



Monthly News Update

December 15, 2011

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Upcoming Dates

- Dec. 16 – Last Day of Practice at Minoru
- Dec. 16-18 - TAS Senior Championships (UBC)
- Dec. 17 – PASS Meet #2 (Watermania)
- Dec. 21-26 – XMAS Break
ALL PRACTICES CANCELLED
- Dec. 27-Dec.31 – Xmas Camp (Select Groups)
- Jan. 1-2 – OFF
- Jan. 3 – Practices Resume as Regular
- Jan. 13 – Rapids Splash and Dash (Watermania)
- Jan. 14-15 – Hyack Icebreaker Classic (New Westminster)
- Jan. 21-22 – CDSC Invitational (Vancouver Aquatic Centre)
- Jan. 21-22 – Winskill LMR
- Jan. 28 – PASS Meet (Watermania)
- Jan. 29 – RSS Mini Meet (Watermania)

Rapids Swim School Notice

November was a very busy month! We had our annual Swimathon and the Level 3 swimmers and up did a fantastic job swimming for an entire hour! Please return your Swimathon package as soon as possible, whether you receive donations or not because there will be a small charge to your account if not returned. Please view the results from the Swimathon below. We had our 2nd Mini Meet of the Season and we had an even greater turnout then our previous meet. It was great to see some new faces competing in their first swim meet. The meet results are posted on the website and at the pool.

Also, we had 4 swimmers who completed all the necessary skills to move up levels, so please congratulate:

- Steven Li from Level 5 to Age Group Development 1
- Vivian Liang from Level 5 to Age Group Development 1
- Kavir Patara from Level 2 to Level 3
- Lauren Leung from Level 1 to Level 2

Important dates and events happening this month are:

- Progress Reports will be handed out on Thurs, Dec 15 and Friday, Dec 16
- Winter Holiday Break starts on Sat, Dec 17 and the swimmers return to practice on Tues, Jan 3
- When the swimmers return in January, they will be in the same

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groups, but will have different coaches. We change the coaches three times a season (after Winter Break and Spring Break)

- Our next mini meet is on, Sun, Jan 29 at 9:45am

Thank you Volunteers

Thank you so much to all the people who helped make this year's Richmond Rapids Swim Club FASTSWIM swim meet such a great success.

We hosted almost 400 swimmers from across BC over 3 days of competition!

The swimmers and coaching staff are most appreciative of all the parents and family members who came out to help setup and take down, time, officiate and serve food.

A special thank you to Carrie Murray for her help as the meet secretary, the entry process went very smoothly. To Mike Crawford who organized the hundreds of man hours required to officiate the meet and to our co-meet managers Pam Gosel and Ed Shaw.

A personal thank you to Sam Gosel and the ladies who prepared the food.... without them there would have been a much hungrier and crankier coaching staff!

For anyone who is interested in taking more officials courses or interested in meet management or being the secretary at any of our upcoming events please contact Coach Kurt (kurt@zeroreality.net) and he will get you in touch with the appropriate person.

Once again, thank you and a job well done.

Swim-A-Thon Returns

All monies should be collected and returned to the Rapids' office by Friday, December 16, 2011.

Good luck, be safe and happy collecting.

X-mas Schedule (Coming Soon)

[Click here for Xmas Training Camp Schedule.](#)

All Minoru Programs begin again on January 3rd.
All YouthFit Programs begin again on January 3rd.

Island Cup Results

There was a plethora of swimming talent at this year's Island Cup in Victoria as some of the big guns from Canadian swimming and upcoming Canadian Olympic team hopefuls dove into the pools for some intense racing. The Richmond Rapids Swim Club sent representatives to the meet in the hopes of seeing and racing some of these talents.

Kyle Bower (16), Brandon De Costa (15), Nicolaas Dekker (15), Hau-Li Fan (14), Michael Jakac-Sinclair (14), Keegan Smith (16) and Kevin Zhang (15) had the opportunity to race Olympic silver medalist Ryan Cochrane and Commonwealth medalist Stefan Hirniak as well as some top level talent from around Washington State.

"It was quite an opportunity for the boys and one of the reasons we came to the

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meet,” says Richmond Rapids Head Coach Robert Pettifer. “With Olympic trials coming up in March the goal was to see and race some really fast swimmers.”

The meet was scored according to age and gender. Top 8 finishers in the meet were for the Rapids were: Brandon De Costa (15) gold 50 backstroke, silver 50 fly, 4th 100 back, 7th 200 IM. Nicolaas Dekker (15) silver 200 back, bronze 100 back/400 IM, 5th 200 fly, 8th 100 fly. Hau-Li Fan (14) gold 200 IM/200 fly/1500 free/400 IM, silver 200 back/200 breast, 4th 400 free, 5th 200 free. Michael Jakac-Sinclair (14) gold 100 free/200 free/50 free/50 fly/50 breast, silver 800 free, 6th 200 back/400 free. Keegan Smith (16) 4th 50 free. Kevin Zhang (15) 7th 200 breast, 8th 50 breast.

Club record breakers were Brandon De Costa in the 50 backstroke and Hau-Li Fan in the 1500 freestyle.

Langley Results

It was a tough weekend of racing in Langley for Richmond Rapids swimmers but also a great learning experience for all the athletes involved. The two day heats and finals meet was great experience for novice and veteran competitors alike.

For the veterans it was a chance to train through a meet, endure some fatigue and gauge where they were in training. For Head Coach Robert Pettifer it was an opportunity to see just how tough his athletes were.

“It’s not easy arriving at the pool at seven in the morning, swimming four events, and then 8 hours later repeating them all over again. It takes mental discipline and a little bit of guts,” explains Pettifer. “Finals is only about two hours long and for them to reswim 4 events in that time period is very gruelling.”

For the novice swimmers it was a chance to experience what a heats and finals meet was like not to mention dealing with the multiple events. Rapids swimmer, Kevin Ye was tough as nails as he qualified his Canadian Age Group National time in the 200 breaststroke. This standard allows him to compete at this year’s championship in Calgary in July. Ye also had 100% personal bests throughout the weekend and collected gold medals in 4 events: 200 IM, 200 breaststroke, 400 IM, 100 breaststroke. As well as silver in the 200 fly, 4th in the 400 free and 5th in the 200 backstroke.

The Rapids set new meet records at the 5th Annual Langley Short Course Invitational. Meet records are the fastest times recorded during the history of the meet. Record setters were Matthew Crawford (10) in the 50 backstroke, Nicolaas Dekker (16) in the 200 butterfly, Ni Weng (10) in the 100 freestyle, Hau Li Fan (14) in the 400 IM, Cathy Ye (14) in the 100 fly and Kevin Ye (12) in the 200 IM and 100 breaststroke.

Other Rapids medalists were: Amanda McCallum (9) bronze 50 backstroke. Ni Weng (10) gold 100 freestyle, bronze 50

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free. Jeremy Fung (10) silvers 100 free/50 fly/50 back, bronze 200 IM/100 back. Thomas Huen (10) bronze 100 free/50 fly. Derek Wu (10) bronze 50 freestyle. Matthew Crawford (10) gold 100 free/50 fly/50 back, silver 100 back/50 free/200 IM, bronze 50 breaststroke. Arvin Chua (12) bronze 100 breaststroke. Brandon Crawford (13) bronze 200 IM. Hau-Li Fan (14) gold 400 IM, silver 200 fly, bronze 200 back. Paula Gosse (15) bronze 200 fly. Celine Hong (15) gold 100 backstroke. Leo Hong (14) bronze 200 breaststroke. Patrick Kell (14) gold 200 breaststroke. Nathan Muszynski (16) bronze 400 IM. Tiffany Orr (16) bronze 100 breaststroke. Maximilian Schaffler (13) silver 200 IM, bronze 100 back/400 IM, Serena Xu (13) silver 100 breaststroke. Cathy Ye (13) gold 100 fly, silver 200 fly. Mike Zhang (13) silver 100 backstroke.

Swimmers achieving 100% personal bests in both heats and finals with no disqualifications were: Nicholas Huen (12) and Jerry Tao (14).

Rapids new BC AAA Championship qualifiers was Nicholas Huen. This qualifying time allows him to compete at the BC Short Course championships in Surrey in March. New BC AA Championship qualifiers were Amanda McCallum and Ni Weng. AA championships are in Chillwack in February.

Delta LMR Results

Last weekend, the Richmond Rapids competed in the Delta Sungod Lower Mainland Regional Competition, held in Richmond, BC.

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The Rapids regional-level athletes raced for their invitational qualifying times that would allow them to compete in larger meets. The Delta LMR also worked as a practice racing opportunity for this weekend's FastSwim Classic, hosted by the Rapids.

As an introductory meet for many of the young Rapids athletes, nerves over previously unraced or otherwise intimidating events were necessarily conquered, a skill required by any swimmer. When "No Time"s weren't being replaced, the Rapids athletes were dropping large chunks of time, especially in the longer races.

Individual ranking success was also an outcome of the meet. Angela Gu ranked top five in all four of her races, one resulting in her first AA qualified event. Adrian Hsing won four of his, and second in one other. Other top three finishers included Charles Wong, Nathan Liminsang, Eddie Lin, Jacky Liu, Kevin Ouyang, Alisa Gagina, Adam Dobrer, Tiger Chang, and Diana Agasian.

"The swimmers' performances were a reflection of their commitment to the practice schedule and competition schedule. Many of the kids are looking very strong to progress from the Regional level to the Provincial level," said Head Age Group Coach Dennis Silva.

This year's Richmond Rapids Swim Club hosted FASTSWIM was a huge



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success for the local club. With almost 400 swimmers in attendance from across British Columbia Watermania Aquatics Centre was a venue for fast swimming. The three day weekend event brought swimmers together from ages 8-25 to compete for prize money and recognition.

FASTSWIM Results

For Rapids swimmers it was the peak of three months of training, an opportunity to see how far their training had progressed since their last championship meet, which was in August of 2011. At the end of the meet the Rapids coaching staff was not disappointed. Sixteen new club records broken, 5 new BC AAA Provincial Qualifiers and a host of personal bests and top 3 finishes. The Rapids also had 2 cash prize winners.

Club records were broken by Matthew Crawford (10) in the 100 back, 200 back, 400 IM. Jeremy Fung (10) in the 100 and 200 butterfly. Cathy Ye (13) in the 100 and 200 butterfly. Celine Hong (15) in the 400 IM. Kevin Ye (12) in the 50, 100, 200 breaststroke events. Michael Jakac-Sinclair (14) in the 50 free and 50 butterfly. Hau-Li Fan (14) in the 200 butterfly and Brandon De Costa (15) in the 200 freestyle.

New BC AAA Championship qualifiers were Jaylene Berry (13), Nicole Welsh (14), Ethan Chan (10), Jeremy Fung (10), Adrian Hsing (11). With this new standard swimmers will be able to compete at this year's BC AAA Provincial Championships held in Surrey.

For Rapids 12 & Under Coach Drew McClure it was about having swimmers be better during their second swims.

"I wanted kids to change something when they went to finals in the evening. I thought that finals swims were much better executed and that shows me that the swimmers took something away from the preliminary swims to try and make it better," says McClure.

Rapids medalists were:

Austin Berry (11) silver 50 free/200 breast, bronze 200 free/400 free.

Jaylene Berry (13) bronze 100 back/400 free/400 IM.

Kyle Chan (11) gold 100 fly/200 fly, bronze 400 IM.

Arvin Chua (12) gold 500 free/200 free, bronze 100 free/100 fly/400 free.

Brandon Crawford (13) gold 200 IM/200 free/100 fly/200 fly, silver 50 fly, bronze 200 breast/400 free.

Matthew Crawford (10) silver 100 back/50 fly, bronze 100 fly.

Brandon De Costa (15) gold 100 back/200 free/50 back/200 back/50 fly.

Nicolaas Dekker (17) gold 200 IM/400 IM/100 fly/200 fly, silver 100 backstroke.

Hau-Li Fan (14) gold 400 IM, silver 200 breast, bronze 200 fly/1500 free.

Jeremy Fung (10) silver 100 fly/200 fly.

Samantha Gosel (13) silver 400 free.

Angela Gu (11) bronze 200 IM/50 free/50 breaststroke.

Lionel Han (11) bronze 50 backstroke.

Celine Hong (15) silver 200 IM, bronze 400 IM/50 back.

Jack Hong (15) silver 50 fly.

Leo Hong (14) bronze 200 IM.

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Adrian Hsing (11)

bronze 100 back/50 breast/100 free.

Nicholas Huen (12) gold 200 back/200 fly, silver 50 fly, bronze 400 IM.

Michael Jakac-Sinclair (14) gold 50 free, silver 50 fly/100 fly, bronze 100 free/200 free.

Liam Kell (15) silver 200 breaststroke.

Patrick Kell (14) bronze 200 breaststroke.

Jerry Liu (13) bronze 200 IM/50 free/400 IM/100 fly.

Amanda McCallum (10) silver 200 free.

Ryan Murray (11) gold 200 free, silver 400 IM/400 free.

Nathan Muszynski (17) silver 100 fly/200 back, bronze 200 IM.

Tiffany Orr (16) silver 200 breaststroke.

Melissa Quon (13) bronze 200 free.

Richard Rakchtis (11) gold 400 free, silver 200 free/50 back, bronze 50 free/200 IM/200 breast/200 back.

Eva Ryder (13) silver 400 IM, bronze 50 free.

Maximilian Schaffler (13) silver 200 IM/200 free/400 IM/400 free/200 back, bronze 200 fly.

Ni Weng (10) bronze 200 free.

Derek Wu (10) silver 50 breaststroke.

Serena Xue (13) 100 breast/200 breast, silver 50 breast/200 fly, bronze 200 IM/100 fly.

Cathy Ye (14) gold 200 fly, silver 50 fly, bronze 200 IM/100 fly.

Kevin Ye (12) gold 200 IM/50 breast/100 free/200 breast/400 free/100 breast, silver 100 fly, bronze 1500 free.

Tony Zeng (14) bronze 200 breast.

Ada Zhang (12) bronze 100 back/800 free/400 IM/50 back/50 fly/100 breast.

Mike Zhang (13) gold 100 back, silver 50 free/50 back, bronze 100 free/200 free.

Steven Zhou (13) bronze 100 breaststroke.

Cash prize winners for the Rapids were

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Michael Jakac-Sinclair who won the 13-14 boys 50 freestyle Eliminator 60\$ and Nicolaas Dekker (16) who won the 7x50's of Fun 200\$.

PCS Christmas Cracker

The Pacific Coast Swim Club has been running its annual Christmas Cracker swim meet for the past 10 years. The meet was hosted at the Saanich Commonwealth Place and over 500 swimmers attended. This Christmas themed swim meet offered more than the usual incentives to go fast; medals or ribbons, meet records and recognition. It offered prizes. Some of those prizes rivaled the items in Santa's sleigh; underwater digital cameras, ipods, speaker docking systems and gift cards to all the best electronics stores. There were prizes awarded for having a time that ended in specific digits, prizes for winning heats, and prizes for overall event winners. The meet even went so far as to offer meet record breakers special prizes.

Despite coming off a long swim meet last weekend the Richmond Rapids were geared up and ready to go. The Rapids' own locally hosted meet was a huge success and swimmers were excited to build upon the successes they had had the previous weekend.

Twenty Rapids swimmers attended the meet and at the end plenty of prizes were won, podium finishes were had and some new swimmers were able to qualify some national level meets.

Club records were set by Cathy Ye (13) in the 100 and 200 butterfly, Kevin Ye (12) 200 breaststroke, Michael



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Jakac-Sinclair (14) in the 100 free, Hau-Li Fan (14) in the 1500 freestyle and by Brandon De Costa (15) in the 100, 400 and 800 freestyle.

The new qualifier for the Canadian Western Championships was Paula Gosse (15) who achieved the standard in the 100 breaststroke.

Finalists (Top 16) for the Rapids were:

Arvin Chua (12) bronze 200 fly, 4th 200 free. Brandon De Costa (15) gold 100 free/50 back/100 back, bronze 800 free/50 fly, 4th 400 IM/100 fly, 8th 400 free.

Hau-Li Fan (14) gold 1500 free, silver 200 fly, 5th 400 free/200 IM, 10th 400 IM.

Paula Gosse (15) 10th 100 breaststroke, 14th 200 breast, 15th 100 fly.

Michael Jakac-Sinclair (14) gold 50/100 fly, silver 50/100 free, 5th 200 free, 8th 400 free.

Patrick Kell (14) 8th 100 breaststroke, 9th 800 free.

Tiffany Orr (16) 7th 50 fly, 9th 100 breast/50 free, 10th 50 back, 11th 400 IM, 13th 200 IM, 14th 200 fly.

Serena Xue (13) gold 200 breast, silver 100 breaststroke.

Cathy Ye (14) silver 200 fly, bronze 100 fly.

Kevin Ye (12) gold 100 breast/100 free/100 fly/50 free/200 breaststroke.

Mike Zhang (13) 4th 100/200 backstroke.

Kevin Zheng (15) 5th 50 backstroke, 11th 50/100 breast, 13th 100 back, 14th 200 breast, 15th 100/200 fly.

Throughout the course of the meet's history the fastest times are recorded as meet records. Michael Jakac-Sinclair set meet records in the 50 fly and 100 butterfly for 13-14 year old boys.

The Rapids gear up for Christmas Holiday training Camp. This is an opportunity for swimmers to increase mileage, and be able to recover without the

stress of school. Swimmers in the top groups will take 6 days off for Christmas after which they will be back in the pool hard at work.

For Rapids Head Coach, Robert Pettifer, Christmas training camp is a time for swimmers to experience extra loading of intensity and volume while still being able to recover properly.

"I'm looking forward to training camp as it will expose the swimmers to newer, tougher challenges over the two weeks. It should be exciting to see how they perform at the end of camp and going into their championship meets."

While more senior swimmers get this opportunity, younger swimmers in the Rapids Swim School, out of Minoru Pool will be taking a break and getting ready for the start of their second session on January 3rd. Rapids Swim School is for swimmers 10 & under who are interested in the fundamentals of competitive swimming. Registration for this program is on January 30th from 5:30-6:30pm. For more information click on www.richmondrapids.com or call 604-275-7946.

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