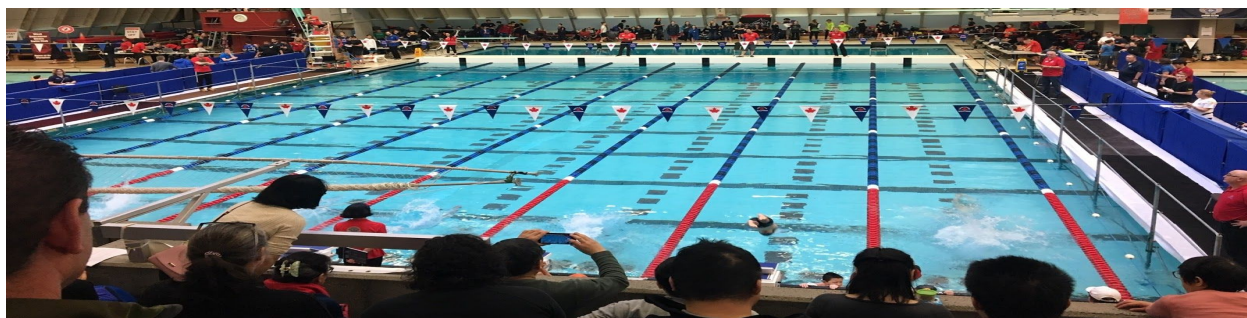




THE ISLAND HEAT SHEET

March 1, 2019



UPCOMING EVENTS

March

- Burger and Bevy Night (Mar 2)
- Level One Official's Training at JDF (Mar 8)
- Provincial Winter Championships (SC) (Mar 8-10)
- Spring Break - No Swimming for all groups except Sr Perf, CSI and some Provincial (Mar 18-24)
- Regular practice schedule resumes **all groups** (Mar 25)

April

- Canadian Swimming Trials (Apr 3-7)
- IRace Meet #4 (Apr 7)
- Speedo Western & Eastern Champs (Apr 11-14)
- Nanaimo Spring Spring (Apr 13-14)
- Easter (Apr 19-22)
- Team Photos (Apr 24)
- PCS Wavemaker (Apr 26-28)

May

- Comox 10 & U (May 4-5)
- ISC Medley Challenge (May 24-26)

SPRINTS

- Level One Officials Clinic held in the JDF Boardroom.
- Next Board meeting March 2, 8am in SCP Boardroom.
- **Black shirts** must be worn for team photo day.
- Provincial, CSI & Sr. Perf groups - confirm with your coach your swim schedule for Spring Break.

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Dave's Dives

The 5 P's and the NFL Combine



Football fans will know that the NFL Combine started this past Tuesday. The combine is a week long event where all



draft eligible college players undergo a series of mental and physical tests, which NFL teams then use to decide who to draft on to their teams. For those college players, the results of the combine tests may dictate their entire future. Too slow in the 40 yard dash? Got out-repped by your competition on the bench press? Poor results in the psychological testing? Well that might mean the difference between a multi-million dollar contract or going to work some dead end job in the middle of nowhere America. These college players have to go to the combine and undergo these tests while the whole football world is watching and scrutinizing everything and I mean everything, right down to the size of their hands. Sound like a lot of pressure? Well it is. Yet every year these college kids show up to the combine and excel at these tests. So how are they handling these pressure packed moments?



The number one reason is preparation. The players start preparing for the combine years in advance.



From the moment they first hit the bench press or start working on their foot speed, they've already started preparing. In general, these kids have all been training in football since high school or earlier but on top of that, they train specifically for these combine tests from the time the college season is done until the test dates. Most of the players will seek out help from coaches, personal trainers or even companies like EXOS who specialize in preparing athletes for testing. The players will practice the tests and drills that they will face at the combine over and over and over again until they've repeated them so many times that they are supremely confident that they can go out and replicate their performances when their name is called. It's this intense preparation that gives the athletes the confidence to perform.



If there is one thing that swimming affords us the opportunity to do, it's prepare. The swimmers certainly spend enough time in the pool. They have tons of opportunity to get reps in for the skills and races that they perform. Of course that's only true when they're focused on the task and using deliberate practice. Furthermore, there are always opportunities at practice to improve important mental skills, like performing under pressure, positive self-talk, and dealing with failure or adversity. However, all this is lost unless swimmers see their practice *as preparation*. It's important for swimmers to remind themselves that every lap can bring them one step closer to their goals or one step further away. It's a matter of focusing on the task at hand, applying feedback from coaches and working hard to improve. With enough preparation our swimmers will be ready for their own NFL combine, whether that be the next iRace or Western Canadian Championships or somewhere in between.



proper preparation prevents poor performance.

SWIM MEET RECAPs

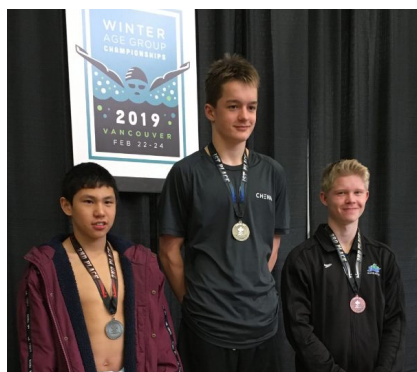
Provincial Age Group Winter Champs

ISC had a fantastic showing at the 2019 Winter Age Group Championships, held this past weekend at the Vancouver Aquatic Center. The 21 ISC athletes were divided into three teams and each team earned points based on best times (2 points) and heat wins (1 point). **Team Big Blue** (Coach Brett's Team) raced hard and earned the most points with a total of 84, just beating out **Sum'n Spicy**

(Coach Wouter's team) who earned 79 points. The winning members of **Team Big Blue** included: Tyler, Jacob, Isaac, Riley G, Anthony, Isabelle, and Noah so a special congrats to them. A big congrats to Riley Andrusak, Valeria, Kiah and Ava for setting a new meet record in the 200 Medley Relay on the first night, narrowly missing the club record by 0.1 seconds.

Riley also hauled in 10 medals over the course of the weekend and **set 4 meet records**. Congrats to our other medalists: Kris, Tyler, Ava, Riley

Greenfield and Valeria! We had LOADS of best times and a lot of them were by many seconds which was awesome. Overall, it was a great weekend with lots of fun, laughs, and whole bunch of very exciting races. A huge congrats to all ISC athletes who raced hard over the weekend, well done everyone, you guys crushed it!



Ostara Spring Classic

ISC showed some real resiliency through all the delays and long sessions of the Ostara Spring Classic. There were some fantastic swims from many of our athletes and everyone showed real class with some in season racing.

COACHES CORNER

Annie Wolfe, Island Swim Skills Manager



Hello ISS parents, Here is what is happening in the month of March, other than hopefully warmer weather soon! Our annual Spring Break will be from March 18 to March 24th for all ISS groups. I wish everybody a fun and safe Spring Break. We will be back on the 25th, and our next I-Race will be on April 7th so lots of time to reinforce skills and learn new ones. Congratulations to all the SOMs from each group, read below to see who was a February star. Have a good week everyone.

Wouter Terpstra, Juan De Fuca (JDF) Manager

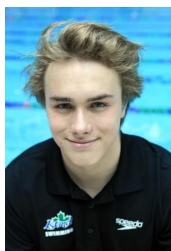


I hope you've all had a great month of February (even with **real** winter) and are ready for the warm spring days ahead (fingers crossed). I want to start by congratulating Abby and Taylor P for getting their very first Age Group Provincial cuts at Speed League the other week! It's a great example to their teammates and everyone else that when you have your mind set on a goal, have a positive attitude, laser focus, and work hard, you can accomplish anything you set your mind to do.

Now, for some news and reminders (don't forget to check the calendar at the top of the newsletter for **all** upcoming events!). I would like to remind everyone again that all groups will have the first week of Spring Break OFF (March 18-24) but we will all be back to regular practice times starting March 25. If you are on vacation or away that second week of spring break, just send us a quick email so that the coaches are aware. On Friday March 8 ISC will host a Level 1 officials training for parents at JDF during which **Blue, Green** and **Gold** will swim together in a "Mega Monster Practice" from 4-6pm. Silver will have regular practice time that day but will join in with the festivities. Bronze will swim with their own group at regular times. Afterwards, there will be pizza for all the kids.

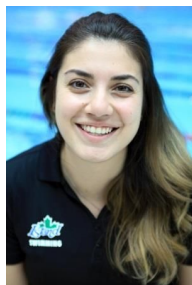
Gold/Green/Blue parents can head to the website to sign up. April 7 is iRace #4 and registration for that is now open. Wednesday April 27 is team photo day and all our swimmers will have practice at Commonwealth Place that day, **NOT JDF**, so that they can get group and individual photos taken. Please wear your black Island Swim Club shirts! Finally, and looking a ways ahead, May 4&5 is the Comox 10&U Champs meet and all of our 10 and under **Gold** and **Green** swimmers are invited to sign up for this meet. This has been an awesome meet the last few years and a great team building weekend so I highly encourage anyone in those two groups to sign up.

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



Hey C & T! Great job these past couple weeks working on our freestyle and backstroke recovery, and our breaststroke and butterfly timing. Congratulations to our swimmer of the month Cooper Yap-Chung. Cooper has been showing up consistently with a great attitude and ready to work, keep up the great work Cooper.

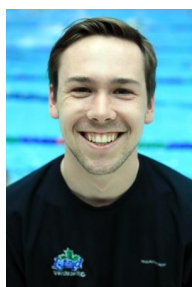
Tannaz Hosseini, SCP Green Coach



Hi everyone,

Just like that we are into March! Congrats Julian on being February's swimmer of the month. One of the hardest workers in the group, well deserved. Spring break is coming soon! The week we will have off for practices is March 18-24. Some upcoming meets to sign up for: **Nanaimo Long Course Invitational on April 13-14** and I highly recommend **ALL** 10 and Unders in the group to sign up for the **Comox 10 & Under Championship May 4-5**, the best and most fun meet in Comox. We had a blast last year. No qualifications needed. Email me if you have any questions.

Brett Bennett, SCP Blue Coach



Congrats to the Blue group representatives **Riley** and **Isabelle** on a fantastic weekend of racing at the Winter Age Group Championship Meet! My favourite swim of the weekend from them was the 200 Back, where they looked smooth and strong throughout the whole race. Plus, they both went huuuge best times. Our next meet won't be for a while, but it is never too early to sign up! The Blue group will be attending the **Nanaimo Spring Sprint** on both days (April 13th and 14th). It's one of our only meets in April so I would like to encourage everyone to sign up. Finally, we will be having **no practices the week of March 18th to March 24th**, but we will be starting right back up on March 25th.

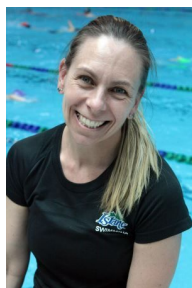
Riley Janes, SCP Black Coach



Congrats on a great AGC - we are improving as a team every year! Our girls - Valaria and Riley we apart of the 200 Medley Relay with a new meet record! They also swam on the silver medal free relay that was just .1 off the club record. Riley won several medals including 4 gold in meet record time, Valaria grabbed a silver and a bronze in her 100 and 400 free, Tyler rounded out the medal haul with a bronze in his 200 Free, dropping a whopping 4 seconds in the final. We had several top 8 swims and numerous best times: standout performances were Gracie's 200 IM a 9 second best; Pru's 17 second best in the 400 IM; Zahara's 7 second best in the 100 Fly; Hadleys 4 second best in her 200 Free; and Anthony's 6 second best in his 200 Br. Issac had 100% best times, dropping 6 seconds in his 200 IM and 8 seconds in his 200 Fly. Noah W had 5 best times. Other memorable swims were Noah G's and Jacob's 200 IM's and Nia's 50 Frees! Mady had 6 best times and a 6 second drop in her 200 Back. Our other qualifier, Finley, was not feeling well but swam with pride and heart.

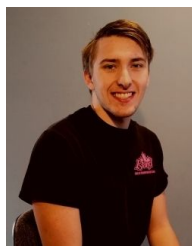
Everyone should sign up for the Spring Sprint (both days) and Wavemaker (we will swim Fri/Sat only). We have no workouts over Spring Break (March 18th to 24th). Also, congrats goes out to Riley and Mady for moving up to Provincial, great work!

Annie Wolfe, SCP Provincial Coach



Bravo to the Fantastic 4 that went to the AGC! The Hulk (Kris) was in great form with all best times and a Silver in the 400m IM and a Bronze in the 100 and 200m Breast and the 200m IM. Kiah (also with lots of BT) was 4th in the 200m Back, part of the winning Medley Relay, and second place finish in the Free relay along with her teammate, Ava, who made finals in the Breastroke events, finishing 5th in both the 100 and 200m. Nathan improved his Freestyle races and finished 7th place in the 50m free. Next week many of the swimmers will compete in the Winter Championships in Kamloops and will try to have as much success as these 4 had at AGCs. For next week, swimmers that are going to Kamloops will have the following change in their schedule: Monday swim 4 - 5:30 with stretch on the pool deck until 5:45pm; no swim on Tuesday am; and finish at 6pm on Wednesday. All the other swimmers will have regular schedule all week but no Yoga on March 9th. We will also have the first week of Spring Break off (March 18-24th) except swimmers going to Westerns. We are super excited to welcome Riley Andrusak and Mady Eames to our group. Congratulation to: Kaleb Lee for being the February SOM.

Finn Page, SCP Senior Coach



We only had 3 swimmers from senior at the Ostara Spring Classic, but all 3 had some very strong swims. Sean was 100% best times, and Anastasia tied the provincial standard for the 100Br (1:24.03). Next week, Shiho will be the only swimmer from Senior attending the Provincial Championship, and I wish her the best of luck. There will be some schedule changes coming up so make sure you check your emails to know what's going on. See y'all at the pool!

*Dave Tontini,
Head Coach*



The kids looked a lot sharper at the Ostara meet than they were a few weeks ago. Congrats to Eli and Mareya who had some excellent swims and are now fully qualified for Westerns. We also had Lauren qualify for Westerns in the 50 FR and Bryce get a CJC cut in the 1500 FR. Congrats to Birpal, Sophie, Dylan, and Fahren who swam best times in all their events!



Cole Bergen

Cole and I are really looking forward to provincials next week. The kids have been putting in the work in the pool and now it's time to go have fun and swim fast. Please encourage the swimmers to be going to bed early from now until the competition. This is probably the most important contributing factor to their success between now and then. At the competition, lights out will be 9pm and wake up around 6am. Swimmers should adjust to that schedule now if they haven't already. Swimmers should ensure that they are in team gear when travelling and have both BLACK and BLUE shirts for prelims and finals.

We will make some adjustments to next week's schedule because of the meet. Monday morning practice will start at 6:00am and there will be no morning practice

Wednesday March 6th so the swimmers can get that much needed sleep! There are no practices Monday March 11th as we are travelling back from the meet.

Reminder that we will be swimming through the March Break. Swimmers who are not attending Westerns will not have Saturday morning practice on March 23rd or 30th so they can plan a weekend excursion. The entire group will be OFF from April 18-22 inclusive. If you have vacation plans that do not coincide with our time off, please communicate that to us so we can adjust the plan for that swimmer.



February 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 **February** SOM!*

Island Swim Skills Bronze:

Amanda Bewley (SCP)

Amanda has been working really hard these past months. She moved up from the back of the lane and has proved that she can do it! Awesome work Amanda!

Maika Black (SCP)

This month, Maika was consistently on time and in the water for the start of practice, usually asking to the lead the lane too, which is an awesome improvement from the fall. You're doing so great Maika, keep it up!

Mikenna Grant (JDF)

Mikenna is hard working, focused, and present during the practices. She is always very determined to try her absolute best every day and comes on deck with a big smile on her face. Welcome to the group and keep up the great work Mikenna!

Charlie Millar (SCP)

Charlie has been awesome this month and every month! She always shows up with a smile, and even though learning new skills like turns and dives can be a little hard or scary, she always gives it her best. She's improved so much because of that! Keep it up Charlie!

Natalia Myhre (SCP)

Natalia has improved immensely since the season began! Her kick and breathing has gotten so much better it's almost unrecognizable! Keep it up Natalia!

Harry Verbaarschot (JDF)

Harry has been showing up to practice willing to work hard and learn new things. He listens well to what is being asked of him and tries his best. Harry has a positive attitude and is a ton of fun!

Island Swim Skills Silver:

Charlie Miller (SCP)

Charlie has shown outstanding progress this past month. Charlie has been doing an amazing job pushing himself to lead his lane and complete workouts using the proper pace times. Charlie has also made conscious efforts to apply the corrections given to him at each training session. Keep up the good work!

Phillipe Sabourin (SCP)

Phillipe has had an amazing attitude all season long. His sense of humour and constant jokes keep practices fun and interesting. Phillipe has been extra focused this month working on his skills and leadership. Keep up the great work Phillipe!

Tristan White (JDF)

Tristan has been working very hard this month and has had a great attendance. Every time he gets in the water he has an amazing attitude and is always ready to work. Keep up the great work and the awesome energy!

Island Swim Skills Gold:

Maddy Burrows (JDF)

Maddy has been hard at work this month. She's been more focused, working on all the skills that we've been doing in practice, and has even started to lead a lane here and there. Keep up the great work Maddy!

Carter Paananen (SCP)

Carter has had near perfect attendance over the season! With consistency and effort Carter made improvements in all his strokes and had great results at the Feb iRace meet. His good endurance helped him improve his 200 swim & kick challenges this month. He is a confident lane leader at practices and loves to race. Keep up the good energy Carter!

Conditioning and Technique (C&T): **Cooper Yap-Chung**

Cooper has been showing up consistently with a great attitude and ready to work every day. He brings a great energy to our practice and always knows what we're doing. Keep up the good work Cooper.

Green:

Lucas Bewick (JDF)

Lucas is a new addition to our green group and has been doing an awesome job. He brings a great energy to practice and is always smiling. He is always ready to work and gives everything he has in our sets. He has been doing an amazing job with all of our drills we have been working on, and it shows. Keep up the amazing work Lucas.

Julian Miller (SCP)

Julian has really stepped it up this past month and been a true leader in practices. He is leading lanes, aware of pace times, and guiding others while doing so. He has grown confidence in his breaststroke, and had really great races at Speed League with all best times. He has a positive attitude and isn't afraid to compete at practices. Way to go!

Blue:

Mya Webb (SCP)

Mya had a really solid month of training and racing! She always comes to practice ready to work and continually pushes herself to get the most out of every practice. At Speed League, she raced hard and

went 100% best times, including a ridiculous 18 second drop in the 200 Back! Love the great attitude and keep working hard!

Abigail Yerama (JDF)

Abby had a fantastic month of February. She has been working at her best for some time now which is awesome to see as coach. She has made some strides on those **early** Saturday mornings as well (you know what I mean Abby...) and made her very first age group provincial cut at the Speed League meet earlier this month! Keep up the hard work Abby!

SCP Black: **Maddie Koropatniski**

This is the easiest decision I've ever made as Maddie has been a star in workouts leading by example and pushing everyone around her to be better. She has also done a particularly good job of communicating with me and making sure we are on the same page, this is not always easy as I know I can be a big scary guy at times. Way to leave your comfort zone that's the big first step to success.

Provincial: **Kaleb Lee**

Since VIRs Kaleb has been very focus on improving his technique in all his strokes, he has demonstrate constant effort in practice and has perfect attendance. So, of course, he will get faster with that attitude and faster he got... like 12sec in the 200m free, like going from 1:08 to 1:01 in the 100m free, 25sec in the 400m IM, and breaking 5:00 in the 400m free L/C last week end - basically, every stroke and race got a lot faster and he will be part of the team going to Kamloops and I wish you more BT. Keep it up!

Senior: **Anastasia Musaji**

After her awesome 100 breaststroke at the Ostara Spring Classic, Ana has shown some real class in competition. Ana has really stepped up her level in training, and is showing a big improvement in both her freestyle and her butterfly technique. Keep up the good work Ana!

Senior Performance/CSI: **Alexandra Kurz**

Alex recently made the transition from swimming with Provincial to Sr Performance and we could not be more impressed with how well she has managed the change! Over the past month Alex Kurz Kruised through many challenging practices while staying razor focused, receptive, and responsive to feedback. Alex finished the month strong with a great performance at Ostara, most notably her first ever 1500 which she swam near perfectly with no prior experience! We are now excited and looking forward to what Alex is going to do at Provincials! She is the Metchosin one!

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 in the Boardroom. 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 JDF swimmers after their practice. Anyone interested in attending this session at JDF can sign up on the [website](#).

FUNDRAISING UPDATE

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

There are still **some tickets left** for the Burger & Bevy night. Tickets are \$25 each. You can sign up on our website for this [event](#).

When: Saturday, March 2nd 4-8pm

Where: Gorge Pointe Pub, 1075 Tillicum Road

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.

All swimmers should wear their **black shirt** on photo day in April.

OFFICIALS CERTIFICATION: We are documenting and updating certification levels of **all our club members** online. If you haven't already done so, [log onto Swimming Canada's education/training site](#) 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.

