

UPCOMING EVENTS

March

- Spring Break (Mar 18-24)
- Regular practice schedule resumes for **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 - No Swimming (Apr 22)
- Team Photos (Apr 24)
- PCS Wavemaker (Apr 26-28)

May

- Comox 10 & U (May 4-5)
- Victoria Day - No Swimming (May 20)
- ISC Medley Challenge (May 24-26)

SPRINTS

- Next Board meeting April 6th, 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, Easter weekend, and May long weekend.

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Dave's Dives

Hey folks, the past few weeks have reminded me of an important part of the swimmer-coach-parent dynamic, and that is communication. Many of the issues that arise at this time of the season are due to a lack or failure to communicate earlier on in the [season](#).

We know how important it is for coaches and swimmers to be communicating frequently. Sometimes swimmers will hold back from telling their coach something because they're worried about how they will react. However, coaches aren't mind readers, and withholding your thoughts and feelings from them makes it difficult for coaches to properly support and guide you as a swimmer. Swimmers...have a goal in mind for the upcoming meet? Talk to your coach. Been feeling down about your progress in the pool? Talk to your coach. Want more help with your freestyle stroke? Talk to your coach. I think swimmers sometimes imagine their coaches having negative reactions to these things and build that up in their [minds](#). However, swimmers usually make it out to be a way bigger deal than it is and coaches are usually much more receptive than Robert De Niro in Taxi Driver.



The same goes for Parents. I think parents tend to hold back on talking to coaches for fear of being too “pushy” or “overbearing”. While coaches certainly don't have time to speak with parents on a daily basis, we still want to hear from you. If you have thoughts on your child's progress, wondering about a conflict with an upcoming meet, or have insight into your child's mood, we want *and need* to hear that. Coaches would prefer to deal with these things up front rather than let them bubble under the surface and boil over when it's too late to deal with them.

Coaches can do a better job of communicating as well, both with swimmers and parents. Coaches need to make sure that they are constantly giving feedback to their swimmers, and not just technical feedback. It's important that swimmers know when they have done things well, or what they can do better, and as coaches we cannot shy away from bringing that to their attention right away. In terms of communicating with parents, coaches need to make sure they are clearly outlining their expectations, clueing parents into their plan as well as helping show them how they can support their child. Parents should hold coaches accountable to that.

If swimmers, coaches, and parents are all doing their part to keep communication open, it will go a long way towards contributing to a successful season. Keep talking people!



Top 5 Sports Movies to Watch Over Spring Break:

5. Remember The Titans
4. Miracle
3. The Sandlot
2. Without Limits
1. Rudy

SWIM MEET RECAP

Provincial Winter Championships



If there was one word to define the weekend, it would be: **Rollercoaster!** Island had some spectacular races and some not so great races. A spectacular or a bad race is not defined by the final time but the effort that the swimmer put into that race - and usually the time reflects that as well. Bravo to the 200m Fly of Harper (Bronze and 10sec. BT) and Ashley, yes you read me right! Kaleb and Declan both dropped again lots of time in their first Provincial Championship race: 200m Breast. Ethan was very Fast in the 50m Free and 100m Back gaining Western standards. Thea had 100m and 200m Back wins and all new best times in Freestyle. Also, great job to Marcus who was very busy and made many finals.



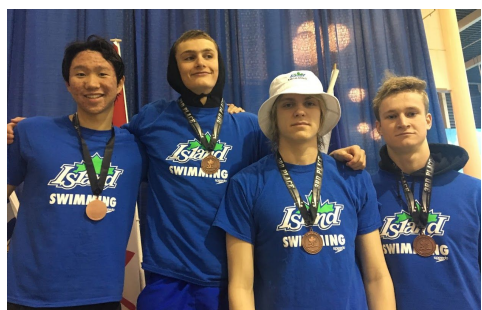
On the Senior side, we had some standout performances from Eli in his Freestyles (best times and two new Western cuts), Dylan in Breaststroke (double gold), Larry in 400m FR + 400m IM, Lauren in her Freestyle, Pyper and Kaysha in Backstroke (best times and Western cuts), Birpal who was nearly all best times and Matt & Sam who collected a bunch of points for the team.

Our energy and team spirit were phenomenal throughout the meet. This energy fed into our Relays who were fantastic throughout the meet.



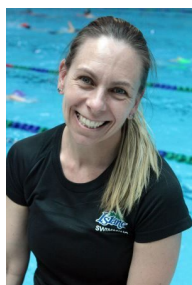
Congratulations to our Gold Medal Relay Teams:

- Girls 14 & Under Medley Relay: Thea, Ashley, Harper, Marisa
- Boys 15 & Under Medley Relay: Bryce, Dylan, Marcus, Ethan
- Mixed Medley Relay: Thea, Matt, Lauren, Sam



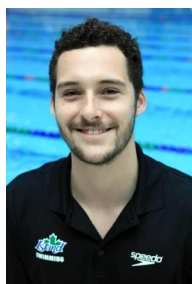
COACHES CORNER

Annie Wolfe, Island Swim Skills Manager



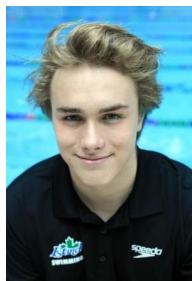
Hello Everyone, Enjoy a week of relaxation with no school or swimming for the week of March 18th-24th. As one week is long enough because kids get bored and need to move, we will have swimmers back in the pool on Monday March 25th. Next I-Race will be on April 7th so take the time to sign your kids up and we will have an Easter theme, of course. Be safe and enjoy the week off.

Wouter Terpstra, Juan De Fuca (JDF) Manager



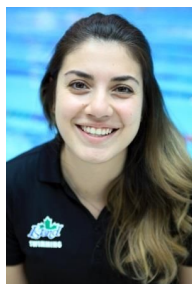
A few more practices and we get a whole week off! Today is the last day for Bronze and Silver and tomorrow morning for Gold, Green, and Blue. We hope you all enjoy your Spring Break and we'll see everyone again on the 25th! ISS - keep in mind that I-Race #4 is April 7. For the competitive groups, keep in mind that the Nanaimo Spring Sprint is approaching on April 13&14 and the Comox 10&U meet for Gold and Green is May 4&5. I will connect with Green and Blue about the PCS Wavemaker soon. Make sure to check the calendar at the top for other upcoming events. Once again, enjoy your Spring Break!

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



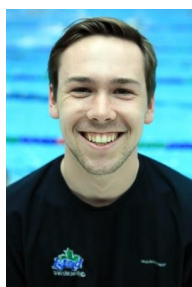
Hey C&T, great job these past few weeks with all of our Fly and Freestyle! This Sunday is our last practice for a week. We will all be back in the pool for the second week of Spring Break. See you all at practice!

Tannaz Hosseini, SCP Green Coach



Highlights of this past week - participating in the Donut Cup, it was a fun Saturday with Blue and Black. A couple Greenies did a great job in the mini challenges. I saw fantastic effort all around. Emily and I have been impressed with how the group has come along in practices, specifically our work with Butterfly. With long course races coming along soon, our strong kick is just that much more important to work on to keep that speed up for the whole 50m of a race. Reminder tomorrow morning (Saturday) is our last practice before the week off. I hope everyone enjoys their Spring Break off this upcoming week! The weather forecast looks amazing so spend some time outside and recharge that vitamin D! We will be back in the pool on Monday March 25. Upcoming meets to sign up for - Nanaimo Spring Sprint on April 13-14, first long course meet of the season - try your best to come, even if it's just for one day. On our meet calendar we also have PCS Wavemaker April 26-27 and Comox 10 & Under Championship on May 4-5. I encourage each Green swimmer to get a travel meet in whether that is Nanaimo and/or Comox. Email me if you need more information. Enjoy the break. Happy first day of Spring!!!

Brett Bennett, SCP Blue Coach



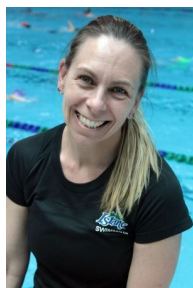
Tomorrow (Saturday am) is the last practice before the week off for Spring Break. We will be resuming regular schedule on **Monday, March 25th**. Please be sure to sign up for our next meet, the **Nanaimo Spring Sprint** (April 13th & 14th). Both days are encouraged, but if you can only attend one, please make a note of it when you sign your athlete up. After Nanaimo, our next meet is the **PCS Wavemaker**, which we will only be attending the **Friday and Saturday Sessions**. This meet is held at SCP on April 26th and 27th. Again, both days are encouraged, but one day is also great! Neither of these meet have time standards so everyone is encouraged to attend. Hope everyone has a fantastic Spring Break!

Riley Janes, SCP Black Coach



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) Stay active and get outside.

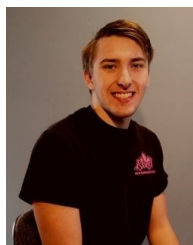
Annie Wolfe, SCP Provincial Coach



Hello everyone! Read my report on the Winter Championships above. We have practice and Yoga this Saturday and then we have a week off for all but the 4 swimmers who will participate in the Western Champs meet in Edmonton. It will be good to recharge your batteries, sleep in, grow a few more inches, and then be back in the pool on Monday March 25th. We may have slight time changes in our swim schedule but I'm waiting for confirmation so you will receive an email with the details once I know. Swim meets: Since January we have been competing a lot so I would love to have a few weeks to train, especially after a week off so I suggest that Provincial and CSI Junior athletes attend the PCS Wavemaker on the

Friday/Saturday only (end of April). If you really really want to go to Nanaimo because your sibling is going, you may go to this one, but I won't be there. We will be ready to compete in our Medley Challenge in May. Lastly, congratulations to Kiah, Ava, Riley, Kristofer and Nathan for making the Regional Camp. Have a great week everyone.

Finn Page, SCP Senior Coach



Hi all! So far, these 2 weeks of March have been wonderful. January and February are long, cold months so it's nice to finally start seeing some sun, hopefully with some warmer weather just around the corner. This is our first week with our new schedule and things seem to be going well. In regards to Spring Break, we will be following the same schedule as the CSI and Senior Performance groups, so we will be swimming through March, with a week off in April. See y'all at the pool!

Dave Tontini, CSI



Congrats to the swimmers who participated in Winter Provincial Championships in Kamloops. The performances may have been inconsistent but the team spirit, energy, and effort never waned. We had excellent leadership from Ashley Christison and Eli throughout the weekend, both on pool deck and at the hotel, way to go guys! Some standout swims were: Eli's 200 FR, both of Birpal's distance swims, Larry's 400 FR and 400 IM, Matt's 200 IM and 100 Fly swim off, many of Lauren's swims, Dylan's Breaststroke events, and of course, our relays, which were exceptional (Sam is a relay monster!). Congrats to new Western qualifiers: Eli (100 FR, 200 FR), Sam (100 BR), Kaysha (100 BK, 200 BK), Pyper (200 BK) and Dylan (100 FLY).

Cole Bergen, SP



Reminder that we are swimming through the Spring Break and we are all on the CSI schedule. During the second week of Spring Break we will have access to later morning practice time. I will send out an updated schedule once it's confirmed. Swimmers who are not competing at Westerns have Saturday practice off on March 23rd and 30th. The entire group will be off from Thursday April 18-Monday April 22. We will return to regular schedule on April 23rd.

We have 8 swimmers attending Westerns and Kelsey attending Trials. Dave will be attending Westerns while Cole and Finn will hold down the fort back home. Swimmers who are not attending Westerns should sign up for the Nanaimo meet on April 13-14. We will send out info on the rest of the year's meet calendar soon.

PROFILING BLUE GROUP COACHES

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

Brett Bennett, Blue (SCP)



Years swimming: 7

Why did you decide to start coaching: *I wanted to give back to the sport that I had been part of for a majority of my life and coaching seemed like the natural step. I love working with athletes and I couldn't imagine a better job for me.*

What do you like about swimming: *I like how you have lots of control (despite what your coach says) of your workout. You get what you put into it, and you can't expect to improve if you aren't working hard.*

What is your favourite movie: *Animal House (1978)*

Book recommendation: *Outliers by Malcolm Gladwell*

Favourite website: www.swellsocial.ca

Favourite meal: *Big fan of sushi and hot wings... you know, the staples*

Favourite restaurant in Victoria: *Monkey Tree has fantastic wings on Tuesdays and Thursdays.*

Where do you like to go when you aren't hanging out at the pool: *Monkey Tree*

Tell us something about yourself that your swimmers don't already know: *I actually only wear a hat to coach, otherwise I never wear a hat.*

Anything else you would like to tell us about yourself: *I love to surf! You can find me out at Sombrio Beach catching waves on weekends when*

Wouter Terpstra, ISS Gold (JDF)



Years swimming: 12

Why did you decide to start coaching: *I love swimming and am passionate about teaching others as much as I can about the sport that I loved so much as an athlete.*

What do you like about swimming: *As an*

individual sport, your performance is dependent on the work and focus you put in on a daily basis and I like that.

Favourite movie: *I don't think I have a favourite movie but any program narrated by David Attenborough is a 10/10 in my books.*

Favourite website: *Amazon and National Geographic: Your Shot.*

Favourite meal: *Many different things but a good pasta dish goes a long way.*

Favourite restaurant in Victoria: *That's real tough since I love food and it depends on the meal so here we go:*

- *Breakfast/brunch: The Village and Spoons Diner (but there's so much more)*
- *Lunch: Red Fish Blue Fish and Tacofino*
- *Dinner: ReBar and Prima Strada (because pizza is life).*

Where do you like to go when you aren't hanging out at the pool: *Outside. I love going for hikes, being*

I'm not busy.



by the ocean, and adventuring around the island (any tips for cool stuff are always welcome).

Tell us something about yourself that your swimmers don't already know: *I once ate a live fish.*

Anything else you would like to tell us about yourself: *Nope but I saw that Fynn got a parking ticket today so I sent him a picture of it.*



Congratulations!

February Swimmers of the Month



ISS Bronze:

Amanda Bewley (SCP)

Maika Black (SCP)

Mikenna Grant (JDF)

Charlie Millar (SCP)

Natalia Myhre (SCP)

Harry Verbaarschot (JDF)

ISS Silver:

Charlie Miller (SCP)

Phillipe Sabourin (SCP)

Tristan White (JDF)

ISS Gold:

Maddy Burrows (JDF)

Carter Paananen (SCP)

Green:

Lucas Bewick (JDF)

Julian Miller (SCP)

Blue:

Mya Webb (SCP)

Abigail Yerama (JDF)

Black:

Maddie Koropatniski

C&T:

Cooper Yap-Chung

Provincial:

Kaleb Lee

Senior:

Anastasia Musaji

CSI/SP:

Alexandra Kurz

VOLUNTEER UPDATE

UPCOMING MEETS: As we approach the second half of our season, please remember that there are still volunteer commitments for families with competitive group swimmers. To confirm your requirements for upcoming meets, please see our [website](#). Below are a list of these upcoming meets:

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1. The final **Speed League** will occur on June 2nd from 1:00-5:30pm. If you haven't already worked a Speed League, sign up is available on our [website](#).
 2. **Medley Challenge**: This meet will take place May 24-26. All competitive families have a volunteer commitment for this meet. Volunteer sign up will occur later in the season however, you can see the positions and volunteer times [online](#).
 3. **Long Course Provincial Championships**: This [meet](#) will take place July 5-8. All competitive families have a volunteer commitment for this meet. Volunteer sign up will occur later in the season.
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FUNDRAISING UPDATE

Beer and Bevy Night was a huge success! Thanks to everyone who came out to support our swimmers at this fundraising event. We raised over \$600 for the club. We all had a great time and hope to be able to see more people at our next event. A special thank you to Beth Clavelle for organizing this event.

And now onto our next fundraiser: ***Who wants to win their swim fees for next season?***

The fundraising committee is having a raffle to win your swim fees for the 2019/2020 season. Tickets are \$20 and available for purchase from the office. Tickets will also be available for purchase at upcoming meets. You can pay cash or bill your account. Hurry, there are only 400 tickets available. Draw will be held May 26th at the Medley Challenge.

BC Gaming License #114270 "Know your limit, play within it" Problem Gambling Help Line: 1-888-795-6111 www.bcreponsiblegambling.ca

TEAM NOTES

Congratulations to the swimmers who have been invited to the Regional and Development camps: Riley Andrusak, Kiah Craig, Alanna Felt, Tyler Felt, Noah Grand, Riley Greenfield, Jacob He, Kristofer Hulten, Lila Koropatniski, Ava Lawson, Nathan Mak, Sailer Naus, Anthony Schenk, Valeria Tonix, Noah Weaver, Chen-Yu Wu, and Isaac Yu.

There will be a [Celebration of Life Ceremony](#) for Jacob Kerr on Sunday April 7 at 1pm at the Mary Winspear Centre. In lieu of flowers, donations can be made to the Victoria Foundation in order to help establish a scholarship to UVic Computer Science Program in Jacob's name. The Kerr family was an important part of the ISC Family and we are thinking of them at this time.

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. Connect with the Island Swimming office if you need to purchase a shirt.