Monthly News Update

October 5, 2011

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From The Head Coach

"I Dream…" The beginning for anyone is to dream and to see their path through life as a series of possibilities; these possibilities which are without limits and without fear. Greatness is a loosely defined word that can and does come to mean different things for different people; it is only the dream that limits what that greatness will become. When a child enters our Swim School program they are looking for fun instruction on how to swim. Moving into the Competitive Program they are looking for the why's and what's, "Why am I swimming" and "what can I achieve for myself?" They are also looking for a place to find fitness and the framework for continuing a healthy lifestyle. This leads us to the second component of the vision, the opportunity. "I Train…" The Richmond Rapids Swim Club is a place of training. Training the body, training the mind and training the soul to be the best it can be at all times. The coaches ask different things of each athlete involved through varying levels of training and commitment. While it is easy to get hung up on the idea of training daily in the water, it is through adhering to a structured and systematic training regime that the individuals discover more about themselves. No longer is it just about how, it is now about why and that becomes essential to the make-up of our successful age group and senior swimmers. We, the coaches, are simply teachers who use the water as our medium. We teach our students the basic components of hard work, perseverance and commitment. We nurture them so that they understand that success is not found through a quick fix and does not happen instantaneously, rather it is a process with a beginning and an end. We stress that it is the steps in-between the beginning and the end of the pursuit of that dream that ultimately become more important than the dream itself. If most of us look back on our lives and reflect on our dreams of the past, we will most likely realize that we learned more from the dream's that we pursued and failed to achieve than any of the ones that we did accomplish.

With that in mind I'd like to remind our swimmers of a few key points:

- You've got to get the fundamentals down because otherwise the fancy stuff isn't going to work
- Success isn't something that just happens, success is learned, success is practiced and then it is shared.
- Sometimes the difference between failure and success is doing a thing nearly right and doing it exactly right.

Rapids Swim School Notice

Welcome to a new season of the Richmond Rapids Swim School. We are excited for all of our members who have returned this year and are eager to show the new members what we are all about. As part of the Rapids Swim School experience, we want to expose these young swimmers to the competitive side of the sport. We offer 6 Mini Meets each season to introduce the components of a swim meet. The meets are always held at Watermania and the swimmers in RSS Level 2-5 are invited to attend. Mini Meet

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Notices will be handed out a few weeks prior to the event as a reminder and will explain how to sign up for the meet. The mini meets on Saturday are from 8:45am to 12:00pm and on Sundays they run from 9:45am to 1:00pm. The dates of the mini meets are as follows:

- Mini meet #1, Sat, Oct 22
- Mini meet #2, Sun, Nov 27
- Mini meet #3, Sun, Jan 29
- Mini meet #4, Sat, March 3
- Mini meet #5, Sun, April 29
- Mini meet #6, Sat, June 2

Here is a list of dates of special events/holidays where practice will be cancelled.

- Oct 10 - Thanksgiving
- Oct 20 - Richmond Rapids Awards Banquet
- Nov 11 - Remembrance Day
- Dec 17-Jan 3 - Winter Holiday Break
- Mar 10-Mar 18 - Spring Break (please note, there is only one week off)
- Apr 6-9 Easter Break
- May 21 Victoria Day

Finally, swimmers will receive progress reports from their coaches four times during the season (end of October, December, March and June). The swimmers are constantly being assessed by their coaches, and will move up to the next level whenever they complete the skill requirements. There is no set time when each swimmer completes a level or stays in one level; it is all based on ability.

We appreciate everyone for being a part of the Richmond Rapids Program.

Annual General Meeting Notice

The Richmond Rapids Annual General Meeting will be held on November 21, 2011 at Watermania in the Multipurpse Room. Meeting will start at 7pm.

The purpose of the meeting is to approve past financial statements, new budgets and hear about the swim club you invest in.

All families who attend will earn 1 Parent Participation Point. Don't forget to initial the attendance sheet to receive this.

If you are planning on attending please sign up via the website so we can determine numbers.

Awards Banquet

Everyone is invited to the Annual Awards Banquet. This is the time to celebrate the achievements of our Rapids swimmers.

The banquet will be held on Thursday, October 20, 2011 from 6:00-9:00pm at
Riverside Banquet Hall
14500 River Road
Richmond, B.C Canada V6V 1L4

All practices at Watermania will be cancelled due to this event.

Rapids Swim School swimmers are welcome to attend. There will be NO practice at Minoru Pool.

Indian and Western dishes will be served. The cost to attend will be 18$. Please sign up via the website so we can determine numbers before October 15th.
Should you sign up late cost will be 25$.

Thanksgiving Day Practices

Please note the following practice changes due to Thanksgiving (October 10, 2011):

Practice cancelled for all Minoru Programs.
Practice cancelled for YouthFit at Watermania

The following groups will practice from 10:30am to 12:00pm: RD 3, PAG 1,2,3 Regional, ND & NDE.
Swimmers will be informed by their coach about dry land training following practice.

"The dictionary is the only place where success comes before work." Mark Twain

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The following groups will practice from 11:45pm to 1:00pm: AGD 1,2, RD 1,2
No practices will be held from 4-7pm.

Annacortes Results

The purpose this past weekend in Annacortes: to get some experience racing new swimmers in a new pool in a new part of North America. Twenty-five Richmond Rapids attended the annual ThunderBird Invitational in Annacortes, Washington.

The result: some great finishes and times. Rapids swimmers achieved top 3 placings in most events, a higher than expected level of fitness, and participated in an amazing meet finishing relay.

Medalists for the Rapids were:
Brandon Crawford (13) silvers 100IM/200 IM, bronzes 50fly/100 fly/50 free.
Brandon De Costa (15) golds 50 breast/50free/100 free, silvers 50 fly/50 back, bronzes 100 IM/200 IM/100 fly.
Nicholaas Dekker (15) golds 200 IM/100 back/50 fly/100 breast/50 back/100 IM/100 fly, silvers 50 free/50 breast, bronze 100 free.
William Dekker (12) silvers 50 breast/100 IM, bronzes 50 fly/100 breast. Paula Gosse (15) bronze 100 fly.
Michael Jakac-Sinclair (14) gold 200 IM/50 breast/50 fly/100 free/100 breats/100 IM/50 free/100 fly, silver 50 back/100 back.
Jess Jones (12) bronze 100 breast.
Emma Letts (14) bronze 50 fly/50 back.
Jerry Liu (12) golds 200 IM/100 back/50 fly/100 free/100 breast/50 back/50 free.
Nathan Muszynski (16) silvers 200 IM/100 back/100 free/100 breast/100 IM/100 fly, bronzes 50 breast/50 fly.
Tiffany Orr (16) golds 50 breast/50 back/50 free, silvers 100 back/50 fly/100 free/100 breast/100 IM, bronze 200 IM.
Nicole Welsh (14) bronze 100 fly.
Serena Xu (13) gold 50 breast, silver 100 IM.

For Rapids Head Coach Robert Pettifer it was a great opportunity to see where his team was after the summer break. He was pleasantly surprised to see just how fast swimmers were going and at the skills they displayed.

"I think swimmers this year came back in better shape than they have ever. It shows that they are thirsty for success this year and are willing and able to put the work in."

The culminating race of the weekend was a challenge relay between the best swimmers on each of the largest three teams. The Richmond swimmers didn't disappoint. The boys won their race while the girls were second in a tight finish.

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