



# THE ISLAND HEAT SHEET

October 31, 2019

## UPCOMING EVENTS

### November

- ISC Branded Clothing Flash Sale (Nov 6)
- 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)
- 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

- Make sure to attend the ISC Annual General Meeting.
- Check Team Notes section for Winter Break info.
- ISC flash clothing sale next Wednesday in the SCP Boardroom 3:30 - 6:00pm.



## IN THIS ISSUE

Upcoming Events.....	p1
Sprints.....	p1
Dave's Dives.....	p2
Swim Meet Recaps.....	p3
Coaches Corner.....	p5
Oct. Swimmer of the Month.....	p8
Volunteer Update.....	p10
Team Notes.....	p11





# Dave's Dives

Next weekend ISC will play host to the 5th Annual Bennett Cup. The competition is named after the late Head Coach of Island Swimming, Randy Bennett. Randy coached many great swimmers in his time, including the newest inductee into the Greater Victoria

Sports Hall of Fame, Ryan Cochrane. Furthermore, it was Randy's long term vision and hard work that created the High Performance Centre in Victoria, which facilitated the successful careers of so many great Canadian and Island swimmers. So, as we approach one of our favourite competitions of the year, let's remember who our meet is named after!

With that in mind, any time you get to compete in your home pool, it can be a huge advantage. There's nothing like sleeping in your own bed and having a home cooked meal to get yourself ready to swim some best times. Here are some helpful tips to make sure you're ready to swim your best come Bennett Cup:

- 1) Pre - Race Meals: As you progress throughout your swimming career it's important to take note of what works for you. If you have a great session at a swim meet, try to recreate the things you did leading up to it, including your pre-race meal. Most established swimmers have a go to breakfast and night before dinner that they know will give them the energy they need to perform come race time. Parents and swimmers should take note of what works for them.



- 2) A Few Good Nights of Sleep: Sleep is the ultimate tool to ensure you have the energy to race. In the days leading up to a competition AND during the competition, make sure you're getting your minimum of 8 hours of sleep. It also helps to make sure you're on the same sleep schedule as the competition. So, if you'll be waking up at 6:00am and going to bed at 9:00pm during the competition, plan to do the same for the days leading into the competition in order to adjust to that sleep schedule. That way your body and mind will be ready to go for those morning sessions.



- 3) Naps (they're not just for babies): Learning to utilize naps is an essential skill for swimmers.

Competitions can be long and gruelling and your nighttime sleep may not be enough. A well planned afternoon nap can ensure that you come back for the Finals session ready to improve upon your morning swim. I recommend two different nap lengths:

- a) The Power Nap (10-20 minutes) or
- b) The Full Nap (around 90 minutes).



The Power Nap is useful for gaining some short term alertness while the The Full Nap (one sleep cycle) will give you a little more long term benefit. The average sleep cycle is 90 minutes in length so try to avoid nap lengths that are multiples of 60 minutes as you will usually wake from these feeling groggy and tired.

- 4) Home Crowd Advantage: Take advantage of being at home by inviting your family and friends out to watch you race. Swimming in front of fans can be very motivating and even if you don't get a best time, grandma will still love you! No matter what, make sure you come back for Finals sessions to support your team. Having the whole team present at a home competition creates the kind of energy that fuels performances.



## **SWIM MEET RECAPs**

### **ISC Time Trial - Blue versus Green**

ISC finally got their feet wet with some racing at the Blue vs Green Time Trial two weekends ago. It was probably the most energy the SCP pool deck has ever seen at 6:00am on a Saturday. The traditional intra squad meet was a great success.



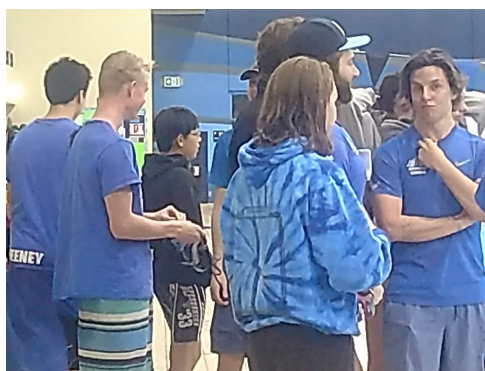
Thanks to all the swimmers for dressing up and cheering so loudly. An even bigger thanks to the parents who came out to volunteer for the meet. It's always important to get some racing in before we hit the bigger competitions.

As far as who took home top honours it looks like Green came out the winners of the "Bestest of the Best" category for most best times, although this was hotly contested as Coach Riley may have been counting all of his swimmers from both Green and Blue. The other category winners according to our secret judges were:



**Best Team Spirit: Blue**

**Best Dressed: Green**



Coaches were happy with the event and we already have ideas on how to improve it for next year, where Blue will look to reclaim the crown. Stay tuned!!





## I-Race #1

More than 60 swimmers participated in our first I-Race and it was awesome. Swimmers showed off their good head position on their freestyles, great small kicks on their



backs, and nice hip action on their dolphin kicks. The prize table is still very popular! Lots of fun. Hope to see even more swimmers at our next I-Race on Dec 1st. Thank you to all the parents who volunteered and cheered.

## Nanaimo Fall Invitational

It was a solid outing for the Island west coast kids who all looked fantastic in their flannel. Our first 2 day meet of the year saw 98 swimmers produce 439 best times! This included 64 podium finishes. You can check out the full results on our new website under the results tab - just click on the meet. You can sort by event, podium finishers, best times and new qualifiers. We did a good job cheering but it can always be better, try to leave the distraction devices at home and don't be afraid to sit and make friends with swimmers from other groups. Lets keep the momentum going next weekend as we defend our home pool!





## **COACHES CORNER**



*Annie Wolfe, Island Swim Skills Manager*



Congratulations to all the SOMs for October in each ISS group! A reminder that all the ISS groups will be off this Thursday 31st on Halloween, be safe! Also, no swimming on Monday Nov 11th on Remembrance Day. I notice we have a few boys still swimming with board shorts. It's incredibly difficult to kick and swim properly with these. I would strongly suggest that you get a jammer or Speedo for your swimmer as this will help them to learn how to float and swim better. We do sell these suits at the office, if you are looking for one. Our swimmers have been working hard on their kick and head positions on free and back and it really showed at the I-Race - well done swimmers and coaches. Till next time...just keep swimming!

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



We've had an exciting few weeks with the Time Trial, I-Race and the Nanaimo meet all going by in a blur! At the I-Race we such great swimming and we were excited that the kids were able to show off the skills they've been working so hard on in practice. In Nanaimo last weekend we had tons of great swims and Fynn and I were both proud of how well our swimmers did. A special shout out to Taylor Price for a fierce 100 fly race where she remained cool as a cucumber while racing a bunch of 22 year old varsity boys after accidentally being entered with a world record setting 53 seconds. Next weekend is [Bennett Cup](#) on Friday and Saturday for those qualified and [Speed League #1](#) for all of Green, Blue and Black on Sunday afternoon. Please check the meet packages on the website for warm up times. There will be no practice for anyone following the meet on Monday, November 11 as it is Remembrance Day. Don't forget to sign up for the awards brunch on Saturday, November 23. It's a fun event where we celebrate all of last year's great achievements and eat lots of yummy food (buffeeet!). We hope to see as many of you there as possible! Those with swimmers receiving an award will have received an email from me so they can be there to accept! Don't forget that we only have one week left at JDF before we move to the YMCA (and SCP for Blue/Black) for the remainder of 2019! Please double check your swimmer's schedule so you know when they will be swimming for the next 6 weeks.



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



Hey C and T! Awesome job these past couple weeks working on our kick and our body position. Please remember to show up 15 minutes prior to the start of your practice. This month our swimmer of the month is Kate Brooks, congratulations Kate. There is a water polo competition this weekend at Commonwealth so we will not have practice on Saturday, November 2nd or Sunday, November 3rd.

*Katrina Shinkaruk, SCP Green Coach*



We have had an amazing past few weeks of racing with Time Trials and the Nanaimo meet! Lots of best times were swum at both events, so kudos to you guys! I've been very impressed with positive attitudes and effort from everyone so let's keep it up Green team! A reminder that our next meet is **Speed League** on November 10th. The Monday practice after the meet (Nov 11th) will be cancelled. We also have our Awards Banquet coming up on November 23rd and I encourage everyone to attend. Lastly I wanted to give a shout out to our SOM Yui for absolutely crushing it this month! Great job this month Green :)

*Brett Bennett, SCP Blue Coach*



Congrats to everyone who competed in Nanaimo this past weekend! I thought it was a super positive meet for everyone who attended, with a crazy amount of best times coming out of the meet. A reminder that our next meet is the **Bennett Cup and Speed League meets** on the second weekend of November. Practice on the Monday following the meet (November 11th) **will be cancelled**. I would like to encourage everyone to sign up for the Awards Banquet on November 23rd. It's a great morning of celebration of last year's achievements and the food is pretty good too! You can find the sign up page [here](#).

*Riley Janes, SCP Black Coach*



Congrats on a good first full weekend of racing! Nearly everyone had all best times. You can check the new website for detailed results, just keep in mind if I made up an entry time for your swimmer (either because they didn't have the qualifying standard or the new database is just not fully updated with all best times yet) it may show as not a best time. Many of you did events that you maybe don't do that often, we will be swimming more of your preferred events at Bennett Cup and the Speed League 1. Remember no workout this Thursday afternoon for Halloween. This is the time of year to make sure you are doing everything you can to stay healthy. Drink that water, get to bed early, wash your hands often and keep eating that spinach!





Annie Wolfe, SCP Provincial Coach



I'm so excited to announce the SOM... Bravo to Isaac Pang and Harper Nevins. We had a positive swim meet in Nanaimo. We have been practicing details like: better streamlines in and out of turns with fast break-outs under pressure, a lot in the last 2 weeks. Many swimmers have shown their improvement with these skills and have realized just how important they are in a race so we are pushing harder for Bennett Cup! This Saturday we will swim until 7h30am due to the Water Polo tournament and we will have Yoga from 8-9am - bring a snack. We will have our annual Award Banquet on Nov. 23rd so make sure to sign up - there are a few new surprises this year. Finally, we do have swim practice this Thursday for Halloween since we are done at 5:15, lots of time to get ready. Have fun!

Dave Tontini & Cole Bergen, Senior Program



CSI will continue with regular schedule during the strike, we are using the SCP weight room during that time. Please be aware that if you are not declared for the Bennett Cup online then you will not be entered into the competition.



The swimmers showed a little more spark at the Nanaimo meet but Cole and I are still not ecstatic with the progress. We've spent a lot of time and energy on foundational technical elements, especially kick and we're just not seeing that translate to their swims. It's okay to be off your best time in October, especially for the older swimmers but we want to see the swimmers execute those technical elements. We will use the underwater camera more frequently over the next few weeks and make sure we're holding the swimmers accountable for staying focused on swimming with good habits.

We will aim to be better at Bennett Cup. All swimmers will compete in 400 FR and 400 IM, they will pick 3 events and coaches will pick 2 challenge events with specific criteria for racing. Swimmers will be permitted to wear an old race suit at this meet, they should be consistent between prelims and finals. Swimmers are expected at all Finals sessions. I encourage the swimmers to head home from prelims as soon as their morning is finished, however they should be at the pool for the start of activation unless they have spoken to a coach about coming later.

Congrats to Dylan Kormendy on being named October swimmer of the month. Shout out to those who had perfect attendance for the period from Sept 30 - Oct 25: Ashley Christison, Dylan Kormendy, Alex Medler, Jenna Peterson.

Swimmers who know they are attending Trials or Westerns and would like to take advantage of the early suit order, please let me know ASAP. I have only heard from four parents/swimmers so far.

Please let us know if you have any questions or feedback.





# October 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 **October Swimmers of the Month**.*

## Island Swim Skills Bronze:

### **Isla Peer (JDF)**

Isla has been with us for only a short time but has already seen growth, primarily in her side glide and flutter kick. Her improvements range from being able to keep a consistent kick throughout a set to maintaining proper body position. Great work Isla!

### **Sienna Robichaud (JDF)**

Sienna brings a consistent positive attitude to all practices and helps motivate those who may not be as motivated. Her underwater streamline has seen a huge improvement in both form and consistency.

Keep up the great work Sienna!



### **Avyn Smith (SCP)**

Avyn comes to swimming with a smile on her face and has lots of energy to have fun or to work on any swim skill. She stays focused and especially likes to race. Avyn really enjoyed racing in the first I-Race meet of the season. Keep up the super effort Avyn!

### **Hank Turner (SCP)**

Hank is always showing up to the pool with a smile and a positive attitude. He's been to every practice throughout the month of October, keep it up Hank!

### **Lachlan Welsman (SCP)**

Lachlan enjoys his time at the pool and works hard on improving his strokes, dives, and tumble turns. He did a great job at his first I-Race meet and enjoyed racing with his teammates. Lachlan had near perfect attendance in October and is always helpful when we need assistance. Keep up the super attitude Lachlan!



## Island Swim Skills Silver:

### **Charlie Millar (SCP)**

Charlie had a great month of practices. She comes to all of the practices with a big smile and a ton of energy. Her kick has been steadily improving and is now very comfortable leading the lanes. She also did an amazing job at the first I-Race of the season! Keep up the amazing effort Charlie!





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### **Ari Stamhuis(JDF)**

Ari came in this month and tore it up at our I-Race. He has made huge strides forward with everything we have been working on and is killing it at the front of the lane! Keep it up Ari!

### **Elliot Warder (SCP)**



Elliot has done an awesome job improving on all the skills worked on since the beginning of the season and displayed them well at the first I-Race. He has a great attitude towards swimming and always has a smiling face. Keep up the great work Elliot!

### **Island Swim Skills Gold:**

#### **Emmett Hastie (JDF)**

Emmett has done a great job leading lanes and being focused on his skills during practice this past month. I'm continually seeing all his strokes improve as the season progresses, so keep up the good work Emmett!

#### **Victoria Luo (SCP)**

Victoria had an amazing month of swimming. She always comes to practice ready to learn new things and is always down to lead the lanes. She did an amazing job at the first I-Race of the season! Keep up the great work Victoria!

### **Conditioning and Technique (C&T):**

#### **Kate Brooks**

Kate is very positive at practice and is a great leader for our group! From dancing behind the blocks to always volunteering to help with the lane ropes, she is a great leader for our group. Keep up the awesome work Kate.

### **Green:**

#### **Yui Hasegawa (SCP)**

Yui comes to every practice with a bright smile and an amazing attitude. Every practice she puts in 100% effort and is always encouraging and supporting everyone in Green. Keep up the fantastic work Yui!



#### **Aline Woodward(JDF)**

Aline comes to every practice with a fantastic attitude and has been doing an amazing job. Keep up the awesome work!

### **Blue:**

#### **Ava Denneny (JDF)**

Ava is about as tough and focused as they come. She's always reliable when it comes to intervals and knowing the set which is an important aspect of becoming a good swimmer. Her determination and work ethic are unwavering, which I admire greatly. She also had a great meet in Nanaimo with a few standout swims and 100% best times. She's not only my pick for Swimmer of the Month but she also seems to have gotten her teammates support for this months honour. Keep crushing it Ava!



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### Emma Dubois (SCP)

In her first two months with Island, Emma has shown a consistent improvement with her technique and leadership skills in the group. At the Time Trial and Nanaimo Fall Invitational, Emma managed to shred all of her races, getting best times in all 10 of her races. Emma has had perfect attendance throughout the month and continues to crush practices. Keep up the great work Emma!



Black:

### Max Feeney (SCP)

The swimmer of the month for October is Max! He is often the first in the water, is always on task, and knows how and when to ask relevant questions. He has become a leader for the squad and is turning into a great role model. Keep it up big guy.

### Provincial/Junior CSI:

#### Harper Nevins:

I want to recognize Harper for consistently working well and hard this month. This is a big improvement from last year. I was also happy to see that she has been a positive influence and encouraging some of the new swimmers in the group which is so important and reinforced our group's spirit. Stay positive and open minded girl.

#### Isaac Pang:

I knew it would be the year of Isaac on the first day back just by his body language. Isaac started the season positive, enthusiastic, and alert. He is focused and works a LOT harder and BETTER than last year with already more efficient swimming in all strokes and lots of best times so far. I'm so happy with this new Isaac so much fun to coach :) keep it up.



### Senior Program Groups:

#### Dylan Kormendy

Swimmer of the month is none other than Mr. October himself, Dylan Kormendy. He has been on fire since the start of the season. Dylan has always been very driven, hard working, and focused. However, in the past, he tended to struggle with consistency and especially maintaining his effort and attitude when things weren't going well. This year Dylan is a new man. He is the model of consistency, his attitude has been fantastic, and he's working hard even when he's tired, sore, or not performing how he'd like. Dylan is emerging as a real leader in our senior program and we could not be more thrilled for him. We're excited to see him kick some butt this season. Oh and he's even improved his backstroke, proving that with hard work, anything is possible ;)

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## VOLUNTEER UPDATE

Thank you to all who came out for our first Time Trial, it was a HUGE success for volunteers.

Bennett Cup and Speed League are next weekend! We are very short positions for Friday morning (especially timers) and need to fill some other spots for the remainder of the weekend. Please, if you are able to help out and do extra shifts, or know of others who would be interested in timing at the meet, sign up is still available online. Email [officials@islandswimming.com](mailto:officials@islandswimming.com) with any questions.



## TEAM NOTES

We will be having a **FLASH ISLAND SWIMMING CLUB BRANDED SALE** next Wednesday November 6 from 3:30-6:00pm. We will be selling white officials t-shirts \$10 for dry-fit and \$5 for cotton. ISC shorts, hoodies, t-shirts (black and blue), toquies, bucket hats, tank tops, caps, goggles, snorkels, pull buoys, finger paddles and cookbooks will all be available to purchase. Come down to the board room and see what we've got. Get your supplies while quantities last!

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



**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**

**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.



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](mailto: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!

