



Monthly News Update

November 7, 2011

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Upcoming Dates

- Nov. 11 – Distance Time Trial (Watermania)
Sign up by Nov. 9, 2011
- Nov. 11-13 – Island Cup (Victoria)
- Nov. 19-20 – LOSC Invitational (Langley)
- Nov. 21 – AGM (Watermania)
- Nov. 23-26 – Swim-A-Thon
Check for your group's schedule
- Nov. 26-27 – Delta LMR (Watermania)
(For RD2 swimmers, signup extended to November 10, 2011)
- Nov. 27 – RSS Mini Meet (Watermania)
- Dec. 2-4 – FastSwim (Watermania)
- Dec. 9-11 – Xmas Cracker (Victoria)
Signup deadline Nov. 16
- Dec. 10-11 – HSSC LMR (Maple Ridge)
- Dec. 17 – PASS Meet #2 (Watermania)

Rapids Swim School Notice

October was a great month! We had our first mini meet and over 50 swimmers from Level 2&up competed in a fun and competitive event. The results

of the meet are posted on the website and on the Minoru Notice Board. We are looking forward to an even greater turnout for our next mini meet on Sunday, November 27. The team TYR swimsuits should be arriving in the middle of November and if you need any additional equipment, please email Michelle at rapidsgear@shaw.ca. We will be conducting our annual Swimathon Fundraiser on Nov 23 and Nov 24th for Level 3 swimmers and up. This is an exciting event where swimmers receive pledges based on how far they can swim in 60 minutes. Please return your Swimathon package whether you receive donations or not because there will be a \$10 charge to your account if not returned. Also, we had 9 swimmers who completed all the necessary skills to move up levels, so please congratulate:

- Nikita Potekhin who moved from Level 3 to 4
- Maxim Levin from Level 3 to 4
- Emma Suzuki from Level 3 to 4
- Samantha McCallum from Level 2 to 3
- Sara Burns from Level 1 to 2
- Kaitlin Cobangbang from Level 1 to 2
- Ester Xu from Level 1 to 2
- Gabrielle Sicat from Level 1 to 2
- Claudia Chen from Level 1 to 2

Important dates and events happening this month are:

- Practice is cancelled on Friday, Nov 11 due to Remembrance Day
- Rapids Annual General Meeting is on Mon, Nov 21 at Watermania from 7:00 to 8:00pm
- Swimathon is on Wed, Nov 23 and Thurs, Nov 24 for Levels 3 and up
- Mini Meet #2 is on Sunday, Nov 27 at Watermania from 9:45am to 1:00pm

Annual General Meeting Notice

The Richmond Rapids Annual General Meeting will be held on November 21, 2011 at Watermania in the Multipurpose 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.

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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.

Swim-A-Thon

Swim-a-thon packages have been handed out to all competitive groups and Rapids Swim School levels 3-5.

This is a great opportunity to raise funds for your swim club. Monies raised will go towards the purchase of new team equipment and travel.

If you have decided not to participate in this year's Swim-A-Thon please return your packages to your coach. There will be a charge towards swimmers' accounts should the package not be returned.

Groups will swim their Swim-A-Thon on the following days. Competitive groups will also be participating in this year's SNC 5km pool challenge.

ND & NDE

Friday, November 25 3:45-6:00pm
5000m

PAG

Saturday, November 26 6:45-9:00am
5000m

AGD/RD

Friday, November 25 4:45-7:00pm
5000m

Rapids Swim School Lvl 3-5

Wednesday, November 23 5:15-6:30pm
Thursday, November 24 5:15-6:30pm
2500m

Please have a counter available for when you swim.

All monies should be collected and returned to the Rapids' office by Friday, December 13, 2011.

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Good luck, be safe and happy collecting.

FastSwim Volunteers Needed

Our annual major invitational is coming up December 2-4th. The club is looking for some willing and able volunteers to help us staff the event.

The [job signup](#) has been posted on the club's website.

Remember, all completed jobs will receive PPP and smiling children and coaches for their efforts.

Awards Banquet

Thank you to everyone who attended this year's awards banquet and who celebrated last year's accomplishments with us.

Thank you to our parent volunteers who helped make this evening possible, to our sponsors and Walter Woo at WirelessWave who donated prizes.

Award winners this year were:

Top Swimmer Award (Highest FINA Point Scoring Swim)

Nicolaas Dekker - 200 fly LC - 663 pts

Most Improved:

10 & under Girl - Amanda McCallum

10 & under Boy - Matthew Crawford

11 & 12 Girl - Jaylene Berry

11 & 12 Boy - Kevin Ye

13 & 14 Girl - Nicole Welsh

13 & 14 Boy - Brian Leung

15 & Over Girl - Isabelle Sy

15 & Over Boy - Liam Kell

Top Swimmer Award:

10 & under Girl - Ni Weng

10 & under Boy - Matthew Crawford



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11 & 12 Girl - Ada Zhang
11 & 12 Boy - Maximillian Schaffler

13 & 14 Girl - Celine Hong
13 & 14 Boy - Hau Li Fan

15 & Over Girl - Tiffany Orr
15 & Over Boy - Nicolaas Dekker

Relay Team of the Year:

2011 15 & Over Boys Age Group National
Champions
Brandon de Costa (28.88)
Liam Kell (31.21)
Nicolaas Dekker (26.79)
Michael Jakac-Sinclair (24.99)

Volunteer of the Year:

Wendy Berry

Congratulations to all our Record Breakers, A, AA, AAA, AGN, Western and Senior National Qualifiers!

X-mas Schedule (Coming Soon)

Please stay tuned for this season's Christmas training schedule. It will be posted within the next week.

GATORS/SFU LMR Results

The Richmond Rapids Swim Club had great showings at three of their developmental meets over the past weekend. Swimmers from the Rapids Swim School competed in their first RSS Mini Meet, the 10 & under squad competed at their first PASS meet and the 12 & unders competed at the SFU/Gators LMR meet at Simon Fraser University.

Swimmers at the SFU/Gators LMR meet looked amazing. Competing for recognition and personal bests the youngsters failed to disappoint.

"There were some amazing personal bests achieved this weekend. 10-15 seconds in an event is a huge drop even for a young swimmer. It was great to see we are building on the successes of last year," says Head Coach Robert Pettifer. The club had 2 club

records broken, some brand new championship qualifiers and a huge number of top 3 finishers.

Club records were broken by Matthew Crawford (10) in the 50 backstroke and 100 butterfly. New AA championship qualifiers were Ethan Chan (10), Jeremy Fung (10), Adrian Hsing (11), Thomas Huen (10).

Medalists at the meet were

Anthony Chan (10) 50 breaststroke
Matthew Crawford (10) gold 200 IM/100 free/100 fly/200 free, silver 100 breaststroke
Jeremy Fung (10) silver 200 IM/100 free/100 fly, bronze 100 breaststroke
Alisa Gagina (12) gold 50 breaststroke, silver 50 backstroke, bronze 100 IM
Run Qian Gong (8) gold 50 butterfly
Angela Gu (11) gold 50 back/50 breast, silver 400 free
Lionel Han (11) bronze 50 free
Capri Horstmann (11) silver 50 back
Adrian Hsing (11) gold 50 free, bronze 200 back/100 free/100 back
Thomas Huen (10) gold 50 breast, silver 100 back
Chris Lam (13) silver 400 free, bronze 50 breast/100 free
Nathan Liminsang (11) gold 50 back, bronze 50 fly
Austen Orr (12) silver 50 breaststroke
Kevin Ouyang (14) gold 200 back/400 free, silver 100 back, bronze 200 freestyle
Eunice Park (10) silver 100 fly
Joshua Quon (9) gold 100 fly, silver 200 IM/100 free/100 breast/100 back/200 free
Cindy Shu (9) gold 200 IM/100 free/100 breast/100 back/200 free
Dimitri Volchkov (9) gold 100 back/50 breast, silver 50 fly, bronze 200 IM/100 free/200 free
Ni Weng (10) silver 100 free
Derek Wu (10) bronze 400 free
Alice Ye (11) bronze 50 back/50 breaststroke

At the end of the meet 11 swimmers had achieved 100% personal best times. Pettifer attributes these successes to an increased buy in

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to the program and the great base of skills laid down in the previous season.

VPSC Decathlon Invite Results

Going to the Vancouver Pacific Dolphins Swim Club's annual Decathlon Invitational is not like going to the average meet. In this case awards are given for swimmers cumulative time across ten different events with the fastest times winning awards and prize packages.

For Richmond Rapids swimmers the event was a chance to test increased fitness, new skills learned and tactics that were just introduced. The coaching staff was extremely pleased with some of the results.

For Head Coach Robert Pettifer it was an opportunity to see where the swimmers in his club were in terms of their training and their development.

"We as a staff looked at how swimmers performed the basics under duress as well as some of the new things we've worked on in practice. The kids did great. It will be interesting to see where they are in a couple of months after some hard work."

The 10 event decathlon consisted of four 50m events and four 100m events of each stroke as well as the 200 freestyle and the 200 IM. Awards in each division are based off age and gender.

Top 10 award winners for the Richmond Rapids were: Kyle Chan (11) 4th, Ryan Murrey (11) 5th, Richard Rachktis (11) 6th, Austin Berry (11) 8th, Kevin Ye (12) 3rd, Arvin Chua (12) 4th, Brandon Crawford (13) 4th, Maximillian Schaffler (13) 6th, Mike Zhang (13) 9th, Cathy Ye (13) 6th, Michael Jakac-Sinclair (14) 4th, Hau-Li Fan (14) 8th, Brandon De Costa (15) 5th, Nathan Muszynski (16) 7th, Tiffany Orr (16) 4th, Celine Hong (15) 9th.

Swimmers who broke club records were: Tiffany Orr (16), Nicolaas Dekker (15), Michael Jakac-Sinclair (14), Cathy Ye (14) who broke the 100 IM club records and Kevin Ye (12) who broke the club records in the 50, 100 breaststroke and 100 IM.

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