

# POLAR PRESS

December - 2002

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We are well into December and are all preparing to celebrate the holidays. Our swimmers have been performing very well and working very hard.

A very happy holiday season to all of our members and their families. We hope our swimmers enjoy their break over the Christmas season and look forward to seeing everyone in the New Year.

The intention of this newsletter is to communicate with our membership.

If you have any comments, ideas or questions for the newsletter please email Sandi at [sandraaitken@theedge.ca](mailto:sandraaitken@theedge.ca) or speak with Sandi at the pool.



## XMAS SCHEDULE

December 13<sup>th</sup> - Christmas event and family swim; last day of program for all groups except gold and silver

December 14<sup>th</sup> - Last day of program for silver

December 21<sup>st</sup> - Last day of program for gold

January 2<sup>nd</sup> - First day of program for gold

January 6<sup>th</sup> - First day of program for all remaining groups



## Bingos

Bingos are a major fundraiser for the swim club, and as luck would have it, the club was given 2 bingo dates in December. Thanks go out to our bingo volunteers - Chris Wittlinger, John Soderberg, Cecile Cadieux, Sandi Aitken, Kim Knutson, Tim Canam, Jo-Ann Martin, Dawn Doig, Rick Woodward, Nancy Kearnan, Lisa Richinger and Don Morrison. We are still in need of volunteers for our Dec. 28<sup>th</sup> bingo - if you can help, please contact Sandi Aitken ([sandraaitken@theedge.ca](mailto:sandraaitken@theedge.ca)) or Kim Knutson ([kim.knutson@justice.gc.ca](mailto:kim.knutson@justice.gc.ca))



## Pies

Speaking of fundraisers, the Pie Lady (aka Vice-President, Helen Goodwin) reports that pie sales were again a resounding success. Top sellers included Fraser and Andrew Goodwin (41 cases) and Jennifer Inch (coach) coming in a close second with 40 cases. In total, members sold 317 cases of pies - 14 cases over our previous record!

Please watch for a notice or a phone call letting you know where and when the pies can be picked up. It is very important that you make yourself, or someone in your family, available at the pick up time. We will only have about a two hour time frame for distribution.

## Grande Prairie Swim Meet

The Grande Prairie Invitational Swim Meet will be held the weekend of February 1 & 2. This is the Club's primary developmental out- of- town swim meet. An informational package and registration form was sent by e-mail to all those members we have

e-mail addresses for - if you did not receive the informational package, please ask Sandi or Ian for a copy or e-mail Sandi at [sandraaitken@theedge.ca](mailto:sandraaitken@theedge.ca) to ensure we have the right e-mail address for you.

## Time Trials

The next time trials are scheduled for January 25 and 26, 2003.



## Improving Flip Turn Speed

This Speedo Tip of the Week was submitted by Sean Tedesco, the head coach at the United States Merchant Marine Academy. Tedesco offers a drill designed to improve speed going into a freestyle flip turn.

### Tedesco's Tip:

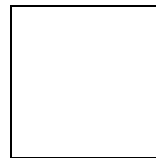
When approaching the wall for a freestyle flip turn, it is recommended that you accelerate, or if necessary, maintain your speed. Before your last stroke is completed, you should tuck your head in toward your knees. As the race progresses, however, and fatigue begins to set in, one tends to finish the last stroke, slow down and drift into the wall, and then make the turn. This action is very slow and will cause you to slow down as you come off the wall. At the United States Merchant Marine Academy, we work on a drill called "One Arm Turns." It goes as follows:

- **Step 1** - Begin at the flags. On your stomach, keep one arm stretched out in front of you.
- **Step 2** - Kick yourself into the wall with no breath. As you approach the wall, begin to tuck your head into your knees as you begin to pull with the outstretched arm.
- **Step 3** - Turn in a tight tuck.

Practice with both arms. This drill will emphasize not breathing into the turn, taking a full stroke before the turn, tucking your head at the appropriate time, and limit your drifting into the turn.

## Schedule

Dec. 13 - Christmas event & family swim  
Dec. 13 - last day of program for all groups except Silver & Gold  
Dec 14 - last day of program for Silver  
Dec. 21 - last day of program for Gold  
Jan. 2 - first day for Gold  
Jan. 6 - first day for all other groups  
Jan 25 & 26 - Time Trials  
Feb. 1 & 2 - Grande Prairie  
Feb. 15 & 16 - Regionals  
Feb 21 & 22 - Swim-a-thon  
Feb. 28 - Mar. 2 - Alberta Age Groups Champs  
Mar 7 to 9 - Alberta Sr. Champs  
Mar 7 - Skills & Thrills & Family Swim day  
March - 2 week break for all groups except Gold (1 week)  
April 13 - Time Trials  
Apr 18 & 21 - no program, Good Friday & Easter Monday  
April 24 to 26 - Edmonton Keyano International  
May 10 & 11 - Kimberlite and last day for all groups except qualifiers  
June 14 & 15 - Regionals  
July 4 & 5 - Alberta Senior Champs  
July 10 & 11 - Alberta Age Group Champs



## Swimming Trivia (for kids only!)

The average human produces 25,000 quarts of spit in a lifetime - enough to fill two swimming pools.



## Polar Bears Show Their Stripes at Candy Cane

Ten swimmers from the Yellowknife Polar Bear Swim Club traveled to Edmonton the weekend of December 6 to 8 to compete in the Olympian Swim Club's annual Candy Cane Invitational Swim Meet. Meet highlights included:

### Stephen Legaree (17)

- Top Age Group Swimmer - Male 15 & Over
- 4 gold medals & 3 silver performances
- 7 personal best swims

### Jenny Aitken (10)

- 4 personal best swims including a 29 second improvement in her 200 meter freestyle

### Benjamin Beaudoin (10)

- Alberta 'A' time in his 100 meters butterfly
- 4 personal best swims
- 4 top 8 finishes

### Sean Legaree (12)

- 4 personal best swims including a 7 second improvement in his 200 breaststroke and a 14 second improvement in his 200 meter freestyle
- 1 top 8 finish

### Andrew Wittlinger (16)

- 4 personal best swims including a strong 100 meter breaststroke swim at 1:18.37
- 3 top 8 finishes

### Morgan Moffitt (14)

- one silver and two bronze performances plus 4 other top 8 finishes
- 2 personal best swims

### Amelia Harman (10)

- 7 personal best swims including a total of nearly 20 seconds of improved swimming time

### Jessi Casebeer (13)

- 3 personal best swims including strong 100 and 200 meter breaststroke races
- 3 top 8 finishes

### Axelle Kearnan (13)

- 7 personal best swims
- 1 bronze performance and 1 other top 8 finish
- qualified for the Alberta Regionals in her 400 meter freestyle

### Deanna Monks (13)

- 3 personal best swims including a 61 second improvement in her 800 meter freestyle
- 1 top 8 finish

Head Coach Ian Legaree accompanied the group, and Bertha and Alan Harman assisted in chaperoning. Thanks go out to Ian and the Harmans for taking the swimmers to Edmonton for this swim meet.

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## Polar Bear Swim Club Executive & Board Members

<b>President</b>	Tim Canam	669 7995	<a href="mailto:tecanam@internorth.com">tecanam@internorth.com</a>
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<b>Secretary</b>	Jennifer Inch	873 8794	<a href="mailto:rudy@ssimicro.com">rudy@ssimicro.com</a>
<b>Past President</b>			
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Head Coach	Ian Legaree	920-4290	<a href="mailto:legaree.clan@nt.sympatico.ca">legaree.clan@nt.sympatico.ca</a>

The board normally meets the second Tuesday of each month at 7:30 PM, in the 3<sup>rd</sup> Floor Board Room at Stanton Hospital. The board meetings are open to any member of the swim club, and the next meeting is Tuesday January 14<sup>th</sup>.