



THE ISLANDER

February

And Just like that 2024 is now well underway! January offered many exciting events, Including the VIR Level Up Meet, VIR Championships, and The Annual Long course Masters Meet!

February will play host to many more exciting events. We will Have our first iRace of 2024, Our Long course Race Weekend, and Swim B.C. Divisional Championships.

A big THANK YOU to everyone who helped with the Victoria Masters meet on January 20th! This Meet is an important part of the Swimming community in Canada and we are thrilled that so many of our members helped make it possible. With 3 World Records and numerous National and Provincial records broken, the meet was a huge success!



Important Dates

Feb 17th-18th: ISC LC Time Trial

Feb 22nd: CSI Info Night @ Claremont
Secondary 5:45PM

Intended for any swimmers interested in joining
th CSI Aquatics Program

Feb 23rd-25th: Swim B.C. Divisional
Championships

March 7th-10th: Swim B.C. Provincial
Championships



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Your Monthly Inside Look at Island Swimming

TRAINING MODIFICATIONS February / March

JDF ISST & Intro Comp:

- No practice Monday February 19th - Family Day
- **Programming at JDF will continue through spring break. JDF will be closed for annual maintenance from March 29-April 16. Programs at JDF will resume on April 17**
 - Intro comp swimmers are invited to join the SCP Intro comp during closure period.

ISST @SCP:

- No practice Monday February 19th - Family Day
- No practice Friday, March 8th due to a swim meet
- Spring Break March 25th-April 1st (practices resume April 3rd)

C&T:

- No practice Monday February 19th - Family Day
- Saturday February 17 - moved to teach pool
- Sunday February 18 - practice changed to 11am - noon in the dive tank
- Spring Break March 25th-April 1st (practices resume April 3rd)

Intro Comp:

- No practice Monday February 19th - Family Day
- Spring Break March 25th-April 1st (practices resume April 3rd)

Regional:

- No Practice Saturday AM February 17th due to our Long Course Time Trial at SCP

Provincial:

- No AM practice on Sat Feb 17 - Time Trial starts at noon.
- ***Divisionals swimmers only***: Saturday only at time trial, Sunday off.
- Family day practice (Feb 19): TBD (either 8-10am or 10am-12pm)
- Spring break time off: March 25-April 1

CSI/ National:

- No Practice Saturday AM February 17th due to Swim Meet
- Family Day: Feb 19th Practice 8:00AM-10:00AM



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Parent Information

ISC Gear Swap

Have you checked out our [Gear Swap](#) page? There's lots of new and gently used swim gear looking for a good home! You'll also find it on our website under Pro Shop/ Gear Swap

Fundraising

We are Excited to Offer 2 new zero Cost ways to raise Funds for Island Swimming and help support our athletes!

1. Use our Co-Op Number **83890** when you shop at Co-op food & gas or PenCo Liquor stores
2. Drop your refundable bottles & cans at **Bottle Depot** locations on Glanford or Quadra St and donate them to the Island Swimming Club account





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Island Swim Skills Team

Happy February everyone!

We hope you all had time to enjoy the bit of snow we got last month as well as a nice hot cup of cocoa during the cold snap! This is of course the longest February we've had in the last 4 years so we will have to wait an extra day for spring to arrive. Good thing we live in Victoria, where spring sometimes arrives in February!

Our 3rd iRace of the season is this coming Sunday (Feb 4)! We have a fresh set of events for our combo's and will be finishing with a fun relay. If you haven't yet, you can check out the previous (and future) iRace results [here](#). As always we will be in need of your help on deck with timing and prizes which you can sign up for [here](#). Following iRace #3 we have just 2 more iRaces this season. The next one will be on May 5 and the last one on June 16. Please note that the [iRace on May 5](#) will start in the late morning (11:15am) due to another event running at the facility on the same day.

From March 7-10 Commonwealth Place will host the BC Provincial Championships. This is an exciting event to have at home for our own swimmers as they compete against the fastest swimmers in the Province. This meet will have minimal impact to our ISST program, only affecting the practices on Friday March 8. Those swimmers will have the day off but we encourage them and anyone else to come watch some fast swimming at Provincial Champ finals that evening! Programming at JDF will not be affected.

Although it is still a ways away, Spring Break will be coming our way at the end of March. To get ahead on your plans, please check the "Training Modification" page for time off dates.

Questions? Always feel free to reach out to ISST Manager, [Wouter](#), or our lead ISST coaches [Ashley](#) and [Erin](#)!

What do you call an amphibian born on February 29th?

A leap frog!



Duncan Last Chance Meet

We had a several kids from Intro-comp and Regional take advantage of this racing opportunity close to home and managed to get 5 new qualifiers for the VIR Championships in Comox! Congrats to the New Qualifiers Lily, Jordan, Daphne and Sam



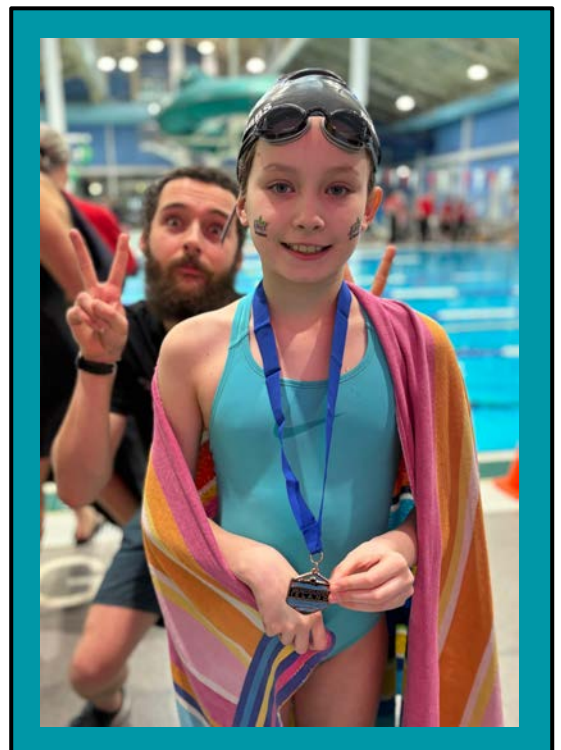
Vancouver Island Championships

This Past weekend, 45 Island Athletes made the trip up to comox for short course Regional championships!

This meet is an amazing introduction to championship style meets, serving as a stepping stone to higher level Competition.

Highlights from the meet include 170 Personal Bests, 48 Podium Finishes (12 Gold, 15 Silver, 25 Bronze), and 2 New Divisional Qualifiers.

This was a great start to the 2024 racing calendar and we are looking forward to more fast swimming in the coming months as Island Athletes prepare for Divisionals, Provincials, and Western Canadian championships!





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Swim B.C. Performance Rankings

Swim B.C. has published their first of 3 Performance reports for the season. This report is intended to highlight the incredible commitment and work ethic of swimmers in B.C.. We are proud to say that Island Swimming has ranked 5th, and we are looking forward to continued improvement over the rest of the season. Go Island!

TOP TIMES (SCM)



TEAM SCORES

To calculate the club's performance score, the total World Aquatic points of all ranked swimmers in the club are summed. This cumulative score reflects the club's overall performance.

RANK	CODE	CLUB	HEAD COACH	SCORE
1	LOSC	Langley Olympians Swim Club	Ryan Skomorowski	163,474
2	KAJ	Kelowna Aquajets Swim Club	Marc Tremblay	147,679
3	CDSC	Canadian Dolphin Swim Club	Kelly Taitinger	142,594
4	UBCT	UBC Thunderbirds	Derrick Schoof	117,978
5	ISC	Island Swimming Club	Lucien Zucchi	114,823
6	UVPCS	Pacific Coast Swimming	Rod Barratt / Mark Lancaster	95,376
7	HYACK	Hyack Swim Club	Andrew Lennstrom	93,514
8	SKSC	Surrey Knights Swim Club	Reg Shaw	81,845
9	RAPID	Richmond Rapids Swim Club	Robert Pettifer	79,924
10	PSW	Pacific Sea Wolves Swim Club	Jy Lawrence	79,743
11	UVIC	University of Victoria	Peter Vizsolyi	78,565
12	VPSC	Vancouver Pacific Swim Club	Patrick Paradis	71,788
13	WDSC	Winkill Dolphin Swim Club	Judy Baker	65,131
14	KISU	Kisu Swim Club	Tina Hoeber	61,855
15	SPART	Spartan Swim Club	Justin Daly	42,081
16	WVOSC	West Vancouver Otters Swim Club	Janusz Kaczmarek	41,941
17	NRST	Nanaimo Riptides Swim Team	Scott Flood	40,958
18	WSC	Wayland Swim Club	Ann Wang	27,474
19	DELTA	Delta Sungod Swim Club	Kurt Murphy	21,724
20	RIDGE	Ridge Meadows Swim Club	Sarah Rudolf	18,574
21	CSSSC	Columbia Shuswap Selkirks Swim Club	Barry Healy	16,934
22	KCS	Kamloops Classic Swimming	Regan Peace	16,069
23	PGB	Prince George Barracuda Swim Club	Jerzy Partyka	15,279
24	CRKW	Campbell River Swim Club	Richard Millns	13,892
25	SOSC	Summerland Orca Swim Club	Jamie Ferguson	12,986



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Competitions: Why??

Coaches have various reasons to register a swimmer in a swim meet, including skill development, goal achievement, gaining experience, showcasing performance, fostering team spirit, and striving for rankings.

On the next page, the lead coach of each group will provide an explanation about the participation in different competitions, along with our development objectives. Please ensure that you are reading the appropriate section based on your child's training group.

Intro Comp - Group

On Friday Feb 9, March 15 and April 12 (3:40 activation - 7pm Approx finish time) we will be joining groups (Rileys Regional and Kyle's intro comp) with Grace and Annika's swimmers From PCS to foster fun, camaraderie and fast racing of course. The plan is to combine pool times and do a warm up together, then do 3-4 races. The focus is not times but rather getting them to kick and swim fast so events can and should be a little different from what they're used to (100k, 75br, 25fr, 50 pull, 25 underwater with fins etc.

We will need a parent volunteer or 2 to help with place judging and score keeping (no events will be timed), please let me know if you can help out.

iRace: February 4th

- Events are currently undecided, but this is another great opportunity for the kids to get off the blocks in a quick and convenient manner.

Duncan Invitational- March

- There is not a lot of information available at the moment, but i'm assuming that the format will be similar to Decembers.





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Regional Group

On Friday Feb 9, March 15 and April 12 (3:40 activation - 7pm Approx finish time) we will be joining groups (Rileys Regional and Kyle's intro comp) with Grace and Annika's swimmers From PCS to foster fun, camaraderie and fast racing of course. The plan is to combine pool times and do a warm up together, then do 3-4 races. The focus is not times but rather getting them to kick and swim fast so events can and should be a little different from what they're used to (100k, 75br, 25fr, 50 pull, 25 underwater with fins etc.

We will need a parent volunteer or 2 to help with place judging and score keeping (no events will be timed), please let me know if you can help out.

Divisionals - February 23-25

Hosted by Canadian Dolphins Swim Club at the Vancouver Aquatic Center. Any qualified swimmers are eligible to attend the first provincial meet of the year. It will be a great opportunity to visit the Vancouver/ Granville area and race some of the best kids in the province. Talk to me about qualifying standards and entry requirements.

Long Course Time Trial #2 At SCP

February 17 noon -7pm and February 18th am -2 pm

The kids will have a chance to race Long course over the 2 days, they can swim up to 6 events without the need for qualifying standards. Please sign up and let me know if you have any preferred events.

Provincial Group

Long Course Time Trial - FEBRUARY

Our second long course time trial of the season. This is an opportunity for swimmers to get some new LC best times and for those racing at Provincial to get one more LC race opportunity before the meet. Swimmers racing at Divisionals will only race here on Saturday so they get a day off before the meet. Everyone else will race both days. The time trial will be Saturday afternoon and Sunday morning.

DIVISIONALS - FEBRUARY

Our first championship and team travel meet of the season! Qualified swimmers will head to Vancouver to race. This meet is often the first meet where swimmers have an opportunity to race swimmers from the mainland, unlocking a whole new group of competitors to race against! It is a big confidence builder and lets swimmers build life skills and experience travelling with their teammates and racing at a higher level.

PROVINCIALS - MARCH

We are lucky to have a pool that can host big meets! Provincials will be here at home. Qualified swimmers will race events they have achieved times in. This is a fast meet and excellent opportunity to race at the highest level of swimming in BC. It's another experience and confidence builder for those racing here. I even strongly encourage unqualified swimmers to come watch at least one finals session to see the best of their age group in BC race!



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National + CSI

Navigating the Next Cycle of Competitions: A Guide for Parents

As we enter the challenging second phase of the season in January, involving Divisionals, Provincials, Westerns, and Olympic Trials, it's crucial for parents to understand the unique demands faced by our swimmers. Achieving peak performance for various competitions with different timelines can be complex, especially for those qualified for multiple events.

We prioritize open communication and personalized strategies to address these challenges. For local events like time trials or home meets, we encourage all swimmers to participate, fostering both individual improvement and team unity.

3. Provincials: The Provincial competition, held at Saanich, is a significant event that we encourage all qualified swimmers to attend. It provides an excellent opportunity to compete against some of the fastest swimmers in the country and the province, fostering growth and experience.

It's important to note that relays hold an equal level of importance as individual races during Provincials. Engaging in relay events contributes significantly to the overall team spirit and camaraderie. We believe that every aspect of this competition, whether individual or team-oriented, contributes to the holistic development of our swimmers.

4. Westerns and Olympic Trials: Participation in Westerns and Olympic Trials is more individualized and depends on various factors such as finances, goals, and personal will. However, the overarching principle is clear: the more national experience a swimmer gains, the more tools they acquire for future success at higher levels.

In navigating this upcoming cycle of competitions, we emphasize collaboration and communication between coaches, swimmers, and parents. Together, we can ensure that each swimmer is well-prepared and supported on their unique journey through these exciting and challenging competitions. If you have any questions or concerns, please don't hesitate to reach out, and let's make this phase a successful and rewarding experience for our young athletes.



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2023/2024 Team Aquatics Shark Card

This Code/Card can be used online or in store for a 20% discount



TEAM AQUATIC SUPPLIES LTD

SHARK CLUB PROGRAM

Club: Island Swimming
Online Coupon Code: **ISL125**
Expires: August 31, 2024

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