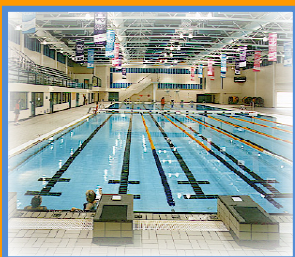


APRIL 2010

BCSSA PROVINCIALS

KAMLOOPS, BC
AUGUST 16-22, 2010



PROVINCIAL UPDATE

PROVINCIALS ARE JUST OVER FOUR MONTHS AWAY! . THE PROVINCIALS WILL BE HELD AT THE **CANADA GAMES POOL**, LOCATED BESIDE THE THOMPSON RIVERS UNIVERSITY (TRU) CAMPUS. THE POOL IS CLOSE TO MANY HOTELS, RETAIL STORES AND RESTAURANTS.

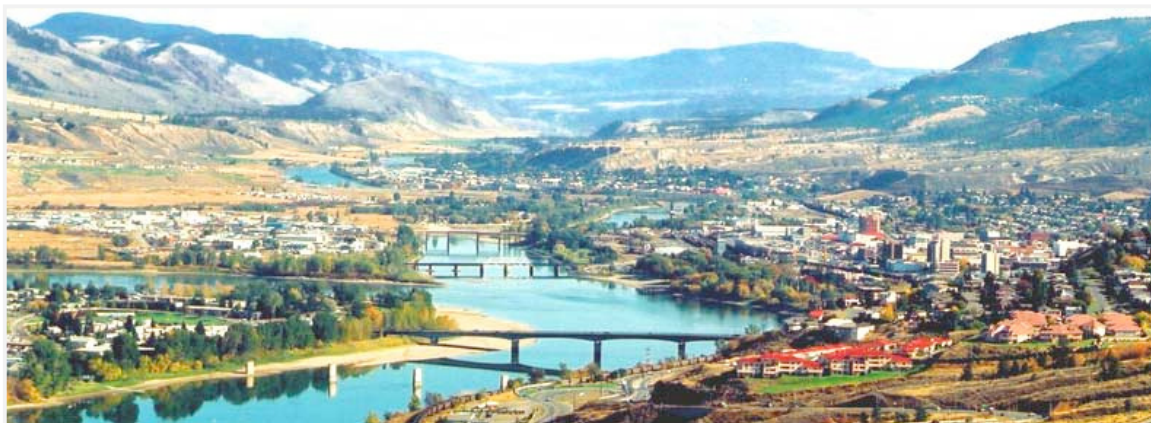
WE HOPE THIS NEWSLETTER WILL PROVIDE OUT-OF-TOWN ATHLETES AND THEIR FAMILIES WITH HELPFUL INFORMATION ABOUT KAMLOOPS AND THE PROVINCIAL CHAMPIONSHIP VENUE.

AUGUST 16 -18 – WATER POLO

AUGUST 17 -19 – DIVING

AUGUST 18, 19 – SYNCHRONIZED SWIMMING

AUGUST 20 -22 – SWIMMING



CANADA GAMES POOL AND TOURNAMENT CAPITAL CENTRE

THE CANADA GAMES POOL IS LOCATED IN KAMLOOPS AT 910 MCGILL ROAD, JUST WEST OF THE THOMPSON RIVERS UNIVERSITY. THE POOL WILL HOST ALL FOUR DISCIPLINES OF THE BCSSA. THE SWIMMING PORTION OF THE MEET WILL BE RUN AS A DOUBLE ENDED MEET FOR HEATS AND SINGLE-ENDED FOR FINALS.

THE ADJACENT TOURNAMENT CAPITAL CENTRE (TCC) AIR-CONDITIONED FIELDHOUSE WILL BE OPEN AND AVAILABLE TO GATHER TEAMS TOGETHER OUT OF THE HEAT. MARSHALLING WILL START IN THE TCC AND SWIMMERS WILL PROCEED ACROSS THE COURTYARD TO THE CANADA GAMES POOL.

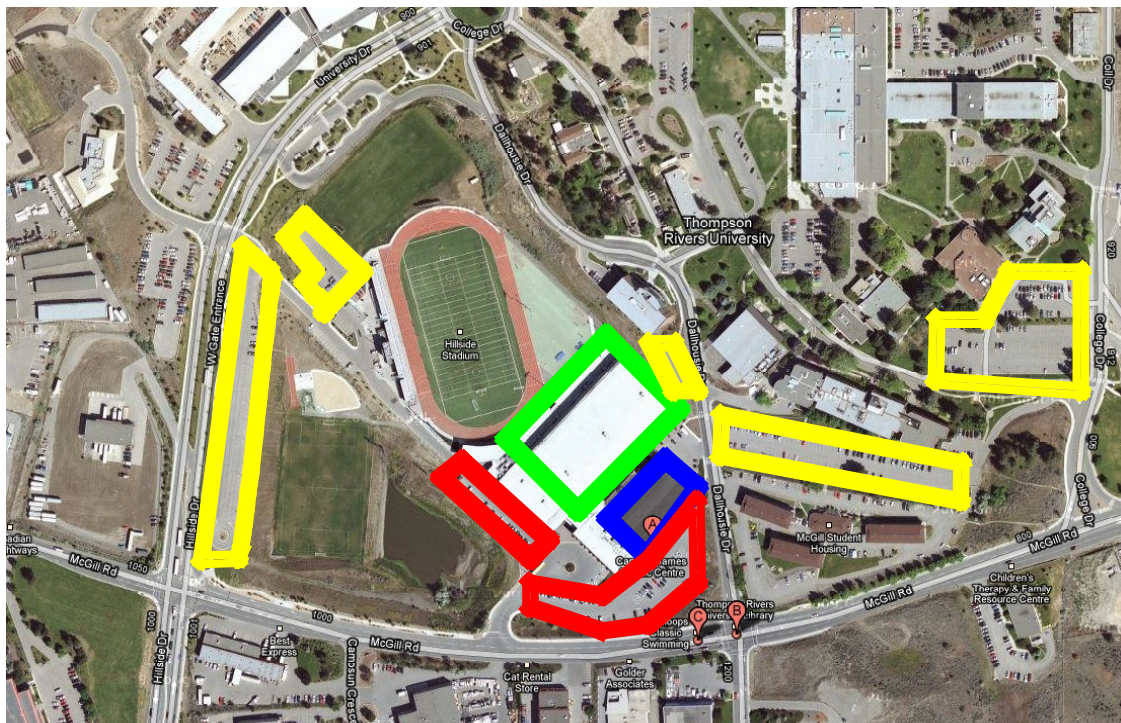
THERE IS AN ON-SITE CONCESSION AVAILABLE FOR ALL ATTENDEES, SPECTATORS AND OFFICIALS.





YOU CAN FIND A MAP AND DETAILED DRIVING DIRECTIONS TO THE TRU CAMPUS HERE: [TRU DRIVING MAP](#).





MAP OF POOL AREA



-  ALL DAY (PAY) PARKING
-  RESTRICTED 2-HOUR FACILITY PARKING
-  CANADA GAMES POOL
-  STAGING AND MARSHALING IN THE FIELDHOUSE

PARKING

PARKING IS AVAILABLE IMMEDIATELY ADJACENT TO THE **CANADA GAMES POOL**, HOWEVER, IT IS LIMITED TO 2 HOURS IN DURATION ON WEEKDAYS. THERE IS NO 2-HOUR LIMIT ON EVENINGS AND WEEKENDS. THE ADJACENT FITNESS CENTER WILL BE OPEN DURING THE PROVINCIAL CHAMPIONSHIPS FOR MEMBER USE.

THE CITY OF KAMLOOPS REQUESTS **THAT PARENTS AND OFFICIALS USE THE SURROUNDING IMPARK LOTS FOR ALL DAY PARKING** AND LEAVE THE 2-HOUR PARKING FOR THOSE WHO WILL BE COMING AND GOING DURING THE DAY. THE COST OF THE TRU IMPARK LOTS IS \$3 PER DAY (FREE EVENINGS AND WEEKENDS) AND ALL ARE WITHIN 5-MINUTE WALK OF THE CANADA GAMES POOL.



ACCOMMODATION IN KAMLOOPS

AT THE TIME OF WRITING, THERE WILL BE NO CAMPING AVAILABLE AT THE POOL FOR PROVINCIALS. WE WILL KEEP YOU INFORMED IF CAMPING DOES BECOME AVAILABLE.

THERE ARE A NUMBER OF HOTELS IN KAMLOOPS THAT HAVE PROVIDED SPECIAL RATES FOR BCSSA SWIMMERS. [THIS LINK \(TINYURL.COM/BCSSA-ACCOMMODATION\)](http://TINYURL.COM/BCSSA-ACCOMMODATION) LISTS THE HOTELS WITH SPECIAL RATES AND A BIT OF INFORMATION ABOUT EACH. INQUIRIES SHOULD BE DIRECTED TO EACH INDIVIDUAL PROPERTY. WE SUGGEST YOU HAVE YOUR MEMBERS BOOK ROOMS WELL IN ADVANCE, AS IT CAN BE DIFFICULT TO FIND ROOMS IN KAMLOOPS IN THE SUMMER.

SURROUNDING AREA RETAIL

THERE ARE SEVERAL RETAIL AREAS WITHIN A 10-MINUTE DRIVE OF THE CANADA GAMES POOL.

ABERDEEN MALL IS LOCATED 10 MINUTES SOUTHWEST OF THE POOL. IT HAS SEVERAL RESTAURANTS, MOVIE THEATRE, AND MANY RETAIL STORES.

EAST OF THE POOL ARE THE [SAHALI CENTRE MALL](#) AND COLUMBIA PLACE SHOPPING CENTERS; IN THIS AREA ARE SEVERAL GROCERY STORES, RESTAURANTS AND OTHER RETAIL.

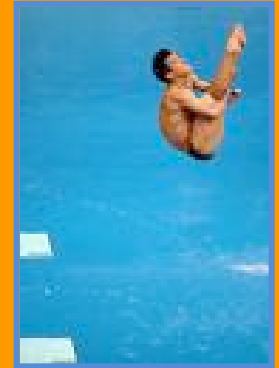
WEB PAGE COMING...

WE WILL BE POSTING THIS AND MORE INFORMATION ON THE [BCSSA WEB SITE](#) IN THE NEXT FEW MONTHS.

ONE LAST THOUGHT.....

BEING YOUR BEST IS NOT SO MUCH ABOUT OVERCOMING THE BARRIERS OTHER PEOPLE PLACE IN FRONT OF YOU AS IT IS ABOUT OVERCOMING THE BARRIERS WE PLACE IN FRONT OF OURSELVES. IT HAS NOTHING TO DO WITH HOW MANY TIMES YOU WIN OR LOSE. IT HAS NO RELATION TO WHERE YOU FINISH IN A RACE OR WHETHER YOU BREAK WORLD RECORDS. BUT IT DOES HAVE EVERYTHING TO DO WITH HAVING THE VISION TO DREAM, THE COURAGE TO RECOVER FROM ADVERSITY AND THE DETERMINATION NEVER TO BE SHIFTED FROM YOUR GOALS.

KIEREN PERKINS, 1992, 1996 OLYMPIC GOLD MEDALIST, 1500 FREE



AUGUST 16-22, 2010

THE BC SUMMER SWIMMING ASSOCIATION (BCSSA)

PROMOTES, AND ENCOURAGES THE DEVELOPMENT OF ATHLETES AND VOLUNTEERS THROUGH PARTICIPATION IN SPEED SWIMMING, DIVING, WATER POLO AND SYNCHRONIZED SWIMMING.

OUR NEW WEBSITE:

WWW.BCSUMMERSWIMMING.COM