

Team *SUNGOD*

Heat Waves May-June-July 2003

Coaches Corner:

It always seems that the end of the season begins to accelerate to the finish. Like a good race should! There are championship meets to prepare for in the coming weeks, the final PASS meets, the last Squad Fun Meet (yeah! Finally breaststroke!), and of course the Awards Night when we recognize the improvements of our athletes and the support of coaches and our many fine volunteers. Be sure to check the list of upcoming events and note them on your calendar at home.

See the Summer Swimming section for information on our sport camps which will run for six weeks. Registration begins April 28th.

It's near the end of the season, but new families keep joining our team – welcome to all the new swimmers and their families.

Coaches will be focusing on the upcoming meets, as well as reviewing the over-all improvement of the swimmers as we begin preparations for the Olympic Season 2003-2004. There will be a unique new t-shirt design for next season, an Olympic tradition on our team. The design will be revealed at early registration.

Helping Hands: Thank you to parents and a few swimmers as well who have been helping with timing at the meets, and to those who wonder the deck as officials. Thanks to Rose Yu who coordinated the clothing drive and delivered all the bags.

Thanks to Cathy Knapp and Jindi Jassal who have coordinated the Swim-A-Thon 2003 fundraiser. Thank you too to members of the Board of Directors, most of whom stepped into foreign territory with trepidation when coming on to the

Upcoming Events

Competitions:

May 3-4th – West Coast Open, LCM Richmond

May 10th – PASS # 5

May 10-11th – Chena Regional/SFU

May 30-June 1 – LMR Champs, SFU

- Zajac Internat'l, UBC

June 6-8 – Kamloops LCM Invitational

June 14 – PASS # 6

July 10-13 – BC Champs LCM, Kamloops

July 24-27 – Age Group Nationals, Calgary

July 26-27 – TBA, Age Group Meet for summer Trainers

Team & Group Events:

May 24th – Squad Fun Meet #4 – Breaststroke (50 Br, 25 Br, 100 IM)

May 30-31st – Regional Champs Cheering Section at Finals – time TBA, meet at SFU for finals to cheer on Sungod finalists.

June 1st – Olympic Dragons at Zajac Finals, UBC Approx. 5:00pm – 8:00pm

June 13th – Awards Night – North Delta Rec. Ctr 6:30pm – 8:30pm

June 28th – World Championship Trials, Victoria Team field trip to watch, details TBA

Sept. 27th – Welcome Back Party & Silent Auction

Parent Events

May 24th – Pub Night, Tickets \$10.00. See bulletin board for details.

Gossip Gossip

The more they deny it,

The more you know it's true !

* Go back to your garage and park! New 'L's are out there lose on the road – steer clear of LT, TC, FL, ML.

Meet Results

Complete results with all our swimmers' great swims can be seen on the Swim Direct web site www.swimdirect.ca

Board at the beginning of the season. You've done a terrific job on behalf of all the members.

Mindset:

Put your intentions into motion. Let challenge bring out your best.

Passion is the tool we pass from one team mate to another. To succeed as a team, PASS THE TORCH!

Highlight Performances

Krystal Nazareth – graduates from PASS to Regional Level at PASS # 4, April 5th.

Faye Ling – broke the 1500m free record held by Francine Ling (18:34.16, 9-01-99) with an 18:32.45 at the Haney meet April 12-13/03.

Jackson Wang – broke the 100 IM record held by Shingo Kido (1:07.98, 28-10-00) with an 1:03.46 at the Haney meet April 12-13/03.

AWARDS NIGHT 2003

Friday – June 13th, 6:30pm – 8:30pm
North Delta Rec. Centre.

Haywood Memorial Award

One of our annual awards is the Shirley Haywood Memorial Awards for Volunteer Support. All members of the Sungod Team, parents, swimmers, and coaches included, may make nominations for this very special Award. If there is someone whom you would like to see recognized for their efforts on behalf of the Club, please forward your nomination (sealed) to Shelley Cabico by May 12th. Shelley will head a committee which will review the nominations.

Team Equipment

Need new equipment for next season? **Marife Tee (597-8926)**, will be taking orders for next season at the early registration on June 16th. If you need equipment before next season contact her to make sure you're in best

Swim-A-Thon

The **2003 Swim-A-Thon** is winding up. Pledge monies returned by April 26th will be eligible for awards. Amounts collected after that date should still be returned, but to assist the volunteers, please return your pledges, along with your pledge form as quickly as possible.

Team Sungod Summer Sport Camps 2003

- Summer 2003 marks the return of our sport camps. Coach Kerrie will be the camp director.
- The camps will run Mon. to Fri. 8:30am to 4:00pm, beginning the week of July 7th, and finishing the week of August 11th.
- Aimed generally at ages 9 – 15yrs. Younger swimmers will be considered, providing swimming level is Olympic Dragons or higher (Check with your coach). Limit of 16 swimmers per camp.
- Camps include – water polo, swimming, triathlon, dry-land, and classroom programming.
- Cost is \$185.00 per week. There is a 10% discount for a second week done at time of original registration. No further discounts for more than two weeks. For 3rd child (in same household) registered in same week as first two, cost is \$135.00. No further discounts for 3rd child.
- Registration will take place on Monday's from 6:00pm to 7:00pm – Apr. 28th, May 5, 12, 26, June 2nd. If camps are not yet full, registration will be on-going on the first Monday of each week.
- If you know swimmers outside the club who wish to participate they need to be Aqua 9 or higher (must bring proof to Registration) or must do a screening.

Web Address

You can check for our web site at:

possible racing form.

Early Registration

Our current members will have the advantage of registering early for next season 2003-2004. As you know, our space in the pool is limited and so too is the swimmer space in each group. Your space cannot be held with 'good intentions'. You must register early to hold your spot. In September, registration is done on a first-come-first-serve basis.

MARK YOUR CALENDAR:

Monday June 16th 5:30pm – 6:30pm

A registration package will be available by mid-May.

Where Are They Now?

No news this time, but with summer visits home we should have the news next issue.

Friends of SUNGOD

Team Aquatic Supplies

A Division of DB Perks & Associates
Bill Sawchuck – Team representative
#101-1305 Welch St., North Vancouver,
Tel. (604) 980-2805 * Fax. (604) 980-2814

[Http://www.team-aquatic.com](http://www.team-aquatic.com)

e-mail: shark@team-aquatic.com

Thanks to TAS for their support with team discounts and Swim-A-Thon awards

- Shark Club Program – 10% discount off all regular priced merchandise purchased and 5% off sale items at any Swim&Fitness Shops or the Team Aquatic Supplies Outlets. Check the web site for more information.

www.esca.org/sungods

Password to see the photos is <dragon>

Friends of SUNGOD

Roberts Bank Partners Fund

Thank you to the Roberts Bank Partners Community Grants for their award of \$500.00, used to assist in the building of our storage facility.

www.portvancouver.com

CAP'S South Shore CYCLE

7917 Scott Road, Delta, BC

(604) 596-BIKE

Thank you to CAP's for their support of our triathlon program. Visit their new location in Delta.

Astrographic Industries

7541 – 134A Street

Surrey, BC, (604) 596-1731

Thank you to Astrographic for their support – signage, lane markers, and team promotion boards.

Basement Systems Vancouver Inc.

#12 – 8207 Swenson Way, Delta, BC

Thank you to Gerald and helpers for building the shelves in our storage area.

Dick's Lumber and Building Supplies

12433 – 80th Ave, Surrey, BC

Thank you to Dick's Lumber for donating materials for construction of our shelves in the storage area