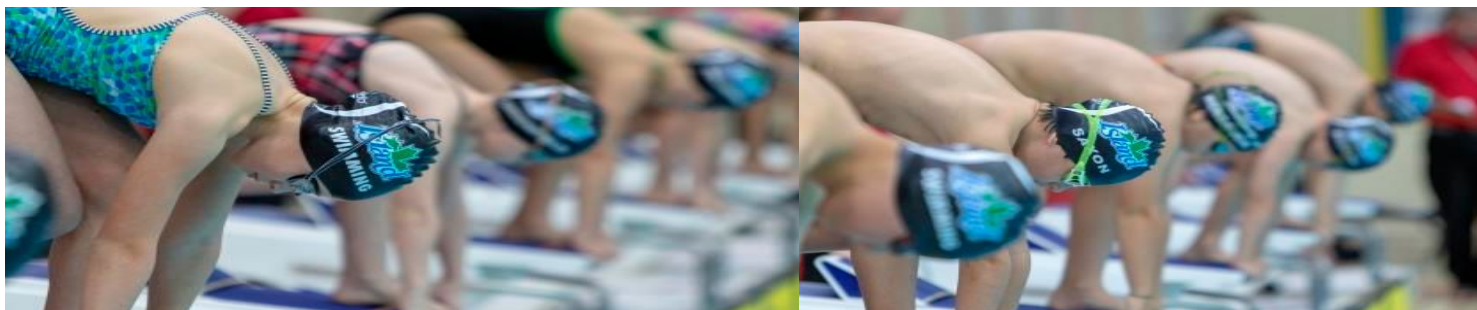




# THE ISLAND HEAT SHEET

November 2, 2018



## IMPORTANT UPCOMING EVENTS

### **November**

- Hilary Caldwell Skills Camp (Nov 3)
- Parent Social (Nov 3)
- Island Coaches Inside Ride (Nov 4)
- Bennett Cup (Nov 9-11 )
- Speed League #1 (Nov 11 )
- ISC Annual Banquet and Awards (Nov 24)

### **December**

- iRace 2 (Dec 2)
- Pointe Claire Invitational (Dec 6-9)
- Xmas Cracker (Dec 7-9)
- MJB Law Classic (Dec 14-16)
- Last regularly scheduled practice before break (Dec 21)

### **January**

- Regular practice schedule resumes (Jan 7)
- Senior Circuit 2 (Jan 19)
- Short Course VIRs (Jan 24-27)

## IN THIS ISSUE

Upcoming Events.....	p1
Sprints.....	p1
Dave's Dives.....	p2
Swim Meet Recaps.....	p3
Coaches Corner.....	p5
Swimmers of the Month.....	p9
Fundraising Update.....	p12
Team Notes.....	p14

## SPRINTS

- Island Swimming coaches will participate in the Inside Ride fundraiser this Sunday. To donate to the team, [click here](#) and enter the team name: **Island Coaches**.
- Bennett Cup is one week away! Please sign up for volunteer shifts if you haven't already done so.
- Speak to your coach about training schedule over the winter break
- Sign up ASAP for the Awards Brunch at the end of November



# Dave's Dives

Hi Parents + Swimmers,

In this week's edition of Dave's Dives I'd like to introduce you to another fantastic book that will reshape the way you think about athletics and specifically the idea of talent. The book is called *The Talent Code* by Dan Coyle. The book

explores the mystery of talent. Does talent exist? Is it something you're born with or can it be developed? You might be surprised to learn the answers to these questions. Perhaps the most interesting and useful parts of the book for me, when I read it as a young coach, was learning about myelin and the concept of deliberate practice.

Myelin is the insulation that wraps around synapses in the brain. The thicker the myelin, the quicker electric signals are sent back and forth between synapses. Those electric signals are responsible for every human movement, from raising your arm in the air to firing a football 50 yards down the field (Go Steelers!). The book describes myelin like roads. Myelin can be thin like a bike path, or thicker like a full on boulevard. Myelin can even grow to be as thick as a super highway capable of sending electric signals with incredible speed and efficiency! The most interesting and greatest fact about myelin is that it grows! And the way to grow myelin is through deliberate practice.

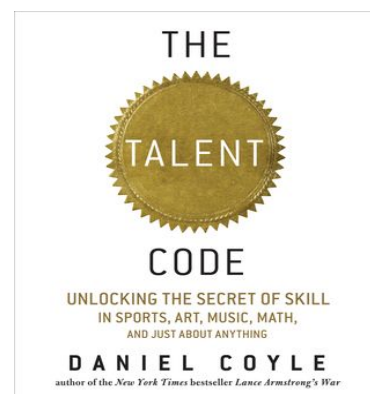
Deliberate practice is the concept of acquiring a new skill through focused, repeated, practice that is just challenging enough. Let's say you want to learn to play the saxophone. You're not going to get there by picking up a sax and just tooting away. Learning that complex skill requires you to break it down into parts and practicing those parts over and over with increasing difficulty level and feedback from a coach. First, you learn how to hold the sax, then how to blow into it, then to play a G note, then multiple notes, then, after awhile, you're playing. What's important about this learning process is that you fail. You mess up, you get feedback from a coach, you focus on the correction and then you do it a little bit better. The key to success is making sure that the skill you're learning is just challenging enough that you can learn from those little failures. Picture someone on their sax playing the G note incorrectly a few times but continuing to take their coach's feedback and to concentrate on the task until they finally get that finger placement right and blamo, a perfect G note. Now picture the synapse in the brain responsible for playing that G note and imagine that the myelin is growing thicker around it allowing the electric signals to fire faster and faster. This is basically how human beings acquire skills and it is quite an amazing process.

I'm sure you can already see how applicable these concepts are to swimming. It's so important that swimmers practice deliberately, that they are mindful of what they're doing. Feedback is essential. Swimmers should be excited about feedback and coaches to give it because it's what will give swimmers something to focus on for deliberate practice. It's important to be challenged. If a skill isn't challenging enough, you won't learn anything and will end up bored. Conversely, if a skill is too challenging, it will end up discouraging you. We need skills that are right in our wheelhouse. That's

why it's so important for us to be patient with our swimmers, no matter what they're best times say. Finally, fail,

fail, and fail again. Failing is the best form of feedback. It shows us exactly where we are in skill acquisition and keeps us in our wheelhouse. Failure is the pathway to success!

I hope my little summary has peaked your interest enough to go out and read the book. I've only just brushed the surface of the it and trust me, Daniel Coyle does a much better job writing about these concepts.



## **SWIM MEET RECAPS**



### **Time Trial**

Our first meet of the year! The ISC Time Trial was a fantastic opening meet for the season. Team spirit got off on the right foot, with all athletes engaging with their teammates races and not just their own. For this meet, we also implemented the *Buddy System*, which paired older swimmers with our younger competitive athletes. We even saw a good chunk of best times at the meet, as the athletes were eager to get back into the rhythm of racing!

### **iRace**

Wow! it was so much fun, especially starting the meet with a balloon relay. We had so many kids participate and I was very impressed with the level of skills I saw early in the season. Kudos to the coaches who made it fun with their skills board to help the swimmers focus on their skills while racing. We saw a few anxious tears changing to big smiles as the swimmers got to their second and third races. This is normal and part of being in a mini meet for the first time. Thanks to all the parents who helped on deck.





## Senior Circuit

Senior Circuit was the first opportunity for our Senior qualified swimmers to get off the blocks and race this season! For this meet, all of the swimmers partook in 100 breast and 200 free as well as a relay. The team spirit was great and all the swimmers raced very well, some even getting best times (especially in the 100 breast), setting an exciting precedent for what is to come as we move through the year!

## 2018 NRST Invitational



The Nanaimo Fall Invitational was a great kickoff to our competition season. As you and anyone within earshot of the Nanaimo pool knows, our theme was “The Future is Bright” (thank you to Coach Riley and the Black group for making the posters). Our swimmers looked great as they raced hard to try and win their heat and earn the honour of the elbow drop in front of the whole squad with their shades on (HOO!). The coaches were really happy with the team spirit at the competition. The kids were engaged and excited about racing, which is exactly what we want to see at this time of year. We were also impressed with how the swimmers executed some of the skills they have been working on at practice. Only one week left until Bennett Cup/Speed League which is the next opportunity for our swimmers to strut their stuff.



**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!!

- **Green:** Avery Brambell
- **Blue:** Max Feeney
- **JDF:** Novella Rusman
- **Black:** Kiah Craig
- **Provincial:** Isaac Pang
- **Senior:** Jil Havers
- **CSI/Sr Perf:** Sophie Marshall + Bryce Baker

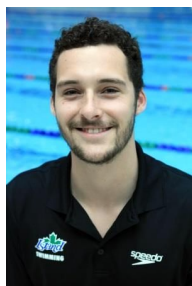
## **COACHES CORNER**

*Annie Wolfe, Island Swim Skills Manager*



Hello guys! I don't know about you but I had so much fun at the iRace. So many kids participated and I was very impressed with the level of skills I saw early in the season. Kudos to the coaches to make it fun with their skills board. We saw a few anxious tears changing to big smiles as the swimmers got to the second and third races which is a normal part of being in a mini meet for the first time. Next one will be Dec. 2nd. Also, There is NO practice for all ISS Friday Nov 9th due to the Bennet Cup but we will have swim practice as usual on Monday Nov. 12th. Have a great week everyone and congratulations to the SOM, read below...

*Wouter Terpstra, Juan De Fuca (JDF) Manager*



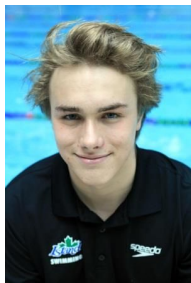
Hello everyone! We just had a couple of fantastic weekends of racing. Two weeks ago we had the Time Trial and iRace. For the Green and Blue groups, it was a good chance to get the taste of racing again and for some, experience an official meet for the first time. On the Sunday we had iRace and the coaches were blown away by how well everyone swam! Those new to swimming this year had a great first iRace and those returning saw huge improvements from our last one back in June. All the skills we've been rehearsing in practice really showed when racing and the kids looked like they had a lot of fun. This past weekend Green and Blue headed to Nanaimo for their fall invitational and we were once again very impressed with how everyone swam. Everyone (including coaches) had a lot of fun and the theme with sunglasses added a great aspect of team spirit and a lot of cheering.

Now for some housekeeping items. Next weekend is **Bennett Cup (Nov 10, Blue)** and the **12&U Speed League (Nov 11, Green & Blue)** so make sure you **sign your swimmer up asap!** Those in Blue can sign up for just Saturday at Bennett Cup where we will swim 2 events. At Speed League we will swim 3. There is a good chance that on Saturday we will have some of our Blue swimmers in the relay at the start of the finals session so please be prepared. I have also heard rumors of a coach relay between the end of warm up and the start of finals on Saturday so you might see your coaches in action (in the water for once) that evening. **For those that are not racing at Bennett Cup, we will have regular practice on Friday (Nov 9) as well as Saturday (Nov 10).**

Our next iRace is December 2 so as that date approaches, please don't forget to sign your kids up. The kids had a lot of fun at the first one and our goal is to have all of our kids there and to ensure that they have loads more fun.

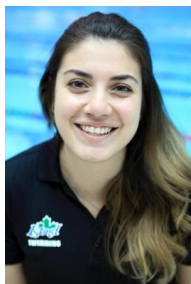
And finally, I would like to start reminding everyone that in 5 weeks we will once again trek to Commonwealth Place (SCP) for 2 weeks of practices as JDF goes through their annual shutdown to clean the pool for the new year. From **December 10-21, all of our practices will be held at SCP** where all of our groups will join their respective SCP counterparts. You can check out the SCP practice schedule on the website to see when your swimmer will train while we are at SCP. I will also attach this schedule in an email as December approaches. Have a great weekend and we'll see you at the pool,

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



Hey guys. What a fantastic month of training it has been for C&T. We have been working on our body position in freestyle and backstroke, and our kick in breaststroke and butterfly. We will continue to work on these skills over the next two weeks. If you do not have fins yet, please try and get some as soon as possible. Keep up the great work guys!!

*Tannaz Hosseini, SCP Green Coach*

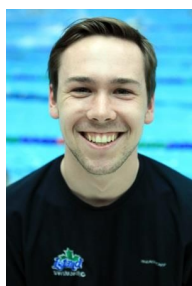


October was a great month for Green - we were able to reach new challenges in practice and at swim meets. Our Time Trial was good practice for learning to be adaptable, knowing when to go behind the blocks, and remembering to talk to our coach before and after races. This is something we definitely did better as a group in Nanaimo! I was happy to see everyone translate the skills we've been working on at practice to our races. Congrats to Brady for October SOM!

Hilary Caldwell camp this Saturday AM 6-8 with 30 min talk after! I hope all the Green kids come to this amazing opportunity to work with an Olympian! Reminder to purchase fins if your swimmer still doesn't have any. **There will be no practice Friday Nov 9 (due to Bennett Cup), but we will have regular practice 6:15-8 am on Saturday Nov 10 and normal practice on Monday Nov 12. Our next meet: Speed League (Sunday Nov. 11) - sign up ASAP!**



*Brett Bennett, SCP Blue Coach*



The Blue swimmers have had a wicked past couple weeks! Starting with our first opportunity to race, our Island Time Trial saw the Blue kids get pumped to race one another in a couple spirited tilts! Our meet this past weekend, the Nanaimo Fall Invitational, was a successful meet for all Blue athletes. We raced well and, most importantly, had tons of fun in the process. Team spirit was high, and everyone was amped to race at our first away meet of the year. I was very impressed with everyone and I'm excited for all the racing we will be doing this year.

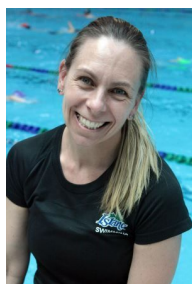
Speaking of which, up next is the **Bennett Cup for those qualified** and the **Speed League for everyone**. Please sign up as soon as possible! Bennett Cup athletes will be only doing the **Saturday sessions** and the Speed League. Practice on **Friday (November 9th) will be cancelled**, but we will still have regular Saturday AM practice with **no dryland for those only going to Speed League**. This **Saturday AM (Nov. 3rd)** practice will be replaced with the Hilary Caldwell Camp from 6:00 am to 8:30 am.

*Riley Janes, SCP Black Coach*



I was very impressed with everyone that came to Nanaimo - we had zero missed races and everyone had at least one best time. We did a good job cheering and staying focused in our swims sticking to our race plan and technical skills! **Everyone should be on deck this Saturday for the Hilary Caldwell Clinic at 5:50. We will not have dryland after.** We will also not have a workout the day after Bennett Cup. Please don't forget to sign up for MJB Law, it will be a blast. We still need a female chaperone, this would be a great way to get your 11&U on the bus. Please also sign up for the Awards banquet.

*Annie Wolfe, SCP Provincial Coach*



Hello guys! I was very happy with the way the group swam at the meet. Lots of best times (due mostly from the few inches some of the kids grew this summer) but also due to applying some skills we have been focusing on over the last 7 weeks. Next is Bennett Cup. It's a very quick turn around so we are focusing on being engaged in the next 2 weeks and working on what we learn from Nanaimo. This Saturday we have the Hilary Caldwell camp but we still have Yoga so we will participate in the swim portion.

Congratulations to Alex Myburgh for being the SOM for October. Have a great week.

*Finn Page, SCP Senior Coach*



Hi all, October went pretty well for the senior group. We are now starting to get into the swing of how things should be done. The focus has been on flutter kick for most of October and I am seeing some solid improvements in both technique and kick fitness. I was happy with the performances and attitude at the Time Trial and the

---

Nanaimo meet. I am seeing much more supportive and enthusiastic attitudes from the athletes. Keep up the good work!

Also, make sure you sign up for Bennett Cup if you haven't already.

There will be no Monday morning practice on November 12th. However Senior group athletes are invited to come train with the Senior Performance group instead in the afternoon.

There will be no Saturday afternoon practice for Senior group on November 3rd. Instead, athletes are expected to come to the Hilary Caldwell camp from 6am-830am.

*Dave Tontini,  
CSI*



Hi folks,  
Cole and I were very pleased with the way our swimmers conducted themselves at the Nanaimo meet. The focus was on racing, team spirit, proper warm ups/warm downs and kick/underwaters. We asked the kids to come into this meet with no expectations, which is harder than it sounds. For most 15-18 year olds, October is not the time of year where you're going to light it up with a bunch of best times. It's more about improving stroke and skills and learning to race when fatigued. Swimmers that continue to do this well will see results later on in the season.

*Cole Bergen,  
Senior  
Performance*



Next up for us is Bennett Cup. Swimming at your home pool is always a good opportunity to swim a little faster. We are allowing swimmers to wear an old race suit at this meet if they'd like so we can evaluate their fitness level. Brand new race suits should be saved for Championship meets. We have asked swimmers to choose 3 events that they would like to swim at both Bennett Cup and their December meet. They can do so by logging onto the Team Unify website and clicking the events they'd like to swim. Coaches will choose their other events. At Bennett Cup swimmers should be on deck 20 minutes before the start of warm up with their Black Island t-shirt and Island Swimming gear (no Claremont gear please). Swimmers are expected to attend finals regardless of whether they make it in or not. We will continue to focus on proper warm ups/warm downs, new technique, and racing. There will be no practice **Monday morning November 12th** following Bennett Cup.

This season we are really emphasizing proper recovery with our swimmers. That's the reason we're giving some practices off following big weekends of racing. It's also why we have included Yoga and Foam Rolling once a week as part of our program. Please make sure your swimmer invests in a yoga mat and a foam roller so they can participate properly. Swimmers are expected to foam roll at least twice/week on their own at home.

Coaches are just finishing up the first round of meetings with swimmers to discuss goals and how the season has been going thus far. Some swimmers have yet to book an appointment to talk to Dave and risk losing that opportunity all together.



This Saturday morning is the Hilary Caldwell camp. All swimmers are expected to participate in the camp and stay for her presentation. It's a great opportunity to learn from an Olympic Bronze Medalist!

Make sure you get your tickets for our annual Awards Banquet on Saturday November 24th. Dress spiffy!



## October 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 **October** Swimmers of the Month!*

### Island Swim Skills Bronze:

#### **Gabrielle D'Astous**

Gabrielle works hard every practice and always pushes herself to work harder. She also always comes prepared for practice and never forgets her equipment.

#### **Elia Devirshi**

Elia came to the group from Wave Skills feeling a little overwhelmed by the big pool, but with his bubbly energy, he managed to hop in and try it out! His kick has improved so much since the start, and at the iRace he demonstrated how speedy he can be in the 25m dolphin kick! Great work!

#### **Owen Meredith**

Owen always shows up to practice ready to swim and participate. He always asks to go first and has no problem jumping straight into practice.

---

### Island Swim Skills Bronze:

#### **Solomon Madden**

Solomon has had a phenomenal start to the season in Bronze. He shows up to every practice, on time, ready to listen, and to lead his teammates. He really tries to apply any feedback he is given, and at the end of practice, steps up to help clean up equipment. His enthusiasm for every part of practice has shown in his swimming skills. You're doing so well, bud! Keep it up.

#### **Emmeline Stoehr**

From day one, Emmeline has been working hard, staying focused, and finishing every practice with a smile. We've really pushed her out of her comfort zone by making her do the majority of practices without fins. Instead of complaining or backing down, she faces the challenge head-on. We are so proud of you for that Emmeline!

#### **Josh Tsai**

Josh has been rocking it the last month! He had perfect attendance and always arrived to practice early and ready to go! We had a little trouble getting him to listen at first, but it has gotten much better! The results showed at the iRace where he crushed all his races! Congrats Josh and keep it up

### Island Swim Skills Silver:

#### **Hudson Dyke (JDF)**

Hudson has done a great job these past two weeks with all the skills we have been working on. He also had amazing races at our first iRace two weeks ago. Great job Hudson. Keep on working hard!

#### **Mateo Hains (SCP)**

Mateo has showed up to practice with loads of excitement and a positive attitude. Keep up the amazing work!

#### **Mackenzie Marr**

Mackenzie has done amazing job focusing on all the skills we have been working on over the past month and has made a conscious effort to remember to work on them at every practice. Her attendance has also been amazing. Keep up the good work!

### Island Swim Skills Gold:

#### **Markus Hulten (SCP)**

Markus has shown a lot of enthusiasm and effort during practices and at the recent iRace meet. He also had perfect attendance for October! Markus is comfortable leading the lane and gets along well with his teammates. He listens well and is focused. Keep it up Markus!

#### **Sawyer Smith (JDF)**

In addition to having a great iRace meet, Sawyer has been working hard from the front of the lane this month. He has also demonstrated more focus on improving his skills on a daily basis. Great job and keep up the good work Sawyer!

---

JDF Green/Blue: Taylor Price (Blue)

Taylor's hard work in practice and lane leadership really stood out this month. She continues to demonstrate that she can push herself and encourage her teammates to do the same. Keep up the good work Taylor!

Conditioning and Technique (C&T): Miguel Batallas

Miguel has done a great job with all the drills and skills we have been working on this month. He's also had great attendance. On top of showing up for practice, he will show up with a great attitude and is always joking around with the other swimmers, keeping it fun. Great job Miguel.

SCP Green: Brady Kormendy

Brady has done a great job in practices - he works hard and makes sure the rest of the group does too. At the Nanaimo meet, Brady rocked all best times in all of his races, did a great job of knowing when to go behind the blocks, and worked on every skill he was asked to do. He also showed lots of team spirit, cheering for the whole team whenever he could. A heat winner in the 100 fly was a major highlight. A lot of growth for Brady this month, well done!

SCP Blue: Max Feeney

Max has had a dominate month of training and racing. His leadership and positive attitude have been contagious to everyone in the group as he continues to come to practice ready to work hard. At the Nanaimo meet, Max was a heat winner 5 straight times and looked good doing it! Keep up the momentum Max!

SCP Black: Olivia Buckler

Olivia has worked hard to recover from foot injuries that forced her to miss time last season. She works hard everyday and brings a positive attitude to every set. She had **5** best times last weekend including a massive 18 second drop in her 100 fly!

Provincial: Alex Myburgh

I'm so happy to give the SOM to Alex. She has started the season on a positive note. First, her attendance was close to 100% in October which is a big improvement for her. She always has a big smile and with that she brought a positive attitude towards working well and hard in practice. She has made lots of progress in all her strokes which resulted on big best times in Nanaimo. Keep it up Alex, you rock!

Senior: Shania Sraw

Shania has been a model athlete this October. She is taking on a role as a leader in the Senior group. What I've been most impressed with is the level of effort she's giving at every workout she comes to. Though not every practice went perfectly, she always focused and gave an honest effort. Keep it up Shania!

---

### Senior Performance/CSI: Birpal Sraw

Birpal has entered this season a new man, emphasis on the man. He has been competing with the big boys at training everyday and has even been spotted leading lanes. He is setting the bar high for our group of boys. Birpal brings with him great spirit, a wicked sense of humour, and a tremendous passion for swimming. We are especially proud to see Birpal believing in his own abilities: <https://www.youtube.com/watch?v=-7jRWvdR5XQ>. He has shown toughness in the face of challenges and is showing progress with his approach to racing. Seek shelter everyone, Chocolate Thunder is here!



---

## **FUNDRAISING UPDATE**

**EXCITING NEWS!** We have recently secured plane tickets for 2 to any scheduled [WestJet](#) destination! As part of our fundraising efforts, we will be selling raffle tickets for the chance to win these WestJet tickets during the Bennett Cup and Speed League meets (November 9-11th) at the Silent Auction table. The draw will be done at the conclusion of the Speed League meet. Raffle tickets will be sold 1 for \$10 or 3 for \$20. There will only be 600 tickets sold, and we expect to sell out, so GET YOUR TICKETS EARLY!

*Some of the awesome donations that will be up for grabs during the Bennett Cup Silent Auction are:*

- Boat Cruise for 4 to Pender Island's "Poet's Cove"
- Weekend Getaway in an Audi (use of car, night and restaurant voucher at *Villa Eyrie*)
- *Night Under the Stars* gift basket
- Rodan & Fields Skin Care basket
- [Butatta Tableware](#) (serving bowl + 4 cereal bowls)
- One Hour Private Coaching Sessions with: Dave, Annie, Avila, Riley, Cole, Tannaz, Wouter, or Finn
- 4 Tickets and Teddy Bear to the Royals Hockey Game
- *Book Club* gift basket
- *Winter-themed* gift basket
- Gift-wrapped vase from Broadmead Pharmasave



- Mini Black Matte Coffee Machine
- David's Tea baskets
- Pets West basket
- Speedo baskets
- Popeye's Victoria gift basket
- Epicure Basket
- Roots gift card
- MD Esthetics basket
- Il Terrazzo gift card
- Just Light Photography session & images
- MD Esthetics card

We will be accepting monetary donations all the way up until and including November 11th, so if you've missed out on contributing and would like to do so, here is [the link](#).

## **THANK YOU TO THE BENNETT CUP SPONSORS**





## TEAM NOTES

- All swimmers and parents, please remember that SCP has a **no deck changing** rule in place. Swimmers must change in designated changerooms.
- There are still **5 lockers available** to rent for \$90 per year. Please contact the office if you are interested in getting one of them.
- All swimmers must wear **Island clothes** for dryland practices and meets. Please see Cathy in the office if you need to purchase a shirt.
- Parent social Saturday night at **Bard and Banker pub 7:30 onward**. Come meet some parents and have fun. No swimming talk!
- Don't forget about the **Hilary Caldwell Camp** this Saturday morning for competitive swimmers.



If you have photos you would like us to use for an upcoming edition of Heat Sheet, send to [meetadmin@islandswimming.com](mailto:meetadmin@islandswimming.com) and we will do our best to fit them in.

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