



The Paw Print

January 11, 2006

Happy New Year Happy New Year Happy New Year

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

December 9th to 11th, 2005 was a very busy weekend for Glacier Bears swimmers. Eleven swimmers attended the Christmas Cracker swim meet in Victoria, B.C. The highlight of the meet was Alexandra Gabor's new Canadian age group record (girls 12 & under division) in the 200m freestyle and new B.C. provincial record in the 400m freestyle. Bronwyn Pasloski placed second in the 100m breast and third in the 50m and 200m breast. Tanner Cassidy also made it to a number of finals. His top finish was third in the 50m fly. Other finalists included Ariana Edelman (third in the 50m kick), Alan Lebedoff (fourth in the 50m kick and eighth in the 100m back) and Geoffrey Thompson (seventh in the 1500m freestyle). All other attending swimmers (Francis Aubin, Jen Gonet, Erin O'Connor, Brendan Zrum and Hayley Bielz) came home with personal best times, with Ariana clocking AAA times in the 100m and 200m back. Overall, 31 Glacier Bear club records fell at the meet. On the same weekend, another contingent of six Glacier Bears traveled to Calgary, Alberta to compete in the Cascade Age Group Challenge. Craig Berube finished first in the boys 1500m freestyle and sixth in the 100m fly. Ashley Bray, Jason Zrum and Connor Oliver-Beebe all set personal best times in many of their events. Kirsten Berube, Kate McArthur, Jason and Connor all posted AA qualifying times. A great way to finish the 2005 year! Well done everybody and congratulations!

In January, a number of swimmers will travel to Chilliwack, B.C. for the Lower Mainland Regional AA Championships, while the TAS BC Provincial AAA Championships will be held in Surrey, B.C. in early February.

Marek

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

Lower Mainland Regional AA Meet

Chilliwack, B.C. – January 20 – 22, 2006.

B.C. Provincial Championships

Surrey, B.C. – February 2 – 5, 2006.

Haines Swim Meet

Haines, Alaska. – January 20 – 22, 2006.

***** Congratulations *****

BC swimmers named to National Team squads

Ottawa - Dec 6, 2005

Swimming/Natation Canada has announced its 30 member National Age Group and Prospects squads:

National Age Group Squad

GABOR, ALEXANDRA, 12, WHITEHORSE
GLACIER BEARS SWIM CLUB

!! Congratulations Alexandra !!

***** **Swim Yukon Awards** *****

Congratulations to the following swimmers who received Swim Yukon awards at the recent Sport Yukon Awards night:

- Junior Male High Point Swimmer of the Year – Tanner Cassidy
- Senior Male High Point Swimmer of the Year – Marcos Da Silva
- Junior Female High Point Swimmer of the Year – Alexandra Gabor
- Senior Female High Point Swimmer of the Year – Lynsey Pasloski
- Community Swimmer of the Year – Jodi Buyck
- Community Swimmer of the Year – Bradley Keaton
- Community Volunteer of the Year – Terri Skerget
- Community Volunteer of the Year – Chad Tracey
- Coach of the Year – Marek Poplawski

***** **Whitehorse Glacier Bears Swim Club Awards** *****

Congratulations to the following swimmers who received Glacier Bear awards at the recent Sport Yukon Awards night:

- Development Male Athlete of the Year – Craig Berube**
- Development Female Athlete of the Year – Rebecca Leslie**
- Senior Male Athlete of the Year – Brendan Zrum**
- Senior Female Athlete of the Year – Bronwyn Pasloski**
- Junior Female High Point Swimmer of the Year – Molly Purser**
- Junior Female High Point Swimmer of the Year – Hayley Bielz**

Special congratulations to the Volunteer of the Year – Pat Duncan

***** **National/Territorial Female Athlete of the Year** *****

Alexandra Gabor

Pierre Lafontaine (CEO/National Coach, Swimming/Natation Canada): Top 10 – Training Tips

10. Only kick fast (get best times for the 50 kick)
9. 3 fly kicks off every wall (Canada needs to be the fastest underwater fly kick team in the world)
8. Negative split everything you do
7. Cheer on a team-mate, make someone else's day
6. Don't miss a workout in November
5. Train the fastest on your team
4. Get the appropriate rest for top performances
3. Always show up for workout with a positive attitude
2. Finish the week better than you started
1. Train to race
0. Make the Commonwealth Team!