



The Paw Print

November 18, 2005

***** **Coach's Report** *****

The Ryan Downing Memorial Meet held on October 29-30, was our first meet of the season. 59 Glacier Bears competed at the meet. Several meet records and club records were posted as well as a huge number of personal best times. The swim of the meet was Alexandra Gabor's new BC Provincial Record in the 1500m Free. She just missed a senior national qualifying time and the Canadian record for girls 12 & under in this event. The other swims I was very impressed with were Francis Aubin's 200m IM, Bronwyn Pasloski's 50m Breast and Brendan Zrum's 50m Fly. All were excellent swims. All swimmers have shown that they are very serious about the new swimming year and they are getting ready for the major competitions coming up. The Fairbanks meet was also a great success. Thanks to all the parents for their great job chaperoning. See this newsletter for some of the Fairbanks results! Good job everyone.

Marek

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

Christmas Cracker Swim Meet

Victoria, B.C., December 9th, 10th and 11th.
This is an invitational meet, open to all swimmers. Please see your coach if you are interested in attending!

Calgary Cascade Meet

Calgary, AB, December 10th and 11th.
This is an invitational meet, open to all swimmers. Please see your coach if you are interested in attending!

B.C. AA Championships

Chilliwack, B.C., January 20th – 22nd, 2006.
This meet has qualifying times – please see your coach.

B.C. AAA Championships

Surrey, B.C., February 2nd – 5th, 2006.
This meet has qualifying times – please see your coach.

***** **Fairbanks Stats** *****

Aggregate Winners:

Boys

9 – 10	1st place	Craig Berube
13 – 14	1st place	Tanner Cassidy
15 +over	3rd place	Brendan Zrum

Girls

8 and under	5th place	Erin McArthur
9 – 10	6th place	Isobel Parkkari
11-12	1st place	Alexandra Gabor
	2nd place	Kate McArthur
	4th place	Kirsten Berube
13 – 14	1st place	Bronwyn Pasloski
	6th place	Molly Purser
15 + over	1st place	Erin O'Connor
	2nd place	Ariana Edelman



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***** **Christmas Swim Camps** *****

Swim Yukon will be hosting a three-day Skill Development Swim Camp during the Christmas Break. This camp will take place:

**Monday, Tuesday & Wednesday
Dec 19, 20, 21
9-11 AM and 3-5 PM**

This camp will be coached by Glacier Bears **Head Coach Marek Poplawski**.

Joining Marek on deck will be Para-Olympian **Stephanie Dixon**, a Gold Medalist and member of the Canadian Olympic Team. U-Vic team member **Mackenzie Downing** (ex-Glacier Bears swimmer) will also be joining the camp.

Marek will be working on technique and coaching swimmers on perfecting their strokes.

The cost of this camp is \$100.00 and includes a Pizza Lunch and camp T-shirt.

For younger swimmers wishing to attend afternoon sessions only, cost is \$60.00 including lunch and t-shirt.

This Camp is open to all Whitehorse Glacier Bears (Cubs 2 & up), swimmers from rural Yukon communities, Special 'O', NAIG swimmers and any swimmers from other clubs.

If you are interested in registering please contact Jim Thompson for registration forms.

Jim.Thompson@northwestel.net
867-668-4023

Deadline to register: November 20th

Swim Yukon will also be hosting a **Senior Swim Camp** during the Christmas break. This four-day camp will be coached by Coach Marek and is preparation for upcoming Championship meets.

**** Christmas Senior Swim Camp **
December 27, 28, 29, 30th
9-11 AM and 3-5 PM
Cost: \$100.00**

To register & pay for this camp please contact Jim Thompson at: Jim.Thompson@northwestel.net or at 867-668-4023

Stephanie Dixon

Stephanie Dixon, one of Canada's most successful international swimmers with a disability, headed out west to the University of Victoria in September 2003 to pursue her swimming career and also begin her studies in psychology.

"Going to university has been a big change but it's going very well," said Dixon who was born without her right leg. "It was a really good decision. The big challenge is to balance it all out and manage your time."

At the world championships in 2002, she won three gold medals and broke the 400 freestyle world record, even though she missed four weeks of training leading up due to illness. She was named Swimming/Natation Canada's female athlete of the year for swimmers with a disability in 2001. At the 2000 Paralympics she won four gold medals as a 16-year-old with world records in the 100 backstroke, 100 freestyle, and 400 freestyle. At the Canadian Open last summer, she showed she was still at the top of her game with the world record in the 200 individual medley.

**Coach Marek now has a cell phone.
You can reach him at (867) 334-1723.**

Please no calls past 9 p.m.

Swim BC Cash Calendars: Please contact Brian Edelman @ 667-7491 or Marie Gagnon @ 393-4966 or send an email to whseglacierbears@yahoo.ca to arrange for pick up.

The Paw Print Newsletter:

In an effort to be environmentally friendly, this newsletter has been distributed electronically with a few hard copies available on the club bulletin board at the pool. If anyone would still like to receive a copy of the newsletter as a hard copy, please let us know (Val Holmes, 633-2307, or Kristin Innes-Taylor, 668-2414).