



THE ISLAND HEAT SHEET

October 19, 2018



IMPORTANT UPCOMING EVENTS

October

- 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

- Hilary Caldwell Skills Camp (Nov 3 *tentative*)
- Parent Social (Nov 3)
- Inside Ride Fundraiser (Nov 4)
- Bennett Cup (Nov 9-11)
- Speed League #1 (Nov 11)
- All Blue swimmers swim at JDF (Nov 17)
- ISC Annual Banquet and Awards (Nov 24)

December

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

SPRINTS

- All swimmers and parents, please remember that SCP has a **no deck changing** rule in place. Swimmers must change in designated changerooms.
- With the exceptions of swim meets, there is to be no food eaten on deck.
- All swimmers must wear **Island clothes** for dryland practices and meets. Please see Cathy in the office if you need to purchase a shirt.
- **TIME TRIAL WARM UP STARTS AT 3:30 SATURDAY**

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Dave's Dives

Thank you to all those who attended last Saturday's AGM and Parent Meeting. The minutes from the AGM as well as the President and Head Coach's report will be available on the website. The number one talking point at the Parent meeting centered on the idea of the Growth Mindset. The concept of Growth Mindset comes

from Carol Dweck's book *Mindset* (see *Team Notes*). In her book Dweck outlines that people have either a growth or fixed mindset.

People with Growth Mindset characteristics:

- Embrace and enjoy challenges
- View failure as temporary and stepping stones to success
- Understand that abilities can improve through hard work

People with Fixed Mindset characteristics:

- Fear and dislike challenges
- View failure as permanent and devastating (will avoid at all costs)
- Believe that abilities are fixed and cannot improve

While you may argue that a person's "natural abilities" play a big role in athletics, you cannot argue that a growth mindset athlete is more likely to improve than a fixed mindset athlete. Furthermore, a fixed mindset athlete is likely to never reach their full potential and will probably bottom out when faced with a major challenge. In swimming we see this all the time with fixed mindset swimmers who are always focused on results and rankings rather than effort and improvement. These swimmers inevitably hit a wall. Their rate of improvement slows, so too their results and rankings and they are not equipped to handle this challenge and end up leaving the sport. It's important then that parents and coaches help to foster a growth mindset in our kids. As parents you have THE MOST significant impact on the development of a growth mindset in your child. Three simple tips for fostering a growth mindset in your child are:

1. Praise effort, not result.
2. Allow your kids to fail.
3. Minimize the significance of failure and treat it as a learning opportunity.

I strongly encourage parents to go out and purchase Carol Dweck's book and discover how you can better foster a Growth Mindset in you and your kids.



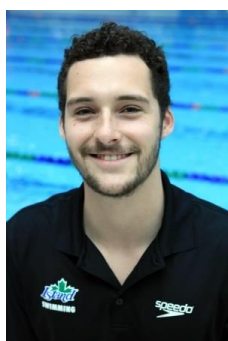
COACHES CORNER

Annie Wolfe, Island Swim Skills Manager



Good day everyone, We are so excited for the first iRace this Sunday. Please, be on deck at 7h45am with healthy snacks, warm clothes and an extra towel. We will need a few parents to time, **no experience needed**, just come on deck and meet me. Remember, no swimming on Halloween day and be safe. See you this Sunday!

Wouter Terpstra, Juan De Fuca (JDF) Manager



Hello Everyone, here are some reminders for the coming weeks.

This weekend we have our first Time Trial and iRace meet of the season. There will be no Saturday morning practice for Blue and Green so enjoy your sleep in. Warm up for the TT is at 3:30pm so please be on deck at 3:10pm for team activation. We've been working hard on proper flutter kick the last few weeks so Fynn and I are looking forward to seeing the kids put their improved kick to the test. For iRace on Sunday, please have the kids on deck at Commonwealth Place at 7:45am and one of our coaches will lead a big team activation. For parents attending, your help with timing would be greatly appreciated (front row seats)!

Next weekend is the Nanaimo meet for Blue and Green where our theme is 'The Future is Bright'. Our goal is to have everyone bring and wear a pair of sunglasses on deck - we have some ideas up our sleeve for when the kids race (Maui Jim or Oakley preferred!). A reminder that there will be **no swimming for ISS** (Bronze, Silver, Gold) on **Halloween** but regular practice is still on for Blue and Green. Bennett Cup & Speed League #1 are also approaching. We will all (Blue/Green) do Speed League on Sunday, Friday/Saturday of the Bennett Cup are TBD for each group. Finally, the first of 5 Saturday morning Blue practices at JDF has been moved from Nov 3 to Nov 17.

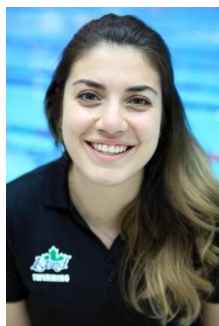
Have a great weekend and we'll see you all at the pool.

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



Hey C and T! Over the past couple of weeks we have been working on Backstroke and Freestyle body position, and we have started to learn Breaststroke and Butterfly kick. We will continue to work on these skills for the next couple weeks. Remember to bring fins to practice every day and if you do not have fins, please try and get some as soon as possible. Keep up the great work!.

Tannaz Hosseini, SCP Green Coach



This week in Green we've been progressing into more backstroke and breaststroke. As a whole, our kicks are looking stronger and our turns are getting there! This weekend's Time Trial is going to be a great first start to put our practice into action. We had a 200 timed kick this week, I was impressed with everyone's effort and attitude to do their best, given it being the end of workout. We'll do it again in a couple weeks and see if we can drop some time. For those going to Nanaimo next weekend, bring your SHADES for the Future is Bright theme. There is still practice on Halloween! We'll cancel dryland after so you can start your trick or treating. Reminder: No Saturday AM this weekend as we are all at the Time Trial

in the afternoon.

Brett Bennett, SCP Blue Coach



We have had a great first month of the season and are beginning to get into the rhythm of things! We have our first chance to race this season tomorrow, **Saturday October 20th!** Please be on deck at 3:15 for deck activation. Because of the Time Trial, **Saturday am practice** will be cancelled so you will all get a sleep in before racing. The following weekend, we have our first away meet of the year in Nanaimo for the **Nanaimo Fall Invitational!** The theme for the meet is 'The Future is Bright!' and all ISC athletes attending are encouraged to bring their own pair of cheap sunglasses. A reminder that Blue group will still have regular practice on Halloween.

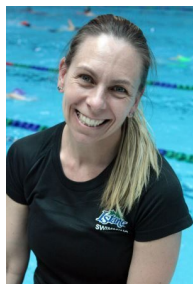


Riley Janes, SCP Black Coach

Again, thanks for your patience while I recover from a second round of surgery... its been tough. If we didn't get time to chat on Saturday lets try to make some time soon. I'm always happy to stick around after workout if that's better for your schedule. Reminder no workout this Saturday as we have our first Time Trial! Please have your swimmer at the pool by 3:15, ready for activation. Let's try to start off right! That means healthy snacks, water bottles, dry team clothes (plus extras as they do get wet) and clean shoes. Please no phones or video games, we want the kids engaged and cheering for each other. The same goes for Nanaimo! Please be on deck at 7:45 both mornings and 3:30 for the Saturday afternoon session. Don't forget the sunglasses! We will not have practice on Halloween Wed Oct. 31 as if your kid will forget. Please try to ration their candy intake before workouts, it causes stomach aches and energy crashes.



Annie Wolfe, SCP Provincial Coach



Hello everyone, Just a reminder that we have Saturday am workout at 6am and yoga. Be on deck at 3h15pm for the Time Trials. Swimmers that are participating in the Nanaimo meet remember to bring cheap sunglasses for our ISC “Future is Bright” theme. Congratulations to: Harper, Thea, Sela, Ethan and Marcus for making the Regional Prospect Camp, more information to come. So far so good with our swimming. Swimmers are making progress, however, we need to work hard on our push up, squat, plank etc..as we are...weak...for now... Have a good day everyone.

Finn Page, SCP Senior Coach



A reminder that we will still have Monday morning practice on the 22nd even for those attending the High School Champs on Sunday. As well, for those who are attending the Nanaimo meet, please bring a pair of sunglasses because the theme is “The Future is Bright”. My personal suggestion is a pair of shutter-shades if you can find them.

So far this month, I’ve been very impressed with how the senior group has come together. I love the atmosphere and the support between all of the group members. We need to work on our ability to focus on details during long sets, as we have had a tendency to zone out and simply swim back and forth as the practice goes on. Keep up the good work everyone!

Dave Tontini, CSI



Hi CSI + Sr. Performance,

First off I’d just like to state the obvious...I have the best coach’s photo in the Newsletter (Cle’s is second best). I’m considering modelling as a back up plan if this coaching thing doesn’t work out. Now for the important stuff:

- The following practices are cancelled: Saturday AM October 20th, Monday AM October 22nd + 29th.
- Senior Circuit swimmers are expected on deck at 1:00pm and will stay for Buddy Day (until after their Buddy’s first event).
- Time Trial swimmers please be on deck by 3:15pm. Warm up is at 3:30pm
- Entries for Nanaimo are up on the website if you’d like to see what you’re swimming :)
- The deadline to reserve your flight for Pointe-Claire is this Monday. If you have questions about the December meets, I would be happy to answer them.
- YOGA: we have started our once a week Yoga sessions with our instructor Julia. Swimmers are encouraged to purchase a Yoga mat so they can participate properly (super cheap at Winners).
- We are in the process of holding meetings with each swimmer where we discuss goals, expectations and the meaning of life. I encourage you to talk to your kids about it.
- CLAREMONT: On deck for 10:00am this Sunday for the High School Meet

Cole Bergen,
Senior Performance



FUNDRAISING UPDATE

Hello Island families! Thank you so much for the great donations so far towards the Bennett Cup Silent Auction.

We have a number of great items secured for the auction including:

- A family boat cruise for 4 to Pender Island,
- Weekend use of a brand new car from Victoria Audi,
- One-hour private coaching sessions from 7 ISC coaches, and
- A number of amazing baskets: Speedo, cosmetics, tea, pottery, portraits, and more!

The Black group is putting together a “Night Under the Stars” basket and the Blue group is putting a “Book Club” basket. Come and get your holiday shopping done early... and tell your family and friends! Click [this link](#) to pitch in the Bennett Cup Silent Auction.

Just a reminder that our fundraising goal this season is \$25,000. If you have any questions, please contact fundraising@islandswimming.com. Thank you for your support!

September Swimmers of the Month

ISS Bronze

Maika Black

Arden Campbell

Natalie Lau

Kiptan Lowres

Harry Verbaarschot

Green:

Alanna Felt

Sailor Naus

Provincial

Nicola Daly

ISS Silver

Marlee Hourtson

Jaden Price

Celine Yuan

Blue:

Isabelle Wu

Senior

Anastasia Musaji

ISS Gold

Kayla Felt

Samuel Verbaarschot

C&T

Harry Hauting

Black:

Winnie Tsai

CSI/SP

Elijah Agostinellie Stull

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

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 at time of purchase.
 Not valid at Swim Meets and other Sales Events, or in conjunction with other discounts.

#SwimExperts



TEAM NOTES

Information about Island Swimming Club's new Board of Directors can be found [on our website](#).

A reminder that the theme for the October Nanaimo swim meet this year is, "The Future is Bright". Please remember to bring a cheap pair of sunglasses and a cool hat with you to the meet!

Check out [this](#) amazing website on mindset which Coach Dave references in his article above. Information about the book, Mindset: The New Psychology of Success, by Carol Dwek book can be found [here](#).

Island Swimming coaches have set up a team for The Inside Ride fundraiser. More information about this event can be found on the [The Inside Ride website](#). To donate to the team, [click here](#) and enter the team name: **Island Coaches**.

The National Triathlon Centre may be looking for a homestay host for one of their underage female athletes. She will be here training until December 12. If you are interested in being a host for this athlete, please contact Cathy in the office for more information.

Thanks to Island Swimming Club's incredible high performance athletes, we have once again won a prestigious sponsorship contract with Speedo Canada. This contract is only afforded to a handful of the very best teams in the country. Key benefits of the sponsorship include free elite race suits for our senior national athletes, great discounts on various other items (including our team suits!), cool prizes and awesome swag for our club. To show Island's appreciation of Speedo Canada, we need to ensure that all of our swimmers wear Speedo branded items on deck. Let's continue to build off last year's successes and show everyone how great Island and Speedo are together. Thank you and congratulations to every swimmer who represented Island at Trials, Canadian Junior Championships and Canadian Senior Championships. This Speedo contract would not have been possible without them!

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!