



UPCOMING EVENTS

February

- PSW Invitational (Feb 3-4)
- Comox Last Chance (Feb 9-10)
- Speed League (Feb 10)
- I-Race #3 (Feb 10)
- Middle & Elementary School Prelims (Feb 11 & 13)
- Claremont Open House (Feb 12)
- Family Day Hike (Feb 18)
- Age Provincial Winter Champs (SC) (Feb 22-24)
- Ostara Spring Classic LC (Feb 22-23)
- Middle & Elementary School Champs (Feb 24)

March

- Level One Official's Training at JDF (Mar 8)
- Provincial Winter Championships (SC) (Mar 8-10)
- Spring Break - No Swimming (Mar 18-24)
- Regular practice schedule resumes (Mar 25)

April

- Canadian Swimming Trials (Apr 3-7)
- Speedo Western & Eastern Champs (Apr 11-14)
- Nanaimo Spring Spring (Apr 13-14)
- Easter (Apr 19-22)
- PCS Wavemaker (Apr 26-28)

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SPRINTS

- Check with your coach about whether you swim on Family Day.
- Green group and up swimmers can get a band from Coach Riley (\$1 per band).
- Level One Officials Clinics will be offered in March at both our JDF and SCP locations.
- Island Swimming's new website is LIVE, check us out and give us your feedback.



Dave's Dives

Tips for Supporting Your Swimmer

It's officially February folks and not only does that mean that 8% of 2019 is behind us (whaaaaa...?) but also that we have a ton of swim meets coming up. Between now and March 10th, ISC will compete in 7 different competitions.

The swimmers have been working very hard all season long and I'm sure they have big expectations for themselves for these meets. As the swimmers prepare for competition you might be thinking to yourself, "*How can I best support my child?*" Well, you're in luck, Dave has some simple tips to help parents appropriately support their swimmers.

I believe there are three simple questions swim parents should be asking swimmers:

- 1) ***Did you have fun?*** If it's yes, super! If it's a no, find out why. Don't hesitate to bring a coach into the conversation if the answer is continuously no.
- 2) ***What did you learn? What did you practice?*** This is a great way to show you care about their learning and progress and to make sure they're paying attention!
- 3) ***What did your coach say?*** This is a great way to ensure that swimmers and coaches are talking and to keep your swimmer accountable.

During a competition it is easy for swimmer's to get stressed out. Sometimes it's difficult to know exactly what to say to a swimmer. Some things to keep in mind during a competition:

- 1) ***Praise effort, not results.*** When our swimmers are doing well, it's easy to get caught up in the excitement. However, if we place too much emphasis on the result, the swimmer will fail to see the value in all the work that went into the result. Plus, when they have a competition where the results aren't good (inevitable in swimming), swimmers who only value results will not be equipped to handle this. Rather than saying something like "You made finals, way to go!" you might say "I know how hard you worked for that, good for you!"
- 2) ***React the same way, no matter how the competition is going.*** Whether your swimmer is knocking it out of the park or really struggling, it's so important that they know you've got their back no matter what. Telling them that you love watching them swim and that you're proud of them are great ways to show support after both good and bad races.

- 3) **Give your swimmer space.** When swimmers see their parents after a session, probably the last thing they want to do is talk about their races (even if they were amazing). Avoid talking details about the competition or dissecting the races, that's the coach's job. Instead, just ask them if they enjoyed it and get them some food!

But don't just take my word for it. Check out [this great article](#) from Swim Swam's Olivier Poirier-Leroy

SWIM MEET RECAP

Vancouver Island Regionals (VIRs)

ISC brought the energy to the 2019 SC VIR's this past weekend! Kids from Green all the way up to our senior groups competed hard and showed their fantastic team spirit. We had a Hollywood theme for the meet and did the stars ever shine! One of the brightest spots of the weekend was the club relay, where we had 2 swimmers (female and male) from each age group on the team. ISC raced hard and came out on top in a dominate fashion! One thing all coaches agreed that ISC swimmers were doing well on were our turns. Whether it was a flip turn or an open turn, ISC athletes were fast off the walls.



Finally, an exciting race on the last day was the 13-14 girls 4x50m IM Relay which set a new club record for Thea(28.99), Ashley (34.61), Sela (28.42) and Harper (27.55) clocking 1:59.57! The old record was 2:01.47 done in 2011. The 4x50m Free Relay with Harper, Sela, Alex K and Thea was also pretty fast winning it and missing the club record by .12 !

Overall, the meet was a success with our athletes getting best times, racing hard in finals, and having a ton of fun. Great job to all!



COACHES CORNER

Annie Wolfe, Island Swim Skills Manager



It's February already! Lots of things are happening in February for our ISS groups. First, the Valentine's I-Race on Feb 10th - please, sign up on our website. Please note the following swim practice information: **Friday February 15th** practice is cancelled for ISS-Silver and Gold SCP due to a water polo tournament. **Monday Feb. 18th** we will have practice at the same time for Bronze-Silver and Gold to make up for the Friday cancellation. **Friday February 22nd** Silver practice is as usual but Gold practice will be from 3:45pm (activation) 4:00-5:00pm swim practice as there is a swim meet warm up at 5pm that night.

Families are welcome to attend the ISC Family Day Hike (weather permitted) Monday Feb. 18th 11:30am at Mount Work. ISS swimmers will need supervision from a parent/guardian during this hike. Congratulations to the Swimmers of the Month! Have a good week everyone.

Wouter Terpstra, Juan De Fuca (JDF) Manager

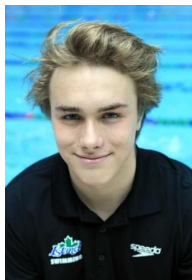


Hello JDF, here we go with some news updates and reminders! This Saturday, Feb. 2, **Blue practice** will be at **SCP**. Earlier in the season I had mentioned that this would be another team practice at JDF but this will not happen. Sorry, no sleep in!

Our **Family Day Hike** on Monday February 18 is scheduled for **11:30am** at **Mount Work**. We do not have pool space at JDF that day but all of our ISS (Bronze, Silver, Gold) groups are invited to join their respective groups at SCP for practice that day, or enjoy the day off with family! Any Green or Blue swimmers qualified for Age Group Provincials that following weekend will have a practice that day at 3:45pm at SCP.

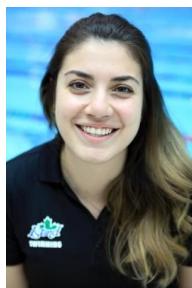
The tentative Time Trial that was set for February 23 will **not** go ahead as PCS is running a meet that weekend. That same weekend (Feb 24) there is the school champs meet at SCP and I would encourage any swimmer to sign up if they want to have a little different racing experience. All swimmers will have the first week (**March 18-24**) of spring break **off** from swimming. We will return to a regular practice schedule for the second week. And finally....iRace and Speed League are fast approaching. The kids have been working hard and all seem very excited to race next weekend. The coaches are excited to see some fast swimming! Don't forget to pack lots of healthy snacks, water, and warm clothes for on deck so that you can swim at your best! And...read "Dave's Dives" at the top of the newsletter, it's a good one! Have a great weekend.

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



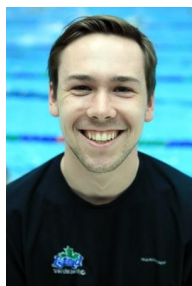
Hey C &T! Awesome job these past couple weeks working on Freestyle recovery and Butterfly timing. For the next couple weeks we will work on our Backstroke and Breaststroke pull. We will have a practice time change on Sunday February 10th, we will be swimming from 11:30-1:00 instead of our normal 10:00-11:30.

Tannaz Hosseini, SCP Green Coach



It has been a busy couple of weeks, most recently half of our group attended VIRs. Congrats to first time qualifiers/attendees: Brady, Alexandria, Liv, Sam, Julian, Helen, Markus, Kaiya, and Doug. This was also Isla and Chase's second VIRs. Some highlights included Isla Lord securing a bronze medal in the 10 & Under 50 Backstroke, and Liv Lowres with a 4th place finish in 50 Breast with a huge best time. Congrats to Doug Putland, our January SOTM and newest swimmer in Green. Doug had stand-out races in his 2 A-final swims. Everyone in the group came out of the weekend with lots of learning and proud smiles on their faces. I've also been really impressed with everyone's attendance in January, let's keep it up! Our next meet is **Speed League on Sunday, February 10th** - please sign up on our website. **Practice will be cancelled on Friday, Feb. 15th** for a water polo tournament. We will have regular practice on the 16th, and **no practice on Monday, February 18th on Family Day**. There will be the annual ISC Family Hike on Family Day at Mt. Work at 11:30 am.

Brett Bennett, SCP Blue Coach



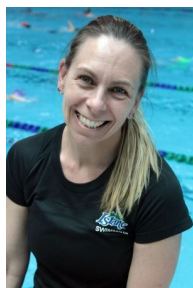
Championship season is upon us! Our next few meets will be a great way to cap off the short course season before we switch to long course. Our next meet is the Speed League #2, held at SCP on **Sunday, February 10th**. You can sign up for this meet on our new site. After that, our final short course meet will be the Age Group Championships, held in Vancouver from **Friday, February 22nd to Sunday, February 24th**. We only have a couple kids going to that, but there is still a chance to qualify at the Speed League meet. If you have been keeping up with the swim schedule, you will know that tomorrow (Saturday AM), we should be at JDF. **Unfortunately, we will not be able to practice there tomorrow, so we will be having regular practice at SCP.** Please don't go out to JDF and expect to swim there!!

Riley Janes, SCP Black Coach



No workout Friday the 15th due to the water polo meet, regular workout Saturday AM (16th). The Black group will be having a potluck that afternoon from 430-630. It will be at the teen center upstairs at SCP. Start to plan your favorite dishes or snacks! We will play games and have some prizes. Let me know if you want to come and help out. Please plan to attend the team hike Monday Feb 18th except AGC qualified kids who will have regular workout but no dry land after. The Black group swam great last weekend lead by Noah Grand who was top 2 in all his events with all best times! Congrats to Zahara, Olivia, Nia and Max for making their first second swims! We had 2 amazing swim off's for 17th that saw Pru and Finley both drop over 4 seconds with times that would have made finals! Now we know how good we can be!

Annie Wolfe, SCP Provincial Coach



Well done swimmers you made the best of VIRs, racing well and making good improvements. Highlights for the group at this meet include: Michaela qualifying for Winter Championship; Declan, Emilio, Dominic, Kristofer and Evie getting their first Winter Champ standard or qualifying for more; Kiah with many best times and 6 individuals medals, breaking 10:00 mark in the 800m free and 5:00 in the 400m free; Ava with all best times and an emotional win in the 200m breast; Evie with a first time under 30 in the 50m free and a drop of 5 sec in the 100m back; Declan and BFF Kaleb in a mission to get more champ standards dropped many seconds in their races making finals in strokes other than breaststroke; Kristofer winning the 200m fly dropping 14sec and showing some tempo on backstroke going from 1:11 to 1:07 100m back; Ethan being really fast in the 50m free/100m free/100m back all BT and 2 gold/1 silver; and many best times for: Dominic, Issac, Nicola, Harper, Thea, Marcus, Eva and Jenna.

A few swimmers will be racing again this weekend in the PSW Invitational so good luck to all, it's a fast meet and a good opportunity to race 50m before the Winter Championships. The last two meets to get more time standards for the Winter Champs will be the Comox and PCS meet in Feb. 22-23. All swimmers 13 and over should attend the PCS meet. On Family Day, we will have a swim from 8-10am (TBC) and an opportunity to go to the annual ISC Family Day Hike at 11:30am at Mount Work (weather permitted). Congratulation to Sela Wist the awarded SOM. Have a great week everyone.

Finn Page, SCP Senior Coach



To all who competed at VIRs last weekend, good job! I thought we started the meet a bit timid but got better as the meet went on. Overall, January has gone very well. I hope we can keep this momentum up. Good luck to Shiho and Emily who are going to the PSW meet this weekend, the rest of us will be cheering you both on! A few things to note, next weekend I will be at the Comox Last chance meet so Saturday (Feb 8th) practice will be with CSI/Senior Performance from 6-8am. On Family Day, we will swim 8-10(TBC) then go for a team hike at 1130am at Mount Work.

*Dave Tontini,
CSI*



We are really looking forward to the PSW meet this weekend. I was very pleased to see 29 swimmers signed up, 27 for Team Travel! The coaches have decided to use this meet as an opportunity for the kids to get outside their comfort zone and get to know some new teammates. The room assignments will reflect this and we expect swimmers and parents to be supportive of our little experiment, we think it will be fun.

Please make sure you sign up on the website for Provincial Championships and Westerns so that we can make travel arrangements. Swimmers who have 3 Western qualifications should sign up now so we can buy their flight. Swimmers who are not yet qualified for Westerns should wait until they get at least 3. Swimmers can be added to Westerns when they qualify, we just won't know what the price of flights will be. Opportunities to qualify are PSW, Ostara PCS Meet and Provincial Championships. These are all Long Course Meets.

Cole Bergen,



All swimmers are expected to compete in the PCS Ostara Meet on Feb 22+23. As this meet will replace training for those days.

Upcoming Schedule Changes:

- No AM practice Monday February 4th
- No PM practice on Friday February 15th (planning a GROUP event instead)
- Monday February 18th 8-10am (TBC). Family Day Hike instead of afternoon practice



January Swimmers of the Month



*Swimmer of the Month certificates are awarded by coaches to swimmers who have made a positive contribution to the team and their group for the month. Coaches base their selection on the qualities Island Swim Club values. These attributes include: work ethic; positive attitude; dedication; team spirit; commitment; attendance; listening skills; and focus. We would like to congratulate the following swimmers for being selected as the **January Swimmers of the Month!***

Island Swim Skills Bronze:

Dane Campbell (JDF)

Dane always comes to practice with the mindset “I’m gonna swim”. He always listens to instructions and remains focused throughout practice. Dane works hard and often asks to go first. Well done Dane!

Marek Chayba (SCP)

Marek has stepped up his game this month with his attendance being at 100% and always being ready to go at the start of practice! He has been an eager leader and has really improved his freestyle. Awesome job Marek!

Camila Cota (JDF)

Camila is hardworking, focused, and present during practice. She is always very determined to try her absolute best and is attentive the entire time she is in the water. Keep it up Camila!

Island Swim Skills Bronze:

Rowan Jenson

Rowan has been awesome this month! She improved so much on everything we’ve been working on, and has started to ask to lead the lane and help with equipment. We love it! You’re awesome Rowan!



Kaia Poirier (SCP)

Kaia has been working really hard this past month! The new year brought her new energy and she has been to every single practice early, and ready to go! There are still a few things to work on, but I’m confident that Kaia will be able to pick it up in no time. Keep up the good work!



Island Swim Skills Silver:

Mila Currie (JDF)

Mila has been doing a great job with all the skills we have been working on. She comes to practice with a great attitude and is always ready to work hard! Keep up the great work!

Lily Jenson (SCP)

Lily has showed up to practice with a great attitude and is always ready and eager to lead the lanes. She's shown lots of improvement on the skills we've been working on. Keep up the good work Lily!

Julia Moukminov (SCP)

Julia has brought lots of positive energy to the pool this month. Every practice Julia arrives with a bright smile ready to work hard, her butterfly has also improved immensely. Keep up the good work Julia!

Island Swim Skills Gold:

Charlie Fiander (JDF)

Charlie has had a great month of January. She has been very focused, listening well, and working hard every practice. True leadership qualities. Keep it up Charlie!

Iris Wu (SCP)

Iris puts in the extra effort at practices and is a confident lane leader. She is an especially strong kicker and it shows when doing challenge 200 kick & swims at practices. Her strong kick helped Iris improve her Freestyle and Backstroke, as well as times at the last iRace meet. She is a determined athlete and works well with her teammates. Keep it up Iris!

Conditioning and Technique (C&T): **Mykenzy Golden**

Mykenzy is a new addition to our group this month and has been killing it! She has shown up to every practice and is eager to learn. She is very receptive to feedback and has been doing an amazing job! Keep up the great work Mykenzy!

Green:

Maddie Chapman (JDF)

Maddie just moved up from Gold and has been doing an amazing job! She is very motivated and comes to the pool with a great attitude every day! She has a great attendance and is doing an amazing job with all the feedback she is given! Keep up the great work Maddie!

Douglas Putland (SCP)

Doug is a great teammate. I always find him encouraging others and he has an incredibly positive mindset. He is also very competitive and isn't afraid to outtouch someone at the wall, which has kept practices entertaining! He's always finding an opportunity for feedback. At VIRs, he made 2 A-finals in the 10 & Under category where he took off 10 seconds from his best time in the 100 fly and 16 seconds off his 100 free! He also got best times in all of his swims. All of this comes from hard work and the positive energy he brings every day. Way to go Doug, keep it up!

Blue:

Taylor Price (JDF)

Taylor has been on the pain train to championsville the last month! Her focus and hard work since we've been back in the water have been fantastic. She took a sledgehammer to her old in practice "TOPS" times (400 free kick, 400 free swim, 400 IM) with 3 very impressive swims. Her ability to grind out the hard sets until the end and push her teammates to do the same is an impressive quality to possess at this level. Keep up the great work Taylor!

Rowan Stovin (SCP)

Rowan started 2019 by absolutely crushing the month of January. Seriously, he dominated. He regularly showed up to practice ready to work hard and has continued to step into a leadership role among the boys in the group. His work ethic going into VIR's paid off, as he had his best meet of the year! At VIR's, Rowan flexed his Breaststroke muscles and took off a total of 22 seconds across his 200m and 50 Breast! To cap it all off, Rowan raced hard at Sunday finals to capture a Bronze medal in the 50m Breast. Rowan continues to put the necessary work in to continually improve in swimming, while being a fantastic teammate and leader. Keep up the great work!!

SCP Black: **Olivia Buckler**

Olivia had the swim of the session in VIR prelims dropping 10 seconds to make the 200 Back final. She was not satisfied with just a lane in finals and took full advantage of her opportunity dropping another 7 seconds to win her first medal! She routinely embraces our toughest challenges in workouts so it was no surprise to see her step up and take home the Silver!

Provincial: **Sela Wist**

Sela is pretty much always on the list to be the SOM, as she has tremendous work ethic, almost perfect attendance, reacts very well to feedback, and focuses on being more efficient day in and day out. She is a prime example that consistently working well and keeping a positive mindset (even when times are more challenging) pays off. Sela had a great meet at the VIRs having a breakthrough in her Breaststroke race after a good year and a half of no best times to drop 21sec in the 200m breast and 6 in the 100m to win it. She has been flying in practice (literally)! Keep it up Sela!

Senior: **Sean Lu**

What can I say about Sean, except that he killed VIRs last weekend! Though he was absent the whole week before the meet due to exams and sickness, he came to the meet and absolutely shredded it. He had 100% best times and even took off 12 seconds in his 200 Free. Imagine what he could have done if he wasn't sick! Keep on killing it Sean.

Senior Performance/CSI: **Kaysha Bikadi**

Kaysha took a major step forward during Holiday Training Camp and hasn't looked back [since](#). She has challenged herself to go on faster intervals, to compete with the fastest kids in the group, she seeks out feedback in training and most importantly, she has been much more resilient in the face of obstacles. January hard work brings February best times...[go get em' Kiki](#).

VOLUNTEER UPDATE

Volunteer Officials sign up is OPEN for Speed League and school meets. Go to our [website](#) under Upcoming Meet & Events to sign up.

OFFICIALS TRAINING SESSIONS: For any family members needing to take the first level (timing and safety marshal) of official's training, we will be hosting two clinics - one at JDF and one at SCP. The JDF training will be Friday March 8 at 4:30pm and will go to about 6:30pm. Swimmers from Blue/Green and ISS Gold will have a combined fun practice that day from 4-6. There will be pizza for the swimmers after their practice. Anyone interested in attending this session at JDF can sign up on

the website. A second session at SCP will be offered in March as well, date is yet to be confirmed. This training provides a great introduction to competitive swimming and anyone from the ISS groups as well as those in the Blue/Green groups who are not yet certified are encouraged to attend.

CERTIFICATION: We have started documenting and updating certification levels of all our club members online. By now, you should have received an auto email from Swimming Canada telling you to either reactivate your account or that an account has been created for you. You should log onto the system and check to see that all of your certification information is up to date. Any missing credential information should be sent to meetadmin@islandswimming.com for review.

OFFICIALS CLINICS: Are you looking to complete a specific course? Contact officials@islandswimming.com and we will look into the possibility of offering the clinic in the future.

FUNDRAISING UPDATE

SAVE THE DATE - BURGER & BEVY NIGHT MARCH 2ND!

Mark your calendars! Come partake in a burger & bevy, and hang out in a relaxed social atmosphere with great people. Tickets will be \$25 each, with profits going towards Island Swimming's fundraising goal. An email will be coming your way soon with more details about how to get your tickets - but you'll have to act fast, as there will only be 60 tickets available!

When: Saturday, March 2nd 4-8pm

Where: Gorge Pointe Pub, 1075 Tillicum Road

Finally, we would like to thank Mike Putland for pitching in at the Jan 5th Bottle Drive - we missed mentioning him previously! Thank you to all who helped and donated toward this fundraiser :-)

TEAM NOTES



Congratulations to our Girls 13-14 4 x 50 Medley Relay Team for breaking the Club Record with a blistering time of 1:59.57.

Pictured left to right: (Ashley Clavelle, Thea Masselink, Sela Wist, Harper Nevins). All 4 girls are still 13-14 at Provincials...let's go ladies!!

Congratulations also goes out to Coach Annie who has been selected as one of Canada's top female coaches to attend the two-day intensive seminar entitled "Taking the Stage" in Ottawa on Feb 8-9. We look forward to learning from her when she returns. Further information about this opportunity can be found at [Swimming Canada's website](#).



On January 30th, Bell hosted their annual Let's Talk day in support of conversations around mental health and ending mental illness stigmas. Please take some time to go through their [website](#) as a wealth of information can be found on it.

For all families considering the CSI program next year, there will be a **Claremont Open House on February 12, 2019 at 6 - 8pm.**

The 2019/20 applications will be available at the meeting.

Prospective applicants are encouraged to check out the CSI Aquatics [Website](#). Look at 'Why CSI Aquatics?'. Swimmers not

coming from Royal Oak are strongly encouraged to contact

[Christine Knapp](#) at Claremont to get on the list for out-of-catchment students ASAP and an application for enrolment at Claremont should be completed **immediately**.



Our **Family Day hike** is on February 18th at 11:30 am. We will be meeting at 11:30am and heading up at 11:45. There is parking at Mount Work but if they need more parking, you can park at the side of the street. Make sure you wear appropriate clothing for hiking and don't forget to bring water and snacks!

Check your bag! After a swim meet, it is good practice to go through your bag and check your Island Swimming gear to make sure it's yours and that you haven't accidentally taken someone else's stuff. If you have and are not sure who they are (to give to them) please bring into the office and we will make sure it gets to the rightful owner.

Island Swimming Club's next **Board of Directors meeting** will be February 9th in the PISE Boardroom. Updated information including meeting minutes and upcoming board meeting dates can be found on the [website](#).