



# Team SUNGOD

## Heat Waves Jan.-Feb. 2006

*Year of the 2006 Commonwealth Games*

### Coaches Corner

Next  
spring, when  
you see Geese  
returning North for  
the Summer, flying along  
in V formation, you might consider  
what science has discovered as to why  
they fly that way: as each bird flaps its wings, it creates  
an uplift for the bird immediately following. By flying in  
a V formation the whole flock adds at least 71% greater  
flying range than if each bird flew on its own.

People who share a common direction and  
sense  
of community can get where they are going  
more quickly and easily because they are  
traveling on the thrust of one another.

When  
a goose falls  
out of formation  
it suddenly feels the drag  
and resistance of trying to go it alone  
and quickly gets back into formation to take  
advantage of the lifting power of the bird in front.  
If we have as much sense as a goose we will  
stay in formation with those who are  
headed the same way we are.

When  
the Lead Goose  
gets tired, it rotates back  
in the wing and another goose flies point.  
It is sensible to take turns doing demanding  
jobs with people or with geese flying North.

Geese  
honk from behind to  
encourage those up front to keep their speed.  
What do we say when we honk from behind?

Finally,  
and this is important,  
when a goose gets sick or is  
wounded by gunshots and falls out of  
formation, two other geese fall out with that goose  
and follow it down to lend help and protection. They stay  
with the fallen goose until it is able to fly, or until it dies.  
Only then do they launch out on their own, or with  
another formation to catch up with their group.

If we have the sense of a goose we will  
stand by each other like that to ensure

### Performance Highlights

#### Record Breakers:

**Jennie Hall – 200 back 3:04.61** broke Melissa  
Ibbotson's record of 3:07.48

**Yihan Wu – (10&U) 400 free 5:58.88** broke  
the previous record held by Reena Paul  
6:00.78; **800 free 12:24.24** broke Reena Paul's  
record of 12:42.19; **200 back 3:04.01** broke  
Jennie Hall's record; **200 breast 3:35.78** broke  
Reena Paul's record of 3:39.09.

#### Fast Swim: From A Finals

**Chantelle Boduel – 3<sup>rd</sup> 50 back, 6<sup>th</sup> 50  
free, 3<sup>rd</sup> 100 free, 5<sup>th</sup> 200 back. Justin  
Tetrault – 6<sup>th</sup> 50 breast. Louisa Chan – 8<sup>th</sup> 50  
back. Nicole Boduel – 6<sup>th</sup> 50 back. 200 free relay  
8<sup>th</sup> – Imelda Chan, Katelin Knapp, Yihan Wu, Julie  
Hall; and Chantelle Boduel, Alex Lindsay. Vanessa  
Renneberg, Amy Hou**

**PASS # 2:** Jasmine Mann graduated to Regional  
level on November 26<sup>th</sup>.

### *Mindset:*

*"Life is 10% the situations we are  
confronted with and  
90% our attitude towards them"*  
*(Feldmann Family, Cross Canada Cycle)*

**Persistence and Integrity Matter**

### Upcoming Events:

#### January

**7 – Team Photo, 7:00am**

**14-15 – Hyack invitational, New West.**

**20-22 – LMR Regional Champs, Chiliwack**

#### February

**2-5 – BC scm Provincial Champs, Surrey**

**17-19 – West Canadian Champs, Winnipeg**

**24-26 – BC Winter Games, Trail**

**25 – Swim-A-Thon – team Challenge**

### Helping Hands:

we all reach our destination.

## Performance Highlights

**Officials Certification** – Congratulations to Kathy Knapp who was signed off for stroke and turn in Nov. 2005.

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## New Registrations For 2005-06

There are still a few spaces in the swim Kids program. If you know anyone interested, please ask them to call with inquiries (604) 572-7257 daytime, or e-mail us- [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.

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## Board Updates

The next meetings of the Board are Nov. 23rd and Dec. 7<sup>th</sup>. If you have questions or ideas to pass to the Board please forward them to the President, Gerald Renneberg ([renn572@telus.net](mailto:renn572@telus.net)). The Annual General Meeting and Meet the Coaches night will be hosted at the North Delta Rec. Centre upstairs in the room overlooking the arena. The meeting is Wed. Nov. 16<sup>th</sup> and is short from 7:30pm – 8:30pm. Time will follow to meet the coaches to talk about the program. There will positions open and your interest is welcome. You need to have been a member for one year. Contact Gerald with your inquiries.

## COMMUNICATION

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

**Team Updates** – on the web

**Heatwaves** – Next issue Jan./Feb. 2006

**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** – Liz santos

**Order forms available by contacting club address.**

**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.18, Feb.22, 7:30pm-9:30pm.**

**Minutes are available upon request - contact [sungod\\_swim\\_tri\\_polo@hotmail.com](mailto:sungod_swim_tri_polo@hotmail.com)**

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**Head Official** – thanks to Patrice Hall and Tony Lee who are sharing the tasks of the Club's Head of Officials. Your cooperation with their activities and request for assistance is much appreciated.

**Spartan Regional, SFU regional, and FAST Swim Invitational** – Thank you to those parents who assisted on deck.

**Reindeer Squad Meet** – Thank you to all the parents and swimmers who helped with times and the fun.

**Team Photo** – Thank you to Liz Santos for making arrangements for photo day.

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## REMINDER - 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 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

A few too many holiday treats? Time to get back in balance. The better the balance the better chance you have of fighting off any colds and flu that make their way to your door. Balance means – all the food groups, and all the colors. The more variety the better.

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*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 Feb. 25<sup>th</sup>



### Splish Splash Gotta make a Dash

Jog The Bog – 2005-06 HAPPY NEW YEAR !!



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

AD – just call her spider woman. Clings to walls with great ease.

AL – thinks she's royalty. Had her loyal subjects carry her across the Bog puddle. No wet feet for her!

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### Where Are They Now?

*Coach Maylin (Tamkee) Fraser – welcomed baby #3 on Dec. 19<sup>th</sup> – Trevor Andrew.*

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### Regional Champs GO ! Team Sungod

**Jennie Hall, Alex Syta, Katelin Knapp, Alex Lindsay, Vanessa Renneberg, Amy Hou, Laura Biggin, Amy Morey, Chelsea Santos, Trevor Pearson, Jonathan Wong, Stephen Riggs, Nicky Hou, Tony Vanmannen, Jordan Wong, Justin Tetrault, Jason Riggs, Ricky Bal, Ciro Golden, Alex Visser**

## 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.

## Friends of SUNGOD

### Delta Retreads Masters Swim Club

*Thank you for your support of our Regional meet and recognition of the athletes who assisted at the Master's Provincial 2005 Champs.*

### Esquires Coffee House – Sungod Rec.Ctr.

*Thank you for the on-going support of Team Sungod.*

### Fleetwood Financial Services

Residential Mortgage Services 1993. call for a no obligation copy of our report, “10 questions to ask your mortgage company.”

*Thank you to Roger Cullum for his support of the 2005 Regional meet.*

### McQuarrie Hunter – Barristers & Solicitors

2400 – 713 Columbia St., New Westminster, BC, V3M 1B3 (604) 626-4656

*Thank you for your support of the 2005 Regional meet.*

### Re/Max – Linda Chinloy & Gary MacGregor

11925 – 80<sup>th</sup> Ave., Delta, 1-888-888-2276  
(604) 590-4888

*Thank you for your support of our 2005 Regional meet.*

### HSBC Bank of Canada – Imelda Lim

Wayfoong House, 608 Main St.,  
Vancouver (604) 683-9611

*Thank you for your support of our 2005 Regional Meet.*

**?** *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.*

### **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.

### **Lehigh – Heidelberg Cement Group**

*Thank you for your support of our 2005 Regional  
meet.*

### **MacDonald Realtors – Bryan Leonhardt**

200 – 7134 King George Hwy., Surrey,  
(604) 590-2444

*Thank you for your support of the 2005 Regional  
meet.*



**Thank you** to  
Speedo Canada for  
their support of Team  
Sungod.



**Thank you** to Bingo  
Country – Newton  
For your support of  
Team Sungod.