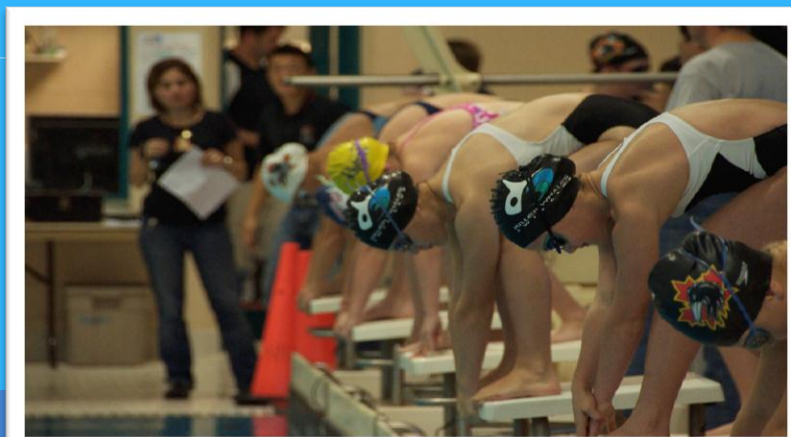


THE COMPETITOR

COMPETITION DEFINES
YOUR LIMITS – NO SPEED
LIMITS

MAY 2012



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PRESIDENT'S MESSAGE BRIAN SKUSE

With less than 2 months to go in our 2011/2012 season I would have to say that it has been a really successful year! Our club is the biggest it has ever been; we have broken more records, had more Provincial qualifiers and have 3 National qualifiers! I think that says a lot about our "little club that did".

Please remember to wear you team shirts and caps at all swim meets because not only is it easier to spot all of the Whales it also defines that you are part of the Killer Whales and makes us stand out as a team.

Lastly, I would like to thank Coach Dave for doing a great job and for always motivating, inspiring and producing our competitive swimmers. We really appreciate all of your hard work and dedication to our club and we want to thank you for doing what you do! Great job! We look forward to all of the team activities that you are planning!

Maecenas quis lacus?

Have a great spring and please contact me if you have any questions or concerns.





HEAD COACH REPORT – COACH DAVE

Coaches Corner

It is quickly becoming evident that our swim season is coming to an end soon. We have many exciting events coming up in the near future. Before I go into our upcoming swim events, we should reflect on some of the successes our club attained this past month. We attended the Wavemaker Invitational and Island Cup swim competitions. Our club produced some outstanding results. At the Wavemaker meet we broke 12 Club Records. Combined with that accomplishment, the team also broke and set 5 new Meet records. We swam at an 84% best time percentage, which is our best team performance to date. As a team, we finished runner-up in the Team category only to the Host club.

Additionally we added Jenna Beaudin to the Age Group National qualifying group; joining Conner Skuse and Mackenzie Padington. Our team sent down a record number of swimmers to this meet (45 swimmers). Our swimmers cheered, raced, and supported each other admirably and it was truly a great environment to be a part of.

Continuing on, our team competed at the Island Cup 2 weeks later. Although we never produced the same amazing results, we did see our share of outstanding swim performances. It is great to see this CRKW competitive group come together and begin to race well.

Going forward, the season is beginning to wind down. Upcoming are the VIR Championships in

Victoria on June 8-10. I am hoping for another powerhouse performance at this meet. In order for this to occur, we need all qualifiers to attend. Every swimmer is important at this Team Championship competition. Please make EVERY effort to get your child there. Following VIR's will be AA's,, AAA's and Age group Champs. This meet will be the focus and ultimate swim meet for our athletes. Not to be ignored is the Duncan Development meet the third weekend in June. Our Superfish and Seawolf swimmers will be racing their hearts out and beginning their competitive swim careers.

Make sure you get your swimmer to ALL practices coming up. Their success depends on it.

CRKW is where the heart is....



Our Fast Friday and Awards night is Friday, June 14th. This will be an exciting night and something we hope you all will be part of.

Please make every effort to ensure your child stay healthy and fit. Our swimmers have worked very hard this year and we need to do everything we can to make sure their season ends on a "high".

See you at the pool.

Trying to email us??

Coaches: dave@crkw.ca david@crkw.ca courtney@crkw.ca erin@crkw.ca
anna@crkw.ca

Board: president@crkw.ca vp@crkw.ca secretary@crkw.ca
treasurer@crkw.ca registrar@crkw.ca

Group: superfish@crkw.ca seawolf@crkw.ca dolphinb@crkw.ca
dolphinw@crkw.ca orca@crkw.ca blackfish@crkw.ca

Info: fundraising@crkw.ca teamgear@crkw.ca info@crkw.ca
volunteerpoints@crkw.ca officials@crkw.ca
signs@crkw.ca webmaster@crkw.ca



What is a competitive Swim club?

What is a competitive swim club?

Some people might think being competitive means going to races all of the time and having to win. This is not the case. Competitive means: pushing yourself to achieve more; wanting to be the best you can be whether that means trying harder in your practice, pushing yourself to make the pace times or setting goals for yourself that you want to achieve. When we go to meets, this is a place that we as competitive swimmers have an opportunity to measure how hard we have worked and how much we have improved as well as a place to set new goals for the next set of practices. The Killer Whales is a competitive club because it believes in always challenging yourself and always trying to achieve your best. This is an incredible life skill and one we believe in. The belief that: success is a process and as long as you have a little bit of imagination; anything is possible.

As a Killer Whale parent being in a

competitive swim club, you will often find yourself thinking, "Wow! This is a lot of work!" You're right- it is! But so is life and swimming is a great way to approach life. It teaches our kids how to goal set and work hard towards their goals. It teaches them if they don't achieve their goal the first time to jump back in the pool and try again, and again and again, until they do! We have entered our kids into a sport that teaches them about never giving up. To try hard and to reap the successes of their hard work and most importantly it teaches them determination. I would like to thank all of our parents for supporting their children in this sport; for driving them to the pool, packing them snacks and for always (even though we don't always want to...) getting up early to get them to morning practice. Remember that we are setting good examples for our

children and remember that your child is what you put into them. So thank you, our club thanks you and most importantly, your kids will thank you, because CRKW is a family for them and a place to learn great things for years to come.

Go CRKW!!

How do you know if you don't try?



FUNDRAISING REPORT – KIM WINDLE



Great Job on the BOTTLE DRIVE and SWIMATHON!!!

The Season is almost over and fundraising requirements are due soon. The only fundraising options left are CANDIED SALMON and BOTTLES. Contact Kim Paddington for salmon at Kim.Paddington@sd72.bc.ca if you want to order some. Do it ASAP!! You only have until the end of the month to bring in your bottles if you want them to count towards this

year's fundraising. (**You can bring bottles in all summer long if you want which will go towards next season).

What happens now???

-CHECK THE FUNDRAISING TRACKING SHEET IN THE VIEWING ROOM or email me directly to find out what is outstanding. If you owe the full amount, I will cash your original cheque on June 15th. If you have completed some fundraising you can write a NEW cheque dated June 15th (Make sure its says "new fundraising" in the memo) and leave it in the lock box in the viewing room. If I don't have your new cheque by June 15th, I will cash your original (much larger) cheque. So... it is YOUR RESPONSIBILITY to find out how much money you owe

and contact me.

For those people who have fundraised over their required amount... THANK YOU!! As you know, the "EXTRA" is split with the club and can be used for swim meet fees and team apparel. This extra cannot be used towards monthly fees. To keep the bookkeeper happy, this "extra" must be used up by July 1st. So, if you have money you want to spend, check the tracking sheet (or email me) and let MYSELF and the TREASURER (Kat Skuse) know your intentions. Contact Cori Beaudin if you're like to order apparel by July 1st.

If you have any questions, don't hesitate to email:

fundraiser@crkw.ca

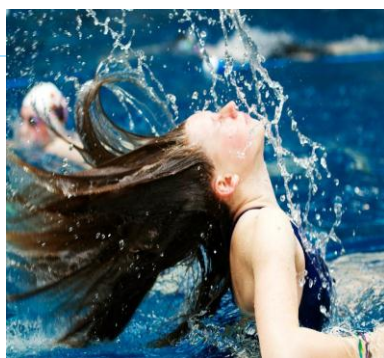


NEW WEBPAGE FOR CRKW

CRKW has a new website! Check us out at www.crkwx.ca! On this website you will be able to check out what meets we will be attending, what events are coming up as well as what your best times are at the last meets you attended. Come the fall it will also let you know how much you have paid, what you owe etc.! We are very excited about this new webpage and we hope you can take the time to check it out.

We would like to give Heather Miller, our registrar and HUGE thank you for setting the website up and basically doing everything there was to do to make this website possible. Thank you also to Coach Dave who helped Heather out and was the liaison between Team Unify, the provider and our club. We really appreciate the extra mile you went to make it all happen. Thank you for all that you do! If you are unable to access our

webpage or if you are having problems navigating please let us know so that we can help you out and get you up and running.



Swimmer of the Month

CATALINA MANDERS

AGE: 13 GRP: Blackfish

STROKE: Backstroke

Goals for 2012: Make finals at AA's

Highlights of career so far: Making AA's four times

Things I love about CRKW: We encourage each other

Training tip: If you try harder in practice, you will swim faster at meets.

Favorite set: 20 x 50 kick

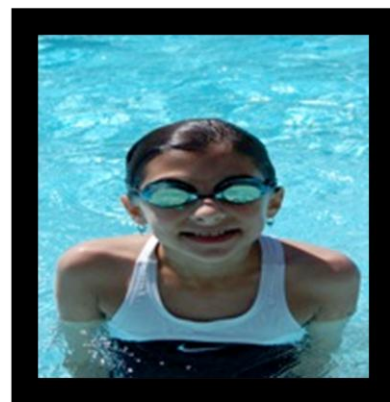
I like my coach because: He has time in his busy schedule for us.

One word to describe what it means to be a competitive swimmer: DEDICATION

Last book I read: The Book Thief

I rated it a 10!

My favorite word is: HI!



Swimmer of the MONTH

AVERY MOSKAL

AGE: 10 GRP: Orca

STROKE: Butterfly

Goals for 2012: to get my 11 year old AA times

Highlights of career so far: being selected as one of the swimmers for the 10 and under camp for all of Vancouver Island

Things I love about CRKW: everyone is nice and we do activities together

Training tip: Listen to your coach and swim hard in practice: it will pay off in races

Favorite set: 400 kick pyramid

I like my coach because: He pushes us hard and is fun!

One word to describe what it means to be a competitive swimmer: EFFORT

Last book I read: Diary of a Wimpy Kid

My favorite motto: Winners don't wait for chances: they take them!

Congratulations to Alec Page, former Killer Whale for making the 2012 Olympic Team!
Way to go Alec – We are so proud of you!!

I came. I swam. I conquered.

If you have any questions or concerns, please don't hesitate to contact Brian Skuse, CRKW President or Head Coach Dave Healy.

We believe in an open dialogue and being proactive with any concerns.



YEAR END PARTY!! MARK YOUR CALENDARS JUNE 15TH

Grab your party hats because CRKW is going to have their year end part on June 15 starting out as a Fast Friday friendly rivalry between the Black and the White team for the Team Cup then off to a hot dog and hamburger awards banquet.

Stay tuned for more information coming to you soon!

Carpe Diem – Seize the day!

The only time we fail is when we don't try!



CRKW APPAREL SALE!!

ALL IN STOCK SUITS ARE ON SALE THIS MONTH!

FEMALE SUIT PRICE ~~\$70.00~~ **NOW \$55.00**

MALE SUIT PRICE ~~\$55.00~~ **NOW \$40.00**

FOR ENQUIRIES EMAIL: crkwapparel@hotmail.ca

SALE ENDS JUNE 15, 2012!

***SWIM SUITS MUST BE IN STOCK; PLACED ORDERS WILL NOT
RECEIVE THIS SPECIAL DISCOUNT PRICE!***

OLYMPICS 2012 - LONDON



WANTED

VOLUNTEERS FOR THE CAMPBELL RIVER KILLER WHALES...

DO YOU ENJOY WORKING WITH WEBSITES OR HAVE SAVVY COMPUTER SKILLS? DO YOU ENJOY WRITING ARTICLES AND FEEL THAT YOU ARE CREATIVE? MAYBE YOU LIKE TO DEAL WITH PEOPLE AND DIRECT THEM TO THE CORRECT PERSON TO ANSWER QUESTIONS? WHATEVER YOUR SKILL SET, WE HAVE A JOB FOR YOU!!

PLEASE THINK ABOUT SOMETHING YOU MIGHT LIKE TO HELP OUT WITH AND CONTACT BRIAN SKUSE AT president@crkw.ca TO LET HIM KNOW THAT YOU WILL BE AVAILABLE TO HELP OUT WITH OUR CLUB.

THANKS AND HAVE A GREAT SUMMER!