



THE ISLAND HEAT SHEET

September 26, 2019



UPCOMING EVENTS

September

- ISC Welcome Back Fun Day (Sept 28)
- Fostering Resilience in Swimmers (Sept 28)

October

- Team Aquatic Supplies Sale (Oct 5)
- Stroke and Turn Officials Training (Oct 11)
- Thanksgiving - No Swimming (Oct 14)
- AGM (Oct 19)
- ISC Time Trial (TBC)
- 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)

SPRINTS

- ISC Welcome Back Fun Day 1-3:30 register online.
- Make sure to attend the ISC Annual General Meeting.
- Don't forget about the Team Aquatic Supplies sale on October 5.

IN THIS ISSUE

Upcoming Events.....	p1
Sprints.....	p1
Dave's Dives.....	p2
Coaches Corner.....	p3
Volunteer Update.....	p10
Team Notes.....	p10





Dave's Dive

Welcome back ISC! We are two weeks into the 2019-2020 season and Island looks better than ever. Our membership is as full as it has been in my time here on the island. I am especially happy to see our younger development groups so full and eager

to be at the pool.

I hope parents and swimmers enjoyed time off over the summer. I think it is important to get some time away from the pool, especially for the younger kids who are still growing.

Island is coming off of a very successful 2018-2019 season which saw us repeat as Provincial Champions and 10 & Under Comox Champions. Winning those two meets are a good sign that our club is solid at all levels.

Our staff is excited to work hard for our swimmers on another successful season. We have a few coaches in some new places but overall we've kept our staff mainly in tact from last year. It is a solid group of young coaches who will bring energy and passion to the pool deck.

As we embark on this new swim season I encourage you to support your swimmers by loving them and encouraging them to work hard and embrace challenges. Don't forget to keep in touch with your coach and let them know when they are doing a good job! Please continue to support the club by being positive and respectful in the stands, being good ambassadors for Island swimming and volunteering as much as possible.. We appreciate it! Looking forward to seeing you this Saturday at our Welcome Back Pizza Party. Go ISC Go!

Highlights from the 2018-2019 season:

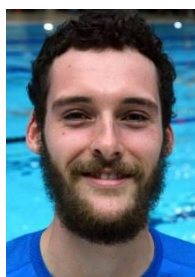
- 2019 Swim BC Summer Provincial Champions
- 2019 Swim BC Winter Provincials 2nd Place
- 2019 Swim BC Winter Age Group Provincials Top Ten
- 2019 Swim BC Summer Age Group Provincials Top Ten
- 2019 VIR LCM Regional Champions
- 2019 VIR SCM 2nd Place Finish
- 2018 Comox 10 and Under Champions

COACHES CORNER



Annie Wolfe, Island Swim Skills Manager

Hello Everyone and welcome back to another exciting season. We have new and returning ISS coaches and they are all ready to go and teach your kids strong fundamental swimming skills, making sure they have fun doing it. Make sure you register for the welcome swim and pizza party this Saturday 1-3:30pm. Only registered ISC swimmers are allowed in our competition pool but your family members can buy their entry to the leisure pool and enjoy water time at the same time. We also have Mike Flegel giving a talk about fostering resilience in swimmers, so if you want to know more about the sport of competitive swimming this is a good start. Lots of information goes on our website so make sure you take time to visit it weekly to find out what is going on at ISC and with your group. Make sure your swimmers have a good pair of swimming goggles (we sell some at the office) and a proper bathing suit for boys (avoid board shorts as it is difficult to swim and float in them). For girls with long hair, we suggest caps as it's very hard to breath with hair in your face. I wish every family a great year in ISC and if you have any questions, don't hesitate to email me or talk to your coach after practice.



Wouter Terpstra, Juan De Fuca (JDF) Manager

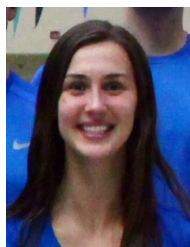
Welcome back JDF! We're off to a good start this first week and we're happy to see all the kids back in the pool. On Monday September 30 there will be a parent meeting at 5pm outside the viewing area in the lobby where I'd like to cover a number of important items so I'd like to ask everyone to attend if possible. This is also your chance to ask any questions that you may have. We'll also have someone there from our office to talk about volunteer commitment for Green, Blue & Black as well as fundraising this year. They will be able to help with administrative questions you may have. This Saturday (Sept 28) during the [fun swim](#) at SCP former Swim BC Technical Director Mike Flegel will give a talk about [fostering resilience in swimmers](#). The following weekend on October 5 Sharleen Hoar, Mental Performance Lead at the Canadian Sport Institute, will give a presentation during morning practice at SCP (7:30-9:30am) about [supporting your swimmer](#). We are lucky to have Mike and Sharleen share their knowledge and many years of experience with us and I would strongly recommend that all parents with swimmers in our competitive groups attend these talks as they can be very educational.



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

What an amazing first couple weeks back in the water! I've never coached such a big group for C&T before! I love seeing all our returning members and some new faces! For the first couple weeks we worked on basic skills such as our Underwater Rules, our streamlines, and brushing up on all the strokes. We will continue to work on these moving forward. If you do not have fins yet please try and buy some as soon as possible! Make sure we also arrive 15 minutes prior to the start of practice so we can activate and get ready before we hop in the water. Lastly, I'd like to say I am very

excited to be working with all of you, please let me know if you have any questions by sending me an email or a quick chat after practice!



Katrina Shinkaruk, SCP Green Coach

It's been a stellar first two weeks back! The group spirit has been fantastic and everyone is starting to adjust to the swing of things. If you were unable to make Wednesday's parent meeting and have any questions, feel free to come talk to me at the pool or send me an email. Clear your schedules for this Saturday from 1:00-3:30 as we have our welcome back fun day and it would be awesome to see you all there! Our next meet will be the ISC Time Trial in October.



Brett Bennett, SCP Blue Coach

Fantastic start to the season so far! The group energy has been unreal and everyone has quickly begun to buy into what we're trying to accomplish on a daily basis. We had our parent meeting on Monday so if you weren't able to attend and have any questions, shoot me an email or come talk to me after practice. We have our **Welcome Back Fun Day** on Saturday from 1:00 to 3:30 and I hope to see most of you there! Our next meet will be the **ISC Time Trial** in October. Stay tuned for more details!



Riley Janes, SCP Black Coach

Welcome Black! We will have our parent meeting Friday @ 5 in the Aquatic Classroom on deck. If you can't attend, please check with me before you buy any equipment. It has been a good start. I'm impressed with the overall attitude and listening skills of the swimmers. Let's keep up with team gear at the pool, the kids look great. We will swim in the NRST meet in October so please sign up when it opens. Full schedule starts next week. Remember regular attendance is the key to growth. Just bring your swimmers, even if they are tired. I will adjust sessions as needed.



Annie Wolfe, SCP Provincial Coach

Hello returning and new Provincial families. Already 2 weeks in and we are making good progress on our kicking skills. I love the group dynamic so far and I'm very excited about the season. Remember we have a group parent meeting Thursday Sep. 26th at 5:30pm in the Aquatic Classroom with all you need to know about this year, so don't miss it. We will start morning practices next Thursday Oct. 3rd. Hope to see you this Saturday at the welcome back swim from 1-3:30pm please, register online. Lots of information on our website, so take the time to go visit it weekly to keep up to date with what is happening in ISC. Any questions... don't hesitate to email me.



Dave Tontini & Cole Bergen, Senior Program

Welcome to the 2019-2020 swim season. The senior swimmers have been responding really well to the program so far. The kids are in good spirit, the energy is high and practices are really fun. Cole and I are super excited to coach these kids up, help them get ready for University



and achieve some of those big juicy performance goals of theirs. We are in the process of meeting individually with each swimmer to go over goals. If parents feel they would like to meet with us, they are always welcome to join in for the end of the meeting. Thank you to all those who attended the parent meeting last night. Important information was sent out, if you have any questions, don't hesitate to ask. Upcoming notes:

All swimmers are expected at the Welcome Back Pizza Party this Saturday 1-3pm. Mike Fligel (former Swim BC Technical Director) is doing a presentation for parents from 1-2pm on "Building Resilience in Young Swimmers".

Our first competition will be the October Green vs Blue Time Trial. The date is still TBC but we are hoping for October 19th or 20th. All of our swimmers are expected to participate. After that, the next competition is the Nanaimo Invitational. We are asking our swimmers to compete on the SATURDAY ONLY. However, if swimmers have events that they would like to swim on the Sunday, or they are there for siblings, then they are encouraged to race Sunday and would be OFF for Monday morning.

Please make sure swimmers have necessary equipment. Some swimmers are still missing snorkel, band and foam roller/lacrosse ball. We start full training schedule next week, make sure the kids are getting that 7.5 hours of sleep! Looking forward to a great year!



VOLUNTEER UPDATE

As most of you are aware, ISC has a significant need for volunteers to support our club at our hosted meets. As we move forward, we want members to feel supported around their volunteer commitments and officials progression. Please reach out to us at any time if you have any questions - we are here to support you and keep things running smoothly for the swimmers!

- Volunteer Information (Alison & Darci) contact info is: officials@islandswimming.com
- Points & Policy (Diana) contact info: meetadmin@islandswimming.com
- Island Swimming Officials Training:
<https://www.islandswimming.com/menu/officials-training>
- Volunteer Requirements: <https://www.islandswimming.com/menu/volunteer-requirements>

We will be running some officiating clinics in the near future, If you haven't completed your level one, and would like to get a jump on understanding the various officials roles, you can investigate online: <https://www.swimming.ca/en/clinics/>

For those who have completed level one, there will be a Stroke and Turn Clinic at 7pm in the PISE Boardroom on October 11. Looking forward to seeing you there. You can sign up online for this

clinic at: <https://cais.poolq.net/event/stroke-and-turn-clinic>

TEAM NOTES

Congratulations to ISC's Andrea Nugent who received SwimBC's Volunteer of the Year Award.



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

Don't forget that TAS will be on site at SCP on Saturday October 5th. They will have tons of suits, equipment, goggles and more! Come pick up some stuff for your swimmers!

If you have photos you would like us to use for an upcoming edition of 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!