



the paw print

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November | 2009

Welcome to the 2009-2010 season!

Welcome to both returning swimmers and to our new swimmers... a warm welcome to the Glacier Bears swim club. Last year was a very successful season for the bears. It culminated in 15 very hardworking bears being chosen to represent the Yukon at the Canada Games. The following is a report on the results of the games by head coach Marek.

COACHES REPORT

15 swimmers have been selected for Yukon team to participate at Canada Summer Games in Charlottetown PEI. The results were phenomenal. Two gold medals and two bronze were beyond anybody imagination but to the certain degree expected.

Our best swimmer **Alexandra Gabor** just recently participated at World Championship in Rome in her best event 200m freestyle. Winning that event at the games was reasonable to expect but winning medals in other events was not that certain. The competition was very strong with few senior members, almost all national "B" senior team and many junior national team members competing at the meet. Alexandra has got her second gold medal in 400m freestyle and 2 bronze in 100m free and 800m freestyle. She also swam in all 5 relays helping the girls team to place 8th, 9th, 10th and 11th in 200 free, 800 free, 400m medley and 400m freestyle relays respectively.

Kirsten Berube was swimming 6 individual events. In 4 of them she finished with personal best times and placed 18th in 400 IM and 400 free, 19th in 200 IM, 21st, in 200 free, 22nd

in 100 free, 23rd in 50 free. She also swam all 5 relays swimming best times in her leg.

Hayley Beilz was very unfortunate with getting her foot injured just days before the games. She swam 5 events including 10k open water swimming finishing in very impressive 13th place. She also swam 400 free with very solid performance on her leg of the event.

Felix Bouchard swam extremely well in all his swims. 5 races five best times in 400 IM, 100, 50, and 200 back and 200m IM races.

Geoffroi Bourcier swam 2 individual events 200 IM and 400 IM placing 20th in both. He also swam 200m in 800 free relay with personal best on his leg.

Taylor Campbell the youngest team member handled the pressure very well. She swam all 3 difficult butterfly events (50, 100, and 200) with best times in two of them.

Tanner Cassidy swam all five relays and seven individual events. He swam four best times with very good distance event results which are his best. In the 1500 he placed 12th and 13th on the 800m free.

Julia Fedoriak swam three breaststroke events and 200m free relay. One of the youngest team members also came home with best times in 50m breakstroke event.

Brice Harding had a very busy week as well. He swam five best times out of six swims and made a consolation final (placed 16th) in his best event 50m freestyle. He also swam all 5 relay events with very good swims.

Joshua Kelly was another five best times out of five plus very good performance in four relays. He placed 18th in his speciality 100 and 200 breaststroke.

Kate McArthur 4 best times out of four swims plus an excellent swim in two relays. Cass would be proud.

Erin Oliver-Beebe also swam all personal best times in five events. She placed 14th in the 10k open water swim. She also swam well in the 800m free medley relay.

Molly Purser competed in 6 events. She swam best times in 2 events and placed 17th in 400 IM. She also was a member of all five relays.

Spencer Sumanik had a very busy and successful week as well. 4 best times in six events, placing 18th in 100m fly and 20 in 800 and 1500m free. He also swam in four relays with a very strong performance in all of them.

Jason Zrum swam in three backstroke events and one relay all of which he had best times.

All together fantastic performance by all swimmers. In all individual events and relay lead offs it was 78% of best times. Congratulations to all Well done.

Marek, Head Coach



"CHLORINE: THE BREAKFAST OF CHAMPIONS!"

SWIM MEET SCHEDULE UNTIL JANUARY 2010

Oct.23-24th.....Ryan Downing memorial all levels
Nov.13th-15thWishbone invitational, Fairbanks, AK
Nov.27th-29thCanada Cup, Toronto, Ontario National Qualifiers
Dec.5thTime Trial, Whitehorse, YT All Levels
Dec.11th-13thPaul Bergen International, Portland, Oregon B.C. Prov. team
Dec.11th-13thChristmas Crack1er Victoria, B.C all levels
Dec.21st-24thWGB Mini-camp silver tips and kodiaks
Dec.28th-31stSwim Yukon Xmas camp Black Bears and communities
Jan.2010Haines Meet, Haines Alaska



LIST OF COACHES FOR WHITEHORSE GLACIER BEARS

Head Coach-Marek Poplawski **Kodiaks, Silver Tips & Silver tips plus**
assistant coach Jim Thompson

Kathy Zrum **Black Bears 2**

Corey Bradbury **Black Bears 1**

Assistant Coaches Hayley Bielz and Kirsten Berube

Dean Nakamura **Cubs 1** assistant Becky Leslie

Stephanie Dick **Cubs 2**

Kelly Patrick **Cubs 3**

Assistant Coach Haley Braga

Willow Brewster, Ashley Bray, Patrick Docherty **Teddy Bears Coaches**

Assistant Coaches- Taylor Campbell, Nadia Petriw, Molly Purser

Tim Sellars and Jim Thompson **Grizzlies coaches**

IMPORTANT INFORMATION ABOUT BINGO SIGN-UP

We have a lot of new swimmers who may not realize how important bingos are to our club. It is very important to sign up for your allotted number of bingos...our bingo season runs all year ..there are still slots available for the summer bingos. Our sign

up sheet will be posted at the Ryan Downing swim meet. Also please consider becoming a caller or banker we will provide all training for these important positions. Parents can also e-mail **Kim Wawryk**(griswalds@northwestel.net) to sign up for their bingos.

BINGOS

Bingos are held every **Sunday throughout the year** at the **Elks Hall** in Whitehorse. Revenue earned from the Bingos represents a significant portion of the Whitehorse Glacier Bears revenue, approximately \$100,000 per year. We require this revenue in order to pay our qualified coaching staff and our pool rental costs. The following is a breakdown of required number of bingos depending on the swimmers level

TEDDY BEARS 1 BINGO

CUBS AND BLACK BEARS.....3 BINGOS

KODIAKS7 BINGOS

SILVER TIPS 10 BINGOS

You must be 14 years of age or older to play the Bingo and the same to work them. You are asked to sign up for Bingos when you register your child for swimming. Families are asked to provide a visa card or cheque for \$150.00 for each Bingo they are required to work. Should

you "no show" your bingo without finding a replacement your visa will be honoured or the cheque cashed. Once you have worked your required bingo your cheque or visa slip will be returned to you. The dates you are working your bingos are on registration form and our coordinator will call and remind folks of their bingo commitment.

Would you like to help a friend or work extra bingos? If you are available and willing to work more than the required Bingos you are eligible to earn extra monies toward the travel costs of your swimmer. Workers earn extra monies toward the travel costs of your swimmer. Workers earn \$75.00 for each extra bingo worked. To collect upon these funds at the end of the Glacier Bears fiscal year August. 31st, you submit receipts for the cost of travel to swimmeets, the extra bingos worked during year and the payment will be made to you.

WHAT DO YOU MEAN WORK A BINGO?

Please be mindful of the dates you commit to work. No one likes trying to find a "volunteer" at the 11th hour...

Arrive at the Elks Hall at 11:00 A.M. We start selling cards by 11:30.

There are two key workers required for every bingo:

BANKER: this individual is responsible for the door sales of cards and bingo dabbers, organizing the workers and determining the prize payouts.

CALLER: the individual calls the bingo games and is in charge of the games.

The parent manual is an excellent resource for telling you the various jobs a worker can expect to do at a bingo. If you haven't received your parent handbook we have it in the control room at the pool. You can e-mail the glacier bears and we will make sure you get one. (www.whitehorseglacierbears.ca)

Thanks once again from the Whitehorse Glacier Bears to Arctic Star Printing Inc. for publishing the newsletter.

www.whitehorseglacierbears.ca