

Splash



Dartmouth Crusaders Swim Club



June 18th, 2010

This will be the last regular edition of Splash for the 2009-10 season.

Watch your email for Sept start up times.

Spread the word! We will offer a free trial/try-out week in Sept, as well as our popular Intro Programs for new team members again in 2010-11.

Calendar of Events

July 1- 4th - East Coast Championships, St John's NFLD

July 21- 26th - Age Group Nationals, Winnipeg, MB

July 28- 31st - Senior Nationals, Victoria, BC

Swimmers Stroke & Turn and Splash & Dash Clinics (registration required):

Mon June 21st - 6-7pm, free & back

Wed June 23rd - 6-7pm, breast & fly

Thurs June 24th - 430-530pm, starts & turns OR splash & dash



Record Breaking News!!

Sean Berrigan broke the 13-14 Boys Short Course 50 Breast & 100 IM Club Records at the time trial last weekend. Congratulations!

Coach's Corner

Awards Ceremony & Brunch

Congratulations to all award recipients and thank you to all the volunteers who helped put the event together.

For those of you who are sharing an award please mark the middle of December to pass it along to your award partner.

Can you believe it - lost&found!

Yes, some one left behind a navy adidas track jacket. It's in the Crusader office and may be picked up whenever one of the coaches is in the building.

Coach Michelle





Congratulations to the 2009-2010 DCSC Banquet Award Winners

Club Records

New club records for 2009-10 were broken by:
**JULIANNA ROBERTSON, ERIN BOWDRIDGE,
SEAN BERRIGAN & MOHAMED ELDAH**

Merit Awards - awarded by squad coaches to swimmers who are coachable+competitive+confident, attendance pool & dryland, punctual to pool and dryland, prepared for training, prepared for meets, positive attitude toward training challenges, positive attitude at meets, self motivated & support others on own initiative

Bronze- **VICTORIA BLOUIN, IZAAC PAYNE & BRYCE SHREENAN**

Silver- **REBECCA ROACH & JOSIE MANUEL**

Gold- **KENZIE MACDONNELL & GABRIELLE TOFFLEMIRE**

Tag- **RYLEE HURLEY**

National- **JAKE DOIRON**

Eliminator 50's winner - **SOFIA LAZCANO-FAFARD**

Floyd Pickerl Trophy (Rookie of the Year) - This trophy, donated by the Pickerl family in memory of their father, is awarded to the swimmer(s) who, being first year competitive swimmers, show promise and improvement- **GABRIELLE TOFFLEMIRE & MAX MILLAR**

David Fry Trophy (Male Award of Distinction) - This trophy, donated by a former Head Coach of the Crusaders, is presented to the swimmer who exhibits all the qualities of the merit awards over the long term, plus show leadership & gratitude and are generous -**MOHAMED ELDAH**

Robin Fougere-Ferdinand Trophy (Female Award of Distinction) -This trophy, dedicated to a former DCSC swimmer & Head Coach, is presented to the swimmer who exhibits all the qualities of the merit awards over the long term, plus show leadership & gratitude and are generous-
ERIN BOWDRIDGE

Swim-a-Thon Brad Boyd Trophy- This trophy, named in honour of a long time Assistant Age Group Coach, is awarded to the youngest swimmers who, during the swim-a-thon, complete 200 lengths of the pool in two hours- **RILEY GILLESPIE-FRIESEN & JACOB HURLEY**

Swim-a-Thon Fastest Finishers

female- **ERIN BOWDRIDGE**

male- **THOMAS FRAZER & LIAM BERRIGAN**

Dunn Hemphill Memorial Trophy- This trophy is dedicated to two former DCSC Club Executive members to honour their contributions to DCSC and the sport of swimming:

Ken Dunn served in the swimming community in many positions, which included a DCSC executive member, a master official, a President of Swim Nova Scotia, and a member of the Board of Swim Canada. Ken brought focus to DCSC as a swimming organization. He played a major role in bringing the 1997 Winter Nationals to Halifax.

Stephen Hemphill served DCSC as an Executive member and official. His warmth, enthusiasm and strong interest in the vitality of the Club fostered DCSC's renowned high level of family participation. The Hy-Tek Meet manager software currently used by DCSC was purchased by donations made to the Club in his memory.

This trophy is presented to an individual or a group who, as judged by the DCSC Executive, has contributed significantly to the Club in terms of volunteer work- **CATHY ROBERTSON**

June 2010

East Coast, Age Group National & Sr National Qualifiers Training Schedule

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June Stroke Clinics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14 ECC-all 4:15-6:00 pm 6 lanes Clinic 6:00-7:00 PM 3 lanes	15 ECC-Tag&Nat 5:30-7:00m AM Centennial ECC-Nat 4:30-6:30pm 5 lanes	16 ECC-all 4:15-6:00 PM 6 lanes Clinic 6:00-7:00 PM 3 lanes	17 ECC-Tag&Nat 5:30-7:00 AM Centennial Clinic 4:30-5:30 PM 3 lanes	18 ECC-all 4:30-6:30 PM 5 lanes	19 ECC-All 6:30-8:30 AM 8 Lanes
20	21 ECC-all 4:15-6:00 pm 6 lanes Clinic 6:00-7:00 PM 3 lanes	22 ECC-Tag&Nat 5:30-7:00m AM Centennial ECC-Nat 4:30-6:30pm 5 lanes	23 ECC-all 4:15-6:00 PM 6 lanes Clinic 6:00-7:00 PM 3 lanes	24 ECC-Tag&Nat 5:30-7:00 AM Centennial Clinic 4:30-5:30 PM 3 lanes	25 ECC-all 4:30-6:30 PM 5 lanes	26 ECC-All 6:30-8:30 AM 8 lanes
27	28 ECC-all 4:15-5:45 PM 5 lanes	29 ECC-all 4:15-5:45 PM 5 lanes	30 ECC-all 6:30-7:30 AM 4 lanes			

July 2010

Age Group National & Sr National Training Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 ECC Comp	2 ECC Comp	3 ECC Comp
4	5 Travel day	6 AG/Sr Nat 6:00-7:30am Centennial 4:15-6:15 PM 3 lanes	7 AG/Sr Nat 4:15-6:15 PM 3 lanes	8 AG/Sr Nat 6:00-7:30am Centennial 4:15-6:15 PM 3 lanes	9 AG/Sr Nat 6:00-7:30 AM 3 lanes	10 AG/Sr Nat 8:30-10:30AM 3 lanes
11	12 AG/Sr Nat 4:15-6:15 3 lanes	13 AG/Sr Nat 6:00-7:30am Centennial 4:15-6:15 PM 3 lanes	14 AG/Sr Nat 4:15-6:15 PM 3 lanes	15 AG/Sr Nat 6:00-7:30am Centennial	16 AG/Sr Nat 6:00-7:30 AM 3 lanes	17 AG/Sr Nat 8:30-10:00AM 3 lanes
18	19 Travel AG Nat Winnipeg	20	21 – AG nat	22 – AG Nat	23 – AG Nat	24 – AG nat
25 – AG Nat	26 AG Nat Returns Sr Nat travel Victoria	27	28 – Sr Nat	29 – Sr Nat	30 – Sr Nat	31 – Sr Nat