



THE ISLAND HEAT SHEET

October 12, 2018



IMPORTANT UPCOMING EVENTS

October

- ISC Annual General Meeting (Oct 13)
- Swim BC Senior Circuit #1 (Oct 20)
- ISC Time Trial (Oct 20)
- iRace #1 (Oct 21)
- VIR High School Meet (Oct 21)
- Nanaimo Meet (Oct 27-28)

November

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

December

- Pointe Claire Invitational (Dec 6-9)
- Xmas Cracker (Dec 7-9)
- MJB Law Classic (Dec 14-16)

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SPRINTS

- Custom cap and backpack orders are due this Sunday. You can order them [here](#).
- Please make sure to sign up for the [iRace](#) (Island Swim Skills swimmers) or the [Time Trials](#) (competitive swimmers). Sign up for volunteers for these meets is also open.
- All competitive swimmers **must** register with SNC. You cannot swim at meets without having completed your registration. If you cannot find your email for this registration, please contact [Cathy](#) at the Island Swimming office.



Welcome to another championship year!

Dear Members of ISC,

Allow me to officially welcome you to back for another exciting swim season. I speak for all the coaches and administrators when I tell you that we are so looking forward to the 2018-2019 season.

We had an amazing 2017-2018 season that was highlighted by some excellent team performances, including our Tier 2 Provincial Championship! We made some big jumps last year in terms of team spirit and team results. It's almost as if one affects the other, hmmm...

This season we will build off of last year by being better in three major areas:

1. Teaching
2. Technique
3. Team Spirit

Teaching

You may have already noticed our brand new state of the art SwimPro underwater camera system. Swimmers are like icebergs, 90% of them are underwater! The SwimPro system allows coaches and swimmers to see what's actually going on underneath the surface in crystal clear HD. The system has amazing features like slow motion, delayed playback, drawing tools and the ability to record. It is a fantastic teaching/learning tool. You can expect to see the camera in use every day and each competitive group will be using it at least once a week.

Good teachers make good coaches. One of our goals for this season is to make sure that all of our coaches are properly supported and mentored throughout the year. We are fortunate to have passionate, dedicated, and growth mindset oriented coaches. Our coaches are hungry for feedback and new techniques to improve their coaching. This season we have strategies in place to ensure that coaches receive mentorship from more experienced coaches. You'll see Dave on deck working with our younger groups a lot more this year as part of that initiative.

Technique

Sound technical swimmers make fast swimmers! Every swimmer wants to swim fast but as we all know you have to learn to crawl before you can learn to walk. The same is true for swimming. Being able to float, breathe, streamline, kick and swim with proper body position is the "crawling" of our sport. If swimmers can master these foundational skills then they will swim fast, and fast is fun! Swimmers and parents should expect plenty of constructive feedback from our coaches. This feedback will center on developing these important technical elements. Remember, Rome wasn't

built in a day, so both swimmers and parents should be patient and allow swimmers time to grow. If you work hard and focus on the corrections from your coaches give, the results will come!

Team Spirit

ISC's team spirit was much improved last year. However, we cannot rest on our laurels. Swimmers, parents, and coaches should always be thinking about ISC as a team. Ask yourself each day what you can do to make our team better. We will continue to build our ISC team spirit in the following ways:

1. Fun Team Events like the upcoming Amazing Race
2. Parent socials (first one is November 3rd !)
3. Awesome themes for swim meets (check out the theme for Nanaimo)
4. Being the loudest and most energetic team at competitions (look out for our new meet activation)
5. Teaching swimmers how to properly support and compete with one another in a positive way
6. Swimmer to swimmer mentorship through Buddy Day initiatives

I believe strongly in the importance of creating a team where everyone feels included, supported and pushes each other to be better everyday. Swimming is not an individual sport, far from it. The better we support one another the happier we'll be, and the more successful we'll become. The coaches are dedicated to making ISC the best TEAM in the country, we hope you are too!

We welcome and encourage your feedback. Please feel free to contact Head Coach [Dave Tontini](#) if you have any constructive feedback for how we can better serve you, the members of ISC.

Wishing you a healthy, happy and successful season! GO Island!

Highlights from the 2017-2018 season:

2018 Senior National Women's Team Champions
2018 Junior National Women's 2nd Place Finish
2018 Junior National 6th Place Overall Finish
2018 Swim BC Tier 2 LCM Provincial Champions
2018 Swim BC Tier 2 SCM 2nd Place Finish
2018 VIR LCM Regional Champions
2018 VIR SCM 2nd Place Finish
2018 Comox 10 and Under Champions

COACHES CORNER

Annie Wolfe, Island Swim Skills Manager



Good day ISS parents. We have already completed 4 weeks of swimming, time goes by quick and the swimmers seems to have fun as the pool is very busy with lots of kids. We have our first iRace coming up on Oct 21st. Please, if you haven't already done it, see the email sent on Oct 3rd for instructions on how to sign up (we have a new system this year). If you are interested we have our annual AGM this Saturday at 8:30am. Also, we won't have swim practice on Wednesday Oct. 31st - Halloween! Congratulations to the ISS Swimmers of the Month: Celine, Marlee, Kipton, Maika, Natalie, and Kayla. Read below for more information about them. There is also a **gofundme page** for a former ISC family that needs help. If you are interested, visit our [website](#) for more details. Have a good week everyone.

Wouter Terpstra, Juan De Fuca (JDF) Manager



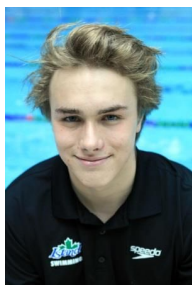
Hello everyone, here's the first newsletter blurb of the year. A reminder that today (Friday Oct 12) I'll be having a **parent meeting for all groups just after 5pm** in the lobby to go over some stuff for the year. It'll also be a chance to ask some questions you may have. On Saturday morning at 7:30 Brett will have his meeting with Blue parents at SCP and I encourage JDF Blue parents to attend as well. After that, the ISC AGM (which I also strongly encourage everyone to go to) will occur. During the AGM the coaches will run an "Amazing Race" with all the swimmers in Green and up.

Next Saturday (Oct 20) is the Time Trial. For those Green and Blue swimmers that aren't signed up yet, don't forget to do so! The following day (Oct 21) is the first iRace for our Bronze, Silver and Gold swimmers! For those new to Island Swimming, I will go over the basics of iRace at the parent meeting.

The weekend after that (Oct 27-28) is the Nanaimo meet for our Green and Blue swimmers. The theme will be "The Future is Bright". We are asking all swimmers to bring some sunglasses to wear on deck (more instructions to follow at meet) for this! Don't forget to sign up because it'll be a blast. You can find more info on that under the events tab on the [website](#).

For the Green and Blue swimmers, keep in mind that the Bennett Cup and first Speed League meet are approaching on the November long weekend (9-11). Finally, a big congrats to all our swimmers of the month! You'll be getting your certificates at practice soon. Have a great weekend!

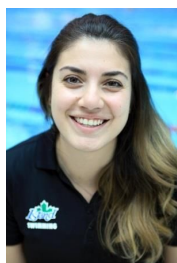
Fynn Heaney-Corns, Conditioning and Technique Coach (C&T)



For the past few weeks C&T has been working hard developing a good kick, including dolphin kick, now that we all have fins! We have also been working on our body position for freestyle and backstroke. If you don't have fins yet, please make sure you do so as soon as possible as we will be wearing fins in every practice in the future. See below for our Swimmer of the Month (SOM) information. If you would

like to win the SOM you must have good attendance and an amazing attitude. Great work C&T!

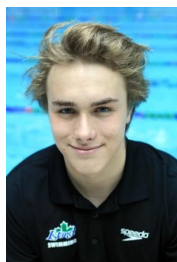
Tannaz Hosseini, SCP Green Coach



Green lean winning machines! It has been an awesome past couple of weeks with Green, we've been focusing a lot on our kick, body and breathing positions. We got to use the underwater camera on Saturday morning last week and all the kids were super excited to see themselves and what they look like in the water - specifically our underwater streamline push-offs. We will be using the camera on Saturdays so try your best to be there! Thanks to everyone who came to my first parent meeting last week. We have our *Team Amazing Race* for all the swimmers, ran by all the coaches, this Saturday Oct 13 8-9 am after our swim practice, during Head Coach Dave's AGM

meeting for all parents. **Reminder:** All swimmers need to purchase their own fins, it is super important to have as we always use them! Our first meets are coming up - Time Trial next Saturday and Nanaimo meet (27-28) in 2 weeks! Sign up on [Team Unify](#).

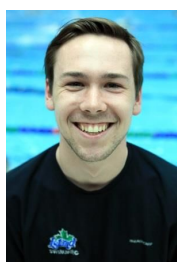
Fynn Heaney-Corns, JDF Green Coach



Hello Green group! For the past few weeks we have been working a lot on our kick (including breaststroke and dolphin) and body position for freestyle and backstroke. Congratulations to our September Swimmer of the Month (SOM), see below for further information. If you would like to receive the SOM for October, be sure to have a great attitude, good attendance, and work hard!

October 13 we have the Amazing Race instead of dryland, and we will also have our AGM that morning for the parents at the same time. The following week we will have a Time Trial so be sure to sign up for that. Next up is the Nanaimo swim meet on Oct 27/28. Please be sure to indicate on the Island website your intentions for the meet - even if you are declining. We will continue to work on our body position in backstroke and Freestyle, and start to incorporate more butterfly and breaststroke into our practices. Keep up the great work Green!

Brett Bennett, SCP Blue Coach



The swim season is well underway and we are off to a great start as a group! A reminder that we have a **parent meeting Saturday (Oct. 13) morning at 7:30 am to 8:00 am** where I will be going over expectations for the season, equipment list, meets we will be attending, and other important items regarding the season. Our next meet is the *October Time Trial* on Saturday, October 20th. It is a home meet and a great way to get into racing. We also have the Nanaimo Fall Invitational the following weekend and I would like to encourage all athletes to attend. It is a two day meet, but you don't have to attend both days. The deadline for registration is the 17th.

Riley Janes, SCP Black Coach



After a difficult week, I am ready to be back at the pool, and I appreciate your patience. I apologize for the lack of parents meeting, I would be happy to meet with anyone Saturday morning during workout as Kyle will take the kids once we get them into the pool warming up. Everyone should be signed up for the Time Trial on Oct 20 and Nanaimo Oct 27 & 28. This year's theme for Nanaimo is The Future is Bright;

please make sure your swimmer brings sunglasses...not expensive ones that could get lost or broken. Our schedule has changed slightly from last year, we now start at 4:30pm on Fridays. Continue to try to have them here by 3:45pm, we will find creative ways to make that time useful. The kids have done a great job with equipment, we still have a few kids without water bottles but in general keep up the good work.

Annie Wolfe, SCP Provincial Coach



Hello Provincial parents and swimmers. We are just finishing our first 4th week of training and getting ready to test ourselves on the blocks next week. Make sure you sign up for the Time Trials. We will have a swim workout on Saturday 20th but it will be a little shorter. Be on deck at 6am (not 5:45) and we will have yoga at the regular time (8:15-9:15am). It will be an easy swim with a good meet warm up, practice turns/starts and good recovery from Yoga before we come back at 2:30pm for the Time Trials. Congratulations to Nicola for being the first Swimmer of the Month of this year, please read the note below. Also, as you may have seen on our website, there is a **gofundme page** in support of the Jacob Kerr, any donation is a big help. We have our annual general meeting this weekend at 8:30am, I encourage all parents to attend. Also, sign your swimmer for the Nanaimo swim meet Oct.27-28. Have a good week.

Finn Page, SCP Senior Coach



This season has started off wonderfully! I couldn't ask for a better start to my first season as the Senior group coach. The group has been very respectful and enthusiastic, which has made for a really fun and supportive training environment.

A few reminders for the upcoming few weeks:

- If you plan on attending the ISC Time Trial or the NRST Fall Invitational please make sure you register asap.
- The theme for the NRST meet is “The Future is Bright” we want all swimmers to bring a pair of sunglasses, preferably green or blue sunglasses.
- If a swimmer is going to be missing a workout, please make sure they send me an email letting me know beforehand.

Keep up the awesome work Senior!

Cole Bergen, SCP Senior Performance Coach



Hello parents, and swimmers, I hope you are all having a great start to the season! Coming up for Sr Performance we have the 1st two competitions of the year, Sr Circuit, and our time trial followed by Nanaimo the weekend after. Remember that we will be having the senior swimmers stay during our Time Trial to buddy up with younger swimmers and share their knowledge and great attitudes. All swimmers partaking in the school swim meet on October 21st will not have morning practice the following Monday.

So far this season we have focused on 1) Building a Culture of hard work 2) Supporting our teammates, 3) Setting appropriate goals 4) Kicking! and 5) Being disciplined off of walls. So far so

good. The kids are looking really strong and are miles ahead of where they were at this time last season.

Starting next week swimmers will be able to sign up for one on one meetings with coaches to review goal setting and have a discussion about anything and everything for the upcoming season. Parents who are interested in meeting with Coaches should not hesitate to ask.

Dave Tontini, Claremont Sports Institute Coach



Hello CSI Swimmers and Parents. Absolutely fantastic start to the season. We have a group of very engaged swimmers who are dedicated to self-improvement and performing to the best of their abilities. We as a coaching staff are very much looking forward to working with them this season and helping them reach their goals.

So far this season we have focused on 1) Building a Culture of hard work 2) Supporting our teammates, 3) Setting appropriate goals 4) Kicking! and 5) Being disciplined off of walls. So far so good. The kids are looking really strong and are miles ahead of where they were at this time last season.

Starting next week swimmers will be able to sign up for one on one meetings with coaches to review goal setting and have a discussion about anything and everything for the upcoming season. Parents who are interested in meeting with Coaches should not hesitate to ask.

Here are some important notes for upcoming events:

- All swimmers are expected to participate in the Amazing Race this Saturday October 13. They will act as group leaders on their Amazing Race team.
- Swimmers who are Senior Circuit Qualified will participate in the Senior Circuit (100 BR, 200 FR and relay). Following the Senior Circuit Meet, swimmers will be paired with a swimmer from a younger group as their “Big Buddy”. During the Time Trial they will help their “Little Buddy” with activation, race strategy and cheering them on for their first race. Swimmers who are not qualified for the Senior Circuit are expected to participate in the Time Trial and the Buddy Day.
- Practices will be cancelled on Monday morning October 22 and Monday morning October 29.
- Swimmers are expected to compete in both days of the Nanaimo meet unless they have discussed otherwise with Dave.
- A survey on Training Camp preferences will be emailed out soon, please make sure you respond to that.

Please let me know if you have any questions or comments. Thank you!



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





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! This month's Swimmers of the Month are as follows:*

Island Swim Skills Bronze:

Maika Black (SCP)

Maika has really stepped up in her first few weeks. She always shows up with a smile, ready to lead and learn, and never complains. She's made so much progress as a result! We're so proud of you Maika!

Arden Campbell (JDF)

Arden has improved greatly over the summer. She's demonstrated that she is not only more confident in the water but also a stronger swimmer overall. Keep it up Arden!

Kipton Lowres (SCP)

Kip has come to every practice so far and works hard every time. He always listens really well and whenever the coaches have advice for him, he immediately corrects himself. Great job this month Kip, keep it up!

Island Swim Skills Bronze con't:

Natalie Lau (SCP)

In just the first few weeks of the season, Natalie has shown such an improvement in effort and attitude from last year. She's always ready to lead and help her teammates when they need it, and her kick has gotten so much stronger because of her extra effort. Keep it up girl!

Harry Verbaarschot (JDF) Harry always brings a positive mindset and energy to our practices, he is very friendly towards new swimmers and always makes sure that they feel welcome. Well done Harry!

Island Swim Skills Silver:

Marlee Hourtson (SCP)

Marlee did an amazing job on all of the skills we've been working on, and her attendance has been amazing as well. Keep up the good work!

Jaden Price (JDF)

Jaden has been leading lanes and working hard. She has done a great job with every drill we have done and has been pushing herself in every practice. Keep up the good work!

Celine Yuan (SCP)

Celine brings a positive and hard working attitude to every practice. She brings great energy to the group by constantly encouraging and cheering on her teammates. Celine tries her best to face any new challenges head on. Good work Celine!

Island Swim Skills Gold:

Kayla Felt (SCP)

Kayla has had a great start in Gold by confidently following through with instructions given on strokes and general routines. These routines make everything run smoothly during practices. She is comfortable being challenged and trying all new skills presented. Kayla takes the lead when asked and helps her teammates follow through, if they need it. Also, Kayla didn't miss a practice in September. Keep it up Kayla!

Samuel Verbaarschot (JDF)

Sam has started the season off with a bang. He's brought a great attitude to every practice and pushed himself to try new things like the back dives that we've been doing. Keep it up Sam!

JDF Green/Blue: **Sailor Naus** (Green)

Sailor worked super hard, came to practice with a smile every day, and has done a great job with all the drills and kick we have been doing in September. She has been working very hard for the past few weeks, and has not missed a practice. Great work Sailor!

Conditioning and Technique (C&T): Harry Hauting

Harry always comes to practice with a good attitude and is constantly working hard to better himself. Great job Harry!

SCP Green: Alanna Felt

Alanna has been one of the best listeners in the group, always remains focused and works hard in everything we do in and out of the pool. She is a great teammate and determined to bring her best each practice.

SCP Blue: Isabelle Wu

Isabelle had an excellent start to the season in Blue! She has excelled at understanding new drills and always has a positive attitude at practice. Isabelle continues to push her teammates while having fun at the same time. Keep up the fantastic work!

SCP Black: Winnie Tsi

Winnie has taken the initiative to lead as often as possible and is a natural leader by example. Congratulations on your dedication and hard work this month!

Provincial: Nicola Daly

Nicola is part of the “newby” swimmers in Provincial and right from day one she was ready to go. She has come to all practices and focus very well on the skills we have practice making already good improvement. She challenge herself with the set even sometimes going with the “oldies” lane. She has a great attitude and a willingness to learn. Keep it up Nicola!

Senior: Anastasia Musanji

Anastasia has come into the 2018/2019 season with a vengeance! Her focus and attention to detail so far this season has shown itself in the water where she is making great strides forward. She has demonstrated a drive to improve and a new found willingness to embrace challenges in order to achieve her goals. Anastasia is the conductor of this train, and shes steaming towards a bright future this season! Keep up the great work!

Senior Performance/CSI: Elijah Agostinelli-Stull

Rain, snow or shine, Eli had a fantastic month of September, consistently bringing the heat with his fire attitude and playlists, but also managing to keep it cool and composed with his frosted tips! No challenge was too large for Eli as he came to every practice with a winning attitude, a leopard speedo, and his traveling buddy Larry (Legend). Congrats to Eli and we are excited to see him keep bringing the fire as we scoot on into the chilli winter months!

FUNDRAISING UPDATE

Just a reminder that if you haven't told us how you'd like to contribute towards the *Bennett Cup Silent Auction*, please do so ASAP by clicking [this link](#). It will only take you about 2 minutes. There are several ways you can pitch in: cash donation, donate an item, collect items for a basket, etc. Our fundraising goal this season is \$25,000, so stay tuned for a progress update and new fundraising opportunities!

Email the Fundraising Coordinators, Kandas Lee & Tracey Hulten, at fundraising@islandswimming.com!



TEAM NOTES



Congratulations to all Island Coaches for being the 2018 Tier 2 Staff of the Year!!

The theme for the October Nanaimo swim meet this year is, "The Future is bright". Everyone bring a cheap pair of sunglasses and a cool hat!



NEW TV: You may have noticed Stevie our faithful underwater TV died last week. One of our local alumni Casey Ralph of C. Ralph and Associates, a Victoria accounting and taxation firm, has generously donated a new one.

You can find him on the web at: www.cralph.ca or 250-727-6444 or info@cralph.ca. Thank you Casey for this generous donation! Let us know if you come up with a name for our awesome new TV.

Our hearts are with the Kerr family during this difficult time. The Kerr family was an important part of the ISC Family and we are thinking of them at this time. Please see the link on our [website](#) for information about their GoFundMe page.

If you have photos you would like us to use for an upcoming edition of Heat Sheet, please send to meetadmin@islandswimming.com. We will specifically be looking for photos of freestyle swims for the November editions.

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