

# SUNFISH TIMES

Edition 4 –June 3<sup>rd</sup>, 2019

## IMPORTANT DATES

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

June 20<sup>th</sup> – Photo Day

June 22<sup>nd</sup>/23<sup>rd</sup> – Super 7 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.
- **Super 7 T-shirt Sizes:** If you are attending the Super 7 meet for one or two days then you receive a free Super 7 t-shirt! In order to place our order of shirts we need know all swimmers sizes. On the Relay Signup google sheet there is now a column to state your swimmers t-shirt size. Sizes range from youth S,M,L,XL and adult S,M,L,XL,XXL. In order to ensure a t-shirt signup is due by June 7<sup>th</sup> at 8:00pm.
- **Super 7 and North Delta Development Meet Entries:** Super 7 meet entries are due tomorrow on June 4<sup>th</sup>. The North Delta Dev. meet entries are due shortly after on June 7<sup>th</sup> at 12:00pm. 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.

# UPCOMING EVENTS



## North Delta Sunfish Development Meet

Our home development meet is coming up Wednesday June 12<sup>th</sup>! The meet will take place at our very own North Delta Outdoor Pool. For this reason, all afternoon practices will be cancelled on this date.

The coaching staff would love to see a large and proud turnout for this meet, seeing as we are the host club. Developmental meets are a great way for our young swimmers who are still developing their swimming basics to still compete in a fun and supportive environment. At these meets there are no official disqualifications, and results are focused more on swimmer development, personal goals, and fun rather than placing's. Please note that these meets are only intended for Division 1-3 Fraser South "B" time swimmers. For this reason, not all swimmers will receive an invite, but those who do are heavily encouraged to come out and show off their skills. This meet will also provide great ways for many members to fulfill their volunteer hours.

## Boundary Bay Swim Meet

The Boundary Bay Bluebacks swim meet is this weekend, June 8<sup>th</sup>/9<sup>th</sup>. Just like last week, meet warmups will be released once the coaching staff has been given our timeslot.

Expect warmups to be released on the Thursday or Friday before each meet.

Warmups and cheers were well attended by all members at the Icebreaker, thank you all! Warmups are crucial for swimmer success at meets as they allow swimmers to get a chance to dive on new blocks, get their backstroke stroke count for flip turns, practice turns on the unique walls that each pool has, and also to get the swimmers mentally and physically ready for their meet ahead. A reminder that athletes not at warmups but signed up in events will be assumed to be scratching from their races. Any scratched or no show race will receive an additional scratch fee that will be collected after the meet. Please note that unlike past years, parking normally available near the turf fields is now not available. Extra parking can be found at the South Delta Secondary parking lot.



# COACHES CORNER



## Head Coach Ashton

Senior/Intermediate

Great work at the Icebreaker to both groups! There were several best times, but also a few DQs. Disqualifications at the first meet are expected, and there will be a focus this week on ensuring that the areas that caused the DQs are fixed immediately. This week lots of fast 100s and 50s are our focus. Rest will be given for each set, but this is with the purpose that the swimming must be at 100% effort. If swimmers are not putting in their best effort into the sets, the progress made will be heavily impeded. Our effort level has been set very high by the May month, but it needs to continue to be raised each and every practice to allow our great results to continue. Turns will also be heavily focused on this week to make swimmers more comfortable with the distance needed for each turn to be successful.

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

## Assistant Head Coach Sam

Junior A

What an amazing job this weekend at the Richmond Ice Breakers! It was great to see everyone swim and take off so much time from last season. This week we will be focusing on breaststroke and backstroke with longer sets more focused around technique and distance. This coming weekend we have the Boundary Bay Blue Backs swim meet and I'm excited to see even more time come off this coming weekend as well.

Contact: [samf590@gmail.com](mailto:samf590@gmail.com)

## Coach Holly

Junior B

Hey Junior B!

I hope you all had a great time at the Richmond Icebreaker meet, it was great to see all of you supporting and cheering each other on! The swimmer of the meet is Aliya, great job on each of your races it was awesome to see you and your really team cheering each other on. This weeks swimmer of the week is Ryan, you always have a great attitude and show up to each practice even in the mornings. Remember that we have a new schedule so check it out. If you have any questions or concerns please let me know at the pool (before or after practice) or via email! Go Sunfish!

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



## Coach Alen, Adam, Oscar, & Sam

Little Fishie A, B, C

A massive congratulation to all of our Little Fishies that came out to the Richmond Icebreaker! It was amazing to see all of our young swimmers giving it their best and showing off the swimming development they have gained so far. We hope all first time swim meet swimmers had a great time, and enjoyed racing! This week a big focus has been placed on getting all swimmers comfortable in the deep water, and for our more advanced Little Fishies developing our legal, super fast flip turns. As we start our June month our pulls will be our big focus. In order to develop our pulls, big reaches and fast arms are necessary. The faster and longer we can make our arms, the more water we will catch.

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

Congratulations to Jenna Dickie and Adam Rashed who both earned work shirts last week! We have some important decisions to make in the next week or so regarding our training focus, scrimmages, games and tournament attendance. Look for a parent and athlete survey coming home or to your email box on Wednesday. Your answers will help guide us as we refine our program for June and July. Unfortunately, we had to cancel a planned scrimmage with Abbotsford last week due to lack of athletes. Scrimmages and informal games with other clubs really give us an opportunity to practice our skills and discover where we need further work. They are very important as we move closer to upcoming tournaments. We will endeavor to give parents as much notice as possible and ask that athletes make every effort to attend. There will be no training this Saturday due to the Boundary Bay swim meet, but mark your calendar for Saturday June 15th 6:30 to 8:30pm as important. We are organizing a home scrimmage and need all Junior and Seniors in attendance. There is a U12 & U14 tournament at Central Park in Burnaby Sunday Jun 16<sup>th</sup>. If you don't get a chance to catch Coach Terril before or after training, feel free to email [terrilrae@gmail.com](mailto:terrilrae@gmail.com) with any questions or concerns.



## Synchro Head Coach Jenna

Hi synchro families, This month our schedule has changed and there has been an email sent out to parents explaining which routines/ groups they are in. Now that we have broken into groups we will be starting our competition routines this week which is always exciting. I am so happy with the effort and attendance I have seen at practice so keep it up! If there are any questions about the schedule, group placements or anything feel free to send an email anytime. Contact: [jennadee3@gmail.com](mailto: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 Summer Swimming.



# MORE IMPORTANT INFORMATION

## Richmond Kigoos Icebreaker Meet

The coaching staff is very proud of the team spirit, swimmer focus, and race results that was displayed this past weekend at the Richmond Icebreaker. Everyone looked great with their new team suits and Sunfish swim caps. There were so many big best times this past weekend, and it was awesome to see the swimmers enjoying every moment of it! Continued hard work and dedication, both at practices and meets, will allow for our swimmers great results to continue. Below are highlights from this past weekend, and tips to ensure continued swimmer development and success.

- ❖ A huge congratulation to Coach Owyn Jones for his meet record in the Boys Div 5 200IM. Owyn's time of 2:24.66 beat the old standing record of 2:29.70 from 2001 by over 5 seconds! Great work Owyn!
- ❖ Many swimmers were seeing their respective coaches before and after each race. Let's keep this up! This time is critical as it allows our coaching staff to prepare our swimmers for the race ahead and give them feedback on their race results. This behaviour is expected at each and every swim meet, so please continue these good swim meet habits.
- ❖ This past week at practices Junior B & A, Intermediate, and Senior swim groups went over visualization. Visualization is a tool used to allow swimmers to get mentally prepared for their races while in the marshalling area. During visualization swimmers imagine their race in their head, with applying their coach's advice received during the pre-race talk. The swimmers imagine the entire race starting from when they hear the first whistle, and ending when they touch the final wall. If our swimmers are able to imagine and see what they need to do in their upcoming race, it will more easily happen when actually swimming.
- ❖ Swimmers are heavily encouraged to log their race results from every meet. This includes writing down their times, positives, negatives, and other information the coach and/or swimmer feels important enough. This will allow swimmers to be more involved in their race results, by allowing the swimmers to state to themselves areas they need to improve, and also their positive take aways from their races. Logging races also provides swimmers the opportunity to better know their best times and race results.
- ❖ Additional tips for swim meet success is proper nutrition, staying hydrated, limiting electronics time, and taking occasional rests/naps. Playing board games and similar activities provides swimmers resting time between their races, while still building team spirit and encouraging a fun atmosphere.