



# Heatwaves

Volume 20—Issue 2

November-December 2006

**MINDSET  
PERSISTENCE  
and INTEGRITY Matter**

**A RIVER FLOWS  
IN ONE DIREC-  
TION. YOU  
CANNOT STEP  
IN THE SAME  
WATER TWICE.**

**LEARN FROM  
WHAT'S DONE  
AND GET ON  
WITH WHAT  
YOU ARE GO-  
ING TO DO**

**ANNUAL GEN-  
ERAL  
MEETING  
and  
PROGRAM  
PRESENTATION**

**North Delta Rec Centre  
Delta Room  
7:30pm-9:00pm**

## Early Results - Personal Bests

**PSWINVITATIONAL—** Competition started for the swimmers with the Pacific Seawolves Invitational, Oct. 14th-15th. Team Sungod had 31 swimmers racing who achieved 90 personal best times. Top 3 finishers included Laura Biggin, Chantelle Boduel, Louisa Chan, Kevin Ge, Morgan Karkling, Alex Lindsay, Lynn McDonald, Krystal Nazareth, and Yi-han Wu.

**SFU LMR REGIONAL -** A regional meet a week later at SFU had some of the senior squad racing the distance free events: achieving personal best were Amy Hou, Morgan Karkling, and Alex Lindsay.

**TEAM SUNGOD SQUAD FUN MEET—**The first Squad Fun meet was held on Saturday October 28th. Personal best was questionable but the costume parade was outstanding with firefighters, butterflies, superheros, sea creatures, penguins, and pineapples testing their swim racing skills. The fastest thing in the water might have been the pumpkins!

**NOVICE PAAS #1—** 25 swimmers competed at the first Novice PASS meet in Richmond on November 4th. New graduates from Participation to Level 1 included Johnny Zhang, Ariel Wei, Gordon Presgrave, Steven Sidhu, Yso-bel Posadas, and Neelam

Brach.; graduates to level 2 were Jennifer Luu and Kevin McDonough; and graduating to Regional meets was Joseph Chu.

**PENTATHLON—**10 senior swimmers competed in the Chinook Pentathlon Invitational in Seattle on November 5th. Prizes were awarded by total time from 5 events. Finishing 6th for 13 yr girls was Imelda Chan, 2nd for 14&over boys was Scott Hanna; and taking the top 6 postions in the 14&over girls was Louisa Chan, Alex Lindsay, Morgan Karkling, Chantelle Boduel, Laura Biggin, and Amy Hou.

Well Done Team Sungod!!

## Bits & Pieces

**CASH CALENDAR** When you registered you received your Swim BC cash calendar (except Swim Kids) . Remember that there is a deadline to send in your entry. The entry card is located inside your calendar. For Swim Kids or anyone who would like

additional calendars there are a few extras available. The cost is \$20.00. To prchase - please contact coach Michelle by Dec. 9th.

**WEB SITE -** the address is the same but the look will be changing. Take a look- the address is located on

page 6 of your Team Guide.

**THANKYOU—**to all the swimmers who helped as `my other arm` getting the deck ready and putting equipment away for the last month.(coach Michelle)

## From An Olympian - what it takes to succeed

Marney McBean, multiple Olympic medallist for Canada in the sport of rowing shared some of her thoughts on what contributed to her positive attitude and repeated Olympic success.

An athlete has to learn to be self sufficient—develop the skills to assess yourself. Identify your strengths and work to maintain them. It's easy though to ignore your weaknesses in favor of your strengths. The strengths give more immediate satisfaction and feeling of accomplishment. To be your best you have to attack the weak-

nesses; you have to push through frustrations and set backs that occur as you try to change those weaknesses into strengths. When you conquer them though your sense of accomplishment is so much greater and your confidence to be the best that much higher.

First learn the technique, then learn to be fast, then learn to win—this is something you can use the rest of your life. Dream, then plan, then add work ethic. If you don't make a plan to accomplish your dream, and have the commitment to do everything you

need to do to prepare, then it isn't a dream it's a fantasy. An idea in your head is dead unless you lay it out and follow it with actions.

The chief idea is that in order to become a different being or athlete you must want it very much and for a very long time. A passing desire or a

**With each subsequent race and each new season you are not what you were before until you do it again.**

(McBean continued)  
vague desire based on dissatisfaction with the present conditions will not create a sufficient impulse. Everyone needs good intentions, but good intentions have to be followed up with plans and action. Lots of potential is good, but like good intentions it won't formulate into performance unless it's matched with equal action. Merge your full potential with your actions otherwise you will end up just another 'could have been' or 'never was'.

Face reality! Keep from using veils to mask what really needs to change. It's easy to soften reality by calling it a mid season race, or shrugging it away with a 'who cares' attitude. With each subsequent race in each new season you are not what you were before until you do it again. In reality it is almost never an outside force that defeats you. It's yourself. Did I develop a reality checklist? Did I define my goal? Did I commit to changing my weaknesses? Did I assess my progress? When you

merge your potential with mental focus and personal action then defeat is a temporary condition.



## Olympic Dragons

We had a great big team and huge team spirit at the first Novice PASS of the season. Everyone got the excitement going with a very loud team cheer and then kept the energy high with lots of support for teammates during their races.

The swimmers were swimming their races with confidence and asked lots of questions after their races, looking for ways to improve. For the next

meet swimmers need to remember to bring a few extra towels for drying off after each race. This will help keep you warmer. Many thanks to all the parents who helped with timing and other volunteer activities.

At home Dragons have been active with outside runs and a mix of other activities. A first session with nutrition and the Food Track chart showed there was a bit of confusion about food

groups. We'll work on this.

Sat. Nov. 11th the TOP swimmers (Tiny Olympian Program) for swimmers 10&under started and distance test swims for all others. Great enthusiasm was shown by the entire group. The next PASS meet is on the same day as the next Squad meet - we will send out an e-mail with more info. on this schedule conflict

## December Holiday Practice Schedule

The schedule for the pool has been confirmed. The dry-land activities at Sungod will be as scheduled but the activity itself will be confirmed at a later date; for example there will be dry-land for Dragons from 5:15-6:00pm on Wed. Jan. 4th but it may not be yoga. TBC = to be confirmed.

### SWIM KIDS

Session 2 begins Dec. 11th.  
 Break from Dec. 23—Jan. 7th.  
 Session continues on Jan. 8th to March 16th.

### OLYMPIC DRAGONS

Bronze & Silver = off Dec. 23—31

Tues. Jan 3 6:00 - 7:00pm pool  
 Wed. Jan. 4 5:15 - 6:00pm yoga  
 poolside class  
 6:00 - 7:00pm pool  
 Thur. Jan 5 Snowshoe day TBC  
 Hollyburn Ridge  
 Fri. Jan 6 5:00 - 6:00pm gym  
 karate or other TBC  
 6:00 - 7:00pm pool  
 Sat. Jan 7 8:00 - 9:00am pool



*Bring on the snow!!!*

## Gold

Congratulations to Joseph Chui who graduated to Regional level and who will now join his Gold swimmers at the December Regional meet.

Two Gold swimmers, Brittney and Tia will be swimming their last TOP swims. Watch the Swimnews Magazine in the new year to see how you do against other 10&under in Canada. Technique changes has been the focus for the first 8 weeks. Video taping

goes on many Wednesday morning practices to help build a picture of key motions to change.



Gold Schedule = off Dec. 23—31

Tues. Jan 2nd 5:00 - 6:00 pool  
 6:00 - 7:00 dry-land  
 Wed. Jan 3rd 5:00 - 6:00 pool  
 6:00 - 7:00 gym TBC  
 Thur. Jan. 4th 6:00 - 7:00 pool  
 Fri. Jan. 5th 5:00 - 6:00 pool  
 6:00 - 7:00 dry-land  
 Sat. Jan 6th 7:00 - 9:00 pool

## Junior -Holiday Practice Schedule

Dec. 23—26 = off  
 Wed. Dec. 27th 6:00 - 8:00am pool  
 Thur. Dec. 28th 6:00 - 8:00am pool  
 Fri. Dec. 29th 2:30 - 4:00pm pool  
 Sat. Dec. 30th 7:00 - 9:00am pool  
 9:00 - 10:00am run  
 10:00 - 11:00am  
 Jr/Sr breakfast TBC

Tues. Jan 2nd 6:00 - 8:00am pool  
 Wed. Jan 3rd 6:00 - 8:00am pool  
 Fri. Jan 5th 6:00 - 8:00am pool  
 Sat. Jan 6th 6:00 - 8:00am pool  
 8:00 - 9:00am gym  
 pilates



**MINDSET  
PERSISTENCE  
and INTEGRITY Matter**

Primary Business Address  
Box 207, 7101 C 120th St., Surrey,  
BC, V3W6G4  
Your Address Line 3  
Phone: 604-572-7257  
Fax: 555-555-5555  
Email:  
sungod\_swim\_tri\_polo@hotmail.com

**Attitude is Full of Possibilities**

Keep up to date on the web.

Address on page 6 of the  
Team Guide.



**Team Sungod Annual General Meeting  
and Swim Program Presentation**

**Wednesday Nov. 29th**

**7:30pm—9:00pm**

**North Delta Rec. Centre, Delta Room**

Meet other team parents, hear about the  
coaching program and things you can do at home  
to help your athlete and the coaches.

It would be great if we had at least one parent  
from each family to come and join in.

*Thanks—coach Michelle*

**Senior—Holiday Schedule**

Dec. 23—26 = off

Wed. Dec. 27th 6:00 - 8:00am pool  
12:15 - 2:15pm pool

Thur. Dec. 28th 6:00 - 8:00am pool  
8:00 - 9:00a dry

Fri. Dec. 29th 12:30 - 2:30pm pool

Sat. Dec. 30th 7:00 - 8:00am pool  
9:00 - 10:00am run  
10:00 - 11:00am  
Jr/Sr breakfast TBC

Tues. Jan. 2nd 6:00 - 8:00am pool  
12:15 - 2:15pm pool

Wed. Jan. 3rd 6:00 - 8:00am pool  
8:00 - 9:00am dry

Thur. Jan. 4th 12:15 - 2:15pm pool

Fri. Jan. 5th 6:00 - 8:00am pool  
8:00 - 9:00am dry

Sat. Jan. 6th 6:00 - 8:00am pool  
8:00 - 9:00am

plates

2:30 - 4:00pm pool

**Upcoming Events**

Squad Fun Meet—Dec. 16th

Novice PASS Meet 2—Dec. 16th

Novice PASS Meet 3—Jan. 27

SFU Regional—Dec. 9-10

SFU Regional—Jan. 13-14

Rapids Fast Swim—Dec. 1,2,3

HYACK Invitational—Jan. 20,21

Swim-A-Thon—Feb. 17, 2007

**Gossip Gossip!**

*KH - tried to outdo Chapin's  
20,000 lbs of bananas with 16  
lbs of weight belts. Help I'm  
sinking!*

*RB - snorkels great fun on  
front, but don't work so well on  
the back. Hmm breathe air—it  
works better!*