

POLAR PRESS

November 2005

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Upcoming Events

The club has a busy schedule over the next few weeks, with some events for next year now on the horizon.

Time Trials go this coming weekend, November 18th to 21st. See the article further in the newsletter for more information.

The JP Fiset Swim Meet takes place in Edmonton from Friday, December 2nd to Sunday, December 4th. Seventeen swimmers from the club have signed up to go. Good luck swimmers!!!



The Grande Prairie Meet is taking place this year from February 2nd to February 6th. See the article further in the newsletter for more information.

Christmas Break for swimmers begins December 17th. The last regular practice is Friday, December 16th. Note that GOLD squad has some practices through the

Christmas holidays. Regular practices resume January 2nd for Gold and January 4th for all other squads.

January is busy with more time trials and a guest coach delivering a swim camp for our swimmers. Stay tuned to the next newsletter for more information!

Club Web Site and Email Change

Have you ever visited the club website? If not, navigate over to www.ykpbosc.nt.ca and check out your club online. You will have access to updated announcements, club notices, heat sheets for time trials and so much more! Why delay? Navigate over today!



Also, Ian Legaree, our head coach, has a new email address. He can now be reached via the following e-mail address: ian@ykpbosc.nt.ca Pretty nifty eh? If you have any questions for Ian, please feel free to send him an email. I happen to know he is pretty good at responding.

Equipment Information



The club offers equipment sales for members on a regular basis. If your swimmer has outgrown their old suit, can't stand wearing that rubber swim cap one more practice, or has lost their goggles, we have new items for you to surprise

them with. MaryLou will have the sales table open throughout the time trials this coming weekend (November 18th to 20th) for you to browse and buy. Christmas is coming; so don't forget something for your swimmer!

Time Trials



Time trials take place this coming weekend, November 18th to the 20th. Friday night is for Sharks, Belugas and Dynamos from 4:30 to 6:30, Saturday from 7:00am to 9:00 am is long course events for Cubs, Bronze, Silver and Gold, and Sunday is short course events for Cubs, Bronze, Silver and Gold from 8:00 am to 11:00 am. Please note that YOUR help is extremely welcome. All of our parents who volunteer to be timers and judges really help us out. It is also another way to see the results of all that practicing your swimmer puts in. If you are interested, the heat sheets can be found on the club web site. Click on this link to go here...

<http://www.ykpbosc.nt.ca/notices4.htm>

Then click on the link for the heat sheets for the days your swimmer swims.

Storage Locker Woes

The club storage locker downstairs at the Ruth Inch Memorial Pool is in a state of serious disrepair. Dimensions are approximately 5 feet by 3 feet by 1 ½ feet. If you have a storage locker you do not use and would like to donate it, please contact head coach Ian Legaree at ian@ykpbosc.nt.ca for more details. Conversely, if you are a handyman and want to take on a project...feel free to contact Ian Legaree at ian@ykpbosc.nt.ca

Assistance Needed

As noted above, Time Trials take place this weekend, Friday, November 18th to Sunday, November 20th. Timers and stroke and turn judges are needed for these days. Saturday morning is usually the morning most in need of volunteers because of the early start and the length of the swims. If you can make it Saturday morning your help would be much appreciated!

Grande Prairie Meet

Forms are now posted on the website for the Grand Prairie swim meet taking place this February. To access the forms, go to <http://www.ykpbosc.nt.ca/notices.html> From there you can click to open the word documents with all the details. It looks to be yet another great meet in Grand Prairie!

Silly Stuff

Q: What is a Polar Bears' favourite stroke?

A: The Blubber-fly

Q: Why wasn't Jessica scared when she saw the shark in the pool?

A: Because it was a *man-eating* shark.

Good luck to all our swimmers in the time trials this weekend!