

Team SUNGOD

Heat Waves Nov.-Dec. 2003

Year of the 2004 Athens Olympic Games - Citius - Altius - Fortius

Coaches Corner:

Welcome to our new Board of Directors and many thanks to those members who allowed their name to stand.

Welcome to our new Team Sungod members – swimmers Ashley Lindsay, Taylor LaBelle, Marlo Kelch; water polo players Andrew Roosdahl, and Chantelle Boduel; and to our many new triathletes. The swim meets have begun- including our first Squad Fun Meet, Regional, High School, Novice PASS, and senior Invitational meets. We've already seen many personal best performances. Our athletes have set goals to reach their first Regional meet, Regional and Provincial Championships, Club Nationals, Olympic Trials, and first time triathlons up to Ironman Canada. As you receive this letter Provincial Champs are just 12 weeks away, Junior Nationals West just 14 weeks, and the start of triathlon season just 16 weeks. Whether you're an athlete or one of the support group, it takes the efforts of one-and-all to ensure everyone achieves their goal. Pull from in front, run along side, or push from behind, remember no one is a self made success. We achieve those "wins" together.

Highlight

Performances

Regional Graduate to Regional level – Melissa Jassal, Lynn McDonald, Connie Heo

Regional Champ qualifiers – Ricky Bal, Brandon Royer, Steven Riggs, Morgan Karkling, Kate Hanna, Jessica Lee

BC Champ Qualifiers – Louisa Chan, Reena

Upcoming Events

November

14-15 High School Championships

15-16 Regional, Surrey

19 Board Meeting

28-30 Fast Swim Invitational, Richmond

December

12-14 Regional Champs, UBC

13-14 Regional, SFU

14 PASS #2, 10am-2pm, Richmond

17 Board meeting

20 Squad Fun Meet #2 - Back

23-Jan.4 Revised Schedule

Squad Fun Meet

The next Fun meet is on Dec. 20th. The stroke is backstroke and events will be 50m and 25m swim, 25m kick, and a relay. Each meet is followed by snacks in the poolside classroom. This event is for the whole team. If you can finish the swim you can earn points for your Squad. Current squad points are posted on the team bulletin board.

Communication

Web Address - You can check Team information at: www.csca/sungods.ca
Password to see the photos is <dragon>

Heatwaves – our newsletter will be distributed 5 times during the year either by e-mail or hard copy.

Meet Results - Complete results with all our swimmers' great swims can be seen on the Swim Direct site <www.swimdirect.ca>

Bulleting Board – messages are regularly posted on our bulleting board located in the pool lobby near the viewing area entrance.

Paul, Nicole Boduel, Courtney Briggs, Faye
Ling, Jackson Wang

Mindset:

Olympic performance is more than athletic excellence. It is driven by dreams, passion, mental focus, and the will to be the best.

(winter2010.com)

Care for yourself. Care for one-another. The outcome? Harness the full potential of sport.

(sportmaters.ca)

I am humbled by the way sport shaped my life, and I feel the responsibility in turn to use sport to shape the lives of others.

Dreams are so powerful.

Persistence and determination will win out.

We need to look at what needs to be done and do it now, not tomorrow.

(Daniel Igali, 2000 Gold medalist - www.igali.com)

Helping Hands:

Thanks to those who have stepped in to help to date. Whether at Squad, PASS, or other meets, Board or support activities Team

Sungod is a volunteer supported sport program and the helping hands of all members is necessary. Don Biggin is keeping track of those helping hands with an eye on the draw for the trip to Olympic trials in July. A list of current tickets earned will be posted on our web site.

Remember to sign in with the coaches at meets. A sheet will be kept where they are sitting. (Note: this is a separate sign in from that

E-mail - sungod_swim_tri_polo@hotmail.com

Team Equipment

Need new equipment? Contact Silvia Renneberg, our equipment manager – 572-7011 (before 8:00pm)

Note about Team Suits – if this is your first time wearing a racing suit note that it should fit as if it were a second skin. There should be no looseness or wrinkles. It will feel MUCH tighter than any other suit you have worn. For comparison, most of the senior swimmers wear 28 or smaller! The team suit should not be worn for practices. It won't last long if you do – it will lose it's tightness and begin to rot much faster the more you wear it for more than meets. Put your name on the label!!!!

Triathletes

The adult triathlon group is growing week to week. Nine new members since the start of Sept. They practice Tuesday and Thursday for swimming, and run on Thursday. The bike segment will be added soon. The Youth (14&over) triathlon group will start later in November. If you have any questions about the program call Michelle.

Tri-group athletes are reminded to bring their two passport size photos for Tri-BC registration as soon as possible. Thanks.

SWIM MEET TEAM

Time to get ready...

Delta will host its own swim meet on May 8th and 9th, 2004. The year 2004 is also Delta's 75th birthday. We can help to celebrate this. It seems like a long way off, but now is the time to start finding sponsors and begin the organization process. With lots of help we can make this a successful event and a major fundraiser for the team.

Contact Shelley Cabico the meet manager to get involved – cabico@telus.net
A Swim Meet Crew meeting will be held soon.

done at the meet host officials' table)

NUTRITION :

Cinnamon Spread

¼ cup tahini

1 tsp cinnamon

¼ tsp stevia (sweet herb available at health food stores and now at Safeway)

Where Are They Now?

What is this all about? Some of these names will not be familiar to our new families, but our newsletter is sent to many alumni families who have been team members over the last 18 years. It's a chance to get a bit of news about former team mates.

Congratulations to Jessica (Perkins) and Chris – a new baby due in the spring.

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
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.

CAP'S SOUTH SHORE CYCLE

Rob Wright – Bike Specialist
7919 Scott Rd., Delta, BC, V4C 6P6
(604) 596-BIKE

Thanks for helping with the start up of the Team Sungod Triathlon adult and summer camp programs.



The more they deny it,

the more you know it's true !

- CD, AL, AD, MJ get the fast talkers award.
CR needs an extra set of ears just to keep up.
- NB, 'What's up with that bread?' strange creatures had chewed through in the shape of three A's, but LC was too hungry to notice.
Breathe in, disappear food!!

More 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

Know someone who wants to advertise? It could give a boost to your fund-raising credits. Let us know- send inquiries to sungod_swim-tri-polo@hotmail.com.

Have a story for the newsletter? Send it to sungod_swim_tri_polo@hotmail.com

Next newsletter submissions due by Dec. 28th, 2003. Send to sungod_swim_tri_polo@hotmail.com

(from Sept.-Oct.) MINDSET

If you believe a rope will hold you back – it will.

If you believe you won't go any higher – you won't.

If you believe you won't break through , you'll stop trying.

Whether you believe you CAN or you CAN'T – you are right!!!

Keep your focus on what is real, and on what you can control, because the next time you do it, it might just be the time that all your preparation falls into place and you achieve what you want.