

sports & recreation

Back for a splash

Swimmers evaluated; placed in training groups for the season

by Natalie Dunleavy
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It's hard to imagine organization in a pool filled to

the brim with kids, but it's a normal sight at the Polar Bear Swim Club's annual evaluation camp.

With the reopening of the Ruth Inch Memorial Pool after summer maintenance, so comes the start of

the swim season. Since more than 100 registered swimmers are divided into groups of similar skill sets to train

during the year, the camp plays an important part.

Head coach Ian Legaree said it helps coaches see

where swimmers are in their development.

"It's really an evaluation to see where swimmers have to be placed," he said.

"Sometimes during the summer they get bigger and stronger."

For new swimmers, Legaree hoped they saw a potential for positive in the sport, as new members are always welcomed in the club.

"It helps the club stay vibrant," he said.

While swimmers as young as 5 and 6 had a more fun-oriented workout with drills, older swimmer had more of a real practice.

Candace Elatiak, 13, a returning swimmer to the club, was eager to get back in the pool.

"We just have lots of fun," she said.

Elatiak will be working especially hard this season, as she will try out for the territorial team that will compete at the National Aboriginal Indigenous Games (NAIG) next year.

Legaree said besides those training for the NAIG, many swimmers will dedicate the season to training for the 2009 Canada Games in Prince Edward Island.

Some will even get an opportunity to test its waters, as there is a planned competition held at that pool next year.

Although Legaree can promise workouts will be hard as usual during the year, he said there's always an effort to keep it fresh.

"It's my job to make them hard as well as interesting and enjoyable," he said.



Candace Elatiak, 13, shows coaches she has not forgotten the butterfly stroke during the Polar Bear Swim Club evaluation swim camp last Monday.



Jada Hawkins, 9, pulls off a steady breaststroke for observing coaches during the Polar Bear Swim Club's evaluation camp last Monday.