

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 2024 SPEEDO WESTERN CANADIAN CHAMPION



UPCOMING DATES

- MAY 10-12:** KAJ PERSIST OIL AND GAS MAY LC @ KELOWNA
- MAY 11:** L&A OSC NOVICE MEET @ WALNUT GROVE
- MAY 13-19:** 2024 OLYMPIC & PARALYMPIC TRIALS @ TORONTO
- MAY 18:** L&A OSC DISTANCE TIME TRIAL @ WALNUT DISTANCE TIME TRIAL @ WALNUT GROVE GROVE
- MAY 25-26:** WHISTLER SEAWOLVES INVITATIONAL @ WHISTLER
- MAY 31:** L&A OSC GALA @ ROYAL VANCOUVER YACHT CLUB
- JUNE 8-9:** PSW JUNE JAMBOREE @ SURREY
- JUNE 14:** BC OPEN WATER PROVINCIALS @ PORT MOODY
- JUNE 21-23:** MEL ZAJAC JR. INTERNATIONAL @ UBC
- JUNE 28-30:** SUMMER DIVISIONAL CHAMPS @ CHILLIWACK
- JULY 11-14:** SUMMER PROVINCIAL CHAMPS @ KAMLOOPS
- JULY 24-30:** 2024 SPEEDO CANADIAN SWIMMING CHAMPS @ TORONTO
- JULY 25-28:** FAR WESTERN CHAMPS @ MORGAN HILL, CA

*CHECK WITH YOUR COACH TO SEE WHICH EVENTS YOU ARE ATTENDING

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COLE BREKKE SC 100 BREAST 8&U **1:49.44**

COLE BREKKE LC 200 BREAST 8&U **4:02.08**

COLE BREKKE LC 100 FREE 8&U **1:28.68**

COLE BREKKE LC 50 BREAST 8&U **51.31**

COLE BREKKE LC 100 BREAST 8&U **1:56.83**

COLE BREKKE LC 50 BACK 8&U **43.68**

COLE BREKKE LC 50 FREE 8&U **39.58**

BROOKLYNN BREKKE SC 50 BACK 10&U **35.47**

ZACHARY TANG SC 50 BREAST 8&U **1:01.53**

COLIN WU SC 100 IM 10&U **1:39.86**

JUSTIN JUNG LC 200 BREAST 15-17 & OPEN **2:18.44**

DANNY PARK LC 200 FREE 15-17 **1:55.80**

FERNANDO LU LC 200 IM PARA **2:22.73**

FERNANDO LU LC 100 BACK PARA **1:07.06**

KEN STROUD LC 50 BACK PARA **32.70**

KEN STROUD LC 400 FREE S10 **4:43.94**

JULIA STROJNOWSKA LC 800 FREE 15-17 & OPEN **8:47.09**

JULIA STROJNOWSKA LC 200 FREE 15-17 & OPEN **2:00.45**

LEILA FACK LC 100 FREE 15-17 & OPEN **56.65**

COLLYN GAGNE LC 400 FREE OPEN **4:00.27**

COLLYN GAGNE LC 200 FREE OPEN **1:52.70**

O. YEUNG, I. CHO, T. NGAI, O. MACPHERSON

LC 4X100 FREE RELAY 11-12 **4:38.35**

L. FACK, A. KO, C. JIA, J. STROJNOWSKA

LC 4X50 FREE RELAY 15-17 & OPEN **1:45.39**

A. KO, M. LARSON, L. FACK, J. STROJNOWSKA

LC 4X50 MEDLEY RELAY 15-17 **1:57.40**

J. STROJNOWSKA, L. FACK, C. JIA, A. KO

LC 4X200 FREE RELAY 15-17 **8:23.54**

L. FACK, A. KO, C. JIA, J. STROJNOWSKA

LC 4X100 FREE RELAY 15-17 & OPEN **3:49.09**

SWIM BC PERFORMANCE REPORT: SEPTEMBER 2023-MARCH 2024

SWIM BC JUST RELEASED THEIR SECOND PERFORMANCE REPORT WHICH SHOWCASES THE TOP TIMES IN THE PROVINCE AND COUNTRY FOR EACH EVENT. IT ALSO HIGHLIGHTS THE TOP TEAMS, WHERE **LOSC PLACES FIRST** FOR BOTH LONG COURSE AND SHORT COURSE! YOU WILL ALSO NOTICE THAT THERE IS A 10 & UNDER PENTATHLON, WHICH IS THE TOP COMBINED TIMES FOR EACH 100M EVENT AND 200 IM. **BROOKLYNN BREKKE** TOPPED THE LIST AND **DAVIN CHO** CAME IN 9TH FOR GIRLS AND BOYS, RESPECTIVELY. THE "MAKING WAVES" SECTION SHOWS OFF SWIMMERS WHO STAND OUT IN THE COUNTRY, WITH LOSC **LEILA FACK** TAKING ONE OF THESE COVETED POSITIONS. CLICK [HERE](#) TO CHECK OUT THE FULL REPORT.

10 & UNDER PENTATHLON

Celebrating the achievements of our 10 & Under swimmers. The top 25 rankings recognize dedication and versatility through the add up of the swimmers best performances this season in a 25m pool.

GIRLS								
RANK	NAME	CLUB	100 Free	100 Back	100 Breast	100 Fly	200 IM	TOTAL
1	BREKKE, Brooklynn	LOSC	<u>1:15.12</u>	<u>1:18.87</u>	<u>1:31.87</u>	<u>1:22.29</u>	<u>3:00.60</u>	<u>8:28.75</u>
2	VAN ESSEN, Cedar	SFC	1:15.81	1:29.83	1:28.99	1:26.99	3:02.20	8:43.82
3	ZHAI, Yuxin	CDSC	1:15.32	1:27.57	1:33.23	1:31.51	3:00.82	8:48.45
4	TONG, Serena	WSC	1:12.62	1:22.91	1:43.35	1:33.37	3:00.09	8:50.34
5	WANG, Jennifer	WSC	1:20.80	1:33.07	1:31.02	1:33.43	2:57.19	8:55.51
6	SANCHEZ PORTILLO, Andrea	PSW	1:18.66	1:27.57	1:34.06	1:35.55	3:03.74	8:59.58
7	Ji, Lingxi (Grace)	HYACK	1:18.85	1:30.25	1:38.19	1:26.61	3:08.01	9:01.91
8	YAMASHITA, Sayuki	HYACK	1:18.96	1:29.33	1:41.35	1:30.33	3:06.56	9:06.53
9	IU, Fmma	CDSC	1:17.03	1:23.11	1:39.02	1:37.84	3:09.97	9:06.97
10	LIN, Claire	WSC	1:14.91	1:31.70	1:45.11	1:29.61	3:05.91	9:07.24
11	DUAN, Liliana	WSC	1:18.72	1:33.95	1:34.02	1:35.05	3:09.77	9:11.51
12	MCMILLAN, Pippa	HST	1:18.82	1:21.75	1:44.28	1:30.49	3:17.64	9:12.98
13	HAWKINS, Lily	KISU	1:19.78	1:32.40	1:45.83	1:26.30	3:09.52	9:13.83
14	WITTAL, Mia	KCS	1:19.49	1:26.91	1:42.40	1:28.00	3:17.85	9:14.65
15	HAN WISEMAN, Amica	PSW	1:18.25	1:36.24	1:40.87	1:32.66	3:08.98	9:17.00
16	POST, Tenley	KCS	1:22.09	1:35.50	1:39.84	1:31.79	3:08.09	9:17.31
17	HURSH, Everly	CDSC	1:18.46	1:30.38	1:35.77	1:46.90	3:07.04	9:18.55
18	MILLNS, Isabella	CRKW	1:16.51	1:32.01	1:41.80	1:38.31	3:11.06	9:19.69
19	CHEN, Alia	WSC	1:19.46	1:31.65	1:46.19	1:32.56	3:10.23	9:20.09
20	LOUNT, Genevieve	RAPID	1:17.96	1:31.02	1:41.40	1:38.64	3:12.81	9:21.83
21	LU, Cathy	WSC	1:18.53	1:36.30	1:41.44	1:37.57	3:17.39	9:31.23
22	BONN, Charlotte	CDSC	1:21.22	1:29.60	1:41.55	1:41.30	3:17.61	9:31.28
23	XIE, Chelsea	WSC	1:19.52	1:28.76	1:52.89	1:42.15	3:10.45	9:33.77
24	ZHOU, Ziva	CDSC	1:17.87	1:28.61	1:48.49	1:44.33	3:15.27	9:34.57
25	HAN, Mandy	WSC	1:24.38	1:35.80	1:45.33	1:36.85	3:14.38	9:36.74

BOYS								
RANK	NAME	CLUB	100 Free	100 Back	100 Breast	100 Fly	200 IM	TOTAL
1	XU, Will	WSC	1:09.78	1:15.40	1:35.03	1:17.34	2:44.74	8:02.29
2	YE, Aiden	HYACK	1:11.56	1:22.86	1:30.87	1:20.72	2:53.47	8:19.48
3	FRANCOIS, Derek	UVPCS	1:09.74	1:22.60	1:31.21	1:28.75	2:52.19	8:24.49
4	ZHAO, Yanding	CDSC	1:10.77	1:19.53	1:38.60	1:20.09	2:55.64	8:24.63
5	SCHROEDER, Lukas	UVPCS	1:12.19	1:21.52	1:35.81	1:27.03	2:54.15	8:30.70
6	SANG, Harry	WSC	1:10.28	1:20.58	1:39.31	1:32.81	2:58.24	8:41.22
7	NI, Aaron	SKSC	1:16.06	1:22.30	1:35.34	1:28.12	3:00.48	8:42.30
8	HUANG, ZiLun (Alex)	WSC	1:20.19	1:18.63	1:40.87	1:25.76	2:57.21	8:42.66
9	CHO, Davin	LOSC	<u>1:16.82</u>	<u>1:25.55</u>	<u>1:32.51</u>	<u>1:31.93</u>	<u>3:01.35</u>	<u>8:48.16</u>
10	ZHUANG, Leon	WSC	1:13.87	1:36.27	1:30.93	1:33.56	3:03.56	8:58.19
11	ZENG, Ryan	WVOSC	1:18.62	1:33.63	1:35.90	1:26.27	3:03.82	8:58.24
12	MA, Andrew	WVOSC	1:18.09	1:28.19	1:40.80	1:26.60	3:06.71	9:00.39

MAKING WAVES

We are proud to highlight the achievements of four Swim BC swimmers who are "Making Waves" this season. Congratulations to our swimmers on their rankings on the Provincial and National stages.

NAOMI MYNOTT (14)

Club: WDSC
Coach: Judy Backer
Level: Prospects

NATIONAL RANKINGS - WOMEN 13 - 14		
EVENT	SCM	LCM
200 Free	2:03.84 2	2:06.83 2
400 Free	4:16.64 1	4:26.94 2
800 Free	9:00.34 1	9:02.44 1
1500 Free	17:00.65 1	17:18.81 1
200 Fly	2:17.37 1	2:19.37 1
200 IM	2:21.72 3	2:22.64 1
400 IM	4:49.66 1	4:57.17 1

MAX WU (14)

Club: PSW
Coach: Jy Lawrence
Level: Prospects

NATIONAL RANKINGS - MEN 13 - 14		
EVENT	SCM	LCM
200 Free	2:01.72 28	2:08.28 52
400 Free	4:22.52 31	4:28.19 26
800 Free	8:50.99 9	9:20.12 25
1500 Free	17:09.37 11	18:10.78 28
100 Fly	1:00.91 16	1:00.50 5
200 Fly	2:11.14 1	2:13.45 2
400 IM	4:47.89 10	4:56.70 14

LEILANI FACK (17)

Club: LOSC
Coach: Brian Metcalfe
Level: Advance

NATIONAL RANKINGS - WOMEN 15 - 17		
EVENT	SCM	LCM
50 Free	25.89 14	26.13 5
100 Free	55.27 7	56.65 10
200 Free	2:05.35 44	2:03.91 14
50 Fly	26.90 1	27.83 6
100 Fly	59.79 5	1:00.51 3
200 Fly	--	2:15.62 3
200 IM	2:19.11 23	2:18.58 6

AIDEN KIRK (16)

Club: KAJ
Coach: Marc Tremblay
Level: Advance

NATIONAL RANKINGS - MEN 15 - 17		
EVENT	SCM	LCM
200 Free	1:52.72 23	1:54.14 13
400 Free	3:54.65 4	3:59.05 2
800 Free	8:14.30 9	8:19.25 4
1500 Free	15:30.04 3	15:55.76 4
200 Fly	2:01.93 7	2:02.99 3
200 IM	2:08.00 31	2:09.27 11
400 IM	4:28.43 6	4:33.12 5



APRIL SWIMMERS OF THE MONTH

THIS MONTH, SWIMMER OF THE MONTH FOR EACH GROUP WAS DETERMINED BY WHO HAD THE **BEST LISTENING SKILLS**. EACH COACH PAID ATTENTION TO WHO STOOD OUT FOR BEING ATTENTIVE IN PRACTICES. JULIA STROJNOWSKA WAS CHOSEN AS NATIONAL GROUP'S SWIMMER OF THE MONTH FOR BEING THE HARDEST WORKER. CONGRATULATIONS SWIMMERS! KEEP UP THE GREAT WORK.



REGIONAL:
PAMELA MARIN CHIQUET

JUNIOR PROVINCIAL:
CHLOE PARK

OLYMPIC WAY:
CALEB PARK

NATIONAL:
JULIA STROJNOWSKA



STROKE IMPROVEMENT & CONDITIONING:
ANNA KONRAD



STROKE IMPROVEMENT & CONDITIONING:
ERIC GENG



REGIONAL:
LEAH KEEFE



SENIOR:
TRISTAN HARRER



MINI OLYMPIANS:
KAYA PATRASZEWSKI

PARIS 2024



AS WE HEAD INTO A SUMMER OLYMPIC YEAR (OCCURRING ONCE EVERY 4 YEARS), TEAM CANADA IS MAKING PREPARATIONS TO GATHER A TALENTED SQUAD OF ATHLETES TO REPRESENT OUR COUNTRY OVER IN FRANCE. WITH CANADIAN TRIALS TAKING PLACE IN MAY, THERE IS MUCH ANTICIPATION TO SECURE EXCLUSIVE SEATS FOR WHAT IS THE HIGHEST CALIBER SWIMMING EVENT IN THE WORLD.



AS YOU MAY HAVE NOTICED, SOME HOUSEHOLD NAMES WERE ABSENT FROM WORLD AQUATICS CHAMPS IN QATAR THIS PAST WEEK. THIS DOES NOT MEAN THEY ARE FOR SURE HEADED TO PARIS QUITE YET, BUT RATHER THEIR OWN PLAN WOULD HAVE PARIS 2024 AT THE PEAK OF THEIR SCHEDULE, INSTEAD OF WORLD CHAMPS. THAT IS WHY MAGGIE MAC NEIL, JOSH LIENDO, KYLIE MASSE AND SUMMER MCINTOSH WERE NOT IN ATTENDANCE IN DOHA, QATAR.



AN INCREDIBLE AMOUNT OF THOUGHT, PLANNING AND PREPARATION FROM A WHOLE PARTY OF STAFF ARE NECESSARY IN ORDER TO EXECUTE SHORT AND LONG TERM GOALS AT THIS PROFESSIONAL LEVEL. THE PATH TO SUCCESS MAY LOOK DIFFERENT FROM ONE SWIMMER TO THE NEXT. WHAT IS UNDENIABLE, HOWEVER, IS THE RELENTLESS HARD WORK, SACRIFICE, RESILIENCE AND MENTAL FORTITUDE REQUIRED TO REACH AND SHINE AT WORLD-CLASS LEVELS.

WORLD RECORDS '23-'24 (LC)

- (CHN) ZHANLE PAN 100 FREE 46.80 @ QATAR 02/11/24
- (RUS) KLIMENT KOLESNIKOV 50 BACK 23.55 @ RUSSIA 07/27/23
- (CHN) HAIYANG QIN 200 BREAST 2:05.48 @ JAPAN 07/28/23
- (FRA) LEON MARCHAND 400 IM 4:02.50 @ JAPAN 07/23/23
- (SWE) SARAH SJOESTROEM 50 FREE 23.61 @ JAPAN 07/29/23
- (AUS) MOLLIE O'CALLAGHAN 200 FREE 1:52.85 @ JAPAN 07/26/23
- (AUS) ARIARNE TITMUS 400 FREE 3:55.38 @ JAPAN 07/23/23
- (AUS) KAYLEE MCKEOWN 50 BACK 26.86 @ HUNGARY 10/20/23
- (AUS) KAYLEE MCKEOWN 100 BACK 57.33 @ HUNGARY 10/21/23
- (AUS) KAYLEE MCKEOWN 200 BACK 2:03.14 @ AUSTRALIA 03/10/23
- (LTU) RUTA MEILUTYTE 50 BREAST 29.16 @ JAPAN 07/30/23
- (RUS) EVGENIIA CHIKUNOVA 200 BREAST 2:17.55 @ RUSSIA 04/21/23
- (CAN) SUMMER MCINTOSH 400 IM 4:25.87 @ CANADA 04/01/23**
- (AUS) 4X100 FREE RELAY 3:27.96 @ JAPAN 07/23/23
- (AUS) 4X200 FREE RELAY 7:37.50 @ JAPAN 07/27/23



LEON MARCHAND (FRA) BROKE MICHAEL PHELPS' LAST STANDING RECORD IN THE 400 IM



KAYLEE MCKEOWN (AUS)



SUMMER MCINTOSH (CAN)

CANADIAN OPEN RECORDS '23-'24 (LC)

- JAVIER ACEVEDO 50 BACK 24.90 @ TORONTO 03/29/23
- FINLAY KNOX 50 FLY 23.25 @ QATAR 02/11/24
- JOSH LIENDO 100 FLY 50.34 @ JAPAN 07/29/23
- ILYA KHARUN 200 FLY 1:53.82 @ JAPAN 07/26/23
- FINLAY KNOX 200 IM 1:56.64 @ QATAR 02/15/24
- SUMMER MCINTOSH 200 FREE 1:53.65 @ JAPAN 07/26/23
- SUMMER MCINTOSH 400 FREE 3:56.08 @ TORONTO 03/28/23
- SUMMER MCINTOSH 800 FREE 8:11.39 @ FLORIDA 02/08/24
- SUMMER MCINTOSH 200 FLY 2:04.06 @ JAPAN 07/27/23
- SUMMER MCINTOSH 200 IM 2:06.89 @ TORONTO 03/30/23
- SUMMER MCINTOSH 400 IM 4:25.87 @ TORONTO 04/01/23

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!



JOSH KIM
UBC



BAILEY HERBERT
UCLA



HUGH MCNEILL
UBC



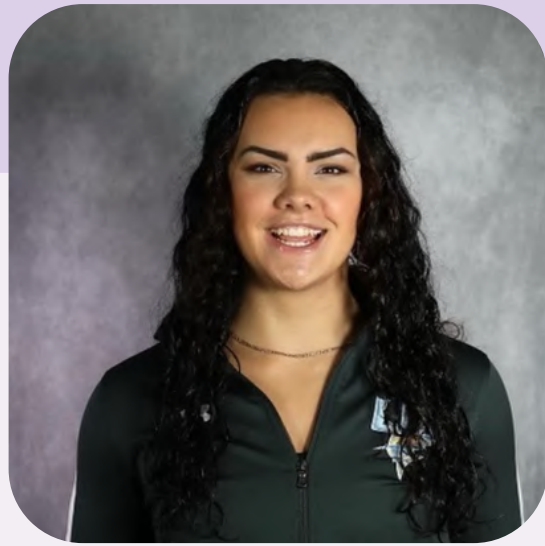
ISABELLA BRUNORO
UVIC



SEVI PARR
MCGILL



KATIE SCHROEDER
U OF TORONTO



VENNA ANDERSEN
CAL STATE BAKERSFIELD



HOLLY MCNAMARA
UVIC



CAMI HILL
UVIC



MADISEN JACQUES
U OF CALGARY



AIDAN ERICKSON
UBC



KALEN MURRAY
MCMASTER



PHOENIX HISLOP
MCMASTER



HAYDEN YEUNG
MCMASTER

CONGRATULATIONS TO HAYDEN FOR BEING NOMINATED FOR THE MEL & MARILYN HAWKRIGG ROOKIE OF THE YEAR AWARD!

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



PAUL OROGO
UBC



VIVIAN YANG
WATERLOO

THESE ROSTERS SHOWCASE THE HIGHEST STANDARD EACH SWIMMER HAS ACHIEVED. WE WILL UPDATE THEM AS EACH MEET PASSES. IF WE MISSED YOUR NAME PLEASE EMAIL JACQUELINE@LANGLEYOLYMPIANS.COM

RED NAMES ARE NEW QUALIFIERS

DIVISIONAL QUALIFIERS

ALYSSA BEAULIEU
 TAIYO BEAUSOLEIL
 THIAGO BENAVIDES
 BROOKLYNN BREKKE
 NOAH CANO
 DANIEL CANON
 OTIS CHAN
 DAVIN CHO
 JASON CHUNG

ABIGAIL COCKELL
 LARRY CUI
 GWENNA FAUPEL
 LANDON FRIESEN
 MAYA FULGER
 KAEGAN GIELTY
 ANDREJ GUDELJ
 CONOR HOLMGREN
 TESSA HONG

EVERLEIGH HOUSDEN
 TIANA JEON
 LINDSEY JOHNSON
 JUDY JUGGIAN
 MACKENZIE JUNG
 YANA KHRISSANOVA
DENIS KLIMAU
 KIDA LECORRE
 BECKHAM MCCLELLAND

MARK PANAYOTOV
 SEAH PARK
JOSH POVOZAN
 SHANA SEE
 COLIN SEO
 AMELIA SMITH
 JOSEPHINE SU
 STEVEN SUN

PROVINCIAL QUALIFIERS

FERNANDO AGUIRRE
MADDEX AUCHTER
 TUDOR CADIS
 SARAH CANON
 CATE CARTER
 RAIN CHEUNG
 IAN CHO
 VINCENT COSTA
 NATHALIE FLOOD
 ADAM GRAHAM
 SCOTT HUNTER
 THOMAS JIN
 TYM KROPIVNY
 BOSCO LAM
 CALE LECORRE

DANIEL LIN
MANIZHA LOO
OLIVER MACPHERSON
 PAIGE MUMFORD
DECLAN MURTHA
TIMOTHY NGAI
VAUGHN SANDQUIST
TAI STROUD
 ALIYA TRAXLER
 TYSE WAGENAAR
 WILSON WANG
 KEVIN WEI
 EDEN YEUNG
 OWEN YEUNG
 CRYSTAL YU

WESTERNS QUALIFIERS

DOMINIKA BATOG
 REN BRIGGS
SAMMI BURWELL
 GUI ERNANI DWYER
 PIETRO DE ANDREIS
LUCAS FONG
 BRIAN FU
 ESME JESSUP
 SAVO KOSTIC
 MANNY MONTAKHAB

FINN PARR
 MACKENNA PETTY
 MATTEO SAVIGNI
 OWEN TURNACLIFF
 LINUS WONG
JOAD WOOD
 MAX WOZNY
 VIVIAN YANG
 BECK YU

CANADIAN JUNIOR QUALIFIERS

VIVIENNE LIN
MAIYSA MONTAKHAB
SABINE NEILSON
 KEN STROUD
 KAEDE TAKAI
 KAYLA THAI
 JINSEI YAMAMATO

CANADIAN TRIALS QUALIFIERS

JIHOON BAE
 KEIRAN BENSON
 RYAN CHANG
 KYU CHO
 YEONWOO CHOI
 LEILA FACK
 COLLYN GAGNE
REBECCA HAIGH
 CAROLYNE JIA
 JUSTIN JUNG
OLEH KAMEKA

ASHLEY KO
 MACEY LARSON
 FERNANDO LU
 BRYAN MILNE
 SHAE MURTHA
 PAUL OROGO
 DANNY PARK
 DERON SEE
 JULIA STROJNOWSKA
 ALEX VELICICO
 JIMMY ZHANG

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).

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.

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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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