



The Paw Print

February 28, 2006

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

Last weekend, February 16th – 20th, two Glacier Bears competed at the Western Nationals in Winnipeg, Manitoba. Bronwyn Pasloski and Alexandra Gabor competed in the girls 15 & under division and both did a fantastic job! Alexandra broke national age group records twice: in the 400m Free, placing second, and in the 200m Free, placing forth! She also placed 4th in the 100m Free. All three of these swims qualified her to compete at the Senior Nationals/Pan-Pac Trials in Montreal this summer and were also new B.C. provincial records. Bronwyn made finals in the 50m Breast, placing seventh, the 100m Breast, placing sixth and the 200m Breast, where she placed third in the consolation final! She also made other personal best times.

Congratulations girls and keep working even harder!

Marek

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

Juneau 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.

***** Spring Break *****

Just a reminder to everyone that there will be no regular practices during spring break – March 6th to March 11th inclusive. Regular practice times will resume Monday March 13th.

***** Upcoming Survey *****

The club's chaperone committee will soon be circulating a survey regarding a possible chaperone policy for the club. We would very much appreciate parents taking a few moments to give us their thoughts on this topic. **Watch for the survey in March!**

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

If anyone is interested in becoming a banker or a caller, please call Brian Edelman at 667-7491. For more information on these positions, please consult the club's parent manual or call Val Holmes at 633-2307.

*** Silent Auction Fund Raiser ***

The organizing committee (Brian Edelman at 667-4661, Kristin Innes-Taylor at 668-2414, Doris Aubin at 667-2590, Val Holmes at 633-2307) is looking for business community contacts in order to obtain some really great donations! If anyone has any good contacts, please give us a call!

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

Western Canadian Short Course Championships 2006:

| | | | |
|------------------------|-----------|------------------|-----------|
| Alexandra Gabor | 100 Free | 4 th | 58.04* |
| | 200 Free | 4 th | 2:04.88** |
| | 400 Free | 2 nd | 4:22.38** |
| | 800 Free | 10 th | 9:19.66 |
| | 1500 Free | 5 th | 17:42.83 |

* B.C. Provincial Age-group record

** National Age-group record

| | | | |
|-------------------------|------------|------------------|---------|
| Bronwyn Pasloski | 100 Free | 19 th | 1:00.60 |
| | 50 Breast | 7 th | 34.94 |
| | 100 Breast | 6 th | 1:14.24 |
| | 200 Breast | 11 th | 2:43.34 |
| | 200 IM | 19 th | 2:28.61 |

Pierre's Top 10 Psych Songs to get you going at a swim meet:

1. Eye of the Tiger – Survivor
2. Song #2 (Woo Hoo) – Blur
3. Chariots of Fire theme song
4. Firestarter – Prodigy
5. Right Now – VanHalen
6. Elevation – U2
7. Thunderstruck – AC/DC
8. We will Rock you – Queen
9. The Final Countdown – Europe
10. Lose Yourself - Eminem