

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,
OLYMPIANS SWIMMING COACHING STAFF

Welcome to the OS Community, Cory!



We are excited to announce that Cory Beatt will be joining Olympians Swimming as our new Provincial Coach this September. Cory brings a wealth of experience and expertise to our team. Cory began coaching swimming in Alberta in the early 1980s and has been a key contributor to BC swimming since 1992. He has extensive experience in age group, para, open water, and varsity swimming. His swimmers have broken provincials and national records and have represented Canada internationally at the Paralympics, Olympics, and World Championships. In his last 4 years as Swim BC Technical Director, Cory was instrumental in supporting athletes and coaches through his leadership and innovative programming. In his new role, Cory will be responsible for coaching the Olympians Provincial Group in Langley, coach development, and administrative support. His extensive background in coaching and program development, along with his innovative approach, will be invaluable to Olympians Swimming. We look forward to the positive impact he will have on our athletes, coaches, and the broader swimming community. Please join us in welcoming Cory Beatt to the Olympians Swimming family!

Thank you,
Head Coach Ryan Skomorowski

UPCOMING DATES

- JULY 11-14: SUMMER PROVINCIAL CHAMPS @ KAMLOOPS**
- JULY 19-21: BC SUMMER GAMES @ MAPLE RIDGE**
- JULY 24-30: 2024 SPEEDO CANADIAN SWIMMING CHAMPS @ TORONTO**
- JULY 25-28: FAR WESTERN CHAMPS @ MORGAN HILL, CA**
- JULY 27: OS INTER CLUB MEET @ WALNUT GROVE**

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

FINS FOR SALE

THERE ARE A PAIR OF SIZE 8-9 ARENA POWERFIN PROS FOR SALE. IF YOU ARE INTERESTED IN PURCHASING PLEASE CONTACT JACQUELINE@LANGLEYOLYMPIANS.COM



FOLLOW US ON INSTAGRAM

olympiansswimming

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Olympians Swimming
A competitive swim club based in Langley, BC.
ONE WEEK FREE TRIAL!

CLICK THE TO RECEIVE REAL-TIME UPDATES DURING MEETS AND EVENTS

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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 100 BREAST 15-17 & OPEN **1:04.55**

JUSTIN JUNG LC 200 BREAST 15-17 & OPEN **2:17.82**

JUSTIN JUNG LC 200 IM 15-17 **2:08.50**

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

DANNY PARK SC 200 FLY 15-17 & OPEN **2:02.86**

FERNANDO LU LC 200 IM PARA **2:20.30**

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 400 FREE 15-17 & OPEN **4:11.08**

JULIA STROJNOWSKA LC 1500 FREE 15-17 & OPEN **16:42.99**

JULIA STROJNOWSKA LC 800 FREE 15-17 & OPEN **8:38.36**

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

JIHOON BAE LC 100 FLY 15-17 **57.24**

LEILA FACK LC 100 FREE 15-17 & OPEN **56.35**

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**

CANADA DAY CHALLENGE

ON JULY 1ST, SWIMMERS MADE THEIR WAY UP TO SASAMAT LAKE IN PORT MOODY FOR THE CANADA DAY CHALLENGE OPEN WATER SWIM. CONGRATULATIONS TO FINN (2ND IN THE MEN 4KM), SAMMI (2ND IN THE WOMEN 4KM) AND SEVI (3RD IN THE WOMEN 2KM). THANK YOU TO THE VANCOUVER OPEN WATER SWIM ASSOCIATION FOR HOSTING SUCH A FABULOUS AND FUN EVENT!



BC SUMMER GAMES, MAPLE RIDGE

EVERY 2 YEARS ATHLETES BETWEEN THE AGES OF 12 AND 14 ARE SELECTED TO REPRESENT THEIR ZONES AT THE BC SUMMER GAMES. THESE ZONES ARE DETERMINED BY WHERE EACH SWIMMER LIVES, SO EACH ZONE TEAM WILL COMPRISE OF SWIMMERS FROM VARIOUS CLUBS, WHICH IS A FUN CONCEPT. THIS YEAR, THE GAMES ARE BEING HELD IN MAPLE RIDGE SO IT WILL BE GREAT OPPORTUNITY FOR FAMILIES AND FRIENDS TO COME SUPPORT THE SWIMMERS AND THEIR TEAMS! CONGRATULATIONS TO THE FOLLOWING SWIMMERS FOR BEING SELECTED:

IAN CHO (ZONE 3)

OLIVER MACPHERSON (ZONE 3)

JOAD WOOD (ZONE 4)

CALE LECORRE (ZONE 4)

JINSEI YAMAMOTO (ZONE 5)

ALYSSA BEAULIEU (ZONE 3)

LINDSEY JOHNSON (ZONE 3)

GWENNA FAUPEL (ZONE 3)

AMELIA SMITH (ZONE 3)

SABINE NEILSON (ZONE 4)

VIVIENNE LIN (ZONE 4)

MACKENZIE JUNG (ZONE 4)

SHAE MURTHA (ZONE 5)

REBECCA HAIGH (ZONE 5)

GOOD LUCK SWIMMERS!

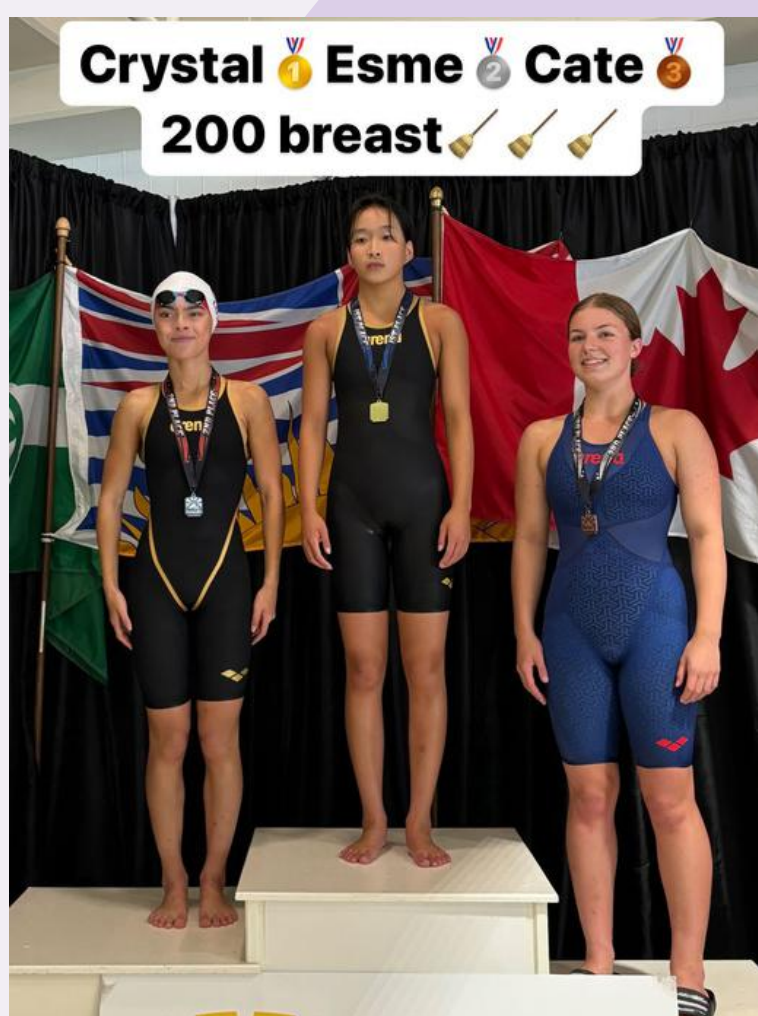
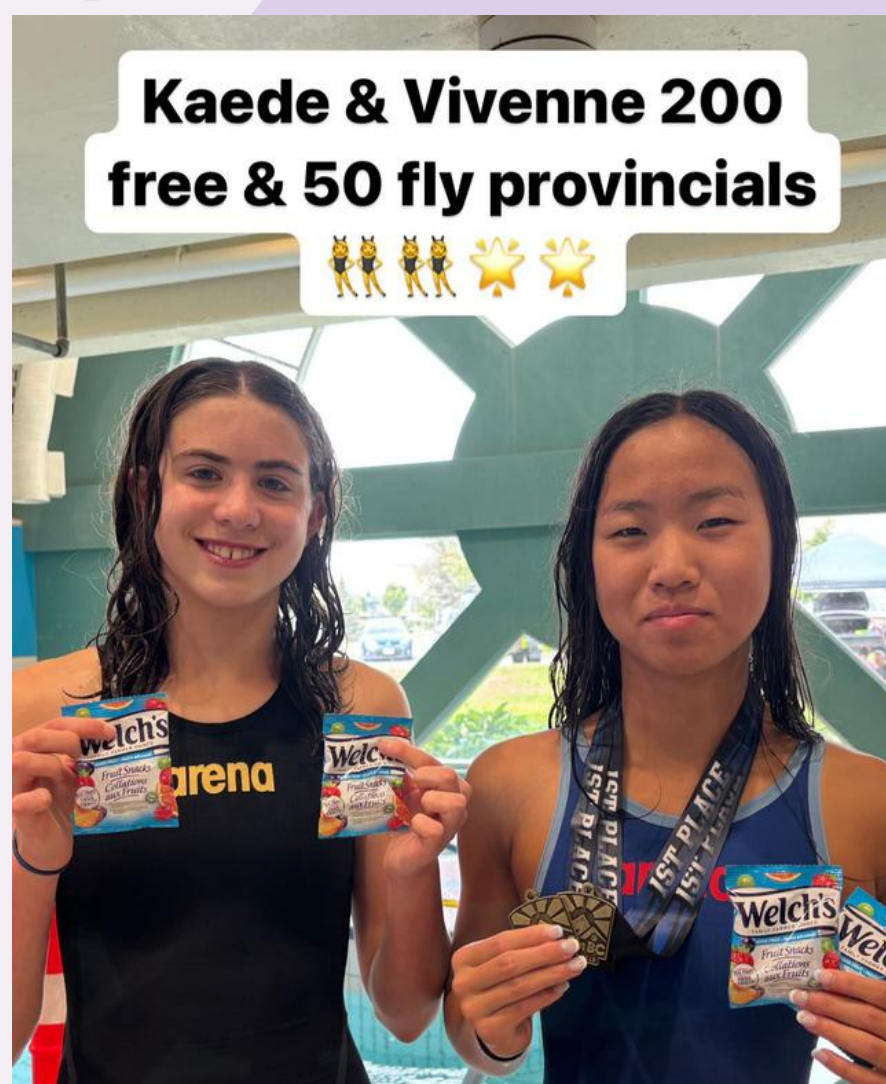


MEET RECAP: DIVISIONAL CHAMPIONSHIPS, CHILLIWACK

THIS PAST WEEKEND OS BROUGHT A TEAM OF 77 SWIMMERS AND 4 COACHES TO CHILLIWACK FOR THE 2024 VANCOUVER AND FRASER SUMMER DIVISIONALS. AS THE BIGGEST TEAM IN ATTENDANCE, OUR PRESENCE SHOOK THE POOL DECK, AND THE QUALITY OF THE PERFORMANCES WAS NOTHING SHORT OF EXCEPTIONAL. FROM THE FIRST SESSION, OS SWIMMERS WERE DROPPING BLISTERING BEST TIME AFTER BEST TIME AND ACCUMULATING IMPRESSIVE PODIUM FINISHES IN BACK TO BACK RACES. AFTER SUNDAY EVENING, THE TEAM FINISHED WITH **30 GOLD, 24 SILVER, AND 27 BRONZE MEDALS**, AND **37 NEW PROVINCIAL TIME STANDARDS**, TAKING HOME THE TEAM TITLE WITH **3524 POINTS**, ALMOST DOUBLE THE AMOUNT OF THE SECOND PLACE TEAM.

COACH HATTIE WANTS TO CONGRATULATE THE SWIMMERS ON PREPARING WELL FOR THE COMPETITION, TRAINING TIRELESSLY DAY IN AND DAY OUT FOR THEIR GOALS. SHE WOULD LIKE TO HIGHLIGHT HER COLLEAGUES FOR THEIR EFFORTS AND RECOGNIZE THE SUPPORT RECEIVED FROM ALL OF OUR MEMBERS IN THE CLUB AS THEY HAVE ALL MADE CONTRIBUTIONS TO THIS SUCCESS. SHE WANTS TO ENCOURAGE THE SWIMMERS TO SEE THE BEAUTY IN THE PROCESS AND ENJOY THEIR INDIVIDUAL JOURNEYS.

STAY TUNED TO FOLLOW ALONG ON THE SUCCESSES OF THE PROVINCIAL TEAM AS THEY HEAD TO KAMLOOPS FROM JULY 11-14! ALL THE DIVISIONAL PODIUM AND PROVINCIAL QUALIFYING TIMES CAN BE FOUND ON OUR INSTAGRAM PROFILE IN THE HIGHLIGHTS TITLED "DIV S24".



OS TOP 10 HIGH POINT SWIMMERS:

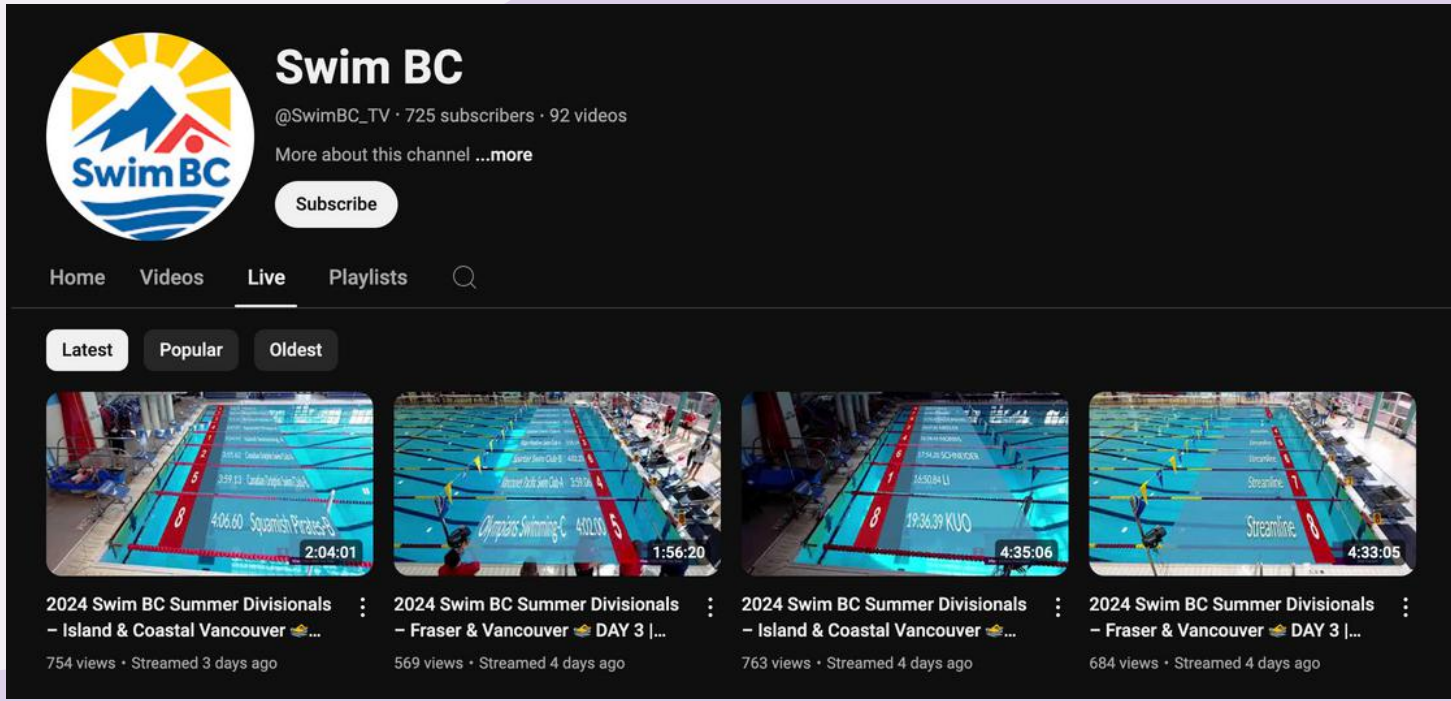
1. COLIN SEO (122 POINTS)
2. VIVIENNE LIN (116 POINTS)
3. SARAH CANON (113 POINTS)
4. OLIVER MACPHERSON (100 POINTS)
5. VAUGHN SANDQUIST (92 POINTS)
6. TYM KROPIVNY (91 POINTS)
7. KAEDE TAKAI (78 POINTS)
8. BROOKLYNN BREKKE (73 POINTS)
9. SABINE NEILSON (71 POINTS)
10. MANIZHA LOO (68 POINTS)

JUNE SWIMMERS OF THE MONTH: POSITIVE ATTITUDE

FOR THE MONTH OF JUNE, COACHES WERE LOOKING OUT TO SEE WHO EXEMPLIFIED THE MOST POSITIVE ATTITUDE IN AND OUT OF THE POOL. THIS COULD LOOK LIKE ENCOURAGING THEIR TEAMMATES, BEING MOTIVATED TO WORK HARD, CHEERING, AND BEING AN OVERALL JOYFUL AND HELPFUL PRESENCE. THE NATIONAL GROUP AWARD WAS GIVEN TO JUSTIN JUNG FOR COACHABILITY. CONGRATULATIONS TO THE FOLLOWING SOM AWARD RECIPIENTS!



(LEFT TO RIGHT, STARTING AT TOP PHOTO)
 BROOKLYN TETZLAFF
 SHELBY TETZLAFF
 LILY CROTHERS
 ETHAN CHANG
 YOONDO JO
 ZACHARY TANG
 ETHAN LOU
 ZLATA KHANENKO
 ANNA KONRAD
 JUSTIN JUNG



PROVINCIALS LIVE STREAM

SWIM BC PROVINCIALS IS TAKING PLACE FROM JULY 11-14 IN KAMLOOPS. OS IS TAKING A GROUP OF 77 SWIMMERS TO COMPETE AT WHAT IS THE BIGGEST MEET IN THE PROVINCE SO THE EVENT IS SURE TO BE SPECTACULAR. PLEASE FOLLOW [THIS LINK](#) TO VIEW THE LIVESTREAM. GOOD LUCK SWIMMERS!

DANNY & JOAD: 2024 NATIONAL DEVELOPMENT PROGRAM ID TEAM

CONGRATULATIONS TO DANNY PARK AND JOAD WOOD ON BEING NAMED TO SWIMMING CANADA'S "2024 NATIONAL DEVELOPMENT PROGRAM ID TEAM"! THIS IS AN INCREDIBLE ACHIEVEMENT AND OPPORTUNITY, AS THESE BOYS ARE BEING RECOGNIZED FOR THEIR HARD WORK AND TALENT ON THE NATIONAL STAGE. WITH THEIR PARTICIPATION ON THIS ID TEAM, THEY WILL RECEIVE SPECIALIZED TRAINING THAT WILL ALLOW THEM TO CONTINUE STRIVING FOR NEW HEIGHTS, GROWING THEIR ABILITY AND EXPERIENCE TO SUPPLEMENT THEM ON THEIR SWIMMING JOURNEY. STAY TUNED TO SEE WHAT THEY WILL ENCOUNTER ON THIS NATIONAL DEVELOPMENT PROGRAM ID TEAM! CONGRATULATIONS BOYS!



DANNY



JOAD

FERNANDO LU: 2024 PARALYMPIC GAMES

FERNANDO LU HAS EARNED HIS WAY TO THE CANADIAN PARALYMPIC TEAM FOR PARIS 2024! HIS INCREDIBLE PERFORMANCES THIS PAST WEEK AT THE 2024 BELL OLYMPIC & PARALYMPIC TRIALS IN TORONTO HAVE SOLIDIFIED HIS SPOT, PUNCHING A TICKET TO FRANCE WITH TEAM CANADA. AT TRIALS THIS PAST WEEK, FERNANDO FINISHED 2ND IN THE 100M BUTTERFLY, 3RD IN THE 100M BREASTSTROKE, 4TH IN THE 200M INDIVIDUAL MEDLEY, 4TH IN THE 50M FREESTYLE, AND 5TH IN THE 100M FREESTYLE. HE IS NO STRANGER TO THE INTERNATIONAL STAGE, HAVING ALREADY ACHIEVING SO MUCH AT HIS YOUNG AGE OF 16 YEARS OLD, WINNING A SILVER MEDAL AND BRONZE MEDAL THE PARA PAN AMERICAN GAMES LAST YEAR FOR TEAM CANADA. THIS IS ONLY THE BEGINNING FOR THE ALREADY SUCCESSFUL SWIMMER, COACHED BY HEAD COACH RYAN. CONGRATULATIONS FERNANDO, WE LOOK FORWARD TO SEEING YOU REP THE RED AND WHITE! FOLLOW ALONG AS WE WATCH HIM DO HIS THING THIS SUMMER OVER IN PARIS!



LEILA FACK & JULIA STROJNOWSKA: PAN PACIFIC GAMES & WORLD JUNIORS

THESE TWO TALENTED LADIES HAVE BEEN SELECTED TO REPRESENT TEAM CANADA AT THE UPCOMING PAN PACIFIC GAMES IN CANBERRA, AUSTRALIA! JULIA WILL GO ON TO COMPETE AT THE JUNIOR WORLD CHAMPIONSHIPS FOR OPEN WATER IN ALGHERO, ITALY! WAY TO GO LADIES! WE LOOK FORWARD TO SEEING YOU SHINE ON THE INTERNATIONAL STAGE. THE 2024 TRIALS IN TORONTO THAT JUST TOOK PLACE ACTED AS A SELECTION PROCESS FOR NOT ONLY THE OLYMPICS AND PARALYMPICS, BUT ALSO THE PAN PAC GAMES AS WELL AS WORLD JUNIORS. IT IS PHENOMENAL TO SEE THESE 2 TEAMMATES REACH SUCH GREAT HEIGHTS TOGETHER. BELOW IS THE SUMMARY OF THE 2 LADIES' DAZZLING PERFORMANCES AT TRIALS THAT EARNED THEM THEIR RIGHTFUL SPOT ON THEIR RESPECTIVE TEAMS.



2024 OS Grad Class

INTRODUCING YOUR 2024 OS GRADUATES! EACH SWIMMER HAS LEFT A MARK ON THE CLUB IN THEIR OWN WAY, AND WE COULDN'T BE MORE PROUD. WE CAN'T WAIT TO SEE THE GREAT THINGS YOU'LL ACHIEVE REGARDLESS OF YOUR POST-SECONDARY PLANS. CONGRATULATIONS GRADUATES! YOU DID IT!



Justin Jung

Finn Parr

Leila Fack

Julia Strojnowska

Lucas Fong

Ashley Ko

Brian Fu

Pietro De Andreis

Matteo Savigni

Daniel Lin

Vivian Yang

Daniel Canon

Fernando Aguirre

Lorena Sun

Nathalie Flood

Rain Cheung

Paul Orogo

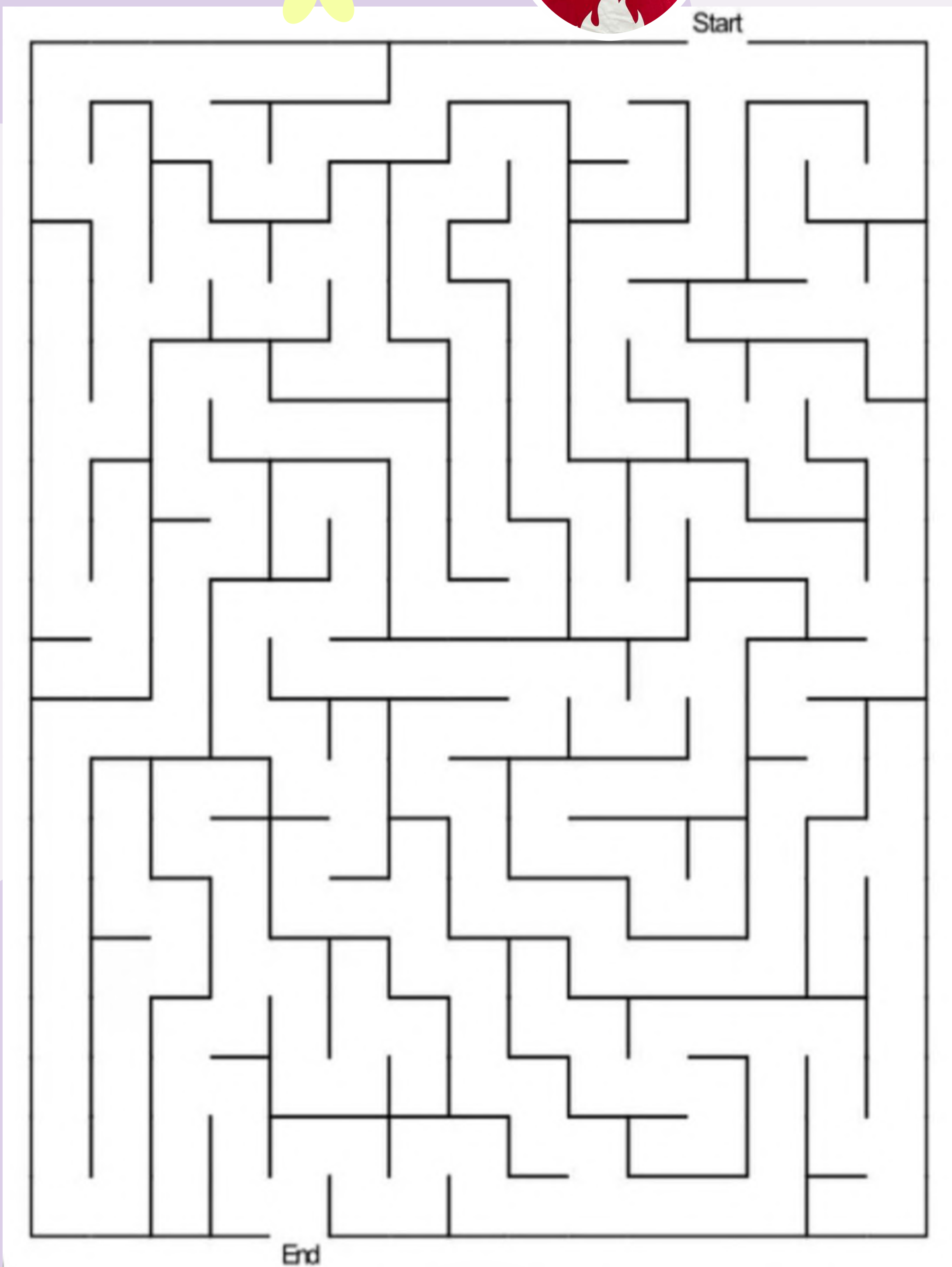
Dominika Batog

Owen Turnacliff

FOR 10 & UNDERS:

**HELP COACH SAGE FIND
HER FLIPPERS! PRINT IT
OUT AND BRING IT TO YOUR
COACH FOR A PRIZE!**

VOL. 27 "MAZE"



PARIS 2024



AFTER AN INCREDIBLY SPECTACULAR CANADIAN OLYMPIC & PARALYMPIC TRIALS IN TORONTO LAST MONTH, CANADA HAS PUT TOGETHER ITS TEAM FOR PARIS 2024. THESE SWIMMERS WERE CHOSEN BASED ON THEIR PLACING (TOP 2 AT TRIALS) AS WELL AS ACHIEVING THE OLYMPIC QUALIFYING TIME AND OTHER CONSIDERATIONS.



JAVIER ACEVEDO
 SOPHIE ANGUS
 ALEX AXON
 JEREMY BAGSHAW
 JULIE BROUSSEAU
 BROOKLYN DOUTHWRIGHT
 EMMA FINLIN
 MARY-SOPHIE HARVEY
 APOLLO HESS
 PATRICK HUSSEY
 TRISTAN JANKOVICS
 ELLA JANSEN
 ILYA KHARUN
 YURI KISIL
 FINLAY KNOX

JOSH LIENDO
 KYLIE MASSE
 SUMMER MCINTOSH
 MAGGIE MAC NEIL
 EMMA O'CROININ
 PENNY OLEKSIK
 SYDNEY PICKREM
 REGAN RATHWELL
 TAYLOR RUCK
 REBECCA SMITH
 BLAKE TIERNEY
 LORNE WIGGINTON
 INGRID WILM
 KELSEY WOG

NICHOLAS BENNETT
 KATIE COSGRIFFE
 DANIELLE DORRIS
 SABRINA DUCHESNE
 ALEC ELLIOT
 NIKITA ENS
 ARIANNA HUNSICKER
 MARY JIBB
FERNANDO LU
 SEBASTIAN MASSABIE

REID MAXWELL
 SHELBY NEWKIRK
 AURÉLIE RIVARD
 TESS ROUTLIFFE
 KATARINA ROXON
 ABI TRIPP
 NICOLAS-GUY TURBIDE
 PHILIPPE VACHON
 EMMA GRACE VAN DYK
 ALY VAN WYCK SMART

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) ARIARNE TITMUS 200 FREE 1:52.23 @ AUSTRALIA 06/13/24
- (AUS) ARIARNE TITMUS 400 FREE 3:55.38 @ JAPAN 07/23/23
- (AUS) KAYLEE MCKEOWN 50 BACK 26.86 @ HUNGARY 10/20/23
- (USA) REGAN SMITH 100 BACK 57.13 @ USA 06/08/24
- (AUS) KAYLEE MCKEOWN 200 BACK 2:03.14 @ AUSTRALIA 03/10/23
- (USA) GRETCHEN WALSH 100 FLY 55.18 @ USA 06/05/24
- (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 4:24.38 @ TORONTO 05/16/24**
- (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 50 FREE 21.48 @ TORONTO 05/18/24**
- JOSH LIENDO 100 FLY 50.06 @ TORONTO 05/19/24**
- ILYA KHARUN 200 FLY 1:53.82 @ JAPAN 07/26/23
- BLAKE TIERNEY 200 BACK 1:56.74 @ TORONTO 05/17/24**
- FINLAY KNOX 200 IM 1:56.07 @ TORONTO 05/18/24**
- 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 4:24.38 @ TORONTO 05/16/24**

VARSITY OLYMPIANS

THESE ARE THE SWIMMERS THAT REPRESENT THEIR COLLEGES DURING THE SCHOOL YEAR AND OS DURING THE OFF-SEASON. WE ARE PROUD TO HAVE SUCH GREAT REPRESENTATION FOR OS ALL ACROSS THE CONTINENT!



JOSH KIM
UBC



BAILEY HERBERT
UCLA



HUGH MCNEILL
UBC



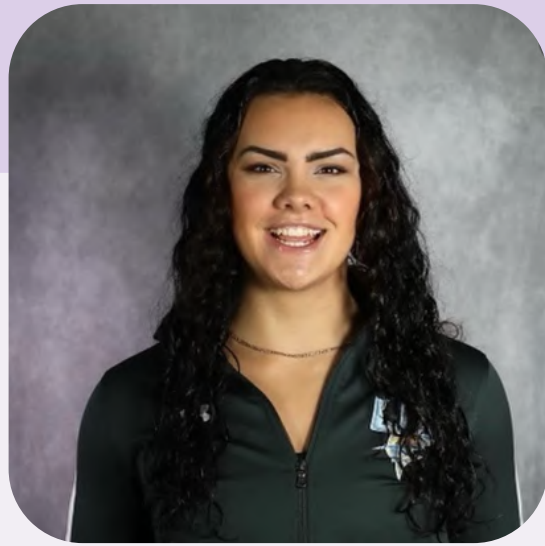
ISABELLA BRUNORO
UVIC



SEVI PARR
MCGILL



KATIE SCHROEDER
U OF FLORIDA



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 OS 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 OS SWIMMERS ANNOUNCE THEIR COMMITMENT.



LEILA FACK
MICHIGAN



ASHLEY KO
MCMASTER



PAUL OROGO
UBC



LUCAS FONG
QUEENS



JULIA STROJNOWSKA
AUBURN



MAKS WOZNY
LONG ISLAND



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
 DANIEL CANON
SOPHIE CARTER
 OTIS CHAN
 DAVIN CHO
 ABIGAIL COCKELL

LARRY CUI
 GWENNA FAUPEL
 MAYA FULGER
 KAEGAN GIELTY
 ANDREJ GUDELJ
 CONOR HOLMGREN
 TESSA HONG
 EVERLEIGH HOUSDEN

LINDSEY JOHNSON
 JUDY JUGGIAH
 MACKENZIE JUNG
 YANA KHRISSANOVA
DENIS KLIMAU
 KIDA LECORRE
 BECKHAM MCCLELLAND
MADDY MERRIGAN

AMELIA SMITH
 JOSEPHINE SU
 STEVEN SUN
 SEAH PARK
 JOSH POVOZAN
 SHANA SEE

PROVINCIAL QUALIFIERS

FERNANDO AGUIRRE
MADDEX AUCHTER
BROOKLYNN BREKKE
 TUDOR CADIS
NOAH CANO
 SARAH CANON
 CATE CARTER
 RAIN CHEUNG
 IAN CHO
JASON CHUNG
 VINCENT COSTA
 NATHALIE FLOOD
 ADAM GRAHAM
 SCOTT HUNTER
TIANA JEON
 THOMAS JIN
 TYM KROPIVNY
 BOSCO LAM

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

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
COLIN SEO
 OWEN TURNACLIFF
 LINUS WONG
 MAX WOZNY
 VIVIAN YANG
 BECK YU

WESTERNS QUALIFIERS

CANADIAN JUNIOR QUALIFIERS

VIVIENNE LIN
MAIYSA MONTAKHAB
SABINE NEILSON
 KEN STROUD
 KAEDE TAKAI
 KAYLA THAI
JOAD WOOD
 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

OS 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 OLYMPIANS SWIMMING 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.



OS EQUIPMENT ITEMS FOR NEW MEMBERS

ALL MEMBERS JOINING OLYMPIANS SWIMMING 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 OLYMPIANS SWIMMING. THEY ARE OFFERING ALL OS 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 OLYMPIANS SWIMMING**



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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