



The Paw Print

October 3, 2005

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

Welcome back everyone. Our last year season ended with Canada Summer Games in August in Regina. It was fantastic meet for Glacier Bears swimmers and for the Yukon. Twelve swimmers took part in this spectacular event: six girls (Bronwyn, Kayla, Lynsey, Ariana, Alex and Erin) and six boys (Spencer, Brendan, Tanner, Alan, Geoffrey and Francis). All of them swam extremely well and 82% best times were posted. Alex and Bronwyn placed in the top 8 in several events, and Lynsey, Bronwyn and Alex swam in consolation finals as well. Yukon as a team placed 10th, even though there were no Yukon swimmers in the "Swimmers with a Disability" or "Special Olympics" categories.

During the last season club records were broken **227 times!!!** Congratulations to all swimmers for very successful season.

I hope that the new year will be as exiting as the previous one. The first meet will be the Ryan Dawning Memorial at home in October, followed by the Wishbone Invitational in Fairbanks in November and the Christmas Cracker in Victoria in December.

Please remember that consistency is a very important part of success. Attend every practice and work hard each day. Pay attention to your technique, try to do something better at every workout. Starts, turns, streamlining and stroke corrections given to you by you coach are critical to becoming a better swimmer.

Have a great season everyone and keep up the good work.

Marek

Coaching Staff for 2005-2006

Teddy Bears: Kelly Patrick, (assisted by Willow Brewster)

Cubs 1: Vanessa Brault

Cubs 2: Elliott Kaminecki

Black Bears: Olwyn Bruce

Polar Bears: Kathy Zrum

Kodiaks: Marek Poploski

Silver Tips: Marek Poplawski

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

Ryan Downing Memorial Meet – Whitehorse, Yukon October 28th and 29th. This is our first swim meet of the season and a great opportunity for the swimmers to set goals for the rest of the season. Swim meets require lots of parental help, so please pitch in and make it a great weekend for the swimmers!

Wishbone Invitational Swim Meet – Fairbanks, Alaska November 13th and 14th. The club has booked a block of rooms in Fairbanks – further information will be available soon. This meet is suitable for all levels of swimmers and everyone is encouraged to join in the fun! Parents who are planning to attend – *please consider chaperoning one or more unattached swimmers!* All swimmers with the Glacier Bears Swim Club must be chaperoned at out of-town swim meets. If possible, parents are encouraged to attend the meet with their children. The viewing is great at the Hamme pool in Fairbanks, and a terrific time will be had by all!

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!

***** Important Reminders *****

Annual General Meeting: The Whitehorse Glacier Bears' AGM is coming up soon – **Tuesday October 18th at 7:00 pm at the Sport Yukon building.** Everyone is welcome to attend – it's a great opportunity to learn more about our club and how it works.

There are no practices scheduled on Monday October 10th and Friday November 11th, due to the stat holidays !!

Welcome to the 2005-2006 Season from the Board of Directors!

The Whitehorse Glacier Bears Swim Club Board of Directors would like to welcome back all returning club members and extend a special welcome to all new club members! The coming season should be an exciting one, with some great events, and of course the long-awaited opening of the new Multiplex! Your board has been working hard over the summer to plan the upcoming season. If anyone has any suggestions or comments for the Board, our meetings are held the second Wednesday of every month at 7pm at the Sport Yukon building – everyone is welcome to attend! It's a great way to get to know your club!

Bingo Update:

Bingo sign-up went smoothly at registration. Our new policy requiring bingo commitments to be spread throughout the year seems to have gone a long way toward addressing the issue of lack of volunteers for bingos in the spring and summer months. If anyone is interested in going on an "on-call" list, please let Alice Purser (our bingo coordinator) know – if you like to get your bingos over with early, this is a good way to do it! Remember that working extra bingos means an opportunity to earn travel \$ for your swimmer to attend out-of-town swim meets (such as Fairbanks). A great way to work extra bingos or have more flexibility with dates is to become a banker or caller – these positions require a little extra training but are not difficult. Bingo is our most important fund raiser and it is great to see everyone pitching in!



Swim BC Cash Calendars:

All swimmers (with the exception of Teddy Bears) will soon receive a Swim BC Cash Calendar that was included as part of their Swim BC registration fee. Swim BC is our sport governing body and provides us with swimmer insurance, as well as a range of other important services including event sanctioning, time standards, etc. The calendars provide an opportunity for winning lots of cash prizes as well as gift prizes donated by sponsors of Swim BC! Please note that proceeds from the cash calendars will be shared between Swim BC and its member clubs, *including the Whitehorse Glacier Bears!* For further information on the cash calendar, please visit the Swim BC website at www.swim.bc.ca

The Paw Print Newsletter:

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

Member News:

Erin Pasloski, one of the 1st Whitehorse Glacier Bears winter club members, was successful in making the University of Guelph Gryphons Rowing Team! She admits her success is directly related to all the hours of swimming she has done throughout the years. It has helped her develop a great aerobic base, all over conditioning, commitment and work ethic and positive attitude. Just many reasons why it is great to be a Glacier Bear swimmer! Swimming can take you places!!



Club Clothing Report:

Orders have been taken for club swim suits, shirts, hoodies and bags. I will contact you when the items arrive. Bathing caps are available anytime. New item coming for winter...warm Club Toques to cover wet heads! More info. coming soon. Marianne Thompson, Clothing Manager
mthompson@northwestel.net

Travel Manager:

I will be making travel arrangements for all swim meets this year. I have a new "Travel Request Form" which will be emailed to you when you are traveling. The completed form will be emailed back to me. The form contains all specific info. needed when booking flights, accommodations and car rentals. Please let me know by email when you are traveling to a meet and I will provide the form.

Jim Thompson, Travel Manager
jim.thompson@northwestel.net