

THE CAMPBELL RIVER KILLER WHALE COMPETITOR



ISSUE 6
FEBRUARY 2011



SWIMMING TOWARDS EXCELLENCE SINCE 1979

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IMPORTANT DATES

Mar.3-7 BC AAA Champs – Victoria
Mar. 11-12 BC Senior Champs- Vancou
March 12 Regional Meet – Duncan
April 3rd Regional Meet – Comox
April 16-18th Mies Shootman LC – Vancouver

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PRESIDENT'S MESSAGE

We Survived the Pool Renovation

Hello Killer Whales!

Well it's true, we are going to be in our pool by the end of this month! I was at the pool on the 16th of February and saw (unbelievable as it was) water in the pool. I cannot express enough how impressed I have been with the continued support from the parents and swimmer's dedication our Killer Whales have had throughout this entire pool renovation. I realize at times it would have been a lot easier to throw in the towel and walk away from it all, but we persevered throughout this adversity and came out on top! **WE SURVIVED THE POOL RENOVATION!**

Congratulations to all of the swimmer's who continued to remain focused throughout it all as well as to the parents who remained positive and carpooled throughout the winter. What are we going to do with all of the extra time on our hands come March? One of the many positive lessons that did come out of this renovation is that I'm sure we all learned how to organize our time and not procrastinate because we didn't have time to procrastinate!

As short course comes to an end, I would like to thank our coaches for their dedication and motivation towards our swimmers and our club. An extra thank you goes out to Coach Chris who persevered throughout it all and who will enjoy walking to the pool again versus driving to Comox. Thank you Chris for all of your hard work and dedication for our club. We truly are the "little club that did!"

As spring rolls around, I would like to ask all of our members to work hard on fundraising for our pool. This year has been particularly hard on our financials and we ask all members to **fundraise, fundraise, fundraise!** We will be having a Club bottle drive on February 26th with all proceeds going to the club. Watch your emails for more information on this club fundraiser and come out to support your club!

Lastly, congratulations to all of the swimmer's who participated in Chiliwack at AA's, they all did a great job as well as congratulations to David Palmer who was at Western's in Kamloops and had a phenomenal meet! Well done swimmer's!

See you on the pool deck: our pool deck in March!

Regards,
Brian Skuse
President CRKW



HEAD COACH'S CORNER

"It may sound strange, but many champions are made champions by setbacks."

Vince Lombardi

It can be said that our swimmers learned a lot about themselves while the Strathcona Pool has been under renovations. I know, I certainly did.

Looking back I can say, the lessons that revealed themselves, not only strengthened our character, but, gave our swimmers the opportunity to come together as a team.

I would also like to thank all those parents that sent me words of encouragement during these past challenging months, they were greatly appreciated.

In my many discussions with our swimmers, I know that your kids really appreciated the effort it took to organize the family around a more challenging schedule. Your leadership in not only teaching them about overcoming adversity but as role model demonstrating how not to give up, will probably stick with them in the years to come. Without your positive support for our swimmers and the goals they wish to achieve, they most certainly would have learned a very different lesson.

We now have to begin the task of building and strengthening the Campbell River Killer Whale Swim Club so that we can continue a successful future. No one person can accomplish this task on their own, it takes individual commitments to the over all team vision that will fuel our success.

It is easy to have the on going delays of the pool reno to overshadow the successes that we have accomplished this year.

We recently had a successful dual meet against the COMOX swim club, where we not only won the meet, but demonstrated exceptional team spirit. Our club was able to achieve a 71.9% best time percentage and we had 9 swimmers achieve 100%. (some with only swimming one water workout). A special congratulations to Heather Cooke who took the most seconds off at the meet, with a whopping 72.18!

At one point during that meet, I sat back to take the action in. It was satisfying to see our

swimmers that have had all the reasons in the world not to do their best, stand up and compete. The pure joy that resulted in them racing and enjoying the sport, was very moving to see.

These kinds of opportunities are very important to our swimmers, as they are able to make a greater connection with what they are being asked to do in practice and why. Without a doubt after a competition, swimmers come back from a meet more enthusiastic about their goals, work ethic, technique changes ect... Also because they have seen their teammates be successful, they too believe they can do those same things as well.

The next swim meet our club attended was the BC Provincial "AA's" Championship that was held in Chilliwack. This year we had a small squad of determined individuals who showed a lot of growth as athletes at this competition.

Meets are great training ground for athletes to discover themselves, and to be tested on what they have been developing in practice. It's like being in school and doing all your homework and then finally writing a test on that material. For me it was great to see our swimmers doing much better on starts and breakouts and turns than the rest of the field. Jennifer Miller, Kennedy Windle and Austin Johnson were medalists at this swim meet. Cassidy Scott was the most improved taking **47.0** seconds off.

The Canadian Western National Championships was held in Kamloops, where it was a balmy -16C. But trust me, the action in the pool was very hot. This competition showcased the best athletes from Manitoba to British Columbia. CRKW did not compete last year at this level, but this year we are represented by David Palmer .

At this level of competition you can really see the technical expertise that has been achieved by these young dedicated athletes. Many of these athletes train in the pool over 20 hours a week so it is a tall order to expect David to final with the training he has been doing.



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In David's first race he was able to set a new club record of 25.14 for boys 15-16 years old. It was David's first competition where he got to see the new starting blocks and because we have not yet had the opportunity to practice on them, he did his usual start.

On Saturday, David was entered in the very competitive 100 meter freestyle. We got to the pool early and worked on his starts with the new blocks.

The result: David had a very slow start, being the last one of the blocks, but was able to make it up, going from 8th place at the 50 to 4th in his heat with a best time and new club record of 55.08.

In David's final race, he was in for a bit of a surprise. Mike Brown, two time Olympian has decided to come back out of retirement and try to make the 2012 Olympic Team. He was entered at No Time and was placed right beside David for the 200 IM.

It would appear that David was becoming more comfortable with the new blocks as he was able to beat Mike Brown with a reaction time of .74. Not too



often do you get that kind of opportunity. David took is 50 fly out in a best time 28.86 and Brown was slightly ahead with 28.56. In the end, Olympian Mike Brown won the heat with a time of 2:06.45, and David placed 4th with a new best time of 2:18.19. I considered it to be quite the learning experience.

Next up for our club will be the BC Provincial AAA's and then our Regional Meet in Duncan. At both of these opportunities, I look forward to seeing our athletes progress towards their goals and show continued improvement.

Swimming Towards Excellence
Chris Koopmans
Head Coach of CRKW

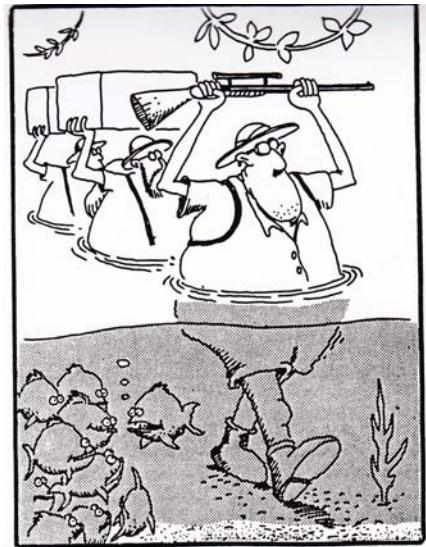
WASN'T THAT A SWIM MEET

By the Individual Medley

(My pardon's to the Irish Rovers)

Could have been the backstroke
Might have been the fly
Could have been those three or
four flip turns
I don't know
You should have seen me die
I got DQ'd in the breaststroke
And it ain't no lie
Tell me, me oh me oh my
Wasn't that a Swim Meet!

False started in the relay
Missed my turn in back
Got left behind in the freestyle
I guess it's because
My practices have been too slack
My googles filled in the IM
But I at least tried
Tell me, me oh ,me oh, my
Wasn't that a SWIM MEET!!!



Stay Tuned For OUR

WELCOME
BACK TO
THE POOL
BOTTLE
DRIVE





FROM THE WAVY LANES OF SUERFISH AND DOLPHIN

Hello everyone. Well it finally looks like we will be swimming at Strathcona Gardens soon. It will be welcoming to not be commuting every practice. I want to thank everyone for their patience with this and for doing your best to get your swimmers down to Courtenay on a regular basis. I am hoping our program will thrive now that we are swimming “at home”, in our own pool, with our own equipment, and free of unnecessary distractions.

Our swimmers have been practicing diligently to improve their swimming techniques. We saw some nice improvement at our Dual meet in Comox with many best time performances. Our upcoming meet in Duncan (Mar.13th) should illustrate more improvement and will lay the groundwork for our program going forward. In Feb. we awarded two swimmers the swimmer of the month award to Cailyn Collis and Kasey Lathangue. Both swimmers lead the way in attendance, work very hard, listen well, and demonstrate outstanding Sportsmanship. Both swimmers competed extremely well at the Dual meet and Time trial in Comox. They continue to strive to be better swimmers as well as good teammates.

Going forward, now that we are moving into our pool, it is important that we review the new upcoming schedule, as it will change from the one we are currently using. As well, please review the upcoming swim meet schedule. Attending swim meets is an important part of the program, as it is a good indicator for the hard work that the swimmers are doing. Swim meet performances show strengths and weaknesses alike. Coaches will commonly adjust program requirements based on these performances. Please do your best to attend.

Concluding, it has been a great privilege to coach your children. I have enjoyed the opportunity and hope we can continue to build on our successes. My own goals for this group are high. All the swimmers will become better swimmers, good teammates and outstanding ambassadors for CRKW. The future for this group is bright. Please do not hesitate to discuss your child’s needs, concerns or wishes after practices. Good communication is key to your swimmer’s success.



Cheers,
Dave

Apparel Report



It's great to be getting back into our pool, for those who haven't been swimming you better check and see if your suit still fits!

If you need new gear you can reach us at jandccormier@shaw.ca or 250-286-0413

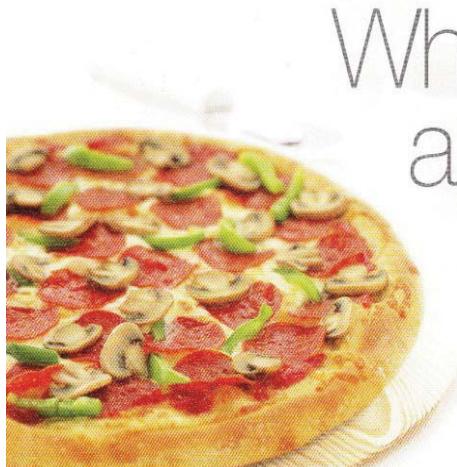
And don't forget that you can order gear direct from Team Aquatic too! Visit their site <https://www.team-aquatic.com/store/> and log in with the **username:** crkw and the **password:** killerwhales1 to get special pricing.

They will ship directly to your home.



FUNDRAISING REPORT

Our Panago Pizza FUNDRAISING is happening NOW!!!



What goes around, comes around.

THANKS FOR YOUR SUPPORT.

By purchasing this \$10 certificate, you not only get a Medium Pizza from Panago, you also help us support our local community, because what goes around...



Spend \$10 on a Panago coupon that is good for any medium sized pizza. You can build your own pizza with up to 4 toppings or you can get any of their speciality pizzas off their menu. The maximum value of the pizza cannot exceed \$15.00. The coupons are good at any Panago location and expire in one year. They are for Pick up ONLY! For every coupon you buy, your fundraising account is credited \$3.00.

Time is almost up... we have a maximum of 200 coupons to sell so if you are interested **let me know no later than Friday, February 25th**. I'll be placing our group coupon order by the end of the month so I can distribute them the first week of March. I'll let you know about payment and pick-up details after I place the order with the restaurant. Email me at kwindle@shaw.ca if you want to buy coupons.

SIGN SPONSORSHIP money is due **March 1st** so please contact Karsha Dunn at kldunn@shaw.ca to arrange payment and discuss any outstanding sponsors you might have. If we don't get the money by that date your account will not be credited!!

Be sure to thank your sponsors for their patience regarding all the pool-opening delays! Sponsorship signs account for a big portion of our fundraising revenue so it's important that you let them know how much we appreciate their donations!!





101 WAYS TO PRAISE YOUR CHILD

★WOW ★ Way To Go ★ Super ★ Your Special ★ Outstanding
★ Excellent ★ Great ★ Neat ★ Well Done ★ Good
★ Remarkable ★ I Knew You Could Do It ★ I'm Proud Of You
★ Fantastic ★ Super-Star ★ Nice Work ★ Looking Good
★ You're On Top of It ★ Beautiful ★ Now You're Flying ★ Your
Catching On ★ Your Outstanding ★ No You've Got It ★ Your
Incredible ★ Bravo ★ Your Fantastic ★ Hurray for You ★ Your
On Target ★ How Nice ★ Good Job ★ Hotdog ★ That's
Incredible ★ Dynamite ★ You're Beautiful ★ You're Unique
★ Nothing Can Stop You Now ★ Good For You ★ You're A
Winner ★ I Like What You've Done ★ Remarkable Job
★ Beautiful Work ★ Spectacular ★ Great Discovery ★ You're
Precious ★ You've Discovered The Secret ★ You Figured It
Out ★ Fantastic Job ★ Hip, Hip, Hurray ★ Bingo
★ Magnificent ★ Marvelous ★ Terrific ★ Your Important
★ Phenomenal ★ Super Work ★ Sensational ★ Creative Job
★ You're A Real Trooper ★ You Learned it Right ★ You Are
Responsible ★ What an Imagination ★ You're Growing Up ★
What A Good Listener ★ You Are Fun ★ You Tried Hard
★ You Care ★ Beautiful Performance ★ You Mean A lot To
Me ★ Beautiful Sharing ★ That's Correct ★ A+ Job ★ You're
A Treasure ★ Masterful Performance ★ You Showed US
★ You Made my Day ★ That's The Best ★ Your Awesome
★ You Nailed It ★ Where Have You Been Hiding That ★ Your
Perfect ★ Incredible Effort ★ That's Stupendous ★ Amazing
★ A Big Hug ★ A Big Kiss ★ Say I Love You!!

Remember, A Smile Is Worth A Thousand Words!!!



CAMPBELL RIVER KILLER WHALE SWIM CLUB

PRESENTS.

SWIMMER'S OF THE MONTH

This is a new section in the Campbell River Competitor where we will showcase those swimmers in each group who have shown exceptional drive and determination, as they strive to reach their goals for the entire month. These individuals will have also shown the following qualities:

Passion – The fall in love with the sport

Teamwork – help the other swimmers

Commitment – they are willing to pay the price

Purpose – challenges themselves to be the best they can be through goals

First, Fall in Love with the Sport. Someone once said to me: “To swim on a team is great. To swim and win a race is greater. To love the sport of swimming, well that’s the greatest.” If you are in love with the sport, you will study everything about it so you can perform at your best. Your ability to develop your best self varies **with your interest in the sport:** little interest, little development; **great interest, great accomplishment.** If you have a keen interest in your sport you will spend your spare time thinking and dreaming about it.

Second, Help the Other Swimmers. The importance of teamwork is obvious: for a relay team to be successful they must perform as one. But real teamwork goes beyond the obvious. It means **helping teammates** improve themselves. It means appreciating what they do for you. And it means understanding the positive force that can come from the special chemistry of **a team that truly works together.**

Third, Be Willing to Pay the Price. Many athletes fail because they neglect to do those things that would enable them to succeed in crucial moments. You won’t blame the referee for making a call against you if you spend the time necessary to perfect your game. You won’t eliminate errors altogether, but you will minimize the number. A smart athlete makes the fewest mistakes. A real athlete is willing to put in the effort to **master the sport.** This mastery will help him or her at crucial moments in a competition – he will be able to swim back to back events with little rest; she will be able to out touch her opponents when it is very close; he will still be able to perform on a Sunday late night final. In summary, the athlete who has paid the price the price of tedious training will become the “**clutch player**” under pressure.

Fourth, Be A Champion. A real athlete **wants to win.** That’s why we keep score. And a real athlete knows what winning requires: love of the sport, teamwork, mastery of the fundamentals, and all those things imply. He or She knows that to win, one must also know how to handle pressure and how to come back from defeat. But it is more important to look beyond all that. **First,** you should set tough but realistic goals within your sport. **Second,** you should develop a philosophy that includes a healthy view of athletics, of competition and of those principles that can carry over into your life outside of swimming. This means that **you should have purpose.**

Having a purpose means working toward an ideal; part of that ideal should be a concept of what it means to be a champion. The season’s won-lost records can reveal at most, one clear champion; but a proper concept of what it means to be a champion is not that narrow. You will have learned a valuable lesson from athletics if you learn what it takes to win and **everybody can be a champion.**



Campbell River Killer Whales Swim Club

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DOLPHIN GROUP

Name: Cailyn Collis **Age:** 11 **Birthday:** Dec 1, 1999 **Favorite Stroke:** Breaststroke

Highlight of swimming career so far: Swimming at the Commonwealth Pool in Victoria, making swimmer of the month and getting most improved swimmer of the year

Goals for 2010-2011 Swim Season: Improve my dives and butterfly and get "AA" times

Things I love about the Campbell River Killer Whale Swim Club: Making new friends, being coached to be the best I can be (thanks coach Dave), and a great team spirit.

My tip on training for the rest of the Killer Whales: Work hard at the practices & listen to your coach.

My Favorite Set is: Relays!!!!

I like my coach because: Dave is a Fun Coach and inspires me to be my best. He is very nice and he has taught me lots of skills and is very encouraging.

One word to describe what it means to be a Competitive Swimmer: BELIEVER!

My MOTTO or Favorite Quote is : "IF YOU BELIEVE, YOU CAN ACHIEVE"

The last book I read was: A Series of Unfortunate Events, I gave it an 8 out of 10



Coach's Comments: In Feb. we awarded two swimmers the swimmer of the month award to Cailyn Collis and Kasey Lathangue. Both swimmers lead the way in attendance, work very hard, listen well, and demonstrate outstanding Sportsmanship. Both swimmers competed extremely well at the Dual meet and Time trial in Comox. They continue to strive to be better swimmers as well as good teammates.

Picture: Cailyn and Kasey at the Comox vs. CRKW

DOLPHIN GROUP

Name: Kasey Lathangue **Age:** 9 **Birthday:** April 20, 2001 **Favorite Stroke:** Freestyle

Highlight of swimming career so far: My "AA" time this short course season.

Goals for 2010-2011 Swim Season: Make AA time for the long course season.

Things I love about the Campbell River Killer Whale Swim Club: Having Fun with my friends!!

My tip on training for the rest of the Killer Whales : Pretend your in the Olympics.

My Favorite Set is: Broken 400's

I like my coach because: He Makes practice fun, and he encourages me.

One word to describe what it means to be a Competitive Swimmer: PERSISTANCE

My MOTTO or Favorite Quote is : COOLIO! AND AWESOMENESS!!!

The last book I read was: WARRIOR CATS: MIDNIGHT. I'll give it a 10!!!



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SENIOR GROUP

Name: David Palmer

Age: 16

Birthday: Feb 21, 1994

Favorite Stroke: Freestyle



Highlight of swimming career so far: is qualifying for Canadian Western Championships without being able to train in a pool.

Goals for 2010-2011 Swim Season: is come top 16 at Age Group Nationals in my 100 freestyle

Things I love about the Campbell River Killer Whale Swim Club: I love how close our team is and how the older kids are able to work and cheer on the younger swimmers.

My tip on training for the rest of the Killer Whales: Always listen to your coach, he knows what is best for you, and will help you improve.

My Favorite Set is: 4 x 25 dive streamline, 4 x 25 underwater from a dive, 4 x 25 dive all out sprint!

I like my coach because: He always does his best to help me be the best swimmer I can be!

One word to describe what it means to be a Competitive Swimmer: DETERMINATION

My MOTTO or Favorite Quote is : "PAIN is Free, Get it While You CAN!"

The last book I read was: War After Armageddon, I gave it an 5 out of 10

Coach's Comments: Since coming to CRKW, I have been able to witness the tremendous growth in David not only as a young man, but as an aspiring athlete. David has been on a mission this year and it has shown in his daily workout routine. It would be hard pressed to find another athlete on the team that can match his determination to constantly challenge himself. However, it is his sense of team unity that really stands out. He has been quite the ambassador of our sport to the younger swimmers on the team, often encouraging them to push themselves a little farther. This makes it easy for me to continue to positively push David to go farther himself. David, keep it up and you will reach your very challenging goals. Happy Birthday Big GUY!– Chris Koopmans

THE STORY OF LION AND GAZELLE



EVERY MORNING IN AFRICA, A GAZELLE WAKES UP. IT KNOWS IT MUST RUN FASTER THAN THE FASTEST LION OR IT WILL BE KILLED.

EVERY MORNING IN AFRICA, A LION WAKES UP. IT KNOWS IT MUST OUTRUN THE SLOWEST GAZELLE OR IT WILL STARVE TO DEATH.

IT DOESN'T MATTER WHETHER YOU ARE A LION OR A GAZELLE.

WHEN THE SUN COMES UP, YOU'D BETTER BE RUNNING!





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GETTING PSYCHED BEGINS IN WORKOUT

So, here I am at the Canadian Western Championships in Kamloops and I run into a coach that I have known back east. After all the usual pleasantries he begins to talk to me about one of his swimmers who has been having difficulty swimming fast for the past 2 years. He then introduces me and the conversation goes like this.

“... The time has come for me to shave. Naturally, I hope to swim faster than I have before, fast enough to make it to the podium. My problem is getting psyched up for a race. The first time I really went fast in a race was when I was 14 at the Age Group Nationals. I was seeded 14th, and raced hard, I won the event. I started to concentrate on sprinting. I really did think before I swam those events and I went fast.”

“I don’t know when to start getting psyched, in what portions or how to relax if I’m starting to get over-psyched. Everybody says I think too much. Well maybe I do, but wanting to get back to the podium has been a goal of mine for a real long time, and I have no idea how I achieve a great race without having my mind getting in the way. Any suggestions would be greatly appreciated.....”



My reply went something along the lines of:

..... While your concerns are very real to you, it may be some comfort to know you are not alone. Many of your conflicts in knowing what to do pre-race strategies are common among athletes at highly competitive levels. While that does not give you any specific information in and of itself, knowing that you are not alone in your concerns may help ease the tension a bit.

In your early races – when you were an eager age grouper – you wanted to do well but the stakes were not particularly high. Swimming pretty much was a game. Then something happened to alter that perspective; you **WON** a big race at an important meet.

This probably thrust you into the spotlight, or at the very least caused those who were interested in your swimming

career to look at you in a different light. Your coach, parents and teammates were proud of you and changed their expectations of you. The game which you had played entered a new level. Perhaps some of the pure fun which made it so attractive has disappeared ... or least is hidden behind some corners.

As people get older they naturally look for greater stimulation from their activities. So it is probably OK with you that some of the fun has been replaced with more serious pursuits. It is a natural part of the growth process. You are still showing some extraordinary ability in the pool and it is normal to set your sights higher.

In doing so, the anxiety level naturally rises. Think of it this way for a moment. When a youngster is 5 years old, playing ball is simply that ... playing ball. Perhaps it's a game of catch or just kicking the ball around with some playmates in the backyard.

In school, perhaps during recess, there are organized games involved the same ball you once merely tossed or kicked around. One of the key characteristics of organized play is often stated (or implied) objective. As simple as kickball is, there are rules and objectives.

Carrying this to a logical extreme, the youngster is now a grown adult playing for a living in some professional league. Naturally, the pressure to play well is dramatically different when he/she was 5 yrs old. It means livelihood, press, career, ect. The professional athlete needs an entirely different set of coping strategies than does the 5 yr old.

What you are attempting to do, without any formal training, is find some new and effective means of dealing with this change of emphasis in your sport. Naturally you will be confused and frustrated from time to time.

I offer the following suggestions. And I add that those who know you best – your coach and parents – will best be able to assist you as you make the transition from not knowing to knowing how to handle the pre-race anxiety.

I think you can make the best use of your “thinking too much” during your training sessions. That’s the time to bear down and really make things count. Work your stroke and turns. Pay close attention to pacing and stroke counts. Push your limits. Put some race quality psych into some of your repeats.

This does two positive things. First it lets you use a talent



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you have, a desire you possess, namely the ability to get emotionally involved in what you are doing . . . to get psyched!! Secondly, it will drastically increase your confidence in your race preparation. This will allow you to

look forward to race day with some honest positive experiences.

This approach could well put back some of the lighthearted fun that once made swimming fast easy. At the same time it accounts for the natural growth process that looks for and wants greater stimulation from activities.

When you look at the successful professional athletes (success being measured by performance and longevity), one of the common characteristics they display is they still love their game and have fun working and play it.

I then watched her intently in the 200 breaststroke final, she executed her race and came from behind to once again step on the podium with a best time by a tenth, but a silver medal around her neck.

Swimming Towards Excellence
Chris Koopmans
Head Coach of CRKW

Campbell River Killer Whales Swim Meet Schedule



SWIM MEET	DATE	LOCATION	GROUPS
BC AAA Championships	March 3-6	Victoria	Qualifiers
Senior BC Champs	March 11-12	Vancouver	Qualifiers
VIR Regional Meet	March 12 th	Duncan	Blackfish, Orca, Dolphin, Superfish
Spring Senior Nationals	March 31- 03	Victoria	Qualifiers
VIR Regional Meet	April 3 rd	Comox	Blackfish, Orca, Dolphin, Superfish
Mise Shootman LC Invitational	Apr.16-18 th	Vancouver	Senior, Blackfish, Orca
CRKW Personal Best Meet	May 1st	Campbell River	Blackfish, Orca, Dolphin, Superfish
Rapids West Coast Open	May 7-8 th	Richmond	Senior, Blackfish, Orca
NRST Sprint Meet LC.	May 28-29	Nanamio	ASK YOUR COACH!
VIR Long Course Championships	June 10 th -12 th	Victoria	Qualifiers
BC AA Long Course Champs	June 24-26	Kelowna	Qualifiers
VIR Regional Meet	June 18-19 th	Duncan	Blackfish, Orca, Dolphin, Superfish
BC AAA L.C. Championship	July 7-10	Victoria	Qualifiers
Summer Senior Nationals	July 21 st -24 th	Point Claire	Qualifiers
Age Group Nationals	July 27- Aug 1 st	Montreal	Qualifiers
PCS Midnight Madness	Aug. 6-7	Victoria	Dolphin swimmers and above

Tentative Schedule- Check with your Coach



THE PRESENT

Imagine there is a bank that credits your account each morning with **\$86,400**.

It carries over no balance from day to day.
Every evening it deletes whatever part of the balance you failed to use that day.
What would you do?????
Spend every cent, of course!!!
Each of us has such a bank. Its name **TIME!**

Every morning, it credits you with **86,400 seconds**.
Every night, it writes it off as lost whatever of this you have failed to invest to a good purpose.
It carries over no balance.
It allows no over draft.
Each day, it opens a new account for you.
Each night, it burns that day's deposits; the loss is yours.

There is no going back.
There is no drawing against the "tomorrow".
You must live in the present on today's deposits.
Invest it so to get the utmost in health, happiness, and success.
The clock is running.

Make the Most of Today

To realize the value of **ONE YEAR**, ask a student who just failed grade.

To realize the value of **ONE MONTH**, ask a mother who gave birth to a premature baby

To realize the value of **ONE WEEK**, ask the editor of a weekly paper.

To realize the value of **ONE DAY**, ask the daily wage laborer with kids to feed.

To realize the value of **ONE HOUR**, ask lovers who are waiting to meet.

To realize the value of **ONE MINUTE**, ask the man who just missed the train.

To realize the value of **ONE SECOND**, ask the person who just avoided an accident.

To realize the value of **ONE MILLISECOND**, ask the person who won silver in the Olympics.

Treasure **EVERY** moment that you have! And treasure it more because you have shared it with someone special – special enough to share your time.

And remembers that time waits for no one.

Yesterday is history.
Tomorrow is a mystery.
Today is gift.
That is why it's called "**THE PRESENT**".

SWIM-A-THON

IS

COMING SOON!!!!!!