



Team Bulletin - February 2023

“Work and you’ll get what you need; work harder and you’ll get what you want.” – Prabakaran Thirumalai

DIVISIONALS

- The Surrey Knights have the great opportunity of hosting Swim BC Vancouver & Fraser Divisional Championships swim meet on Fri, Feb 17 to Sun, Feb 19th at SSLC.
- In order for the team to run a successful meet, we will need lots of assistance from all members of the SKSC Team. This is a great opportunity for swimmers to see a higher level competition right in their home pool and a huge opportunity for families to earn volunteer points.
- Check out the job sign up here:
<https://www.surreyknights.com/event/2023-winter-divisionals-vancouver-fraser/job-signup>

SPRING BREAK - March 13-18th

- Our Development, Community Fitness and Masters Programs will have no workouts March 12-18
- Competitive Groups will have no workouts March 11-18 (Delta LMR March 11-12)
 - Western National and Trials Qualifiers along with select swimmers from JP and HP will have workouts. Please speak with Coach Reg or Coach Dave and schedule information will be sent out early March.

SSLC MAINTENANCE SHUTDOWN

- SSLC will be undergoing a maintenance shutdown March 27-May 6th. SKSC has been very vocal with the City of Surrey regarding the poor timing of this closure, however the City feels there are some concerns that cannot wait until September to be addressed.
- SKSC has been working hard with the city to increase our lane space at Guildford during this period to accommodate all swimmers from SSLC.
- As soon as we know- you will know. Once we have a concrete schedule and lane space determined, we send out information as quick a possible so families can prepare accordingly
 - We do know that most groups will have time changes and competitive/community fitness and masters might have day changes as well - a bit of compromise on everyone part and we will ride the shutdown successfully while keeping everyone in the water
 - As always, we want to thank our amazing families in advance for their patience and support.



EQUIPMENT UPDATES

Parka

- We have one Adult Medium Club Parka for sale. Cost for the parka is \$150. If interested please contact coachdave@surreyknights.com.

Team Aquatic Supplies in Surrey

- Team Aquatics Supplies will be setting up a booth at Divisionals. This is a great opportunity to pick up any new training gear, swimsuits, goggles, etc... without having to trek to North Vancouver or Richmond!
 - Friday, Feb 17th 8:30-12:30PM
 - Saturday, Feb 18th 8:30-2:30, though we encourage members not in the meet to come 12:00-2:30pm as they are staying later especially to help you!

Recommended Training Gear

- Did you know coaches have a list of recommended styles and styles to avoid for training gear such as fins? These choices coaches prefer for ease of use, comfort, quality, etc... Though there may be cheaper options or styles, these often break easily, are hard to use, uncomfortable, or don't function in the way a coach would like.

MISC. REMINDERS & UPDATES

Access Card Updates

- Good news! We finally have some access cards in stock. If you need one please talk to a SKSC coach to get one.

Swimmers Progress

- If at any point you have any questions or concerns regarding your swimmer's progress, please let us know. The coaches are happy to answer any questions or set up a meeting to discuss your swimmer. (emails available [here](#))
- All swimmers will progress through the program at different rates. There are so many factors that come into play including physical and mental maturity, age, attendance and more. No two swimmers are the same, and neither are their journeys!
- Best things parents can do to help their swimmers:
 - Help swimmers be at workout
 - Be supportive!
 - Keep it fun
 - Encourage and praise effort and focus, vs performance and placing (Growth Mindset)
 - Focus on them and their journey not others. All swimmers take their own path through life.

Website: Helpful Pages

- [Practice Changes](#) - Under Meets, Events, & Schedule tab click on Practice Schedule and Changes
- [Meet Results](#) - Under the Meets, Events & Schedules tab you can view by meet or by swimmer. Note, with SNC down newer swimmers don't have ID numbers yet so results can't link to account.
- [Job Credits Earned](#) - Under My Account (click on email in top right corner), click on job credits



- [Invoices](#) - Under My Account, click on Billing. Here you can view a breakdown of the charges for a monthly billing.

Parents on Deck: Practices & Meets Reminders

- Parents can watch practices from the viewing gallery/bleachers as long as it does not interfere with their swimmer and the practice.
- Please do not disturb coaches during practice time as they are focused on the swimmers in the water. If you need to contact a coach, you can email to set up an appointment (emails available [here](#))
- Parents volunteering during swim meets are permitted on deck but must stay focused on their job. The coaches will watch over the swimmers.
- Parents not volunteering at a meet must be in the viewing gallery/bleachers and are not permitted to be on deck unless permission by a coach is previously given. There is just not enough room to allow all parents and swimmers on deck.

VOLUNTEER/OFFICIATING UPDATES

Volunteer Assessments Reminders

- A reminder all competitive, community fitness and development groups have a volunteer assessment that they can earn off by volunteering. Unearned balances come due July 1st.

New Website Limitations

- The Job Credit system is undergoing updates. Right now can only view credits earned
- Obligations from start of season can be found under fees and details for your group or the chart on the volunteer assessment explanation page
 - Assessment is prorated for those who start later in season or withdraw early
- If you want to know balance or your obligation, please contact registrar@surreyknights.com

Upcoming Officials Clinics

- Sun, Mar 5th PSW [Level 2: Stroke and Turn](#) Zoom
- Weds, Mar 8th [Level 2: Meet Manager](#) Clinic Zoom

Upcoming Volunteer Opportunities

- Fri, Feb 17 – Sun, Feb 19: [BC Divisionals](#) (Sign up by Thursday 7:00pm!)
- Fri, Mar 3 – [SKSC 400m Time Trial](#) (Sign Up Open)
- Sun, Mar 5th – [SKSC PASS](#) (Sign Up Open)
- Sat, April 1 – Sun, April 2 – SKSC Long Course Invitational (sign up open end of February)
- Have a unique set of skills? Contact us!

Volunteering Non-Hosted Meets

- If you volunteer at a non-SKSC meet, don't forget to fill out the [non-SKSC hosted meet form](#) to receive job credits
- Forms submitted up to Feb 8th have now been inputted. Please allow 4 weeks for non-hosted job credits to appear on accounts.



FUNDRAISING UPDATES

- Did you know that participating in fundraisers benefits both members and the club? A percentage of each fundraiser goes both to the club and as a credit directly on a member's account! [More information.](#)
- Please note, there is no fundraising requirement for members. This is extra to help members!

Purdy's

- Purdy's rebates from our Christmas order has been added as a credit to accounts.
- Purdy's Easter Order is Open! Deadline Mon, Mar 13th, delivery week of March 27th. [Details](#)

Neufeld Farms

- Neufeld Farms is a local, Abbotsford-based farm, market, and business that provides healthy & quick meals, delicious appetizers, gourmet entrées, and mouth-watering desserts. 75% of retained funds gets applied to your account, 25% goes to the club.
 - Feb 23, 2023 – deadline for order submission
 - Feb 28, 2023 – pickup items from Surrey Sport & Leisure Complex at 6:00PM.
- <https://app.neufeldfarms.ca/fundraising/2023-surrey-knights-swim-club/ref/em>

ROYAL KNIGHTS ACADEMY

- Did you know that SKSC expanded the Mini-Knight program so swimmers can join our program even earlier?
- Royal Knights Academy has grown from 59 swimmers in our fall session to 63 in our winter session. With 3 different levels and 14 classes available in the winter session, it's a great opportunity for 9 & under swimmers to join our program who have basic water safety skills.
- Please contact Coach Juliette (coachjuliette@surreyknights.com) to set up an assessment or check out our [Royal Knights Academy](#) groups here.

MASTERS SWIMMING

- Master's is a program for swimmers 18+ who want to continue their swimming careers into adulthood, parents looking to get back into swimming, or for anyone looking to try swimming for fitness for the first time!
- Swimmers only need to be comfortable swimming 100m continuous to start. Workouts are adjusted for your swimming ability and we cater to a wide range of levels.
- Drop In or set schedule options are available.
- Please contact Coach Josh for more details or check out our [Masters information here.](#)
- Our masters program will be attending their first competition on Sat, March 3rd in Chilliwack!!

SWIMMER'S CORNER

New Qualifiers since Sept 2022

Westerns

Eric Lim Preston Seneviratne
Allen Wu Dylan Patrick

Provincials

Jasper Zhang Matthew Suh Owen Qiu
Justin Dunder Raneem Hefeeda Sarina Chen
Joshua Perkins

Divisionals

Christian Edang Annalise Gerber
Charlotte Metza Noah Mitchell
Marise Snyman Nadia VanDierman
Jonathan Zhang
Damian Kessenheimer

LMR Champs

Evan Lim Brian Li Matthew Hwang
Ella Liu Aaron Gao Sean Wong
Marcus Cantos Anahad Gill

LMR Qualifier (200 IM under 4:00)

Nathan Chen Ryan Lee Brian Liu
Emily Liu Lucas Liu Jesse Villaflor
Angelo Zhang Sean Zheng Emma Luo

100 IM under 2:15

Jayna Basnyat Abbie Boyal Isaac Chen
Aiden Cho Sarah Hu Haneen Khan
Caden Kim Angel Lee Emma Lee
Minhoo Lee Carson Li Emily Liu
Elijah Mitchell Sophia Moon Kaz Nishioka
Matthew Sun Inder Thandi
Bailey Thurgate Rebecca Wang Roy Wang
Ruiting Yao Samuel Yu Olivia Yuan
Melissa Zhang Sarah Zhou Ethan Buwembo
Christina Sergiannidis Reyna Devbhandar

Club Records Since Sept 2022

Leanne Chen: 10&U Girls
SC 100FR, 200FR, 400FR, 800FR, 50FL, 50BK

Jeffrey Chen: 11-12 Boys
SC 50FR, 100FR, 200BK, 50FL, 100FL, 100 IM, 200 IM, 400 IM

Allen Wu: 11-12 Boys
SC 200Fr

Lucas Kim: 13-14 Boys
SC 100FR, 200FR, 100BR, 200BR, 200 IM

Peter Huang: 15&O Boys
SC 100 IM

Swim Canada/Swim BC Initiatives

Swim Canada Teams

- Coach Reg and Peter Huang participated at the SNC Male Junior ID Camp - UBC Feb 6-11th This camp featured some of the top Junior boys in the country!

Swim BC Team

- Peter Huang has been selected to the Swim BC Advanced team
- Lucas Kim, Allen Wu and Max Bentham have been selected to Swim BC Prospects
- Yolanda Zhang, Rachel Tong and Jeffrey Chen have been selected to Swim BC Pacific Wave.

These swimmers will have the opportunity to join in on Swim BC training camps and educational sessions throughout the season. Congratulations swimmers!!!

2023 Graduating Swimmer Commitments

Congratulations to the following swimmers for their post secondary commitments:

Peter Huang - University of Michigan

Gracie Maryschak - University of Idaho

Alumni

Did you know there are 7 SKSC alumni swimming post-secondary across Canada and in the USA?

- Justice Migneault
 - 2nd/3rd year UBC/HP Centre-Vancouver
- Zoe Froh
 - 3rd year University of Idaho
- Arianna Hunsicker
 - 2nd year Para-HP Centre-Montreal
- Yu Tong (Adam) Wu
 - 1st year Columbia University
- Luke Stewart Beinder
 - 1st year Western University
- Jack Hayhoe
 - 1st year University of Alberta
- Ryan De Ocampo
 - 1st year SFU

Articles

- [How to Stop Leg Cramps](#)
- [What is Winter Dehydration?](#)
- [Sleep and Athletic Performance](#)
- [Help Young Athletes Develop a Competitive Mindset](#)
- [Five Words That Will Help You Reach Your Goals](#)
- [Try This Pre-Race Ritual to Stay Calm and Confident for Big Swims](#)
- [5 Things for Parents to Avoid When Cultivating Grit](#)
- [The ABC's of Balance for High School Athletes](#)



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