



UPCOMING EVENTS

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)

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)

SPRINTS

- Next Board meeting April 6th, 8am in SCP Boardroom.
- Check the newsletter for your swimmers schedule for Easter weekend.

IN THIS ISSUE

Upcoming Events.....	p1
Sprints.....	p1
Dave's Dives.....	p2
Coaches Corner.....	p3
Swimmers of the Month.....	p5
Volunteer Update.....	p8
Fundraising Update.....	p8
Team Notes.....	p9





Dave's Dives

I hope everyone is enjoying the beautiful Victoria weather. I have no problem dealing with a few months of rain and one week of the world's worst snowstorm if it gets us a March like this. That's a trade I'll always make. Plus, I thoroughly enjoy telling everyone back in Montreal that we're outside in shorts and a



t-shirt while they are still struggling with minus...something temperature (minus anything is just no good). Also, I am happy to report that I have purchased my first ever pair of Birkenstocks (thanks Thea Masselink for the recommendation). According to coach Wouter, I am one patagonia sweater away from being able to call myself a true Victorian!



I hope the kids have been enjoying their time away from school. I was really happy to hear that swimmers were missing the pool and anxious to get back. That's exactly why we give them time off. It's awesome to see high energy and enthusiasm from the swimmers. And, now that the break is over, it's time to get back to business. Believe it or not there is not much swim season left. School will start back up again, we'll be back into our routines and before you

know it it'll be the closing BBQ at Gyro Park. So...

I implore your swimmers to make use of the time that is left. There is no better time to make a change than coming back from a break. Whether that change is something technical like keeping your kick tighter in freestyle or whether it's changing a habit, like being on deck on time for morning practice, why wait to make that change? There's no better time than now. If you're not sure what positive changes you can or should make, I guarantee you that your coach has some ideas, so ask them!



I'm looking forward to seeing the coaches and swimmers get back to work and making some major improvements over the remainder of the season. Of course, what would all that hard work be for if you didn't have an opportunity to showcase what you've learned? Make sure you participate in the upcoming and end of year meets. Some of those opportunities include:



- iRaces on April 7th and June 23rd
- Comox 10 and Under Champs (highly recommended) May 4-5
- VIR's June 7-9
- Age Group Provincial CHampionships June 21-23
- Provincial Championships July 4-7

Speak to your coaches about which competition would be a good fit for you!



COACHES CORNER

Annie Wolfe, Island Swim Skills Manager

Hope everyone enjoyed the incredible weather throughout the Spring Break and are energized with some Vitamin D. It's time to sign up for the IRace #4 that will be on April 7th and this time we will have an Easter/Spring theme.

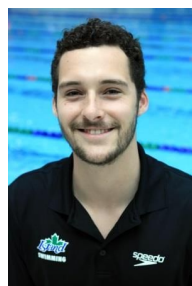


Please take note of the following schedule changes for April:

- Friday April 12th: **Silver & Gold to swim from 5 – 6 pm.**
- Friday April 19th: Silver 3:45-4:45pm same and Gold from **4-5pm.**
- Saturday April 20th: same schedule for Gold.
- Monday April 22nd: **All Groups are OFF.**
- Wednesday April 24th: Photo Day.
- Friday April 26th: No swimming for all ISS due to the Wavemaker meet

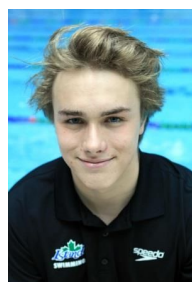
All swimmers need to have their Black ISC t-shirt for photos. If you don't have one yet, you can get it from the office. We will still swim but the practice might be shorter but bring your bathing suit for sure.

Wouter Terpstra, Juan De Fuca (JDF) Manager



Hello again JDF, I hope the kids are all enjoying their spring break and that you managed to have a little more relaxed first week without school and swimming. Coming up very soon on April 7 is our next IRace for the ISS groups so don't forget to [sign up!](#) For the competitive groups, the Nanaimo meet is the weekend after (April 13&14) so don't forget to sign up on the [website](#) before the deadline. During the Easter long weekend we will have practice on Good Friday at SCP (except Bronze) as we don't have pool space at JDF. Silver/Gold (4:00-5:00pm), Green (10am-12pm) & Blue (2-4pm). Saturday is regular for those groups that normally swim and Easter Monday is off for all groups. Wednesday April 24 is team photo day and all groups will have practice at SCP that day while groups circulate to have their photos taken. And finally, another reminder for Gold and Green parents that the [Comox 10&U meet](#) is May 4&5 and I strongly encourage that swimmers to attend because besides having a lot of fun, it is also a great opportunity for Gold swimmers to get a taste of what a real swim meet is like. Have a great weekend.

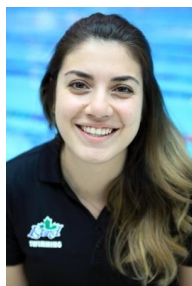
Fynn Heaney-Corns, Conditioning and Technique Coach (C&T)



Hey C & T! I hope everyone had an awesome week off! We started back up on Monday working on our body position in Freestyle, and our Butterfly timing. Congratulations Elvy for being our Swimmer of the Month!

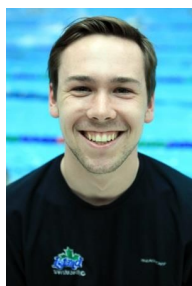


Tannaz Hosseini, SCP Green Coach



Spring break flew by and we are back at the pool ready for business. We welcome Selma Paul and Jacob Schnieder to the Green group this Spring! A couple important dates to sign up for: **Nanaimo Spring Meet - April 13 and/or 14th! Please sign up ASAP.** I encourage everyone to attend. There will be **no practice for Green on Friday April 12** due to a Masters meet. The following **Friday April 19 (Good Friday) we'll be having practice from 10-12 am.** There is no practice on Monday April 22 (Easter Monday). And don't forget ISC Photo Day on Wednesday April 24 all the kids need a black Island shirt. Sign up is also open for the 10 & Under Comox meet May 4-5, all 10 & Unders in the group should attend. It is a blast!! Congrats to Karen on being March swimmer of the month, also happens to be her birthday today! Yay!

Brett Bennett, SCP Blue Coach



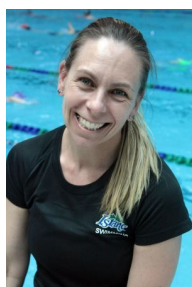
I hope everyone had a fantastic Spring Break and a week away from swimming! We have a busy month ahead of us as our focus now shifts towards Long Course season and our first opportunity to race, which is the **Nanaimo Spring Sprint (April 13th & 14th)**. Sign up as soon as possible if you want to go! Please note that there is **no practice on Fri. April 12th** due to the Masters Provincials. The following Friday (April 19th) is Good Friday and we will be running an SCP/JDF practice that day from **2:00 to 4:00 at SCP**. Lastly, ISC's **Annual Photo Day is Wed. (April 24th) from 4:00 to 6:00**. Please make sure your athlete wears a **BLACK ISC SHIRT** to practice. It will be crazy (as it always is), but we'll make it tons of fun so make sure your there!!

Riley Janes, SCP Black Coach



Everyone should now be signed up for Nanaimo and Wavemaker (Fri and Sat only). There is no workout April 12th. April 19 workout is 10-12 with our Green group buddies. Photo day April 24th -black shirts only. I will be helping coach the development camp next sunday in Duncan. Everyone invited should attend if possible. We will send an itinerary as soon as we have one..

Annie Wolfe, SCP Provincial Coach



Hello everyone, seems like a week off did lots of good to the swimmers and I'm guessing the warm weather is also helping because they have a good energy back in the pool. This is a good time to reset and evaluate what we can do better in the second part of the season. For a few swimmers, it's very easy, they just need to have better attendance. Congratulations to Kiah, Eva, Riley, Kristofer and Nathan for making the Regional Camp team. They will be training in Duncan on April 6th. As you already know, our next meet will be Wavemaker with a few exceptions of swimmers wanting to go to Nanaimo with their siblings. We will have practice on Saturday April 20th, same time, with yoga after but no swimming on Monday April 22nd. Make sure you bring your Black ISC shirt on April 24th for Photo day. Good luck to: Thea, Sela, Harper, Marcus

who will be competing in Western Championship- go swim with confidence and Fast!!! and to Rikky who will debut her chaperone career:!) Also Bravo to Emilio for being the March SOM. Have a good week everyone.

Finn Page, SCP Senior Coach



Hey all! I hope everyone has enjoyed some time away from school. Hopefully you all had a chance to go and do something fun in the sun. A few notes going forward. Our next meet is in Nanaimo on April 13 & 14th. If you are not racing at the meet, there will be no practice that Saturday morning. For those who didn't take time off from the pool during these last 2 weeks, there will be no practices from the 17th through the Easter weekend. Photo day is the 24th so make sure to wear a black Island shirt.

Dave Tontini



CSI and Senior Performance

March break has treated us really well. Along with the return of nicer weather, we've seen the return of good moods amongst the kids (the later morning starts probably don't hurt). The group that is preparing for Westerns/Trials has continued to work hard and look good as they do some fine tuning leading into the meet. The group of swimmers preparing for Nanaimo have gotten back to basics, focusing on kick and body position in all four strokes. Cole and Finn have been working closely with them and we've already noticed some improvements from those swimmers who are focused and working hard.



Entries for Nanaimo are due on Thursday so please sign up before then. Anyone not attending Westerns/Trials is expected to swim at this meet. Remember that we will be off from Thursday April 18 - Monday April 22. We return to regular schedule on Tuesday April 23rd. Don't forget that Saturday practice is 8-10am this week and it is optional for non-Westerns swimmers.

Cole Bergen

Finally, good luck to Kelsey who leaves for Canadian Swimming Trials on Sunday!

March 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. Coaches base their selection on the qualities Island Swim Club values including: work ethic; positive attitude; dedication; team spirit; commitment; attendance; listening skills; and focus. Congratulations to the **March Swimmers of the Month!***

Island Swim Skills Bronze:

Camilla Cota (JDF)

Camila loves being in the water and it shows. She is a natural leader and excited to learn new things. Camila's flip turns are incredible and we are looking forward to watching her continue to improve in all skills!

Natalie Lau (SCP)

Natalie worked so hard on her flipturns and backstroke kick this month, always ready to go on time and even asking for extra help and extra practice. And she did it all with a smile, usually being the first one to make everyone laugh. Love the attitude, keep it up!

Masynn Moore (JDF)

Masynn comes to practice ready to try her best. She's always asking questions and wants to make sure she understands what she's doing in the water. Masynn is becoming a stronger swimmer every practice she attends. Additionally, her dives are improving so much! Keep up the great work Masynn!

Beckston Shaver (SCP)

Beckston has been an amazing swimmer and teammate since his first day in Bronze, but his willingness to lead at the front and try new things has been extra-special this month. You're doing so well bud, keep it up!

Lucas Wong (SCP)

Lucas has just joined the team and already is doing so well! He has been to 100% of the practices this month and his amazing work ethic has not changed! Awesome job Lucas

Island Swim Skills Silver:**Koen Dupuis (JDF)**

Koen has been doing a fantastic job in practice and always comes to practice with a great attitude. Keep up the amazing work Koen

Kipton Lowres (SCP)

Kipton has brought lots of positive energy to the pool this month. Every practice Kipton arrives with a bright smile ready to work hard during dryland as well as in the water ! His breaststroke has also improved immensely. Keep up the good work Kipton!

Tammy Vladar (SCP)

Tammy has had the best attendance all month and has been working very hard. Her attitude and effort have been outstanding. Keep up the amazing work on your skills!

Island Swim Skills Gold:**Thairyn Nelson (JDF)**

Thairyn has continually come to practice this month with a great attitude and has put forth an awesome effort in the water. Thanks for always bringing the jokes and laughs Thairyn, and keep up the good work!

Celine Yuan (SCP)

Celine's hard work, consistent attendance and focus have all contributed to her improved strokes and endurance.

She had the stamina to swim strong in Gold's first 400m Free challenge! Celine has a great attitude and works well with her teammates. Keep it up Celine!

Conditioning and Technique (C&T): Elvy Braun Risdale

Elvy comes to practice with a fantastic attitude and a smile. She has been doing an awesome job with all of the drills we have been working on! Keep up the fantastic work Elvy!

Green:

Shenae Johnston (JDF)

Shenae has done a great job this month and has really stepped up as a leader in the group. She is doing an amazing job with all the drills we have been working on and has an amazing attendance. Keep up the great work Ne Ne.

Karen Pan (SCP)

Karen has worked hard this past month, she is feeling more confident and now leading lanes effortlessly. She's patient, a great listener, and makes sure she's giving 100% each practice. It also happens to be her 10th birthday today! Woo hoo!

Blue:

Ava Denny (JDF)

Ava continues to bring a fun attitude to every practice and at some point makes a face that I can have a laugh at. In the last few months I've seen a lot of improvement in her kick and technique in all 4 of the strokes, undoubtedly due to her attention to detail and great work ethic. All I can say is keep working and smiling hard Ava!

Sam Medler (SCP)

Sam has put forth a fantastic effort this past month, leading to a no-brainer selection for Blue group SOM! In addition to having attended the most practices in March, he comes to practice always ready to work hard and with an uber positive attitude. He also took some steps towards leading lanes and working hard during tough sets. Keep it going Sam!!

SCP Black: Nia McDougall

Swimmer of the month is Nia! She has a great attitude and is always up for a challenge.

Provincial: Emilio Agostinelli- Stull

Even though Emilio has been at ISC for only 3 months, it's like he has been one of us always. Often he will volunteer to lead activation and he did a good job at this at Provincials. He is such a good team spirit swimmer and most importantly, he has a great work ethic in practice and a positive attitude towards challenging sets. He worked hard to qualify for the Provincials and succeed. Congratulations and keep it up!

Senior: Tayah Geisbrecht

Tayah continues to bring enthusiasm to every practice she attends. It's rare to hear Tayah complain about something being challenging and she is always willing to be the first one in the water. Keep it up Tayah!

Senior Performance/CSI: Dylan Kormendy

Dylan is coming off of an excellent Provincial Champs, which saw him collect 4 medals and earn a whopping 77 points for the squad. Dylan has been on fire at practice this month and has returned to the form he began the year with. He is leading lanes, setting the tone, and putting up some very fast swims in sets. I think Cole put it best when he simply said, "Dylan is the man!"

VOLUNTEER UPDATE

Expect to receive an auto-generated email from Swimming Canada today about your volunteer officials account. Once you receive this, please log into the system in order to confirm your officials information is all up to date. If you do not receive an email (check it didn't go to spam) please email meetadmin@islandswimming for assistance.

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:

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.

Volunteers Requested for Masters Meet: MSABC Provincials is April 12 - 14 and the organizing committee is looking for volunteers. Positions needed to be filled include: timers, food helpers, and registration desk helpers. Anyone interested in helping can email Lauren Westmacott at: lauren_westy@yahoo.ca or by phone at: 250.361.9926. If you do help out with this meet you can earn bonus points with ISC.

FUNDRAISING UPDATE

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

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. **Black shirts** also need to be worn for picture day in April. Connect with the Island Swimming office if you need to purchase a shirt.

TAS will be coming to SCP during the Masters Provincials Meet from April 13-14th. If you are wanting to order something specific from TAS go online or phone them and arrange to have the items brought over for this weekend. Save on the shipping costs! Wetsuits for open water swimming will also be available at this time. And remember, Island Swimming Club members receive a discount for purchases made through the Team Aquatic Supplies [website](#). The code for purchases is: **ISL125**



For those going to the Nanaimo swim meet in April: [Coast Bastion Hotel](#) has a group rate for the Island Swimming Families (\$149 or \$159 per night). If you haven't booked a room yet & there are rooms still available, this may be a good option.

