers with some breaststroke and fly events and they rose to the occasion. You should be expecting a report card next week to come home with your swimmer. This is a tool to let you know what skills your swimmer has been working on and feedback on how they are doing. If your swimmer is moving up, you will be notified next week. On that note, we usually move a few swimmers in December if the swimmer has made big improvements to their skills and are ready for the next group. Last practice is Friday Dec 21st and we are back Jan. 7th. I wish everyone a safe and wonderful Christmas and Happy New Year!

Wouter Terpstra, Juan De Fuca (JDF) Manager



Hello hello everyone! Only a week left of swimming, time flies! Fynn, Neo, and I have been happy to see those who've been coming to practices at SCP this past week and hope to see more of you next week! The Xmas Cracker last week was loads of fun and a great success. Our Green and Blue swimmers, once again, put up some great performances and lots of big best times. What a way to finish off 2018! Congrats to Taylor Price for being our swimmer of the meet (check out the meet recap higher up in the newsletter!).

January 2-5 we have the camp for our Gold, Green and Blue group at SCP. We hope to see lots of you there. If you are planning on attending, please send me a quick email letting me know. **The schedule for the camp can be found at the end of the newsletter.** For **Green and Blue parents**, please keep in mind that VIR Champs are January 25-27 (I believe at SCP, will confirm) for those who have qualified. All our regular programs will start back up at JDF on **Monday January 7.**

Finally, Fynn, Neo and myself would like to wish you a very merry christmas and a happy new year! We hope that you'll have the opportunity to spend lots of quality time with family and friends this holiday season (and get the chance to sleep in at least a few times!). See you all in the new year!

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



Hey C & T! What a great last couple of weeks. We are a week and a half away from being on Christmas break!! For the next two weeks we will be doing a draw prize. Every time you show up to practice your name is put into a hat. At the end of December I will draw a name and the winner will get a prize! Our last practice is December 21st, and we will be back on January 7th. Keep up the great work and have a happy holiday!

Tannaz Hosseini, SCP Green Coach



Snap, crackle, pop! That was all the coaches could hear with all the crackers that were won this past weekend at the Christmas Cracker! I was impressed with every swimmer, not a single DQ in our group all weekend, we were focused and that showed in our races. We had Alanna and Nereida try 100 fly for the first time, bravo! Swimmers of the meet were Stella Graham and Isla Lord - both displaying huge changes in their effort in racing and growing confidence in events that are challenging and new. We picked our **Secret Santas** on Monday! **Please bring your card for Wednesday Dec. 19** to hand out.

Our last day of practice will be Friday Dec. 21. I will not be there on the 21st, but Coach Fynn will take the lead. **We will be back in the pool on Wed. Jan 2!**

Check the times near the end of this newsletter. Normal schedule resumes Monday Jan 7. Try to stay active on our time off of swimming, go on a walks or even a hike! Remember to dress appropriately for the cold weather - coats, hats, no wet hair outside. Merry Christmas and Happy Holidays!

Brett Bennett, SCP Blue Coach



What a fantastic (but super long) meet the Christmas Cracker was! The Blue group shredded the pool, finding tons of success on the first day of the meet and continuing the aggressive racing style all weekend. While there is still work to be done, we are beginning to look more and more technically sound every meet. Our swimmer of the meet was **Ethan Manseau**, who was the only Blue swimmer to make a final and got his first Tier 1 time in the 100m Breaststroke. He also lit it up on 4x50m Free Relay and got best times in 6 of his 7 events. Way to go Ethan!

Our JDF friends have joined us until we break for Christmas and I'm looking forward to both groups pushing one another. Coaching at JDF last year, I found that coming to SCP in December allowed for more friendly competition in practice and the kids were pushing each other even more than usual. While we will be having some fun practices over the last week of swimming, we will still be working hard and building off the success we found at the meet last weekend. A reminder we will be having our last practice of 2018 on **Friday**,

December 21st. We will be starting back up again on **Wednesday, January 2nd.** The full schedule can be found towards the end of the newsletter. Happy Holidays from Emiko and myself!

Riley Janes, SCP Black Coach



Great job at the Cracker last weekend! I was very happy with the group's ability to race faster at finals. Lets try not to lose our edge over the break by staying active! Hike, bike, or meet up with your teammates for tennis or a jog, if the weather stays nice. You can do perfect push ups and core work at home! Use your imagination - there is no wrong way to stay active! Just do it! Holiday schedule is now confirmed please make an effort to make it to all sessions. Sorry if I missed anything I've been away a few days for hopefully a final surgery (recovering well) I will email the group any further updates. Happy Holidays!

Annie Wolfe, SCP Provincial Coach



Wow! this might have been the fastest 12 weeks of swimming I have ever coached. I guess it's a good sign meaning we were busy learning to train well and improve skills and we had fun doing it. The results support my statement as we had impressive results in both swim meets this past weekend. Swimmers that improved 100% of their races were: Judith, Jenna, Sloane, Marisa, Thea, Isaac, Nathan and Eva. Swimmers that improved all but one race were: Alex M, Evie, Alex K, Ava, Kaleb, Declan, Dominic, Marcus, Ethan and Michaela and everyone else all had some best times and/or made a final: Ashley, Kris, Kathie and Harper. As you can see, it is hard for me to pick a swimmer of the meet as everyone was pretty impressive. Some highlights: Sloane Gold in the 200m Fly; all of Thea's performances; Alex K Silver in the 800m Free, dropping 20 seconds; Kaleb and Declan racing breaststroke in finals side by side for big best times; Nathan breaking 29sec in the 50m free :); Ava coming home with many medals...and the good news...we still have lots left to learn and do. I want to say that I was very proud of the swimmers that traveled for the first time as they did very well managing both the good and the challenges. All the kids were so polite and respectful, it was probably one of the easiest away trips so far. Along with swimming fast, we had fun on Monday sliding down Mount Royal, getting lost and shopping underground. Thanks to Michelle and Moragh for being awesome chaperones. Last practice will be Thursday Dec 20th for Provincial and Friday Dec 21st for CSI. We will have swimming from Dec 27 to Jan 7th and I will email the schedule. All swimmers should be attending unless you are away. Regular schedule back on Jan. 7th. Have a Merry Xmas everyone, and I think most kids are on the good list.

Finn Page, SCP Senior Coach



It's been a great start to December and we are going into our winter holidays showing a strong improvement in the last month. Good job to all those who competed in either Pointe-Claire or here at the Xmas Cracker. There were some ups and downs for all who competed but I was really impressed with the results, with all swimmers either getting best times or being right on in most events. Shout out to **Shiho Chiang** for breaking 1:20.00 in her 100m Breaststroke (1:19.90) and for shredding the 50m Breaststroke (36.40). As well shout out to

Kaitlyn Mak for getting her first best time of the season in the 100m Freestyle (1:04.10). Now, time to relax into the holiday season and take some time to do some things away from the pool. A few notes for training over the holidays:

- 1) Last day of regular training is December 21st.
- 2) We are going to be joining CSI and Senior Performance with their holiday training schedule. This will be from December 27-30th and January 2-5th. A lot of these days are doubles so be ready to train hard!
- 3) Regular training starts back up on January 7th!

I hope everyone has a wonderful holiday season and I expect everyone to tell me at least one fun thing they did over the holidays!

Dave Tontini, Head Coach



Santa and his elf assistant Cole here reporting for the final time in 2018. We were very, very happy with the results from our December meets. Our swimmers had many best times, finals and medals both at Pointe-Claire and Cracker. We were especially happy to see our best team spirit yet. The Pointe-Claire meet was a great team bonding trip as the kids were glued together for the entire trip and had a lot of fun (sometimes a little too much) spending time together. We even had a little adventure on the mountain on our last day in Montreal. Some of the swimmers hopefully learned some valuable lessons about how to travel and handle themselves on an away meet and should be better equipped to handle Provincial Championships in Kamloops in March!

Cole Bergen



We are approaching our little holiday break (Dec 22-26). This is a good opportunity for the kids to unwind and give their bodies and minds a rest. This doesn't mean that they should be totally inactive and lying on the couch for 5 days as it will be a shock when we get back to training on the 27th.

The holiday training schedule is finalized. Finn Page and myself (Santa) are very much looking forward to the mini camp. This year will be much different than last season. We are changing the structure of the practice in order to avoid burnout and fatigue with the swimmers. Each day that has two practices will feature one training based practice and one skill-based practice. The kids will have plenty of opportunity to work on starts, turns, kickouts, and strokes! Please make sure the swimmers are in attendance. If swimmers are going to be away during this time and have not already spoken to their coach, please do so ASAP.

The first opportunities to race in 2019 will be:

- Senior Circuit (Jan 19th - in Vancouver) - parents we will need to carpool for this
- VIR's (Jan 24-26 @ SCP) - most swimmers will swim "off events"

Remember the upcoming break is a good opportunity for the kids to get a blood test to check those iron levels!

Finally, we'd like to wish you and your families a very Happy Holiday season. Looking forward to 2019!

PROFILING ISLAND SWIM SKILLS SILVER COACHES

In our mid-month edition of *The Island Heat Sheet* we will profile some of our amazing coaches. The **Island Swim Skills Silver** coaches are profiled this edition. Here's an opportunity to learn something new and interesting about your coaches!

Kyle Bennett, ISS Silver (SCP)



Years swimming: *Around 10, I think.*

What do you like about swimming: *I like Swim-opoly.*

Why did you decide to start coaching: *I started coaching because I like swimming.*

What is your favourite movie:

Step Brothers, of course.

Book recommendations: *I was top of my class in grade 2 for reading #humblebrag. But my favourite book I've ever read was Indian horse, by Richard Wagamese.*

Favourite website: *Sports Centre*

Favourite meal: *Breakfast*

Favourite restaurant: *Grandma's house*

Where do you like to go when you aren't hanging at the pool: *Home*

Tell us something that your swimmers don't already know: *On average I go 8/10 on coin tosses before tennis. Ask Fynn Heaney-Corns.*

Anything else you'd like to tell us about yourself: *Just in case you forgot, I am a 1 time Bennett cup 50 free champion #notabigdeal.*

Fynn Heaney-Corns, ISS Silver (JDF)



Years swimming: *I swam for 10 years, of those 10 years I was competitive for 7.*

Why did you decide to start coaching: *I decided to start coaching because of my passion for the sport, and because I like to give kids the opportunity to enjoy a sport as*

much as I have.

What do you like about swimming: *I enjoyed the social aspect of swimming.*

What is your favourite movie: *Monty Pythons; A quest for the holy grail.*

Book recommendation: *Guinness book of world records 3 edition.*

Favourite website:
<https://fynncaleil.wixsite.com/bobross>

Favourite meal: *Mac 'N' Cheese.*

Favourite restaurant in Victoria: *Zanzibar.*

Where do you like to go when you aren't hanging out at the pool: *The other pool.*

Tell us something about yourself that your swimmers don't already know: *I have unofficially broken the world record for longest grape toss between two people and caught in the others mouth.*

Anything else you would like to tell us about yourself:
I sleep upside down, like a bat

Katrina Shinkaruk, ISS Silver (SCP)



Years Swimming: 4 years winter and 10 years summer club.

Why did you decide to start coaching: I love the sport and wished to share my passion with others.

What is your favorite movie: National Lampoon's Vacation

Book recommendation: A Long Way Home

Favourite website: Quizlet

Favourite meal: Breakfast

Favourite restaurant in Victoria: Cadboro Commons

Where do you like to go when you aren't hanging out at the pool: The beach

Tell us something about yourself that your swimmers don't already know: My favorite color is periwinkle

Sophia Witterick-Laskin, ISS Bronze (SCP)



Years swimming: 11

Why did you decide to start coaching: I got into coaching because of how much fun it looked. I love spending time with kids, and I think everyone deserves a chance to learn the best sport in the world.

What is your favourite movie: Ferris Bueller's Day Off

Book recommendation: The Harry Potter series!

Favourite meal: Pancakes

Favourite restaurant in Victoria: Nubo on Pandora!

Where do you like to go when you aren't hanging out at the pool: A coffee shop somewhere.

Tell us something about yourself that your swimmers don't already know: Before Victoria, I lived in Toronto and Ohio, USA. I'm also a really big hockey fan.



WINTER HOLIDAY SCHEDULE

Gold-Green-Blue-Black Groups: NO PRACTICE: Dec. 22nd-Jan. 1st

Practices starts in January (4 over the break):

<u>Wednesday January 2:</u>	10:30am - 12:30pm
<u>Thursday January 3:</u>	11:00am - 12:30pm
<u>Friday January 4:</u>	10:30am - 12:30pm
<u>Saturday January 5:</u>	6:30am - 8:30am

Provincial Group: NO PRACTICE: Dec. 22nd-26th, 31st + Jan. 1st

Week 1:

Thursday December 27: 4:00-5:30pm
Friday December 28: 5:30-7:15am
2:00-4:00pm
Saturday December 29: 6:00-8:00am
Sunday December 30: 1:00-3:00pm

Week 2:

Wednesday January 2: 4:00-6:00pm
Thursday January 3: 5:30-7:00am
4:00-5:30pm
Friday January 4: 4:00-6:00pm
Saturday January 5: 6:00-8:00am

Senior Groups: NO PRACTICE: Dec. 22nd-26th, 31st + Jan. 1st

Week 1:

Thursday December 27: 5:30-7:00am
7-7:30am *dryland*
4:30-6:00pm
Friday December 28: 3:15-4pm *dryland*
4:00-6:00pm
Saturday December 29: 6:00-8:00am
Team Activity**
1:00-3:00pm
Sunday December 30: 8:00-10:00am
2:15-3:00pm *dryland*
3:00-5:00pm

Week 2:

Wednesday January 2: 5:30-7:30am
7:30-8:00am *dryland*
2:00-4:00pm
Thursday January 3: 9:00-11:00am
3:45-4:30pm *dryland*
4:30-6:00pm
Friday January 4: 5:30-7:30am
7:30-8:00am *dryland*
2:00-4:00pm
Saturday January 5: 6:00-8:00am
Team Activity**
1:00-3:00pm

November Swimmers of the Month

ISS Bronze

Emma Diaz (SCP)

Yihan Hu (SCP)

Leah Marr (SCP)

Avyn Smith (JDF)

Nate Tilley (SCP)

Tristan White (JDF)

ISS Silver

Emmett Hastie (JDF)

Jasper Lau (SCP)

Gabby McArthur (SCP)

ISS Gold

Yohan Goranson (JDF)

Douglas Putland (SCP)

C&T

Justin Ge

Green:

Helen McArthur

Blue:

Ava Denny (JDF)

Riley Greenfield (SCP)

Black:

Valeria Tonix

Provincial

Ashley Clavelle

Senior

Kaitlyn Mak

CSI/SP

Emiko Osborne

FUNDRAISING UPDATE

Save your bottles this holiday season!

To help us reach our fundraising goal, we are having a bottle drive!

When: Sat. January 5th 8am - Noon

Where: SCP - parking lot

Can you help at this event? Let us know!

Contact: Beth Clavelle at mikebeth@shaw.ca

Have a safe and happy holiday season and we'll see you and your bottles in January 2019!

VOLUNTEER UPDATE

We are going to be hosting some official training sessions in January. The following training opportunities have been set up:

- **Stroke and Turn:** Friday January 11
- **Starter:** Sunday January 13
- **Recorder/Scorer:** Friday January 18
- **Clerk of Course:** Sunday January 20

Sign up for these clinics is on the homepage of the website under the Events tab.



TEAM NOTES

- Don't forget about the bottle drive **January 5** in the SCP parking lot (8am until noon).
- Thank you to the Yu family for their amazing donation of ISC printed balloons and prizes. We will use these at our upcoming meets!
- Do you go to Peninsula Co-op? If yes, did you know that ISC has a membership number (**83890**) that you can use and the club gets cash back on these purchases?
- Head Coach Dave Tontini and ISC President Crystal Witterick will be meeting with JDF parents from 4:30-5:30 pm on January 11. They will be available to talk about the club and answer any questions you might have. JDF parents, please plan to attend this valuable information session.