
VKSC Newsletter

October 2024

**Ian Johnstone
Swim BC Official of
the Year**

**Congratulations
Ian.**

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**Ian Johnstone of the Vernon
Kokanees has been awarded
the Swim BC Flip Filippelli
Official of the Year Award.**

This is a great honour for the VKSC membership and a testament to our community of great parents, swimmers and alumni.

Congratulations Ian. We appreciate your great focus and help to the VKSC over many years.

VKSC Newsletter

October 2024

Upcoming Events

Thanksgiving

October 14
No swimming

PARA Prospect West Train and Race Camp , Penticton

October 16-20



Introducing the VKSC coaches for the 2024-2025 season.

Welcome Back from Head Coach Steven

I am looking forward to seeing everyone on deck again. I trust everyone had a good summer and school is up and running. There are several changes to schedules and coaches with different groups as we grow and develop our way to the new swimming pool in September of 2026.

There is a web page that the city has put up that live stream the building of the pool.

VKSC Newsletter

Upcoming Events

KISU Triple Pentathlon, Penticton

October 18-20

KISU Jamboree, Penticton

October 20

There is also a request for input on what the city can do with the current pool once the new pool is built. So, we can all have some input into the future of our swimming space which we have used since 1966. You can find the survey on the city of Vernon web page.

Welcome back to the pool and let's have a great year of training, racing and friendship.

For new swimmers and parents who do not know me. I began my swimming career here in Vernon back in 1975 and went on to swim at the University of Calgary until 1996. Between barely being able to finish one length of the pool until making the 1988 Olympics and breaking world records with my U of C teammates, I spent 8 years on the national team traveling the world and completed a bachelor's degree in psychology in 1994.

I look forward to passing on my experience and knowledge to our VKSC members.

Coach Steven.



Upcoming Events

KCS Fall Festival

October 26, Kamloops

Regional Swim Camp 12& under

October 27, Penticton

Halloween

October 31
No swimming

VKSC Fall Invitational

November 1-3

VKSC Fall Jamboree

November 3

Remembrance Day

November 11
No swimming

KAJ Fall Classic

November 15-17,
Kelowna

Ken Demchuk International.

Nov 29-Dec 1
Markham, Ontario

Coach Renate

Welcome back everybody. I am looking forward to the 2024-2025 swimming season with the VKSC.

This year, my roll will be to work with the Para group together with Jocelyn, Tier 6 on Monday/Wednesday/Friday, together with Tima, Kerry and Morgan, Coach Tier 4 together with Morgan and coach Tier 3 and take care of the dry land training for Tier 3 on Tuesdays and Thursdays.

The goal for dry land training is to introduce fundamental movement skills that relate to swimming and the future dry land programming. Coaching the attention to detail is important. The groundwork is laid at this level for future high performance athletes.

For new swimmers and parents who don't know me, I was born in The Netherlands where I finished my Bachelor of Physical Education in 1989.

In 2002, I immigrated from the Netherlands (after biking the Kettle Valley Railway from Castlegar to Penticton in the year 2000) together with my husband and 2 sons. Both boys swam with the Kokanees for many years and I have been coaching the Kokanees for many years (Grassroots, Tier 2/3 and Tier 1). All together I am coaching swimming now since 2006.

I am looking forward to work with many VKSC swimmers and the team of coaches.

Coach Renate



Ken Demchuk is an International swim meet for swimmers with a physical, visual or intellectual impairment.

Dry land Training/ Swimming Summer 2024



Coach Morgan

Before becoming a swim coach, Morgan's love for swimming began as a young swimmer with the Kokanees, where she swam for nine years from the ages of 9- 18. After high school, her passion for swimming and working with kids led her to start coaching Grassroots and Tier 6 during her gap year. It is her sixth season coaching with the club, and she will coach with Tier 4 and 6 groups. Currently, Morgan is finishing the final year of her undergraduate degree at UBC Okanagan. After she graduates in the spring, Morgan plans to continue her studies in the Bachelor of Education program to become an elementary school teacher. Morgan enjoys swimming, skiing, and walking her dogs in her free time. She looks forward to another fantastic year of swimming!

Coach Morgan



Dry land Training/ Swimming Summer 2024



Coach Meredith

I grew up in Vernon where I developed my passion for competitive swimming. I went on to compete for the University of British Columbia varsity swim team, and helped my team achieve 3 National Championship titles. I recently completed my master's degree in kinesiology at UBC during which I had the privilege of staying involved in swimming by helping coach the varsity team. I combine a strong knowledge of movement fundamentals with practical experience in coaching. My goal is to inspire and develop swimmers of all levels, fostering a love for the sport and a commitment to personal excellence. I'm excited to be back with the Kokanees!

Welcome back Meredith.

Meredith will assist with Tier 4 Wednesdays and Fridays.



Dry land Training/ Swimming Summer 2024



Coach Kerry

I was born with a love of water and spend my life playing, working, learning and growing within the sport of swimming. I began competitive swimming when I was twelve and continued to swim until my fourth year of varsity eligibility. During that time I helped my relay team break the Canadian Record in the 4 x50 medley relay. I took part in Olympic Trials, Summer Games and ranked top ten, including first, in Canada in various events in varying age groups.

I am a fully certified level 2 competitive swim coach and have been teaching/coaching swimming for twenty nine years. I graduated from the University Of Calgary Masters Of Teaching Program with a joint degree in Kinesiology and Pedagogy. I promote sportsmanship and fully enjoying the journey to personal excellence. In addition to swimming I have coached volleyball, soccer and snowboarding and enjoy teaching Physical Education when I have the opportunity.

This is my third year coaching with the Vernon Kokanee Swim team and I am excited to be leading Tier 6. Socialization, skill development, self confidence, goal setting, resilience, mental and physical fitness, team work and FUN are some of the benefits I believe that our club can offer our athletes and will be implementing these skills throughout the 2024/25 swim season.

My daughters and I are grateful to be part of this amazing community and adore our Vernon Kokanee swim family.

Coach Kerry



Dry land Training/ Swimming Summer 2024



Coach Tima

Hello Kokanee swimmers and parents! I am so excited to be starting another season of swimming with the club! For the last couple years I have coached with the Grassroots Program and this year I will be assisting Coach Kerry and Coach Morgan with T6 on Tuesdays and Thursdays. I am looking forward to lots of stroke development and fun! I especially enjoy the process of wonder and exploration as swimmers at this stage really start to feel the water. Looking forward to meeting you all and building community and friendships this year!

Coach Tima



Coach Emily

Hi my name is coach Emily, I'm in grade 10 at Seaton secondary school, I'm the grassroots 1 coach this session and I'm so excited to meet everyone! Emily will be coaching the Grassroots on Mondays, Tuesdays, Wednesdays, Thursdays and Saturdays.



BC Summer Games



Coach Laurel

I'm grateful for the opportunity to instil the love of swimming and the foundations for fun and fitness, and foster a lifetime of both in the water. My focus is to ensure that individuals have a positive experience while gaining the life saving skills of being in the water.

I swam with the Vernon Kokanee for many years during my youth, gaining valuable experience in competitive swimming. For the past two years, I have been assisting in coaching the Lumby Lightning summer swim team, contributing to the development of young athletes. I have strong passion for open water swimming. Laurel will be coaching grassroots on Mondays and Wednesdays.



Coach Genevieve

This is my third year coaching grassroots swimming with VKSC. I have participated in all types of swim levels, from age group competitive, Masters swimming, and Open Water swimming. I am excited to share my experiences and create new ones for those just starting their swimming life. Genevieve will be coaching Grassroots 2 on Tuesdays and Thursdays.



Swim Officials Corner

I would like to welcome back all VKSC Swim Officials for another season and introduce myself to any new VKSC parents. Back in the 80's when our family moved to Vernon, I was fortunate that my family found the pool. My brothers and I swam with the Kokanees for all of our school years from Grade 5 until we graduated from High School. Those were fun times that kept us out of trouble and taught us valuable life lessons – good work ethic, how to work as a team, that it is OK to not always be the fastest or best but you can improve if you put in the work.

For those that are new and are thinking who are these “VKSC Swim Officials” that Ian is talking about? The answer is – you are. Swimming is a great sport for your youth to participate in as they grow up. The bonus of being a parent volunteer Swim Official is that you will be able to watch your swimmers up close and show them that you value and support what they are doing in the pool. You can do this by volunteering as an Official and help host our home swim meet for our swimmers.

As your swimmers learn the basics of swim racing, you will learn the basics of a swim meet. The first opportunity to help is as a Timer. From your spot at the start end of the pool, you will be introduced to how the swim meet runs and witness the action first hand. As a Timer, you will be an important part of a small army of volunteers (about 43 officials to run each session of a short course meet) needed to put on a well-run meet. VKSC is known throughout the area for hosting well-run meets – this is because of the dedication of our parent volunteers. As your swimmers learn and grows, you will have the opportunity to learn and grow as a Swim Official. You can move thru the various roles of an Official and find what role you like the best – Stroke Judge, Inspector of Turns, Admin Desk, Chief Recorder, Chief Timer, Chief Judge Electronics, Starter, Meet Manager or Referee. We may not have the best pool in the region... yet, but VKSC volunteers know what it takes to run a great meet.

Officials Corner

A dedicated group of volunteers and a high standard of officiating translates into a well-run meet. A well-run meet results in better swimming in the pool for the swimmers. So, let's all do our part to help maintain the excellent quality of VKSC meets.

Keep an eye open on the EVENTS tab on the VKSC website for a list of Officials Clinics for opportunities to learn new skills. We will be having many of the Officials Clinics prior to our November meet. Please let one of the VKSC board members know if you are interested in one of the Officiating roles and we will make sure to have the clinic available for you to take.

Also, stay tuned for updates for the new Swimming Canada REMS (Registration and Events Management System) that is being worked on. This is where teams, coaches and Officials will be registered. It is the new system, when up and running, that Officials will be able to track their Swim Officials credentials and information.

Looking forwards to seeing you all again on a pool deck in the near future.

Sincerely,

Ian Johnstone
SwimBC Regional Officials Director
Thompson Okanagan Region
VKSC Alumni

