
VKSC Newsletter

May 2024

Upcoming Events

Salmon Arm Jamboree

May 26th

Time Trial

June 1

Tier 1-6
400 m IM and all 200 m
event

Kamloops TRU Invitational LCM

June 7-9

Kamloops



Head Coach Corner

Welcome to the summer season of swimming. We have had a great winter of racing and team activities, and I am looking forward to the rest of the year.

This past March we swam at the Provincial Championships in Victoria. We had 8 participants this winter which doubled our participation from 4 last winter. Despite some poorly timed colds we came away with 30 best times.

Later in March we also participated in Western Canadian Championships in Winnipeg. It was only minus 25 so nice and balmy. Kubrick broke a club record in 200 BR and Julia B raced for the first time at a Westerns in 50 FR.

In April we sent 6 swimmers out to Kamloops for a day camp for 13–14-year-olds and during the same day we welcomed into our club 5 new members of our Para Group. We are all very excited and happy to include Hudsyn Loewen, Ethan Henry, Senna Entner, Brea Duncan, and Jacob Brayshaw.

The VKSC hosted their April Spring (Nolan's Pharmasave) Swim Meet and Jamboree. We had 55 participants from the VKSC, which is above our historical average. In the Jamboree we had 39 participants, which is a very strong number of new swimmers racing for VKSC.

Upcoming Events

Swim BC Open Water Championships

June 14,
White Pine Beach at
Sasamat Lake in Port
Moody

BC Summer Divisionals North & Interior

June 21-23, Vernon

This Spring we have had several new competitive qualified swimmers who broke 4:00 for 200IM.

Since January:

Alex Adair, Nicole Fang, Mac Poulin, Joelle Martin, Heidi Plummer, Chloe Ruessmann, Wesley Wynsouw, Osgar Leggat, Meg Earnshaw, Davis Rayner, Brayden Wolfe, Brandon Laidlaw.

Our team trip to Cranbrook was a ton of fun. With the Amazing Race in Golden, Canal Flats, Wasa Lake, we all had a good time. 39 swimmers competed and we finished racing around 100% in relays. Our team table was voted best dressed for 'Star Wars'. Big thanks to Leanne Krahn for all the awesome stuffies.

Now is a good time to revisit goals and make plans for Divisionals – which VKSC will be hosting for the first time ever – and for Provincials in Kamloops. Good luck all swimmers.

Head Coach Steven



Upcoming Events

BC Summer Provincials

July 11-14, Kamloops

Interior Savings Across the Lake Swim, Kelowna

July 20, Kelowna



Renate's Corner

What a fun first 4 months it has been for me. So many Tier 3 and 4 swimmers improved their skills, shaved so many seconds off their personal best times and made new Divisional and Provincial time standards.

In April Aurora Hamilton made her first 3 new Divisional Time Standards and Kaeden Uesson made his first 3 new Provincial Time Standards. Congratulations Aurora and Kaeden.

On April 1st, it was official—The Para swimmers all became VKSC members.

On April 13th the Para swimmers swam their first meet and time trial as VKSC members. At the TT, Brea Duncan_S6SB6SM6 swam two new Canadian Women Para S6 short course records, one in the 800 m (16:37.05) and one in the 1500 m Free (31:26.65) and Senna Entner_S7SB7SM7 swam a new Canadian Women Para S7 short course record in the 1500 m Free (39:41.21). Congratulations girls!

With so many activities (Swim-A-Thon, Cranbrook team travel trip), all the Para swimmers are enjoying getting to know Coach Steven, the VKSC swimmers and their parents. Thank you all for making us feel welcome.

On June 1st we have a VKSC Time Trial. You might ask why?

This is to give some swimmers the opportunity to get a Divisional or Provincial time standard in the 400 m IM (some are very close) and/or to get the opportunity to swim their 1st 400 m IM and get an official time. Most of the time the younger swimmers don't get to swim a 400, 800, 1500 m event at a swim meet. Often, the top 16 or 24 can only swim the longer events or there is a time requirement.

So thank you parents for helping us at the time trial and for making this happen for many swimmers.

In the month of May my main focus with Tier 3 and 4 is improving all their IM skills. This includes starts, finishes, turns, underwater swimming and all 4 strokes.

It will be good to see Tier 3 swimmers swim the 400 m IM and Tier 4 swimmers swim the 200 m IM. That way I can see how much they have improved and what skills still need some work.

I am looking forward to work with all the amazing swimmers,

Coach Renate

Upcoming Events

BC Summer Games

July 19-21, Maple Ridge

2024 Speedo Canadian Swimming Championships

July 24-30, Toronto



Morgan's Corner

Hello Tier 6 Swimmers,

We have had such an amazing swim season so far! I have enjoyed seeing all of you attend Jamborees, working towards achieving your goals and attaining new personal best. In the past few weeks, we have been working to improve our IM transitions turns and breakouts off the walls. In the upcoming weeks, we will be focusing on our body position in Backstroke and Freestyle.

I wanted to give congratulations to Mac P., Meg E., Brayden W., and Brandon L., who achieved their sub4min 200 IM time standard at the last two jamborees. This a great accomplishment in your swimming career, and I look forward to seeing more of you working towards achieving this goal as we finish out this season.

A reminder the next Jamboree you can participate in is on May 26th in Salmon Arm. The registration deadline is May 16th.

Keep up the awesome swimming, and I look forward to seeing you all on deck!

Coach Morgan



Upcoming Events

Summer Maintenance Swimming

July 23-Aug 22



Kerry's Corner

On April 14th sixteen GR swimmers attended the VKSC Jamboree. Congratulations to all GR swimmers who achieved many personal bests! The following swimmers hit a milestone as this was their first swim meet: Emma H, Elias D, Liam D, Daphne F, Indya M, Alice M and Hadley W, well done team! GR3 swimmers swam their first 100 IM and all completed the race with best times and close to performing the race correctly with minimal mistakes. Coaches and swimmers use notes from officials about competitive swim rules to learn and grow by correcting mistakes made on such things as turns and strokes. 100 IM event swimmers: Emilie B, Ollie B, Remy C, Lila D, Emma H, Lily I, Ira M, Talon M, Emmett W, Juliet D (GR2).

GR swimmers continue to improve swim skills and learn foundations of competitive swimming. We have had great success with our 50 FR kick Golden Flutter board test set throughout the season. Congratulations to the following swimmers who won the golden flutter board for improving their personal best the most percentage wise from January to April 2024: Marlon C, Morgan A, Silas M, Stephen K, Brynn P, Devon W, Evie L, Indya M.

Swim-A-Thon was a success with Grassroots swimmers all achieving the goal of 40 laps (1km) and many surpassing this goal with vigour! Thank you caregivers for your support and time, we could not do it without you.

Grassroots will finish the season off strong with swimmer of the month, two more golden board test sets, our spring session mini meet, fun swim, progress reports the VKSC awards night and of course FUN!!

Coach Kerry Miles

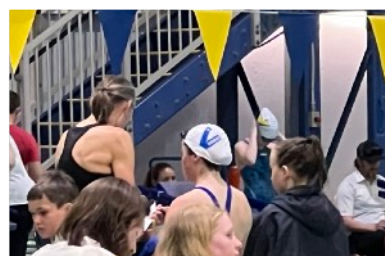


Upcoming Events

Across the Lake Swim Kalamalka Lake Saturday, August 17th, 2024

Experience swimming in one of National Geographic's most beautiful lakes in the world, Kalamalka Lake in Coldstream, British Columbia, Canada.

Select either a 1.5km or 4.5km swim in the lake's striking blue-green waters.



Officials Corner

Swim Officials Corner May 2024

Sometimes I hear new swim officials say, "I don't want to do that job... I don't want to be the bad guy and DQ kids." They are of course referring to the roles of Inspector of Turns and of Judge of Stroke. I always like to remind these officials that they are not the ones that are disqualifying the swimmers – that is the role of the Referee.

The role of the Inspector of Turns and the Judge of Stroke is to act as the eyes for the Referee around the pool. You are instructed to report to the Referee when you observe an infraction of the rules happening in your area of jurisdiction. The Ref will then ask some questions and then decide whether or not there will be a DQ.

And since you are acting as the eyes of the Referee, the Referee must be absolutely sure of what you saw when you describe it to them. So, when you go to inform the Referee of an infraction there will be a quick back and forth discussion between you and the Ref. There will be questions of the following nature: What did you observe the swimmer do? Which swimmer was it? What event? What heat? What lane? Where were you positioned? Where in the race did this happen? The Referee may have you try to re-explain what you saw in different words. You may be thinking to yourself – "What is wrong with this Ref and why can't they understand what I am saying?" The fact is that they want to get things right. As a Referee, one of the worst things that we could do is to disqualify a swimmer from a race when it was not warranted. You have heard Referees say in their briefings "the benefit of the doubt always goes to the swimmer". This is the standard that we maintain at our meets. We are not there to disqualify swimmers, but we are there to try to have a fun and fair competition that is following the rules of competition set out by Swimming Canada and World Aquatics. If a Referee is not sure of what that official is reporting as the infraction OR feels that there is any doubt in what the official reports, then they must not disqualify the swimmer.



Officials Corner

There may be times when you are asked to write up the DQ slip and there may be times when the Referee thanks you and sends you back to your post without writing up a DQ slip. Do not take it personally if you are not asked to write up a DQ slip even if you are 100% confident of what you saw. The Referee may have determined that what you described is not a DQ. Or the Referee did not feel that the Ref understood well enough of what happened to defend the judgment call to a coach when they come to ask the Referee what happened. Remember that we are on the same “team” as the coach and the swimmer. We want the swimmers to be swimming in accordance of the current rules, but it is our duty to DQ a swimmer to help the swimmer to know that they are not compliant.

This March I went to Winnipeg to help Officiate at the Speedo Western Canadian Championships. I had the honor of being the Referee of the men’s events on day 1, and then I was a turn judge and stroke judge for the other days of the meet. On one of the days there were 17 infractions that resulted in DQs – that was a surprising number of DQs. As you can imagine, the coaches and swimmers were not happy. But the infractions were for things that the swimmers should have known better than to be doing – one handed touches in breaststroke turns, multiple underwater butterfly kicks on a breaststroke turn, non-simultaneous touch in butterfly. At National meets, the senior officials meet after each session for a debrief. As a group, all that we could deduce was that the swimmers may have not been called for these infractions at previous meets in the season. I point this out as an example of how if we do not help to correct the swimmers’ infractions at our regional meets, our swimmers may end up making the same error at a time when it really counts – like at a National meet.

So, when you are asked to be an Inspector of Turns or a Judge of Stroke at our regional meets, remember that we are not the bad guys. We are on the same team as the swimmers, parents and coaches. We are all working together to have a fair and well-run meet. Great officiating results in great swimming. See you on deck!

Ian Johnstone, level 5 Referee