



# Team **SUNGOD**

## **Heat Waves May-Aug. 2005**

*Year of the 2005 Canada Games*

2005-06 Registration –

June 13th – 6:00pm – 7:30pm

Registration information will be distributed during the Awards Night on June 10<sup>th</sup>.

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Awards Night – Friday June 10<sup>th</sup>

Sunbury Park Hall – A sign up sheet is posted on the bulletin board. Please indicate the number of family members who will be attending. Deadlines are indicated on the poster. Numbers attending are needed in order to plan the meal. Please reply on time. Please note also that - **ALL** athletes under 16 years of age **MUST** be accompanied by a supervising adult. **PLEASE DO NOT DROP YOUR CHILD OFF THEN LEAVE.**

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**THE NATIONAL TEAM IS COMING !!  
TO UBC - JUNE 17-19**

Competing at the Mel Zajac Jr. international will be ALL of the swimmers competing at the World Championships in Montreal in July. See your Canadian Team Race. Cheer them on! Get their autographs. Your own Jackson Wang will also be there to take final aim on selection to Team BC that will compete at Canada Games in July.

Prelims from 9:30am – 12:00pm  
Finals from 5:30pm – 7:00pm

Attend every night, but especially on Team Sungod Pizza Night on Sunday June 19<sup>th</sup> for Finals. Meet in the UBC stands 3:45pm. RSVP by June 14<sup>th</sup> to coach Michelle

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New Registrations For 2005-06

Screening will take place beginning Sept. 12th. If you know anyone interested, please ask them to call with inquiries (604) 572-7257, daytime, or e-mail us at sungod\_swim\_tri\_polo@hotmail.com.

Upcoming Events

May

**28 – Squad Fun Meet – Fly, IM  
Parent Social, Sundowner Pub**

June

**4-5 – Nanaimo Invitational**

**10 – Awards Night**

**13 – Early Registration**

**11 – PASS #6 – Richmond**

**17-19 – Zajac International, UBC  
Canada Games Final Selection**

**24-26 – Regional Champs**

**30 – final day regular season**

**Wed. – Splash and Dash Series all Wed.  
in June. 4:00pm – 6:00pm**

July

**2 – Summer season begins**

**4 – Summer Camps begin**

**7-10 – BC Swim Champs, Pr. George**

**20-23 – Club Nationals, Winnipeg**

**22-24 – Moses Lake Invitational, TBC**

**24-31 – World Aquatic Champs, Montreal**

Aug

**8-12 – Canada Games, Regina**

**20 – Triathlon Nationals, Kelowna**

**27 – Ironman Canada, Penticton**

September

**12 – Season 2005-2006 begins**

Helping Hands:

**Head Official** – thanks to Denise Taylor who helped to organize Delta's officials for meets throughout the season.

**Swim-A-Thon** – Thanks to Liz Santos for coordinating this fund-raising project and collating all the results.

## Summer Camp Programs

**Swim Camps** - Stroke Improvement, video, and more in one week camps through July. Monday through Friday 2:00pm – 3:00pm pool plus 3:00pm – 4:00pm dry-land. Cost = \$70.00, includes facility use, coaching, shirt and cap.

**Week 1** – July 4<sup>th</sup> – 8<sup>th</sup>    **Week 2** – July 11<sup>th</sup> – 15<sup>th</sup>

**Week 3** – July 18<sup>th</sup> – 22<sup>nd</sup>    **Week 4** – 25<sup>th</sup> – 29<sup>th</sup>

**Triathlon Camps** – Add cycling and running to the above from 4:00-5:30pm. Cost = \$95.00.

**Summer Water Polo** – Team Sungod members may participate in Water Polo this summer by joining in with the Sunfish team that will be practicing at our pool. Notices were handed out regarding times and fees. If you need another just ask your coach. You do not need to participate in summer swimming to participate in water polo. (Point of Interest – As members of Swim BC, our swimmers are also members of Swimming/Natation Canada, and therefore of FINA. FINA rules prohibit members swimming in an unsanctioned meet. BC Summer Swimming is not a member of FINA and accordingly their meets are not sanctioned by FINA or SNC. The water polo does not fall under the swimming rules)

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## Bulletin Board & Display Case

Where did all the team info go? Check the new location for the team bulletins and our awards display cabinet. We've moved over to the area beside the chairs and tables lobby area.

New location – but same advisory – please check for new bulletins every week.

### *Mindset:*

*Attitude can be like weather.*

*If you absolutely focus on what's bad you will absolutely find a bad and foul weather day.*

*But, if you're patient and wait for it, a sunny day will also come over the horizon. Be Patient. Be Positive.*

*That's Perseverance*

**Persistence and Integrity Matter**

## REMINDER - AGAIN!!!!

### 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. Random ticketing will be taking place. You have been duly notified.

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

**AC** - nearly gave a bunny a heart attack during the Ladner Triathlon

**MW** - got twisted around on the Mont Royal Parc running trails, and now knows she can run for an hour. Does that mean the Sr.s and Jr.s can now run for hour with coach???

**SS** - discovered concrete is not as soft a landing as the pool. Another broken wrist - how many is that for the season?

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### Where Are They Now?

*Shaina (Wedley) – is a new Mom with son Aiden born April. Congratulations Shaina.*

*Graham Wells – last seen in the pool taking coach Chris on for a few lengths.*

*Coach Chris Stevens and Francine Ling have both been accepted into UBC Medical School, each achieving a long time personal goal.*

## Highlight Performances

**Ladner 6<sup>th</sup> Annual Triathlon, Apr. 23** – Andrew Conroy 3<sup>rd</sup> overall and 2<sup>nd</sup> 14/15 boys, Brittni Santos 3<sup>rd</sup> under 10 girls, Wendy Williams 3<sup>rd</sup> 45-49, Jenny McIndoe 3<sup>rd</sup> 55+, all other were in the top ten including Simon Truelove, Irene Wilkins, Chelsea Santos, Sonam Minhas, Tony Vanmannen, Alissa D’Lima, Ashley Sandhu, Melissa Jassal, Alex Visser, Jenna, Scott, and Lynn McDonald, and Trevor Pearson..

**Surrey Regional, May 7,8** – Louisa Chan and Chantelle Boduel jumped into the national track qualifying for Club Nationals in Winnipeg in July, and Reena Paul qualified for Western Canadians. Team mates joined in with an additional 92 personal best times.

**World Champs Trials, May 10-14** - Jackson competed at his first senior national competition performing to personal best in 50 fly and free, equal to best in 100 free, and a club record in 100 fly.

**North Shore Triathlon, May 23<sup>rd</sup>** – Andrew Conroy 2<sup>nd</sup> 13/14 boys, top ten finishers – Chelsea and Brittni Santos, Trevor Pearson, Jenna, Scott and Lynn McDonald, and Michelle Barsolou.

**Officials** - Congratulations to the following members on completing an Officials Clinic and/or receiving certification this past season.

**Level 1 Timing** - JJ Heo, Teddy Hou, Scott Morey Anne Sall, Lena Wong , Laura Wu, Simon Wu, Sherry Wu

**Electronics** - Mike Pearson

**Stroke and Turn** - Mike Pearson, Maria Sideris, Judy Swifts, Wayne Riggs, Erin Lindsay, Cathy Knapp, Teddy Hou, Josephine Hou, Patrice Hall, Hugh Hall, Michael Golden, Elsa D’Lima,

**Meet Manager** - Don Biggin, Sylvia Renneberg, Sheila Riggs

**Chief Finish Judge** - Sheila Riggs

**Clerk of Course** - Alenka Karkling

**Chief Timer** - Sheila Riggs, Sylvia Renneberg  
**Stroke and Turn** - Mike Pearson, Maria Sideris, Judy Swifts, Wayne Riggs, Erin Lindsay, Cathy Knapp, Teddy Hou, Josephine Hou, Patrice Hall, Hugh Hall, Michael Golden, Elsa D’Lima,

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## COMMUNICATION

**Web Address** - [www.casca.org/sungods](http://www.casca.org/sungods)

Password to see the photos is <dragon>

**Heatwaves – Next issue Mar-Apr 2005**

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

**Bulletin 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.

**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.19<sup>th</sup>, 7:30pm-9:30pm. Minutes are available upon request. Please forward request to**

**[sungod\\_swim\\_tri\\_polo@hotmail.com](mailto:sungod_swim_tri_polo@hotmail.com)**

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## NUTRITION

Start planning that summer menu. The fresh fruit and vegetables straight from BC gardens are starting to make it to the stands. Time to switch from processed to REAL food.

They’re not ready yet but when the apples get to the market pick up the BC Delicious variety and EAT the SKIN, don’t peel them – they have the highest concentration of anti-oxidants of any apple variety. And for those who might have an allergy to the skin then pick up the Northern Spy – their flesh has the highest concentration in the meat of the apple. All varieties are good – these just have the best ability to fight free radicals.

*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 Aug.31<sup>st</sup>

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## Board Updates

Throughout the season your member representatives on the Team Sungod Board of Directors have been very busy attending to organizing club activities, recruiting helpers, and attending to club operations. While minutes of meetings are distributed upon request as noted in your Team Guide, few make the request. An overview of most recent activities include – planning and final approval of the 2005-2006 budget; completed application to the Gaming Commission; directing activities for Pub Night, completion of the display cabinet, and Awards Night; update of officials training and attending a regional club head officials training workshop, and on-going representation at Regional club meetings.

### From the President – Gerald

Renneberg (*renn572@telus.net*) What makes each of us volunteer to help with our Sungod Club? There is no magic answer. We do it for our athletes...the activity itself interests us...we hope to create something better... we are obliged to do so...a chance for social interaction...helping the community...controlling the cost for our child to be in this sport. Whatever it may be, we do it. Our club relies heavily on volunteers and at Board meetings it is always discussed. A number of parents within the club volunteer many hours throughout the season and still balance this with full time, a family, and other activities that they maintain. For those who are wondering what they could do to help, please contact me. Together we make our Club a better place.

There are activities that are on-going with the Club through the summer, including getting ready for the new season. Some of our Board members or Club activity organizers will be 'graduating' along with their athlete at the end of this season. Thank you to those who have already stepped forward to train for the positions next Fall. During registration you will learn more ways that you can help. Your suggestions are also welcome.

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