

Team SUNGOD

Heat Waves Sept.-Oct. 2003

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

Coaches Corner:

Welcome back – swimmers, coaches, and swim parents. It's the final year of the Olympic quadrennial. Our swim year will finish with the peak competition of our sport – the Olympic Games – which will take place in Athens, Greece.

There will be many exciting events in our swim season. We will be welcoming new coaches on to the deck, as well as many new swimmers and families. Our first team building event will be the Welcome Back party on September 27th.

Start up is a busy time – registration, organizing the family schedule, connecting to car pools, meeting new people and remembering new names (!!!), and most important – getting the swimmers started in the pool. The best way to feel like you're part of the TEAM is to get involved – participate. Many hands make light work for all, and Together Everyone Achieves More.

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.

Upcoming Events

Sat. Sept. 27th – Welcome Back Party
Sat. Oct. 11th – Team Hike
Sat. Oct. 18th – Team Sungod Fun Meet
Sat/Sun Oct. 25-26 – Regional Meet & VPSC Invitational
Oct. 2-5 – BC Coaches Conference
Nov. 4th – Members – Annual Meeting

Welcome Back Party – Sat. Sept. 27th

All members please join us at Sunbury Park Hall from 5:30pm – 8:30pm. Hosted by the senior group swim parents and the senior and junior swimmers, it's a Potluck party with lots of games following an Olympic theme. You'll receive a call this week to inquire about your potluck specialty. Please remember that all youth under 16 years must be accompanied by a supervising adult.

Team Hike – Sat. Oct. 11th

Location – Campbell Valley Regional Park, Langley (16th Ave./200th St). It's a very easy hike. Meet at the parking lot off 16th Ave. at 10:00am. Return time about 1:00pm. More details closer to the day. Again, all youth under 16 years must be accompanied by a supervising adult.

Members Annual Meeting – Tuesday, November 4th, North Delta Rec. Centre

7:30pm – 9:00pm - At least one representative from each family needs to attend.

Other Events – notices with additional information will be circulated by e-mail prior to the event.

Helping Hands:

All members will be asked to assist this season as a condition of membership. Team Sungod is a volunteer supported sport program and the helping hands of all members is necessary. From officiating at meets to organizing special events and fund raisers, we thank you in advance for doing all that you can to create a positive experience for the athletes during the 2003-2004 season.

Summer Sport Camps

2003 Was the first season for full day sport camps for Team Sungod. The morning included water polo instruction and a class room session. Mid day had a lunch break and dry land training including cycling and running. The afternoon was focused on swimming technique improvement. Coach Kerrie organized the activities for the week and kept everyone busy for the full day. Celso took care of the water polo. All of the participants had a chance to be video taped. Here is a comment from one of our participants:

“It was Chelsea's first time at a week long day camp this summer - knowing the coaches was a major plus. She would come home with so much to say. Regarding water polo, she has such a different look for the game. Her biking instruction has given her so much more confidence. Swimming - well just overall conditioning was a plus. Her triathlon times have improved.

To anyone who did not have a chance this past summer to be part of Sungod's camp: we highly recommend that you look into it as part of your summer next year. A BIG THUMBS UP to DELTA SUNGOD for a great camp.

A big thank you once again to Kerrie and Celso.
The Santos Family

NUTRITION:

One of the values we place on physical activity in general, and on sport specifically is its contribution to personal health. The healthy reward to be gained from regular physical

Team Sungod – Member Information

Web Address - You can check Team information at: www.cscsca/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.

E-mail – most frequent message contact is via e-mail. Contact us if you change your e-mail sungod_swim_tri_polo@hotmail.com

Team Guide – the Guide will be circulated shortly. It contains many details about Club programs, events, and operations.

Communication

We'll do our best to keep you informed – check your e-mails, bulletin board, and mail file. If you have questions, please ask. If you need the coach's help, we ask that you wait until the end of practice, rather than coming on to the deck. Let the coaches know you have a question or need assistance before they leave the pool. We are happy to help to make your Team Sungod experience a positive one.

(Nutrition – continued)

activity has to be supported by a nutritious diet – lots of variety, enough servings in balance to supply the energy needed for activity, and lots of water. In promotion of this combination the coaching staff does not allow junk food while at practices or at meets. If you're hungry after practice a piece of fruit is a good choice. Steer clear of the junk snacks in the vending machines. The coaches will help the swimmers with specific details. Thank you for your

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.

Amber Lunn – sends greetings from Japan. She's been having adventures throughout the country and more than a few adventures in the grocery store. Without being able to read some packages she's had to take her best guess ... what she thought looked like peanut butter turned out to be miso paste! You get the idea. Aside from her work she's had a chance to go rock sliding, to climb Mt. Fuji (swimmer determination really played a part in completing that climb), along with many other great adventures that the country has to offer.

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.

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

cooperation.

Team Equipment

Need new equipment? There will be an equipment order day early in October. Watch your e-mail and bulletin board for announcements.

Highlight Performances

Swimming

BC Championships – Kamloops, July 10-13

A team of 7 Sungod swimmers competed at the BC Championships – Nicole Boduel, Courtney Briggs, Andrew Conroy, Shingo Kido, Faye Ling, Reena Paul, and Jackson Wang. Amongst our finalists were: Andrew Conroy – bronze 200 IM (2:36.96), 5th 50 free (29.93), bronze 100 fly (1:13.26), 4th 200 back (2:39.86), bronze 50 breast (1:24.22); Jackson Wang – bronze 100 fly (1:01.98), gold 100 free (55.49); Shingo Kido – bronze 200 fly (2:21.56); Faye Ling – 7th 200 breast (3:01.41), 5th 100 free (1:01.34), 5th 400 free (4:49.04), 5th 200 back (2:35.62); Reena Paul – 8th 100 back (1:15.93).

Club Nationals – Calgary, July 24-27

Jackson Wang and Faye Ling traveled to Calgary to compete in the first national age group meet held in Canada. Faye competed in the open category and Jackson in the 16&under men's. The meet was very fast, so even a personal best time might not be enough to make finals. Jackson had a swim-off for the 100 free final, going 55.55 in the preliminary event, then 55.29 (27.52 – 27.77) in the head-to-head race. He had to settle for 9th overall. In the 100 fly he finished 6th in the final with 1:00.62 (28.28 – 31.34), and in 50 free he finished 5th in the final with 25.34. Detailed results for both meets are available at www.swimdirect.ca

Triathlon

Check the Triathlon BC web for detailed results, but here is a sample from our triathletes. From overall placing at the Chill-Out Tri in June: Jenna-Sarah McDonald 4th (5-7trs); Gina Visser 6th and Chelsea Santos 7th (8-9yrs); Alex Lindsey 7th and Kaitlin Knapp 9th (10-11yrs); Lyn McDonald 7th (12-13yr); and Alex Visser 3rd (14-15yr). From the Crescent Breach Tri – Tamlin Reed 85th, 11th of 38 women, 3rd in 19-24yr; Sloane Bravenor 87th, 58th of 111 men, 8th in 25-29yr.

More Friends of Sungod



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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 **October 25th, 2003**. Send to sungod_swim_tri_polo@hotmail.com

World Champ Trials Adventure

A quick trip to watch finals at the first day of World Championship Trials was made by 10 swimmers, parents, and coach. It was a great night of swimming – two Canadian records set, and a couple of near misses. Angonizingly close calls on making the World Champ team – on that night a couple of swimmers missed the qualifying standard by a few tenths of a second. Our swimmers, who were watching this type of meet for the first time, learned that you can be the fastest in the pool, set a Canadian record, and still not be fast enough to qualify for an International meet like World Champs. Part of the meet includes entertainment for the spectators. James Hood and Chris Wilson were MC's for the event. One activity included interviewing the swim event winners, then giving someone in the crowd a chance to ask the athlete a question. Katelin Knapp (Olympic Dragons) was able to ask Rick Say about what motivates him. His reply included a focus on fun, and on personal goals. Kailea Cabico (Junior) was able to ask Mike Mintenko about superstitions he has, or preparation routines for finals. His reply suggested no superstitions – maybe steer clear of ladders – but mainly stay loose, a long easy warm-up, with something fast to feel ready to race. For their participation both Katelin and Kailea received an autographed program, pair of goggles, and Vancouver 2010 pin.

Gossip Gossip

The more they deny it,

the more you know it's true !

- FL likes to check all the scenery when in-line skating around Stanley Park – including in, under, and around every bush.
- ET and TR, can you possibly sit any closer to make room for others on the bus?
- SH – just call him Mr. Rhythm!