

POLAR PRESS

November 2007

Happy Swimming To All.

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WE NEED YOU!

Many of us have heard the famous saying "it takes a village to raise a child" well in the swimming world, "it takes all parents to run time trials." It is true, believe it or not, each time trial that the club hosts takes a **minimum of 25 volunteers**. Our last time trial that was held in Yellowknife was without many helping hands. If your child is swimming, we need you to help to make this a successful event. Please mark the next date, **December 7th and 9th**, on your calendar and watch for the email for signing up. **It can't run without you** and in the end...we are all here for our swimmers. See you at the pool!



Bingo

Calling all bingo helpers. Our next bingo is on Thursday December 13th and we are still in need of helpers. If you can lend a helping hand please contact Sandi at sandraaitken@theedge.ca



Grande Prairie Swim Meet...

Check out the website for more information on the upcoming Grande Prairie Swim Meet. It is a bus trip no one wants to miss. Permission forms are to be in to Coach Ian by December 3rd. Don't miss out on this fun event, a great swim meet for younger swimmers that want to experience some great competition.



Time Trials

The Yellowknife Polar Bear Swim Club will be holding their second time trials on the weekend of December 7th and 9th. **Friday December 7th** Dolphins, Belugas and Sharks have a 4:30p.m. warm up and race from 5:00 p.m. -6:30 p.m. **Sunday, December 9th** 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 second timed swim, come out and enjoy.

What stroke does churned cream swim?

butterfly

Why did the teacher jump into the water?

She wanted to 'test' the water

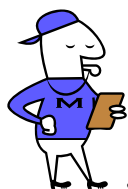
Why did the swimmer go back in time?

Because he was doing the back stroke.



Silent Auction

The Yellowknife Polar Bear Swim Club is hosting a silent auction for two return tickets anywhere Canadian North flies. The bidding has started and will end January 27th. To place a bid please call or email Shelley Traves. Her email is traves@theedge.ca



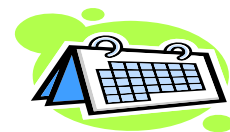
Swim-a-thon



It was another successful swim-a-thon this year. We had enthusiastic swimmers, with many swimmers completing the **5000 meter swim** for the first time, and numerous young members swimming far more laps than they ever thought possible. Congratulations to all of you! Thanks to all of you parents who came out to count laps. **We couldn't do it without you.**

A great effort was put into fundraising by the members. The total money the Club netted is approximately **\$4600.00**. Well done! Thanks to all of you parents who supported and encouraged your children in this endeavor. It's a family undertaking. Congratulations to **Lisa, Laura, and Bethany Giovanetto** who all raised over **\$1000.00 each for the Club**. Come out on December 14th at our family swim to congratulate the girls as they receive a special prize from the Club for their efforts. **A very special thank you to organizer, Norma Giovanetto - once again she did an awesome job.**

For those of you who raised over \$100 and have not yet received your Pro-Shop gift certificate, please see Coach Ian or Norma.



Important Upcoming Dates

- Nov 30-Dec 3 JP Fiset Invitational Swim Meet - Edmonton
- December 7/9 YKPBSC Time Trials
- December 14 Family Fun Event
- December 17-21 Regular Gold practices (cancelled Dec 22)
- December 23 Gold Squad 10,000 meter challenge
- December 27-29 Regular Gold practices (cancelled Dec 31)
- January 2 to 5 Regular Gold practices
- January 7 Regular practices begin for all groups
- December 17-21 Regular swim for Gold
- December 23 Gold Squad 10,000 meter challenge

Need a suit? Need some Goggles?



Many items are available from Norma Giovanetto 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.

Coaches Corner...Meet a Coach...Sean Kearnan



- member of the Gold Squad
- Sir John Franklin Falcon
- I Can Swim Instructor
- Canada Westerns Team Member
- Bronze Medallion and Bronze Cross

THE BACK PAGE

The Board Members

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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. Our next meeting is January 15th, 2008.



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.

Thank You Sponsors



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