

# **Team SUNGOD**

## **Heat Waves May.-Aug. 2004**

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

### **Coaches Corner:**

*Remember your coaches saying, 'do the little things right, or they could come back to haunt you? Well Ian Thorpe will be considering that for years to come as he considers his disqualification at the Aussie Olympic Trials for a false start. It also shows you that you can never assume the lead athlete will win the gold medal. Thorpe is nearly 3 seconds ahead of his nearest rival in the 400 free world wide. He was heavily favored to win the the 400 free in Athens, it was just a matter of - at what speed. Clearly it's not over until the clock stops and the announcement is made, 'these results are official'. Unless a team mate steps aside and room is made to enter him, Ian Thorpe will not win the gold medal in the 400 free in Athens. Remember - anyone can win. Prepare for your best performance - Swim the race - swim to win - and let the final touch make the decision.*

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### **Highlight Performances**

- ❖ Delta Triathlon - many first timers participated, and finished - in a fashion. Many first time volunteers participated and got a little mixed up in the instructions - so a few athletes did more and a few less in the Kids of Steel category. Several ideas for improvement have been sent to the race committee for the event in 2005. The results for the adults were not available on the web prior to printing this newsletter - keep checking for the placing of our Team Sungod members. Coming up next for

### **Upcoming Events**

#### **May**

- 14-16 - Zajac International, UBC
- 29 - Squad Fun Meet, Sungod Pool
- 29 - Pub Night and Silent Auction

#### **June**

- 11 - Awards Night
- 12 - PASS # 6
- 25-27 - Regional Swim Champs, Coquitlam

#### **July**

- 5-30 - Swim, Triathlon, and Water Polo camps
- 15-18 - BC Champs, Victoria

#### **August**

- 5-8 - Club Nationals, Winnipeg
  - 21 - Ironman Canada, Penticton
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### **Swim-A-Thon 2004**

Thanks to all who participated. Note that all pledge forms should have now been returned so that this project can be completed. The top ten fund raisers will be awarded at the Awards Night on June 11<sup>th</sup>.

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### **Delta SWIM MEET**

A very special thank you to the Swim Meet team, headed by Shelley Cabico for running a successful meet on May 8<sup>th</sup> and 9<sup>th</sup>. We had challenges of a low entry participation, and many new people in key positions, but did very well. Thank you to all our Club members for their support by way of supplying food for officials, advertising for the heat sheets, selling of 50/50 tickets, and staffing the Bingo Hall promotion table.

Special Thanks to all the Moms who gave a

some will be the North Shore triathlon on May 24<sup>th</sup>

***Mindset:  
You can have an Olympic  
Dream or a dream of  
Olympic proportions. The  
aim is to go above and  
beyond.***

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### **Zajac International – May 14-16**

This meet will include heats and finals and will include many of Canada's national team swimmers, athletes preparing to make the team to compete at the Olympics. This is a chance to see some of Canada's fastest in action. You are encouraged to attend to cheer on Jackson, Faye, and Nicole who will be competing with this international field of athletes. Competition times are posted on the bulletin board.

### **Squad Fun Meet – Sat. May 29<sup>th</sup>**

7:00am – 9:00am – at Sungod Pool - all swimmers from all groups come and participate in the final Squad meet of the season. Current Squad standings – Squad 1= 9109 points, Squad 2 = 11211pt, Squad 3 = 12742. Every race finished earns points for the Squad.

### **Pub Night and Silent Auction – Sat. May 29<sup>th</sup> – Sundowner Pub**

Come join some fun at our 3<sup>rd</sup> annual pub night – this time located at the Sundowner Pub at Scott Road and 64<sup>th</sup> Ave in Delta.

Fun begins at 7:00pm. Tickets are \$15.00

piece of their special day to helping the team.

### **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

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

### **Group Registration – In**

approximately 2 weeks you will receive a registration package. It will contain your swimmer's group and schedule for next season, along with their registration day as listed above. Early registration assures your spot in the group. Waiting until September will put you in the first-come-first serve group, and at risk of being on a wait list if a group fills.

Based on past experience we respectfully offer the following advisory information:

- Do not ask for disclosure of your swimmer's group in advance of the package distribution. We all find out at the same time.
- The above dates are based on the registration volunteers' availability. Please do not tax their time and ask for a range of alternate considerations.
- How are Groups determined?

- **group size** is determined primarily by available lane space, mobility of athletes, size of athletes.

- **movement** of athletes from one group to another is a coaching decision determined by a review of technical skill, attendance and attentiveness during practices, age-stage appropriateness of a change in training time based on long term athlete development principles, and training performance measures.

- **program initiatives** for next season will include an expansion of the Kids of Steel program and registration of a water polo team. More details will be provided in your registration package.

- Registration Package – please read it fully and follow the instructions. This

and includes pasta buffet and beverage. You'll be invited by phone soon with information about ticket purchase..

Triathletes can pick theirs up from Kerrie and Michelle.

## **NUTRITION**

Fresh fruit smoothies soon available. Send us your favorite mix or recipe.

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

*Familiar faces popping up on deck – to date we've seen Erissa Kido, Jeff Wirtanen, and Jason Streefkerk. Great to visit – keep dropping in.*

## **COMMUNICATION**

### **Web Address -**

[www.casca/sungods.ca](http://www.casca/sungods.ca)

Password to see the photos is <dragon>

**Heatwaves** – Next issue Sept./Oct.

**Meet Results** - [www.swimdirect.ca](http://www.swimdirect.ca)

**Bulleting Board** – pool lobby

**E-mail** - [sungod\\_swim\\_tri\\_polo@hotmail.com](mailto: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.

### **Summer SWIM HOURS - July**

A separate e-mail for training in July will be sent before the end of May. The training will take place mainly at Sungod Pool, but will also include NDOP and Central Park.

## **Friends of SUNGOD**

**Team Aquatic Supplies**

will help to make registration night a quick and effortless process.

## **SUMMER PROGRAM Registration**

**Tuesday June 8<sup>th</sup> & June 22<sup>nd</sup>  
5:30pm – 7:00pm**

**Registration Summer Camp Programs**

Summer program will include a variety of swim technique sessions, triathlon half day camps, and water polo half day camps. Please pick up a brochure in the lobby to see the details.

## **AWARDS NIGHT - 18<sup>th</sup> Annual**

**Friday June 11<sup>th</sup> – Sunbury Park Hall  
6:30pm – 8:30pm**

**Reservation contact late May**

### **Helping Hands:**

Thanks to our officials who have helped through the season. Congratulations to the new participants and to those who have upgraded their certification:

**Stroke and Turn** – Wayne Riggs, Denise Taylor, Patrice Hall, Gerald Renneberg, Rose Yu

**Chief Timer** – Don Biggin

**Referee** – Shelley Cabico

**Timers** – Lynne Andrews, Louisa Chan, Kate Hanna, Josephine Hou, Tony Lee, Erin Lindsay, Jason Riggs, Trevor Riggs, Vanessa Renneberg, Liz Santos, Victor Santos, Erin Taylor, Mark Taylor, David Woodson

(if we've missed anyone, let us know we want to be sure to recognize you)



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 !***

- BP and HC were the duling cheerers at the  
Delta meet – all to the benefit of the swimmers  
of course!

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### **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 Sept. 4th,  
2004.