

Team SUNGOD

Heat Waves Jan.-Feb. 2004

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

Coaches Corner:

Happy New Year! We've entered the year of the Athens Olympic Games. Olympic qualifying events will be promoted and celebrated in the coming months for all summer Olympic sports. Our swimming Olympic Trials will take place in July at the Etobocoke Olympiumin near Toronto. Keep your eyes on Swimming Canada's web site for national team athlete profiles.

We have several team events in the coming weeks. Check the calendar for upcoming events. Get ready to cheer on our Provincial and Junior National West competitors in the month of February. And, get ready triathletes - we're sure this winter chill will melt away before March!

Highlight

Performances

- ❖ **Team Sungod - Club of the Year 2003!!!** Delta Sungod Swim Club was elected Club of the Year by Swim BC.
 - ❖ **Jackson Wang** - Club Records in 50 fly (26.76) breaking the one held by Sean Steeple; and 100 IM (1:04.13) breaking the one held by Shingo Kido.
 - ❖ **Graduates - Imalda Chan and Julie Hall** graduated from PASS to Regional level meets.
 - ❖ **Swimming Canada Power Rankings** - Four Sungod Swimmers are amongst the top ranked swimmers in the Canadian Power Rankings - Jackson Wang, Faye Ling, Courtney Briggs, and Louisa Chan.
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Upcoming Events

January

10th - Team Photo

17th-18th - Winskill Regional Meet, Tsawwassen

17th - HYACK Invitational, New West

18th - Senior Circuit, Richmond

24th - Toboggan Day, Mt Seymour

31st - Squad Fun Meet # 3

February

5th-8th - BC Age Group Champs, Rmd

14th - Novice PASS # 3, Richmond

19th-22 - Jr. Nationals West, Vancouver

Toboggan Day - meet at Mt. Seymour at

1:30pm and play on the slopes until 4:00pm.

A Pass is \$5.00. If you prefer softer sliding, tubes may be rented for \$13.00 for 2 hours.

Groups of 5 can have discounts on the tubes.

Remember, for Club events, all athletes under 18 years must be accompanied by a supervising adult.

Squad Fun Meet

The next Fun meet is on Jan 31st, warm-up 7:00-7:30am and events from 7:30-9:00am.

The stroke is butterfly and events will be 50m and 25m swim and a relay. We'll have special stroke clinic for parents from 7:00am-7:30am to help you with some stroke tips. Snacks and chat time follow in the poolside classroom.

Special thanks to our parent helpers who get that coffee started, and to those who help to record the times for the swimmers to have as a souvenir of their progress.

Communication

Web Address - You can check

Mindset:
What you perform with energy and at your best in practices adds to your potential to reach your goal and to the potential of your team.

Helping Hands:

Remember with each activity that you organize or that you assist with, or at meets when you help officiate remember to sign in or register the activity with Don Biggin. Don is keeping track of those tickets for the Olympic Trials draw.

Thanks to everyone who helped at the SFU Regional meet, the LMR Regional Champs, the Nut fund-raiser, and the Novice PASS. We cannot run the events without you, so thank you for stepping up to the block!

Upcoming events include the February bottle drive. Assistance from the entire team will be needed to collect, sort, and drive the neighborhoods of Delta. Details will be e-mailed soon.

NUTRITION:

Amongst the top ten worst junk foods – soda pop, sorry no nutritional value; ice cream, sorry the hoped for calcium is mostly excreted quickly due to high sugar level; fries and chips, sorry no potato value, they're the worst of the junk food list. Not a junk food is chocolate IF it's all natural. And, sorry, natural or not it still won't be coach approved for meets or practices. Enjoy the natural choice at home please!

Team information at: www.casca/sungods.ca

Password to see the photos is <dragon>

Heatwaves – 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 - sungod_swim_tri_polo@hotmail.com

Team Equipment

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

All swimmers in competition should have a team suit, cap, and t-shirt.

Triathletes

The first triathlon for 2004 season will be March 6th at UBC. Entry forms should be available on the UBC Legacy Games web site soon. Note that as of Jan. 6th the time for the Tuesday evening practice has been changed to 7:00pm – 8:00pm. All other sessions remain the same. The first indoor cycle will take place Sat. Jan. 17th from 7:30am – 9:00am. Bring your own bike, make sure it's relatively clean. We have 5 trainers, so if you own one bring it with you.

Kids of Steel information meeting on Wed. Jan. 28th from 6:45pm – 7:15pm in the poolside class room. If you have never entered a triathlon and would like to know more about the KOS program, then join in on the 28th.

SWIM MEET TEAM

We are hosting our swim meet on May 8th and 9th, 2004. 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 fund-raiser for the team.

Contact Shelley Cabico the meet manager to get involved – cabico@telus.net

Where Are They Now?
Amira Tawashy – Swimming for UBC
Thunderbirds for the past few years is on
her way to University Nationals for her
first time in March. Great to see your
commitment and persistence rewarded
Amira!

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 !

- CB and JW always seem to be late on Wed.
JW is away and CB is on time....hmmm,
what's going on here???
- OK, F.L. why were your fleece sweat pants
found in the boy's locker room????
- Better still...ML – why are you wearing your
little sister's clothes???
- So FL, NB, CB, and...assorted others do
Aussi's understand 'giggle and snort'? Or did
you eventually begin speaking a recognizable
language?

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

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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 Feb.
25th, 2004. Send to
sungod_swim_tri_polo@hotmail.com*

MINDSET

A positive attitude is contagious. Share It!

*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.*