



Team **SUNGOD**

Heat Waves Nov.-Dec. 2004

Year of the 2005 Canada Games

Coaches Corner:

Club activities are in full swing. Social events have included the Welcome back and Hallowe'en Squad Fun meet. Hopefully you have had a chance to participate in these events and to meet some of the other club members.

Competitions have started at all levels – the first Novice PASS was November 6th, the first Regional meet was hosted in White Rock, and the first Senior Circuit was held in Victoria. Many of our swimmers have been competing in high school sport including swimming and cross country running.

Coaches have been focusing the athlete's attention on a variety of goals helping them to define what they want to achieve this season. The support efforts of the parents of all our parents are much appreciated as these will help each of our athletes meet their goals.

Annual General Meeting

The Annual General meeting was held on Nov. 3rd at the North Delta Rec. Centre. Thank you to those who found time to attend and participate. The following members are volunteering their time on behalf of the team as part of the Board of Directors. Executive positions will be determined at the first meeting of the Board on Nov. 17th.

Gerald Renneberg – 2nd year

Wayne Riggs – 2nd year

Liz Santos – 2nd year

Shelley Main – 2nd year

Denise Taylor – 2nd year, 2nd term

Sheila Riggs – 1st year, 2nd term

Don Biggin – 1st year, 2nd term

Claudia Boduel – 1st year 2nd term

Erin Lindsey – 1st year

Josephine Hou – 1st year

Mike Pearson – 1st year

Thank you to Jenny Chen (Treasurer) and **Ginny Lee** (Fund Raising Coor.) for the past

Upcoming Events

November

10 – Delta 125th Birthday, Sungod Rec. Centre

13-14 – Island Cup, Sr. squad

19-20 – BC High School Champs

20-21 – Spartan Regional, Chilliwack

December

3-5 – Fast Swim Invitational, Richmond

11-12 – Regional meet SFU

18 – Squad Fun Meet #2, Backstroke

20-31 – Revised Schedule – To be posted as soon as we have pool time confirmed.

Fund-raising Activities

November

– Nut Sale Pick up Nov. 20th

Helping Hands:

Welcome Party – thanks to the team of parents and swimmers who helped to host this event for all the team Sungod members. It was a very fun evening for all ages.

Entertainment Books – thanks to Rick Hanna for training the new recruit, and to Fazal Bhimji for organizing the activity for the new season.

Nut Sale – Thanks to Roxanne Hanna for taking over the coordinator challenge and also ...for sorting all the orders.

Delta 125th Birthday – Access to drop in programs at the facility are free to celebrate Delta's birthday. Team Sungod will have a display, do some demos, and we ask everyone to wear their team cap that day to promote the team.

two years on the Board.

Welcome Party

Thanks to all who helped to organize the welcome to all new and returning members. Games organized by Sr. and Jr. swimmers were lots of fun. The singing proved that some can carry a tune and some are fortunate to have swimming talent!

New Registrations

Registration will be on-going through the season until groups fill. If you know someone interested, please ask them to call with inquiries or to schedule a screening (604) 572-7257, daytime.

Delta SWIM MEET- Mar. 5- 6/05

All families will be contacted in the next few months about assisting with the meet. This is the only competition which we host at our home pool this season. There are many tasks to running a swim meet. These will include supplying officials, having food services available for volunteers at the meet and coaches, providing a concession stand for athletes and spectators, setting up before and taking away equipment for the meet, finding sponsors to advertise in the meet program, and a variety of other tasks. Please be ready to assist when contacted.

Pick-up and Drop-Off

Parents – we have been asked again to remind you to keep the yellow curbed area clear. This is an area for access of emergency vehicles. Please park your vehicle in the appropriate parking lots and walk your athlete to/from the pool for practices. Your cooperation in keeping the area in front of the facility clear is most appreciated.

Officials Clinics

Meet Manager – Thurs. Nov. 25th

Timers and Stroke/Turn – Sat. Jan 8th

- these are for Sungod parents. Please contact Denise Taylor drtaylor5@telus.net for details.



*The more they deny it,
the more you know it's true !*

It's a plane! No...it's a bird! No...it's JT doing toe raises on the bosu. Very unique technique JT.

No quest SP has all the dance moves!

COMMUNICATION

Web Address - www.cscs.org/sungods

Password to see the photos is <dragon>

Heatwaves – Next issue Jan-Feb 2005

Meet Results - www.swimdirect.ca

Bulletin 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.

Technical or Coaching program -

Head Coach Michelle (604) 572-7257 NOTE – please call during the day, and no later than 8:00pm in the evening. *Coach gets up every morning at 5:00am and is not alive after 8:00pm!*

Board Meetings – monthly.

Next meeting Nov. 10th , 7:30pm-9:30pm.

Minutes are available upon request. Please forward request to

sungod_swim_tri_polo@hotmail.com

Hallowe'en

Squad Fun Meet – Sat. Oct 30th

A few pumpkins on the loose. Great participation from all groups and the many swimming parents too. Thank you to the Refreshment crew and clean up crew.

Highlight Performances

Team BC Junior Provincial Team – October Training Camp

Jackson Wang attended the camp held at UBC from Oct. 17th to 20th. There were six 2 to 2.5 hour practices, mostly outdoors, and most ranging from 6000 to 7500 meters. Twenty BC athletes attended, and each day they were challenged on an individual basis, and expected to rise to greater challenges as a team. Here is a sample of a couple of practices: There were sessions on mental training, nutrition, and race analysis of Olympians. Here is a sample practice session:

Workout 2 – Oct 18, 2004 7:30-10:00am, Outdoor Longcourse

- 200 Free on 3:30
- 4x50 as 25 feet first/25 Breast Pull with dolphin kick on 1:30
- 200 Reverse IM on 3:30
- 4x50 as 25 underwater dolphin kick on back, 25 Single Arm on 1:20
- 8x150 as 1 free, 1 as best stroke. 50 drill, 50 Stroke count smooth, 50 Build – hold Strk Count. Free on 2:20, Best on 2:40
- 4x 100IM, 50IM order, Descend IM 1-4 on 1:50 50 IM Order is High Intensity on 50sec.
- 10x50kick on 1:00
- 2000 Time Kick Descend the 500's and negative split
- 500 Loosen Up
- 5x100 Free/Back by 50 on 1:40
- 20x50 Free with a band. On 1:00 as 5 Build, 15 Race Effort.
- 400 Backstroke Warm-down.

Total: 7750m

Mindset:

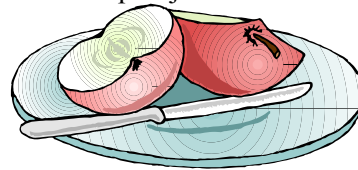
Excellence is achieved when you care more than others think is wise; risk more that others think is safe; dream more than others think is practical; and expect more than others think is possible.

Persistence AND Integrity matter.

NUTRITION

We've been seeing many water bottles during practices. That's great. Please remember to take them home with you after practice.

Recovery – recovery after your practices can be helped if you have a small snack immediately after practice. A handful of raisins, fruit to go, or Perfect 10 bar are good choices. As well, instead of emptying what is left in your water bottle on the deck drink it instead. You need to re-hydrate after practice. Recovery during long practices - athletes who have a pool session, or combined pool and dry-land session that lasts longer than 60 minutes should try bringing two water bottles to practice – one with water and one with a fruit juice/water mix. If you have space for only one – choose the fruit juice with water mixing 4 parts water to 1 part juice.



Where Are They Now?

Nick Churko – married in the summer. Congratulations Nick.

Kim Tee – Has started her Masters in Computer science in Calgary

Sean Marlowe – continues to make improvements. He's now in Victoria. At last report Sean was sitting in a wheelchair daily, switching to three meals a day from tube feeding, increasing in facial expression – sending many smiles and a few frowns, and working on giving thumbs up and thumbs down signals for various activities toward improving his well being.

Have a story for the newsletter? Send it to sungod_swim_tri_polo@hotmail.com. Next newsletter submissions due Dec. 20th

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.

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

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.

? *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.*