



UPCOMING EVENTS

May

- ISC Family Hike (May 11)
- 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)

July

- Provincial Championships (July 4-7)
- Moses Lake Sizzlin' Summer Open (July 12-14)
- Far Westerns (July 26-28)

SPRINTS

- Next Board meeting May 11th, 8am at HoJo in the Elk room.
- Contest: Draw us a picture or send us a note on why you like to swim. Your name will be entered to win a prize!
- The next edition of the Island Heat Sheet will come out Friday May 31 due to Medley Challenge.

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Dave's Dives

I feel like I need to ramp up the intensity of this week's Dave's Dives in order to match the crazy eyes in my new photo, so here goes. I HOPE EVERYONE IS ENJOYING THIS BEAUTIFUL WEATHER WE'RE HAVING. SOME OF THE KIDS HAVE COMPLAINED THAT IT'S TOO HOT BUT I SAY THAT'S CRAZY. Alright, that's way too intense, enough of that. But seriously, you can't go from saying it's too cold one month to saying it's too hot the next, pick one Goldie Locks!

The blue skies and temperatures above 20 degrees also signal that the end of season is near. We are approaching what coaches know to be the busiest time of the year. The end of school means exams, field trips, and grad events (elementary, middle AND high school)! There are plenty of celebrations within the next two months including Mother's Day, Victoria Day, Father's Day AND Canada Day. For those that



participate in summer sports and activities, it means these are approaching soon as well. Soccer, baseball, MMA, outdoor camps, you name it. In short, families will be busy between now and the end of our swim season. However, how you end the swim season will likely be a major contributor to your evaluation of the season as a whole. In other words, finish the season happy and swim well; if you do this, you will likely feel pretty good about your year of swimming. I encourage everyone to do their best to keep swimming a priority as the distractions of summer take their hold on you.

Here are some ways to help keep swimming top of the priority list:

1. Make an Events Calendar

Literally taking a calendar and filling in all your upcoming events and activities is the first step in making sure you can actually do all of them. Make sure you fill in social activities as well. Once you have completed your calendar, take a look at the potential conflicts. If it's not possible to do everything then consider how you will make compromises. At this point, it's really important to bring your coach into the conversation to find out how you can best keep swimming at the top of the list!



2. Only Swimming Replaces Swimming

One of my favourite things to hear from parents and swimmers when missing a chunk of swimming is, "Don't worry we'll be staying active". While your intention is great, unfortunately, only swimming really helps with swimming. You can run, bike, row, hike, and play any land sport to your heart's content, but you'll still find yourself struggling when you get back in the water. Obviously, staying active while being away from the pool is better than nothing and great for your overall fitness, but there's something unique about pulling your body through the water that makes it perhaps more difficult than any other sport to maintain. You'll hear coaches and swimmers describe this as "your feel for the water". It probably has less to do with fitness than it does with this overall feel for the water. Swimmers have all been



there, your arms feel like cinder blocks and your legs like jelly and no matter how hard you try you just can't seem to go anywhere. Not fun! So, it's totally ok if you miss some time here or there for other events but please try to avoid being out of the water for extended periods of time.

3. Prioritize your Swimming

Most of our coaches will have no problem if you need to miss a practice as long as you've done everything within your power to manage your time appropriately. There is a difference between "I can't make practice" and "I am not willing to put in the effort to balance my schedule and make practice a priority". For example, parents are busy and unable to drive to practice do you simply say "I can't make it" OR do you exercise all the options available to you: asking for a lift; taking the bus; organizing your schedule to get to the pool earlier; etc...

Hopefully by following these three guidelines you'll find balance in the hectic months of May, June and July and finish your swim season on a high note! And finally, **HAPPY MOTHER'S DAY TO ALL OUR FANTASTIC ISLAND MOM'S OUT THERE!!** That one warranted the intensity of the crazy eyes.

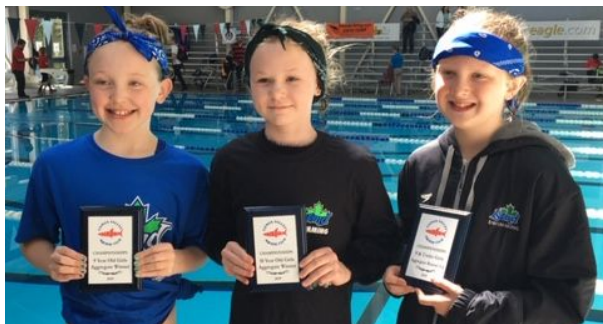
SWIM MEET RECAPs

Comox 10 & Under Meet



We had 41 swimmers attend the 10 & Under Championships in Comox. We split the team up into Team Green vs Team Blue and the energy was HIGH all weekend long. We had swimmers from the Silver, Gold, Green and Blue groups attend. **ISC won the meet with an overall 884.50 points.** Congrats to each and every swimmer, the coaches were so proud to see the energy, team spirit and teamwork on deck. Congrats to **TEAM BLUE** for winning the battle. Wear your bandanas proud and loud!

Our relay highlights - Lila, Sailor, Riley and Alanna both winning the Medley and Freestyle relays both days, as well as our boys Chase, Doug, Julian and Brady for winning the freestyle relay on Day 2.



Top 5 Aggregate Point Finishers:

GIRLS

8 & Under:

Kayla Felt - 2nd

Gabby McArthur - 3rd

9 year old:

Sailor Naus - 1st

Kaiya Weaver - 4th

10 year old:

Riley Greenfield - 1st

Lila Koropatniski - 5th

BOYS

8 & Under:

Karan Paul - 4th

Corbin Lord - 5th

10 year old

Julian Miller - 3rd

Chase Saxon - 4th

COACHES CORNER

Annie Wolfe, Island Swim Skills Manager



Congratulations to our 41 swimmers that participated in the 10 and under Comox Champs. That was our biggest team ever attending this meet and a lot came from the ISS group! Way to go ISS! You are welcome to attend the family walk this Saturday. Parents, please note that ISS swimmers must be accompanied by an adult- meet at the parking lot of Mount Work at 10:45am. There is no swimming on Monday, May 20th (Victoria Day) and Friday, May 24th (Medley Challenge). If parents would like to volunteer for timing a session at this meet, that will be great because this meet will be big (450 swimmers) double last year and we will need more help! If interested or need

more info, please contact: officials@islandswimming.com. Pictures are ready and your swimmer should bring them home this week so check their bag. Happy Mother's Day to all the ISC awesome moms. I would love to see lots of ISS take part in the contest "Why I Love Swimming". It's so fun and inspirational for us coaches to read and see the drawing they do.

Wouter Terpstra, Juan De Fuca (JDF) Manager



I hope everyone is enjoying the wonderful weather we're having. Here are a few updates for the next few weeks. This Saturday is the team hike at Mt. Work at 11am. Monday, May 20 (Victoria Day) there is no swimming for any of the groups at JDF (enjoy!). Friday/Saturday May 17/18 practice times are all normal. May 24-26 is our home meet - Medley Challenge. Green and Blue will swim all 3 days and we hope the kids are excited to race. Bring on the team spirit! The weekend after is Speed League, on June 2 for Blue, Green, and those Gold swimmers that received an invite. Don't forget to sign up as soon as possible! I will be sending out the link to sign up for meetings with Neo and/or myself for the Bronze, Gold, and Blue groups soon. The 10 minute meetings are there for you to get an update on your swimmers progress throughout this season and where they will be next season.

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



Hey C&T! Great job these last couple weeks. As we look to the weeks ahead, we will have an adjusted practice schedule on the weekend of May 24-26th. As the summer months are upon us, make sure you bring water bottles to practice! Keep up the great work C&T!

Tannaz Hosseini, SCP Green Coach



We were in Comox this past weekend for our 10 & Under Championship. We had 15 in our group attend and we had a lot of fun. Most improved and raced with heart in Comox were Kaiya Weaver and Isabella Soper. Both put tremendous effort into each of their races, while taking time off and having a great attitude. Kayla Felt was a rockstar, placing top 2 in all her events and earning the 8 & Under Aggregate Runner Up award. I was impressed with the boys - Ethan, Julian, Chase, Brady and Doug, all being great teammates to each other while battling it out in the water. Chase's 50 backstroke quest for the heat winner duck was the fastest stroke rate I've ever seen from him! We had some competitive races between the boys, especially the 50 fly where Julian got the win. The epic 100 breast battle between Doug and Ethan was also fun to watch for me. Brady did his second 200 fly ever, taking a minute and 17 seconds off his time with a 3:51 from the same meet a year ago. He swam it right after his 50 free too - way to go Brady. Some of our 10 year old

girls - Helen, Selma and Karen, who tend to fly under the radar at practices, are the toughest and fiercest racers in the group. They know how to turn it on at a swim meet! Helen's 50 breast, Selma's 50 free and Karen's back to back first time 100 fly to 200 breast was awesome. Another tough cookie, Alexandria swam her first 100 fly ever and she rocked it, making it look easy...the best way to swim it. Nereida, Liv and Isla brought a lot of energy and cheering on deck and my ears thank you for that! :) **Congrats Kayla, Kaiya, Chase and Julian for reaching top 5 of their age group categories.** Overall, it was a great meet for Green and I continued to see everyone's confidence and achievement grow. You all continue to amaze me! **There will be no dryland tomorrow due to the hike at Mt Work at 11 am. Also note that Monday May 20 (Victoria Day) is off.**



Brett Bennett, SCP Blue Coach

There won't be any dryland after tomorrow's practice (Saturday AM), as I would like to encourage everyone to attend the **Family Hike** instead! It will be taking place at Mt Work at 10:45am and the whole family is welcome to come. Next weekend is the Victoria Day long weekend **so there won't be any practice on Monday (May 20th)**. The following weekend is the **Medley Challenge (May 24th to 26th)**. During this meet, there won't be any practices on Friday or Saturday, and **dryland will be cancelled on Monday (May 27th)**. Our next meet after Medley Challenge is the final **Speed League (June 2nd)**. The majority of the Blue group will be attending this meet, except for the few that I have talked

to. Please sign up for this as soon as possible so we can get entries in!

We're coming down the final stretch into championship season so please make sure your child is staying healthy, eating well, and getting enough sleep as it makes all the difference when we start getting into these back to back weekends of racing!



Riley Janes, SCP Black Coach

Hello from rainy Etobicoke! I'm on the last day of my trip. It has been very informative and a bit of an eye opener. I look forward to sharing my experiences with all of you. Please make sure you are signed up for team travel to VIRs, these trips are rare so we need to take advantage of them. Also, sign up for both Speed League and Medley Challenge this is for 13 year olds too. You don't need the standards to swim in our meets. We will also do the team hike Saturday. No swimming on May 20th. Congrats to our swag contest winners! Noah G, Hadley, Valaria, and Issac. Everyone stepped up this past month or so to try and win, lets keep the momentum going and continue to push forward.



Annie Wolfe, SCP Provincial Coach

Hello! Make sure you have signed up for Medley Challenge both the swimmer and the parents to help out. I'm excited, it will be fun and we will be racing swimmers that we don't often see from USA and Alberta. You're welcome to attend the Hike at Mount Work this Saturday. We will have Monday May 20th swimming but probably from 10-12pm - TBC. Happy Mother's Day to all the Provincial/CSI moms and thanks for all you do and letting me coaching your awesome child.

Finn Page, SCP Senior Coach



Hello! If you haven't signed up for Medley Challenge yet, make sure you do soon. There is a team hike this Saturday (May 11th) at Mount Work at 10:45am. Stay tuned about what the schedule will be for Victoria Day (May 20th). Once it has been confirmed, I will email out what the practice time is. See y'all around the pool!

Dave Tontini, CSI



As if Cole and I needed even better photos. Look how the blue shirts make our eyes pop, gorgeous!

Just a few reminders for upcoming meets and events. This Saturday is the Hike at Mount Work, please meet there at 10:50am. Practices are still on for Monday May 20th as we have Medley Challenge that week. Practices will likely be 8-10am and 2-4 pm for everyone (we are awaiting confirmation). We are asking some swimmers to participate in VIR's because it will be a good opportunity

for them to make finals and swim fast. Some swimmers will not attend at all so they can focus on training for provincials and Far Westerns or Seniors. We will speak to the swimmers and let them know what applies to them. We are offering team travel for VIR's if we get more than 8 swimmers interested, please indicate that online. Finally, please sign up for Far Westerns if you are planning on attending and indicate if you are team travelling or not.

Cole Bergen, Sr. Perf



FUNDRAISING UPDATES



ISC Fuel to Win Cookbook is now in!

The Fundraising Committee is delighted to announce that the long awaited (maybe that is just me) Island Swimming cookbook is here!

This fabulous keepsake has anecdotes, nutrition tips, and recipes from our wonderful coaches and swim families.

Fuel to Win will be available for purchase at the Medley Challenge for \$25. Please feel free to pop by the Heat Sheet & Raffle table to get yours!



KidLED Coffee Fundraiser

We sold a grand total of 282 bags! Way to go. **A special thank you goes out to the JDF swimmers who did an amazing job at selling 106 bags!** \$1420.00 was the total amount raised by this event. Coffee will be available for pick up next week. Prize winners will be announced in the next newsletter.

Don't forget to purchase your raffle tickets to win swim fees!

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 Medley Challenge. You can pay cash or bill your account. 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

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.



Congratulations April Swimmers of the Month!

ISS Bronze

Makai Byrne (JDF)

Samson Jr. Haire (SCP)

JT Houston (SCP)

Henry Mittelsteadt (SCP)

Vivienne Simms (JDF)

ISS Silver

Raina Eames (SCP)

Charlotte Guthrie (JDF)

Sanjana Rao (SCP)

ISS Gold

Danyal Abedeen (SCP)

Emmett Hastie (JDF)

Green

Ethan He (SCP)

Annika Nesbitt (JDF)

Blue

Tiegan Szulc (SCP)

Taylor Gossman (JDF)

Black

Zahara Naworynski

C&T

Kai Pollard

Provincial

Kiah Craig

Senior

Shania Sraw

SCI/SP

Ashley Christison

VOLUNTEER UPDATE

Medley Challenge is fully opened [online](#) for volunteer sign up. Please sign up for extra shifts if you can. We are so excited to have such large numbers for this event and we want to make it a memorable one for the swimmers!

Don't forget that we will need club officials for the **Long Course Provincial Championships** on July 5-8. All competitive families have a volunteer commitment for this meet. Volunteer sign up will occur as soon as we are able to get the meet package to confirm sessions and time outs.

TEAM NOTES



SCP Gold Group with Swimmer Awards from the Comox 10&U meet. Congrats!

On Friday, May 17th (Pro-D day) there is an event for female athletes ages 8 to 18 during the morning at Glenlyon Norfolk School. This event is hosted by a non-for profit organization called Fast and Female. Fast and Female Ambassador will be spending the morning telling stories of empowerment and inspiration with the goal of encouraging girls to stay active and healthy in sports throughout their life. The link to registration and further information about this event is on their [website](#).



Why do you like to swim?

Draw us a picture or write us a note on what makes you excited about swimming. Drop off your picture/note to the Island Swimming office or email it to meetadmin@islandswimming.com. We will make a collage of the pictures and notes and post them at Medley Challenge and maybe our website/newsletter. Your name will also be entered into a draw prize for some cool Island Swimming prizes. Submit your picture/note to the Island Swimming Office **by May 17th**.

Name (First and Last): _____

Swim Group: _____

I like swimming because: