

POLAR PRESS

October - 2005

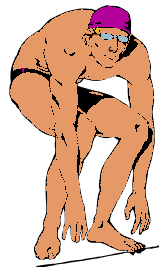
In this issue:

Welcome
Coaching Staff and Training
Equipment Information
Parent Welcome Event
Time Trials
Frequently Asked Questions - FAQ
Fundraising News

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

Thank you to everybody who attended our Rookie camp. We are pleased you decided to see what we are about and know you will enjoy the great swim season ahead of you. This is the first of the monthly newsletters put out by the club. Bruce Doig is the Communications Director and is responsible for the newsletter. The newsletter is to communicate with our membership. Every month we email out the newsletter to parents, so if you did not receive this via e-mail, please forward your e-mail address to Bruce and request to be added to the group list.

If you have comments, suggestions or questions for the newsletter, please e-mail Bruce at shadocg@yahoo.com



Coaching Staff

This year sees many returning coaches as well as some coaches returning to swimming and some just starting out! All of our coaches are certified coaches, many with competitive swimming backgrounds. Look for biographies in next month's newsletter! Here is the breakdown of coaches and squads.

Ian Legaree - Head Coach / Gold Squad

Kelli Mitchell - Silver Squad

Daryl Dolynny - Silver Squad

Holly Lafreniere - Bronze Squad

John Colford - Bronze Squad

Tina Schauerte - Cubs Squad

Bruce Doig - Cubs Squad

Julie Charlebois - Sharks Squad

Alexander Legaree - Sharks Squad

Morgan Moffit - Sharks Squad

Kasey Klein - Sharks Squad

Deanna Monks - Belugas

Nancy Lamb - Dolphins

Axelle Kearnan - Dolphins

Jenny Aitken - Dolphins

Jo Russell - Strength Training

EQUIPMENT ESSENTIALS



In case you didn't know, the Polar Bear Swim Club carries a wide selection of swimwear, including club suits, training suits, goggles and swim caps. Mary Lou Murphy will be setting up on a regular basis at the equipment cabinets down at the beach end of the pool, as well as at time trials and swim meets. Look for her there!

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 tightly and are not intended for use during practice. They do not stand up very well to chlorinated pools. Typically they 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 are usually Lycra based, 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 and long lasting suits.

CARING FOR YOUR EQUIPMENT

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



Swim Caps

I realize this isn't really a bathing cap, but it was the closest thing I could find! The coaches would like to stress that swimmers with long hair really should wear a swim cap. Funny thing - we sell those, and at a reasonable cost. Please see Mary Lou Murphy if your swimmer needs a cap.

Parent Welcome Event

The family welcome event held on went very well. Pizza and Juice was available for all



and new families had a chance to meet coaches, Board members and each other, and see what swimwear and equipment are available for your swimmer!

FIRST TIME TRIALS



The **first time trials** of the season will commence on Friday, October 21st from 4:30 to 6:30 pm for Sharks, Dynamos and Belugas and will continue on Sunday, October 23rd from 8:00 am till noon for Cubs, Bronze, Silver and Gold.

Our second set of time trials is Friday November 18th and Sunday November 20th, both events the same times as the first time trials.



The Club will be participating in the Candy Cane Invitational Swim Meet in Edmonton over the December 2 - 4 weekend. Parents of swimmers interested in attending should contact Ian Legaree by October 15.

Please note that swimmers must be in Cubs or higher to attend, and must be fully registered with Swim Alberta. There are no qualifying times for this meet. The meet fee will be \$500 (includes hotel) per swimmer plus meals. A parent must accompany swimmers 10 years old and younger.



Frequently Asked Questions (FAQ)

Have you ever wondered - what is a "B" time? What is a qualifying time? What are heat sheets? The answers to these, and many other questions involving

time trials and swimming terms can be found on our website at www.ykpbcs.nt.ca under FAQ.

Fundraising News



As with most organizations these days, we need to fundraise to offset some of our operational costs. Two of our most successful fundraisers are bingos and pie sales. We have had two of our three bingos already - thanks go out to all our parent - and our next bingo will be Monday, October 3. Appeals for workers have already gone around.

Pat Witty, our fundraising Director, wants you to be on the lookout during the next few weeks for a note regarding our annual pie sales - these frozen pies are easy to sell and certainly come in handy at Christmas time.



Schedule to Christmas

October 7	Parent welcome event @ the Pool
October 21 & 23	Time Trials
October 31 st	no swimming except for Gold Squad (Halloween)
November 18 & 20	Time Trials
December 2 - 4	Candy Cane - Edmonton
December 16	Last day of swimming (except Gold)
December 26, 28, 30	Gold Squad Practice
January 6 - 8	Swim Camp (guest coach)

