

# SUNFISH TIMES

Edition 3 - May 27<sup>th</sup>, 2019

## IMPORTANT DATES

May 31<sup>st</sup> – Sunfish Tie-dye T-shirt Making

June 1<sup>st</sup>/2<sup>nd</sup> - Richmond Icebreaker Meet

June 8<sup>th</sup>/9<sup>th</sup> – Boundary Bay Bluebacks Meet

June 12<sup>th</sup> - Sunfish Development Meet

June 14<sup>th</sup> – Sunfish Social Pub Night

June 19<sup>th</sup> – WRASA Development Meet



## IMPORTANT REMINDERS

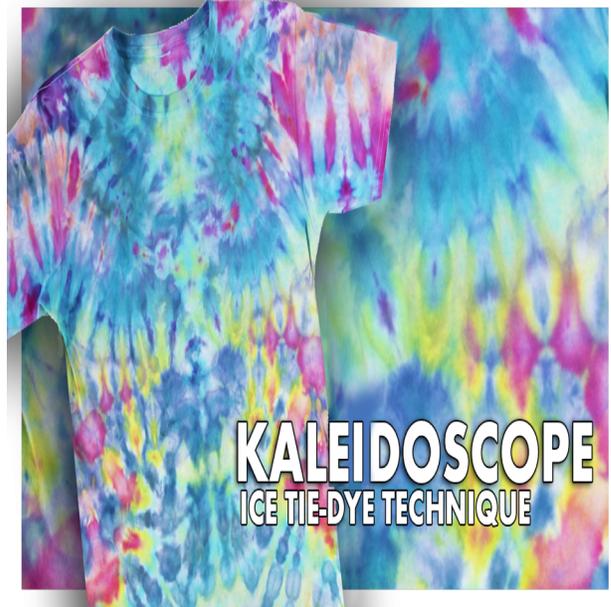
- **Parents on Deck:** Due to insurance policies parents are never to be on the pool deck. The sliding glass door between the change rooms and the deck is the cut-off line for parents. However, parents are always welcome in the viewing area.
- **Swim Meet Signup:** Once you have been invited to attend a meet, you can signup athletes at <https://activeworks.active.com>. Parents are given the option of placing their swimmers in the events they wish to swim. This step helps the coaching staff streamline the entry process, however all entries will be checked and possibly changed upon coach review.
- **Boundary Bay and Super 7 Meet Entries:** The Boundary Bay Bluebacks meet entries are due May 31<sup>st</sup>. Super 7 meet entries are due shortly after on June 4<sup>th</sup>. The entries are able to be changed by parents up until the deadline. Please note that no coaching changes can occur to the entries until the deadline has passed. Relay signup is through the Google Sheet previously sent via email.

# UPCOMING EVENTS



## Sunfish Tie-dye T-shirt Making

Friday May 31<sup>st</sup> will be our annual tie-dye event! This event will occur during our Friday practice dryland sessions. This is a great way for all athletes to have another team shirt to wear around at meets or practices, and for parents to fulfill volunteer time. The event also occurs right before the Icebreaker so it will be a great way to get excited for the swim meet season to begin! If you have previously ordered your \$5 shirt, please bring the payment with you to the event. Only those who had their order placed by May 24<sup>th</sup> are guaranteed a shirt.



## Richmond Kigoos Icebreaker

The Richmond Icebreaker meet entries have been finalized and sent to the meet manager. The Kigoos will be informing the coaches of the meet warmups sometime on Thursday May 30<sup>th</sup> or Friday May 31<sup>st</sup>. Once the coaches are notified of our warmup times, it will be shared with the rest of the club. All athletes are expected to be at warmups and cheers, unless told otherwise by their group coach. Athletes not at warmups but signed up in events will be assumed to be scratched from their events. Any scratched or no show race will receive an additional scratch fee that will be collected after the meet. At all swim meets it is expected that swimmers see their lead group coach before and after each race, including relays. This time is used by the coaching staff to prepare the swimmers for the race ahead. Swimmers may also find it beneficial to log their race results and coach feedback to use as reminders for improvement while in marshalling.



# COACHES CORNER



## Head Coach Ashton Senior/Intermediate

This week there will still be a strong focus on our speed work involving all strokes. You can expect lots of 25s and 50s at a fast pace, and on little rest. I will also be using this week to work on our dives and turns so that they can be polished before our first swim meet. The time spent working on our dives and turns will act as taper time to allow the swimmers to be able to perform at the Icebreaker, as a strong showing at the beginning will give our swimmers a mental advantage over the other swimmers for at least the first half of the season. My Senior group will also be doing some experimental IM, in which they will learn what method best works for themselves to achieve the fastest time possible. Visualization will be covered in drylands this week so please come to all drylands this week! I am always happy to answer any questions!

Contact: [ashtonerickson@ndsunfish.com](mailto:ashtonerickson@ndsunfish.com)

## Assistant Head Coach Sam

### Junior A

Hi Junior A! Awesome job last week working on some of our more technique. This previous week we worked on breaststroke and butterfly and we did amazing during are technical sets. This week we will be moving into free and fly and will have our first swim meet of the season, which I hope to see all of you at. Along with moving onto free and fly are sets will change a little to longer tougher sets or the aerobic phase of our summer. I was happy to see all or most of you dressed up in your team colours on Friday. Please make sure you are bringing a water bottle practice. Remember it counts as an extra star toward earning your shower pass. For dryland please make sure you are wearing runners. Contact: [samf590@gmail.com](mailto:samf590@gmail.com)

## Coach Holly Junior B

Hi Junior B!

Even though last week was a short week it was great to see all your smiling faces at the Green and Gold meet. Last weeks swimmer of the week was Riya, keep up the good work! This year our group will also be doing a swimmer of the meet, the swimmer of the meet for green and gold is Ricky, nice job great way to start off the season! Don't forget this Friday is Kaleidoscope t-shirt making day and the pub night fundraiser hope to see all of you there. Please remember to bring a water bottle to each practice. Go Sunfish!

Contact: [beanfriesen@gmail.com](mailto:beanfriesen@gmail.com)



## Coach Alen, Adam, Oscar, & Sam

### Little Fishie A, B, C

Our Little Fishies are continuing to focus on our body position! Proper body positioning will also help our swimmers extensively when we begin to focus on proper technique. If the body, beginning from the head and continuing all the way to our toes, are in the proper position, all technical aspects will become more natural and also more productive! Kicks will continue to be a major focus so that we can develop our leg strength. Little Fishie B & C have also started to work on their catch and powerful pulls, to be able to push more water from in front to behind themselves. Little Fishie A hit a major milestone by practicing and becoming comfortable in the deep end. Great work to all of our Little Fishies! Contact: [Adam.banarer@gmail.com](mailto:Adam.banarer@gmail.com), [alenbanarer2001@gmail.com](mailto:alenbanarer2001@gmail.com), [oliviaroschat@gmail.com](mailto:oliviaroschat@gmail.com), [oscarure49@gmail.com](mailto:oscarure49@gmail.com)

# COACHES CORNER

## Water Polo Head Coach Terril

Green and Gold action during Water Polo practice is looking more confident everyday. Ball handling while on the move is shaping up nicely as we tick off some of our main goals for May. Our focus is now moving forward to more one-on-one action and counter attack. In the next couple of weeks we should be moving the ball confidently and safely up the pool into attack. Of special note this week was the glorious look on Caleb's face when he mastered eggbeater for the first time and the way Brandt and Jenna stepped up into leadership roles when only two seniors showed up for a rainy Saturday practice. The coaches are very proud of our athletes who are showing increased self-discipline and pride in their efforts. Don't forget that we have a game in Abbotsford on Thursday for both Juniors and Seniors from 6:30 to 8:30 p.m. at the Abbotsford Centennial pool. We may need some parents to step forward for carpooling, please let me know if you are available. Jr's have an additional scrimmage at Walnut Grove pool on Sunday from 10:30 until noon versus Langley. Don't forget to bring a friend to training. We have a \$5 'come and try' fee that makes it easy for new people to try the sport. I would love to fill up our rosters for every age group category.

Contact: terrilrae@gmail.com

Contact: Terrilrae@gmail.com



## Synchro Head Coach Jenna

This week we are starting our competitive routines and working on more competition figures starting June 3rd our synchro time will be broken into junior, senior and duet time. There will be an email going out explaining to the registered synchro families explaining our routines and which swimmers are on each team. I am loving the attendance I'm seeing at practice so keep it up! :)

Contact: jennadee3@gmail.com

## Additional Questions?

If any parents or swimmers have any questions about the season so far, or the rest of Summer 2019 please do not hesitate to ask Head Coach Ashton or Assistant Head Coach Sam after or before our practices. Our coaches are all super friendly and love getting to know all members, please never feel afraid to ask! We are here to help all members enjoy their Summer Swimming Summer.



# MORE IMPORTANT INFORMATION

A new club relay policy is currently being finalized. Found below is the working document for the 2019 Season. This document will continue to act as a working document until board approval is given at the next meeting. For full transparency the document is being released before the first meet, although it is not completely final. All members can expect the final document to be released in the Parent Handbook once given final approval.

## **North Delta Sunfish – Club Relay Policy**

The club's two goals for relays is foremost:

- Qualify as many relay teams as possible to the Provincial Championships.
  - The relay teams entered at the Provincials Championships have the highest chance to win, as determined by the Head Coach.
1. All relay teams formed May 1<sup>st</sup> – June 30<sup>th</sup> of each year will be comprised of random teams of mixed times. This rule is intended to ensure that swimmers have the opportunity to meet and compete, as a team, with a variety of other swimmers in the age group.
  2. All relay teams formed July 1<sup>st</sup> – August 31<sup>st</sup> of each year will be comprised to determine the fastest and most competitive relay teams possible for the Regional and Provincial Championships as determined by the Head Coach. Only competitive relays in their corresponding event will be allowed to swim, however all efforts will be made to place each swimmer on a competitive relay.
  3. The Head Coach has the discretion to form Regional relay teams based on, but not limited to: best times, previous relay splits, practice attendance, consistency of all swims (both individual and relay swims), work ethic, relay chemistry, and swimmer attitude. When a swim-off is required upon the Head Coach's request, any three members of the Board must be present. The Head Coach will review the selection of each relay team with the President and Vice President(s).
  4. Regional relay teams for preliminaries shall be submitted in writing by the Wednesday preceding the Regional Championship to the Meet Manger. If any changes are required after this date, as determined by the Head Coach, the change must be justified to the Board of Directors. Regional Championship relay teams may be changed between preliminaries and finals at the Head Coach's discretion.

5. The members on any Regional S1, S2, and S3 relay that successfully qualifies for the Provincials Championships will not be substituted by another swimmer for the preliminaries or finals at the Provincial Championships, except in special situations where a swimmer would be unable to swim the race. The only additional exceptions to this rule is noted in #7 and #10.
6. The members of any 01, 02, S4-S8 relay that successfully qualifies for the Provincial Championships may be substituted for the preliminary race at the Provincial Championships at the Head Coach's discretion. The relay team that swims the preliminaries at the Provincials Championships will be the same team that swims the finals if the team qualifies. The only exception is in special situations where a swimmer would be unable to swim the race. Any substitutions between the Regional and Provincial Championships shall be made with the involved swimmers being informed no later than the Friday directly following the Regional Championships.
7. When eight swimmers are divided into two relay teams in the same division at the Regional Championships, and both teams qualify for Provincials any substitutions between the eight swimmers may occur at the Head Coach's discretion up to the Friday directly after Regionals.
8. Any swimmers attending the Provincial Championships in individual events and selected to compete on a relay team are expected to compete in all events without exception. Members not adhering to this rule may be scratched from their individual races, and replaced by the regional alternate, at the Head Coach's discretion.
9. Any members not planning to attend the Provincial Championships, but selected to swim on a regional relay must inform the Head Coach of their plans for participation at Provincials by the Thursday before the Regional Championships.
10. All Provincial Championship relay qualifiers are expected to attend a minimum of 80% of all practices between the Regional and Provincial Championships. Any members not meeting this standard may be substituted by another swimmer at any time.

