

POLAR PRESS

February - 2003

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Swim Canada - Certified Officials' Training

The Yellowknife Polar Bear Swim Club provides regular training to certify competition officials so that local time trials and meets can be sanctioned. If you are interested in more information on officials' certification, check out the Swim Canada web site at www.swimming.ca/officials_deck

The links to [Procedures for Certifying Officials](#) and [Questionnaires](#) explain how officials are certified and the different levels that official certification follows. They also contain the mini-clinic questionnaires for each level.

To date, most YKPBSC parents have been given the Level 1 timer clinic with this information being submitted to Swim Alberta. If you are interested in



learning more contact Lynn Elkin, Rick Woodward or Ian Legaree.

Kudos

As you will see from this newsletter and the results achieved by our swimmers, we have a very

competitive swim club. Kudos go to Head Coach Ian Legaree, and our talented coaches whose hard work, coaching skill and commitment to each and every one of our swimmers has produced a great deal of success.



Swim-a-thon - a reminder

Cubs, Sharks, Dynamos and Belugas swim on February 21st from 4 to 6:30 p.m. Bronze, Silver, and Gold swim on February 22nd from 6 to 8 a.m. Swim-a-thon is an annual Swim Alberta event to raise funds for swim clubs. Participation in the fundraising aspect is voluntary, but all parents are encouraged to come and watch just how far their children can swim in two hours. You will be impressed!



Schedule

Feb 21 & 22 - Swim-a-thon
Feb. 28 - Mar. 2 - Alberta Age Groups Champs
Mar 7 to 9 - Alberta Sr. Champs
Mar 14 - Skills & Thrills & Family Swim day
March - 2 week break for all groups except Gold (1 week)
April 13 - Nanuq Invitational
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



Polar Bears Take Bite out of Piranhas

Grande Prairie Northern Lights Regional Championships - January 31-February 2, 2003

The Yellowknife Polar Bear Swim Club traveled to Grande Prairie, Alberta the weekend of January 31 to February 2, 2003 to participate in the Northern Lights Regional Championships hosted by the Grande Prairie Piranhas Swim Club. A total of 32 swimmers, 6 coaches/chaperones and a number of other supporters participated in the meet. There were 273 swimmers from 14 Clubs from Alberta, the Northwest Territories (Yellowknife and Hay River) and British Columbia.

Polar Bear highlights included:

- A total of 53 individual gold, silver and bronze medals;
 - A team finish of 2nd place behind the host Grande Prairie Piranhas;
 - Top age group awards for:
 - Fraser Goodwin - 1st Male 8 & Under
 - Stephen Legaree - 1st Male 15 & Over
 - Devon Woodward - 2nd Male 13 & 14
 - Tanner Dolynny - 2 Male 8 & Under
 - Benjamin Beaudoin - 3rd Male 10 & Under
 - Two relay gold medal finishes for the male 11 & 12 team of Clark Hardy, Andrew Goodwin, Brayden Boyd and Sean Legaree;
 - One relay gold medal finish for the male 10 & Under team of Fraser Goodwin, Tanner Dolynny, Benjamin Beaudoin and Clayton Hardy;
1. James Adair - 6 personal best swims and a silver medal in the 200 freestyle;
 2. Jenny Aitken - silver in the 100 freestyle & bronze in the 200 freestyle;
 3. Benjamin Beaudoin - 3 gold medals in the 50 & 100 breaststroke and 50 butterfly, silver in the 100 butterfly and bronze in the 200 individual medley;
 4. Brayden Boyd - 2 silver medals in the 50 & 200 breaststroke, 3 bronze medals in the 100 breaststroke, 200 individual medley and 50 backstroke;
 5. Emily Boyd - silver in the 50 freestyle (a B time) and a bronze in the 50 backstroke;
 6. Jessi Casebeer - 3 personal best swims plus one relay top three finish;
 7. Shannah Conway - 4 personals best including a 4th place finish in the 200 freestyle and one relay top three finish;
 8. Tanner Dolynny - 2 gold medals in the 100 individual medley and 50 breaststroke, silver in 100 freestyle and bronze in the 50 freestyle;
 9. Katherine Elkin - 5 personals bests plus one relay top three finish;
 10. Jennifer Franki-Smith - 2 silver medals in 200 backstroke & 100 butterfly, 2 bronze medals in 400 freestyle & 50 butterfly;

11. Andrew Goodwin - silver in the 400 freestyle, 3 bronze medals in the 50 freestyle, 50 & 200 breaststroke;
12. Fraser Goodwin - 4 gold medals in the 50, 100 & 400 freestyle and 50 backstroke;
13. Devon Hall - two gold in 100 & 200 breaststroke, silver in the 50 breaststroke, bronze in the 200 freestyle;
14. Kira Hall - 7 personal best swims for a total time improvement of 48 seconds;
15. Clark Hardy - bronze in the 50 butterfly and 4 personal best swims;
16. Clayton Hardy - bronze in the 400 freestyle and 2 personal best swims;
17. Amy Harman - 6 personal best swims for a total time improvement of 14 seconds;
18. Axelle Kearnan - 4 personal best swims including 3 B times and two 4th place finishes;
19. Sean Kearnan - 4 personal best swims for a total time improvement of 10 seconds;
20. Kirsten Knutson - a 9 second improvement in her 50 meter freestyle;
21. Madeleine Lafrenière - 2 bronze medals in the 50 meter freestyle and breaststroke;
22. Sean Legaree - 2 personal best swims for a total time improvement of 8 seconds plus 2 fourth place finishes;
23. Stephen Legaree - 5 gold medals in 50, 100 & 200 freestyle, 50 & 100 backstroke and a silver medal in the 100 butterfly;
24. Alexandra Malakoe - 5 personal best swims for a total time improvement of 14 seconds plus one top 3 relay finish;
25. Mischa Malakoe - bronze medal in the 50 meter butterfly, 3 personal best swims;
26. Morgan Moffitt - bronze medal in the 50 meter butterfly, 3 personal best swims including two 4th place finishes;
27. Deanna Monks - 2 personal best swims for a total time improvement of 4 seconds;
28. Anessa Morrison - 6 personal best swims for a total time improvement of 41 seconds plus one relay top 3 finish;
29. Natalie Murphy - 4 personal best swims plus one relay top 3 finish;
30. Angela Ndabene - 5 personal best swims for a total time improvement of 15 seconds;
31. Daniel Stewart - 5 personal best swims for a total time improvement of 6 seconds including one top 5 finish;

32. Devon Woodward - 3 gold medals in 800 freestyle, 100 breaststroke & 50 butterfly, 2 silver medals in 100 backstroke and 400 freestyle and a bronze medal in the 200 individual medley (including two B and two Qualifying times).

Club Records

Fraser Goodwin set new club records at the Grande Prairie meet in the men's 8 and Under 50 free, 50 back, 400 free, and 50 back; Benjamin Beaudoin set a club record in the men's 9-10 100 fly, and Stephen Legaree set a club record in the men's 15-17 100 free. The relay team of Alexandra Malakoe, Axelle Kearnan, Jessi Casebeer, and Morgan Moffitt set club records in the women's 13-14 200 free and the 200 medley relays.

Check the web site at www.ykpbcs.nt.ca for further details on the new club records.

National Rankings

The following swimmers have achieved top 20 national level rankings in the events noted:

Male - Age 8

Fraser Goodwin	5 th	50-meter freestyle
	7 th	50-meter backstroke
	8 th	400-meter freestyle
	13 th	100-meter freestyle
	17 th	200-meter IM
Tanner Dolynny	9 th	50- meter breaststroke
	15 th	100 -meter IM
	16 th	100-meter breaststroke

Male - Age 10

Benjamin Beaudoin	12 th	400-meter IM
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In addition to the three swimmers above, Stephen Legaree and Amy Wittlinger are ranked in the top 10 in Alberta and the top 30 in Canada.

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Polar Bear Swim Club Executive & Board Members

President	Tim Canam	669 7995	tecanam@internorth.com
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The board normally meets the second Tuesday of each month at 7:30 PM, in the 3rd Floor Board Room at Stanton Hospital. The board meetings are open to any member of the swim club, and the next meeting is Tuesday, March 11th.

Bingo



A reminder that our next Bingo is Tuesday February 25th at the Elks Hall - if you can help please contact Kim Knutson or Sandi Aitken - we still need more helpers!