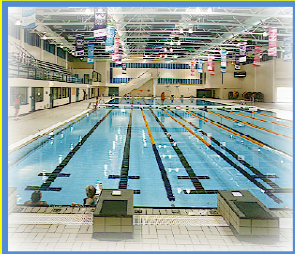


JULY 26TH 2010

REVELSTOKE AQUADUCKS

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KAMLOOPS REGIONALS AUGUST 7-8TH (SAT/SUN) SWIM MEET INFORMATION

RahRah! It's Regionals!

Once again the penultimate swim meet of the season is right around the corner. The Regionals at Brocklehurst pool in Kamloops will determine WHO qualifies for the provincial championships (also in K-Loops). Athletes who finish in the top three in each event, advance to the provincials; top two relay teams also qualify. If your son/daughter finishes in the top eight BUT achieves the PQT (Provincial Qualifying Time) in the finals, they too will qualify for provincials!

Revelstoke Parents - Volunteering

Provincial Sign-Up Table

Revelstoke parents are, once again, responsible for the provincials sign-up table Saturday afternoon and Sunday afternoon during the regional meet. Sonia Cinelli will be one of the main organizers of this duty so she might be contacting you and asking for your assistance.

Timing

Revelstoke parents are also responsible for timing in Lane 3 throughout the meet – so, during the afternoon finals, I expect most Revelstoke parents will be busy with either timing or the sign-up table!



Okanagan Regional Camp for Provincial Qualifiers -- Make a plan to attend!

On Monday, Aug. 9th, following the Regional Meet in Kamloops, the Okanagan Region is hosting a Regional Swim Camp for athletes who qualify for the provincial championships. It will run from approximately 7:45AM to 1:00pm and the cost will probably be between \$15 and \$30.

This year the added bonus for such a camp is that it will be held at the **Canada Games Pool** in Kamloops, which is, of course, the same pool that will be hosting provincials this year. What a great opportunity for our swimmers to really make use of our 'home-pool advantage' by testing out the facility!

Athletes will be coached by almost all the coaches in the region and they'll have a work out to swim, work on turns and dives, practice visualization and mental prep, as well as working on the regional cheer, practicing relays and building Okanagan team spirit!

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Potluck Dinner on Saturday

The Aquaducks will once again be hosting a potluck dinner at the TRU residences on Saturday. Time will be TBA. So bring a yummy dish to Kamloops to share!
SCRUMPTIOUS!

Relay Information

Relays are held at the end of each day and relay teams are made up by the coaches on the day of the meet. In each meet the coaches will endeavour to accommodate as many swimmers as possible. At Regionals, though, the coach's decision for relay teams is entirely his/her decision; as such, it is based on who the coach thinks would have the best chance at qualifying for the provincial championships independent of division.

My kid qualified for Provincials -- now what?

If your child qualifies for the provincial championships (held in Kamloops Aug. 20-22nd), you'll need to commit to attend by SUNDAY, AUG. 8th in the afternoon. Failure to confirm your child's attendance at provincials will result in an alternate being entered so, you need to know! Also, qualifiers can choose to pay \$30 and get a regional cap and T-shirt (this year's shirts are pink and say, among other things, "Look Good, Swim Fast")

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