

YOU OTTER KNOW

The Newsletter of the West Vancouver Otters Swim Club



Back to swim with social distancing

HEAD COACH REPORT

*Janusz Kaczmarek, Head Coach
Norman Ng, Assistant Head Coach*



Hello Otters' families

Welcome to a new season of Otters' swimming! We are extremely excited for the coming season. After over six months of COVID-19 and shutdowns, we are fortunate and grateful for the opportunity to be back in the water. Please bear with us as we navigate this "new" normal.

We would first like to thank all parents for being patient and prompt as we return to swimming. Due to the understandably cautious reopening of the WVAC, the turn-around time between us receiving lane space confirmation and registration has been very short.

We thank you for understanding as well as your patience and quick response in registering for our programs. Our LMR programs filled out in one weekend before they started!

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Our first months back in the pool have been significantly different than in previous seasons. We are limited to a maximum of 6 swimmers per 2 lanes. This means that we have had to be creative with our group structures and our division of swimmers per session. We have combined some groups to create multi-group practices to maximize our lane usage and appreciate all parents' efforts and understanding with the constant changes.

We also continue to urge parents to inform your coach when your swimmer is unable to attend a session. Whilst we are currently unable to accommodate specific requests for preferred swimming sessions, this will allow us to offer this space to another swimmer during a session. We will do our best to ensure that all swimmers get similar swim times.

To our OSA and Youth Development families, we will be starting our programs soon! We are currently working with the pool to get extra pool space on Saturday and Sunday, and hope to provide you with information as soon as possible (Early November 2020).

Looking ahead to December, we are planning to run training camps during the Christmas/New Year break. Whilst we do not have a schedule yet, we intend to swim the entire month of December except for December 24-26 and December 31-January 1. We will provide more information once we receive confirmation of our lane space.

We understand that the most important part of being in a competitive swim club is competition. Unfortunately, large scale competitions with other clubs will not be possible during the pandemic. However, we will incorporate racing into training sessions to keep the swimmers sharp and agile.

Thank you everyone for your patience and continued support of the Otters Swim Club. Stay safe and see you on deck!

The Otters' Coaching Staff



MESSAGE FROM THE PRESIDENT

Kelly Merrigan

Dear Otters

We are back! We are finally training again. Thank you for your patience. These have been trying times. The club and our training staff has had to cobble together a training schedule and routine with very little lead time. It is a work in progress and we will continue to adapt as circumstances require.

In the meantime we have an AGM coming up in December. There are a number of important matters to be dealt with on the agenda. The 2 most pressing issues are governance and finance.

We have only just received news that we will be receiving a government grant. Our finances have always been solid but I think our treasurer's report will be very positive.

As for governance, I will be asking to remain as president for another year. Our rules say a president should hold the position for a maximum of 4 years. I will be requesting an exception to that rule because of the pandemic situation. Continuity is important at this critical juncture and I would like to see the club through this difficult time if you will allow it.

We also need board members. We have been very fortunate in our board composition, but some members are moving on.



Please consider putting your name in and helping out. Being a board member does not require a lot of effort but it has a huge positive effect on the club.

I am making a special request for any members of the bar to join the board. This club has for many years been lead by lawyers. It is a tradition that has served the club well and due to a series of unforeseen circumstances I am the only lawyer left.

So let's see a few of our legal eagle parents step up and keep this proud tradition alive.

We have a lot of challenges ahead but if we work together we will prevail.

Kelly Merrigan
WVOSC President

MESSAGE FROM OUR TEAM CAPTAINS

*Run Qian Gong &
Natascha Borromeo*

Hi Otters

This is Run. Welcome back to the beginning of an amazing swim season.

Though our current training schedules may be a little different than you're used to, you guys can just treat it as another difficulty that you have to overcome during your long swimming careers.

For example, during my first ever training camp with Coach Janusz, the pool was absolutely freezing cold for the whole 2 weeks that we were there. Janusz made us do a bunch of sprints and distance sets and we still had an absolute blast!

I know that every member of the Otters community will train just as hard and achieve just as many (if not more) best times as previous years!

Go Otters!



Hello Otters!

I am Natascha Borromeo, this year's female team captain. As we settle into a new normal with our swimming season, I hope you are as excited as I am to be back in the pool. The COVID-19 pandemic has drastically changed our way of life and with the pool closures over the course of seven months, many swimmers were forced to find other creative methods to stay active.

Staying motivated was certainly tough, especially, without a coach to encourage you or swim mates to commiserate with. This swimming season is unlike any we've had before, but it's good to remember that we are going through it together.

If there is anything I learned in the last seven months, it is that we are more resilient and resourceful than we thought we are capable of.

So, let's make this swimming season the best we possibly can! Stay motivated, keep healthy, and move forward and onwards.



Help Keep Otters Swim Club Safe



What is our swim club doing to keep our swimmers safe?

A maximum of 6 swimmers in a double lane in the main tank, 4 swimmers in a double lane in the leisure pool and deep tank and 1 swimmer in single lanes. Social distancing at dryland.

Fast transitions between groups of swimmers with limited number of swimmers on deck.

No parents on deck or in the pool areas

Coaches physically distanced when speaking and instructing swimmers. Coaches rely on verbal instruction; no physical manipulation for correction of stroke.

Swimmers physically distancing on deck adhering to physical distancing markers for belongings

Hand sanitizer available on deck

Read our full Otters Back to Swim Safety Plan found here:

https://www.teamunify.com/canwvosc/UserFiles/Image/QuickUpload/bts-plan-20-10-20-2130-incl-app-a-b-c_069888.pdf

What can parents do to keep our swimmers safe?

Keep your swimmer at home if they are sick, been in contact with someone who has COVID 19, been asked to quarantine, or travelled outside the country.

Bring your swimmer to the pool 5-10 minutes prior to swim time. They may not be allowed in if they arrive late. Swimmers may not be allowed back into the facility after they leave.

Ensure your swimmer is showing up for the right session. Check the schedule frequently including emails and the website for updates.

Contact your swimmer's coach for ANY missed session for ANY reason. Contact your swimmer's coach if you plan to miss a session.

Physically distance and/or wear a face mask when speaking to other parents off deck.

Help clean and sanitize any bags, equipment, clothing that is used for dryland or swim sessions.

Perform the BC Provincial Health Self Check found here: <https://bc.thrive.health/> before every session

OTTERS WISH LIST (FROM 2019/20)

A HUGE thank you to all the families that helped contribute to the 2019/20 Wish List. Due to the current conditions we are working with providers to get these online. Funds for other items will be re-allocated. Thanks for your understanding!



**EXTRA LONG
COURSE POOL
SPACE
\$3000**

**NO FUNDS RELEASED YET.
COACHES WORKING
TOWARDS FINDING EXTRA
POOL SPACE THIS YEAR
AND/OR REALLOCATION
OF FUNDS**



**STRENGTH &
CONDITIONING
WITH CAMERON
BENNETT
\$2000**

**NO FUNDS RELEASED YET.
HOWEVER COACHES WORKING WITH
CAMERON BENNETT TO CREATE
ACTIVATION & DRYLAND PROGRAMS**



**DIGITAL PACE
CLOCK X 2
\$1300**

PURCHASED!

"We set up the clocks on both sides of the pool, where they are closer to eye level for the swimmers ... It's easier for them to see their splits!" (Coach Paul)
"When you are kicking, you can see the clock as you're coming in" (Juliana, Provincials)
"It's easier to see your splits and remember them!" (Adam, Provincials)
"The analog clocks are high up and hard to see. Also, they aren't in sync, so you don't really get accurate times for 25s" (Ariel, Belugas)
"The digital clock beeps every time it gets to zero and it helps" (Aidan, Provincials)
"It's a lot easier to leave on time" (Adelaide, Provincials)



**NUTRITIONIST
\$300**

**NO FUNDS RELEASED YET.
COACHES CONTACTING A
NUTRITIONIST FOR 2020-21 TO BE
CONDUCTED VIRTUALLY**



**SPORTS
PSYCHOLOGIST
\$300**

**NO FUNDS RELEASED YET.
COACHES CONTACTING A
SPORTS PSYCHOLOGIST FOR
2020-21 TO BE CONDUCTED
VIRTUALLY**



HAVE GREAT PHOTOS TO SHARE?

We would love to hear from you.

Contact Amy Yuen at
amycyuen@gmail.com.

The aim of this WVOSC Information Bulletin is to be a quarterly bulletin that provides general updates and gives you handy shortcut links to the Otters website and other informative websites.

It is intended to supplement (and not replace) the detailed regular emails from the Registrar and coaches. The articles that are linked to above are solely for reader interest and none should be taken as representing the views of any of the Board members or coaches. As always, we welcome any suggestions on what to include in this bulletin and how to make it most useful.

For anybody wishing to read this in another language, Google Translate is a possible tool to use. Here is the link to it: <https://translate.google.ca/>. I hope this included translation below is useful as well.

问候父母，此WVOSC信息公告的目的是一个季度公告，提供一般更新，并提供方便的快捷链接到Otters网站和其他信息网站。它旨在补充（而不是取代）注册服务商和教练的详细常规电子邮件。我们欢迎就本公告中包含哪些内容以及如何使其最有用提出任何建议。对于任何希望以其他语言阅读的人，Google翻译是一种可能的工具。这里是它的链接：
<https://translate.google.ca/> 我希望这包括翻译是有用的。