



Team **SUNGOD**

Heat Waves Jan.-Feb. 2005

Year of the 2005 Canada Games

Coaches Corner:

Happy New Year 2005. Already short course season is nearing it's peak for regional, provincial and national level swimmers. Championship meets will start in January with the LMR Champs at SFU, followed by BC Champs and Western Canadian nationals in Victoria in February. As swimming reaches it's half way mark for the season, triathlon competitive season will just be getting started. There are a variety of team activities and all levels of meets in the coming two months, along with our home meet at the beginning of March. Support your team, focus on your goals and let's look forward to some great performances.

Finally a special welcome to **Elise LeBrun** who has joined the coaching staff as lead coach of the triathlon program. Welcome to BC and to Team Sungod. And, a farewell to Chris Durnford who helped get triathlon started this season. We'll look forward to hearing about developments in Penticton Mrs. Chris.

Parent Info. Meeting

Monday Jan. 10th 6pm – 7pm

All families are asked to have one parent in attendance.

New Registrations

Registration is on-going. If you know anyone interested, please ask them to call with inquiries or to schedule a screening (604) 572-7257, daytime.

Officials Clinics

Timers and Stroke/Turn – Sat. Jan 8th
- for Sungod parents . Please contact Denise Taylor drtaylor5@telus.net for details.

Upcoming Events

January

- 8 – Team Photo, Officials Training, and Bottle Drive**
- 10 – Parent Info. Meeting, 6pm-7pm**
- 14-16 – LMR Champs, SFU**
- 15 – Sr. Circuit, UBC**
- 22 – HYACK Icebreaker, New West.**
PASS #2 – Richmond 8am – 12pm

February

- 3-6 – BC Champs, Victoria**
- 12-13– Regional meet SFU**
- 12 – Delta “2010” celebration North Delta High School**
- 17-20 – Western Canadian Champs, Victoria**
- 26 – Swim-A-Thon Team Challenge**

March

- 5-6 – Delta Regional Meet**
- 5 – Triathlon Clinic # 1**
- 12 – PASS # 3**

School Break – Note that there will be changes in schedule during the school break. See information in specific section.

REMINDER!!!!

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.

REMINDER!!!!

Delta SWIM MEET- Mar. 5- 6/05

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

Highlight Performances

Team BC – Thunderbolt Invitational – Tualatin Hills, Ore.

Jackson competed at the meet as a member of Team BC. He was 5th in 50 free (24.19), 7th in 100 free (52.45), 9th in 200 free (1:53.74), 7th in 50 fly (26.70), and 8th in 100 fly (1:00.16).

Spartan Regional – 69 personal best times

Fast swim Invitational – 42 personal best times; Jackson Wang – 1st 200 free; 2nd 100 back, 100 free; 3rd 50 back, 100 fly; Finalists – Nicole Boduel, Ricky Bal, Laura Biggin, Chantel Boduel, Courtney Briggs, Louisa Chan, Ciro Golden, Morgan Karkling, Alex Lindsey, Reena Paul, Vanessa Renneberg,

SFU-Dec. Regional – 80 personal best times

Mindset:

Success = hard work done correctly and consistently.

Success is what happens when 10,000 hours of preparation meet one moment of opportunity.

Persistence AND Integrity matter.

Fund-raising Activities

Bottle Drive 2005

Bring your returnable containers to the bottle drive on Sat. Jan. 8th. Check with all your neighbors and bring their's too.

Swim-A-Thon

Swim-A-Thon packages will be distributed early in February. The challenge swim will on Sat. Feb. 26th. Senior + Junior + Youth/Adult Triathletes from 6:00am to 8:00am; Gold and Olympic Dragons from 7:00am to 9:00am; and Swim Kids from 8:00am to 9:00am. Other details in Feb.

Gift Cards

The first order of gift cards went well. Orders will now be taken monthly beginning with February 1st. This way if there are vendors you and your family or friends use regularly you can continue to make use of the cards. Remember funds are raised for the club and credits earned for the family. All orders must be accompanied with payment. Keep copies of the order form for future use. If you have any questions please contact Erin Lindsey – ErinL@telus.net

Helping Hands:

Gift Cards – thanks to Erin Lidsey for volunteering to coordinate this project.

Team Photo – thanks to Liz Santos for volunteering to coordinate this project, and to Maureen McDonogh who is helping on photo day.

Bottle Drive – Thanks to for coordinating this fund-raising project.

TEAM PHOTO – Sat. Jan. 8

Arrive at the pool by 7:30am sharp. It takes time to organize everyone into position so please come on time. The team photo if for everyone – all groups, all levels. Bring your order form and payment on photo day. Wear your navy T shirt (or Olympic shirt 2nd choice).

Reindeer

Squad Fun Meet – Sat. Dec. 18th

A few santas and reindeer on the deck and great participation from all groups ages 5 years and up. Thanks for a few extra treats among the refreshments. Thank you to the Refreshment and clean up crew.

Next Fun Meet – Sat. April 2nd

NUTRITION

Now that the 'seasonal goodies' have been finished off to the very last crumb time to focus ahead to upcoming events. Plan ahead for your competitions. You need to refuel through the day especially when competing in several events, and more so when you have prelims and finals. While at the competition the more liquid you can keep your fuel the better – eg. Juice mixed in your water bottled, or even a smoothie. Remember to have something – juice, raisins, piece of melon within 15 minutes of finishing your race, not a whole meal just a couple of sips or bites is enough. When you have an all-day event you need to plan for balance in your fuel replacement – that means servings of protein, fat, and carbohydrates (best to have a mix of grains and all colors of vegetables). Making casseroles in advance is an easy way to a quick and balanced meal between prelims and finals and at the end of a competition day. Too often athletes go for what stops the hunger quickest – bread or pasta without a good balance – neither of which provides sufficient or long lasting fuel. **PASS meet** – suggest juice, and melon bits **Regional** – suggest smoothie, melon bits, followed by a full meal **Heats/Finals** – smoothie, melon bits, Perfect 10 bars, casseroles.

DELTA Winterfest “2010”



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

The things you discover about athletes when traveling... LC gets the grumpiest wake up award! An hour later it's all sweetness of course - just don't volunteer to be the one to do the wake up call.

Coach will need a 15 passenger van next time LB travels - just for the luggage. One must travel with all the essentials you know!

COMMUNICATION

Web Address - www.esca.org/sungods
Password to see the photos is <dragon>

Heatwaves – Next issue Mar-Apr 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 Jan.19th, 7:30pm-9:30pm. Minutes are available upon request. Please forward request to sungod_swim_tri_polo@hotmail.com

The 2nd annual Winterfest will be held February 12, 2005 at ND Senior Secondary 5 years to the day of the Opening Ceremonies for the Olympics in 2010. Special guests will include Karen Clark (Delta Olympian, Rowing, Athens 2004) and Jeff Francis (Colorado Rockies Baseball Team). This year the event will have two parts an afternoon trade show format and an evening ceremony.

In the afternoon teams can display and promote themselves. The afternoon will also feature the opportunity to talk to Olympians and get autographs.

The evening celebration will be inside the school and will begin with marshalling at 5:30 followed by the ceremony at 6:00. The Delta Spirit of BC Community Committee invites you to join us. Come wearing your organizations uniform or identification and bring a sign or banner to promote yourself. The evening will include some entertainment, Olympians, torch lighting and the unveiling of the 2010 Olympic logo.

Those interested in participating in the evening ceremony RSVP by February 1st to sungod_swim_tri_polo@hotmail.com. Reminder to those in the Regional meet – the meet times are unknown at this point, but you may be finished in time to participate in the evening.

Triathlon Clinic - Sat. March 5th

More details will follow in a separate e-mail and posted notice, but the plan is to have 3 different age groups at cycle / run clinics through the day and then a swim clinic in the afternoon following our swim meet. This is aimed at our triathletes who are not in our regional meet, triathlon new-comers, and promotion around the region.

Where Are They Now?

Jeff McDonald - *Incredible who we meet up with at the pool! Jeff is finishing his law degree and plans to practice in Prince George after exams next summer. Jennifer is in Nanaimo and Dad is still in Delta. Great to meet up with you again after 14ish years???*

Sean Marlowe - Letter from the Marlowe Family: *We would like to take this opportunity to thank all those who contributed to the Sean Marlowe Trust Fund. We are deeply grateful for the wonderful support everyone has provided in helping us through this most difficult time. The money raised will help facilitate Seans recovery and rehabilitation. The emails, cards, hospital visits, and phone calls are also much appreciated. We look forward to the day when Sean can thank you himself.*

Chris, Cherith, Devin and Kailie Marlowe.

Update

Sean was home for 5 hours at Christmas! It was fantastic. He seemed very relaxed, and enjoyed all the fuss. We had a few of his friends over and they sat with him, laughing and talking.

Sean passed the Aberdeen assessment to move into the Functional Improvement Program. He has increased in his responsiveness and alertness over the past week, and obeyed all the commands of the evaluator! I couldn't have received a better Christmas present.

We have arranged for Sean to come home again on Dec 30 for his birthday. He will be here (3870 Epsom Drive) between 2-6pm if any athletes wish to come by and say 'happy birthday'.

Thank you for your continued support and have a great holiday;
Cherith

Have a story for the newsletter? Send it to sungod_swim_tri_polo@hotmail.com. Next newsletter submissions due Feb. 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.*