



THE ISLAND HEAT SHEET

November 16, 2018



UPCOMING EVENTS

November

- All Blue group swimmers to swim at JDF on deck by 7:45am (Nov 17)
- ISC Annual Banquet and Awards (Nov 24)

December

- iRace 2 (Dec 2)
- Pointe Claire Invitational (Dec 6-9)
- Xmas Cracker (Dec 7-9)
- JDF annual pool shutdown, all swimmers at SCP for practices (Dec 10 -21)
- MJB Law Classic (Dec 14-16)
- Last regularly scheduled practice before break (Dec 21)

January

- Mini camp for some swim groups (Jan 2 - 5)
- Regular practice schedule resumes (Jan 7)
- Senior Circuit #2 (Jan 19)
- Short Course VIRs (Jan 24-27)

SPRINTS

- Sign up for the **Awards Brunch** at the end of November, swimmers are encouraged to dress up for this event.
- Speak to your coach about training schedule over the winter break
- There is a **no deck changing** policy in place at SCP. Swimmers must change in designated changerooms.
- All swimmers must wear **Island clothes** for dryland practices and swim meets.

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Dave's Dives

Hi folks,

If there is one thing I have learned about November in Victoria, it's that you can expect two things: 1) A whole lot of rain and 2) Sick swimmers. This is a time of year where the cold and flu spread through swimmers faster than a Sam Beyak 50 FR. Besides the obvious

unpleasantness of being ill, swimmers also inevitably miss practices or are otherwise unable to train to the best of their abilities, which makes coaches feel sadder than the emoji with one tear (ask the kids, they'll explain). In order to turn those coaches frowns upside down, and more importantly to keep our swimmers healthy, here are some helpful tips for preventing and recovering from the cold or flu. Please keep in mind I only practiced medicine in Guatemala for 6 short years in the 90's.

Illness Prevention



- 1) Wash your hands frequently and wash them well.
- 2) Sleep!!
- 3) Eat well including plenty of fruits and vegetables. Talk

to your doctor about supplements like zinc, multivitamins or probiotics.

- 4) Be careful not to share water bottles or other drinks.

Also, do your best not to come into contact with others who are sick.

5) If you have a fever and a cough or are diagnosed with the flu, **DO NOT** come to the pool. Please stay home until you are well enough to swim. If you are at the pool with a cold, please be careful not to come into contact with others.

- 6) Take advantage of the sun whenever it peaks its head out from the November clouds.



Recovery from the Cold

- 1) Sleep!
- 2) Drink, drink, drink!! Drinking plenty of fluids will flush out the cold from your system.
- 3) See a doctor if your symptoms last longer than usual.
- 4) Swim! Exercise can help boost the immune system and clear out congestion caused from a cold.

Stay healthy and stay happy folks!

SWIM MEET RECAPS



Bennett Cup

The 4th annual Bennett Cup lived up to the hype. Over 475 swimmers from Vancouver Island, the mainland and as far as Fort McMurray and Tualatin Hills duked it out over two and a half days last weekend. Our meet organizers and

volunteers did a tremendous job (as usual) in running a smooth, successful meet. Thank you to all those who volunteered over the weekend. Big shout out to Brian Bikadi for his tireless efforts as Meet Manager. Thank you also to ISC's new meet administrator, Diana Shields for her excellent work. To add a little excitement to the competition, ISC had an internal competition between the boys and girls to see who could get the most best times and heat wins and the results of the competition are...

Best Times: Boys (200) and Girls (197)

Heat Winners: Girls (42) and Boys (39)

So it seems as though the boys had just slightly more improvement than the girls but the girls got their hands on the wall first, more often. The important thing is that, as a team, we had 397 new best times and 81 heat wins, which are some extraordinary numbers (and that's not including all those who forgot to record their results on the poster boards...tsk...tsk).

It was tough for our swimmers to create a lot of team spirit during prelims as the double ended meet meant they were usually busy preparing for their races. Finals, however, had fantastic energy and spirit, perhaps none more than the coaches relay on Saturday night. I haven't heard that much enthusiasm from a crowd at a swim meet in a long time. A big thank you to all our coaches who volunteered for the relay, they showed they can still get it done even if it meant spending the rest of the session recovering (shout out to Scott Flood, Go Riptides!)

Overall, I thought ISC swimmers did an excellent job racing, and we saw a lot of improvement, even from the Nanaimo meet. Hopefully the swimmers are encouraged by their results and are looking forward to getting back to work at practice and seeing how much more they can improve for their December meet.

Swimmers of the Meet: Swimmers of the meet are given to swimmers who demonstrate great team spirit, properly execute skills/technique from practice, and of course, race!!

- **Blue:** Riley Greenfield
- **Black:** Madeline Koropatniski
- **Provincial:** Declan Warner
- **Senior:** Sean Lu
- **CSI/Sr Perf:** Alex Medler & Larry Yu

Speed League #1

Our Speed League series got off to a bang last weekend with the first "Bennett Cup" instalment. The meet was a showdown between the boys and girls and our swimmers took the competition to heart! The challenge was who could have the most best times and heat winners by the end of the session and the results are in.....



Best times: boys (72), girls (100)

Heat winners: boys (17), girls (16)

We had an incredible amount of best times but the girls took home the big win. However, they were just edged out by the boys on the heat winner side. Aside from the boys vs. girls battle, there were a lot of excellent swims and a few awesome breakout swims (a swimmers "ah ha" moment). The coaches saw a lot of improvement in the skills that we've been working hard on in practice, even since Nanaimo, which was great to see. A lot of the swims were also great confidence boosters with kids coming out of the water much more confident in their own ability.

Thank you to all the volunteers that helped out during Speed League as well as coach Riley for his great commentary throughout the meet.

Swimmers of the Meet: Swimmers of the meet are given to swimmers who demonstrate great team spirit, properly execute skills/technique from practice, and of course, race!

- **Gold:** Markus Hulten
- **Green:** Chase Saxon
- **Blue:** Tiegan Szulc
- **JDF:** Ava Denny
- **Black:** Isaac Yu



THANK YOU VOLUNTEERS

No meet or fundraising event can be hosted without your participation. We want to thank every one of you for the time and dedication that comes with helping us run a successful swim meet. In particular, we want to acknowledge **Brian Bikadi, Darci Greenfield, Kris Heaney, Tracey Hulten, Kandas Lee, and David Medler** for all of the extra time and effort they put into making the Bennett Cup and Speed League successful, the coaches, swimmers and parents all noticed the effort.

COACHES CORNER

Annie Wolfe, Island Swim Skills Manager



Good week everyone. Kyle is letting me know that the Silver groups are working very hard on learning to swim fly and breaststroke to get ready for the next iRace Dec. 2nd, make sure to sign up. Tips to help your boy swimmer swim better: if your boy is still wearing board shorts to swim, there is a good chance that this is a lot harder for him as the shorts drag his legs down making it very challenging to learn proper kick and body position. You can get suits at the office or at the store in the pool lobby. I saw many great races from the Gold swimmers at the Speed League. Congratulations swimmers, you are looking good out there! Have a good week everybody.

Wouter Terpstra, Juan De Fuca (JDF) Manager



The Green and Blue group did a lot of racing this weekend and Fynn and I are proud of how everyone swam. Overall there were a lot of best times and a lot of BIG best times! For the Blue group I saw a lot of improvement in the skills we've been working on: freestyle head position, small fast kicks and our breaststroke arm recovery. They also did a fantastic job sticking to the race plan we discussed before each race and it translated into a lot of great swims. The Green group seemed way more relaxed and comfortable compared to their first few meets of the year which was great to see. In the next few weeks we'll continue to work hard on these skills as well as all of our turns.

A reminder for Bronze parents: Neo will be away on vacation the week of November 26 and we will have another coach fill in for him that week. The kids will be with the other Bronze coaches at iRace but Fynn and I will be there as well of course.

Please check the calendar at the top of the newsletter for upcoming events in the next few weeks. Don't forget to sign up for our upcoming iRace on Dec 2 and Xmas Cracker for Green and Blue from Dec 7-9 (we will attend all 3 days) as soon as possible!

Finally, please mark your calendars for December 10 because that is the first day of the annual JDF shutdown. From **Dec 10-21 ALL** of our groups will be swimming at Commonwealth Place where we will combine groups. Important note for Bronze and Silver parents: please check the pre-competitive SCP schedule on the website as we run multiple groups of each there. I will send out an email soon to ask which days you are planning on attending so that I can pass along numbers to the SCP coaches.

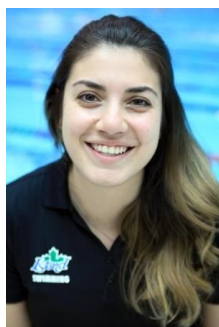


Fynn Heaney-Corns, Conditioning and Technique Coach (C&T)



Hey C&T. We have been working hard the past couple of weeks with our freestyle and backstroke head position and our butterfly and breaststroke kick. We will continue to work on these skills for the next two weeks. If you still do not have fins, try and get some as soon as possible. Keep up the great work C&T!

Tannaz Hosseini, SCP Green Coach



Hello! Coming off of Speed League this past weekend, I was happy to see Green swimmers take on new events such as 400 free and 200 IM. Shout-out to Will Elford for being a great teammate, giving his high fives to his competitors after each race. Chase was our swimmer of the meet, he had a great attitude towards racing and had some stand-out swims (maybe we will wear an Island cap next time!) Lots of learning curves for the group and adjustments to longer races, but we are getting stronger in our freestyle which has been a main focus point for the past couple of weeks. In our next month of training, we'll be putting our attention to breaststroke: head position, hips high and finishing our kick. We will also continue to focus on turns, especially backstroke and IM turns, being confident with our stroke counts into the wall. Everyone please sign up for our December swim meet, [Christmas Cracker at SCP - Dec 6-8](#), email me if you have any questions! Reminder we have our [Island Awards Banquet next Saturday, Nov. 24th at 10:30 am](#) recognizing achievements from swimmers of all groups. We had tons of fun last year, the tickets are 50% off for 12 & Under and a fantastic brunch at Olympic View Golf Course is included. See you there!

Brett Bennett, SCP Blue Coach



What a fantastic weekend of racing the Bennet Cup/Speed League was! We had almost everyone from our group race one of the days, and everyone who raced achieved a couple of best times. While we should celebrate the success we had racing, we also have some things to improve upon before our next big meet, **The Christmas Cracker** (or MJB Law for a few of you). Please sign up for **The Christmas Cracker** as soon as possible so we can get entries in! Over the next few weeks, we will be focusing on Breaststroke (specifically hip position and kick) and Butterfly (mostly kick), as well as continuing our work with our Freestyle and Backstroke body positioning. I found these to be some of our most glaring weaknesses at the meets this past weekend.

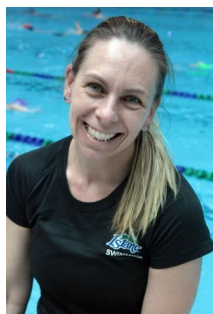
A reminder that **Tomorrow (Saturday, November 17th)**, we will be having our first JDF morning practice! Please be on deck at **7:45 am** at the Juan de Fuca Recreation Centre (not SCP) and make sure your athlete brings appropriate dryland clothing as we will be going outside.

Riley Janes, SCP Black Coach



We had a solid weekend of racing at both meets. Kids were keen to race different events and many accepted the distance challenge of either 800 free or 400 IM. We even had a brave Noah Weaver swim 2x 200 fly (he made finals!). It's pretty early in the season for these, so it was great to see the willingness to dig in and grind it out. Congrats to everyone that completed one or more of these events (Dream Weaver did all 3!); We had a few Swimmers with 100% best times congrats: Zahara, Kiah, Winnie, Valerie (obviously they do everything together) & Hadley! Big Isaac Yu and Valeria Tonix Water both had all best times except one swim. My most memorable swim was Maddy K's 800 I loved the acceleration at the end finishing off a 13 second negative split (that's good!) We will continue to work on our critical skills as we approach the holiday break and begin to lengthen our workouts, start to expect tired kids. Try not to miss any workouts during this important phase please. We still have room on the bus to MJB law! Our last day of workout will be Dec 21 with our mini camp running Jan 2 to 5. Please plan to attend the banquet - its no too late!

Annie Wolfe, SCP Provincial Coach



Hello Guys! Bennett Cup was great. We started a little slow in the first 2 races but we got going, racing better and best times kept coming. I was please to see that our freestyle is getting longer and faster and so is our fly. We will work hard in the next phase of training on turns (too many DQs...really 2 hand touch DQs!!!) and breastroke. Many kids are getting sick so make sure you take care of what you can like washing hands, maintaining a consistent sleeping routine, and making sure you eat well and enough (quick recovery food after practice). Please make sure your swimmer is coming to the Award Banquet, just a few of us are registered, so please sign up as this is the time to celebrate the hard work we did last year! 18 swimmers are going to Pointe-Claire, Yeah! All the other swimmers should attend Xmas Cracker or MJB! See you at the Banquet.

Finn Page, SCP Senior Coach



Hey Y'all! Bennett Cup went pretty well for everyone who attended. Though not every race was perfect, it was good to see the athletes being able to identify things in racing they need to improve upon. It was good to see everyone get at least one best time, which in November can be a challenge. The next 3 weeks are going to increase in intensity and volume leading into our focus meets in December. It's going to be important for swimmers to take care of themselves with proper activation before practices and stretching/rolling out after practices. Some swimmers have signed up for the meet in Point-Claire which is awesome!, The rest of us (including me) will be at the Xmas Cracker so make sure you sign up! As well many swimmers and coaches have been getting sick. Sleep, water, and washing hands regularly are the best defences against getting sick. Make sure you sign up for the Awards Banquet before it's too late! Stay Spicy ISC!

Dave Tontini, CSI



Bennett Cup: What an impressive showing our groups had at the Bennett Cup last weekend. The kids were more prepared to race than Nanaimo and they definitely looked so as they rocked it on Friday with some great swims in prelims as well as 70% improvement at finals. Congrats to Alex and Larry who had 11 and 12 best times respectively. We saw the swimmers get a little fatigued as the meet went on, which is normal for a November meet, especially with the kids swimming so many events and spending long sessions at the pool. If the swimmers can swim fast in those conditions it bodes well for meets where they will be rested and swimming fewer events.

Cole Bergen,
Senior Performance



December Meets: We have about 3 weeks until Pointe-Claire/Cracker. At our team meeting on Monday we discussed the plan leading into those meets, which includes an increase in volume and intensity of training. This means the swimmers can expect to be sore and fatigued over the next few weeks, which is normal and all part of the fun of our beautiful sport. The swimmers can help themselves to recover from training better by 1) Sleeping more/better 2) Eating well and drinking plenty of water 3) Foam Rolling (at least twice a week at home). We have also asked swimmers to choose three events for the upcoming meets.

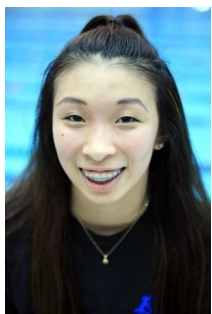
Holiday Training: Please note that we will be training over the holiday break. We will be off from Dec 22-26. We will train Dec. 27-30 and Jan 2-5. We will use this time to maintain fitness and work on race skills like starts, turns and kickouts.

Please let us know if you have any questions or comments. We are really looking forward to the next few weeks.

PROFILING ISLAND SWIM SKILLS BRONZE COACHES

In our mid-month edition of *The Island Heat Sheet* we will profile some of our amazing coaches. The **Island Swim Skills Bronze** coaches will start off this new series. Here's an opportunity to learn something new and interesting about your coaches!

Shiho Chiang, ISS Bronze (SCP)



Years swimming: *Swimming for almost 10 years.*

Why did you decide to start coaching: *I'm really good with young kids and I wanted to give the best for the kids and teach them what I have been taught.*

What do you like about swimming: *I like swimming because of the people on the team and who I*

Neo Craig, ISS Bronze (JDF)

Years swimming: *4*

Why did you start coaching: *I no longer wanted to swim but still wanted to stay involved in the sport.*

What do you like about swimming: *What I like about swimming is that it is a very fun and inclusive sport. It lets anyone join in and have fun.*

What is your favourite movie: *The Matrix*

meet from different clubs. Island Swimming is such an energetic group and I am glad I'm part of it.

Favourite restaurant in Victoria: El Furniture Warehouse

Where do you like to go when you aren't hanging out at the pool: I sometimes go out with friends and family (go downtown, shop and maybe go out for lunch) but I am usually at home.

Tell us something about yourself that your swimmers don't already know: I play the flute.

Book recommendation: The Hobbit

Favourite website: Google, couldn't live without it

Favourite meal: Steak, salad & rice

Favourite restaurant in Victoria: My Chosen Cafe

Where do you like to go when you aren't hanging out at the pool: When I'm not at the pool, I'm usually at school, home, or the gym.

Tell us something about yourself that your swimmers don't already know about you: I have 2 pets - a dog and a cat.

Anything else you would like to tell us about yourself: I like doing archery and going to the gym in my spare time.

Alexx Greenfield, ISS Bronze (SCP)



Years swimming: 10

Why did you decide to start coaching: Because I love kids!

What do you like about swimming: I love the friends you make and how I feel after practices and races.

What is your favourite movie: Lord of the Rings Trilogy

Book recommendation: Divergent

Favourite website: JOLYN

Favourite meal: Burgers

Favourite restaurant in Victoria: Chuck's Burger Bar

Where do you like to go when you aren't hanging out at the pool: I like hanging out at friends' houses and going to the lake or beach.

Tell us something about yourself that your swimmers don't already know: I lived in New York City before moving to Victoria, talk about a change in scenery!

Anything else you would like to tell us about yourself: I have a swim twin, Larry Yu, and we were born on Pi Day (3/14)!

Kaitlyn Mak, ISS Bronze (SCP)



Years swimming: 2010- Present

Why did you decide to start coaching: I wanted to give back to the sport that has taught me so much, and learn to teach others while gaining some experience.

What do you like about swimming: I like that it's both mentally and

physically challenging. It can teach you so much about learning how to stay positive, even when it seems incredibly difficult. It's also a really great way to de-stress from school and other activities.

Book recommendation: Boundless by Kenneth Oppel

Favourite website: Don't have one :)

Favourite meal: Thanksgiving dinners

Favourite restaurant in Victoria: Med Grill

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

Tell us something about yourself that your swimmers don't already know: I really enjoy baking and creating my own versions of things.

FUNDRAISING UPDATE

Thank you so much for making the Bennett Cup fundraising activities so successful. All of your contributions made a difference, from your monetary donations, silent auction donations/bids, and raffle ticket purchases. We are still tallying up the final results, however, it looks like we have fundraised nearly **\$8,000** towards this season's \$25,000 goal. WOW - thanks, everyone!

In case you weren't at the Speed League for the WestJet raffle draw, **Sari Cooper** was the lucky winner of the round trip flight for two to any regularly scheduled WestJet destination! CONGRATULATIONS!

Lastly, we are just about ready to print the *ISC Fuel to Win Cookbook* -- filled with great coach and swim family recipes and nutritional advice from the national swim team's dietician, Susan Boegman. **We are hoping to find a sponsor or more than one who would be interested in contributing towards the cookbook printing costs in exchange for advertising on the back cover.** This is a great advertising opportunity for your business! We won't have the cookbooks available for the Awards Banquet as hoped, however, if we can find some printing sponsors, we might be able to have it ready for the gift-giving season.

Email us ASAP at fundraising@islandswimming.com if you are interested in this opportunity.

VOLUNTEER UPDATE

First of all, I want to start with a thank you, and a big thank you at that, to all the volunteers who were on deck this past weekend, those who came out at the last minute, and those who had to endure hardships covering for roles that did not get filled. A meet of this magnitude is not easy, and I know I asked a lot from all of you. However, from what I have heard from the coaches and athletes, it was a big success, which makes for a promising Bennett Cup in 2019.

I have entered the job confirmation into the system, however at times I was pretty scatterbrained, and I may have made a mistake. Please check over your account, make sure you feel it fairly represents what you did for us over the weekend, and email any discrepancies to officials@islandswimming.com. Some shifts may be on a different day, different slot, so go by sessions not by job.

Pretty sure I just heard someone ask in their heads, how do I check. To check your account go to: https://www.teamunify.com/EvJobSignup.jsp?team=cais&event_id=972866

Sign in, and click on the Print My Job Summary. This should list anything you did this weekend. If you were sick or did not show up for a shift, it will still be listed, however you will not receive credit once they have been processed. This check is more to ensure those who were here did get credit.

For those looking to take the online timer and Safety Marshal clinic, click [here](#) for instructions on how to get yourself started on this. We will also be organizing more face to face training shortly. Stay tuned!



Island Swimming Club members receive a discount for purchases made through the Team Aquatic Supplies (TAS) website. The code for purchases is: ISL125

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Congratulations October Swimmers of the Month

ISS Bronze

Gabrielle D'Astous

Elia Devirshi

Solomon Madden

Owen Meredith

Emmeline Stoehr

Josh Tsai

ISS Silver

Hudson Dyke

Mateo Hains

Mackenzie Marr

ISS Gold

Markus Hulten

Sawyer Smith

C&T

Miguel Batalla

Green:

Brady Kormendy

Provincial

Alex Myburgh

Blue:

Max Feeney

Taylor Price

Senior

Shania Sraw

Black:

Olivia Buckler

CSI/SP

Birpal Sraw

TEAM NOTES



Thank you to everyone who came out to participate in the **Hilary Caldwell Camp**. Her talk at the end of the training event was a definite highlight. Hearing stories and learning from our top Canadian swimmers is always inspirational for our swimmers.

Coaches biked hard for the **Inside Ride Fundraiser** at the beginning of this month. The team exceeded their

fundraising goals for this event and, in total, the event itself raised more than \$24,000 for Island Kids Cancer! Shout out to the HPC - Vic ladies team that cycled circles around the coaches...but we think our coaches still had fun!



Saturday November 3rd, ISC parents traded in their poolside bleachers for much more comfortable seating at the 2nd Island Swimming Bard & Banker Pub Night. With a larger turnout, many new connections were made - it was great to see several of the Blue group parents joining their veteran counterparts. Thanks to the delightful Cathy Hanan, who is now a swim parent, and the board members who came and mingled - it's great for families to get to know you all! Finally, a huge shoutout to Coach Dave who stopped by and, in true Dave fashion, entertained everyone. This club is a great place to be, thanks to all your energy and efforts! Look for the ISC pub night tradition to continue in the spring...

Amanda will be at SCP today (Friday Nov. 16) from 4 - 5:30 and tomorrow morning (Saturday November 16) at JDF from 7:45 to 9:45. Come out and see the sample sizes available for custom clothing orders!

If you have photos you would like us to use for an upcoming edition of Heat Sheet, please send to meetadmin@islandswimming.com.

As we move forward in the season, please note that this newsletter is an official form of communication, so please stay tuned!