

# WEEKLY SPLASH

## WELCOME NEW & RETURNING MEMBERS!

WE LOOK FORWARD TO HAVING AN EXCITING 2023 - 2024 SWIM SEASON! PLEASE REVIEW OUR WEBSITE ALONG WITH OUR 2022-2023 TEAM MANUAL TO BECOME FAMILIAR WITH OUR SWIM PROGRAM AND HOW COMPETITIVE SWIMMING WORKS. PLEASE FEEL FREE TO COMMUNICATE AND CONTACT THE OFFICE IF YOU HAVE ANY QUESTIONS.

THANK YOU,  
L&A OSC COACHING STAFF

LOSC IS THE 2023 SWIM BC  
CLUB OF THE YEAR!



## NEW CLUB RECORDS FROM SEPT '23 - JAN '24

- COLE BREKKE: SC 50 BREAST (52.50) PCS CHRISTMAS CRACKER
- COLE BREKKE: SC 100 BREAST (1:53.66) PCS CHRISTMAS CRACKER
- JUSTIN JUNG: SC 50 BREAST (29.59) ODLUM BROWN COLLEGES CUP
- JUSTIN JUNG: SC 200 BREAST (2:13.72) ODLUM BROWN COLLEGES CUP
- LEILA FACK: SC 100 FREE (55.23) ODLUM BROWN COLLEGES CUP
- LEILA FACK: SC 50 FLY (26.90) ODLUM BROWN COLLEGES CUP
- JULIA STROJNOWSKA: SC 400 FREE (4:16.65) ODLUM BROWN COLLEGES CUP
- JULIA STROJNOWSKA: SC 800 FREE (8:55.98) ODLUM BROWN COLLEGES CUP
- JULIA STROJNOWSKA: LC 200 FREE (2:02.49) VPSC WINTER INVITE
- BROOKLYNN BREKKE: LC 50 BACK (37.27) KAJ SNOWFEST 2024

## UPCOMING DATES

- FEBRUARY 3-4:** RAPIDS LMR OPEN @ WATERMANIA
- FEBRUARY 10-11:** PSW WINTER INVITE LC
- FEBRUARY 10-11:** TITANS MEDLEY ADD-UP 2024 @ MAPLE RIDGE LEISURE CENTRE
- FEBRUARY 23-25:** WINTER DIVISIONALS @ SURREY
- MARCH 7-10:** WINTER PROVINCIAL CHAMPIONSHIPS @ VICTORIA
- MARCH 21-24:** 2024 SPEEDO WESTERN CANADIAN CHAMPS @ WINNIPEG
- APRIL 6-7:** LOSC LONG COURSE MEET @ WALNUT GROVE
- MAY 13-19:** 2024 OLYMPIC & PARALYMPIC TRIALS, PRESENTED BY BELL @ MONTREAL

\*CHECK WITH UR COACH TO SEE WHICH EVENTS YOU ARE ATTENDING

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Langley Olympians Swim Club  
A competitive swim club based in Langley BC.  
ONE WEEK FREE TRIAL!

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MEETS AND EVENTS

## EDMONTON OPEN 2024

LOSC IS PROUD TO SEND 8 SWIMMERS AND 1 COACH TO REPRESENT TEAM SWIM BC AT THE EDMONTON OPEN THIS WEEKEND FROM FEBRUARY 2-4 (**Jihoon Bae, Leila Fack, Justin Jung, Ashley Ko, Macey Larson, Paul Orogo, Danny Park, Julia Strojnowska & Coach Brian**). THEY HAVE BEEN SELECTED THROUGH BOTH A NOMINATION PROCESS THAT IDENTIFIES “BC ENHANCED AND BC ADVANCE” LEVEL SWIMMERS, AND RANKINGS BY WORLD AQUATIC POINTS, MEANING THEY ARE AMONG THE BEST IN THE PROVINCE FOR THEIR EVENTS.

AT THIS MEET TEAM SWIM BC IS RACING TOP TALENT FROM WESTERN CANADA IN THE SWIM ALBERTA PROVINCIAL SERIES. THIS STOP OF THE SERIES IS HOSTED BY THE EDMONTON KEYANO SWIM CLUB AND FEATURES AN EXCITING AND UNIQUE FORMAT THAT INCLUDES A “FINAL FOUR” RACE WHERE THE TOP 4 SWIMMERS FOR SELECT EVENTS CAN RACE FOR PRIZES. KEEP AN EYE OUT FOR UPDATES AND RESULTS.

CONGRATULATIONS AND GOOD LUCK SWIMMERS!



## COLLYN @ WORLD CHAMPS IN DOHA, QATAR

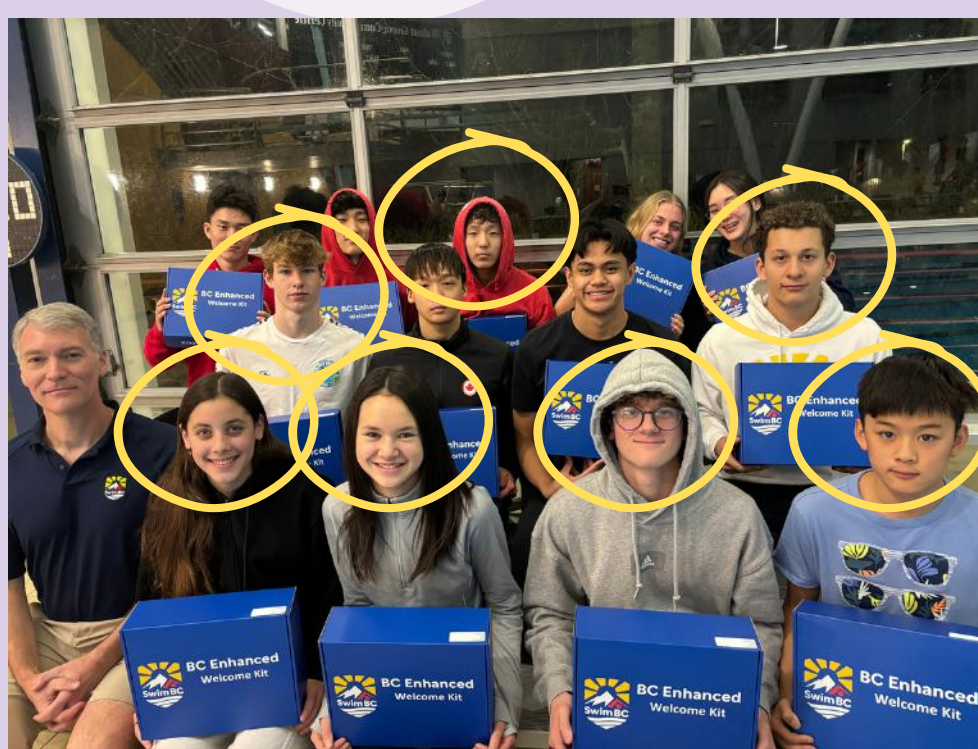
FROM FEBRUARY 2-18, THE WORLD AQUATICS CHAMPIONSHIPS TAKES PLACE IN DOHA, QATAR. THIS COMPETITION FEATURES THE TOP TALENT IN THE WORLD, SO COLLYN WILL BE FACED AGAINST OLYMPIC MEDAL CONTENDERS. HE WILL BE COMPETING IN THE 200 AND 400 IM, WITH HEATS HAPPENING ON **TUESDAY THE 13TH** AND **SATURDAY THE 17TH**, RESPECTIVELY. CHEER HIM ON BY KEEPING AN EYE OUT FOR THE LIVE STREAM LINK THAT WILL BE SENT OUT. GOOD LUCK COLLYN!



## SWIM BC PROSPECTS CAMP

FROM APRIL 5-7 AND 12-14 IN VICTORIA, SWIM BC WILL BE HOSTING THE WOMEN’S AND MEN’S PROSPECTS CAMP, RESPECTIVELY. THANK YOU TO SWIM BC TECHNICAL DIRECTOR CORY BEATT AND TEAM MANAGER RIKKI NEVINS FOR THIS SPECIAL OPPORTUNITY. CONGRATULATIONS TO THE FOLLOWING LOSC SWIMMERS THAT HAVE BEEN SELECTED TO RECEIVE THIS HONOUR TO FURTHER THEIR TRAINING AND TALENTS:

**CAROLYNE JIA, SHAE MURTHA, REBECCA HAIGH, ALEX VELICIGO, DANNY PARK, KEIRAN BENSON, JOAD WOOD & JINSEI YAMAMOTO!**



## WORLD NEWS: 99 YEAR OLD CANADIAN BREAKS WORLD RECORDS

BETTY BRUSSEL OF THE WHITE ROCK WAVES SWAM TO AN IMPRESSIVE **3 WORLD RECORDS** AT THE VICTORIA MASTERS SWIM CLUB LCSM JUST LAST WEEK. SHE BROKE THE EXISTING WORLD RECORD IN **400 FREE, 50 BACK & 50 BREAST** ALL ON THE SAME DAY! BETTY WAS BORN IN THE NETHERLANDS IN 1924, LEARNING HOW TO SWIM WITH HER SIBLINGS IN THE CANALS NEAR AMSTERDAM. HER COMPETITIVE SWIMMING CAREER STARTED IN HER MID-SIXTIES, RACING FIRST IN THE BRITISH COLUMBIA SENIOR GAMES. WHAT AN INSPIRATION!

SOURCE: GUARDIAN SPORT VIA INSTAGRAM



## VARSITY OLYMPIANS

THESE ARE THE SWIMMERS THAT REPRESENT THEIR COLLEGES DURING THE SCHOOL YEAR AND LOSC DURING THE OFF-SEASON. WE ARE PROUD TO HAVE SUCH GREAT REPRESENTATION FOR LOSC ALL ACROSS THE CONTINENT! KEEP AN EYE OUT FOR UPDATES ON THEIR ENDEAVOURS AND ACHIEVEMENTS.



**KATIE SCHROEDER**  
U OF TORONTO



**VENNA ANDERSEN**  
CAL STATE BAKERSFIELD



**HOLLY MCNAMARA**  
UVIC



**CAMI HILL**  
UVIC



**SEVI PARR**  
MCGILL



**MADISEN JACQUES**  
U OF CALGARY



**KALEN MURRAY**  
MCMASTER



**PHOENIX HISLOP**  
MCMASTER



**HAYDEN YEUNG**  
MCMASTER



**AIDAN ERICKSON**  
UBC

## SIGNED OLYMPIANS

THESE ARE THE CURRENT LOSC SWIMMERS THAT HAVE COMMITTED TO SWIM AT THE COLLEGIATE LEVEL DURING THEIR UNDERGRADUATE STUDIES STARTING IN SEPTEMBER 2024. GOOD LUCK TO YOU ALL AS YOU PURSUE YOUR COLLEGE CAREERS! WE WILL UPDATE THIS SECTION AS MORE GRADUATING LOSC SWIMMERS ANNOUNCE THEIR COMMITMENT.



**LEILA FACK**  
MICHIGAN



**JULIA STROJNOWSKA**  
AUBURN



**ASHLEY KO**  
MCMASTER



**MAKS WOZNY**  
LONG ISLAND

## SWIM MEET PHOTOS

IF ANYONE TOOK PHOTOS AT PREVIOUS MEETS, CURRENT MEETS OR TAKE ANY IN THE FUTURE, PLEASE SEND THEM TO OUR OFFICE. WE DO WRITE UPS FOR A LOT OF OUR MEETS AND IT WOULD BE GREAT TO HAVE PICTURES TO SHARE WITH NEWSPAPERS, ON OUR WEBSITE, FACEBOOK OR TWITTER. IF YOU HAVE ANY PLEASE FEEL FREE TO SEND THEM TO [LAOSADMIN@TELUS.NET](mailto:LAOSADMIN@TELUS.NET)

## L&A OSC REMINDERS FOR MEMBERS

### EARLY PICK-UP OR LEAVING EARLY:

PLEASE LET THE COACHES AND THE OFFICE KNOW IF YOU ARE PICKING UP YOUR SWIMMER BEFORE THE END OF THEIR SWIMMING SESSION. WE WILL NOT RELEASE THE SWIMMERS TO LEAVE UNLESS WE HAVE CLEAR INSTRUCTIONS AND/OR IF YOU ARE PHYSICALLY PRESENT TO PICK THEM UP. YOU CAN ACCESS THE COACHES' EMAIL FROM THE LANGLEY OLYMPIANS WEBSITE AND EMAIL US DIRECTLY.

### PARENTS ON DECK:

PARENTS ARE NOT ALLOWED ON DECK AT ANY TIME. AS MENTIONED AT THE BEGINNING OF THE SEASON, YOU ARE ALLOWED TO SIT IN THE VIEWING AREA NEAR THE ENTRANCE OF THE POOL.

### ENTRANCE AND EXIT:

PLEASE REMEMBER TO USE THE MAIN DOOR TO ENTER AND EXIT THE BUILDING.

WE ARE ASKING FOR YOUR SUPPORT AND UNDERSTANDING TO ACT IN ACCORDANCE WITH THE POOL REGULATIONS FOR EVERYONE'S SAFETY AND SMOOTH OPERATIONS.



## L&A OSC EQUIPMENT ITEMS FOR NEW MEMBERS

ALL MEMBERS JOINING THE LANGLEY OLYMPIANS SWIM CLUB WILL NEED TO ACQUIRE SOME EQUIPMENT ITEMS. SWIMMERS WILL NEED TO HAVE A RED SWIM SUIT. THIS IS A RED ONE PIECE SUIT FOR GIRLS AND RED JAMMER / SHORTS FOR BOYS. WE KNOW THAT SOME PEOPLE HAVE BEEN HAVING A HARD TIME FINDING A RED SUIT SO WE ASK THAT YOU GET IT AS SOON AS YOU CAN AND UNDERSTAND IF IT MAY TAKE SOME TIME TO ACQUIRE. SWIMMERS WILL ALSO NEED TO HAVE GOGGLES, A SWIM CAP AND FLIPPERS. FOR CLOTHING LIKE T-SHIRTS, HOODIES AND SWEATPANTS WE WILL BE USING AN ONLINE ORDERING SYSTEM THROUGH OUR WEBSITE. ANY OTHER EQUIPMENT CAN BE BOUGHT AT SEASIDE SWIM & SPORT AT WALNUT GROVE COMMUNITY CENTRE.

## SEASIDE SWIM & SPORT - TEAM CLOTHING & EQUIPMENT

THIS SWIM SEASON, SEASIDE SWIM AND SPORT IS OFFERING TEAM CLOTHING, APPAREL AND EQUIPMENT FOR THE LANGLEY AND ABBOTSFORD OLYMPIANS SWIM CLUB. THEY ARE OFFERING ALL LOSC AND AOSC MEMBERS 15% OFF ALL EQUIPMENT AS WELL AS A LOYALTY PROGRAM WITH OUR CLUB.

THEIR STORE IS LOCATED AT THE WALNUT GROVE COMMUNITY CENTRE POOL IN LANGLEY. THEY ALSO HAVE AN ONLINE STORE WHERE YOU CAN ORDER EQUIPMENT ([WWW.SEASIDE-SWIM.COM](http://WWW.SEASIDE-SWIM.COM)).

YOU CAN USE THE PROMO CODE LAOSC\_15% TO RECEIVE 15% OFF.

PLEASE [CLICK HERE](#) FOR MORE INFORMATION ON THE LOYALTY PROGRAM AND TEAM DISCOUNT.



**ZLC FINANCIAL PREMIER SPONSOR  
FOR LANGLEY & ABBOTSFORD OLYMPIANS SWIM CLUB**



**Before you say 'Yes' to mortgage insurance, you should be aware that you have options.**

When you are approved for a mortgage, your lender will typically offer you mortgage insurance. That may seem convenient, but before you say yes to mortgage insurance, you should know that you have other options.

Term insurance is an option that is rarely offered to you by your lender, but it can do far better in most circumstances. Protecting your mortgage with an individually-owned term insurance plan offers you and your loved ones better value and more flexibility.

In addition to all factors mentioned above, it's also important to highlight that mortgage insurance coverage ends when your home is paid off. A personal life insurance policy is unaffected by your mortgage ending, and can keep providing you and your family with protection in the years that follow.

In the same way that you decided to use an independent mortgage broker to help secure your customized home financing solution, it's ideal that you work with a financial advisor to help you find a suitable insurance solution to protect your family. An independent insurance broker can work with you to find the coverage that works for you.

Also, keep in mind that it's important to consider critical illness insurance in case you become seriously ill or injured and unable to pay your mortgage and other expenses. If you are an employee, your employers may offer critical illness as a benefit for you, but be sure the coverage is sufficient for your needs.

DISCLAIMER: The information contained here is of a general nature and is not intended to address the circumstances of any particular individual or entity. This content is not intended to provide specific personalized advice, including, without limitation, investment, insurance, financial, legal, accounting or tax advice; and any reference to facts and data provided are from various sources believed to be reliable, but we cannot guarantee they are complete or accurate; and the information contained herein is subject to change without notice. Although we endeavor to provide accurate and timely information, there can be no guarantee that such information is accurate as of the date it is received or that it will continue to be accurate in the future. No one should act on such information without appropriate professional advice after a thorough examination of the particular situation.

**Differences between protecting your mortgage using term insurance vs. mortgage insurance:**

	TERM LIFE INSURANCE	MORTGAGE INSURANCE
OWNERSHIP	You own the policy and you name your beneficiaries	For most mortgage insurance, you don't own the policy and your lender is the beneficiary.
COVERAGE	You can increase or decrease your coverage, renew your coverage and convert to permanent protection. If you renegotiate or pay off your mortgage or sell your home, you can continue your coverage.	Your lender will insure only for the amount of your mortgage. You can't change, renew or convert the policy. If you choose to move your mortgage to another lender, you can't transfer the policy.
BENEFICIARY	You determine who the beneficiaries are when you apply for the coverage, and can make changes at any time.	Your lender to pay off the mortgage.
GUARANTEE	Your premiums and benefits are guaranteed for the life of the policy. Only you can cancel or make changes to your policy.	Your premiums and benefits are not guaranteed for mortgage insurance. The lender can change or cancel the policy at any time.
STATUS	The amount you pay for your life insurance coverage is based on your age, health and smoking status.	Since mortgage insurance is usually provided through a group plan, you pay the same rate for your coverage as everyone else.

At ZLC, we believe that our clients can make the best decisions when they have been given the most comprehensive expert advice possible. Because each individual's circumstances are unique to them, it is important to review your particular needs with your qualified associate. **Meet with a member of our team** to learn more or get started.



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