

# THE CAMPBELL RIVER KILLER WHALE COMPETITOR



ISSUE 2  
OCTOBER 2011



SWIMMING TOWARDS EXCELLENCE SINCE 1979

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## IMPORTANT DATES

Oct. 3 Poinsettia Orders Start  
Oct. 10 Official Clinics  
Oct.19 AGM  
Oct. 22-23 Nanaimo Invitational  
Oct. 29-30 Tag Day

Nov. 5& 6 Comox Super Six Meet  
Nov. 7 Poinsettias Orders DUE

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## PRESIDENT'S MESSAGE

Greetings Swimmer's!

Happy Thanksgiving and Halloween to everyone this October! It's hard to believe that it's already October, that means that Christmas is just around the corner! There are so many things happening in all of our lives, it really is amazing how fast time goes! Speaking of fast, the coaches tell me that the swimmers have been working hard at getting fast and they have great expectations for all of the swimmer's at the next few meets. It sure is nice to have a pool in town to train in!

I would like to remind and invite everyone to our Annual General Meeting this October. The AGM is going to be held, October 19 in the Mezzanine at 7 pm. I sure hope to see many new as well as familiar faces at this meeting. Everyone attending will receive one VPS point per family. (Each VPS point is worth \$30) so come out and not only earn a VPS point BUT find out what we have planned for the club as well as voice any questions, concerns or comments you might have to make our club even better than it is. Positions up for vote this year are Treasurer, VPS Coordinator, Fundraising Coordinator and Registrar as well as Meet Manager and a variety of other smaller jobs. We are always happy to split up a job for two people to share if it means that we will have more volunteers. Please come out to the meeting even if you are too busy to volunteer to a specific job.

Our year end party (for 2010/2011 swim season) will be held on October 27<sup>th</sup> at St. Patrick's church, just down the hill on Alder street. This should be a fun time had by all and I hope that swimmer's old and new will come out. The party starts at 5 and ends around 7 pm. Please **RSVP** Kim Windle with the amount of people that will be coming as well as how many hamburgers and/or hot dogs your family will be needing. I look forward to seeing everyone there.

Lastly, our club was faced with huge adversity last year and I'm glad to see that we made it out the other side alive!! I would like to firstly thank Coach Chris for doing a fantastic job keeping the swimmer's focused and determined. Despite

our "short" season, the Killer Whales still managed to have a very productive and successful season. Thanks to Coach Chris as well as Coach Dave and all the coaches for their positive input. Thank you to our Executive and volunteers that put in countless hours helping make our club as big of a success as it is.

See you at the AGM!  
Regards, Brian Skuse Club President

## Swimming Towards Excellence

With Head Coach Chris Koopmans

### THE AGE GROUP PERFORMANCE LADDER

It takes a lot to be the best. Time, commitment, dedication, determination and drive to just name a few. Over the years all this effort helps your talents become more refined and specialized. This is true in our sport – Competitive Swimming.

We are first drawn to sport for various reasons. Many of us have a basic interest. Some of us are just “water babies” and swimming is something we are good at. Either way, we all got involved for one reason or another. It is that initial interest which as a coach we try to capture and turn in it into a spark that will last a lifetime.

As a competitive swimmer, the road you are about to take part in is a long wet one. The basic premise we undertake in our AGE GROUP PROGRAM at CRKW is a simple one:

1. **Learn to SWIM**
2. **Learn to TRAIN**
3. **Learn to RACE**

One cannot expect to come into a competitive program for the first time and be ready to race. That comes with time. What we do is take that desire to race, that competitive edge and **TEACH**. With that added incentive and drive, the teaching principle becomes fun and rewarding. It takes some athletes time to realize how important it is to **LEARN to SWIM**. It is the most basic principle behind any successful athlete. Even world class athletes still **LEARN to SWIM** after 15 years in the water. The process never stops. There are always new ideas and techniques being developed. The key is slow down in practice and take your time to get everything right. Speed does not help when you are in this stage in your training or swimming career. Those that will get the most out of the **LEARN to SWIM** are those athletes that pay attention, communicate and who are persistent. Good habits formed through repeated actions.

The second principle – **LEARNING to TRAIN** is the most difficult. Many outside factors come into play (Mental training, Nutrition, Flexibility, Goal Setting). It takes a very focused athlete to be able to train hard on daily basis. At this level, competitive swimming becomes

more of a lifestyle. It becomes a choice. You want to do this, you love to do this. Training becomes a daily challenge. It is a way to monitor your individual progression and it is an outlet of preparation towards your goals. The **KEY** is this **TRAINING PHASE** is always be focused. Set goals for yourself daily, weekly, monthly and yearly basis. This will give your training meaning.

The final stage is **LEARNING to RACE**. This I believe is the most rewarding and fun. That is ultimately what the sport of competitive swimming is all about. **RACING**. However, it is not about just standing on the blocks trying to go fast.

Now all of these principles come into play. **LEARNING to SWIM**. Are your strokes efficient? Are turns fast? Have you perfected your streamlines. **LEARNING to TRAIN?** Have you pushed yourself in workout? Have you pushed others? Are you in the best shape of your life? **LEARNING to RACE**. Do you have the desire? Are you ready to lay it all on the line?

Swimmers take your marks! Band! **GO FOR IT!**

AS Age group swimmers, you have along way to go and a lot to learn along the way. The goal is to see it all as a process.

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*"If you don't believe in yourself, who will?"*

search ID: mpen115

## Swimming Towards Excellence

With Head Coach Chris Koopmans

### Group News

Ever since I began coaching I wanted to know what successful people were doing in their life that allowed them to be so successful. After all, by following in their foot prints I had a better chance to be successful on my own. However the footprints left behind by Steve Jobs have spooked me a little bit due to the vastness of his legacy. But I guess that is the challenge; for me to do more. The man who invented the mouse, got fired from his own company, who created the Ipad was also a man driven to do more.

I think the swimmers in my group also have a lot of Steve Jobs in them. This past four weeks I have seen an incredible transformation in the group. Our attendance for the month of September was 85.4%, the highest attendance for a single month since my arrival in November 2009. Swimmers have been attacking the swim sets and striving to becoming better with repeat. It is wonderful to see. We are getting into shape and are turning the corner on starting the process to get better.

If you take a page out of Steve Jobs' playbook, I think what we need to work on is that DRIVE to reach our personal best. The DRIVE to swim each repeat to perfection. The DRIVE to re-create you as

a better swimmer. This can be done over time, but you need to seize every opportunity you get. New things can be learned and old habits from years gone by can be re-programed so that you are more successful. You just need to be persistent as you work on the small changes that will lead to dramatic drops in time at your next swim meet.

Now that we know what the BC Provincial standards are for this year, we need to set really challenge goals for ourselves and vigorously pursue them. Dream big but most importantly be driven to achieve our own personal excellence. I know we can do it together.

Swimming Towards Excellence  
Chris Koopmans  
Head Coach of CRKW

“We don't get a chance to do that many things, and every one should be really excellent. Because this is our life.” – Steve Jobs

“I'm convinced that about half of what separates the successful entrepreneurs from the non-successful ones, is pure perseverance.” – Steve Jobs



**SWIMMING IS GOOD FOR KIDS!**

Swimming produces a wide array of health and social benefits for kids of all ages. It provides children with a fun aquatic activity that also promotes good health and social development skills.

**Chris Koopmans**  
250-914-1214  
[www.crkw.ca](http://www.crkw.ca)

**SWIMMING**



## ONE OF THE SWIMMING GREATS!

Since I'm a bit of a history buff, I do like going through old books and find some interesting stories about our sport of competitive swimming. One of favorites is the story of Australian swimmer Dawn Fraser, probably one of the greatest competitors of all time.

Dawn didn't start training until she was 14. Before that time because her family was not well off, she had to spend all of her time pitching in on her share of the chores. She was spotted one day by coach Harry Gallagher who persuaded her mother to train under him. Her mother gave her some simple advise: "If you want to swim, swim. But become the best you can be."

Soon dawn was winning local meets and within three years she was breaking records and won a berth on the 1956 Australian Olympic Team. At the Games, she set a world record and took a Gold Medal in 100 meter freestyle. She also received a silver medal for her 5:02.5 400 meter free performance.



Four years later, at age 23, she again represented Australia at the Rome Olympics. Competing against teenagers, Dawn was asked by reporters what she thought of them. She said they looked

good, "but don't count me out!"

In the 100 meter free final, she was first off the block and raced to another Gold Medal and Olympic record with at time of 1:01.2.

Dawn, kept training after Rome and was on track for another Olympic games, when tragedy struck her family. Involved in an auto accident, her mother was killed and her sister seriously injured and she had broken bone in her neck. The doctor told her that she would recover but would never but would never swim again.

Dawn refused to give up. She battled her way back and was selected again to represent Australia. At age 27, she was the oldest swimmer at the Tokyo Games and

the other swimmers , some half her age, called her "Granny". Reporters wrote of her past victories and her great comeback but gave her little chance of competing at a high level at this Olympic Games.

The night before the finals, she appeared relaxed but in fact she was more tense than ever. "There had been times I was nervous," she said; "once, when I was a kid in Sydney, I was so nervous that when the race was called, I started to peel off my warm-up suit only to find I'd forgotten my bathing suit. Another time I got up on the starter blocks and I still had my socks on. But I was never more nervous than that night in Tokyo."

When the race came she was first off the blocks and came home in an Olympic an World Record time of 59.5. She became, at 27 the first woman to break the 1:00 barrier. A feat that many thought no woman would ever be able to accomplish.

She later went on to lower the 100 meter freestyle



world record to 58.9 a record that stood seven years.

Nothing takes place of persistence. And for Dawn Fraser, persistence brought her 41 World records and three Olympic Gold Medals in the same event in three different Olympics. During her 15 year swimming career she never lost a 100 meter free race.

Chris Koopmans



# October Fundraising Report

Hi! My name is Kim Windle and I'm the Fundraising Coordinator for the Killer Whales. Welcome to all our new swimmers. Below is an overview of the club's fundraising policies and some of the activities happening in the next couple of months...

I would like to start by saying you have the ENTIRE year to meet your fundraising commitments. However, I strongly suggest you budget it over the course of the whole season. We have several fundraising opportunities available for you to choose from. Starting with...

**POINSETTIAS !!** Info was emailed out last week so hopefully you are all busy selling these plants for \$13.00 each with \$5 going towards your individual fundraising requirements. Don't delay asking friends, family, neighbours and businesses as many groups do this same fundraiser in our community. Order forms and all money are due Monday, November 7<sup>th</sup>. I will be in the viewing room from 4:30 - 6:30 to collect. You are responsible for collecting the plants from my home Dec. 2<sup>nd</sup> or 3<sup>rd</sup> when they arrive. I'll send out more info on specific pick up times later.

Next up is our first **TAG DAY**, which is scheduled for Friday October 28<sup>th</sup> and Saturday October 29<sup>th</sup>. Suzy Scott organizes this event and has posted the sign up sheet in the viewing room if you have not already seen it. You can also reach her at [gsscott@shaw.ca](mailto:gsscott@shaw.ca) if you have questions. Don't forget to wear your CRKW gear and be on time! Always use your manners and thank people for their generous donations! Every hour you stand in front of a local business asking for donations, earns you \$20 towards your fundraising commitment and you can work as many hours as you want!!

**Bottle collection** continues at the *Encorp Return- It Bottle Depot* on Willow Street. This program is very simple: you take in your bottles and tell the cashier you want your money to go to the Killer whales. She/he gives you a receipt, which you write "CRKW" and the swimmer's name and group on the back. Updated totals should be posted by the middle of the next month. For example, any bottles returned in the month of September will be on the books by mid October. 100% of your bottle totals go towards your fundraising requirements. Ask your friends and relatives to take in their bottles on your behalf and really watch your totals grow!

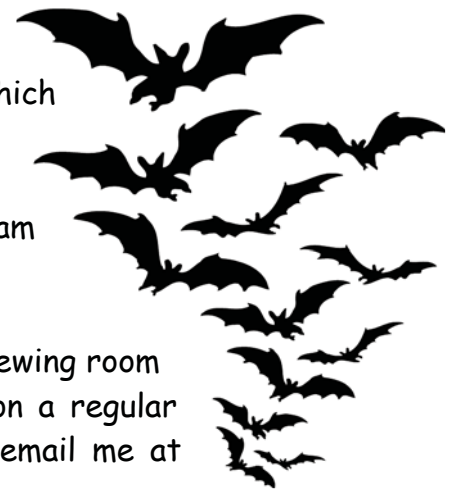
# October Fundraising Report

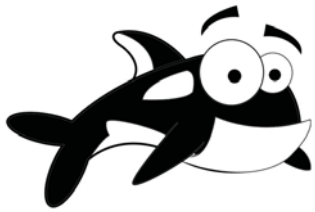
**SPONSORSHIP SIGNAGE** is another great way to raise money. Karsha Dunn oversees this program and can be reached at [kldunn@shaw.ca](mailto:kldunn@shaw.ca). She will be emailing out more information on this topic soon. Local businesses pay for advertising space on the pool deck walls. There are different sized signs/prices available. Deadline for signs is January 31st. Please respect this date as it takes a lot of time and energy to organize this program. So, what I'm saying is: Go ask businesses SOON, not in the middle of January! Our installer would like to go up the ladder once, not repeatedly. Those people who have not submitted cheques by the January 31st deadline for renewal signs will have their sign removed from the wall. The cost of a thank you photo (\$15) will be deducted from your fundraising account.

**THRIFTY FOODS SMILE CARDS** are back as a general fundraiser for the club. Here's how the program works: You charge up the card (it looks like a gift card) BEFORE you buy your groceries. You can use debit, cash or even your credit card to put on any amount you want. Then you buy your groceries. Any extra money remains on the card for your next visit to the store. You use the same card over and over by charging it up repeatedly. It sounds simple and it is... 5% of what you spend is donated back to the club by the store. This fundraiser does not credit individual swimmers, but helps the club in general. It costs you nothing to participate so please consider getting a card. Ask your relatives, friends and neighbours too. The more people shopping there, the more money the club gets! Thrifty Foods has pledged a maximum of \$2500 to our cause so let's getting shopping!! Contact me at [kwindle@shaw.ca](mailto:kwindle@shaw.ca) if you want a card or have questions.

I would also like to remind you about our "Incentive Policy" which encourages swimmers to go beyond their required fundraising responsibilities. Any "extra" money raised is split with the club 50/50. Your portion can be used towards swim meet fees or team apparel.

Lastly, the Fundraising Tracking sheet will soon be posted in the viewing room so you can check to see the status of your swimmer's account on a regular basis. If you have any questions concerning fundraising please email me at [kwindle@shaw.ca](mailto:kwindle@shaw.ca). Thanks... and happy swimming!!





## ORCA GROUP NEWS

Welcome back everyone. It was very refreshing to see the enthusiasm displayed by all the Orca swimmers. We have begun our year strong with outstanding attendance figures for the month of Sept. (89%). This group of young ladies have been training well, establishing seasonal goals, and reacquainting themselves with the water. We have a busy year of swimming ahead of us. The coaching staff has a full meet schedule and we are hoping that our swimmers will be able to attend all meets that are allocated to this group. The swim meet schedule can be found on the CRKW Web page. As you know, competition is a great way to judge progress and, as well, to see where we need to improve. If you have not reviewed the calendar, please do so, and make a note of your child's swim competitions. Our first competition is Oct.22/23 in Nanaimo. This meet will set the stage for the upcoming competitive season.

As we move forward in the season I hope that we can remain healthy and push towards our individual and team goals. Attendance at practices is essential. This Orca group displays a tremendous amount of potential. The CRKW coaching staff expects great things from this group as we progress through the season. Please do not hesitate to contact me with any questions or concerns regarding your swimmer.

Swimming on,

Coach Dave

## THE APPAREL REPORT

Hello everyone, my name is Cori Beaudin. I am the vice president of the Campbell River Killer Whales and now the new apparel coordinator. We will be giving those interested an opportunity to try on some team jackets, sweat pants, sweat shirts, t-shirts, swim suits, etc. at the upcoming awards night on Thursday October 27<sup>th</sup>. Team jackets are only ordered once a year. The deadline to order jackets and any apparel required before Christmas is November 4<sup>th</sup>.

If you have any questions please feel free to contact me at [crkwapparel@hotmail.ca](mailto:crkwapparel@hotmail.ca).



"You shouldn't eat pumpkin pie near a jack-o'-lantern!"

## CAMPBELL RIVER KILLER WHALES SWIM MEET SCHEDULE

2011-2012



SWIM MEET	DATE	LOCATION	GROUPS
Nanaimo Invitational	Oct22-23	Nanaimo	ORCA AND ABOVE
Comox Super Six Speed Meet	Nov5-6	Comox	Everyone
Island Invitational	Nov11-13	Victoria	Blackfish & SR
<b>CRKW Winter Regional Meet</b>	<b>Dec. 4</b>	<b>Campbell River</b>	<b>Blackfish and Below</b>
UVPCS X-Mas Cracker Inv	Dec.9-11	Victoria	Dolphin & Above
VIR 10 & Under Camp	Jan 14	Duncan	Selected 10& U
VIR Short Course Championship	Jan 20-22	Nanaimo	Qualifiers
TBA (Comox vs CRKW)	Jan28-29	TBA	Selected
Swim BC & VIR 12 & Under Camp	Feb 4-5	TBA	Selected 12 & U
BC "AA" SC Championships	Feb.10-12	Chilliwack	Qualifiers
Western Canadian Championships	Feb 16-19	Winnipeg	Qualifiers
<b>CRKW Eliminator Invitational</b>	<b>Feb18-19</b>	<b>Campbell River</b>	<b>Whole Club</b>
BC AAA Championships	March 1-4	Surrey	Qualifiers
Duncan Regional invitational	March11-12	Duncan	All those not at AAA's
Canadian Olympic Trials	March27-01	Montreal	Qualifiers
VIR Regional Meet	Mar. 25	Comox	To be determined
PCS WAVE MAKER INV	APR. 27-29	Victoria	Senior, Blackfish, Orca, Dolphin,
Zajac Jr International	May 25-27	UBC	Qualifiers
NRST Sprint Meet LC.	May 26-27	Nanaimo	Blackfish and below
VIR Long Course Championships	June 8-10	Victoria	Qualifiers
BC AA Long Course Champs	June 22-24	Victoria	Qualifiers
Duncan June Jamboree	June 23-24	Duncan	Blackfish & below
BC AAA L.C. Championship	July 5-8	Richmond	Qualifiers
BC Open Water Championships	July 9	Richmond	Qualifiers
Summer Senior Nationals	July 19-23	Edmonton	Qualifiers
Age Group Nationals	July 25- 30	Calgary	Qualifiers
<b>2012 OLYMPIC GAMES</b>	<b>Jul28-Aug3</b>	<b>London</b>	<b>Qualifiers</b>



## DOLPHIN WHITE GROUP NEWS

The Dolphin group has a bit of a new look this season. We have split the group according to age. This decision has allowed this group of young swimmers to flourish. We have new swimmers into the program that presently reside in this group. These new swimmers have given us a fresh new look. Our attendance for the month of Sept was great. (86%). I hope that we can continue to build on the strong start that we have witnessed. With strong attendance come outstanding results at competitions. The first swim meet for the Dolphin group will be Nov.4/5 in Comox. This will be an outstanding meet to open our competitive swim season. Please plan to have your child attend, as this will be a great measuring tool for me to see where our program needs to go.

The Dolphin White group is an important part of CRKW swimming. They bring to the pool a positive attitude for swimming and display these qualities day in and day out. I am really enjoying this group, as their maturity for training and learning the various swim skills has really improved. With strong attendance, I really believe that this group of swimmers will flourish and continue to be a big part of CRKW. Please contact me with questions or concerns regarding your swimmer. It is our goal to make your child's experience with CRKW a great one.

Swimming on, Coach Dave





## CRKW Awards Potluck Dinner

Thursday, October 27, 2011  
5:00pm @ St. Patrick's Church Hall (on Alder St.)

**Hamburgers & Hot dogs will be provided**

RSVP [kwindle@shaw.ca](mailto:kwindle@shaw.ca) by Oct. 21<sup>st</sup> with your family numbers and potluck choice  
(We want to prevent 15 Caesar Salads).

If your surname begins A-L please bring a **SALAD** large enough to feed your family.

If your surname begins with M please bring either a **SALAD** or **DESSERT**.

If your surname begins N-Z please bring a **DESSERT** large enough to feed your family.

**BRING YOUR OWN DISHES & CUTLERY!!**

\*\* This will also be CRKW's apparel night. Samples sizes will be available to try on! \*\*

## DOLPHIN BLUE GROUP NEWS

Do you see a difference?? Wow!! This is incredible, in just three short weeks this group is progressing quickly. We have been working on stroke progressions for all four competitive strokes. We also have had many red faces at our dry-land sessions, which will help get stronger and more coordinated. But there is much to do before our first swim meet in Comox on November 5<sup>th</sup> & 6<sup>th</sup> and I am getting excited.

So, let's not forget that a little bit of progress adds up to big success later on. Everybody must continue to work on your streamlines and listen to the instructions intently so that you can perform the proper skills needed to make your stroke beautiful. That's right beautiful and effortless is how the best swimmers in the world look when they are swimming.

We have 10 more workouts till our first swim meet, there is much to do, so I will see you at the pool.

Streamlining in the Pool  
Coach Chris



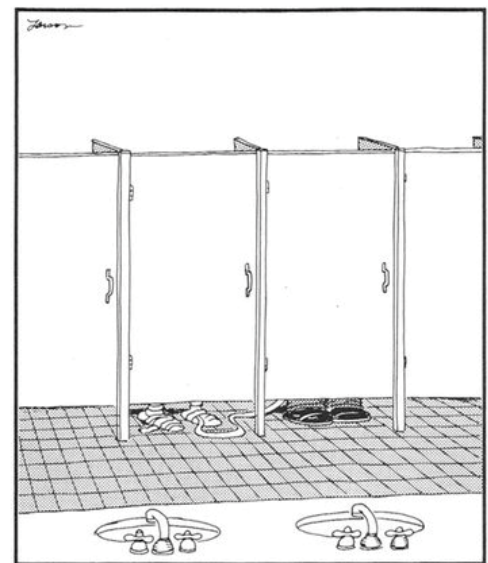
## COLORS OF THE RAINBOW

Whatever your mind can conceive and believe, it will achieve. Dream Great dreams and make them come true. Do it now. You are unique. In all the history of the world there was never anyone else exactly like you, and in all the infinity to come there will never be another you. Never affirm self-limitations. What you believe yourself to be, you are. To accomplish great things, you must not only act, but also dream, not only plan, but also believe. If you have built castles in the air, your work need not be lost-put foundations under them. Yes you can. Believing is magic. You can always better your best. You don't know what you can do until you try. Nothing will come of nothing. If you don't go out on a limb, you're never going to get the fruit. There is no failure except in no longer trying.

Hazing goals produce hazy results. Clearly define your goals. Write them down, make a plan for achieving them, set a deadline, visualize the results and go after them. Just don't look back unless you want to go that way. Defeat may test you; it need not stop you. If at first you don't succeed, try another way. For every obstacle there is a solution. Nothing in the world can take place of persistence. The greatest mistake is giving up. Wishing will not bring success, but planning, persistence and a burning desire will. There is a gold mine within you from which you can extract all the necessary ingredients. Success is an attitude. Get your right. It is astonishing, how short a time it takes for wonderful things to happen.

Now, show us the colors of your rainbow.

Chris Koopmans  
 Head Coach of CRKW



It was an innocent mistake, but nevertheless, a moment later Maurice found himself receiving the full brunt of the mummy's wrath.



## OFFICIALS CLINIC

THERE WILL BE AN OFFICIAL CLINIC LEVEL I HELD THIS **FRIDAY OCTOBER 14<sup>TH</sup>** FROM 5:00PM TO 6:30PM AT THE POOL.

YOU COLLECT 1 V.P.S POINT FOR ATTENDING THE CLINIC AND THIS WILL ALLOW YOU TO TIME AT OUR UP COMING DEVELOPMENT MEET HELD **DECEMBER 4<sup>TH</sup>, 2011**

PLEASE EMAIL LAURA BOYLE TO LET HER KNOW YOU ARE COMING

[BOYLELS@YAHOO.CA](mailto:BOYLELS@YAHOO.CA)



For those that may be new to swimming, there is a magazine which is published 4 times a year, that chronicles the Canadian swimming season. This magazine is jammed packed with interesting articles and helpful tips, as well as all time 50 lists for 10 & unders right up to Senior athletes, across the country.

If we order in bulk we can get a discount,  
1 copy is \$40.00  
2-9 copies is \$38.00  
10-49 copies \$36.00  
Over 50 copies is \$34.00

Please email if you are interested so that I can get the subscription sent  
Chris Koopmans [chris.koopmans@mac.com](mailto:chris.koopmans@mac.com)

## RECIPE of the MONTH

For those who have not as yet joined our Facebook page, I would not want you to miss out Deanna Mitchell – Kowalko 's recipe for Pumpkin Oatmeal muffins, their YUMMY!!!

### Ingredients

1/2 cup chopped raw pumpkin seeds  
2 tbsp. brown sugar  
1 egg  
1/2 cup milk  
14oz. can pumpkin puree (not pie filling)  
1/4 cup melted butter  
2 1/4 cup all purpose flour  
1 cup rolled oats, large flake  
1/2 cup brown sugar  
3 tsp. baking powder  
1 1/2 tsp. cinnamon  
1 tsp. salt  
1/2 tsp. baking soda

1/2 tsp. ground nutmeg  
1 cup dried cranberries or raisins

### Instructions

Preheat oven to 375 degrees. In small bowl mix brown sugar and pumpkin seeds. Set aside. Lightly oil muffin cups or use paper liners. Mix wet ingredients in a bowl and mix dry in a separate bowl. Add wet to dry, mix until just moist. Fold in cranberries. Fill muffin tins, almost to the top, sprinkle seed and sugar mix on top and bake for 20-25 minutes.

**They are YUMMY!!!**

CAMPBELL RIVER KILLER WHALES SWIM CLUB SHORT COURSE RECORDS				
EVENT	10 & UNDER GIRLS		15-16 Girls	
	11 - 12 GIRLS	13-14 GIRLS	13-14 GIRLS	SENIOR WOMEN
50 Freestyle	32.33 S. Savard /1996	29.72 T.Padington / 2007	27.41 A. Gilbert / 2006	27.82 K. Rowbotham /2009
100 Freestyle	1:11.80 S. Savard / 1996	1:04.89 J. Cormier / 2008	59.64 K. Rowbotham /2008	1:00.86 K.Rowbotham/2009
200 Freestyle	2:45.12 J. Cormier /2006	2:20. 29 T.Padington / 2007	2:08.17 T. Padington / 2009	2:13.70 A. Preston / 2009
400 Freestyle	5:45.92 J. Cormier / 2006	4:55.30 T.Padington / 2007	4:33.30 M. Kelly / 1990	4:43.94 A. Preston / 2009
800 Freestyle	12:58.97 T.Padington / 2004	10:07.43 M. Kelly / 1988	9:18.18 T. Padington /2009	9:46.83 K.Rowbotham/2009
1500 Freestyle		19:29.28 T.Padington/ 2007	17:57.06 T.Padington /2009	
50 Backstroke	39.37 J. Forrester / 2002	35.34 A. Bernard / 2004	32.00 A. Preston / 2006	31.06 C.Mabee /1992
100 Backstroke	1:24.49 A. Bernard / 2002	1:15.86 S. Kikuchi / 1999	1:07.83 A. Preston / 2007	1:04.64 C.Mabee /1992
200 Backstroke	3:08.40 J. Forester / 2002	2:39.73 J. Cormier / 2008	2:27.37 A. Preston / 2007	2:20.42 C.Mabee /1992
50 Breaststroke	44.47 T. Adamschek / 2008	38.08 A. Ellis / 1987	34.56 K. Rowbotham / 2006	36.86 J. Cybulski / 1998
100 Breaststroke	1:35.87 S. Sayard / 1996	1:21.84 A. Ellis / 1987	1:14.83 K.Rowbotham/2006	1:15.01 K.Rowbotham/2009
200 Breaststroke	3:27.88 J. Cormier / 2005	2:53.34 K.Rowbotham/2005	2:45.19 K.Rowbotham/2007	2:40.73 K.Rowbotham/2009
50 Butterfly	37.26 A. Preston / 2003	33.48 M. Gorjeu / 20905	30.64 A. Preston /2007	30.67 A. Preston / 2009
100 Butterfly	1:25.23 A. Preston / 2003	1:11.94 S.Kikuchi / 1999	1:08.04 S. Kikuchi / 2001	1:06.31 A. Preston / 2010
200 Butterfly	3:39.22 J. Cormier / 2005	2:41.67 M. Gorjeu / 2005	2:30.89 M. Gorjeu / 2007	2:27.09 A. Preston / 2009
100 Ind. Medley	1:24.34 J.Cormier / 2006	1:19.92 S.Kikuchi / 1999	1:10.54 S. Burrell /1989	1:14.99 K.McFarlane / 2002
200 Ind. Medley	3:01.71 J. Cormier/ 2006	2:40.06 J. Cormier / 2008	2:24.77 S. Burrell / 1989	2:25.11 K.Rowbotham/2009
400 Ind. Medley	7:28.51 A. Bakker / 2002	5:36.91 J. Cormier / 2008	5:17.35 J. Guindon / 2009	5:18.72 A. Preston / 2009
EVENT	10 & UNDER BOYS	11 - 12 BOYS	13-14 BOYS	SENIOR MEN
50 Freestyle	31.36 C. Gorjeu /2006	28.27 T. Roberts /1989	25.88 A. Page / 2008	24.76 D. Botsford /2008
100 Freestyle	1:10.10 C. Skuse / 2010	1:00.42 T. Roberts / 1989	55.71 A. Page / 2008	54.46 T. Healy / 1988
200 Freestyle	2:36.53 C. Gorjeu /2006	2:13.30 S. Pellan / 1987	1:38.98 A. Page / 2008	1:55.00 T. Healy / 1988
400 Freestyle	5:30.10 C. Skuse / 2010	4:38.58 S. Pellan / 1987	4:10.92 A. Page / 2008	4:07.33 T. Healy / 1988
800 Freestyle	10:49.49 C. Gorjeu /2006	9:52.10 S. Pellan /1987	8:24.87 A. Page / 2008	8:57.16 T. Healy / 1988
1500 Freestyle	21:41.30 C. Gorjeu /2006	18:33.10 S.Pellan /1987	16:33.82 A. Page / 2008	16:37.66 T. Healy /1988
50 Backstroke	38.58 C. Skuse / 2010	35.45 C. Gorjeu / 2007	29.66 A. Page / 2008	27.19 D. Botsford / 2005
100 Backstroke	1:19.60 C. Skuse / 2010	1:13.73 R. Nuttall / 1994	1:03.22 A. Page / 2008	58.46 D. Botsford / 2008
200 Backstroke	2:56.25 C. Skuse / 2009	2:36.52 T. Diagle / 2000	2:17.12 A. Page / 2008	2:17.81 J. Stamhuis / 1996
50 Breaststroke	42.81 C. Gorjeu /2005	33.80 T. Roberts / 1989	32.56 T. Roberts / 1989	30.08 T. Brekke / 1997
100 Breaststroke	1:32.35 C. Gorjeu /2005	1:11.70 T. Roberts / 1989	1:09.56 T. Roberts / 1990	1:05.76 T. Brekke / 1997
200 Breaststroke	3:19.49 C. Gorjeu /2005	2:36.12 T. Roberts /1989	2:29.91 A. Page / 2008	2:22.15 J. Stamhuis / 1996
50 Butterfly	35.77 C. Skuse / 2010	31.93 A. Page /2006	28.57 A. Page / 2008	26.84 D. Botsford /2008
100 Butterfly	1:23.43 C. Skuse / 2009	1:10.21 T. Roberts / 1989	1:00.74 A. Page / 2008	1:01.89 T. Healy / 1988
200 Butterfly	3:11.72 H. Ramsey /2003	2:37.41 A. Page /2006	2:13.39 A. Page / 2008	2:17.32 T. Healy / 1988
100 Ind. Medley	1:26.17 C. Gorjeu /2005	1:11.79 T. Roberts / 1989	1:09.52 J. Calder / 2005	1:02.25 D. Botsford / 2007
200 Ind. Medley	2:51.22 C. Gorjeu /2006	2:28.97 T. Roberts / 1989	2:14.96 A. Page / 2008	2:12.33 J. Stamhuis / 1996
400 Ind. Medley	6:22.47 B. Hoyt /1999	5:20.27 K. Hancock / 1993	4:44.03 A. Page / 2008	4:39.36 j. Stamhuis / 1996