



The Paw Print

February 10, 2006

**** Message from the Coach ****

We have had a very busy last few weeks of swimming! First, on the weekend of January 21-22, our swimmers competed in three different locations. Alexandra Gabor was in Portland, Oregon where she represented team B.C. at the Pacific Coast All-Star meet. She was the strongest member of the B.C. team, winning several individual and relay events. Nine swimmers traveled to Haines, Alaska where they competed in the January Winter Games swim meet. Craig Berube, Ashley Bray, Taylor Campbell, Julia Fedoriak, Brice Harding, Joshua Kelly, Spencer Sumanik, Geoffrey Thompson and Hana Val swam very well and posted a massive number of personal best times! Another group of nine swimmers went to Chilliwack to take part in the LMR AA Championships. Anne Aubin, Francis Aubin, Kirsten Berube, Hayley Bielz, Kimberly Holmes, Kate McArthur, Connor Oliver-Beebe, Molly Purser and Jason Zrum came home with nine medals and many personal best times. Kimberly made a AAA qualifying time in the 200m breast.

And finally last weekend another group of nine swimmers went to Vancouver to compete in the B.C. AAA Provincial Championships. Alexandra Gabor came home with 6 gold medals and a new B.C. record in the 100m free! Bronwyn Pasloski captured a bronze in the 100m breast and made several other finals. Brendan Zrum, Geoffrey Thompson, Alan Lebedoff, Tanner Cassidy, Erin O'Connor, Ariana Edelman and Kimberly Holmes posted personal best times and broke 11 club records. Please see all the results in this newsletter!

Congratulations to all the swimmers for representing the Glacier Bears so well! In mid-February, Alexandra and Bronwyn are traveling to Winnipeg, Manitoba to compete at the Western Canadian Championships and big group of swimmers will be going to Juneau, Alaska at the beginning of March for the Last Chance Invitational meet.

Good luck everyone and stay focused.

Marek

***** Coming Events *****

Western Canadian Championships

Winnipeg, Manitoba – February 16th -19th, 2006

“Last Chance” Swim Meet

Juneau, Alaska – March 3rd – 5th, 2006

Yukon Invitational Swim Meet

Whitehorse, Yukon – April 28th and 29th, 2006.

Hyak Invitational

Vancouver, B.C. – May 19th – 21st, 2006.

***** Raffle *****

The Glacier Bears are currently holding their annual fund raising raffle. If everyone pitches in to help sell tickets, things should go smoothly. For tickets or to sign up for a selling spot, please contact Brian Edelman at 667-4661 or at listersmotorsports@klondiker.com Also, there is a sign-up sheet available near the pool viewing area.

Thank you

Clothing Corner

The Glacier Bears have been participating in more meets than ever this season! Everyone is encouraged to wear their club clothing at all swim meets, in order to promote team spirit and show off our team! Our clothing manager, Marianne Thompson, has bathing suits, hoodies, T-shirts, shorts, hats, swim caps, bags and other items that can be purchased at various times during the season. Let's be proud of our team!

***** Bingo Update *****

Bingo is going well so far this year. Revenues are good and the volunteer base is much appreciated. If anyone is interested in becoming a banker or caller, please call Brian Edelman at 667-7491. Remember, every extra bingo worked (after your number of required bingos) means a \$75 travel credit for your swimmer. For more information, please consult the club's parent manual or call Val Holmes at 633-2307.

*** Silent Auction Fund Raiser ***

Later this season the club will be holding its first silent auction fund raiser. If anyone has any contacts in the community that would help us in obtaining auction items, please don't hesitate to give someone on the silent auction committee a call: Brian Edelman at 667-4661, Kristin Innes-Taylor at 668-2414, Doris Aubin at 667-2590, or Val Holmes at 633-2307.

***** **Recent Results** *****

Congratulations to the all the swimmers who participated in the recent Haines Invitational, the Lower Mainland AA championships, the Pacific Coast All-Star Meet and the TAS B.C. Provincial Championships.

----- **Winter Games North, Haines, Alaska** -----

Craig Berube	200 IM	3 rd			
	200 Free	2 nd		Ashley Bray	200 IM
	50 Breast	2 nd			3 rd
	100 Fly	2 nd			100 Breast
	50 Free	2 nd			5 th
	100 Back	2 nd			100 Free
	100 IM	2 nd			5 th
	100 Free	2 nd			400 IM
	100 Breast	3 rd			4 th
	50 Fly	3 rd			200 Free
	50 Back	1 st			5 th
	500 Free	5 th		Brice Harding	200 Breast
					3 rd
					50 Free
					4 th
					100 Back
					5 th
Taylor Campbell	200 Free	6 th			500 Free
	50 Breast	12 th			2 nd
	50 Free	7 th			100 Breast
	100 IM	11 th			2 nd
	100 Free	6 th			100 Free
	50 Fly	6 th			4 th
	50 Back	8 th			200 Back
					3 rd
					400 IM
					1 st
					200 Free
					4 th
					200 Breast
					1 st
					100 Fly
					4 th
					50 Free
					1 st
					1650 Free
					1 st
Julia Fedoriak	50 Breast	7 th			100 Breast
	50 Free	10 th			4 th
	100 Back	9 th			200 Fly
	100 IM	11 th			1 st
	100 Breast	8 th			100 Free
	50 Back	7 th			3 rd
					200 Free
					3 rd
					100 Fly
					3 rd
					50 Free
					3 rd
					100 Back
					3 rd
Hana Val	200 IM	6 th			200 IM
	50 Breast	8 th			2 nd
	50 Free	6 th			100 Breast
	200 Breast	4 th			2 nd
	100 IM	8 th			200 Fly
	200 Free	6 th			1 st
	100 Breast	7 th			100 Free
	50 Fly	7 th			2 nd
	100 Free	5 th			400 IM
	50 Back	6 th			1 st
					200 Free
					2 nd
					200 Breast
					1 st
					100 Fly
					1 st
					1650 Free
					1 st
Joshua Kelly	50 Breast	3 rd			Girls 200 Yard Medley Relay – WGB – 2 nd
	50 Free	4 th			Boys 200 Yard Medley Relay – WGB – 1 st
	100 Back	4 th			Girls 200 Yard Free Relay – WGB – 2 nd
	100 IM	3 rd			Boys 200 Yard Free Relay – WGB – 2 nd
	200 Free	3 rd			Boys 400 Yard Free Relay – WGB – 2 nd
	100 Breast	1 st			
	50 Fly	6 th			
	100 Free	2 nd			
	50 Back	2 nd			

----- **Pacific Coast All-Stars** -----

Alexandra Gabor	50 Free	4 th			Girls 4x50 Free relay
	100 Free	1 st			1 st
	200 Free	1 st			Girls 4x50 Medley relay
	500 Free	2 nd			4 th
	50 Fly	9 th			Girls 4x100 Free relay
	50 Back	6 th			2 nd
					Girls 4x100 Medley relay
					4 th

----- LMR Regional AA Championships -----

Kimberly Holmes	100 Free 8 th 100 Breast 2 nd 200 Breast 1 st 100 Back 5 th 200 Back 5 th 200 IM 1 st 800 Free 5 th	Hayley Bielz	50 Free 12 th 100 Free 10 th 200 Free 4 th 400 Free 2 nd 800 Free 1 st 100 Breast 8 th 200 IM 10 th
Francis Aubin	50 Free 10 th 100 Free 5 th 200 Free 7 th 100 Back 2 nd 100 Breast 13 th 200 IM 3 rd	Molly Purser	50 Free 1 st 100 Free 2 nd 200 Free 2 nd 800 Free 4 th 200 Breast 5 th 100 Fly 7 th 200 IM 4 th
Kate McArthur	50 Free 4 th 100 Free 3 rd 200 Free 6 th 800 Free 7 th 100 Breast 8 th 200 Breast 7 th 200 IM 4 th	Anne Aubin	50 Free 19 th 100 Free 19 th 200 Free 12 th 100 Back 13 th 100 Breast 14 th 200 IM 16 th
Kirsten Berube	800 Free 6 th 100 Back 3 rd 200 Back 5 th 100 Breast 6 th 200 Breast 5 th 100 Fly 14 th	Connor Oliver-Beebe	50 Free 18 th 100 Free 15 th 200 Free 9 th 100 Back 9 th 100 Breast 12 th 200 IM 16 th
Jason Zrum	50 Free 13 th 100 Free 14 th 100 Back 6 th 200 Back 7 th 100 Breast 11 th 200 IM 11 th		

----- B.C. Provincial AAA Championships -----

Bronwyn Pasloski	100 Free 7 th 100 Back 12 th 200 Back 12 th 100 Breast 3 rd 200 Breast 6 th 200 IM 10 th	Tanner Cassidy	100 Free 25 th 400 Free 18 th 1500 Free 14 th 100 Fly 11 th 200 Fly 15 th 200 IM 11 th
Alexandra Gabor	50 Free 1 st 100 Free 1 st 200 Free 1 st 400 Free 1 st 800 Free 1 st 100 Fly 1 st	Geoffrey Thompson	100 Free 38 th 200 Free 42 nd 1500 Free 20 th 200 Breast 24 th 200 Fly 21 st 200 IM 37 th
Alan Lebedoff	50 Free 37 th 100 Free 29 th 100 Back 22 nd 200 Back 20 th 100 Fly 28 th 200 IM 27 th	Brendan Zrum	50 Free 17 th 100 Free 23 rd 200 Free 35 th 400 Free 20 th 100 Back 25 th 100 Fly 31 st

Erin O'Connor	50 Free	37 th
	100 Free	39 th
	100 Back	35 th
	200 Back	36 th
	100 Breast	16 th
	200 IM	31 st

Kimberly Holmes	50 Free	59 th
	100 Free	68 th
	200 Free	60 th
	100 Back	50 th
	200 Breast	31 st
	200 IM	50 th

Ariana Edelman	50 Free	48 th
	100 Free	64 th
	100 Back	34 th
	200 Back	43 rd
	200 IM	44 th

Girls 200 Free relay	8 th
Girls 800 Free relay	10 th
Girls 200 Medley relay	14 th
Boys 200 Free relay	10 th
Boys 800 Free relay	9 th
Boys 200 Medley relay	12 th

Pierre Lafontaine (CEO/National Coach, Swimming/Natation Canada):

Top 10 Tips to Swim Fast at your next big meet:

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|---|---|
| 1. Cut off soft drinks and fried food. | 7. Come home earlier on weekends. Go to a 7 o'clock movie instead of a 9 o'clock. |
| 2. Increase your flexibility pre & post workouts. | 8. Have your homework schedule planned and talk to your teacher and principal about your upcoming meet. |
| 3. Arrive at the pool 15 min earlier to prepare for a great program. | 9. Try to stay healthy by avoiding sick people at school. |
| 4. Look forward to racing and set a positive environment around yourself. | 10. Dress appropriately for the weather. Cover your head and keep your feet warm. |
| 5. Increase your water intake. | |
| 6. Sleep 30 min extra minutes per day = 3.5 hour per week of resting. | |

Top 10 Tips to be "ON" at a big meet:

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|---|---|
| 1. Do you have your Team banner ready to display? | everyone arrives on time for team stretching and warm-up? |
| 2. Are you practicing your Team Cheer? | 8. What are your club goals for this Meet? Top 10? Top 5? X amount of swimmers in finals? # of Best Times? How many club records do you plan on breaking? |
| 3. Do all of your Team members have their team gear? (caps, shirts, track suite...) | 9. Do you have someone assigned to videotape and take pictures of the meet? |
| 4. Have you planned for the unexpected? Snow storm, traffic, car pool problem... | 10. Have you contacted your local media to let them know you're competing? Do you have their numbers/emails so you can contact them during the meet? |
| 5. Do you know where your team will sit at the pool? | |
| 6. Do you have extra team caps & suits in case something unfortunate should occur? | |
| 7. Do all the parents have directions to the pool so | |

Get excited! This is what you have prepared for, To RACE! You should be getting lots of rest, drink lots of fluids and train hard. But most of all, you should get there and SWIM THE HOUSE DOWN!

