

POLAR PRESS

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Coaching Staff

Dolphins Courtney Woodward - Coach

- 16 years old
- Level 1 Theory qualified
- I Can Swim Program Instructor
- Competed at the 2001 Canada Summer Games and the 2002 Jeux de la Francophone Canadienne

Akash Sidhu - Assistant Coach

- 14 years old
- Completed the I Can Swim Instructor Program
- YKPB swimmer for five years

Dynamos Tanis Baile - Coach

- 15 years old
- I Can Swim Program Instructor
- Competed at the 2001 Canada Summer Games & the 2002 Swim Alberta Senior Championships

Harjot Sidhu - Assistant Coach

- 13 years old
- YKPB swimmer for five years

Belugas Holly Lafrenière - Coach

- Level 3 Theory qualified
- I Can Swim Program Instructor
- YKPB mom

Amy Wittlinger - Coach

- 18 years old
- Level 1 Theory and Technical qualified
- Competed at the 2001 Canada Summer Games and the 2002 North American Indigenous Games

Welcome back to all veteran swimmers and a friendly welcome to all of our new swimmers.

Thank you to the families who attended our Rookie camp. We are pleased you decided to stay with us and know you will enjoy the exciting swim season ahead of you.

This is the first newsletter of the season. We will issue one each month. Sandra Aitken is the Communications Director and is responsible for the newsletter. The intention of the newsletter is to communicate with our membership.

If you have comments, suggestions or questions for the newsletter, please e-mail Sandi at sandraaitken@theedge.ca



Maco Sharks Courtney Woodward (Coach)

Chelsea Heide - Coach

- 15 years old
- I Can Swim Program Instructor
- Competed at the 2002 Jeux de la Francophone Canadienne

Hammerhead Sharks Stephen Legaree - Coach

- Level 1 Theory certified
- I Can Swim Program Instructor
- Competed in the 2001 Canada Summer Games & the Edmonton Keyano International in 2000 & 2002
- YKPB swimmer for the past 5 years

Julie Charlebois - Coach

- I Can Swim Program Instructor
- Degree in Physical Education (Athletic Therapist)
- YKPB mom

Cubs Stephen Legaree - Coach

Stu Gibson - Coach

- Coached in Calgary and Germany
- Former competitive swimmer

Darryl Dolynny - Coach

- YKPB dad
- Certified coach in a variety of sports

Bronze Tina Schauerte - Coach

- Level 3 Theory & Level 2 Technical certified
- I Can Swim Program Instructor
- Degree in Physical Education
- 3rd year coaching

James Hardy - Coach

- Level 2 Theory and Technical certified
- I Can Swim Program Instructor
- YKPB dad
- 3rd year coaching

Morgan Moffitt - Assistant Coach

- 13 years old
- competed in the 2001 Canada Summer Games and the 2002 Alberta Regionals (Short & Long Course)
- YKPB swimmer for the past 5 years

Silver Jennifer Inch - Coach

- Level 2 certified (full) - completed Level 3 Theory
- I Can Swim Program Instructor
- 3rd year coaching YKPB (has also coached Masters swimming)
- Coached at the 2001 Canada Summer Games

Gold/Head Coach Ian Legaree - Coach

- Level 3 certified (full)
- Coached at the 2001 Canada Summer Games & 2002 North American Indigenous Games
- 5th year coaching (in this generation)
- YKPB Dad

Coaching Training

YKPBSC will be offering a National Coaching Certification Program - Level 1 Swimming Technical from October 18-20. Swim Alberta's Sam Montgomery and World Class Weight Lifting athlete (retired) and coach Bryce Singbeil will be conducting the course.

Bryce will also be running special core strength and weight training clinics for all groups.

Coaching Certification Explained

Swim Natation Canada and the Canadian Swim Coaches and Teachers Association are proceeding with changes to the coaching certification process in Canada. Closer to the date of implementation of these changes, more information will be provided.

At present, Canadian Coaches are certified through the five level **National Coaching Certification Program**. Level 1 coaches are typically required at the Club level, Level 2 for Provincial level competition, Level 3 for Inter-provincial competition, Level 4 for National and Level 5 for International Programs.

Each level involves a sport specific technical and practical component and a general theory component. In swimming, **Level 1 Technical** involves 14 hours of instruction and two assignments that take about 8 hours to complete. Level 1 Practical involves 35 hours of coaching plus an extensive assignment that takes about 12 hours to complete. Level 1 Theory is a 14 hour course plus the completion of an extensive coaching workbook.

Level 2 Swimming Technical involves 14 hours of instruction and two assignments that take about 8 hours to complete. Level 2 Practical involves 200 hours of coaching plus an extensive assignment that takes about 20 hours to complete. Level 2 Theory is a 21 hour course plus the completion of an extensive coaching workbook.

Level 3 Swimming Technical involves 30 hours of instruction plus the completion of an extensive season plan assignment. Level 3 Practical involves coaching at two Provincial Championships plus an on site evaluation by a senior level coach. Level 3 Theory involves 36 hours of instruction, plus the completion of an extensive assignment that takes about 40 hours to complete.

YKPBSC offers the **I CAN SWIM** programs. The I CAN SWIM suite of programs have been designed and are supported by Swimming/Natation Canada (SNC), the National Sport Governing Body for swimming in Canada.

I CAN SWIM focuses on the individual learner's needs as learners in swimming classes are all different, different ages, different abilities, with different swimming skills and attributes. Teaching the I CAN SWIM program involves teaching all kinds of skills including strokes, entries, turns and being water-safe.

LEARNING STAGES

Stage 1: Water Orientation -	This stage involves learning to be comfortable in the water and learning to move in it.
Stage 2: Skill Development -	This stage focuses on the basic movements and orientation ability needed for swimming strokes.
Stage 3: Skill Improvement -	This stage improves all four strokes, and increases endurance. When learners have finished this stage, they have learned to swim.
Stage 4: Skill Refinement -	This stage focuses on refining motor co-ordination and introduces the idea of swimming fast. This is an advanced learning stage

Parent Helpers

We're looking for parent helpers for each group this season. The job can be as easy as handing out newsletters and helping coaches with time trial entries. It can involve becoming active in coaching training and assisting the coaches with various activities that go on during the day. If you can help out once a month, once a week or every day, please contact Ian or your group's coach to see where you can assist.



EQUIPMENT ESSENTIALS

Did you know that the Polar Bear Swim Club carries a wide selection of swim wear, including Club suits, training suits, goggles and swim caps? A good time to have a look is during up coming time trials and swim meets. Is your suit getting a little thin? Contact Andrea Hardy @ 920-2689. Many suits are available at the pool during the week also.

TRAINING VERSUS RACING SUITS

HIGH PERFORMANCE SUITS

These suits such as the Fastskin and Aquablade are intended to be used for racing only. They fit extremely tight and are not intended for use during practice. They do not stand up very well to chlorinated pools. Typically they will last 3-6 swim meets depending on wear and care.

COMPETITION SUITS

These are your Team Logo'd suits and are recommended for competition only. They usually are a Lycra based suit, and are the most common Team competition Suit.

TRAINING SUITS

These suits are used for training purposes, we recommend a 100% polyester or 100% nylon based suit. They generally are the most economical suit and longer lasting suit.

We plan to carry more of the 100% polyester and nylon suits.

CARING FOR YOUR EQUIPMENT

Remember swimmers to rinse out and hang to dry your suits. With proper care, they will last much longer.

FIRST TIME TRIALS



The **first time trials** of the season will commence on Friday November 15th from 4:30 to 6:30 pm for the younger squads and will continue on Sunday November 17th from 8 a.m. till noon for the older swimmers. After swimming on the Friday, there will be **pizza** available for all swimmers.



OPEN HOUSE

There will be an **open house** for all new parents and returning parents on **Friday November 15th** commencing at **8 p.m.** Helen Goodwin, Vice-President has kindly offered her home so the wine and cheese will be held at 5 Lovell Court. The hope is that as many parents as possible will be able to attend. It will be an opportunity for parents to meet the coaches, Board members and other parents. Coaches/board members will be on hand to answer questions on the swim program, time trials, coaching certification etc. Equipment, suits will be on display and available for purchase.

North American Indigenous Games

Club members Amy Wittlinger, Andrew Wittlinger and Frances Ablitt and coaches Don Irwin and Ian Legaree participated in the 2002 North American Indigenous Games in Winnipeg at the end of July and early August.

The NWT Swim Team included Amy, Andy and Frances along with Robyn McLeod (Fort Providence), Kristielyn Jones, Robin Gordon & Kirk MacLelland (Fort Smith) and Colin Stipdonk (Fort Simpson).

Team NWT won 33 medals, 50% of Team NWT's total medal count. Amy, Andrew and Frances won 23 of these medals. The meet was very fast with a personal best swim rate of 76%.

The **YKPBS** Results were:

Frances Ablitt (Female 13-14)

- Gold 400 FREESTYLE - 6:15.24
- Bronze 200 FREESTYLE - 2:55.52
- 2 Relay Silvers

Andrew Wittlinger (Male 15-16)

- Gold 50 Freestyle - :27.94
- Gold 1500 Freestyle - 20:05.97
- Gold 50 Butterfly - 30:01
- Gold 100 Butterfly - 1:12.29
- Silver 100 Freestyle - 1:02.03
- Silver 200 Freestyle - 2:16.90
- Silver 400 Freestyle - 5:02.17
- Silver 50 Breaststroke - :36.65
- Silver 100 Breaststroke - 1:20.44
- Silver 200 IM - 2:37.35
- 3 Relay Gold

Amy Wittlinger (Female 17 & 18)

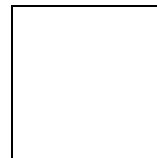
- Silver - 50 Back - 36.32
- Silver - 100 Back - 1:15.36
- Bronze - 100 Free - 1:06.98
- Bronze - 200 Free - 2:25.00
- Bronze - 400 Free - 5:41.10
- Bronze - 800 Free - 10:58.71
- Bronze - 50 fly - 34.54
- 2 Relay Silvers

Congratulations to Frances, Amy and Andrew and to the NWT Swim Team for their impressive results.

Jeux de la Francophone Canadienne

Club members Courtney Woodward and Elizabeth Aikens and Chelsea Heide and Derrick Kocik of Yellowknife participated in the 2nd Jeux de la Francophone Canadienne in Quebec in August 2002.

The young athletes showed great enthusiasm and showed the rest of Canada that we are serious about our water sports.



Swimming trivia

At the 1983 Pan American Games in Caracas, Venezuela, the U.S. men's 400 meter medley relay consisted of all four 100-meter stroke world record holders, the only time this has happened in swimming history. (Rick Carey, Steve Lundquist, Matt Gribble, Rowdy Gaines)

THE BACK PAGE

Polar Bear Swim Club Executive & Board Members

President	Tim Canam	669 7995	canam@internorth.com
Vice-President	Helen Goodwin	669-9050	hgoodwin@theedge.ca
Treasurer	Leigh Wells	873 3214	wells.family@nt.sympatico.ca * interim
Secretary	Jennifer Inch	873 8794	rudy@ssimicro.com
Past President			
Fundraising Director			
Communications Director	Sandi Aitken	920-2946	sandraaitken@theedge.ca
Social Director	Cindy Dolynny	873-4099	shoppersdrugmart399@nt.sympatico.ca
Director at Large	Nancy Kearnan	766-3967	nkinyk@hotmail.com
Director at Large	Andrea Hardy	920 2689	jhardy@ssimicro.com
Registrar	Kim Elkin	873 2972	kim.elkin@theedge.ca
Statistician	Tim Studor		studors@nettaxi.com
Meet Manager	Lynn Elkin	920-4206	lynnelkin@hotmail.com
Head Coach	Ian Legaree	920-4290	legaree.clan@nt.sympatico.ca

The board normally meets the second Tuesday of each month at 7:30 PM. We meet in the 3rd Floor Board Room at Stanton Hospital. The board meetings are open to any member of the swim club. Our next meeting is Tuesday November 12, at 7:30 PM.



WANTED The Yellowknife Polar Bear Swim Club needs to fill two positions on the Board. Our Treasurer Leigh Wells is stepping down as her boys are not swimming this year - she is assisting the Club on an interim basis. We are also in need of a fundraising director. If you can help in either of these positions please contact Tim Canam, President, or Ian Legaree, Head Coach.