

# **Team *SUNGOD***

## **Heat Waves Mar.-Apr. 2004**

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

### **Coaches Corner:**

*A very successful short course season has concluded, and many swimmers look forward to long course season with renewed enthusiasm. There are several team social events coming up and meets from Novice PASS to national level Swimmer have worked hard to achieve their successes, and we're all thankful to the parents who have supported those achievements. .*

*There are some warnings to be aware of with long course meets. Take note of the scratch and entry information. There are a few more team fund-raisers – check the notes for these events.*

---

### **Highlight Performances**

- ❖ **BC Provincial Champs scm 2004** – Jackson Wang bronze 50 free, silver 100 fly and 100 free
- ❖ **Western Canadian Champs** – Jackson Wang – gold 50 fly, 4<sup>th</sup> 50 free, 6<sup>th</sup> 100 back, 5<sup>th</sup> 200 free, gold 100 fly, silver 100 free; Nicole Boduel – 7<sup>th</sup> B final 200 back, 6<sup>th</sup> 50 back, 5<sup>th</sup> B final 100 back
- ❖ **Club Records** – Faye Ling 200 Back 2:26.19, breaking the record previously held by Francine Ling; Nicole Boduel

### **Upcoming Events**

#### **March**

- 6<sup>th</sup>/7<sup>th</sup> – Spartan Regional, Chilliwack
- 6<sup>th</sup> – UBC Triathlon
- 13<sup>th</sup> – Kids of Steel Triathlon Clinic
- 27<sup>th</sup> – 16<sup>th</sup> Annual Swim-A-Thon
- 28<sup>th</sup> – Langley Invitational (Sr., Jr.)

#### **April**

- 2<sup>nd</sup> – General Meeting 6:00pm – 7:00pm
- 3<sup>rd</sup> – PASS #4
- 17<sup>th</sup>/18<sup>th</sup> - Haney Regional, Maple Ridge - CDSC Invitational lcm
- 24<sup>th</sup> – Delta Triathlon

#### **May**

- 8<sup>th</sup> – PASS #5
- 8<sup>th</sup>-9<sup>th</sup> – Team Sungod Regional Meet
- 14<sup>th</sup>-16<sup>th</sup> – Zajac International, UBC
- 29<sup>th</sup> – Squad Fun Meet #4
- 29<sup>th</sup> – 3<sup>rd</sup> Annual Pub Night & Silent Auction

---

...highlights

Jackson Wang 50 fly 26.21, breaking his own record.

- ❖ **BC Winter Games** – Reena Paul, Morgan Karkling, Jess Lee, Kate Hanna, Ciro Golden, Brandon Royer, Ricky Bal, and Jason Riggs were all selected to zone teams for the Winter Games held Feb. 26-28 in Port Alberni.
- ❖ **Graduates** – **Katelin Knapp, Shelby Fitzpatrick, Gilbert Kwong, Jillian**

50 back 31.93, breaking the record previously held by Dayna Saunders;

---

**Mindset:**  
***A few words of encouragement to motivate and support a teammate are easy to speak, and their echoes are endless.***

---

### **Helping Hands**

**2<sup>nd</sup> Annual Bottle Drive** – well done sorters and drivers, and many thanks to Val and Ginny for organizing the event! Just over \$900 dollars of returnable containers were collected, everyone found a way to help, a little kick the can, a few munchies, and a scramble of activity each time a new load was dropped off. It was a fun event. Thank you to everyone who participated.

---

### **NUTRITION**

The beautiful berry. As fruit goes they tend to be lower on the glycemic index scale (energy longer lasting, good for athletes), and are great for a variety of micro-nutrients and fiber – often noted for this are blueberries and raspberries. Luckily we have plenty of both in the lower mainland. Berry season...only 4 months away....

---

### **Where Are They Now?**

*Dr. Bob (Perkins), the founding author of Heatwaves, is now Dr. grampa Bob with the birth of grand-daughter Isobelle early in February.*

### **COMMUNICATION**

**Taylor, Julie Sohn,Chelsea Santos** graduated from PASS to Regional level meets.

---

### **Swim-A-Thon 2004**

The swim will take place on the morning of March 27<sup>th</sup>. Olympic Dragons and Gold will do their swim from 7:00am to 9:00am, and Junior, Senior, and Triathletes will swim from 6:00am – 8:00am, each aiming for 200 lengths or 2 hours which ever comes first. Swim Kids will swim 8:00am to 9:00am aiming for best possible total.

**Counters** – each swimmer needs to be accompanied by a person to count lengths. Counters should bring a clip board, paper, and pen (water, coffee????)

**Swimmers** – each swimmer should bring all pledge forms, water, an easy to swallow snack – grapes, or fruit cut in small pieces – and the usual suit, cap, goggles.

Please arrive 15 minutes BEFORE your swim time so that lanes can be organized.

---

### **Long Course Meets**

In the coming months there will be a variety of long course invitational meets (competition in 50 meter pools). All of these meets will have a limited entry. Because of this the scratch dates will be within days of notice of the meets. It is necessary that you check the dates immediately after notice of the meets and confirm your entry. One of these meets is in Kamloops. For travel meets families are responsible for their own travel and accommodation arrangements. Book early.

---

### **Triathletes**

First race of the season will take place March 6<sup>th</sup> at UBC. A variety of events then hit the calendar. Check the Tri BC web site for updates and entry information. Entries should

## **Web Address -**

www.cscsca/sungods.ca

Password to see the photos is <dragon>

## **Heatwaves – Next issue May-June**

## **Meet Results -** www.swimdirect.ca

## **Bulleting Board –** pool lobby

## **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.

---

## **MARCH SWIM HOURS 15<sup>th</sup> – 20<sup>th</sup>**

(to be confirmed before school break)

No change in practice times for Swim Kids, Olympic Dragons, Gold, all Triathlon Groups – Adult, Youth, KOS

Junior + Senior – off 15<sup>th</sup> – 17<sup>th</sup>

Thur. 18<sup>th</sup> – Jr+Sr 5:00pm – 6:30pm

Fri. 19<sup>th</sup> – Jr+Sr 3:45pm – 5:15pm + dry

Sat. 20<sup>th</sup> – Jr = 7:30am – 9:00am

Sat. 20-21 – Sr. = LCM Camp, Saanich

---

## **WHEN SUPPORT**

### **STEPS OVER THE LINE**

A sad development in our sport is becoming more evident. We often hear jokes made, or expressions of disbelief at publicity given to the 'hockey parent'. Hockey, though, is not the only sport with supporters who step over the line of what would be considered positive from a coach perspective, officials, or indeed other parents interested and involved in the activities of their children. Dunkin Donuts and Hockey Canada have produced some brilliant commercials to highlight the need for supporters to consider the perspective of the

be on their way for the Delta Triathlon which takes place on April 24<sup>th</sup> in Ladner. Entry forms are in the lobby kiosk.

---

## **SWIM MEET TEAM**

A variety of families have been contacted to assist with assorted jobs for our swim meet May 8<sup>th</sup> and 9<sup>th</sup>. All families will be needed to help supply food for the officials and volunteers. You will be contacted by someone from the meet team. If you have a particular talent you share please contact Shelley Cabico the meet manager to get involved – cabico@telus.net

---

### **...support**

in positions of starter and referee...people who definitely need to see what's happening with the swimmers. A disputed coaching decision resulted in a shoving match in the stands. Some parents tried to change swimmer entries or had disputes with the Clerk of Course over why their child was in certain events.

Generally Sungod Swimming has been quite positive in the support arena over the year – just a few challenges. Some simple suggestions though – if you want the best view, be an official, otherwise stay well clear; if you're uncertain about coaching decisions ask before the meet, or following, but not in the heat of competition; if you're new and just want to know what's happening in the buzz of activity, find our other team swim parents and someone will have enough experience to be of some help. Think it over. What side of the line do we want to be on? Ask your young athlete what they see as positive support.

---

### **• EARLY REGISTRATION**

**Open to current members only. Mark these dates on your calendar:**

Mon. June 14<sup>th</sup> 6:00pm – 7:00pm O-Dragons

Tue. June 15<sup>th</sup> 6:00pm – 7:00pm Gold

Wed. June 16<sup>th</sup> 6:00pm – 7:00pm Swim Kids

Thur. June 17<sup>th</sup> 5:30pm – 6:30pm Junior

athletes as to what they consider “positive support”.

Recently at our Provincial Championships there were incidents that brought swimming clearly on to the wrong side of the line. Parents, grandparents and other adult supporters verbally berated officials when they were asked to step back from the pool. The officials happened to be

## **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](mailto: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.*

Fri. June 18<sup>th</sup> 5:30pm – 6:30pm Senior

**Tuesday June 22<sup>nd</sup> – 5:30pm – 7:00pm  
Registration Summer Camp Programs**



*The more they deny it,*

*the more you know it's true !*

- SS - The up-and-coming stats man will soon take over Angus Reid...correct 19.9 times out of 20!
- AM bought out the Speedo store. The plan is to grow in to all those suits.
- SKs in total took on CR in a kick challenge. Seems all are still walking. Must be time for another challenge.
- CG has taken the crown from LT for most things lost at Winter Games.

---

## **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](http://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](mailto:sungod_swim-tri-polo@hotmail.com).*

*Have a story for the newsletter? Send it to [sungod\\_swim\\_tri\\_polo@hotmail.com](mailto:sungod_swim_tri_polo@hotmail.com)*

Next newsletter submissions due by Apr. 25<sup>th</sup>, 2004. Send to [sungod\\_swim\\_tri\\_polo@hotmail.com](mailto:sungod_swim_tri_polo@hotmail.com)