



# Team *SUNGOD*

## *Heat Waves Sept.-Oct. 2005*

*Year of the 2006 Commonwealth Games*

### Coaches Corner

My challenge to all of you was to stay fit through the summer. I met my own challenge by finishing a cycling trip across Canada that started during my break 5 summers ago. The total this summer was just over 1400km and the total for my route across the Country was just over 8500km. There are many spots where I want to return and cycle again, and all the more when I read the journal of a family I met in Montreal who were doing their own cycle tour.

The Feldmann family, including Stefan (12) and Tristan (10) began in Penticton in May, and as of this month they will soon cross the waters into Newfoundland. They are on an adventure, and once they have seen the whole Country are then going to decide where they want to live. I was most impressed by the young age of the boys. It's not that the trek is physically demanding in the extreme, but it does require some measure of physical and mental tenacity. When I met them they were in high spirits though and looking forward to new day's events. Obviously any challenge of tenacity had long since been conquered. I'm sure they will celebrate the conclusion of their tour as did I with my family and friends. But just like the challenges in our sport, while we celebrate and enjoy the singular achievements – a best time, or a race in finals, or a medal – it is the journey to get there that is most memorable and should be held closest.

You can read about the Feldmann family at:  
[http://www.crazyguyonabike.com/journal/page/?o=aw&page\\_id=26088&v=1](http://www.crazyguyonabike.com/journal/page/?o=aw&page_id=26088&v=1)

### New and Returning Coaches

**Kris Hildebrand** – arrives in Delta from Winnipeg and will be coaching Olympic Dragons, Gold, and Triathlon. **Kristi Panser** – returns to coach Swim Kids. **Jason Streefkerk** – returns to coach High School and Gold. **Elise LeBrun** – returns to coach dry land, triathlon, and help with Olympic Dragons. **Erin Taylor and Nicole Boduel** will assist with Swim Kids.

Awards Night – Friday June 10th

**Performance Highlights** – It was a fun evening to recognize our top performers through the 2004-2005 season, and a chance to say our fond good-byes to coaches Joanne and Chris. We wished Chris well as he heads off to UBC medical school. When we took a moment to ask everyone in Swim Kids currently coached by Joanne to stand up, then added all those who had ever been coached by Joanne nearly all our members were standing. It was a true honor to

have coached with Chris for 2 and with Joanne for 12 seasons. Whether their time on our deck was a few or many years each has positively touched the lives of the young people they coached in Team Sungod. Thank you.

**Top Swim-A-Thon fund raiser** – Alix Main

**Outstanding Development Swimmers** – Jeremy Lotto and Lisa Ngunen (**Swim Kids**), Nicky Hou, Jordan Wong, and Sirena Khera (**Olympic Dragons**), Lynn McDonald and Colton DeCecco (**Gold**), Chelsea Santos and Trevor Pearson (**Kids of Steel**), and Tia DeCecco (**Water Polo**).

**Award of Merit** – Jackson Wang and Louisa Chan (Championship team standing)

**Century Swim** – Jackson Wang (100 lengths in 30minutes)

**Sungod Cup** – Jackson Wang (Sr. national and Canada Games team qualifier)

**Fairplay Award of Distinction** – Jackson Wang and Louisa Chan (overall team leadership)

**Outstanding Service** – Liz Santos (volunteer contributions to the team)

### Performance Highlights

#### Record Breakers:

**Jackson Wang** – 50 fly lcm 26.38 (10 May 2005) breaking his own record of 26.56.

**Chantelle Boduel** – 200 back lcm 13&14 (25 July 2005) 2:37. breaking the record of Dayna Saunders from 1996 of 2:40.14.

#### Regional Champs June 2005:

**Alex Lindsey** 3<sup>rd</sup> 800 free, 200 back; 2<sup>nd</sup> 200IM; 1<sup>st</sup> 200 fly; **Laura Biggin** – 1<sup>st</sup> 200 IM; **Colton DeCecco** – 2<sup>nd</sup> 1500 free, 200 IM;

## Performance Highlights

**Ciro Golden** – 2<sup>nd</sup> 1500 free, 100 back, 200 back; 1<sup>st</sup> 100 back; **Morgan Karkling** – 3<sup>rd</sup> 100 back, 2<sup>nd</sup> 200 IM; **Imelda Chan** – 3<sup>rd</sup> 200 IM, 200 back; 2<sup>nd</sup> 200 fly; 1<sup>st</sup> 200 free; **Lynn McDonald** – 3<sup>rd</sup> 200 fly; **Jonothan Wong** – 3<sup>rd</sup> 50 free; **Ricky Bal** – 3<sup>rd</sup> 200 breast; **Stephen Riggs** – 3<sup>rd</sup> 200 back

### Canada Games 2005:

Jackson Wang – bronze 4x200 free relay with Team BC including Richard Alexander, Alex McLaren, and Ryan Cochrane. (continued pg. 2)

**Morgan Karkling** – 3<sup>rd</sup> 100 back, 2<sup>nd</sup> 200 IM;

**Imelda Chan** – 3<sup>rd</sup> 200 IM, 200 back; 2<sup>nd</sup> 200 fly; 1<sup>st</sup> 200 free; **Lynn McDonald** – 3<sup>rd</sup> 200 fly;

**Jonothan Wong** – 3<sup>rd</sup> 50 free; **Ricky Bal** – 3<sup>rd</sup> 200 breast; **Stephen Riggs** – 3<sup>rd</sup> 200 back

### Excellerator Tri – July 24, 2005:

Trevor Pearson and Brittni Santos – 2<sup>nd</sup>; Tony Vanmannen and Chelsea Santos 3<sup>rd</sup>.

### Canada Games 2005:

Jackson Wang – bronze 4x200 free relay with Team BC including Richard Alexander, Alex McLaren, and Ryan Cochrane.

### Kelowna Apple – KOS and Age Group

#### National Triathlon, August 20, 2005:

Kate Hanna – 3<sup>rd</sup>; Trevor Pearson – 8<sup>th</sup>; Scott Hanna – 16<sup>th</sup>.

### Penticton Ironman Canada, Aug. 28, 2005:

Jenny McIndoe 5<sup>th</sup> (55-59) 1736<sup>th</sup> overall; Wendy Williams 27<sup>th</sup> (45-49) 1307<sup>th</sup>; Sharon Skitch 16<sup>th</sup> (50-54) 1547<sup>th</sup>; Eric Stacy 178<sup>th</sup> (45-49) 1788<sup>th</sup> overall, Celine Coombs 71(40-44) 1422 overall.

## 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](mailto:sungod_swim_tri_polo@hotmail.com).

## Bulletin Board & Display Case

The Team display area is in the lobby across from the Esquires. Please check for new bulletins every week.

## Board Updates

The first meeting of the Board will take place on Sept. 28<sup>th</sup>. If you have questions or ideas to pass to the Board please forward them to the President, Gerald Renneber ([renn572@telus.net](mailto:renn572@telus.net)). The Annual General Meeting and Meet the Coaches night will be hosted at the end of October. There will positions open and your interest is welcome. You need to have been a member for one year. Contact Gerald with your inquiries.

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## Mindset:

*Include a doubting voice in your support group. If you waver in your resolve because of their doubts question what you believe and what you really want. If you remain passionate about your goal then you know that what you believe is what matters and that you have the 'want power' you need to achieve your dream.*

## Persistence and Integrity Matter

## Upcoming Events

### September

**18 – Terry Fox Run, 10am, Sungod**

**24 – Welcome Back Party, Sunbury Park Hall, 5pm – 8:30pm.**

### October

**8 – Team Hike and Beach Games, Sasamat Lk, 11:30am-1:30pm**

**15,16 – PSW Invitational**

**22 – Distance Time Trial**

**29 – Squad Fun Meet #1 Freestyle**

– all members, Sungod 7am – 9am

## Helping Hands:

**Head Official** – thanks to Denise Taylor who helped to organize Delta's officials for meets throughout the season. She is passing the torch to Patrice Hall and Tony Lee.

**Donating Families** – Thank you to all those who contributed to the Team Sungod Relay that participated in the Aquatics for Arthritis event on September 10<sup>th</sup>.

## REMINDER

### Pick-up and Drop-Off

Parents – we ask the new families and again remind returning families to **keep the yellow curbed area clear**. This is an area for access of emergency vehicles. You should not be waiting in this area to pick up your child. **Please park your vehicle** in the

## COMMUNICATION

**Web Address** - [www.csa.org/sungods](http://www.csa.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 Sept. 28th , 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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*The more they deny it,  
the more you know it's true !*

SP – the pied piper of triathlon, pulls all the participants across the finish line.

Sr. group was so hot the first practice back they set the pool on fire. A visit from Delta firefighters had to cool the place off.

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Where Are They Now?

*No new news at the moment..*

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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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## NUTRITION

Coaches will have an information page for all athletes. We will have tips throughout the season in the Heatwaves, and will post articles of interest on our bulletin board. Basically we ask that all members make healthy choices during all practices, competition, and swim related events. Not sure if it's `coach approved'? Show it to your coach to get some help.

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## Dry Land Practices

**What is expected for dry land sessions?**

**When it's a deck activity** have shorts and t-shirt to pull on over your swim suit for immediate change either before or after you swim session. Shorts must be elastic waist to allow unrestricted muscle movement, and secured at the waist to eliminate the distraction of falling shorts due to rolling to the hips. T-shirt should be a team shirt for team image and recognition. Then add well fit, and securely tied running shoe. No skater shoes and no loosely tied shoes – they don't give the support needed. The sole of the shoe **MUST** be clean – no grit.

**When it is an outdoor activity** – dress for the weather. You'll be given time to change. Make it quick. Shoes as above. Track pants if cool, again with elastic waist, held at the waist. Long sleeves, wind-breaker if needed, and Team vest – again for team image and team recognition. A hat to cover your ears is necessary as soon as it's cool enough to see your breath – especially for post swim dry-land.

*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>



*Join in the Team Activities on September 24<sup>th</sup>, October 8<sup>th</sup> and October 29<sup>th</sup>. Check the web site for details.*

## **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.



**Thank you to CIBC** and to Shelly Cabico recipient of the Employee as Ambassador Award

Donated to Team Sungod in recognition of volunteer service. Many thanks for your contribution and efforts on behalf of the team.

**?** *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).*