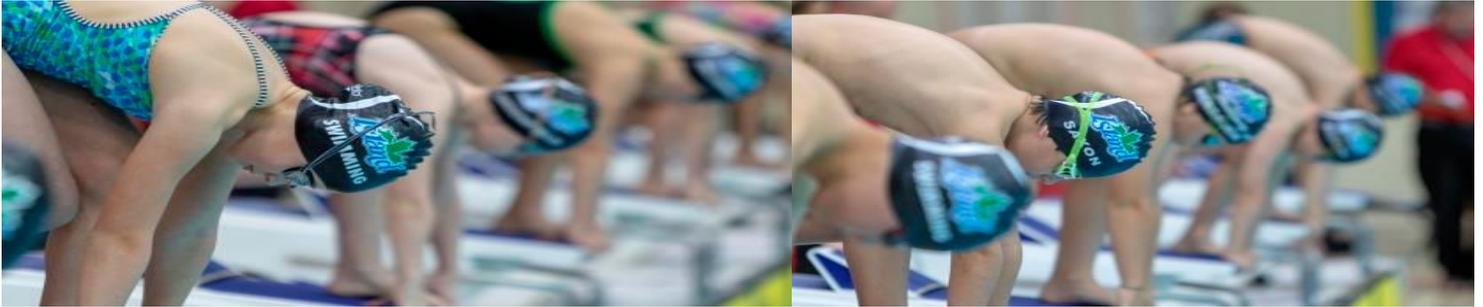




# THE ISLAND HEAT SHEET

November 30, 2018



## IMPORTANT UPCOMING EVENTS

### December

- 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)

### February

- PSW Invitation (Feb 9-10)
- Speed League (Feb 10)
- Tier 1 (Feb 22-24)
- Time Trials (Feb 23)
- Middle and Elementary School 95th Annual School Champs (Feb 24)

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## SPRINTS

- Speak to your coach about training schedule over the winter break, please see the draft schedule on page 13 of this newsletter.
- Please remember that SCP has a **no deck changing** rule in place. Swimmers must change in designated changerooms.
- There are still **3 lockers available** to rent for \$90 per year. Please contact the office if you are interested in getting one of them.

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# Dave's Dives



As we all know, at times, swimming can be a very gruelling sport. In the last edition of Dave's Dives we spoke about staying healthy during the winter months; in this edition we will discuss another important health issue related to swimmers: **Iron Deficiency**. In the past few seasons, some of our older swimmers have been diagnosed as either anemic or iron deficient and I'm sure a number more are

unknowingly affected by this.

Iron deficiency is very common amongst athletes, and not just female athletes. Iron is an important nutrient in the human body - it is vital for the transport of oxygen to the blood. The most common symptom associated with iron deficiency is extreme fatigue and low energy levels. Sometimes, however, people have no symptoms at all. The danger here is that swimmers might associate this fatigue to a normal side effect of heavy training. However, if an athlete's fatigue never seems to go away, or if they notice a deterioration in their energy levels and/or performance in training, this is not normal. The good news is that there are steps to take to prevent or treat iron deficiency and athletes will see a rise in energy levels. Yay!



## Tips for Preventing Iron Deficiency:

1. Get a blood test.
2. Ensure that your diet is rich in foods with iron like red meats, green vegetables, beans, nuts, and seeds.
3. Sleep well. Sleep is the ultimate recovery method and best way to prevent fatigue from training.

*I strongly encourage our swimmers from Black group and older to get a blood test.*

## How To Go About Getting a Blood Test:

1. Mention to your GP or Doctor that you are an athlete and you've been "feeling tired" lately. This will make it more likely to get a referral for a blood test, which is required.
2. Book an appointment for a blood test with LifeLabs
3. Make sure the blood test is a Complete Blood Count (CBC) and a serum ferritin test.
4. Have the results analyzed by your doctor and inform your coach of the results.
5. For athletes 16 and over you can sign up to access your own results online (through [LifeLabs](#))
6. If you are already taking iron supplements, don't take any for 2 days before your blood test in order to get accurate results.
7. Finally, the best time to have your blood tested for iron is when you're rested. Ideally, the day after a full day of rest. The break over the holidays or a Monday morning could prove to be the best time to go.

Big thanks to Sue Boegman of Canadian Sport Institute/HPC-Vic for her feedback regarding this topic!

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## **COACHES CORNER**

*Annie Wolfe, Island Swim Skills Manager*



Good week everyone. This is it - iRace #2! We are very excited as swimmers have been learning the new breaststroke and fly skills and we will be able to see them in action trying them. Since it's our December iRace, we will have a Christmas theme and we encourage kids and parents to dress up or have Christmas props. We called on Santa so we hope to see him too! Note: there is no swim practice on Friday December 7th for all ISS group as there is a swim meet happening. See you this Sunday at 7h45am. Annie and the ISS coaches.

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



Hello JDF! Thanks to those who came out to the awards brunch on Saturday to help celebrate both Island Swimming's and your own successes from the past season (And thanks to coach Brett for putting together a hilarious slideshow)! Below are some news bits for the upcoming weeks.

The last **iRace** of 2018 is this Sunday and the theme is Christmas! Drag out those ugly (or hilarious) sweaters, reindeer antlers, or Santa/elf hats and get ready to have fun and swim fast! Please have your swimmer on deck at 7:45am for group activation!

**Dec 7-9 is the Xmas Cracker** meet at Commonwealth and Fynn and I are both excited to have one more awesome meet before the holidays. On day 2 of the meet (Saturday) we will all be wearing **ugly Christmas sweaters** so if you have one...wear it!

This coming week will be our last one at JDF for the year as the pool goes through its **annual shutdown** for maintenance and cleaning. Please have another look at the **SCP schedules**, pre-competitive (Bronze, Silver, Gold) and competitive (Green, Blue), on the [website](#) to ensure you have the correct practice times for **December 10-21**. Thanks to those with swimmers in Bronze and Silver who have emailed me which schedule they will be attending. For those who have not yet, please shoot me a quick email by next week indicating which practice schedule your swimmer will attend. If your swimmer will be away at any point during our 2 week residency at SCP, please let me know as you normally would.

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



Hey C&T! We have done a lot of work these past couple of weeks on our Freestyle and Backstroke head position, and our Breaststroke and Butterfly arms. We are going to be working on our timing in Butterfly and Breaststroke for the next few weeks and will continue to work on our head position and breathing in Freestyle and Backstroke. Next week we will not have practice on Friday December 7, or on Sunday December 9 because of a swim meet. Instead, we will all be in on Saturday December 8 from 2:00-3:00pm.

Tannaz Hosseini, SCP Green Coach



We had our annual ISC Banquet this past weekend with lots of success and celebration. It was fun to dress up and reflect on our past season! We have our next swim meet - **Christmas Cracker (Dec. 7-9) next weekend** and our group is looking forward to swimming at it! On Day 2 - Saturday the 8th - we want the whole team to come in **ugly christmas sweaters** to the meet. The tackier the better. There is NO practice for Green on Friday Dec 7 and Saturday Dec 8 as we will all be at Cracker during those practice times.

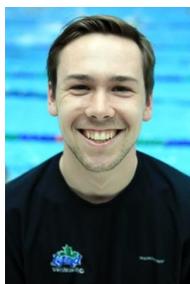
**Last day of practice before the holiday break will be Friday Dec 21.** We'll be having JDF Green join us from December 10th until the 21 as their pool shuts down for maintenance. We will be back in action for our Green-Blue-Black group **Christmas Training Camp from Jan 2-Jan 5.**

Here is the schedule for that training camp:

Wed. Jan 2	10:30-12:30 pm
Thu. Jan 3	4:00-6:00 pm
Fri. Jan 4	10:30-12:30 pm
Sat. Jan 5	6:30-8:30 am (Normal time)

**Back to normal practices on Mon. Jan 7.** Congrats Helen for SOM November!

Brett Bennett, SCP Blue Coach



I was happy to see so many Blue athletes at the annual ISC Banquet this past Saturday! It was a ton of fun and, if you didn't go this year, I would encourage you to attend next season!

Our next meet is coming up really quickly as we have **The Christmas Cracker** from December 7th to 9th! On Day 2 of the meet (Saturday), both the coaches and athletes are encouraged to wear their **Ugly Christmas Sweaters**. I'll be wearing mine so you should be wearing yours too! **We will not be having regular practice** on the Friday (December 7th) or the Saturday AM (December 8th).

After the Christmas Cracker, we will be hosting our Blue friends from the boonies (or JDF) for the remainder of the year as their pool will be doing their annual shutdown. Our last Blue practice before the Christmas Break will be on **Friday, December 21st.**

Riley Janes, SCP Black Coach



I will be going over events for the Cracker with the kids this week, we will swim no more than 7 events as it is a very large meet. Everyone making finals and swimming relays is obviously expected to come back for the evening sessions. It would be great to have a big group at all sessions. Congrats to all the award winners from last week's Annual Awards Banquet. Club record certificates will be made soon, sorry for the oversight. Kiah has been joining the provincial squad on Saturdays and is

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showing she will fit in very well, they grow up so fast. We have also begun to add a few Blue group kids to some of our morning sessions, please continue to welcome Ivana and Max into our awesome group as they transition up. Just a reminder MJB Law has been cancelled for this year, let's all plan to make it a priority for next season as team travel is a hoot, but we need numbers to make it happen. Our holiday schedule is just about confirmed - we will swim once a day starting on the 2nd until the 5th. Details to follow once confirmed.

*Annie Wolfe, SCP Provincial Coach*



Hello Provincial families. We have worked very hard in the last 3 weeks getting ready to compete in Montreal and Cracker. Getting ready to compete follow are the change of schedule for next weeks: \*First if you going to Pointe-Claire we have an extra swim practice this Sunday at 11h30am. Next week, Monday December 3rd, dryland will be a short one finishing at 6h15pm. No Tuesday am for Pointe-Claire swimmers but yes for everyone else. Wednesday 4-6pm only and Thursday pm only from 4h-5h30pm. No Monday pm on Dec. 10th as I won't be back . Swim on Tuesday am with Riley for swimmers that stayed here. Back to normal swim schedule in the afternoon. Thanks to everyone that came to the Banquet! Congratulation to the swimmer of the month: Ashley Clavelle. Make sure to take care of yourself going into the meet next week and race confident- have fun! PS. Bring warm clothes in Montreal-no kidding.

*Finn Page, SCP Senior Coach*



Hi all! We're coming off the end of a build in training so we can get ready for Christmas Cracker or Pointe Claire. **For those going to Pointe Claire:** There will be practice on Sunday at 11:30. As well, there will be no practice Monday morning. Instead, there will be practice Monday night with Senior Performance, so enjoy that sleep in!

**For those going to Cracker/all other Senior Swimmers:** for all of us left here in Victoria, next week is going to look a bit different. We will have regular practice on Monday and Tuesday. Wednesday will be in the afternoon from 4-6, and Thursday will be in the afternoon from 4-5:30. There will be no practice the Monday after Christmas Cracker so enjoy the day off. We will be back to the regular practices on Tuesday.

Over the winter break we will be joining the Senior Performance and CSI schedule. This goes from Dec 27-30, and Jan 2-5th. Keep up the awesome work going into December!

*Dave Tontini, CSI*



Hi folks,

We have been working hard since the Bennett Cup and we are really pleased with the response from the athletes. They have stepped up to the challenge, supported one another, and been much more positive than we've seen in the past. This is the type of attitude that we can build off of. Some important notes for you:

- Practice cancelled on Monday AM December 3rd.
- Both Practices cancelled on Monday December 10th.

[Pointe-Claire Meet Info:](#)

Cole Bergen,  
Senior Performance



- We have practice Sunday from 11:30-12:30.
- Be at the airport by 4:50am on Wednesday.
- Swimmers should be wearing race suits. However, brand new suits should be saved for championship meets.
- Bring winter clothes and appropriate travel gear (compression socks+pants, empty water bottle, Island Gear).

Cracker Meet Info:

- Coach Finn Page will be taking charge of the Senior swimmers at Cracker.
- Swimmers should be wearing race suits. However, brand new suits should be saved for championship meets.

Holiday Schedule: The schedule will be posted on the website as soon as it is finalized. The plan for holiday training is to do 2 practices (almost) everyday. The morning practice will be a training session while the afternoon session will be skills + technique. Our aim is for swimmers to maintain fitness but not get burnt out as we still have a long season ahead.

Please note that Dave will be away from Dec 19th - Dec 27th and Cole will be away from Dec. 22 - Jan 7. Dave and Finn will be joining forces for the holiday training.

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## November 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 **November Swimmers of the Month!***



Island Swim Skills Bronze:

**Emma Diaz (SCP)**

Emma was new to our program and was just a little behind, but now she has shown that she can progress through her swimming and keep up with the rest of the group! She has worked really hard the past month and the results are fantastic! Great work Emma!

**Yihan Hu (SCP)**

Yihan has had an amazing first month in Bronze! He loves to get feedback and is always ready to lead the lane. He supports teammates by passing them equipment when they can't reach, or giving a smile when they need some support. Keep it up!

**Leah Marr (SCP)**

Leah started out with a bit of a shy side, but as the month went by, she proved to herself that she could do what the other swimmers were doing and be just as fast! She demonstrated that, with time, she could learn and swim a whole length without stopping! Awesome job Leah!

Island Swim Skills Bronze:

**Avyn Smith(JDF)**

Avyn is one of our rays of sunshine. She comes on deck ready to high five everyone and everything she sees (and no longer falls for the mustard stain trick, well done). In the water, she is focused and works hard on her skills. She is a great teammate and loves to make friends with everyone. Great job Avyn, keep it up!

**Nate Tilley (SCP)**

Nate has been so focused on improvement this month. He listens to instructions and really tries his best, even when the pool is really cold. Because of this, his dive and backstroke kick have been so awesome. Thank you for your efforts bud!

**Tristan White(JDF)**

This month Tristan has been dedicated, hard working, and eager to learn. Great job Tristan and keep it up!



Island Swim Skills Silver:

**Emmett Hastie (JDF)**

Emmett has been doing an awesome job lately with all the drills and skills we have been working on. He always comes to practice smiling and ready to go. He is always eager to learn and ready to try as hard as he can. Great job Emmett, keep up the great work!

**Jasper Lau (SCP)**

After missing nearly a month due to an injury, Jasper came back to practices with a very positive attitude and almost perfect attendance. He has shown a lot of improvement within the skills we've been working on. Keep up the amazing work Jasper!

**Gabby McArthur (SCP)**

Gabby has done an amazing job pushing herself to tackle some of the more complex skills we have been working on this past month. Gabby has shown outstanding leadership by coming to every practice eager to improve and ready to work hard. Nice work Gabby!

Island Swim Skills Gold:

**Yohan Goranson (JDF)**

Time and time again Yohan has demonstrated that he loves to work hard, and this month was no exception! Well done focusing on the skills that we work on every day as well as always coming to practice. Keep it up!

**Douglas Putland (SCP)**

Douglas is a dedicated swimmer! He puts in his best effort at every practice, especially on "Challenge Swim" days and at swim meets. Douglas gave his all at the Speed League meet, swimming 100 fly for the first time! He has near perfect attendance and a great attitude! His team spirit shines through at any swimming related activity he takes part in. Way to go Douglas!

**TEAM AQUATIC SUPPLIES LTD**

**SHARK CLUB PROGRAM**

Club: Island Swimming  
 Online Coupon Code: ISL125  
 Expires: August 31, 2019

Program subject to change and/or cancellation at any time.  
 Discount is valid on regular priced in-store, in-stock merchandise only.  
 Card must be presented online at purchase.  
 Not valid at Swim Meets and other Sales Events, or in conjunction with other discounts.

#SwimExperts

*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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### JDF Green/Blue: Ava Denny (Blue)

Day in and day out, Ava always shows up with a big smile, positive attitude, and is always prepared to work hard. At Speed League she swam 100% best times and had a few excellent stand out swims. Well done Ava, keep up the great work!

### Conditioning and Technique (C&T): Justin Ge

Justin has been doing a great job with all of the skills we have been working on in the past couple weeks. He always comes to practice ready to go and eager to learn. He has had a great attendance and every time he comes he brings his great attitude with him. Awesome job Justin, keep up the great work!

### SCP Green: Helen McArthur

Helen has done a fantastic job this month learning pace times, leading lanes, and being a good teammate. She always asks questions and tries her hardest when she races. I was impressed with Helen after she took off a whole minute from her timed 200 flutter kick from last month. Lots of progress for Helen, you should be proud! Keep it up!

### SCP Blue: Riley Greenfield

Riley continues to be a leader and one of the best teammates in the group this year! She always comes to practice ready to work hard and (mostly) knows exactly what she needs to do in order to succeed. On top of ripping up the Bennett Cup and making a 100m Fly final (not a big deal!!), she capped off the weekend by completing her first 400m IM at the Speed League. Fantastic job Riley!

### SCP Black: Valeria Tonix

Valeria takes all feedback in stride and is always working to improve. She regularly works her way to the front of the lanes in practices and is also a fearless racer. Her fantastic attitude is starting to pay off and she is well on her way to a memorable season.

### Provincial: Ashley Clavelle

Ashley has started the season with a positive mindset and has made a good transition into the CSI program. She has improved her attitude towards change and challenges herself more in big sets. She comes on deck happy which make everyone around her happy and a pleasure to coach. Keep it up Ashley.

### Senior: Kaitlyn Mak

What can I say about K-Mak, besides the fact that she has been killing it in November! There are a number of things she does really well, but what I'm most happy about is her commitment to keeping her word. If she says she's going to do something, she's gonna get it done. This translates to an awesome attendance record and puts her into a leadership role in Senior. Though she missed Bennett Cup, she had good reason. Kaitlyn went all the way to Prince George to do her NCCP 101 course - now that's dedication to the sport! Keep on keeping on Kaitlyn!

### Senior Performance/CSI: Emiko Osborne

The name of the game for Emiko coming into this season was consistency. So far this season, and especially in the month of November, Emiko hasn't been consistent, she's been consistently awesome! She has been *el fuego* in the pool this month (that's spanish for *really good* kids). We are especially proud of how she has taken on a much







Many of our **senior swimmers** participated in the High School swim meet earlier this month. Some of the highlights of this meet included Chantel Jeffrey earning Gold in 100 Free, 100 Fly (with a Provincial record) and 200 IM; Sam Beyak getting a Bronze in 50 Free; Sam Beyak, Marcus Mak, Matt Clavelle and Keir Ogilvie receiving GOLD in their 4x100 Free Boys Open Relay. Matt Clavelle also came home with a \$250 Bursary from BC School Swimming. Congratulations to all of the swimmers who swam at this meet!

And the most sought after prize at Bennett Cup was....



For those families who bought caps and backpacks - our caps have been shipped and are on their way. The backpacks were shipped this week from Toronto and we are hoping that there will not be too many more postal delays before we receive them. Thank you so much for your patience with this.



And, finally, THANK YOU to all swimmers, family, friends, and coaches who attended the Annual Awards Banquet this past weekend. It was great to see everyone dress up and come out to celebrate all of our accomplishments over the past season. As always, the food was plentiful and delicious (special mention goes to the cake Cathy brought in from Lighthouse Bakery - above). This event keeps growing each year, and is a really wonderful way to get people together to celebrate our success. If you weren't able to make it this year, please plan to attend next year. Check out some of our amazing swimmers on the following pages as well as a list of those who received awards at the event.



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## LIST OF AWARD WINNERS

**Ryan Cochrane Distance Award:** Kyla Ross & Ethan Phillips 1

**Hilary Caldwell Performance Award:** Ethan Phillips

**Rick Say Bust Out Swim Award:** Danielle Hanus

**Dr. Perchinsky Scholarship Award:** Alicia Eisen & Austin Phillips

**Bennet Cup Grit Award:** Larry Yu

**Age Group Performance Awards:** 10 & Under Riley Andrusak & Tyler Felt

11/12 Harper Nevins & Kristofer Hulten

13/14 Thea Masselink & Dylan Kormendy

15-17 Chantel Jeffrey & Larry Yu

**First Time VIR Qualifiers:** Alex Daly, Ava Denny, Stella Graham, Lila Koropatniski, Charlotte Lawson, Isla Lord, Eric Moukminov, Sailor Naus, Destiny Peltier, Avery Saxon, Chase Saxon, Tiegan Szulc, Mya Webb, Kiefer Wensauer, Isabelle Wu, William Zielinski,

**First Time Tier 1 Qualifiers:** Riley Andrusak, Kiah Craig, Nicola Daly, Mady Eames, Pru Feeney, Tyler Felt, Riley Greenfield, Jacob He, Finley Howard, Dominic Huang, Kristofer Hulten, Ava Lawson, Nathan Mak, Zahara Naworynski, Katie Nethercott, Harper Nevins, Hadley Ommundsen, Gracie Rae-Arthur, Anthony Schenk, Michaela Soper, Valeria Tonox, Noah Weaver, Declan Warner, Isaac Yu, Tiger Zhang

**First Time Tier 2 Qualifiers:** Shiho Chiang, Ashley Clavelle, Oliver Elgersma, Pyper Haney-Corns, Kristopher Hulten, Alexandra Kurz, Sophie Marshall, Alex Medler, Lauren Mosher, Anastasia Musaji, Harper Nevins, Sloane Wensauer

**First Time Western Qualifiers:** Ashley Clavelle, Marcus Mak, Thea Masselink, Lauren Mosher, Aidan Shields, Sela Wist, Larry Yu

**First Time Canadian Junior Championships:** Sam Beyak, Matthew Clavelle, Marcus Mak, Thea Masselink, Harper Nevins, Ali Rasmussen, Mareya Valeva, Sela Wist, Larry Yu

**First Time Canadian Senior Championships:** Kelsey Andrusak, Sam Beyak, Marcus Mak, Thea Masselink, Austin Phillips, Sela Wist, Larry Yu

**First Time Canadian Trials Qualifiers:** Kelsey Andrusak, Sam Beyak, Larry Yu

**Rising Star Awards:** Prunelle Feeney, Noah Grand, Riley Greenfield, Jacob He, Lila Koropatniski, Noah Weaver, Abigail Yerima, Will Zielinski,

**Club Grit Awards:** Green: Isabelle Wu, Green (JDF): Taylor Price, Blue: Isaak Yu, Black: Michaela Soper, Provincial: Thea Masselink, Sr Performance: Larry Yu, CSI: Alex Greenfield

**Club Spirit Awards:** Green: Stella Graham, Green (JDF): Ava Denny, Blue: Anthony Schenk, Black: Kristofer Hulten, Provincial: Marisa Smith, Sr Performance: Lauren Mosher, CSI: Austin Phillips

**Highest Point Senior Award:** Sarah Darcel



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# DRAFT WINTER SCHEDULE

Please note that this schedule may change. Confirm with your coach if you have any questions or concerns.

**Gold-Green-Blue-Black Groups:** NO PRACTICE: Dec. 22<sup>nd</sup>-Jan. 1<sup>st</sup>

Practice starts in January:

Wed. Jan. 2: 10:30am-12:30pm

Thurs. Jan. 3: Afternoon TBD

Fri. Jan. 4: 10:30am-12:30pm

Sat. Jan. 5: 6:30-8:30am

**Provincial:** NO PRACTICE: Dec. 22<sup>nd</sup>-26<sup>th</sup>, 31<sup>st</sup> + Jan. 1<sup>st</sup>

Week 1:

Thurs. Dec. 27: 4:00-5:30pm

Fri. Dec. 28: 5:30-7:15am

2:00-4:00pm

Sat. Dec. 29: 6:00-8:00am

Sun. Dec. 30: 8:00-10:00am

Week 2:

Wed. Jan. 2: 4:00-6:00pm

Thurs. Jan. 3: 5:30-7:30am

4:00-5:30pm

Fri. Jan. 4: 4:00-6:00pm

Sat. Jan. 5: 6:00-8:00am

**Senior Groups:** NO PRACTICE: Dec. 22<sup>nd</sup>-26<sup>th</sup>, 31<sup>st</sup> + Jan. 1<sup>st</sup>

Week 1:

Thurs. Dec. 27: 5:30-7:00am

7-7:30am dryland

4:30-6:00pm

Fri. Dec. 28: 3:15-4pm dryland

4:00-6:00pm

Sat. Dec. 29: 6:00-8:00am

Team Activity\*\*

1-3pm

Sun Dec. 30: 8:00-10:00am

2:15-3:00pm dryland

3:00-5:00pm

Week 2:

Wed. Jan. 2: 5:30-7:30am

7:30-8:00am dryland

2:00-4:00pm

Thurs. Jan. 3: 9:00-11:00am

3:45-4:30pm dryland

4:30-6:00pm

Fri. Jan. 4: 5:30-7:30am

7:30-8:00am dryland

2:00-4:00pm

Sat. Jan. 5: 6:00-8:00am

Team Activity\*\*

1:00-3:00pm