

SEPTEMBER 2021 VOL. #2 ISSUE #1

VPSC NEWS



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WELCOME

2021-2022 Season!

Thank you for reading through the first issue and second volume (2021-2022 Season) of the VPSC Monthly Newsletter! In this month's edition, you'll find messages from Coach Brian, the Board of Directors, the Official's Coordinator, an AGM Notice, and much more!

If you have any suggestions about what information you'd like to see in the monthly newsletter, feel free to reach out at

info@vancouverpacificswimclub.com

Let's continue to grow our VPSC community outside of the pool! Give our page a like on Facebook and a follow on Instagram to keep in touch with all things VPSC!



[@vancouverpacificswimclub](https://www.instagram.com/vancouverpacificswimclub)



[@VancouverPacificSwimClub](https://www.facebook.com/VancouverPacificSwimClub)

#GoVPSC



DIRECTOR OF SWIMMING MESSAGE

WRITTEN BY COACH BRIAN

Hello all VPSC Parents and Swimmers and Welcome to the 2021-22 swim season!

We are looking forward to having a great season where we will be returning to competitions in the water and having the opportunity to race against each other and other clubs throughout the year. Racing is such an important, and exciting, part of our sport and we are looking forward to giving all of our swimmers more opportunities to showcase their skills at our meets this year.

Returning to racing also means that we are returning to hosting competitions! We are very fortunate to be hosting meets this year, but we do rely on ALL of our parents through the course of the year to volunteer and officiate at our meets. Hosting meets is not possible without the help of our parents, and it will be an opportunity for you to get a front row seat to see our swimmers!

As we reach this phase of the pandemic, we hope to use this as an opportunity to grow our programming and provide our swimmers with the tools they need to succeed this year and in the year's to come. In addition to coming back into the water and increasing our training time, we have added, or will be adding, the following parts to our program:

- Nutrition education for our swimmers and parents
- Mental Performance education for our swimmers and parents, with additional Mental Performance training for our Junior and Senior swimmers
- Partnership with Engineered Bodies to deliver foundational strength & conditioning training for our Youth and Junior swimmers
- Gymnastics to develop the physical literacy of our Youth swimmers.

This year provides all of us with the opportunity to build a great foundation for our swimmers to find their own pathway to success in the water. We are very excited and thankful that we have all of you to join us in the journey this year!

GO VPSC!!!

BOARD OF DIRECTORS MESSAGE

WRITTEN BY PRESIDENT DON CURRIE

A warm welcome to the 2021 – 2022 season to all returning and new families.

The new season is promising to bring back the excitement of racing and with that the incredible feelings of best times, qualifying and participating in championship meets and standing on the podium!

The last 18 months has been challenging and all have played a part in meeting any challenge presented. Your continued commitment to ensuring facility and local health rules are followed has resulted in no closures or loss of training time and want to thank all our members for playing a part in keeping VPSC strong through last year. VPSC is a growing club and are proud to say that going into this competitive season, the club has increased our numbers and will start the year with over 210 swimmers, up from the 182 that finished last season.

With swim meets and racing a part of this year, the club needs your help and attention to the volunteer opportunities that will be presented through the year. Swim meets rely on volunteers and all are strongly encouraged to sign up to help when events are posted. The club is scheduling official's clinics throughout the year and will ensure all will have the opportunity to meet the minimum level or upgrade the officials level you are currently at. VPSC will host numerous competitions and need all families to be involved and be part of the success.

Thank you all for being part of the VPSC and
for making your club a true model for
other clubs to look up too!

AGM NOTICE

October 19th
7:30PM

Vancouver Pacific Swim Club Annual General Meeting

Date: Tuesday October 19th

Time: 7:30pm

Where: Zoom

Agenda: 2020 AGM Minutes Review and Approval
2020-2021 VPSC Club Review
COVID-19 Update
2020/2021 Financial Statements
2021/2022 VPSC Club Plan & Programs
2021/2022 VPSC Budget Approval
Election of Directors to the Board

Every Senior Member of the Club will be entitled to one vote at the AGM. Voting by proxy is not permitted.

Please head to the website to review the 2020 AGM Minutes to prepare yourselves for the 2021 AGM.

<https://vpsc.poolq.net/menu/board-of-directors>

UPCOMING EVENTS

Click on any of the following events to either signup or view more information on our club website!

October 1 - [Becoming an Official: Norma Lachance](#)

October 9&10 - [SFU LMR Meet](#)

October 12 - [Intro to Swim Officiating](#)
- [Intro to Swim Officiating \(Mandarin\)](#)
- [Stroke and Turn Clinic](#)

October 13 - [Meet Manager Clinic](#)

October 14 - [Chief Timekeeper Clinic](#)
- [Starter Clinic](#)

October 15 - [Clerk of Course Clinic](#)

October 19 - VPSC Annual General Meeting
- Stay tuned for more details soon!

October 22 - [VPSC Pass Meet #1](#)

October 23&24 - [VPSC Fall Invite](#)

Becoming an Official with Norma Lachance

Who is Norma Lachance?

A professional Life Coach living in West Kelowna BC . She has been involved in with competitive swimming since 2000 when her children were young in an Age Group Swim Club just like VPSC.

Background

Norma's sport was competitive soccer, so when her children first became involved with swimming, she did not know anything about competitive swimming. She however worked her way up to becoming a Level V Referee by 2013. Her youngest finished varsity swimming in 2015 and Norma is still very involved in supporting clubs across BC, Alberta and nationally, volunteering her time at meets.

Accomplishments

- Swim Alberta Board for seven years
- Meet Manger for the Mel Zajac international event (hosted at UBC)
- National Meet Director for Western Canadian Championships (twice)
- Meet Chair for the first Para Pan Pac competition in 2009
- Team Manger on Provincial tours and camps
 - Including Mare Nostrum (France) and a sport tour in China

October 1st - Becoming an Official Preview

Norma is going to talk to us about why becoming an official and working your way up the Levels and across the clinics is important. She will give us some tips on how we as parents can support our club to be the best that it can be. Her dedication to swimming in general is remarkable and we are so happy that she is making to time to speak with all of us.

OFFICIATING INFORMATION

Activation of your Officials Account Reminder

- Please activate your official's account and sign up for a clinic.
 - For example, You can signup for Becoming an Official with Norma Lachance on October 1st by clicking [HERE](#)
 - An email was sent to ALL members from Swimming Canada (systems@swimming.ca) asking you to logon and activate your account.
 - If you did not receive this email then it may have gone into your junk mail or been blocked by your office server.
- In case you missed the email, please look back at the most recent email from the club by searching for the subject line "Officiating Training: Important Information".
 - There, you will find everything you need to setup your account.
- Members cannot complete the courses if they do not activate their accounts with Swim Canada.
- Please email officials@vancouverpacificswimclub.com if you're having any issues with your account.

<https://vpsc.poolq.net/menu/officials-training>

EVERY CHILD MATTERS

The day honours the lost children and Survivors of residential schools, their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

THE NATIONAL DAY FOR TRUTH & RECONCILIATION

"ORANGE SHIRT DAY"

On September 30, we encourage all Canadians to wear orange to raise awareness of the very tragic legacy of residential schools, and to honour the thousands of Survivors.