

Revelstoke Summer Swim Club Winter Swim Program

Home of the..



Winter Update **Dave Kaegi / Club President**

Welcome to the Revelstoke Summer Swim Club – Winter Swim Program. For those of you returning from last fall's session, welcome back, and for those new swimmers just joining us, welcome aboard! The goal of the winter swim program is to provide swimmers with a structured program that combines training and fun activities. Given the quality of coaches we have, you can be assured

that all swimmers will have a fun filled winter swimming session.

Swimming is a great activity for kids. It provides the basis for one of the best overall body work-outs. On top of that, it is an extremely important life skill. Being a strong swimmer can lead to years of enjoyment around our regions many lakes and rivers.

The Summer Swim Club is an excellent way to keep your child's interest in

swimming alive. Similar to the Winter Swim Program, it is centered around the concept of providing fitness and training in a fun filled environment. Ask any returning Aquaduck swimmer, and they will tell you how much fun the program is! If you have any questions concerning the summer program, please feel free to contact any member of the Executive.

Dates to Remember:

- Winter session is Jan. 15 – April 29.
- **THERE WILL BE NO SWIMMING ON March 18, 20 & 25**
- Summer Swim Club Registration is April 1st & 3rd, from 6:00 – 8:00 PM at the Community Centre
- Summer Swim Club begins on May 1st. For more information contact Connie @ 837-6152.

Morning Swims

Please Note that there will be a morning practice from 7:05-8:05 AM for those children that are unable to make an evening practice (only two practices per week are permitted under BCSSA regulations). These practices will start on Thursday, Jan. 31st and will then be held every Tuesday morning until the end of April. If swimmers would like to attend this practice they are to sign up with Cynthia prior to the morning swim as space is limited.

Coaches Corner **Cassandra Astra / Head Coach**

Cynthia Pfeiffer / Assistant Coach

Hello everyone. My name is Cassandra Astra and I am truly excited to be coaching the spring session of the Winter Swim program once again. For those of you who were involved with the program last year, you will remember me from coaching the fall session in 2006. I have spent many years with the Aquaducks and they were awesome.

I absolutely love swimming and competing

and I am really looking forward to coaching. My years spent with the club involved a lot of hard work and fun and I am hoping that after this session many of you will have experienced that as well. I look forward to meeting everyone and I'll see you in the pool!

My assistant coach is Cynthia Pfeiffer who is also a long time swim club member. Cynthia is a Senior swimmer with the club who enjoys working

with the younger swimmers. Cynthia actively practices and competes in the Summer Swim Club. As many of you know, Cynthia was an Assistant Coach for the fall session of the Winter Swim Program. She brings a lot on enthusiasm and ideas to the program.

I know both Cynthia and I are looking forward to this session and promise to make it a positively swimming experience for all!

ATTENTION TURTLE PARENTS:

Once the turtles are finished swimming, could parents please come and pick up their child near the entrance to the leisure pool.

Thanks

Aqua Ducks

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Club Executive

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Wendy Rota
Director

Leanne Anderson
Director

Cindy Holdener
Director

Silicone swim caps
for sale - \$15. Call
Connie @ 837-6152

High School Credits – for swimming!

For many years now BC High School students have been able to earn credit for activities outside of school. In fact, there are so many of these activities that the Ministry of Education annually produces a booklet for every high school, called Course Information for the Graduation Program Grade 10, 11, and 12 Courses. Some of the more common activities used to grant credit are the RLSS Bronze Cross Award, the National Lifeguard Award, and various First Aid awards to name a few.

The area of Competitive Sports is found on page 100 of the 2007-8 Booklet.

www.bced.gov.bc.ca/graduation/courseinfo/cid.pdf

Students can obtain External Course credit in the following categories:

1. Athlete 10, Athlete 11, Athlete 12
2. Official 10, Official 11, Official 12
3. Coach 11, Coach 12

Students seeking credits for a sport course or program are required to present specific documentation as proof of participation or completion. All letters and certificates should be on the sport organization's letterhead and include the student's name, sport program, category and level of credit. For more info contact:

BCSSA

Email office@bcssa.bc.ca
www.bcssa.bc.ca

Fundraising – Get your hot and steamy Pizza!

Hi everyone welcome back! This session we are going to have a mandatory fundraiser. This will consist of each family selling a minimum of five

pizzas. However, you are not limited to selling five, you may sell as many as possible. The family who sells the most will be awarded two free pizzas of their choice. The order forms will be handed out in March. Please have your order forms handed back in by March 27th. The orders will be filled on April 12th from 9:00 -2:00PM. Additional pizza makers are welcome. We

will need you to come pick up and deliver your pizza orders on this date. You will be notified of exact times for this in a future newsletter. If you are unable to complete this fundraiser, your fundraising cheque of \$50.00 will be cashed. If you have any questions or concerns please contact Wendy Rota @ 837-4271.

Helpful Hints – Some Does and Don'ts you should know

As with any sport or activity, there are always some helpful hints to help make the activity more enjoyable for your child. Swimming is no exception.

- Please ensure your child presents their laminated swim pass at the front desk.
- Parents, we encourage you to watch your child but only from the Viewing Area.
- Coaches prefer not to speak to parents during sessions as they find it distracting.
- Any questions, comments or concerns can be directed to an executive member who are usually available during pool sessions.
- All swimmers are asked to enter the pool via the change rooms rather than the Viewing Area.
- Swimmers are expected to follow Aquatic Centre rules and to take direction from coaches and lifeguards.
- Bring a water bottle. A small meal consumed 1.5 hrs before sessions is ideal.

Summer Club Coaching Staff

I am pleased to announce our coaches for the upcoming Summer Swim Club. We are thrilled to have Tallis Hobbs returning to the Club as Head Coach. Tallis was the Head Coach in 2007. He will be joined this summer by Katherine Cook. Katherine comes to the club from Williams Lake where she has worked as an Assistant Coach. She is a long time swimmer who enjoys working with the younger kids. Welcome Katherine!