

## Upcoming Events

**November 7<sup>th</sup>**

- **Shark Frenzy #2**  
Squads 1-3

**November 14<sup>th</sup>**

- **Shark Shiver #2**  
Squads 4-6

**November 21<sup>st</sup>**

- **Shark Attack #2**  
Squads 7 & 8

**November 28<sup>th</sup>**

- **Shark Frenzy #3**  
Squads 1-3

**December 5<sup>th</sup>**

- **Shark Shiver #3**  
Squads 4-6

## Schedule Changes

**Wednesday Nov 11<sup>th</sup>**  
**No Practices**  
**All Squads**

Check our **WEBSITE**,  
**Facebook** and the **On-Deck App** for Up-To Date  
events and information

[www.sharks.bc.ca](http://www.sharks.bc.ca)

## **New Club Records**

12&U B 100 IM Tobias 1:21.67

14&U G 4x100 Free 4:24.16  
(Nadia, Laine, Ava, Sadie)

12&U B 4x100 Free 5:03.19  
(Tobias, Noah L, Noah M, Sasha)

14&U B 4x100 Free 4:35.26  
(Nathan, Thanasi, Sam K, Sam S)

14&U B 4x200 Free 10:09.99  
(Nathan, Sam K, Sam S, Liam)

# The Shark Report

November 2020

## Head Coach Report

Welcome to our first Shark Report of the 2020/21 season. I would like to thank everyone for their support of the club as we manage ourselves through this reality we are now in. Our new protocols are being enacted and the swimmers are doing a great job trying to follow all the new procedures they must follow before, during and after practice. Stay diligent and hopefully we can make it through the Fall and Winter seasons without interruptions.

We are now on our second round of our swim meets and we have had lots of great swims and best times this Fall. The coaches are working hard to keep this smaller scale meets as exciting and motivating as we can for the swimmers to help them strive for their goals. In December we will be awarding our top performers in Squad 1-6 with special prizes in our Points Race series.

Thank you to everyone who attended our AGM last month and welcome Geoff, Samantha, Neil and Gwynn to our board. Everyone is excited to continue moving the club forward and provide an environment that allows everyone to strive for excellence.

WELCOME



## **Fall Points Chase** **As of November 16th,**

# The Shark Report

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## **NEW Arrival and Departure Protocols**

With the province seeing cases rise and the weather getting cooler, we are going to tighten and more strongly enforce some of our arrival and departure protocols.

### **Arrival**

- Please do not arrive more than 5 minutes before practice. If you do arrive earlier, please remain in your car until 5 minutes before
- When arriving to the meeting area, please proceed to our area to the left of the entrance that is marked with all the cones. Please do not gather in front of the entrance or by the round table so the area can be clear for pedestrians and people entering the Sports Centre
- We are going to shorten our outside activation and will be entering the facility a little earlier, so please try and arrive on time (not early) so we can check everyone in and not have to spend too much time outside in the cold

### **Attire**

- Please dress appropriately. Don't want to have too many layers, but a parka (appropriate jacket), proper footwear and maybe a hat or tuque when leaving will keep you warm and healthy.
- Make sure you have your mask. We will be wearing masks when meeting before practice, when entering the facility and moving around on the pool deck before and after practice.

### **Departure**

- Swimmers will usually be ready to leave right at the practice end time or a couple minutes after (fringe benefit for parents of no change rooms nor hot tub). If you are not able to pick up right away please let your swimmer or coach know before practice and we can arrange the swimmer to wait inside and not stand outside in the cold. We have limited waiting spots on deck, so this will just

be provided for pre-arranged late pickups.

### **Squad 1 & 2**

### **Squad 3**

Sam Southen – 40  
Laine Perry – 37  
Jasmine Ho-Gillis – 37  
Nathan Johnson – 35  
Jordan Raume – 32  
Devyn Cruickshank – 28  
Sadie Williams – 23  
Grace Revenberg -- 22  
Julia Revenberg – 20  
Savanna Hall – 18  
Ava Revenberg – 13  
Nadia Macluskie – 10  
Iris Tinmouth – 7  
Shayna Jewiit – 1

Samuel Kriegler – 52  
Liam Wigger – 50  
Sophie Nel – 50  
Sasha Woldnik – 48  
Thanasi Wees – 40  
Alisha Priebe – 39  
Jemin Park – 37  
Solena Chernov – 32  
Noah Lewall – 14  
Tobias Macluskie -- 6

### **Squad 4**

### **Squad 5**

Kayleigh McDonald – 57  
Chantelle Lambert – 56  
Luca Bisaro-de Faria – 50  
Yuna Park – 48  
Logan Wigger – 47  
Luc Nel – 43  
Sera Hammett – 17  
Noah McLaren – 15  
Keira Johnson – 12  
Jessica Brotherstone - 0

Elyse Macluskie – 58  
Nico Saccucci – 58  
Zakiah Schneider – 53  
Jayden Jiang – 18  
Sophia Jiang – 5

### **Squad 6**

Anabelle Pellerin – 55  
Anaka Wile – 50  
Breanne McDonald – 47  
Bennett Saccucci – 45  
Presley Crerar – 42  
Emma Veenhof – 36  
Hyunho Kim – 32  
Avery Cruickshank – 29  
Cameron Lewall – 24  
Oliva Zheng – 5  
James Murno – 0

## Development Squads 6 to 9

Starting off as the first swimmer of the month from squad 8 is Ellenya Klco! Ellenya has steadily progressed in her practices at the pool by staying calm and focused on her techniques which resulted in some wonderful streamlines and excellently timed Breaststroke. As the year goes on, I look forward to seeing more cool and controlled swimming, keep up the great work Ellenya!

## Competitive Squads 1 to 5

Second swimmer of the month is Sasha Woldnik. Sasha is in his first few months of Squad 3 and doing amazing. He has yet to miss a practice and shows up every day to improve more and more. He takes corrections and applies them right away. He has challenged himself at the first two swim meets with two challenging events, the 400m IM and 200m Fly, which he swam to great best times! Way to go Sasha, keep up the great work!

Final swimmer of the month is Sadie Williams. Sadie has adapted great to her second full year in Squad 2 with some great training and commitment so far this season. Always willing to lead the lane and take some risks in practice she has made some big jumps in her training and working towards some best times this Fall.

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November 2020

SHARK SMILES





