

UPCOMING EVENTS

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)

July

- Provincial Championships (July 4-7)
- Moses Lake Sizzlin' Summer Open (July 12-14)
- Far Westerns (July 26-28)

August

- Canadian Championships (Aug 8-11)

SPRINTS

- Next Board meeting June 4th, 6pm in the Boardroom.
- Registration for summer programs open. Go to our website for registration.
- Look for the 2019-2020 swim season registration...coming soon!

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Dave's Dives

First off, I want to send a huge thank you and giant virtual high five to all our parent volunteers for making Medley Challenge 2019 such a huge success. It was our busiest one yet. Of course this meant some very lengthy sessions and I want you to know how much we really appreciate your time. Mathis Hulten was phenomenal in his first time Meet Managing an entire competition from start to finish, thank you Mathias! A big thank you to Diana Shields for her continued commitment to improving the quality of our swim meets and managing our team of volunteers. Great job everyone.

Well tomorrow marks June 1st and we are so very close to summer. I got a little taste of summer this week as I was in

Calgary where it was a scorching 30 degrees (unfortunately that means some wildfires have already started in northern Alberta!).



The reason for my trip to Calgary was to spend some time with Cascade Swim Club as a professional development opportunity. I consider Cascade to be one of the best overall clubs in the country, certainly from a performance standpoint they are right at the top. It was good for me to get away and spend some time observing another club. Dave and Wendy Johnson who have been running Cascade for the last 14 years were so welcoming to me and offered some great insight into how Cascade has developed into the success it is today. Dave actually coached Wendy at Pointe-Claire Swim Club way back when she was a three time gold medalist at the 1978



Commonwealth Games. Both Dave and Wendy have had sustained success in swimming over the course of 5 decades, so there's a few things we can pick up from them.

One of the major takeaways from my few days with them is that it takes time to build a swim club and we (parents, swimmers, coaches and staff) need to exercise patience as we evolve together and find our identity. My other major takeaway is that we are certainly moving in the right direction. Over the last two years we've built our team identity and spirit, we've shown energy and positivity on deck, and we've been committed to teaching and improvement. Because of that, we've seen success both in enrolment and performance. These are some areas where I think we are doing very well. Of course, there are other areas where we are lagging behind compared to a club like Cascade. However, the important thing is that we know what these weak points are and can take steps to improve them.



I found my visit with Cascade to be reinvigorating. It helped me to put a few things in perspective and reassured me that we are definitely on the right track here at Island. I'm looking forward to getting back to work and addressing the areas where we need to improve. I'd be happy to chat more with anyone interested about the trip.

Now, I hope everyone gets a chance to go outside and enjoy the nice weather!

SWIM MEET RECAPs

Medley Challenge



First off thanks to everyone who came to the 2019 ISC Medley Challenge this year. The Medley Challenge saw over 400 swimmers attend, making it the largest Medley Challenge to date. There were local teams from Vancouver Island, as well as teams from White Rock, Calgary, and even Oregon.

Despite all this outside competition, Island Swimming still managed to finish the meet on top of both Men's and Women's point scores, winning the overall meet. One unique thing about the Medley Challenge is the Eliminator. The Eliminator saw eight competitors race four 50's of randomly chosen strokes with two swimmers being eliminated each time until only one champion remains. Island saw three swimmers win the Eliminator, **Riley Andrusak** (12&U Girls), **Sela Wist** (15&O Girls), and **Larry Yu** (15&O Boys). Island also saw **Emma Myburgh** (15&O Girls) and **Larry Yu** (15&O Boys) win aggregate awards for having the highest combined points added from two 100's and the 200 or 400 IM. The biggest shoutout of the weekend goes to the Girls 12&U 4x100 Freestyle relay of **Riley Andrusak**,



Valeria Tonix, **Nia McDougall**, and **Kiah Craig** for not only winning with a commanding lead but also setting a new club record in the process (4:23.74). The girls splashed the record from 2008 out of the water, beating it by 8 whole seconds. Well done girls!



Finally, thanks to all the officials, volunteers, timers, electronic booth experts, hospitality folks, the amazing announcer, and anyone else who helped make the 2019 ISC Medley Challenge such a success. We were by far the loudest, proudest, most encouraging, and most fun team there! Keep up the superb work everyone!

Eliminator Winners:

12&U Girls - Riley Andrusak (ISC)
12&U Boys - Nicholas Duncan (UCSC)
13-14 Girls - Bridget Burton (DST)
13-14 Boys - Addison Butler (CASC)
15&O Girls - Sela Wist (ISC)
15&O Boys - Larry Yu (ISC)

Aggregate Winners:

12&U Girls - Sydney Stewart (UCSC)
12&U Boys - Nicholas Duncan (UCSC)
13-14 Girls - Bridget Burton (DST)
13-14 Boys - Addison Butler (CASC)
15&O Girls - Emma Myburgh (ISC)
15&O Boys - Larry Yu (ISC)

(A note from Mathias, meet manager for Medley Challenge)

Thank you Island parents for making the Medley Challenge Meet a success and my experience as first time meet manager enjoyable. I felt I had the full support of Island parents, coaching and administration staff the whole time.

I'm grateful to so many parents who answered the call above and beyond when we were short some shifts particularly on Sunday. Although the sessions on Saturday were long the feedback from the attending clubs was that things ran smoothly and progressed well. This was a very well attended meet and I hope that your swimmers enjoyed their racing weekend with some of the additional clubs making their way to our pool for the first time for a chance to match up against some new faces. As well as the opportunity to race at a high level at our home pool the meets we host help to fund our club and the great coaching throughout the season. Thank you for generously giving your time to make it successful.

COACHES CORNER



Annie Wolfe, Island Swim Skills Manager

Hello ISS parents. This is it, the last month of the regular season. Our last IRace is June 23rd. We will be celebrating the amazing season we had with our annual ISC cake and we would ask if you could complement the snack with some fruits (watermelon, strawberries, melons are all usually big hits). Wear your Canada colours as this will be our theme-make sure to sign up before June 18. If you would like your swimmer to stay wet this summer, we offer summer programs. You can

find information and register on our website. Good luck to some of the Gold swimmers participating in our Speed League this Sunday.



Wouter Terpstra, Juan De Fuca (JDF) Manager

We're heading into a busy last month of the season so here are some reminders for the upcoming weeks. Sunday is the last Speed League meet of the season and also the last meet for some. Hopefully those signed up are excited to race! Next week is VIR Champs in Nanaimo for those Green and Blue swimmers that are qualified. I'll send out a reminder email next week about warm up times, etc. For those swimmers not racing, there is still practice at JDF Friday (June 7) and I will let Blue and Green know about SCP on the Saturday morning (June 8). **Practice for Gold**

on June 8 had been moved back half an hour and will be from 8:30-9:30am so that we are able to have it covered by coach Neo (Kaitlyn and myself are in Nanaimo). Sunday June 23 is our last IRace of the season for our Bronze, Silver, and Gold groups and I want to encourage all of you to sign your swimmers up for one last fun racing opportunity this season! Also, a reminder that July 12-14 is the Moses Lake Sizzlin' Summer Open held at the outdoor water park in Moses Lake, Washington. The meet is open for swimmers Silver and up and I would encourage you all to at least take a look at the details on the website. Last year we had a blast in the sun and this year is bound to be just as awesome. And finally....today is coach Fynn's last practice with us this season. He will be returning to his coaching role with the Sidney Piranha summer club but fear not, he will be back in September! Coach Alexa will be taking over his Green and Silver groups starting June 1. You can catch her at practice tonight as she does another practice with Fynn in preparation.



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

Hey C&T! This has been a great few weeks for us! Everyone is working really hard in practice and attendance has been great! This is my last week with the group as most of you now know, Alicia who has been assisting me for the past three weeks will be taking over the group for the last month of practices. If you have any questions feel free to email me to ask before I head over to Panorama. Our swimmer of the month this month was Mykenzy. Congratulations to her.



Tannaz Hosseini, SCP Green Coach

Hey Green group! It's been a great past 2 weeks as we attended Medley Challenge last weekend. We had lots of fast swims throughout the weekend and I was happy to see everyone's efforts. Good job to Will Elford for earning his first 12 & Under VIR time! We have our Speed League this Sunday, please be on deck for 12:45 pm. Next weekend is VIRs in Nanaimo, June 7-9. You can still sign up for this meet until the end of this weekend, so please let me know if you want to attend. We will have regular practices next weekend. ISC is also attending Duncan Jamboree Saturday June 22, a great end of the year meet so make sure to sign up for that one. Congrats to Kayla for being our May SOM!



Brett Bennett, SCP Blue Coach

Can you believe we're in our final month of swimming? Everyone crushed it at the Medley Challenge last weekend and we're set up for a spectacular final month of racing. A reminder that we have **Speed League** this weekend on Sunday. Next weekend is **VIR's in Nanaimo**. For those swimmers not racing, there is still practice Friday (June 7th) and hopefully Saturday AM (June 8th) as well, but I will send out

an email to confirm. Looking for another swim meet beyond June? I would like to encourage everyone to check out the Moses Lake Sizzlin' Summer Open! It will be taking place July 12-14 at an outdoor water park in Moses Lake, Washington. The meet is open to Blue group swimmers and all the details can be found on the website. Parent meetings are still being offered if you want to talk with me. Feel free to send me an email and I can shoot you the link to sign up. I would also like to encourage everyone to **bring a water bottle** to practice. It's especially important to stay hydrated as the weather gets hotter!



Riley Janes, SCP Black Coach

Great job at the meet this weekend. I was impressed with the level of focus in finals, competing the whole race and so many best times! Stand out swims by Nia & Olivia getting their first provincial cuts and Tia for her break thru swim in the 100 free and Jacob's 1500 Free. Often when we work hard we surprise ourselves! Everyone in Speed League should be on deck at 12:40 Sunday for activation. Warmup is short so please be on time. If you forgot to sign up for VIRs please email me as it's not too late - Monday is the entry deadline so new times from SL will count.



Annie Wolfe, SCP Provincial Coach

Thanks to all the parents that volunteered at the MC last weekend. I hope you had the chance to see your swimmer's race because most of the swimmers swam so well and fast. We had lots of best times. Some highlights: Kyah 400m free and 100m back win. Sela winning the Eliminator, the 100m fly and 400m IM with best times. Riley also winning the Eliminator and 200m breast and 200m IM and all BT. Eva all BT and dropping 15sec in the 400m free just shy of the Provincial standard. Ava and Mady killing their first 400m IM L/C and Ava finishing 2nd in the 200m breast with a 16sec BT. Thea going BT in the 200m IM, Sloane and Ashley BT 100m Fly, Jenna BT in 6 events, Harper BT 200m IM and Free, Evie BT in the 100m back and 400m free and Nicola BT on 7 out of 8 races. Boys: Ethan went all BT in his free races with a new Far Wester Standard in the 400m dropping 7sec. Marcus BT in the 200/400m IM and 100m back. Kris, although the second best Hulten in the meet ;), destroyed the 200m breast and inspired his teammate Kaleb breathing down his neck in the 100m breast both had huge BT and 1-2 finishes - sorry Kaleb ;). Dom with 5 BT, Nathan all BT, Isaac so busy with second swim and 4BT, Declan all BT and feeling a little tired on Sunday and Emilio 4 BT with a big 8 sec drop in the 400m Free. As you can see we rock. However, now we have an even bigger challenge and this will be to lift from this meet and be even better at Provincials so we have to get back to work and focus for the next 3 weeks for AGC, 5 weeks until Provincial and 7 weeks before FW so yes, it's going soooo fast. Have fun at VIRs! Congratulations to Jenna for the SOM in May.



Finn Page, SCP Senior Coach

Good job to all who swam at the Medley Challenge. Special shout out to Senior swimmer of the meet Kaitlyn Mak who had a stellar 100 freestyle at the Sunday finals session, showing a season best time of 1:04.23. The next push is into VIRs which will be one of our last meets of the season. If you haven't already signed up, make sure you do so ASAP. Keep up the amazing work Senior!

Dave Tontini, CSI

Cole Bergen, Sr. Perf



First of all, a big thank you to all the parents for their time volunteering at the Medley Challenge this weekend. It was our busiest and most successful Medley ever and we could not have done it without your support. The swimmers were a little all over the place in terms of performance at Medley but some of that is to be expected at a meet like that. We were happy with the results on Sunday night and we're looking forward to getting back to work. We are only 5 weeks away from Provincials so it's crunch time. We're going to ramp up the training over the next few weeks so expect the swimmers to be a

little fatigued and sore, this is normal. You can continue to support them by feeding them plenty of healthy food, encourage them to get to bed early, and participate in recovery at home (foam roll, self massage, stretch). VIR's is next weekend. We have the following people on our list to attend the meet: Aidan (full), Alexa (full), Kaysha (Friday), Birpal (Friday/Saturday), Alexx (Saturday/Sunday), Lauren (Saturday), Kurz (Saturday), Ashley (Saturday), Pyper (Saturday), Alex M (Saturday?). As the end of school is approaching please make sure you're on top of your schedule with exams, grad, social events etc.. Swimmers should be communicating any conflicts well in advance.

Finally, we will have an **important meeting** with the swimmers this Saturday following practice. Everyone is expected to stay until the meeting is over. We expect that to be around 8:45am.



May Swimmers of the Month

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

Island Swim Skills Bronze:

Maika Black (SCP)

Maika's work ethic has been incredible this month! She's always ready to lead and doesn't need to be reminded to blast off the wall in streamline. When we give her a challenge and ask her if she thinks she can do it, she always answers 'yeah of course' and gets it done. You've earned your improvement Maika, congrats!

Andy Mei(SCP)

Andy has worked so incredibly hard this month, and it has really shown in all the practices. He is always listening and all his strokes have improved so much. Keep it up Andy!

Rayelle Nesbitt (JDF)

Rayelle has gone from being very quiet to asking questions and being a positive presence in the group. Her swimming has also seen a great improvement and I look forward to seeing her continue to progress herself overall as a swimmer. Keep up the awesome work Rayelle!

Elliot Warder (SCP)

Elliot was new to the group this month, but it feels like he's been here all year! He's so willing to ask questions and listen to feedback and will work on anything we ask him to with a smile. You're so positive and so fun to have in the group bud, keep it up!

Noah Wells (JDF)

Noah is a great sport when it comes to getting in the water and participating in what the group is doing. He has already improved over the last month and I'm excited to see him continue to progress! Keep up the good work Noah.

Island Swim Skills Silver:**Zach Denny (JDF)**

Zach has been doing an awesome job in practice lately! He has come very far since January when he moved up to Silver from Bronze. He has been joking around in practices and has an awesome attitude most of the time! Great job Zach!

Tommy McArthur (SCP)

Tommy is always one of the first people on deck for practice, and brings a sense of joy and enthusiasm with him. Tommy is full of energy and up for a challenge in practice. He has made some great improvements in his skills throughout May where we have focused hard on our streamlines and push offs. I can always trust him to push off in a tight streamline. Keep it up Tommy!!

Evan Wang (SCP)

Evan had an amazing month working hard on his skills. He has come to the practices with an amazing attitude. He also had the best attendance. Keep up the great work Evan!

Island Swim Skills Gold:**London Howard (SCP)**

London is enthusiastic about swimming and loves to race. She especially enjoyed competing at the recent Comox meet! London's confidence, consistent attendance, effort at practices and good rapport with her teammates all show her commitment to the sport. Keep it up London!

Jalen de Torres (JDF)

Since joining Gold in January, Jalen has made a great addition to the group and has put forth an awesome effort in every practice. He is keen to learn and wastes no time putting the corrections I give him into action. Keep up the hard work Jalen and you'll keep on improving like you already have been!

Conditioning and Technique (C&T): Mykenzy Golden

Mykenzy has an awesome attendance and a great attitude every time she shows up. She just competed at the Medley Challenge and did an amazing job for her first competition. Keep up the awesome work!

Green:**Kayla Felt (SCP)**

Kayla works unbelievably hard every practice and always tries her best. She often is leading lanes and being a great leader in the group. She has a great attitude at meets and has a good sassy remark to give to her teammates when needed, which I enjoy. She listens really well to feedback and applies it. At our 10 & Under Championship in Comox, Kayla also earned the 8 & Under Aggregate Runner Up award for all her awesome swims. Well deserved!! Way to go Kayla!

Yohan Goranson (JDF)

Yohan has been crushing practices left and right lately. He comes in with a “can do” attitude and gives 100% every practice! He had an awesome meet last weekend, and even found out that breathing patterns help your racing! Awesome job Yohan and keep up the great work.

Blue:

Eu-Rway Chew (SCP)

Eu-Rway consistently shows up ready to work while leaving all the nonsense behind which the boys generally bring at his age. A true professional during practice, he works his butt off and does what he needs to exceptionally well and with a great attitude. At the Medley Challenge, he was prepared as ever and his racing really showed it, with a dominant 200 Freestyle where he dropped close to 30 seconds! Keep up the fantastic work Eu-Rway!!

Taylor Price (JDF)

Taylor has had a fantastic month of May. She crushed all the TOPS sets we did in practice and had an awesome meet at Medley Challenge. At the end of the meet she was able to convert an afternoon of trampolines, birthday cake and an upset stomach into an amazing 200 fly final. No this is not a recommended strategy but it does show me that she has the ability to flip that switch and change her mindset in an instant. Keep up the hard work and never turn off that beast mode of yours!

SCP Black: Issac Yu

Wow what a month. Issac insists on swimming all the hard events and always fires up the big engine when it's time to race! Talent is nothing without heart and this guy has both.

Provincial: Jenna Peterson

Jenna has been so consistent with her effort in practice this year and it has shown lately as her last 2 swim meets have been all best times. There is something to say about 100% attendance, consistent effort and good attitude because this has certainly helped Jenna get better this year. Keep it up Jenna!

Senior: Kaitlyn Mak

Kaitlyn crushed the MC last weekend and has been posting some incredible times in training. She is a true leader of Senior and always puts in an honest effort. Keep it up Kaitlyn!

Senior Performance/CSI: Larry Yu

Finally! The man, the myth, the Legend! Larry always makes a strong case for himself when it comes to both swimmer of the month, and the potency of monkey swings and self hugs as a viable activation protocol. This month Larry did his thing and trained like an animal through many grueling IM sets (much to his dismay), and followed it up by putting those sets to work, winning not only the ICONIC Medley Challenge Eliminator, but also taking home the high point aggregate award! If you see this man on the pool deck please do not be shy, despite being a legend, Larry is also a man of the people, so please feel free to ask him for an autograph, or assistance with math. If you are lucky, you may get both

FUNDRAISING UPDATES

The Yu family was the winner of the raffle to win next year's swim fees. Thank you to all members that purchased tickets, it was a great success! **Isaac Yu** will have his swimming fees waived for next year.

Congratulations!

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 set up shifts for swimmers.



ISC Fuel to Win Cookbook is now in!



The long awaited Island Swimming cookbook is here!

This fabulous keepsake has anecdotes, nutrition tips, and recipes from our wonderful coaches and swim families.

Fuel to Win is available for purchase through the office and at the Speed League this Sunday. Get yours today!

Thank you for all the swimmers that sold coffee during the KidLED fundraiser. The winners of the draws were Jenna Peterson for the wireless earphones and the Price/Campbell family for the wireless speaker. The Price/Campbell family won the overall prize for the most bags sold as well. They sold 65 bags. Thank you again to everyone for their support.



VOLUNTEER UPDATE

Once again, thanks so much to all the families who dedicated their time to help out on the pool deck this past weekend. Our meet was a HUGE success and we couldn't have done it without all of your help. To put it in context, we made approximately \$21,000 at this meet!

On the heels of last weekend, as a reminder, we have our last Speed League this upcoming weekend. Any parents needing to get their point credits for Speed League this is the last chance.

As well, the following weekend is VIRs in Nanaimo. Nanaimo is having challenges getting volunteers for the meet so if there are any parents able to help out at a session, please email officials@islandswimming.com so that we provide some assistance.

FINALLY, ISC will be hosting the Provincial Championships in early July. All competitive families do have a volunteer commitment for this meet. Volunteer sign up will occur very soon as we are just finalizing details around the meet, so stay tuned!

TEAM NOTES

Island Swimming Club would like to congratulate Ryan Cochrane for his induction into

Victoria Sports Hall of Fame this October. We look forward to seeing him at the ceremony on October 26th. You can read more about this amazing accomplishment in the [Times Colonist article](#).



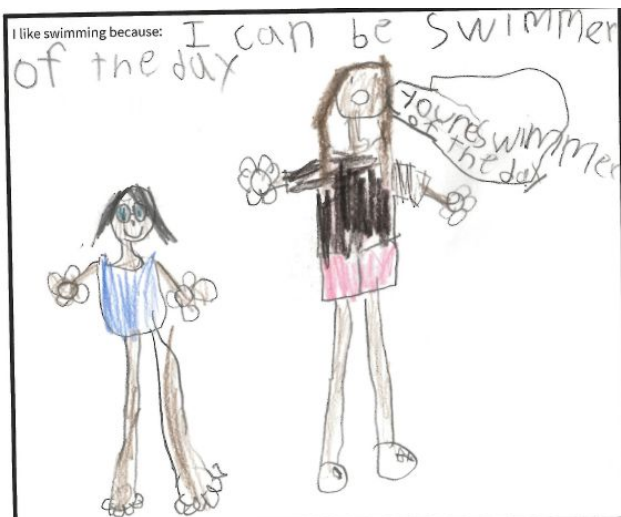
The team hike to Mount Work produced some amazing views, hard work and fun for everyone.

Looking for something to do this summer? Western Educational Adventures has some active outdoor programs for youth and families. Check out the information on their [website](#). If you book before June 5th, you can use the code: **weasummer1** to get a discount.



Why do you like to swim?

By Leah (ISS Bronze):



By Mackenzie (ISS Silver):

