

POLAR PRESS

October 2009

The start of a new season....

Wow, it is hard to believe that we are almost through September already. I would like to extend a warm welcome to all new swimmers and families as well as returning swimmers and their families, especially our French families. For the next while, there is a lot happening in the swim club. Be sure to check out the website on a weekly basis for notices. With many events happening that can benefit your swimmer, helping hands are greatly needed. Happy Swimming!

Equipment Required by All Swimmers

In the effort to keep practice time efficient and club costs to a minimum, this year the decision was made that each swimmer bring with them to practice a "Swim Kit".

A kit for the younger swimmers will consist of a board, fins, and optional mesh carrying bag. Cubs, Bronze and Silver swimmers will be asked to have a board, fins, paddles, pull-buoy, and optional carrying bag.

Gold squad members will need the Silver kit with the addition of a swim snorkel.

We will be putting in a group order at registration. You are not required to purchase the kit through the club but please remember that the equipment required is for competitive swimming; beach flippers and snorkels will not be acceptable.

Club purchase prices are as follows:

Board: \$18

Fin: \$35

Pull-buoy: \$15

Paddles: \$24

Snorkel: \$30

Bag: \$18

5% GST will be added - Orders must be pre-paid by cash or cheque. (We don't have debit or credit card access!)

Mark Tewksbury - 1992 Olympic Gold Medalist

Mark Tewksbury, Olympic Gold Medalist in the 100 meter backstroke in 1992 spoke to an enthusiastic group of Polar Bears on Monday, September 14, 2009 in the Great Hall of the Legislative Assembly. Mark inspired the group with his stories about motivation and commitment. He also brought along his Olympic medals for everyone to look at and be inspired by. Thank you Mark.



September 26, 2009 Club Meeting Highlights

- Reminder that kids need to attend the meets and camps or let the coaches know if they are not.
- Also the kids need to decide which events they need to enter. The coaches are not going to be entering the kids in events except for the younger kids.
- Reminders about swim kits and swim suits; boys need to wear jammers or Speedos. Girls need to wear regulation suits.
- Swimmers need to have a log book and keep track of their progress/times and know what they need to swim to get qualifying times etc.
- Club captains this year to aid with communication between swimmers and coaches. Girls captains are Cassie Mooney and vice captain Jenny Aitkin and boys captains are Sean Kearnan and Stephen Giovanetto
- Really important for people to volunteer and to time swim meets!!!!!!
- Company sponsors - if you work for a large company please inquire about their sponsorship program.
- Pajama-thon. Swimathon this year is going to be a pajamathon. All swimmers have to wear their pajamas, tops and bottoms.
- When speaking with the coaches, please try not to do so when they are actively coaching. There will also be a Q and A box at the pool for the parents to use.
- Jane would like positive/negative feedback directly, not behind her back.

NOV 6, 7 2009 will be the inaugural PAJAMA-THON fund raiser!

Swimmers will be getting their pj-athon packages at practices this week. Please encourage your swimmer to get as many sponsors as possible; think about what kind

of PJ's they will be wearing and be ready to have tons of fun!!

If you have any questions, please contact: Coach Jane, your child's coach or Rebecca Latour - event coordinator.



Yellowknife Polar Bears at the Canada Summer Games

Check out the Uphere magazine for the full article.

Fundraising

Currently is by bingos. There will be other fundraisers throughout the year and requests for volunteers. Watch the website or your email for info on this matter.

Reminders from Coach Jane

1. Coaches need the entries for the October time trials to be handed to coaches no later than 16th October.
2. As well as the Hay River entries need to be submitted to the coaches.
3. The onus is on the swimmer to make sure that they are entered!!!!!! Coaches will no longer run after swimmers chasing up entries. **NO ENTRYNO SWIM.**
4. We will also be looking for time keepers for the Oct time trial.

From the deck...

Congratulations and welcome on deck to our new coaches on passing their swim teachers course. They are Keelan Mooney, Lauren Klassen and Jessica Williams.

Important Dates

- **September 25 to 27 - I Can Swim Instructors Course - Yellowknife**
- **September 28 - Regular Program starts for the season**
- **October 2 to 4 - Swim Alberta AGM (Calgary)**
- **October 9 - Swim Family welcome event**
- **October 12 - Holiday / No Swimming**
- **October 23 & 25 - YKPB Time Trials**
- **October 30 - Halloween Swim**
- **November - National 5K Challenge**
- **November 6 & 7 - pajamathon**
- **November 11 - Holiday - No Swimming**
- **November 14/15 - Elks Annual Swim Meet - Hay River**
- **November 20 & 22 - YKPB Time Trials**
- **December 4 to 6 - JP Fiset Invitational Swim Meet - Edmonton**
- **December 11 - Last Day of regular swimming for all groups except Gold**
- **December 20 - Gold Squad 10K Challenge Swim**

Board Meetings The board normally meets the second Tuesday of each month at 7:00 pm in the Northwestel Building. The board meetings are open to any member of the swim club. Our next meeting is Tuesday October 13, 2009.

Yellowknife Polar Bear Swim Club Board Members

2009 / 2010 Board Members

President Mark Walker 920 7804 bracken@theedge.ca	Vice-President Terry King 766 3967 twking@theedge.ca
Treasurer Kevin Brooks 873 8855 ktipbrooks@theedge.ca	Secretary Shannon Bartoshewski 669 3662 shanleedesign@gmail.com
Fundraising Director Norma Giovanetto 873 8387 dgiovan@ssimicro.com	Communications Teresa Patzer 766 5166 tbpater@ssimicro.com
Social Director Cindy Dolynny 445 2001 cindy@askyourpharmacists.com	Board Member Paivi Williams pwilliams@fieldlaw.com
Registrar Nancy Kearnan 766 3967 nkearnan@theedge.ca	Board Member - Equipment Gail Klassen 873 4755 gail.daryl@theedge.ca
Head Coach Jane Mooney 920 2853 themooneys@theedge.ca	

Reminder - please always feel free to approach Coach Jane 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.