

POLAR PRESS

November 2006

Welcome to a new season!

In this issue:

Swim-a-thon

Thank You

Bingo

Pie Sales

November Time Trials

Poppy Invitational Meet

Swimming Schedule

Welcome to the new season!

For many of us it is back to the old routine of driving to the pool, endless hours of back and forth. For some it is your first season and we welcome you into the world of swimming. If at any time you have questions about the swimming season please feel free to contact any of the board members. Please ensure that we have your email address. Many notices go out through email and we don't want you to miss any.



Bingo

A big **THANK YOU** to everyone again for working the Swim Club bingo October 12th - a special thank you to Donna Gibson for calling at the last minute, and to Carmen Bessette for learning the cage on the fly at her first bingo for us - welcome to the Club! After expenses we cleared \$2321.50. We now have a bit of a reprieve till our next bingo on Nov. 30th. These are important events to help off set the cost of swimming and we need many hands to make one work. Mark your calendar and come on out and give a helping hand.



Pie Sales

Our annual pie sales will be starting soon. Don't forget to mention to friends and family about this upcoming fund raiser. For our new families, each year the Polar Bears sell cases of pies. These are delicious pies that are frozen and need to be baked. They are usually in hot demand and are delivered before Christmas. Stay tuned for more information.



Time Trials

The Yellowknife Polar Bear Swim Club will be holding their first time trials on the weekend of October 27 and 29th. Friday October 27th Dolphins, Belugas and all Sharks groups have a 4:30 warm up and race from 5:00-6:30. Sunday, October 29th Cubs, Bronze, Silver and Gold have a warm up at 8:00 a.m. (yeah we get to sleep in!!) and races are from 9:00 till 12:00. All swimming is cancelled for Saturday. We need parents to come out and help with timing and marshalling, without you the trials can't go on. Our swimmers have been working diligently to prepare for their first timed swim, come out and enjoy.

You know you are a Swimmer when....

.....even though you had a lovely bubble bath you lick your arm and you taste chlorine. Go ahead try it you know you want to....





Swim-a-thon

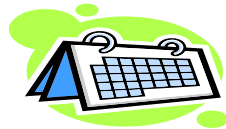
It is time to mark November 3 and 4th on your calendars for our annual swim-a-thon. Please encourage your swimmer to go out and get sponsors. All funds raised are used for the general operation of the club and this benefits all swimmers. Prizes are given out for swimmers raising and turning in \$100 or more.

Counters are needed so please mark Nov 3rd and 4th on your calendar. Friday Nov. 3: Dolphins, Belugas, Sharks & Cubs - swim from 4 to 6:30p.m. Saturday Nov. 4: Bronze, Silver and Gold - 6 a.m. for Silver & Gold - 8 a.m. for Bronze.

Please bring all sponsorship money earned to the Swim-a-Thon. If you have misplaced your sponsorship form, or information sheet - do not fear - all documents can be found on our website at www.ykpbsc.nt.ca - under Swim-A-Thon on the front page.

Any questions on this event, please contact Norma.

See you there!!!



Important Upcoming Dates

October 27 & 29	Time Trials - Yellowknife
November 3 & 4	Swim-a-thon
November 18 & 19	STSC Poppy Invitational
December 1 & 3	Time Trials - Yellowknife
December 15	Last day of programming for all groups except Gold
December 17	Gold Squad 10,000 meter challenge



Poppy Invitational



The Yellowknife Polar Bear Swim Club will be sending a team to the Silver Tide Swim Club Poppy Invitational in Edmonton over the weekend of November 17 - 20. Please check the website for meet information and departure times. Good luck to all swimmers that are going.

Top Ten reasons why being in swimming really matters:

10. I like having my coach tell me 'corny' jokes at 6 am
9. Chlorine is cheaper than perfume.
8. I enjoy banging my head into walls.
7. What else would I do this early in the morning?
6. I rarely have to take showers.
5. Green hair is IN!
4. HELLO! Wet, soggy clothes.
3. Wrinkly skin is in.
2. Swimming the 1500 gives me a lot of time to sing to myself, and man can I sing!



And the number one reason why being in swimming really matters is....

1. My best friends are at the pool!!!!

Need a suit? Need some Goggles?



Many items are available from Mary Lou and our Team Store. Be on the look out for the set up during Time Trials. Team suits, caps, goggles, and other swim 'stuff' will be available for purchase over the weekend.

THE BACK PAGE

The Board Members

President

Sandi Aitken

920-2946

sandraaitken@theedge.ca or

sandra.aitken@justice.gc.ca

Vice President

Terry King

766-3967

twking@theedge.ca

Treasurer

Adelle Guigon

669-9146

adelleg@theedge.ca

Secretary

Christina Ivens

diamonddesigns@arcticdata.ca

Fundraising Director

Shelley Traves

669-0696

traves@theedge.ca

Communications Director

Cynthia Northrup

920-0321

Cynthia_northrup@borealis-coop.nt.ca

Social Director

Cindy Dolynny

873-4099

pharmacists@arcticdata.ca

Equipment

Mary Lou Murphy

mlmurphy@theedge.ca

Registrar

Nancy Kearnan

766-3967

nkearnan@theedge.ca

Board Member

Carrie Monks

cmonks@theedge.ca

Head Coach

Ian Legaree

920-4290

ian@ykpbsc.nt.ca

The board normally meets the second Thursday 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. Our next meeting is Thursday, Nov 9th.



Reminder - please always feel free to approach Head Coach Ian Legaree or one of the Board members, if you have any questions about the Club or the swim program. Please check out our website as most answers can be found on our site - the site is regularly updated by Ian Legaree.