



Team SUNGOD

Heat Waves Mar.-Apr. 2005

Year of the 2005 Canada Games

Delta Hosts Annual Regional Meet

Team Sungod's annual swim meet was held March 5th and 6th with much success thanks to **105 personal best times** from Sungod swimmers, and to all the helping hands from Team Sungod parents from all groups. Many thanks for helping the kids have a great meet.

Thanks to:

- Sheila Riggs and Silvia Renneberg co-meet managers and their swim meet team, and especially the guidance of Shelley Cabico,
- Wayne Riggs, Mike Pearson, and Hugh Hall – electronics and meet secretary, and for the guidance of Ted Moens and Dave Archibald,
- Denise Taylor and all her officials, Mr. Starter Oliver Boduel, and Madame Referee Rita Steeple who helped to keep all sessions running smoothly,
- Michael Golden and the set-up/take down crew,
- Cathy Knapp and the food crew – the food was never ending and sometimes VERY creative, with a few HOT surprises!

Parent Meetings

Gift Cards – a great way to do your shopping, or to give as gifts to friends and family. Opportunities to purchase Gift Cards is available through Team Sungod. We will be organizing **Gift Card Order Nights** at the pool each month. Keep a watch for special e-mail bulletins and notices on the bulletin board.

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 (8am-2pm)

Officials Clinics

Upcoming Events

March

- 12 – PASS #3 – Richmond 8am – 12pm
- 12 – UBC Triathlon
- 21-27 – All Programs Off
- 28 – Regular practice schedule resumes
 - Session 3 Swim Kids begins

April

- 2 – Squad Fun Meet – Breaststroke
- 9 – PASS # 4 – Richmond 8am-12pm
- 16-17 – Port Orchard Sprint meet
 - Haney Regional meet
- 23 – Ladner Triathlon
- 30/May 1 – West Coast Open

May

- 7-8 – Surrey Regional
- 7 – KOS Triathlon Clinic
- 10-14 – World Championship Trials, Montreal
- 14 – PASS # 5, Richmond 8am-12pm

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 **No PARKING** area clear is appreciated.

Fund-raising Activities

Swim-A-Thon

Pledges are due by Wed. April 13th
Pledges return before this date are eligible for top ten prizes. Prizes will be awarded at the Awards Night in June.

None scheduled at this time. Please contact **Denise Taylor** draylor5@telus.net if you have any questions.

Helping Hands:

Gift Cards – thanks to Erin Lindsay for volunteering to coordinate this on-going project.

Bottle Drive – Thanks to Liz Santos for coordinating this fund-raising project, and to all those who brought piles of returnable containers, along with all the sorters. Many hands made light work.

Highlight Performances

LMR Regional Champs – Jan. 14-16
79 personal best times

1 graduate to BC Champs = Alex Lindsey (200 fly)

20 Individual medal finishes

Medalists include Laura Biggin – gold 200 IM; Colton DeCecco – silver 200 breast, bronze 400 free; Ciro Golden – silver 200 back & 200 IM, gold 400 IM; Morgan Karkling – gold 800, 400 free and 200 back, silver 200 free; Alex Lindsey – gold 800, 400, 200 free, 200 IM, 200 fly, 200 back, silver 100 fly; Lynn McDonald bronze 200 fly; Stephen Riggs – bronze 50 free; Erin Taylor – bronze 400 IM.

BC Provincial Champs – Feb. 3-6

32 personal best times

4 Individual medal finishes

Medals for Jackson Wang included gold in 200 free and 100 fly, silver in 50 free, 100 free.

Western Canadian Nationals –

Feb. 17-20, Victoria

6 personal best times

1 graduate to Sr. Nationals =

Jackson Wang (200 free, 100 fly)

2 Individual medal finishes

Medals for Jackson Wang in 100 free, silver and 100 fly, bronze.

Mindset:

Every day you make choices, which

COMMUNICATION

Web Address - www.casca.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 8:00am -2:00pm *Coach gets up every morning at 5:00am and is not alive in the evening!*

Board Meetings – monthly.

Upcoming meetings March 16, and April 20th, 7:30pm-9:30pm. Minutes are available upon request. Forward request to sungod_swim_tri_polo@hotmail.com

RECORD BREAKERS - SCM

Jackson Wang – 100 free (51.51) at WCC breaking the previous record of Graham Wood (51.77 – 1996); 50 back (28.53) at Fast swim breaking the previous record of Greg Hamm (29.47 – 1993); 100 fly (57.50) at BC Champs breaking the record of Graham Wood (58.01 – 1996); 100 fly (56.41) at WCC breaking his own record of 57.50.

Chantelle Boduel (13) – 50 back (33.38) at fast swim breaking the record of Laina Steeple (33.91 – 1996)

Nicole Boduel – 50 back (31.84) breaking her own record of 31.94.

Where Are They Now?

Megan (Wells) Friesen - *Is swimming Masters in North Vancouver and expecting a first child in July. Congratulations to Megan, Uncle Graham, and Grands Doug and Gwen.*

Have a story for the newsletter? Send it to sungod_swim_tri_polo@hotmail.com.

Next newsletter submissions due Mar.30th.

in turn cause things to change, cause things to happen. Each choice is like moving a game piece on a chessboard, or checker board. Each choice or move has an effect on what happens next. Each choice teaches us something, teaches us more if we are open to the learning. Make your move. Assess what happens. Plan and make your next move.

It's your choice.

Persistence AND Integrity matter.

**Next Fun Meet – Sat. April 2nd
Events
50 Breast, 25 Breast, and relays**

NUTRITION

What did you eat today??? Too many athletes we are learning are eating far too little through the day to provide the fuel energy needed to meet the challenges of training. Cerial + a piece of pizza + a glass of milk is one sample – Not enough!

Check Canada's food guide – the recommended servings are enough to get you started. Check yourself – are you eating the minimum? If not, then make a plan to improve. If you are, then take the next step and check the content – are you choosing all colors of vegetables? do vegetables outnumber the fruit? Enough water? Is their variety in all other food groups? Are you drinking water at practice? Are you eating a serving of fruit, or dried fruit snack after every practice?

Friends of SUNGOD

DELTA Winterfest “2010”

The 2nd annual Winterfest was held February 12, 2005 at ND Senior Secondary 5 years to the day of the Opening Ceremonies for the Olympics in 2010. Special guests included Jackson Wang who assisted with the Flag raising ceremony and was one of two 2010 Olympic Torch bearers for the Delta event.

The 2006 event will be held on the same date. Mark it on your calendar and lets have a huge contingent from Team Sungod.



Triathlon Clinic - Sat. May 7th and Sat. June 25th

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.

(Nutrition continued)

If you are missing several items, then pick one to improve. Once you make that a habit in your daily choices then add another change.

Are your competition performances improving? Check your fuel habits, training habits, and time management.

Like the spokes of a wheel – all have to work together to do your best.

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, and on-going clinic and
KOS activity support..



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

Lots of food helpers at the Delta meet –
thanks to all...but those swimmers –
interesting how they volunteer for that job
rather than any other...what was in those
chubby cheeks???

? *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.*