

UPCOMING EVENTS

June

- Long Course Age Group Champs (June 21 - 23)
- IRace #5 (June 23)
- Thetis Lake Swim for MS (June 23)
- Last day of swimming (June 28)
- ISC Beach Day (June 29)

July

- Open Water training (July 2-4)
- 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 July 9th, 6:30pm in the Boardroom.
- ISC Beach Day at Gyro Park June 29th at 11am.
- 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

Hope everyone is enjoying the beautiful weather we've been having lately. I had almost forgotten that we had three days of snow in February that shut the whole city down.

Since it was so beautiful outside this week, I decided to do a little fitness challenge. It consisted of running a 10km and doing 50 pull ups, 100 push ups, and 100 squats everyday from Monday to Friday. Now, this isn't that outrageous of a fitness challenge in the grand scheme of things, there's a [dude who ran 401 marathons in 401 days!](#)



What I did this week is probably on average for those who were training for the Victoria Half Iron Man held last week (congrats to those who participated). However, that's not the point. The point is that this fitness challenge was challenging for me, and that I did it for no other reason than to challenge myself. There was no prize waiting for me at the end of my last loop around Elk Lake - no medals, no swimrankings, no national standard, or even a participation ribbon and you know what, I still feel great about it.



Sometimes as swimmers, coaches, and parents we don't see the forest for the trees. We forget that when it comes down to it, sport is about challenging yourself and having fun doing it. There is so much value in the task itself. The hard work, the effort you put in at practice, all have meaning beyond the results you achieve. I would argue that there is even more value in that than in any award or reward a swimmer can earn. The results are a bonus.



So, as we prepare for Championship season, remember that the work you've put in this year is meaningful, regardless of where your name appears on the meet mobile list after the race. By all means, rave to win, go for your best time, get that standard or medal you've been gunning for, but know that if you've spent this year putting in the work, then you've already won!

Good luck to all our swimmers competing in Age Group Provincials next weekend. And good luck to all swimmers during exams! Check out this interesting article from [Swim Swam](#) on time management.

SWIM MEET RECAPs

Speed League 3

What a fantastic way to cap off our three part Speed League series! Having a short course meet in June is always tons of fun because the kids take off so much time and race really well after racing mostly long course. We kicked off the meet with a 4x50 Freestyle relay where the majority of the Blue and Green groups raced one another for ISC supremacy! The Island G Relay, composed of Avery, George,

Sailor, and Brady, took home first place with a time of 2:21.85. Goes to show you don't need to be on the A team to win! While it was a crazy 3 hours of racing, everyone swam hard and looked good doing it, with everyone taking home at least one new best time! Overall, a very successful meet and a great way to finish the year for some!

Long Course VIRs



Congratulations to all those who attended VIR's last weekend! We had a solid mix of swimmers ranging from the Green group all the way to our Senior groups. It was also great to see varsity athletes - Alexa and Alicia - participating at the meet and leading the team in a cheer. The 12 & Under Breaststroke machines, also known as Isaac Yu, Jacob He, Anthony Schenk, and Rowan Stovin all dominated Breaststroke over the weekend. A combination of the 3 of them swept the podium in every 12 & Under Boys Breaststroke event. Not to be outdone, Mello Di was another Breaststroke machine and dominated the 12 & Under Girls events by winning the 200, 100, and 50 Breast. Riley Greenfield capped off her last 10 & Under VIR's by dominating that

age category, claiming first place in the 100 Fly, 100 Back, 100 Breast, 100 Free, 200 Free, and 50 Free. Finally, shoutout to **everyone** who competed on a relay this past weekend! All the age groups raced hard and it really showed the depth we have when we have 4 athletes go and swim lights out against other clubs. Overall, it was a great weekend with lots of fun, laughs, and a whole bunch of very exciting races. Well done to everyone!



COACHES CORNER



Annie Wolfe, Island Swim Skills Manager

This is the last stretch before the end of the season. Make sure you are signed up for the last FUN I-Race June 23rd. Dress in your Canada colors as this will be our theme in preparation for Canada Day! We will celebrate the end of a fantastic swim season with a lot of skills progression and stroke improvement. We will have cake and juice provided at the end of the meet and we ask that families compliment the cake with fruits (please, no timbits). We will also have our annual Beach Party at Gyro beach from 11-1pm on Saturday June 29th. We usually do a potluck style picnic so any good food you would like to share would be great. I suggest that each family bring their own reusable plastic plates and cutlery to try to limit the amount of garbage. The whole family is invited. Finally, you can sign up for our summer programs through the website, places are still available. Have a good week and see you on the 23rd. Happy Father's day to all dads of our awesome swimmers.



Wouter Terpstra, Juan De Fuca (JDF) Manager

Only two weeks to go until the end of the season, but still a few reminders for upcoming events! Next weekend is our last iRace of the season and I want to encourage all of our ISS kids to sign up (I heard there might be cake)! That same weekend is Age Group Champs but practices are still on as usual for all swimmers not going to Age Groups. For the last Friday of the season, June 28, we'll all be going to Thetis Lake for an afternoon of fun at the beach from 4-6pm. Please bring a towel & suit, equipment such as frisbees, or even a paddle board (if you have one) as well as some treats to share with everyone. The following day, after morning practice, we have another beach day (whoah)! This is the club wide fun day at the beach with treats and some fun awards and will be held at Gyro park down in Cadboro Bay from 11-1pm. Finally, I'd like to remind those in Silver and up about the [Moses Lake meet](#) down in Washington from July 12-14. Lots of fun in the sun at the outdoor pool and it makes for a great family trip. Let me know if you have any questions about the meet.



Alicia Eisen, Conditioning and Technique Coach (C&T)

My name is Alicia and I'm super excited to have taken over C&T for June! I've been coaching with Island for the past 4 years and have loved getting to know all the kids and watching them improve. The past few weeks have been awesome with pretty high numbers at all the practices. Everyone is eager to swim which makes coaching a lot more fun. Keep up the attendance for the last 2 weeks and keep up the hard work!



Tannaz Hosseini, SCP Green Coach

Although I wasn't present at VIRs, I was able to follow results and I saw fantastic swims by Brady, Chase, Julian, Doug, Ethan, Kaiya, Kayla, Will and Isabella. Ethan had an outstanding 50 Breaststroke on the last day, winning his first VIR medal coming in 3rd. Top 8 finishes were Brady, Chase, Julian, Doug and Ethan. Making the Green group proud! We are in the final stretch in the month of June. We have the Duncan Jamboree next Saturday June 22, and for those interested, today is the last day to sign up for Moses Lake in July. It is an awesome outdoor pool facility in the heat of summer! Make sure to also join the ISC Beach Day on Saturday June 29 at Gyro Beach from 11 - 1 pm to cap off the end of the season. Last day of practice is Friday, June 28. For those interested, sign up for Island Summer Skills camps in July (4 weekly camps) on the website to keep up your swim technique and endurance before next season.



Brett Bennett, SCP Blue Coach

Great job to everyone who participated at VIR's! We had a lot of great swims and everyone had a couple best times. For some, this was their final championship meet of the season and I want to give a special congrats to George, Alanna, Eric, Avery, Rowan, Tiegan, and Kiefer on capping off their racing season with a bang! Up next, we have **Summer Age Groups** in Chilliwack and I will be away from June 20th to June 23rd. Emiko will be running **regular work out** on Thursday (June 20) and Friday (June 21), and Kyle will be running regular Saturday AM (June 21st) practice. For those going to the **Duncan Jamboree**, take Saturday AM off (June 21st), you will work with Tannaz for the meet!

Last day of practice is **June 28th** and the SCP Blue group will be joining the JDF party for an **open water swim from 4:00 to 6:00 pm at Thetis Lake**. Be sure to bring your suit, goggles, a towel and sunscreen. The following day (June 29th), we have no Saturday AM practice, but we do have another beach day! This is the club wide fun day at the beach with treats and some fun awards and will be held at Gyro park down in Cadboro Bay from 11:00 am to 1:00 pm.



Riley Janes, SCP Black Coach

Congrats on a great VIR meet! I was happy to see hard racing in the morning and improvement in finals! Maddy crushed her best time by 10 seconds in the 200 Fly to qualify for Provincials! Mello & Isaac both swept the Breaststroke events, way to go! Please sign up for Duncan today if you plan on going (non AGC kids) also consider Moses Lake if you like sunshine! We will do a few lake swims the first week of July to prep for the Open Water Provincials at Thetis on the 8th, everyone is welcome to join. Sign up and schedule will be available soon. We will have a workout next

Thursday in Chilliwack for those attending AGC from 4-6, please try to make it if you can. We are the early warm-up block (there are 3) on Friday AM at AGC so please be on deck by 7:00 ready for activation. The host club is encouraging us to bring lawn-chairs and 10x10 sun shades if you have access. Wind may be an issue so something to hold down the tents is recommended. Kyle and Kaitlyn Mak will run regular workouts for everyone not going.



Annie Wolfe, SCP Provincial Coach

Congratulations to all the swimmers that participated at VIRs. Some highlights are: Ashley 3 BT; Kiah 3BT, 2 Gold/1 Silver; Eva 5BT; Ava Silver 200m Breast; Thea BT 400m IM; Declan 400m Free BT by 18 sec.; Isaac lots of BT, again; Ethan BT 200m free and 2 Gold; and Emilio again, many BT and Gold 100m Fly. Having said that, in the last 2 weeks, attendance has dropped for many swimmers (ironically, few of the swimmers listed above). We are at the end of the season, getting ready to swim fast,

and attendance is the best way to do this. I understand that it's also the end of school. I had a conversation with a swimmer that told me he missed morning workout so he could get an A+ on his test. As much as I value school achievement, it's a myth to think that swim practice takes away from your ability to perform in a test - I actually believe it's the opposite. If you did manage your time well weeks/days before to get ready for your test, swim practice in the morning shouldn't impact your ability to do your test and get an A. However, missing 2+practices a week of swimming will impact your swimming performances. Here is a [good article](#) about this. This Saturday, we have no Yoga but we will still have dryland until 9am (soccer / frisbee) outside so bring good shoes and proper clothes. We will have our annual Beach Party in Gyro beach on Sat. 29th from 11-1pm - we will have games and paddleboard but feel free to bring any beach toys you have. Bring food you want to share that can be in the sun for a while and your reusable plates and cutlery. Fun swim meet you can attend if you are not going to Provincial is Moses Lake - sign up before the 17th. Happy Father's day to all the awesome Provincial/CSI dad. I see a lot of them doing the morning shift. :)



Finn Page, SCP Senior Coach

I hope everyone has been enjoying themselves in this crazy heat we've had the last little while. Make sure to stay hydrated as it gets hotter and hotter. Good job to Shiho and Kaitlyn who both competed at VIRs last weekend. They both had some

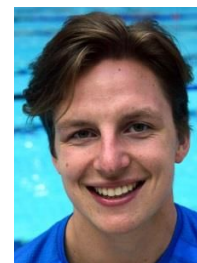
very strong swims throughout the weekend. As we come to the end of the season and exams are closing in, make sure to stay on top of your sleep habits, as well as regular exercise. It's been proven that both sleep and exercise improves cognitive function, so stay on top of both!

Dave Tontini, CSI

Cole Bergen, Sr. Perf



Can you believe it's already June 14th?! The season is flying by. These next few weeks are a very busy time for families. Please do your best to make practices but no need to stress if you're missing for an exam or grad. Communicate with your coach (via email) about which practices you're missing. Note that during exams CSI practices are available to Senior Performance/Senior swimmers and vice versa. As of Monday June 24th, both groups will follow the CSI schedule. From that time on, weight room sessions will be Tuesdays and Thursdays at 2:30pm at SCP.



Please note that all swimmers are expected to train with the group until July 20th, regardless of which competition marks their end of season. We are planning to start next season no earlier than September 3rd, so the kids will have plenty of time off over the summer! Most of the kids have been working really hard these past two weeks and we're looking forward to a great end of season for them. Please let us know if you have any questions.



Congratulations May Swimmers of the Month!

ISS Bronze

Maika Black (SCP)

Andy Mei (SCP)

Rayelle Nesbitt (JDF)

Elliot Warder (SCP)

Noah Wells (JDF)

ISS Silver

Zach Denny (JDF)

Tommy McArthur (SCP)

Evan Wang (SCP)

ISS Gold

London Howard (SCP)

Jalen de Torres (JDF)

Green

Kayla Felt (SCP)

Yohan Goranson (JDF)

Blue

Eu-Rway Chew (SCP)

Taylor Price (JDF)

Black

Issac Yu

C&T

Mykenzy Golden

Provincial

Jenna Peterson

Senior

Kaitlyn Mak

SCI/SP

Larry Yu

FUNDRAISING UPDATES

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!

Fuel to Win is available for purchase through the office and will be available at the Provincial Champs in July. Get yours today!

VOLUNTEER UPDATE

A reminder that ISC will be hosting the **Provincial Championships in early July**. All competitive families do have a volunteer commitment for this meet. Please [sign up online now](#).

TEAM NOTES

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](#).



For those interested in Open Water swims, the **Thetis Lake Swim for MS** will be held on June 23rd. Race times vary, depending upon distance swam (800m, 1.5 km, 3km, 5km available). Check out all information including registration and race times [on their website](#).

The Island Swimming year end beach day is taking place on **Saturday June 29th at Cadboro Bay - Gyro Park at 11am**. It's going to be a day full of fun, friends, and fantastic memories. Coaches will give out our "Most Likely To" awards for the competitive groups (Green and up). The beach day will be a **potluck**, so everyone please bring something light, healthy, and tasty to share with the club - preferably out of the ISC Fuel to Win cookbook!

For anybody interested, ISC will be having three **Open Water practices** on Tuesday, July 2 through Thursday, July 4 at Thetis Lake. Practices start at 6:45am and go until 7:45am.

Turning Back the Clock......check out some of our current Island swimmers from years gone by...

2013



Kaitlyn Mak and Shania Sraw - IP Cup



Alex Medler - IP Cup



Fynn Heaney-Corns - IP Cup

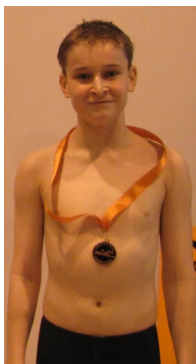


Sam Beyak - IP Cup

2014



Larry Yu - VIRs



Matthew Clavelle - VIRs



Mareya Valeva - VIRs



Riley Greenfield, Kiefer Wensauer, Sam Medler - Irace



Rowan Stovin - Irace

2015



Isaac Yu - IRace



Sophie Marshall, Sloane Wensauer, Pyper Heaney-Corns, Kaysha Bikadi - VIRs



Kristofer Hulten - Blue vs. Green Meet



Aidan Shields - VIRs



Ashley Christison - Medley Challenge



Jake Beyak & Brett Bennett - Medley Challenge



Kyle Bennett - Medley Challenge



Birpal Sraw & Marcus Mak - Medley Challenge

Unknown date...but we know it's from a while ago...



Kyla Ross, Dylan Kormendy, Emiko Osborne



Lila Koropatniski, 2017



Noah Weaver, 2017