



## UPCOMING EVENTS

### February

- Family Day Hike (CANCELLED - swim practices on)
- Middle & Elementary School Prelims (Feb 20)
- Claremont Open House (Feb 19)
- Age Group 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 for all groups except Provincial, CSI and Provincial (Mar 18-24)
- Regular practice schedule resumes for all groups (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)

## IN THIS ISSUE

Upcoming Events.....p1  
 Sprints.....p2  
 Dave's Dives.....p2  
 Coaches Corner.....p3  
 Profiling Green Group Coaches....p7  
 Swimmers of the Month.....p8  
 Volunteer Update.....p8  
 Fundraising Update.....p9  
 Team Notes.....p9



## SPRINTS

- Confirm with your coach your swim time for Family Day.
- Provincial, CSI & Sr. Perf groups - confirm with your coach the swim schedule for Spring Break.
- Level One Officials Clinic will be offered at JDF on Friday March 8.
- Next Board meeting March 2 at 8am in the PISE Boardroom.



# Dave's Dives

**SPECIAL EDITION:**

**#SNOWMAGEDDON2019**



Hi Folks,

What an exciting week we had where we saw tens...errrr ten centimetres of snow get dumped on Victoria and the incredible panic that ensued. Coming from Montreal where we shake off 40cm of snow (that's how much they got...no cancelled practices by the way) like it's nothing, the reaction we had to our snow here was pretty comical. I know, I know, we don't have winter tires, there's no snow ploughs here, I live on a hill...blah blah blah. I get it, it's different here. Still, from a swim coach's perspective, missing as much swimming time as we did weeks before Provincial Championships is less than ideal. I would even go so far as to say it's quite the obstacle...



Good thing we've all been keeping up on Dave's Dives reading list, which most recently included *The Obstacle is the Way*. Those who have read it are, I'm sure, totally prepared for how to turn #SNOWMAGEDDON2019 from obstacle to opportunity. But just in case you haven't gotten around to reading the book yet, here are some examples of opportunities that #SNOWMAGEDDON2019 may have offered:

1. **REST + RECOVERY:** For all those swimmers who have been complaining about being sore, tired, fatigued and all the early morning practices, their little snowcation was a good opportunity to get some extra rest and recovery. So, while the obstacle is losing practice time and maybe a little bit of fitness, at least the kids will be well rested!



2. **FAMILY TIME:** Hopefully over the last few days you were provided with the opportunity to spend time together with the family, which is a rare occurrence with our busy schedules.
3. **MENTAL BREAK:** This time of the year can feel long for swimmers, so some time away from the pool is an opportunity to get a little mental break. Maybe some swimmers even missed the pool and were eager and excited to get back...that's great!
4. **NO SCHOOL = LESS STRESS:** I'm confident the kids were not complaining about missing school. Maybe some time away from there will give them some renewed vigour for the classroom!



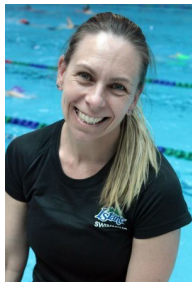
5. **FUN IN THE SNOW:** Finally, how 'bout just enjoying the snow? From what I gather, this amount of snow is rare for Victoria, so what a wonderful opportunity to get outside and shovel, sled, build snow forts or snowmen and have some good ol' Canadian winter fun!

Now that #SNOWMAGEDDON2019 is over and the opportunities it provided behind us, it's time to move forward and get back to business. Swimmers and coaches will need to be even more focused than usual in order to make up for lost time. Let's get back to work folks.

Good luck to all those competing at Age Group Provincial Championships next week. Do ISC proud!

## COACHES CORNER

*Annie Wolfe, Island Swim Skills Manager*



I heard from the ISS coaches that the I-Race was another success and that our kids looked good. Feedback was that the 100m IM was fun to watch with better execution on the 4 strokes from our young athlete and that the little ones are getting a lot more confident diving in and focusing on what the coaches are teaching them. Remember that there is no Friday Nov. 15 for all ISS groups because of the water polo tournament but Saturday am is same as usual for Gold. We will have Monday, Feb. 18th (Family Day) to replace all the practice that have been cancelled lately, same time as usual. Family Day hike has been postponed. Have a good week.

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



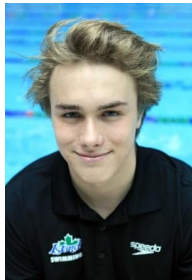
Hello JDF!  
It looks like you've all managed to dig yourself out of the snow and made it to the pool again. Here are some updates and upcoming events. Don't forget to check out Dave's Dives and the calendar at the top of the newsletter!

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The coaches saw some great swimming at iRace last weekend and we hope all the kids had fun because that's what it's all about! Fynn and I were also impressed with a number of awesome races at Speed League right after. Our new Green swimmers had their first competitive racing experience and we hope they learned a lot. Congrats to Taylor Price and Abigail Yerama for swimming their very first Age Group Provincial qualifying time! Hard work always pays off big time, keep it up!

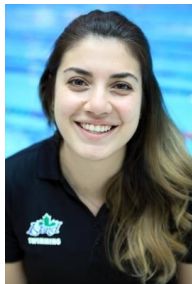
The Family Day Hike has been cancelled because of all the missed practices this past week. However we still don't have pool space on statutory holidays at JDF so all of our programs will swim at SCP on Monday, February 18 at their regular times (check website for schedule). Next week I will be away on Thursday, Friday and Saturday to coach at Age Group Provincial Champs with Riley, Brett, and the Island squad. Emiko will be here for Blue on Thursday along with another coach. Fynn, Drew and Neo will be here to cover practices on Friday and Kaitlyn will be here for Saturday morning Gold as always. Don't forget to check some upcoming dates such as the level one officials training happening at JDF in March for Gold/Green/Blue parents and when we have time off during spring break. That's it for now!

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



Hey C&T, hope everyone's snow days were well spent! We will continue to work on our freestyle and backstroke recovery and our butterfly and breaststroke timing. This weekend we have another time change because of a water polo competition. This means we will not have practice on Friday and Saturday, and Sunday will be moved to 1:00pm-2:00pm. Another time change happening next week is family day! We will have a practice from 5:30pm-6:30pm! Hope to see you all there!

*Tannaz Hosseini, SCP Green Coach*



Hi everyone,  
Speed League was a great meet for Green, a refresher for those that swam at VIRs and first time events for those new to Green and for those who haven't swam a meet in awhile. I was happy to see everyone try new events and be ready to challenge themselves (with not a whole lot of rest either.) Although we saw some DQ's for some (specifically IM turns), it's just a reminder of what to work on in practice to make turns and proper push-offs a habit. Reminder that we don't have practice today, and back to normal tomorrow morning and Monday - Family Day - is regular practice.

*Brett Bennett, SCP Blue Coach*



Congrats to everyone that swam at the Speed League #2 this past Sunday! It was a great afternoon of racing and we had a lot of success as a group. I was most impressed with how the Blue swimmers adapted to our challenge of not looking at the clock after their race. It resulted in the kids having a way better feel for their race instead of just focusing on the time. The overall happiness level was pretty high for everyone! We have a bunch of changes to our schedule for these upcoming weeks:

Friday (Feb. 15th)- No Practice due to the Water Polo tournament

Saturday (Feb. 16th)- Regular Practice

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Monday (Feb. 18th)- **4:00-5:30 with No Dryland.** Please be on deck at 3:45.

Friday (Feb. 22nd)- No Practice due to the Ostara meet.

Saturday (Feb. 23rd)- Regular time with **No Dryland.**

Last thing, for those going to Age Group Championships next weekend, we will be **hosting a practice on Thursday from 5:00 to 6:00 at the Vancouver Aquatic Centre.** As I am at the Age Group Championship meet all weekend, Emiko will be running practice on **Thursday (Feb. 21)**, and Kyle will be running practice on **Saturday AM (Feb. 23).** I promise we will be back to regular schedule soon!!

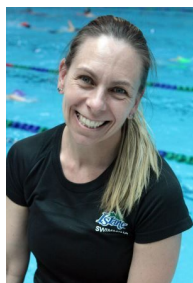
*Riley Janes, SCP Black Coach*



No workout today, Friday the 15th due to a 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! **Next week** : Monday's Hike is off, so we have regular workout but no Dryland. Thursday I'm away but Kaitlyn will be there to run workout during normal time, Friday is 4-5 only in the water with Annie. Saturday is normal time with Kyle but no Dryland. **AGC** : We have one lane (hopefully more) at the Vancouver pool from 5-6 on Thursday afternoon, if you can't make that time, please let me know and we will try to join Prov Thurs AM 6-7 for a

quick prep swim. Parking is limited so please get there early, locals recommend the public beach parking and to walk over. Please have the kids there by 7:45 for all AM sessions and 2:45 for the evening sessions. Everyone needs to be at all sessions as we have a full slate of relays. Black shirts in the AM, blue in the PM. We have ferry passes for the return trip I will hand out soon. We will be bringing 3 coaches to help lighten my load, working with a new coach is very common at higher levels so it's a great experience and something to get used to. I will monitor and adjust as needed. Don't forget your island socks! **Ostara**: anyone signed up will work with Annie, be on deck Friday 9:45 and Saturday 7:45.

*Annie Wolfe, SCP Provincial Coach*



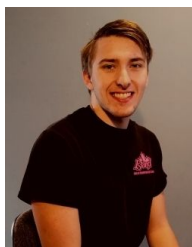
Now you all understand why I moved here! Snow is fun and beautiful for about 1- 2 days, especially around Xmas, but then it sucks ;). I have to admit I had lots of fun on Monday as Flo and I had a snowball fight for a long hour and I woke up with a sore shoulder the next day. Anyway, with a few extra days of rest and catch up with homework, we are all ready to get back to it, so make sure you make the practices until March break. This Saturday we will finished a bit earlier (7h30am) due to the water polo tournament and we don't have Yoga for the next 2 Saturdays. We will swim this Monday, Family Day, from 10am-12pm and it's important, especially with all the unexpected days off we have had and the competition coming up.

Good Luck to Ava, Kiah, Kristofer and Nathan who will compete at the Age Group Championship. Go swim with confidence! Everybody else should be going to the PCS Ostara swim meet on Feb. 22 and 23rd, this will be a chance to get of the block if you getting ready to Winter Championship to rehearse your race, get more standard or compete if you are not going to Kamloops has otherwise will be too long. I enter everyone (entry due today) has many didn't declare themselves and might have been

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confuse with the new website so if you are not attending please let me know if you didn't already.  
Have a good week everybody!

*Finn Page, SCP Senior Coach*



I hope everyone has had some fun with the few snow days this week. I personally have loved the little extra time away from school which helped me catch up on some work, I hope everyone else did the same! As well, having some extra rest isn't always a bad thing. February can be a long month in the swim season, so hopefully we are more motivated than ever with the short break. This weekend has a few schedule changes. We will be swimming with CSI/Senior Performance on Saturday from 5:45-7:30am. So make sure you are at the pool for 5:30am. As well, on Family Day (Feb 18) we will be swimming from 6:15-8:00am. Have a good week everyone!

*Dave Tontini, CSI and Sr. Perf.*



I hope everybody got their fill of fun in the snow because I have personally asked the weather gods to take pity on us in the coming years. Thank you to all those who made the extra effort to come to practices during #Snowmageddon2019, much appreciated.

Now, let's talk about issues related to "melted snow" activities.

Schedule Changes:

Reminder that there is no afternoon/evening practices on Friday Feb 15th.  
Saturday AM Feb 16th will be 5:45-7:30am so please be at the pool by 5:30am!  
Monday Feb 18th (Family Day) we will practice together from 6:15-8:45am (with dryland) and 2:00-4:00pm.



Spring Break:

Coaches have decided to give the group the same time off from swimming as Easter, which will be April 19-22. All swimmers are expected to swim through the Spring Break. Swimmers who are not competing at Westerns or Trials will additionally get Sat. March 16th and March 23rd OFF so that they can enjoy their weekends!

Upcoming Competitions:

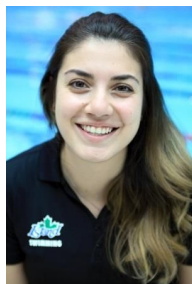
*Ostara PCS Meet* (Friday Feb 22-Sat Feb 23): This meet is a training meet, in other words it is replacing our training for those days. Yes, it is an opportunity for swimmers to get Provincial or Western cuts but they will be best prepared to do that at Provincials in Kamloops. Swimmer who do not compete on the Friday have practice from 5:30-7:15am as usual and in the afternoon (speak to Coach about when).

*Provincials* (March 7-10): Info for Team Travel will be coming soon but please plan to leave on the 7am ferry on Thursday March 7th. We will return on Monday March 11th on the 1pm ferry. Swimmers should have completed their events + goals for this meet in order to have appropriate focuses at practice between now and then.

# PROFILING GREEN GROUP COACHES

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

## **Tannaz Hosseini, Green (SCP)**



**Years swimming:** 12 years; 7 years coaching.

**Why did you decide to start coaching:** *I love working with kids and it was a nice transition from from swimming.*

**What do you like about swimming:** *I created life-long friendships with some of my teammates and racing in relays!*

**What is your favourite movie:** *This is hard! Mean Girls is a classic. Lately, I really liked Bohemian Rhapsody.*

**Favourite website:** *Netflix.*

**Favourite meal:** *Banana Pancakes.*

**Favourite restaurant in Victoria:** *Pizza Primastrada, The Village, Green Cuisine, Be Love, Kuma Noodle, Red Fish Blue Fish.*

**Where do you like to go when you aren't hanging out at the pool:** *Dallas Road, Sombrio/Mystic Beach.*

**Tell us something about yourself that your swimmers don't already know:** *I'm really into astrology and reading horoscopes. :)*

## **Fynn Heaney-Corns, Green (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 Python's A Quest for the Holy Grail.*

**Book recommendation:** *Guinness Book of World Records 3 edition.*

**Favourite website:**  
<https://fynncailleil.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!*



## January Swimmers of the Month



### **ISS Bronze:**

Dane Campbell (JDF)

Marek Chayba (SCP)

Camila Cota (JDF)

Rowan Jenson (SCP)

Kaia Poirier (SCP)

### **ISS Silver:**

Mila Currie (JDF)

Lily Jenson (SCP)

Julia Moukminov (SCP)

### **ISS Gold:**

Charlie Fiander (JDF)

Iris Wu (SCP)

### **Green:**

Maddie Chapman (JDF)

Douglas Putland (SCP)

### **Blue:**

Taylor Price (JDF)

Rowan Stovin (SCP)

### **Black:**

Olivia Buckler

### **C&T:**

Mykenzy Golden

### **Provincial:**

Sela Wist

### **Senior:**

Sean Lu

### **CSI/SP:**

Kaysha Bikadi

## **VOLUNTEER UPDATE**

**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 a level one session at JDF on March 8 from 4:30pm to about 6:30pm. JDF 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](#).

**CERTIFICATION:** We are documenting and updating certification levels of all our club members online. If you haven't already, 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](mailto:meetadmin@islandswimming.com).

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



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## **FUNDRAISING UPDATE**

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

There are still some tickets left for the burger & bevy night. Tickets will be \$25 each, and you can sign up on our website for this [event](#).

**When: Saturday, March 2nd 4-8pm**

**Where: Gorge Pointe Pub, 1075 Tillicum Road**

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## **TEAM NOTES**

TO ALL COMPETITIVE SWIMMERS: Please remember that you are required to have both a **black** and a **blue** t-shirt for competitions. The **black shirt** will be worn for preliminary sessions and the **blue shirt** will be worn for final sessions. Please connect with the Island Swimming office if you need to purchase a shirt.



Unfortunately our **Family Day hike** is CANCELLED. Swim practice on Monday instead. Clarify with your coach your swim time.

Because of the snow, the **Claremont Open House is scheduled for Tuesday February 19, 2019 at 6 - 8pm**. If you have any questions about this program, please speak to Head Coach Dave. You can also [visit the website](#) for information.



**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.