



THE ISLAND HEAT SHEET

October 10, 2019



UPCOMING EVENTS

October

- Stroke and Turn Officials Training (Oct 11)
- Thanksgiving - No Swimming (Oct 14)
- Intro to Swimming Officials Training (Oct 15)
- ARES Booth Training (Oct 16)
- ISC Time Trial (Oct 19)
- AGM (Oct 19)
- I-Race (Oct 20)
- NRST Fall Invitational (Oct 26-27)

November

- Bennett Cup (Nov 8 - 10)
- ISC Speed League 1 (Nov 10)
- Remembrance Day - No Swimming except for senior swimmers (Nov 11)
- 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)
- Winter Break - All Off (Dec 21 - 26)

SPRINTS

- Make sure to attend the ISC Annual General Meeting.
- Check Team Notes section for Winter Break info.

IN THIS ISSUE

Upcoming Events.....	p1
Sprints.....	p1
Dave's Dives.....	p2
Coaches Corner.....	p3
Sept. Swimmer of the Month.....	p6
Volunteer Update.....	p8
Team Notes.....	p9





Dave's Dive

We are less than two weeks away from our first racing of the year. Coaches and swimmers are excited, volunteering parents may be a little less so but, nevertheless, it's time to race!



Back by popular demand, the **Green vs Blue Meet** will take place Saturday October 19th, this is open to all competitive swimmers. We will separate the teams into two squads; **Green** and **Blue**. The teams will square off against one another, whichever team has the most best times wins! Stay tuned for the roster announcements next week.

The following day we will have our ISS swimmers race in the very first **iRace** of the year. iRaces are always so much fun with tons of prizes to be won, certificates of achievement, stickers for skill execution and boatloads of energy. I'm sorry I'll be missing it as I'll be coaching at the High School Meet in Nanaimo, but make sure you sign up!



Since we are on the subject of swim meets, I'd like to talk about *team travel*. *Team travel* is the term we use when swimmers travel together, accompanied by coaches and chaperones, to a competition held at a pool outside of their home pool. Ask any former swimmer what their best memories are from their swimming career and they will no doubt refer to a team travel trip they attended. Travelling and spending 24/7 with your teammates in a different city, without your parents, is so much fun.



Getting athletes together on a bus or plane or hotel room and allowing them time to talk, laugh and just be kids is the ultimate team bonding experience. Athletes will often come away from team travel trips with strengthened friendships and great stories, like the time Coach Dave got the team lost on Mount Royal, or the time Coach Dave got them lost in San Francisco...I see a pattern developing here. Risk of getting lost in a major city by your Head Coach aside, team travel is awesome.



Yes, it is uncomfortable to be away from home, without parents, having limited choices over your food and having to share space with several teammates. That's a given. At the same time, it is an excellent opportunity for swimmers to exercise some independence, learn how to travel, share space with others, compromise, and learn to take care of themselves. Furthermore, we constantly see swimmers excel from a performance perspective at team travel meets. Why is that? It's because they're having fun, the team spirit is high, and they



are swimming not just for the time on the board but for their teammates. There's a reason relay swims are so fast, swimmers love to race for each other and that's a big reason why team travel meets are so successful. This type of energy and team spirit simply can't be achieved when travelling with Mom or sharing a room with a snoring Dad, it's just not the same.

Please note that swimmers who are 11 years old and up are allowed to participate in team travel. So, for swimmers who will have the opportunity to team travel this year, we strongly encourage it. It is a wonderful opportunity for athletes to mature, swim fast and make lasting memories.



The potential opportunities for team travel with ISC this year are:

1. Pointe Claire Invitational
2. Ontario Junior International
3. PSW Winter Invitational
4. Canadian Swimming Trials
5. Western Canadian Championships
6. Mel Zajac Invitational
7. Canadian Junior Championships
8. Far Westerns
9. Canadian Swimming Championships

COACHES CORNER

Annie Wolfe, Island Swim Skills Manager



Hello ISS,

A reminder that we have no swim practice this Thanksgiving Monday, Oct.14. Please, make sure you sign up for our first IRace on Oct.20th. As usual we will need about 16 parents to help with timing. Be on deck at 7:45am, this is a fun and short meet where coaches and kids from other groups and pools get together to practice their skills, encourage each other, and learn the idea of "racing". Make sure your swimmer has an extra towel and a healthy snack and water. Congratulations to the first Swimmers of the Month... read below in the SOM section. Have a great long weekend.

Wouter Terpstra, Juan De Fuca (JDF) Manager



Hello JDF,

Last week we ran through all of our TOPS sets with Gold up to Black to set a baseline for the season. This includes a kick set, 2 aerobic sets, an IM set, and an underwater kick set (excluding Gold). It gives Fynn and I an idea of where the swimmers are at now and will allow us to track their progress throughout the season. Next Monday (Oct 14) is Thanksgiving Day and there will be no practice for anyone. Practice is still a go for Gold and up on Saturday October 12 though. The following weekend is the [Time Trial](#) and [IRace](#). Warm up for the Time Trial will be bright and early at 6am and will be shorter than usual so please have the kids on deck at 5:45am so they can get in on time. After the Time Trial, coaches will run a "Jr. Olympics" dryland session outside with all the swimmers while the [AGM](#) goes on inside. The next morning is our first IRace! On deck at 7:45am & warm up at 8am. I'd

like to encourage as many swimmers as possible to attend because they are short, fun meets where kids can really gain experience and confidence. **I would especially like to see all Gold swimmers there!** If you are newer to the club or competition or need a refresher, please have a look at the document in my last email to see what your swimmer should bring with them to meets/IRace. If you have any questions about IRace, just shoot me an email. The weekend after is [Nanaimo](#) for Green/Blue/Black so please don't forget to declare as soon as possible before signup closes on the 14th. Deadline for TT and IRace is also the 14th. Make sure you check out the (changed) theme (Island Life) for the Nanaimo meet so you can come prepared! No practice for Blue on Halloween (Thursday), Black practice is still on.

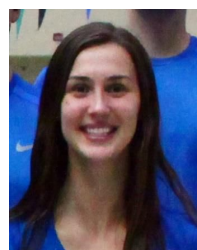
Fynn Heaney-Corns, Conditioning and Technique Coach (C&T)



Hey C and T. We've had an awesome last couple of weeks of training! Everyone's done a great job with our underwater rules and all the new drills that we've been working on. One person that has really stood out at practice and has shown up with an awesome attitude every day is Catherine Sabourin, and for this reason she has won our September Swimmer of the Month! Congratulations Catherine. This weekend is Thanksgiving so we will not have practice on Sunday the 13th, or Monday the 14th. If you normally come on Sunday or Monday and would like to make up a practice, you are more than welcome to come on Saturday from

1:00-2:00!

Katrina Shinkaruk, SCP Green Coach



Great work so far Green group! It's been great to see everyone working hard and challenging themselves these past two weeks. There are some important dates to keep in mind for the rest of the month. Next Monday (October 14th) is Thanksgiving Day and there will be no practice. The following weekend, October 19th, is our first Time Trial of the year! Warm up will begin at 6:00am so please have the swimmers on deck at 5:45am so they are ready to start on time. Lastly, we have our first away meet coming up on October 26th and 27th in Nanaimo.

Brett Bennett, SCP Blue Coach



Next Monday (Oct 14) is Thanksgiving so practice will be **cancelled**, but practice is still a go on Saturday (Oct. 12). The following weekend (Oct. 19th) is our first **Time Trial** of the year! **If you have not signed up for this, please do so ASAP!** Warm up for the Time Trial will be bright and early at 6am and will be shorter than usual so please have the kids on deck at **5:45 am** so they can get in on time. After the Time Trial, coaches will run a "Jr. Olympics" dryland session outside with all the swimmers while the [AGM](#) goes on inside. Our first away meet of the year will be the **Nanaimo Fall Invitational** on Oct. 26th and 27th. You can find the link to sign up [here](#). Finally, practice on **Halloween** (Thurs, Oct. 31st) **will be cancelled** so that the kids can trick or treat to their heart's desire!

Riley Janes, SCP Black Coach



Good job so far at wearing you team gear with pride at the pool! I'm impressed so many of the boys have embraced the jammer purge already. Let's keep trying to remember a full water bottle on deck at all times. Sign up for NRST Fall Invitational everyone should wear your most colourful plaid shirt to this meet. Our Time Trial if you haven't already. No workout this Thanksgiving Monday. I'm away for a few days so Annie, Dave & Wouter will be there to cover at normal workout times.

Annie Wolfe, SCP Provincial Coach



Allo everyone. Let's start with some sad news...no Monday practice on Thanksgiving :(but thankfully we are starting our first Tuesday morning session with our belly full of turkey and we will have so much energy! Saturday Oct 12th - no yoga but we have a goal setting session - not to be missed. Make sure you have signed up for TT Sat.19th and following this we will have an "Olympic theme" game/dryland for the swimmers while parents are attending the annual AGM. Also, sign up for Nanaimo and Pointe-Claire if you wish to attend. Congratulations to Maddy K and Olivia B for being SOM. With that many swimmers and the fact that both girls were equally awesome in September, I decided to honor two SOMs based on good work ethic, positive behavior and open mind to embrace new challenges in the pool and in dryland. Way to go girls. Have a great long weekend everyone.

Dave Tontini & Cole Bergen, Senior Program



Congratulations to Sophie on being our first swimmer of the month. Also big shout out to the following swimmers with 100% attendance for September: Ethan, Dylan, Marcus, Sophie, Thea, Alex, Emiko, Jenna, and Sloane. We're in the midst of another good week of training with the Senior groups. The kids have been positive and energetic and responding very well to the program. One area we are striving to be better is focus. The kids get along so well that they sometimes get distracted. Other than that, we're



rolling along great. Here are some important reminders:

- October 10th - TODAY - Deadline for December Meets Sign Up!
- October 14th - Thanksgiving Monday - No practice
- October 19th - Time Trial 6:00-8:30am: Everyone is expected to participate. Senior swimmers will all swim 200 FR so we can use that as a measuring stick for the group. We will let the kids pick one other event. The younger groups will do 3 events but two will be enough for our seniors. This competition is a great opportunity for our seniors to act as leaders.
- October 20th - High School Meet: Everyone is welcome to participate. Swimmers that do both the Time Trial and the HS meet will have optional practice on Monday October 21st.

Have a wonderful week. As always please let us know if you have questions or comments.

September 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 **first Swimmers of the Month this year**, what a great way to start the swim season off! September's Swimmers of the Month are as follows:*

Island Swim Skills Bronze:

Thomas Fraser (SCP)

Thomas is focused, energetic, and is comfortable leading the lane when asked. He has a strong flutter and dolphin kick which really helps his freestyle and backstroke. Keep up the great endurance and effort Thomas!

Mikenna Grant (JDF)

Mikenna has shown that she can be a group leader by always being willing to go first, ensuring that she is prepared for the lesson, and always being attentive during explanations. Well done Mikenna!

Olivia Guest (SCP)

Olivia shows up to the pool everyday with a smile and works very hard. Keep up the good work Olivia!

Vivienne Simms (JDF)

Vivienne is becoming a very confident swimmer that is able to demonstrate her skills in the pool by helping others. She is very good at encouraging other swimmers and leading by example. Keep up the great work Viv!

Jordan Stewart (SCP)

Jordan's first three weeks in Bronze have been great. She brings a lot of enthusiasm and eagerness to each practice and works hard on all stroke skills and drills. Jordan enjoys doing dives, even from the starting blocks! Keep up the super effort and attitude Jordan!

Island Swim Skills Silver:

Edie Gregson (SCP)

Edie has an amazing attitude and is always ready to learn new things. Keep up the amazing effort!

Kaitlyn Nadiger (SCP)

Kaitlyn has had great attendance so far this season. She has awesome enthusiasm towards swimming and listens very well to corrections and instructions.

Rayelle Nesbitt(JDF)

Rayelle has done an amazing job leading our Silver lane and has crushed all of the drills we've been working on! Keep up the amazing work, and keep bringing your awesome attitude!

Island Swim Skills Gold:

Phillipe Sabourin (SCP)

Phillipe has had a great attitude and one of the best attendance records thus far. Keep up the good work!

Polina Ulanova (JDF)

Polina has really impressed me so far this season. She has been focused, cheerful and excited to work hard on all the skills we're practicing. I can already see a huge improvement in her "underwater rules" skills since our first practice. Stay positive and keep up the good work Polina!

Conditioning and Technique (C&T):

Catherine Sabourin

Catherine came to our group as a new swimmer to C and T! She has done a really good job of pushing herself and staying positive throughout her first couple weeks. Keep up the hard work Catherine!

Green:

Lucas Bewick (JDF)

Lucas has had great attendance through the first month and has shown up with a fantastic attitude every day. He brings a joke and a competitiveness to everything he does and is already ready to give it his all! Great job Lucas and keep up the fantastic work!

Marlee Hourston (SCP)

Marlee has been on fire this month. She arrives at every practice full of positive energy ready to work hard. No matter the challenge Marlee gives it her all and is a great leader within the group. Keep up the good work Marlee!!

Blue:

Annika Nesbitt (JDF)

Annika has impressed me with her hard work and grit so far this season. It's not easy to train alongside giants and keep up, or, in some cases, lead them! Annika, keep up that drive you have and stay focused on all the skills we work on. Well done!

Kiefer Wensauer (SCP)

Kiefer came out of the gates flying, training harder than ever and showing that he wants to be a leader of the group. He continues to impress me by leading lanes and acting as a role model for the new Blue swimmers. Watch out for Kiefer as he looks primed to shred this year!

Black:

Eu-Rway Chew (SCP)

Eu-Rway has been fantastic. He is easy to coach, always on task, and willing to work hard. Keep up the great work.

Provincial:

Olivia Buckler and Maddy Koropatniski

Both girls demonstrated great work ethic from the start in the water and on land. They have worked well on focusing on the skills we are learning and making changes. They also have positive behavior that is helping the group dynamic by listening, being prepared, ready to go, and committed to what we are doing. Way to go girls keep it up.

Senior Program Groups:

Sophie Marshall

What an awesome start to the year for Sophie. It's so rewarding as a coach to see an athlete grow in the time that you coach them. Sophie is more confident and self-assured than ever before. This is reflected in the way she is leading the group whether it be by swimming out in front of a lane, helping with lane ropes at 5:00am, or organizing the lifts back to the pool from the weight room. She is a positive force on our team. It's also great to see a plan for her future beginning to emerge as Sophie has some goals for her post secondary career. Sophie has been working hard to get herself fit but more importantly she is doing an excellent job practicing the skills and drills that can be quite repetitive at this time of the year and her strokes are looking great because of it. If she keeps up this pace, there'll be no stopping her! Way to go Marshmallow!

VOLUNTEER UPDATE

We have a few clinics set up for the next couple of weeks and have some volunteer positions for upcoming meets where you can practice your new skills. The following three clinics will be held at Saanich Commonwealth Pool. Stay tuned for ones hosted at JDF.

Judge of Stroke/Inspector of Turn Officials Training

Friday Oct 11th

7-9pm

PISE Boardroom, SCP

Introduction to Swimming Officiating

Tuesday Oct 15th

5:30-7:00pm

PISE Boardroom, SCP

ARES Booth Training

Wednesday October 16

7-9pm

Electronics Booth (on deck), SCP

Time Trial and Speed League 1 are now open for volunteer sign up.

Bennett Cup is now open for Green and Blue families to sign up for volunteer shifts. On Monday Bennett Cup will be opened up for all groups to sign up for volunteer shifts.

TEAM NOTES

WINTER BREAK TRAINING - Although the times are not yet set, all swimmers will be off from December 21 to 26. The Senior and Provincial programs will come back to swim in the pool from December 27 to 31. The Gold through to Black groups will join these two programs back in the pool on January 2 to 5. All regular programming will start back again on January 6, 2020. Stay tuned for further information and swim times during the Winter Break.

Welcome Back Swim and Pizza Party - A big **thank you** to all the families who attended! It was a huge success. Someone left behind a beautiful blue bowl that is now in the office. If this is yours, please drop by the office to claim it.

Island Swimming Office - A bit of clarification around roles and responsibilities:

Cathy Hanan - Is responsible for information about your account, account payments, registration, and equipment/supplies. Contact her at: adminoffice@islandswimming.com.

Diana Shields - Is responsible for team travel, volunteering at meets, officials training, and the information/photos for the newsletter. Contact her at: meetadmin@islandswimming.com

Team Aquatic Supplies and Island Swimming - Remember that Island Swimming Club members receive a discount for purchases made through the TAS website. The code for purchases is: **ISL125**

If you have any information and/or photos you would like us to use for an upcoming edition of The Island 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!