





# Dave's Last Dive

## *...for the season*

I can't believe that this is the last Dave's Dives of the season, and since it is, I thought we would do a little year in review. What a year it's been! We started the year strong with some of our highest attendance to date at our annual Welcome BBQ, AGM/Amazing Race and Awards Banquet. Next year we're hoping to sell out both rooms for the awards banquet and have even higher attendance at the AGM/Amazing Race and Welcome Event. I say "Welcome Event" because we have something in the works to make the event even more fun.

In November we hosted one of our best Bennett Cups to date. This will have been a great warm up for next year's 5th anniversary! Looking forward to even more great races next year. December saw ISC crush it in Pointe-Claire, Kamloops and here at home in the Christmas Cracker.

The new year brought some excitement in the form of a "snowstorm" that essentially shut SCP down for three days (tsk tsk). ISC still had a few warriors brave the snow for an opportunity to swim.

Spring Championship season was a huge success for ISC as we had our best placement at Age Group Provincials (until this summer!), a 2nd place finish at Provincials and an excellent showing at Westerns. As well, our HPC contingent qualified 5 athletes to national teams!

In May, our 10 & Under team repeated as Comox Champions. That, along with our amazing results at this past Age Group Provincials, tells me that ISC has a bright future ahead of us with such a strong development team. We also hosted our most successful Medley Challenge to date! We have such a great meet management team.

So far this season, ISC swimmers have broken 7 club records...and they aren't done yet! We're excited to see our swimmers strut their stuff next weekend as we host Provincials and defend our title of Provincial Champions. That will mark the beginning of summer for some but others will continue to California for Far Westerns while Emma, Thea, Dylan, and Larry, along with the HPC swimmers, will head to Winnipeg in August for Senior Nationals. Good luck swimmer!

Thanks for your continued readership this year. Next season you can look forward to a new and exciting look to Dave's Dives...that's all I'm saying for now.

I hope everyone has enjoyed this season as much as I have. I'm very proud of our organization and where we stand right now and I'm so excited for what the future holds. Happy Canada Day! Enjoy your summer! See you in the fall!

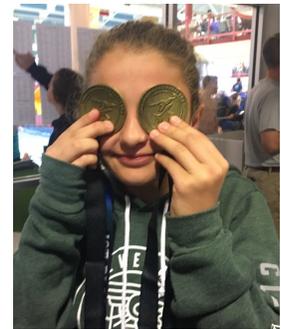
# SWIM MEET RECAPS

## Duncan June Jamboree

This past weekend we had 26 Island swimmers from the Gold, Green, Blue and Black groups end their season at Duncan and it was awesome! Although the day was long, swimmers came to race and represented well. Kudos to Flo, Tiegan, Sailor and Ava for ending the long day with an 800 free, they rocked it! Coaches saw lots of effort and overall big improvement from the whole season. Spirits were high and the overall energy on deck was great to be part of.

## Summer Age Group Champs

What a fantastic way to cap off a strong year for these 13 & Under athletes! The 2019 Summer Age Group Championship took place in Chilliwack this past weekend and ISC athletes took it to another level. ISC finished 7th in Team Scoring thanks to dominate swims by **Riley Andrusak, Riley Greenfield, Kiah Craig, Isaac Yu, and Mello Di**. Shoutout to the first time Age Group Qualifiers **Lila Koropatniski, Aidan Pang, Taylor Price, and Abigail Yerama** on crushing it at their first provincial meet! Some highlights of the weekend included:



A New CLUB RECORD for **Valeria Tonix, Zahara Naworynski, Kiah Craig, and Riley Andrusak** in the Girls 12 & Under Free Relay (1:56.91, Silver Medal)



Gold Medal finish by .01 for **Kiah Craig, Mello Di, Pru Feeny, and Riley Andrusak** in the Girls 12 & Under Medley Relay



**Riley Greenfield** setting two new CLUB RECORDS in the Girls 10 & Under 100m Back (1:18.49, Gold Medal) and 200m IM (2:45.67, Gold Medal)

-**Kiah Craig** breaking a 29 year old CLUB RECORD in the Girls 12 & Under 200m Back (2:23.64, Gold Medal)



Overall, it was a fantastic weekend of racing that saw tons of best times and lots of laughs. Congrats to everyone who attended!

# COACHES CORNER



*Annie Wolfe, Island Swim Skills Manager*

Congratulations to all the swimmers that participated in the last iRace. We had so much fun and we are proud to see the progression of our little athletes. Thank you to Avila that for so many years was coaching the Gold group, she is the reason our development program is so

successful. Fear not, she is not completely retired as she will be in charge of our Bronze program - yeah we are not letting her leave us anytime soon, plus, she looks younger and has more energy than most of us! The ISS coaches hope you had a great experience this year and we are looking forward to next season. Remember that we offer swim programs in the summer and registration is still open. We also hope to see you guys at the beach this Saturday -Gyro park from 11-1pm all family members welcome! Bring some food to share and your picnic basket and come have fun one last time!!! Have a great and safe summer.



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

The season has really flown by as it always seems to do. I hope you're all ready for a well deserved break and have plans to do lots of fun stuff with the family over the next few months. I suggest you do as many fun activities as possible that are NOT swimming in a pool! All of us coaches here at JDF have really enjoyed working together and coaching all the kids for this season and are already looking forward to when we return in September. Don't forget that we're not at JDF today but at Thetis Lake from 4-6pm for a fun beach day to celebrate a great season of swimming. Today

is the last day so there is no swimming for anyone tomorrow morning! Don't forget however that there is the big club beach day tomorrow from 11-1pm at Gyro beach in Cadboro Bay. Bring some food to share and utensils to eat with! For those signed up for swim skills, I'll see you in just over a week and I'd like to wish the rest of you an awesome summer. See you in September!



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

I have had so much fun with C&T over the past 2 months! I've loved getting to know all the kids and develop their love for swimming. Sadly, I won't be coaching in the fall but I know this group will excel under any coach. I hope everyone has a great summer!



*Tannaz Hosseini, SCP Green Coach*

This past weekend some members in Green finished the season at the Duncan Jamboree! It was a great and long day filled with amazing racing and just enjoying swimming. Highlights included Julian earning his first Age Group Qualifying time in the 50 free taking 1.5 seconds off, he was stoked! Liv and Nerieda dropped tons of time in their events and Doug won one of his favourite races, 50 fly. Brady also rose

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to the challenge and swam 200 free, 200 fly and 400 free - all with best times on the same day! Jacob also swam a strong 200 IM, nailing his turns. Congrats Chase on being June's Swimmer of the month! **If you are interested, some ISC Coaches will be having 3 open water practices at Thetis Lake from Tues. July 2 to Thurs. July 4 from 6:45-7:45 am. Also, you can still sign up online for Swim Skills in July.**

I've had an awesome year coaching these Green machines. So many personalities in the group, it made coming to each practice entertaining, uplifting and never predictable! I loved it all. I'm truly excited to see what's in store for each of them. The future is bright! I won't be back this fall, but I really appreciate those that have shared kind words with me recently. I'll miss Island Swimming and everyone involved within it. It's been a fun ride. The kids especially, you're all rockstars! Thank you and enjoy your summer :)



*Brett Bennett, SCP Blue Coach*

Thank you to everyone for a fantastic season! Reminder that tomorrow (Saturday) is the End of the Year BBQ at Gyro Park at 11am and that there is **no morning practice** so enjoy the sleep in. For anybody interested, there will be 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. Otherwise, that is all! Enjoy the break and try to mix it up in July and August with other activities away from swimming.



*Riley Janes, SCP Black Coach*

Congrats on a great AGC. It was fun to see your hard work this year pay off. Everyone had at least 2 or 3 big best times! Standout efforts by Valaria, Mello and Big Yu 100% BEST TIMES! The girls Relays were fantastic with Pru & Zee Mello and Valeria showing they can swim with the big fish and now have medals to prove it! No workout tomorrow unless you swim next weekend. Beach day at 11am tomorrow!

Schedule for kids swimming in Provincials (joining Provincial group): Sat 6-8; Mon 10-12; Tues 6-7 or 4-5:30; Wed 2-3:30. You can pick and choose just not all of them. The open water workouts are also an option. Stay hungry and active this summer and don't forget to eat that spinach!



*Annie Wolfe, SCP Provincial Coach*

Bravo to the fantastic 4 that raced in AGC last week end. All of them were 100% best times. Riley collected medals with 4 individual Gold and 3 Silver and was part of the the incredible relays (Gold- Silver and club record) with her team mate Kiah. Kiah broke a 19year old club record in the 200m back by 3 sec and won the 200m back. She also placed second in the 100m back and third in the 200m free. Mady is a big girl now (dad's words) with her first ever Provincial standard in the 200m IM and same with Nathan in the 200m back. They will be part of the team in July! Swimmer of the month I decided we would do the swimmer of the season. Swimmers would pick the athlete that they think all year had demonstrated most consistently the values that we embrace: respect, work ethic, positive attitude, commitment, attendance, engage in workout, improvement and performance. One swimmer

collected more than 50% of the vote and that was Sela Wist. Congratulations Sela! your teammates noticed your daily effort and commitment, you are a good role model.

With one week before Provincials, make sure you keep a good and healthy routine without school. Take advantage of better sleep and let's do what we say we would do: step on the block confident and take over the competition. We have yoga this Saturday followed by Gyro park fun day at 11am. Monday 10am on deck, Tuesday 5:45am on deck/pm same, Wednesday 1:45pm on deck and then it's go time on Thursday. Even if you are not competing every day, come to the warm up Thursday as this is still your preparation and then communicate with me about your schedule. We have 19 swimmers from our group at Provincials, which is the most ever - so proud of you guys. If you are part of a relay, be excited about it, what a privilege!!!! There are open water swimming practices for swimmers not participating in Provincials, if interested. Have a great and safe short week end (the long one will be next week...) But the last one of the year so come and volunteer, we need you!



*Finn Page, SCP Senior Coach*

Well, here we are at the end of the season, well almost the end of the season. Shiho will be the only swimmer from Senior at provincials next weekend, and the best of luck to her! Saturday June 29th is our year end beach day so come on down to Gyro park at 11am for a potluck. See you all on Saturday!

*Dave Tontini, CSI*



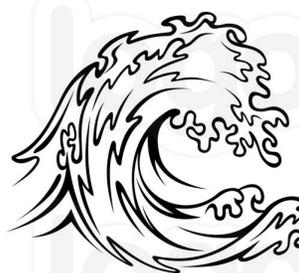
We're really happy with the work our swimmers put in this year. We've made some serious progress in terms of performance, attitude and commitment. We're already looking forward to next season. Next season will start the week of September 3rd. We will send out a tentative schedule soon. Enjoy your summer and remember to stay active and stay fit!

*Cole Bergen, Sr. Perf*



**Schedule for Provincials week:**

- Sun June 30 - 10:00-4:00 optional swim on your own
- Mon July 1 - 6:00-8:00AM
- Tues July 2 - 3:00-6:00PM
- Wed July 3 - 2:00-3:00PM
- Thursday Provincials!- On deck at 1:15 pm in a Blue ISC shirt





# June Swimmers of the Month

*Congratulations to the **June 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 had a great last month in Bronze! She worked harder than she ever has, and because of that, some of the skills we have been working on all year finally 'clicked'. She earned it! Congrats Maika!

### **Camila Cota (JDF)**

Camila is always super friendly towards her teammates and she always comes on deck with a wonderfully mischievous grin on her face. She regularly encourages others which we love to see as coaches! Well done Camila!

### **Cadence Hall (SCP)**

It's not easy coming into a new group at the end of the year, but Cadence handled it so well! When she didn't understand something or needed help, she wasn't afraid to ask questions and she always made her teammates laugh. Nice work Cadence!

### **Avyn Smith (JDF)**

Avyn always shows up super energetic and is excited to swim every practice. She tries her hardest, and she ensures that she is ready to swim when 4:30 hits. Keep it up Avyn!

### **Jordan Stewart (SCP)**

Jordan has been nothing but amazing this month! She's always showing up with a smile on her face and is ready to swim! Fantastic job Jordan!

### **Max Yu(SCP)**

Max has done an incredible job this month! He has worked so hard and is always trying his best to correct his strokes! Awesome job Max!

## Island Swim Skills Silver:

### **Yihan Hu (SCP)**

Yihan has had a great month of training, improving in all four strokes. Yihan has been working on his dives and is finally comfortable going off the blocks. Keep up the amazing work Yihan!

### **Miguel Navarro (JDF)**

Miguel has improved so much in the last month. He always comes to practice on time and prepared with a smile and a great work ethic. He is always keen to put feedback into action and his results show this! Miguel is a competitive and driven young athlete who is also a great teammate.

### **Rachel Wong (SCP)**

The last few weeks Rachel has shown improvement in all her techniques in the pool. She listens and remembers all advice given to her and is always keen to be one of the first in the water. Keep it up Rachel!

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### Island Swim Skills Gold:

#### **Nayla Atachahua (SCP)**

Nayla is energetic and loves to race. Recently she competed in two meets over a weekend! Her steady attendance and hard work at practices have resulted in improved strokes and endurance. Nayla works cooperatively with her teammates and sometimes leads the lane. Good luck with your swimming when you return to Argentina, Nayla!

#### **Marlee Hourston (SCP)**

Marlee joined Gold in April and since then made great progress and attended four swim meets! With quiet determination and focus her confidence and skills have grown. Her smooth strokes and strong effort at practices helped her race confidently at the June Speed League and iRace meets. Marlee's regular attendance, and thoughtful and positive attitude make her a great teammate!

#### **Jaden Price (JDF)**

Ah yes, Jaden. The sassiest of them all! Your work ethic and especially attitude have been exemplary the last few months and it showed when it was time to race. Keep working hard, asking questions, and listening like you have been and you'll crush it in Green next season!

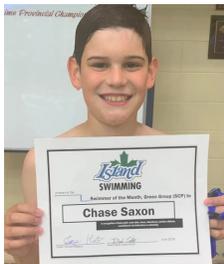
### Conditioning and Technique (C&T): Alita Rutten-Meacher

Alita has worked super hard over the past month. She always came to practice with a smile. She doesn't hesitate to ask questions when she doesn't understand something and always works to make her stroke the best that she can. She always applies feedback right away. Great work Alita!

### Green:

#### **Sailor Naus (JDF)**

Sailor "LOVES Swimming" and she exemplifies this in everything she does, in and out of the pool. She is a role model to her teammates and always brings a great energy to practice and meets. She is very coachable and always takes feedback with a smile. Congrats Sailor!



#### **Chase Saxon (SCP)**

Chase works extremely hard when he's at the pool, and loves a good challenge when he's in the mood for it. Chase loves to race, and it showed at VIRs early June. Chase was able to achieve top 8 finishes in all of his races, a bronze medal in his 50 back and also earned his first Age Group Championship qualifying time in the 100 back! His humour and uplifting attitude always bring light and fun to the Green group. Well deserved and fantastic job this season!

### Blue:

#### **Riley Greenfield (SCP)**

Riley annihilated the month of June. There's really no other way to put it. During practices, she continues to be a leader and shows up ready to crush it. She is always there ready to put the work in and get something out of every practice. At VIR's, Riley raced a total of 18 times over the 3 days and did so with excellence. At Summer Age Groups, she turned it up another notch and swam lights out enroute to 3 Gold Medals and 2 Club Records as she capped off her 10 & Under career. Congrats on a stellar month (and season) Riley!

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### **Novella Rusman (JDF)**

Since being back in the water after having broken her foot Novella makes it look like she hasn't missed a single practice. She has impressed me with her work ethic and focus, both of which have gone unwavering. Keep up the great work and I look forward to coaching you again next season!

### **SCP Black: Isaac Yu**

Isaac works with his coaches daily to get better and it shows. He also gives 100% in every single race no matter what. The sky is the limit!

### **Provincial: Sela Wist!**

Chosen by her teammates for being the swimmer of the year! Based on the values of respect of the coaches and teammates, consistent work ethic, attendance, positive attitude, commitment, engage in workout, progression and performance. Way to go Sela.

### **Senior: Tayah Geisbrecht**

Tayah is always ready to work hard at practice and only rarely do you hear her complaining. Tayah is always busy outside of the pool, but she still finds time to come in and work hard at practice. Keep it up Tayah!

### **Senior Performance/CSI: Elijah Agostinelli Stull**

The sun is out, and scooter season is in full effect! Due to the recent lack of offshore winds and pacific swell, Eli has had no choice but to bring all of his stoke to the pool. When Eli is in the water, the report is always wavy, with a guarantee of stellar work ethic, attention to detail, and BIG chill vibes. Regardless of what we throw his way, he is always down to make it a good time, drop in, and hope for the best. Swing by provincial championships and see the Stoke that surrounds our first 2X swimmer of the month for the 2018-2019 season. [Proof of surf forecast.](#)

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## **FUNDRAISING UPDATES**

Thank you to all ISC members for a fantastic year of fundraising. The money the club has fundraised will definitely be put to good use. Thank you to everyone on the Fundraising Committee for all your help this past year.

We still have the ISC Cookbooks for sale at the office and during the Provincials starting next week. Hurry and pick these up before they disappear.

### **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.



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## **VOLUNTEER UPDATE**

One last shout out to our remaining volunteer meet of the season. We are still short volunteers and would appreciate any additional help we can get from families. Please [sign up online](#).

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## **TEAM NOTES**

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. 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.

## **CONGRATULATIONS GRADUATES**

ISC would like to recognize all of the amazing swimmers who graduate this June. We wish you all the best in your future endeavours and hope you keep in contact with us and let us know what you are up to!



Emiko Osborne with Claremont graduates **Matthew Clavelle, Sam Beyak and Kyla Ross**.



(Above) Claremont graduates: **Kaitlyn Mak, Sam Beyak, Matthew Clavelle, Kelsey Andrusak, Shania Sraw, and Chantel Jeffrey**



(Left) Claremont graduate **Faith Knelson** with Jordan Andrusak (Right) Reynolds graduate **Aidan Shields** with Mackenzie Wensauer.