

POLAR PRESS

January 2007

Welcome to the new year...and what a busy one it is!
Have you checked the website lately????

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A HAPPY
NEW YEAR

With the holidays done...and the kids back in the water.....

It is swim time again. It is hard to believe that the new year is upon us. Things are quickly happening, and there is much in store for the new year. Please make sure that you are checking the website on a weekly basis. Coach Ian puts a lot of great information on it, and it is the best way to keep updated with the club's happenings.



Sponsors

"It takes a community to raise a child" is a famous quote that many parents have heard. It is also true in the swimming family. As parents we drive our children to the pool and cheer them on. The coaches are there to encourage and strengthen their swimming skills. The volunteers are there to help make sure that all runs smooth. We stop and say 'thanks' when we can, however at times we can forget the ones 'behind the scenes'...the **SPONSORS**. At this time we would like

to stop and say a big **thank you** to those that have donated money and items to make swimming life

easier for all swimmers. Without them many meets and special events could not run.

Canadian North
Shoppers Drug Mart
Force One
A & A Technical Services
Nuna Logistics
Diavik Diamond Mines
NorthwestTel
Northwest Transport Ltd.



Cotton Candy



It is that time of year folks, to start thinking about the smell of sugar. As we all sit here and think of how to get the flying candy out of our hair after a shift of volunteering lets take a minute to mark it on our calendars. Caribou Carnival is right around the corner and Queenie is looking to secure volunteers well before the date. This event is a fantastic fundraiser for the club and takes many hands to operate. Volunteers are needed for setting up the stairs, taking down the stairs, running shifts in the booth, and clean up. Caribou Carnival is March 23-25th. Please mark your calendar and contact Queenie at dranreb@northwestel.net to enlist in this worthwhile event.



Shoppers Drug Mart NWT Swimming Championships

Here it is folks, our first home swim meet. Saturday, January 27th and Sunday January 28th. Saturday starts with all kids in the pool at 12 noon, and ends at 5:00. Sunday has us all there a little earlier with warm ups at 7:00 a.m. **All swimmers** are to be at the pool for the start of each warm ups. Please check with your coach as to what you are swimming. Parents are asked to come and help out. Timers, marshellers and general runners are always needed to help the meet run with ease. Swimmers are reminded to bring small, nutritional snacks with them. In the past there have been snacks provided for swimmers, however this year swimmers are asked to bring their own. Please contact Mark Walker at bracken@theedge.ca if you are able to help out with any aspect of the meet this weekend.



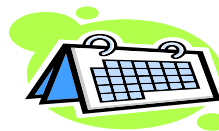
Bingo

The next club bingo will be held on Tuesday Feb 27th at the Elks Hall. People are needed for two shifts. The first shift is from 4:45-7:15 and the second is from 7:00-to the end. This is the last bingo until the fall and many hands are needed to help ensure that it is a good night. If you can help please email Sandi at sandraaitken@theedge.ca.

Groaners....

What is a polar bear's favorite stroke?
Blubber-fly

Why did the swimmer fly out of the water?
They were doing the butter-fly.



Important Upcoming Dates

- January 27 - 28 Shoppers Drug Mart NWT Championships
- February 8 - 12 Grande Prairie
- February 22 - 26 Alberta Age Group Trials (14 & Under QT times) - Sherwood Park
- March 1 - 5 Alberta Senior Championships (15 & O B Times) - Medicine Hat



Grande Prairie or Bust...

Grande Prairie is just around the corner and many swimmers are getting excited in the anticipation of a fun meet. Please check the website for the information letter that has been put on regarding the meet. Swimmers are to bring warm clothes for the bus, as we are traveling in the North in the winter. Swimmers going on the bus are also asked to bring snacks, and things to make them comfortable. It is a long trip! The bus will be at the Coop, and departs 'sharply' at 8:00 p.m. We ask that you have your swimmer to the bus early, so that they can get settled and the bus can leave on time. And remember....NO JUNK FOOD!



Need a suit? Need some Goggles?

Need a suit? Need some goggles? Mary Lou will be set up at the pool on Saturday Jan 27th, and Sunday Jan 28th during the meet to sell club suits. There are new swim caps that have the swim club logo...what a better way to spot your child in the water. Swimmers are encouraged to purchase one for the out of town meets

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The Board Members

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The board normally meets the second Tuesday or 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 Tuesday Feb . 13th at 7:30 p.m.



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.