

# POLAR PRESS

March - 2003

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### Bingos

Bingos are a major fundraiser for our club - thanks go out to our latest bingo volunteers - Kim Knutson, Jesse Adair, Lawrence Monks, Garth and Marilyn Malakoe, Glenn Alexander, Helen Goodwin, Daryl Dolynny, Jennifer Inch, and Mark and Sandi Aitken. Our next bingo is on Saturday March 29<sup>th</sup> - we are still in need of a couple of helpers for the second shift - starting at 7 pm - if you can help, please contact Head Coach Ian Legaree.



### Swim-A-Thon

The annual Swim-a-Thon was held on February 21<sup>st</sup> and 22<sup>nd</sup> - over \$2000 was raised for the Club. Top fundraisers included Tanner Dolynny, Jenny Aitken, Dawson Stone, Jeremy Deleff and Laura McBride. All swimmers with outstanding envelopes/money - please give to your coach by March 14<sup>th</sup> at the latest. Prize certificates will be given, or have been given directly to the swimmers.



### Schedule

Mar 14 - Skills & Thrills & Family Swim day  
Mar 14-16 - Alberta Senior Champs  
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



Thanks go out to the Community Television Society, and Robin Weber for allowing the Club to participate in a TV bingo as a fundraising endeavour. Thanks to Jennifer Inch for taking this fundraiser on.

Thanks also to Boston Pizza for donating "bibs/aprons" to be used for our bingos. We appreciate the support of our business community.



### Equipment Sale

Swim suit equipment, including swim suits, goggles, T-shirts, caps, and track suits (a few select items) will be available on Friday March 14<sup>th</sup> at the Skills and Thrills, Family Swim. Parents - bring your cheque books! This would be a great time for swimmers who have earned a Swim-a-Thon certificate to cash in at the "Pro-Shop".



## Polar Bears Take to the Skies

### Northern Alberta Regional Swim Meet

Jenny Aitken, Axelle Kearnan and Morgan Moffitt attended the Northern Alberta Regional Swim Meet held in Leduc on February 15<sup>th</sup> and 16<sup>th</sup>. It was Jenny's first time to a regional meet and she competed very well against other 10 year olds from northern Alberta. She looks forward to competing in the regional long meet in June. Axelle Kearnan achieved three personal best times and received a bronze medal in the 100 m breaststroke. Morgan Moffitt received bronze medals in 50 m back, 50 m butterfly and 400 m IM. She also received a gold medal in the 50 m freestyle. Congratulations go out to our 3 swimmers and to coach Tina Schauerte for taking the girls to the meet.

### Alberta Age Group Championships

Ben Beaudoin took part in the Alberta Age Group Championships held February 28<sup>th</sup> - March 2<sup>nd</sup> in Calgary. Ben competed in 5 events. He took 16 seconds off his 200 breaststroke. He had a PB in his 50 m breaststroke and competed in the finals in that event. He placed 8<sup>th</sup>. Ben competed against the top ten year olds in Alberta and did very well - congratulations to Ben, and a thank you to coach Tina Schauerte for her time that weekend.



### Calling all Artists - Art Contest!

We are looking for an original design for a 2003 Club T-shirt or hoodie -sharpen your pencils, get out your pens and see what you come up with! All entries to be given to Jennifer Inch by April 7<sup>th</sup>.

### Speedo Tip of the Week



#### Maximize your kick out of turns

This Tip was submitted by John Walker, USA Swimming's Technical Support Coach Liaison. Walker offers some advice on maximizing your kick out of turns.

#### Walker's Tip:

I can give you a few important suggestions about freestyle turns and underwater kicking:

**Maintain wall speed:** The burst of speed you get pushing off the wall is a lot faster (and easier) than swimming. Try to hold onto that speed as long as possible!

**Build your kick:** Glide for enough time to fully extend your legs and set your streamline, then start out with small fast kicks (for both flutter and dolphin) and get bigger and more powerful as you slow down. Streamlining is important to hold onto that wall speed. A big kick when you are going fast right off the wall can cause you to arch your back, bend your knees, or have a big leg split, all of which put the brakes on.

**Check your cues:** Am I traveling faster than I can swim? Am I at a depth that I can have a smooth/fast transition to swimming (not too shallow or too deep)? Will I be able to hold my breath this long and still finish my race strong? The ideal distance to come up and start swimming is the instant that you answer "no" to one of these questions. *If you answer "no" to more than one of these questions it is time to get up and swim.*

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## Polar Bear Swim Club Executive & Board Members

<b>President</b>	Tim Canam	669 7995	tecanam@internorth.com
<b>Vice-President</b>	Helen Goodwin	669-9050	hgoodwin@theedge.ca
<b>Treasurer</b>	Kim Knutson	920- 4120	kim.knutson@justice.gc.ca
<b>Secretary</b>	Jennifer Inch	873 8794	jennifer_inch@gov.nt.ca
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Fundraising Director	Vicky Boyd	873-2577	
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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, April 8<sup>th</sup>