

VKSC Newsletter



November 2011

Vernon Kokanee Swim Club Coaches for the 2011/2012 swim season.

Bruce Melton (Tier 2), Renate Terpstra (Tier 1), Sharon Irvine (Tier 4), Amy Melvin (Grassroots) and Johanna Thayer (Grassroots). For more details about the coaches, go to www.vksc.ca. We are looking forward to a great season with all the swimmers and parents.



Welcome to the 2011/2012 Swim Season.

It's very exciting for all the coaches to see how much everybody improved over the past 3 months of swimming. At the Vernon Fall Invitational and Jamboree, 31 swimmers had 100% personal best times. That's really impressive. It is also very exciting to see that we have had so much fun together. Dry land training at Kin Beach with Tier 1 and 2, Cooper test, Hiking and Camping with Bruce, Bottle Drive, Halloween Swim, Potluck dinner, Distance week, 5 km pool Challenge. So many great activities. On December 3rd, we will have the VKSC Christmas Party and on December

29, 30 and 31 we are organizing a VKSC Christmas Camp for Tier 1 and 2. More information about the Christmas Camp will follow.

Another team activity to write in your agenda is our Team Travel trip to Calgary April 27, 28, 29, 2012.

We will keep you informed as soon as we have more information.

Make sure you have a look at the VKSC web site for all news and activities(www.vksc.ca)and join us on Facebook.

A big "Thank You" to all the parent for showing up at our parent/coaches meeting. That was a great turn out. The coaches all really appreciate it.

Let's have a great 2011/2012 swim season. Let's work together "to be the best we can be".

See you all at the pool,

Renate Terpstra

VKSC Newsletter



November 2011

November, Swimming Canada 5 km pool challenge month!

In the week from November 14-19, 16 Tier 1 swimmers swam 1133 km and 650 m in 20 ½ hour. Great accomplishment. Tier 1 and 2A swimmers participated in the 5 km pool challenge. Tier 2B-3 and 4 swam for 1 hour non-stop. Everybody did a great job.



an average of 70 km per swimmer. You all did an amazing job. This was great team effort.

On Saturday we finished the distance week with participation in the Swimming Canada 5 km pool challenge followed with a big breakfast at Denny's. 9 Tier 2A swimmers finished the 5 km pool challenge. Great job everybody!

Congratulations to the following swimmers for swimming the 5 km in a time of:

Distance week for Tier 1

From November 14 - November 19, 2011 16 Tier 1 swimmers came to the pool every morning from 5:30-7:30 am and every afternoon from 5:00-7:00 pm. A big thank you to all the parents for bringing chocolate milk, muffins, cinnamon buns and fruit to every morning practice. This way everybody went to school with enough energy.

Congratulations to Wouter, Joshua, Florian, Samuel, Paul, Sean, Kenyon, Jamie, Kiah, Courtney, Meredith, Emma, Emily, Kaia, Carrie, Tora for swimming all together a distance of 1133 km and 650 m in 20 ½ hours of swimming. That is



1. Wouter Terpstra: 1:04.35
2. Joshua Phillips: 1:04.39
3. Samuel Grenier: 1:07.49

VKSC Newsletter



November 2011

25 swimmers finished the 5 km Pool Challenge. Congratulations everybody with this great accomplishment.

All Tiers participated in a non-stop swim. Tier 4 swimmers swam for an hour between 1200 m -1900 m. Tier 2B swimmers swam between 2 km and 2600 m and Tier 2A swimmers swam between 2500 m - 5 km.



4. Kiah lee: 1:09.32

5. Florian Terpstra: 1:09.50

6. Meredith Levorson: 1:09.56

7. Kaia Phillips: 1:11.52

8. Jamie Sullivan: 1:11.59

9. Emily Beatty: 1:12.43

10. Kenyon Neumann: 1:14.14

11. Sean Manchester: 1:14.33

12. Tora Oliphant: 1:14.35

13. Carrie Van Eyck: 1:14.50

14. Courtney lee: 1:15.19

15. Paul Czerwonka: 1:15.45

16. Emma Levorson: 1:15.59

17. Hannah Mehain: 1:16.55

18. Jordyn Ross: 1:22.57

19. Jade Freeman: 1:23.24

20. Ian Dorval: 1:23.34

21. Chloe Grenier: 1:27.35

22. Anika Kintzel: 1:29.14

23. Nick Phillips: 1:31.34

24. Braden Kersey: 1:33.11

25. Regan Peace: 1:34.44

VKSC Newsletter



November 2011

November 16-17, 2011 VKSC Grassroots Mini Meet

On November 16 and 17, the Grassroots swimmers participated in their first mini meet. The events on the program were 25 m Freestyle kick, 25 m dolphin kick, 25 m Breaststroke, 25 m Backstroke and 25 m Freestyle. Everybody did an amazing job. Great swimming. Thanks to Johanna and Amy for organizing such a great event. Thanks to the parents for helping with the timing and Lydia for being our great starter and meet manager.

This mini meet was a great event for everybody.

The Grassroots swimmers can test their skills and show their parents what they all have learned in the last 8 weeks. There were “Best Time” ribbons and a lot of proud faces.

Thanks Amy and Johanna for organizing such a great event.

After the meet, every swimmer received their own “Sears I can swim” passport.

5 Grassroots swimmers moved up to Tier 4.

Congratulations to:

Cameron Shortt

Saajan Klair

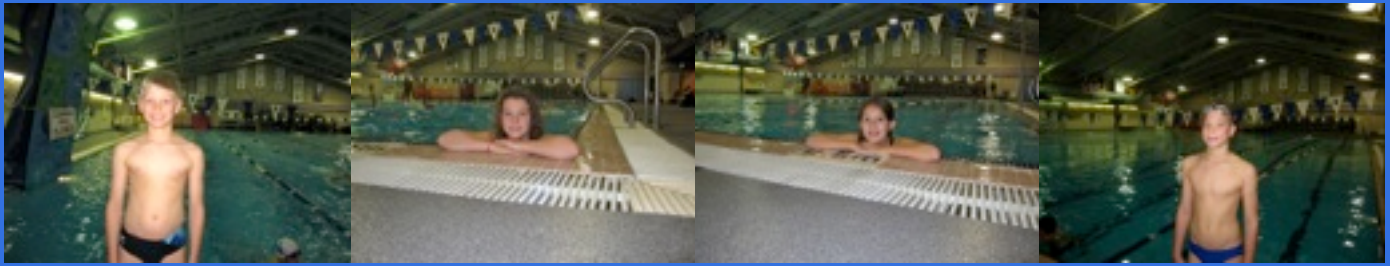
Ryan Mostyn

Nathan Vasconcelos

Emily Martone



VKSC Newsletter



November 2011

Vernon Kokanee November Accomplishments

November was a month a top performance. So many of you had great accomplishments. Coaches are very excited that everybody did so well.

200 IM faster than 4 minutes

Let's start with all the swimmers who swim faster than 4 minutes in the 200 m IM.

Congratulations to:

- 1 Alexandra Shortt
2. Indigo Freeman:
3. Sydney Fillion:
4. Charles-Etienne Lemay
5. Abbey Bartel
6. Savanna Hedstrom
7. Jean-Christophe Lemay

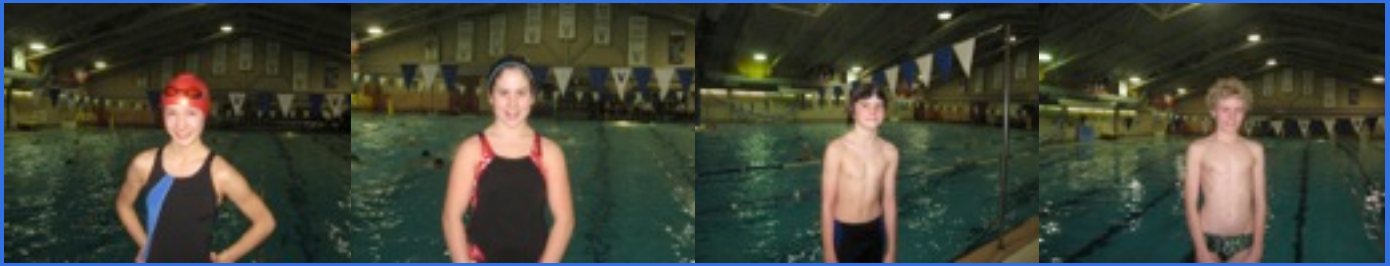
AA Time Standard

1. Anika Kintzel
2. Regan peace
3. Chloe Grenier
4. Sean Manchester
5. Sydney Fillion



6. Jade Freeman
7. Kenyon Neumann

VKSC Newsletter



November 2011

More accomplishments to come. AAA's and Age Group Nationals.

Also many swimmers moved up from Grassroots to Tier 4 and swimmers moved up from Tier 4 to Tier 3 and 2B. A few swimmers moved up from Tier 2B to Tier 2A. Congratulations everybody for improving so much.



AAA Time Standard

1. Hannah Mechain
2. Kaia Phillips.

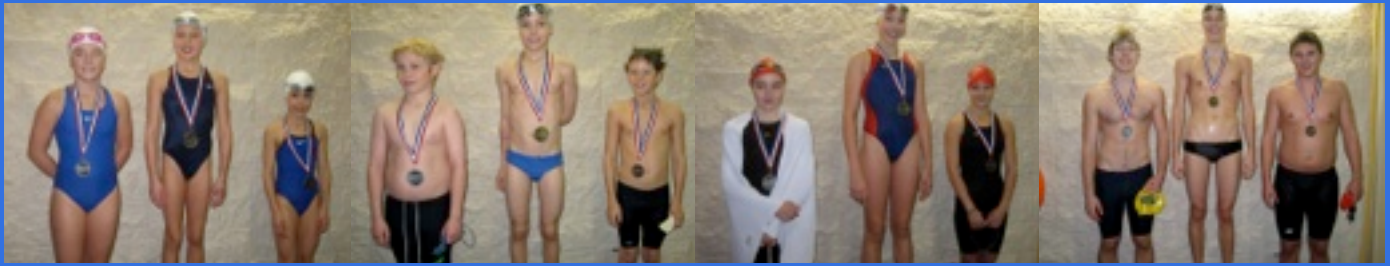
Age Group Nationals

1. Meredith Levorson
2. Kiah Lee
3. Florian Terpstra

Congratulations to everybody for these great accomplishments.



VKSC Newsletter



November 2011

November 11-13, 2011 VKSC Fall Invitational.

Thanks a lot to the Calgary Patriots for making our swim meet extra special. It was great to have LLSC, KAJ, KSC, KISU, ORCA, Shuswap all swimming fast in Vernon. Thanks to all the Volunteers who spend many hours helping out and making this swim meet a great success.



As a long time member and observer of the Kokanees, I can't remember when I've seen a more exciting and positive atmosphere in the club than I see this year.

The great results we had at the VKSC Fall Invitational weekend are a reflection of this infectious atmosphere. Parents, as usual, did a great job of running the meet and once again showed that we put on one of the best meets in the province. To say that I was delighted at my groups efforts is an understatement. I see the swimmers concentrating on all facets of their race and adapting to new stroke techniques we've been working on. From a coaching standpoint this is really gratifying - thanks kids!!

The collective 2A-2B group made consistent great drops in times. Twenty six swimmers from Tier 2, Tier 3 and Tier 4 had 100% best times, with the remainder generally only missing one mark. Of those swimmers who were given the opportunity

to swim finals, they all invariably had major time drops from their morning swims. What a night!!

Asia Minnes had an excellent meet breaking another club record in the 50 m Breast. Those swimmers who recently made their 4:00 standard weren't at all intimidated by the faster meet and had great performances. Sidney Fillion, even had the audacity to make her AA standards in the next age group. For those that aren't aware; there is no longer a time standard for 10 and under at the provincial level. The consolation is that they are allowed to compete at provincial championship meets in the next age group up should they qualify.

We now have two swimmers under 10 making the standard with and others within striking distance. Whats exciting is that I have now have a bunch of 10 yr. olds looking at the 11yr. old AA standards and measuring what they have to do.

Our meet was a great event - thanks to those that made it possible and thanks to the swimmers for making it such an exciting event.

Bruce Melton

VKSC Newsletter



November 2011

Stellar Performance at KAJ Fall Meet November 26, 27, 2011

16 Gold, 16 Silver, 16 Bronze! 22 swimmers made finals. For more on this swim meet go to www.vksc.ca



On Saturday November 26 and Sunday November 27, 2011 34 Vernon Kokanee swimmers were competing at the KAJ Fall Meet. 6 teams were competing against each other. Kelowna Aquajets, Liquid Lightning Swim Club, Kisu Swim Club, Kootenay Swim Club, Orca swim Club and the Vernon Kokanee Swim Club.

7 swimmers of the VKSC had 100% personal best times. Congratulations to Paul Czerwonka, Samuel Grenier, Braden Kersey, Charles Lemay, Brooke Meeks, Kenyon Neumann, Florian Terpstra for this great accomplishment. 22 swimmers made finals on Saturday.

Kenyon Neumann had a stellar performance on Saturday in the 100 m Backstroke with a time of 1:10.53, making the boys 15 year BC AA time standard. Florian Terpstra swam to a personal best time of 1:11.94 in the 100 m Breaststroke, making the boys 16 year old Age Group National time standard. Congratulations to both of you for such a great accomplishment. Bruce and Renate were very impressed with the team spirit and great team performance. Many swimmers had personal best times, sometimes only missing one out of the 6 events. Great job everybody!

VKSC Newsletter



November 2011

December 3, 2011 10:00-12:00 pm Christmas Party

On December 3, 2011 we will have our VKSC Christmas Party. Bring something delicious, a wrapped gift and please consider to bring a non-perishable food item. Let have a good time together. Hope to see all the Families!

VKSC Christmas Party!

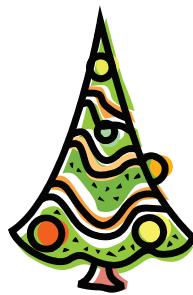


When: Saturday December 3, 2011

After Morning Practice

Where: Halina Center (Vernon Rec Center)

Who is invited: All swimmers (Tier 1-4), coaches and their families are welcome! Join us for some fun!



Pot-Luck Breakfast

Pls. bring food item according to last name initial.

A & B- One Dozen Muffins and/or Buns/Bread and Butter

C-L- Hot Dish

(ie. meat/eggs/potatoes/ casseroles)
Keep hot dishes warm as we have no where to reheat them

M-R -Fruit Dish or Fruit salad.

S-Z-Xmas Dessert

Remember swimmers eat a lot, especially after practice and if you are bringing extra family members pls. keep that in mind in regard to portions.

Please remember to bring your own plate, cutlery and serving utensils.

Gift Exchange - Each swimmer brings a wrapped gift (\$10 max)- numbers will be drawn. One trade allowed. To receive a gift, you must to bring a gift!

Please consider bringing a non perishable food item for the Vernon Food Bank!

RSVP Ute before Nov.28

Questions?: (Ute) - utek2010@hotmail.com VKSC Social Director