



THE ISLAND HEAT SHEET

November 14, 2019



UPCOMING EVENTS

November

- ISC Banquet (Nov 23)
- Proper Sport Nutrition Talk (Nov 30)

December

- I-Race #2 (Dec 1)
- Pointe Claire Invitational (Dec 5-8)
- PCS Christmas Cracker (Dec 6-8)
- Ontario Junior Internationals (Dec 13-15)
- DST Annual Winter Invitational (Dec 14)
- Winter Break - All Off (Dec 21 - 26)
- Sr. and Prov. groups training resumes (Dec 27)

January

- Gold through Black training resumes (Jan 2)
- Regular swim practice resumes (Jan 6)
- Stand Up and Race School Meet (Jan 19)
- VIRs (Jan 24-26)

SPRINTS

- Check Team Notes section for Winter Break draft schedule.
- Get your Banquet tickets now! Selling fast.

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Dave's Dive

The December meets are fast approaching and I'd like to take the time to discuss racing suits with you.

First off, *What are racing suits?*

Racing suits are bathing suits that are designed from a water resistant

material and made to compress the muscles. These suits are also known as compression suits or tech suits but we will call them racing suits for our purposes.

Do Racing Suits make you faster?

Yes, racing suits help make you faster. Racing suits help to reduce the resistance created from drag and they keep your muscles compressed, which theoretically helps to keep you faster over longer periods of time. These positive effects are seriously reduced for younger swimmers because:

1. Younger swimmers are smaller and therefore create less drag to begin with; and,
2. Younger swimmers do not produce as much lactic acid, which is why they don't "feel the burn" like older athletes which, again, is something that racing suits are intended to help improve.

When should swimmers start wearing racing suits?

The first time we would like to see swimmers wear racing suits is in the Provincial group and only at a Provincial Championship (or higher) meet.

Why don't we allow our 12 and unders to wear race suits?

So many reasons...

- 1) There are way better ways for swimmers to get faster at this age. We want swimmers at this age to be striving to improve their kick and body position both of which will reduce drag way more than a racing suit ever will. Have you ever seen a swimmer trying to swim with their butt three feet under water, no racing suit is going to help that amount of drag! Swimmers at this age will take off way more time from learning to swim with better technique, working hard at practice, and learning how to race. They don't need a racing suit.
- 2) Once swimmers are ready for a racing suit, it gives them an extra boost at an age where it is more difficult to get faster. The faster you swim, the more difficult it is to improve your time. Adding the suit during this phase gives swimmers an extra boost at a time when a best time is harder to come by.
- 3) One thing coaches hate is when swimmers develop a reliance on racing suits. We want to develop swimmers that are tough, resilient, and do not make excuses for themselves. Swimmers who wear

racing suits from age 10 onwards develop a reliance, both mental and physical, on the racing suit and this can be very detrimental to their mindset.

4) Save your money! Swimming gets expensive, if you don't need to spend money on racing suits, then don't!

Young swimmers from other clubs wear racing suits, are my kids at a disadvantage?

Only if we let it be. There are so many variables that affect swimmers at a young age. Which racing suit you wear is way down the list. However, mindset and self-confidence are way at the top of the list! So, if your swimmer is worried that their opponents have race suits and they don't, tell them that they are tougher than their opponents, that they have better coaching, remind them how hard they've worked and that you support them no matter what. That will give them the confidence to go out and crush it way more than any suit ever will.

But Dave, why do some clubs wear racing suits at a young age?

Because they're short sighted. They are looking to get the best possible results right now over what's best for the development of their athletes.

Please refer to [ISC's racing suit requirements available on the website](#) and speak to your coach about appropriate suits for your swimmer. Interestingly, as it turns out, Island Swimming is ahead of the curve when it comes to race suit policy. Both Sweden and the USA have banned tech suits for 12 and unders. [Check out why here.](#)

SWIM MEET RECAPs

Bennett Cup

This past weekend, Island Swimming Club hosted the 5th annual Bennett Cup. The meet was a huge success with over 450 athletes in attendance from clubs in B.C., Alberta, and Oregon. Island Swimming had 89 of our own athletes in attendance, collecting 339 best times, 119 individual finals swims, and 46 podium finishes. It was great to see all the athletes making progress and racing fast this early in the season. We hope all of you enjoyed the weekend of fast racing, and are excited to see more come December.

Congratulations to all of the winners of the Randy Bennett Memorial Award (first place finishers in 400IM event)

12&U Girls: Briana Chiu from Vancouver Pacific Swim Club (5:23.15)

12&U Boys: Joshua Wall from Richmond Rapids (5:17.17)

13-14 Girls: Camryn Stannard from Nanaimo Rapids Swim Club (5:05.82)

13-14 Boys: Akira Van de Groenendaal from Tualatin Hills Swim Club (4:46.62)



15&O Girls: Emma Matous from Tualatin Hills Swim Club (4:54.32)

15&O Boys: Ethan Phillips from University of Victoria (4:31.59)

Thank you to all the parents and swimmer volunteers that made this meet possible. We appreciate you committing your time and effort to help us host an amazing event!



ISC Speed League #1

We had a great first Speed League meet this weekend after the conclusion of Bennett Cup. All coaches agreed that there was a very good effort and attitude with the 400's, which was awesome to see. We challenged the swimmers to go after it right from the start in order to learn to push themselves right away and not swim too reserved. Tia, Mello, and George impressed coach Riley with some real stand out efforts and Tyler's cheerleading skills get two thumbs up from coach Fynn. Most kids had the rare opportunity to swim 100IM which is always a fun race to swim as well as watch. A shout out to the kids who swam 2 days at Bennett Cup and had an explosive finish on Sunday afternoon, way to go! Thanks a lot to all you volunteers who stayed around for another long day to finish the weekend, your dedication is appreciated!

COACHES CORNER

Annie Wolfe, Island Swim Skills Manager



Hello! With a little over 2 weeks before the next I-Race our swimmers are getting ready, focusing on their good small kick, head position, breathing, and they are swimming a little more. Make sure you are signing up as this is the last race before next year! We have our annual Awards Banquet on Nov 23rd, it's open to all members. It's a fun morning where we celebrate our success and achievements and learn about our program from bottom to top.

Wouter Terpstra, Juan De Fuca (JDF) Manager



We got off to a good start at the YMCA yesterday! Please check my last email for the schedule if you're unsure of practice times. A reminder that if your swimmer is 10&U and they are late to practice you will have to show ID at the front desk and walk them through the changerooms onto pool deck as the coaches can't come off deck once practice has started. Next weekend is our [Annual Awards Brunch](#) where we celebrate last year's successes. If you have not signed up, please do so before tomorrow! Everyone is welcome! Please check the meet & event schedule at the top of the newsletter as we have our next [iRace](#) coming up soon as well as [Xmas Cracker](#)

(Green will only do Sat/Sun) and the one session [DST Winter Invite](#) for Green. The Duncan meet is a great opportunity for Green swimmers to race 200 & 400 events that they might not always get to swim at other meets due to time standards at a lot of meets. Ideally, we want all of our Green swimmers there!

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



Hey C and T. Great job these past couple weeks. We have one more cancelation this calendar year, December 6-8. If anybody would like to make up a practice please email me prior to the practice you would like to attend. Great job and keep up the good work.

Katrina Shinkaruk, SCP Green Coach



Green has had another few fantastic weeks! It has been great watching everyone continue to improve. Speed League was a lot of fun and everyone who participated swam best times. Keep up the hard work! For the rest of the month, it would be awesome to see everyone arriving on time for practices with their own equipment (fins, kick board, water bottle and running shoes) so that we can make the most out of our practice sessions and continue to do great things! :) Lastly, Green group will be attending the DST Winter Break Invitational on **December 14th**. I encourage everyone to sign up for this meet as we will only be attending two days of Christmas Cracker. We will only attend one session at DST and it will give the athletes a chance to swim events that they will not have the opportunity to swim at Xmas Cracker. [Here's the link to register for DST](#).

Brett Bennett, SCP Blue Coach



Congrats to everyone who raced this past weekend at either the Bennett Cup or the Speed League! I thought we swam really well as a group and we're beginning to consistently do the little things right. Next Saturday (November 23rd) is our [Annual Awards Brunch](#), where we celebrate last years successes. If you have not signed up please do so before tomorrow! Everyone is welcome to attend. Our next meet is the [Christmas Cracker](#) (Dec 6 to 8) and is held at SCP. Please sign up sooner rather than later!

Riley Janes, SCP Black Coach



Please sign up for the Cracker if you haven't already. This is a very large meet with potentially 11-12 hours of on-deck time a day. It is not an ideal 3 day meet, so please pick any 2 days to attend. We are doing a good job wearing team gear at the pool, now let's take the next step and start to value our time! Please make sure you get to the pool early so you can fill up your water bottle, get your equipment ready, and go to the bathroom before we start! Activation is super important as we start to develop more functional strength and it also helps prevent injury. IT IS NOT time to chat about your day and distract your teammates, get to the pool earlier so you can have extra time to catch up with your friends.

Annie Wolfe, SCP Provincial Coach

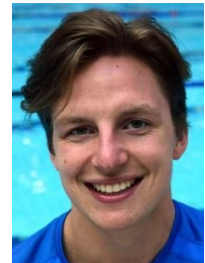


Allo. I'm excited to have a few weeks of training until our next swim meet, having said that I was happy with some good races that happen at BC like: Anthony's all BT, Kiah 1500m, Isaac Yu and Nathan 100/200m Breast, just to name a few. A reminder that we have our sport nutrition talk on Nov 30th. The first part is for the parents from 7:30 to 9am and from 9 to 10am will be for the athletes - we will have a shorter Yoga practice that day. Make sure you are signing up for Cracker if not coming to Pointe-Claire. Finally, all swimmers should be attending the Award Banquet on Nov. 23rd, it's a good time to get together and celebrate our success, achievements and remember why we come everyday to the pool. See you next at the banquet.

Dave Tontini & Cole Bergen, Senior Program



We are happy with the progress the group is making right now. Attitude is good and the effort is excellent. We are entering a heavy training phase to prepare for the December meets. This means a bit higher intensity and fast swimming. Swimmers will need to make sure they are eating well to have enough energy to swim fast and, of course, sleep! Swimmers will have an opportunity to focus on their best strokes over the next few



weeks. We will also focus in on some weaknesses that we noticed at Bennett including flipturn speed, breakouts and kicks!

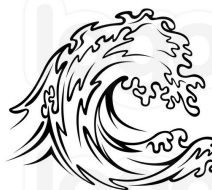
Coaches will be choosing events for the December meets to ensure that swimmers are in their best events and have an appropriate load. If there is an event that swimmers are really keen to swim, they should discuss with their coach. Swimmers have been made aware of this.

Our former yoga instructor, Julia Vosbrough is officially a registered massage therapist and she will be working in the clinic upstairs at SCP starting in December. Massage therapy is an excellent tool for recovery and I encourage everyone to try it out. I will send out more details when I have them.

Please make sure you are in attendance for the Sports Nutrition talk by Sue Boegman on November 30th. This is a great opportunity to hear from an expert on how to properly fuel your body in training and competition. Come with questions!

For those on strike, the ISC Study Hall is in full force this week and next starting at 12pm in the aquatic classroom. I encourage the swimmers to come and study or read a book or help a teammate study.

Please note Dave will be away from Dec 18 - Dec 26 and Cole from Dec 21 - Jan 1.



VOLUNTEER UPDATE

Thank you to all who came out and helped at Bennett Cup this past weekend. Our swim meets cannot happen without all of the volunteer support given. We also want to give kudos to those who were able to complete a new officials certification over the course of the Bennett Cup they were:

Lisa Feeney - Chief Timer
John Goranson - Stroke and Turn
John He - Chief Timer
Sue James - Stroke and Turn
David Medler - Chief Finish Judge
Mike Putland - ARES Primary
Michelle Soper - Recorder/Scorer
Karen Tannas - Chief Timer
Marc Wensauer - Chief Finish Judge
Collen Yerama - Chief Timer
Fang Zhao - Clerk of Course

Also, a big thank you to Brian Bikadi for his tireless reffing and Georgina Craig for taking on meet manager.

TEAM NOTES

Lockers still available for rent. Please contact the office if you'd like to rent one for the year.



**TEAM AQUATIC
SUPPLIES LTD**

SHARK CLUB PROGRAM

Club: Island Swimming
Online Coupon Code: ISL125
Expires: August 31, 2020

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 at time of 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***



DRAFT WINTER BREAK TRAINING SCHEDULE

Senior Program: *NO PRACTICE: Dec. 21st-26th, 31st + Jan. 1st*

Fri. Dec. 27: 5:30-7:15am; 7:20-8:00am (dryland)

Sat. Dec. 28: 1:00-3:00pm; 3:00-3:45pm (dryland)

Sun. Dec. 29: 8:00-10:00am; 10:00-10:45am (dryland)

Mon. Dec. 30: 1:00-1:45pm (dryland); 2:00-4:00pm

Tues. Dec. 31: 10:00am-12:00pm; 12:00-12:45pm (dryland)

Thurs. Jan. 2: 9:00-11:00am; 11:00-11:45am (dryland)

4:30-6:30pm (swim)

Fri. Jan. 3: 5:30-7:15am; 7:20-8:00am (dryland)

2:00-4:00pm (swim)

Sat. Jan. 4: 6:00-8:00am - PRELIMS RACE DAY

1:00-3:00pm - FINALS RACE DAY

Provincial Group: *NO PRACTICE: Dec. 21st-26th, 31st + Jan. 1st*

Fri. Dec. 27: 2:00-4:00pm

Sat. Dec. 28: 6:00-8:00am; 3:00-5:00pm

Sun. Dec. 29: 10:00am-12:00pm

Mon. Dec. 30: 5:30-7:15am; 4:00-6:00pm

Thurs. Jan. 2: 5:30-7:00am; 4:00-5:30pm

Fri. Jan. 3: 4:00-6:00pm

Sat. Jan. 4: 6:00-8:00am

Gold, Green, Blue, Black Group: *NO PRACTICE: Dec. 21st – Jan 1st*

Thurs. Jan. 2: 11:00am-12:30pm

Fri. Jan. 3: 10:30am-12:30pm

Sat. Jan. 4: 6:30-8:30am