

# SUNFISH TIMES

Edition 5 –June 17<sup>th</sup>, 2019

## IMPORTANT DATES

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

July 3<sup>rd</sup> – Stingbacks Development Meet

July 4<sup>th</sup>-7<sup>th</sup> – Hootenanny Swim, Polo, & Synchro Meet

July 8<sup>th</sup>-12<sup>th</sup> – Spirit Week



## 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.
- **Stingbacks Development Meet Entries:** The Stingbacks Dev. Meet entries are due June 23<sup>rd</sup>. All meet entries are completed online through Active. 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.
- **Super 7:** Super 7 meet entries are now complete and have been sent to the Meet Manager. We have a total of 54 swimmers attending this meet; a great turnout! Please check your athlete's events through Active as many swimmers are racing in new events for the first time.
- **Nanaimo Meet:** The entries for the optional Nanaimo Meet are due June 21<sup>st</sup>. Please note this meet is not officially sanctioned by the club and thus user-pay.

# UPCOMING EVENTS



## Sunfish Photo Day

Our Photo Day will be this Thursday June 20<sup>th</sup>. All groups and disciplines have been slotted a time slot in which their picture will be taken. Please refer to the previous sent photo day schedule for exact times for your child's pictures. All practices from 4:00-6:00pm on this day will be canceled, however all practices after 6:00pm will still occur as regularly scheduled. Please have all athletes arrive 15 minutes earlier than their scheduled picture slot to ensure the day runs smoothly and on-time. Picture order packages will be given to the athletes by their coaches a few days before picture day. These packages must be filled out for every sport/discipline your athlete is participating in. Please also remember to wear your team suit and team yellow shirt, and bring a cheque, cash, or credit card information for payment.



## Development Meets

Our 2019 Development Meet schedule officially kicked off last week with the success of our home Dev. Meet. It was great to see so many young/new Sunfish racing for the first time and having fun while doing it! Overall the meet was a great success as our swimmers not only raced, but they also grew more comfortable with the swim meet process. Thank you to all of our parent volunteers who made this event happen. Development meets regularly occur on Wednesday afternoons. These meets are a great way for our developing swimmers to participate in swim meets against other swimmers in our region who are at similar levels of ability in their swimming development. 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. The WRASA Dev. Meet warm ups start at 4:15pm, and the meet will occur at 15455 26 Ave, Surrey. The meet will include 25/50 Free and Back, and Medley Relays. Meet entries for the Stingbacks Dev. Meet will be accepted until June 23<sup>rd</sup>. At this meet Free, Back, and Breast races will be swum. The Stingbacks Dev. Meet will take place at the Ladner Outdoor Pool on Wednesday July 3<sup>rd</sup>.

# COACHES CORNER



## Head Coach Ashton Senior/Intermediate

Last week was a very challenging week for both groups. Great job for pushing through! This week a focus will be put on our kicks. This includes dolphin kicks off the wall, the strength of our kicks during our strokes, and the positioning of our legs, knees, and feet during our kick. It is essential that our feet remain in the water at all times when kicking. Often times when swimmers try to kick harder they do larger motions with our feet instead of more powerful. If our feet come out of the water while kicking we are kicking air, instead of the important water. By the end of the week all athletes kicks will be powerful and focused in the areas of importance.

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

## Coach Holly Junior B

Hey Junior B!

Last weeks swimmer of the was Ryan, this weeks is Amrit, great to see you trying your best during tech times! We also have a swimmer of the meet for B4 and it is Ryan. Great job in each race and relays! Last week we weren't as focused as usual so please bring you listening skills to each practice. This week we will continue to work on each stroke but focus on breaststroke and butterfly.

See you at the pool!

Coach Holly

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

## Assistant Head Coach Sam Junior A

I hope you all enjoyed your weekend of swimming off. Last week we focused on IM meaning all of the strokes, with lots of long distances focused on swimming as well as drills to work on technique. This week we will transition are focused into butterfly and breaststroke working on getting a strong and powerful kick to drive ourselves forward in our strokes. This means you will be seeing a lot more kick sets and less drills. Also using fins more often this week. This upcoming weekend we have the super 7 which will be an exiting meet as you get to swim events most the other kids get to swim. Tech time this week will also be focused on butterfly and breaststroke. Please make sure you have a water bottle on deck and that you aren't leaving it in your bag. As well as wearing runners to dryland.

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



## Coach Alen, Adam, Oscar, & Sam Junior Sharks, Little Fishie A, B, C

Congratulations to all of our Little Fishies that participated in the North Delta Development Meet! In preparation for the upcoming meets, both competitive and development, our Little Fishies have been focusing more on the racing aspects of swimming. This includes our dives, turns, and legality of our strokes. Our more developed Little Fishies have also started learning the basics of the more difficult strokes, being breaststroke and butterfly. Our new group, the Junior Sharks, will be coached by Lead Coach Olivia, and Assistant Coach Aleks. The goal of this group is build and perform the basics of all four strokes, perform legal dives and flip turns, and gain stamina for our races.

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

Thanks to those parents who came to our parent meeting and completed parent surveys on Monday. For those who were unable to attend, please find parent surveys and athlete surveys attached. We are using the responses from these surveys to guide us in our programming for July. We would much appreciate you completing the surveys and getting them back to us in any format that works for you.

Please add these Polo dates to your calendar:

Friday, June 28 at Burnaby Central Park pool

U16 School's Out Tournament

Saturday, June 29

Practice for both Juniors and Seniors 6:30-8:30. I am hoping to arrange scrimmage versus another club for this date.

Thursday, July 4 u12 Hootenany Tournament at Watermania 1-7pm

Friday, July 5 u14 Hootenany Tournament at Watermania 8am-8pm

Wednesday/Thursday, July 10-11 at Walnut Grove

Tournament for ALL age groups

Wednesday, July 24th at Crescent Beach pool, 1:30-8:30

U10/U12 Tournament

Regionals: Wednesday, 31 July at Surrey Sports and Leisure Centre (SSLC - Fleetwood Pool)

Contact information for Coach Terril:

Cell Phone: 778 237 3423

Email: terrilrae@gmail.com

## Synchro Head Coach Jenna

This week has been very exiting as we are still just starting our choreography for our junior team, junior duet, senior team and our senior duet. I am still finalizing music and themes for the duets but the junior and senior team are confirmed! The juniors will be swimming to the theme money so I can definitely see a green or gold completion swimsuit for them in the future (very on brand for the sunfish) and our seniors will be swimming to a theme of Whitney Houston. In other news this week we have welcomed our new volunteer Anaya, I have swam with her for 2 years so it's nice to have an experienced set of helping hands on deck. Please feel free to send me an email if you have any questions or just want and update on your Childs progress.

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 Summer Swimming.**



# MORE IMPORTANT INFORMATION

**Below is the NEW Sunfish Relay Policy that will be in affect for the entire 2019 Summer Season**

## **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.

### Key Changes from the previous Sunfish Relay Policy

1. The Hootenanny, Cloverdale/Surrey, WRASA, and North Delta meets are used as "tryouts" for the Sunfish relay teams that will swim at Regionals. If you wish for your child to be given the opportunity to represent the Sunfish on a relay team at Regionals, and potentially the Provincial Championships, they MUST sign up to swim at relays for at least a few of these meets to allow the coaching staff to determine the best relay, and order possible.
2. There is no longer an age restriction for relay teams. This means that younger swimmers may displace an older swimmer irreverent of the division/category that the relay team is entered in. Swimmers who, at the discretion of the coaching staff, are seen to contribute the best to a relay team will be placed on this relay team at Regionals. A swimmer's age shall no longer be seen as a determining factor when trying to form the best possible combination for the teams representing the club at the Regional and Provincial Championships.
3. Substitutions of relay teams can occur between the Regional and Provincial Championships for Divisions 4-8, and Categories 1 & 2 as long as completed by the timeline listed above. Reasoning's for these substitutions include but are not limited to: injuries, work ethic, and potential faster relay combinations not available or used at the Regional Championships.