

June 2011



June 12, 2011 Year End Party

Summer 2011, where are VKSC swimmers competing?

It is not yet the end of the season for many Vernon Kokanee Swim Club swimmers.

June 24-26, 2011 in Kelowna, the following swimmers will participate at the **Swim Stars Competition (10 & under Boys & Girls with Swim Stars time standard)**.

Asia Minnes, Jordyn Ross.

June 24-26, 2011 in Kelowna, the following swimmers will participate at the **BC AA Championships**.

Quaid Ondzik, Sean Manchester, Kenyon Neumann, Kaia Phillips, Hannah Mehain, Dara Wasyluk, Alison Hughes, Jaylen Grant.

July 7-11, 2011 in Victoria, the following swimmers will participate at the **BC AAA Championships**.

Jade Freeman, Christina Slater, Joshua Phillips, Paul Czerwonka, Samuel Grenier, Joe Byram, Wouter terpstra, Florian Terpstra, Sarah Mehain, Megan Heggstaller, Jamie Sullivan.

June 2011

July 15-17, Gatineau, [Sarah Mehain](#) will participate at the **Can-Am Speedo Para Swimming Championships**.

From July 19-August 1, 2011 a Team of the Okanagan will travel to Montreal for Sr Nationals(July 21-24) and Age Group Nationals(July27-August 1).

[Joe Byram](#)(Sr Nationals and Age Group Nationals), [Megan Heggenstaller](#), [Kiah Lee](#), [Wouter Terpstra](#), [Florian Terpstra](#)(Age Group Nationals) will travel to Montreal for **Sr Nationals and Age Group Nationals**. They will participate in a training camp together with KAJ, LLSC, KCS and the VKSC.

August 10-14, 2011 [Sarah Mehain](#) will participate in the **Para Pan-Pacific Championships** in Edmonton as part of Team Canada.

Also August 10-14, 2011 [Joe Byram](#) will participate at the **Western Canada Summer Games** in Kamloops as part of Team BC.

Good Luck everybody, have fun, cheer each other on and swim fast.

To find the results of all our swimmers, go to the swim bc web site or the VKSC web site. <http://swimbc.ca/> or <http://www.vksc.ca/>

As you see our kids will be very busy in the next little while and then everyone will enjoy the great Okanagan weather and summer until September.

Saturday June 18, Tier 1 and 2 swimmers did a VKSC car wash fundraiser. They raised \$378. Thanks everybody for working so hard.



June 2011

From the Head Coach:

We are at the summer solstice already and soon the season will be over. We had a great season again; thanks to the athletes, coaches and parents for such a fantastic year. At the awards brunch a lot of swimmers (all of them) were recognized for their accomplishments and/or their commitment and improvement this past season.

This coming weekend (June 24-25-26) are the AA's BC Championships and we will witness some fast swimming from the Kokanees. This meet while being in Kelowna is put together due to the collaboration of the clubs in the Okanagan. Our parents have once more stepped up to the task and are helping to put on this event.

Start of the year – Important dates:

T1 Tuesday September 8, first workout at Kal Beach at 4:30 pm

T2 Monday September 12, first workout at Kal Beach at 4:30 pm

BBQ at Kal Beach on Friday September 16 for everyone

Monday September 19, beginning of regular training for all tiers at the REC center

Monday September 26, beginning of the Grassroot program

Again thank you for everyone's help this past season without it; it would have been impossible to have the success that we got.

Here is our tentative meet calendar for the remainder of the 2010-2011 swim year:

VKSC Swimming Calendar for 2010-2011

Date	Competition	Location	Duration	Tier 1	Tier 2	Tier 3	Tier 4
24 - 26	BC "AA" Champs	Kelowna		3AA	AA	AA	
July							
02 - 03							
07 - 10	BC AAA Champs	Victoria		4AAA	AAA	AAA	
15 - 17	Speedo Para swimming	Gatineau Montreal		3	Q		
21 - 24	Senior Nationals	(PCSC) Montreal		4Q			
27 - 01	Age group Nationals	(Drapeau)		4Q			

Here is our tentative meet calendar for the two months of the 2011-2012 swim year:

VKSC Swimming Calendar for 2011-2012

Date	Competition	Location	Duration	Tier 1	Tier 2	Tier 3	Tier 4
October							
01 - 02	Regional camp Swim BC	Kamloops	1.5	13-16	12 & u		
14 - 16	Penticton Iron Sprint	Penticton	2X		X	Q	
23	Shuswap jamboree	Salmon Arm	0.5			X	X
29	Kamloops	Kamloops	0.5X		X		
November							
11 - 13	VKSC Fall inv.	Vernon	2X		X	Q	
	VKSC Jamboree	Vernon	0.5			X	X
25 - 27	Kelowna fall meet	Kelowna	1X		X	Q	

Tier 1 group.

The T1 group has had a good training block this spring and their performances at the Kelowna and the Kamloops meet showed great improvements. It was great to see Wouter Terpstra make his Age Group National standard. He actually made 4 standards for the AGN meet this summer in Montreal.



Wouter's success are a testament to his hard work, dedication and perseverance. Wouter has worked hard over the past 18 months to become a better swimmer and it is finally starting to show.

At the awards brunch it was great to see all the awards handed out and all the smiles on everyone's faces. Thank you to all the parents that took the time to organize this event it was a great success.

Once the season is over the T1 swimmers have been invited to row with the rowing club on Swan Lake; it would be a great opportunity for our athletes to continue taking care of themselves this summer by trying something different. The rowing coaches are looking forward to have you guys over there.

June 2011

In all, I would like to congratulate all of you for becoming better swimmers and athletes this year, I wish you a great summer and a great year in the next swim season.

See you in September,

Coach Marc

Tier 2 Group

We have a few great accomplishments in the Tier 2 group. Jordyn Ross swam a new long course club record in the 100 m Backstroke for the 10 & under girls and her first 11 year old girls AAA time standard.

Hannah Mehain swam a new long course club record in the 1500 m Freestyle in the 11 & 12 year old girls.



Asia Minnes swam her first Swim Stars time standard in the 400 m Freestyle for the 10 & under girls. and Jade Freeman swam her first AAA time standard in the 11 year old girls.



June 2011

Another highlight in the Tier 2 group is that 7 girls swam the 1500 m Freestyle for the first time Long Course. Very impressive.



Great job Anika, Jade, Kaia, Tora, Meredith, Sarah and Hannah.

Tier 3 Group



June 2011

Nick Phillips swam the 200 IM in a time of 3:50.48, shaving of more than 9 seconds off his personal best time. No more jamborees for Nick anymore.

All the Tier 3 swimmers have improved a lot over the last few months. It's great to see that all the skills improved so much. Streamlining, underwater kicking. Great job everybody.

I hope you all will have a fantastic summer.

Enjoy, grow and I will see you all a few inches taller in September.

Renate