

SUNFISH TIMES

Edition 6 – July 4th, 2019

IMPORTANT DATES

July 4th-7th – Hootenanny Swim, Polo, & Synchro Meet

July 9th – Sleepover

July 10th – PJ Swim and Team Breakfast

July 10th – Richmond Development Meet

July 12th – Toy Story 4 Movie Day

July 13th/14th – Cloverdale/Surrey 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.
- **Upcoming Swim Meets:** All upcoming swim meets are listed on our website at northdeltasunfish.ca. Here you will also find the corresponding meet packages as well as cut off dates for registration.
- **Hootenanny:** The Hootenanny swim meet entries have been sent and finalized. This meet will be the first meet of the season that has finals for those who qualify. Athletes placing in the top 8 after the individual preliminary swim will receive a second swim in which final placings will occur. All parents are responsible for checking their child's placing to determine if they have qualified for finals. If there are any questions or uncertainty about your athlete qualifying for finals, please see the coaching staff. All alternates for finals (9th and 10th place) MUST talk to the coaching staff to receive further instructions. In addition, starting with this meet more competitive relay teams will be formed by the coaching as per our Relay Policy. Relays do not have finals.

COACHES CORNER



Head Coach Ashton Senior/Intermediate

Our practices have been increasing in difficulty, and overall a very good work ethic has been put in. Heading into the Hootenanny swim meet both groups will be focusing more on the technical aspects of our 'wall' work. This includes our turns, breakouts, finishes, and dives. Next week will be very technical in terms of the overall powerfulness of each stroke. This means having good timing with breathing, catches, and kicks. The meets heading into Regionals will become more competitive as there are now finals. In order for the swimmers to have the best possibility to make finals and receive a second swim, I encourage all swimmers to be using visualization, eating properly/staying hydrated, and properly resting/relaxing between races. Contact: ashtonerickson@ndsunfish.com

Assistant Head Coach Sam Junior A

Hello Junior A, I hope everyone enjoyed Canada Day! We have been focusing a lot on our IM, and building our stamina. Please make sure to be pushing yourselves and trying your hardest every practice to be able to get a lot of best times at the coming swim meets. Everyone is capable of doing very well at Regionals as long there is hard work and listening occurring at practice. Now we focusing more on our speed work and using proper breakouts which includes not breathing off the first three strokes. Our dolphin kicks are also really important for strong breakouts and so we practicing a lot of these while using of fins. Please make sure to see the July Schedule. Contact: samf590@gmail.com

Coach Holly Junior B

Hey Junior B!
Please make sure to double check our new July Practice Schedule as there are a few new changes. With having our weekends off from swim meets our practices have been tough. Everyone has been doing really well! With only four weeks to Regionals I want this work ethic to continue as well as having as many swimmers as possible to be coming to practices and meets. Now that we are heading into the end of the season a lot more focus will be put into the harder stokes, being breaststroke and butterfly. Please also be coming to dryland with running shoes and water bottles. Contact: beanfriesen@gmail.com



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

With only the Crescent Beach Development meet remaining it would be great to see as many of our swimmers going as possible. This meet is a ton of fun as it is right on the beach, and there are several events for the development athletes to race, including 25s, 50s, and 100s. This is the also the final chance for our developmental swimmers to participate in the smaller and more fun meets for the season. At practices all groups have been focusing on building their strength in the water through longer and more difficult sets. This helps develop their swimming strength by having more powerful catches and kicks. As always dives are continuously being worked on. Contact: Adam.banarer@gmail.com, alenbanarer2001@gmail.com, oliviaroschat@gmail.com, oscarure49@gmail.com

COACHES CORNER

Water Polo Head Coach Terril

Please make sure to check the Hootenanny schedule and be arriving early to all games. Regionals are around the corner and it would be awesome if as many players as possible were able to come out so we can work on our tactics and develop our skills. Please note the below schedule as well as the new July schedule as we now have water polo on Monday and Thursday.

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

Our swimmers have been working on their Hootenanny routines and finalizing their technique. Please make sure to be coming to as many practices as possible now that school is over. Regionals and Provincials are also coming up quickly and so routines must be well rehearsed before then Please feel free to send me an email if you have any questions or just want an 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.