

# YOU OTTER KNOW

*The Quarterly Newsletter of the West Vancouver Otters Swim Club*

## OSA at Development Meet May 2019



## HEAD COACH REPORT

*JANUSZ KACZMAREK, HEAD COACH*

*NORMAN NG, ASSISTANT HEAD COACH*

It's hard to believe that we're almost at the end of the season! Congratulations on the successes of all of our swimmers!

We're in the final stretch now.

OSA just wrapped up their final competition of the season. 88 swimmers competed in the last development meet. Our athletes swam fast and had great performances! It's good to see that our OSA swimmers are looking very technically strong. Coach Ali has even received multiple compliments regarding how our swimmers look in the water from other parents!

Great job to Arianna Cau for dropping 20 seconds in the 200 IM at the last development competition.

Also, solid work from Ariel Morton and Rogina Nariman to being the most technical swimmers this year. Rogina started the season off with 4:26 in the 200 IM and has dropped to 3:31.

### IN THIS ISSUE

**HEAD COACH, JANUSZ  
REPORT**

**MESSAGE FROM THE  
PRESIDENT, KELLY**

**MESSAGE FROM THE  
TEAM CAPTAINS**

**WESTERNS REPORT**

**CONGRATULATIONS TO  
OUR GRADUATES!**



Coach Paul has taken over for Coach John in the recent weeks for the LMR Gold and Red groups. They have been working with Paul to improve their technique and, ultimately, swim faster. The LMR group competed at the Whistler Invitational and LMR Championships. Our swimmers dominated the field in Whistler and won the competition.

We had 15 LMR swimmers at LMR Championships in Langley and had some strong results. One relay raced their way to a Bronze Medal in the 200 Medley Relay. The relay team included: Cassandra Wong, Baran Moghaddasi, Olivia Zhao and Chloe Yang.

Baran Moghaddasi earned herself a Gold in the 200 Breast and a silver in the 100 Back. She has since moved up to the AA group along with Alexa Hartvikson, Anton Lavrov, Clare Liu, Madelyn Merrigan, Cassandra Wong, and Michelle Zeng. Congratulations to all swimmers for their impressive achievements!

The AA and Provincial swimmers will be competing at their Championship competition in the next few weeks. First will be Age Group Championships in Chilliwack for the younger swimmers. Currently, we have 7 swimmers qualified in the top 8:

- Aidan Zhang 8th 200 Free, 6th 400 Free
- Michelle Zeng 6th 100 Back, 6th 200 Fly
- Queenie Gong 7th 100 Back, 5th 100 Breast, 5th 200 Breast;
- Adam Wong 7th 100 Back, 4th 200 Back;
- Isavella Barbosa 6th 100 Breast, 8th 200 Breast;
- Juliana Park 8th 100 Breast;
- Sirius Wang 7th 100 Breast, 4th 200 Breast;

Looking forward to have even more top 8 swims in Chilliwack!

Then, the older swimmers will be competing at Provincial Championships in Victoria. The Provincial group will have 6 swimmers attending.

Congratulations to Natascha Borromeo, Jack Eccles, James Gao, Onur Gul, Ashley Wong, and David Zhao for qualifying!

Finally, Natascha Borromeo will be attending Canadian Junior Championships in Calgary along with 4 other National group swimmers.



### AA & Prov Swimmers at JDI

In the month of July, most swimmers in the AA and Provincial group will be working hard at our 2019 July training camp. We'll be competing in Surrey at the end of the month. I am sure that we'll see some fantastic results at the end of the season competition. If you haven't signed up already, please make sure you do! We are accepting all LMR to Provincial group swimmers.

The Youth and National group have been hard at work preparing for the end of the season. They are even working with Cameron Bennett, a renowned physiotherapist and strength & conditioning coach, to increase their power and range. This is all to help boost performance and speed. They will be attending Provincial Championships, Canadian Junior Championships and Canadian Swimming Championships to round off the year.

Attending Juniors will be Tommy Dong, Run Qian Gong, Aidan Smith, and Jimmy Zhang. It will be interesting to see the results coming out of those last competitions.

Lastly, to all Otter swimmers, have a great summer! Remember to stay active and healthy. Enjoy the outdoors and recharge your mind, body, and soul! We'll see you back on Monday September 16, 2019 for a brand new season of great swimming!

# MESSAGE FROM THE PRESIDENT

**KELLY MERRIGAN**

Hello Otters

The end of the season is upon us. I would like to congratulate you all on a job well done.

We have excellent coaching and club staff , enthusiastic volunteers, wonderful parents and most importantly, absolutely fabulous swimmers.

This has been a successful year and I am personally very proud of you all and to be part of such an outstanding organization.

I know we will face more and possibly even greater challenges in the future but we can be confident that if we keep working together this club will continue to set the standard for excellence.

So let us pat ourselves on the back and take a brief respite to enjoy the summer and ready ourselves for another hectic, hard charging year.

My thanks to you all , and as the old song says " See you in September!"

Otterly Yours  
Kelly Merrigan (Pres. WVOSC)



**Coaches at Whistler Invitational**



**AA & Prov Swimmers at Hyack Youth Cup**



**LMR Swimmers at Windskill**



**OSA Coaches**



**National Swimmers at Hyack Youth Cup**

## MESSAGE FROM THE TEAM CAPTAINS



### SAMANTHA ZASTRE

Greetings swimmers,

As the season comes to an end it is so important to remember all the amazing things that each and everyone of you has accomplished this year.

Whether big or small, it is those moments that can inspire you in the future to push yourself even more. I am so proud that we have had such a fantastic season this year.

As my time as team captain comes to an end along with the season, I would like to thank everyone for being such hard workers who come to practice with a smile on their face ready for some hard work.

For those of you who will continue to train and compete over the summer, best of luck!

Have a great summer, I look forward to seeing everyone next season.

Samantha.

*"I hope that my time as your Team Captain has inspired you to overcome strong hurdles in and outside of swimming ... " (Kaiwen)*

### KAIWEN LIU

Dear fellow Otters,

The entrance into summer has never been better with clear and sunny skies, and as for many of you, school is over, which is when the real training starts!

Through this final push for progress and growth at the end of this season, I hope that everyone is excited to complete this cycle with some outstanding results.

I know that all the coaches are eager to throw down their tough sets in preparation for the upcoming competitions so be prepared to go above and beyond your comfort zones. That said, I hope that all of you continue to enjoy your summer break and make some memorable memories whilst getting a lot of sunshine.

On a final note, being that this is my last response in the Otters newsletter, I would just like to say that I have really enjoyed both my time as a swimmer and as your Team Captain at the West Vancouver Otters.

I hope that my time as your Team Captain has inspired you to overcome strong hurdles in and outside of swimming and hopefully made your time swimming with the Otters a bit more enjoyable.

Sincerely, Kaiwen



## WESTERNS REPORT

*We know that Westerns has come and gone, but Nick Hilkewich took time out of his busy Grade 12 schedule to write us a humorous report on what really goes down on those National trips. Thanks Nick!*

### NICHOLAS HILKEWICH

The West Van Otters flew to Edmonton for Westerns, this time Tommy getting on the right flight. The Otters attended the Westerns bringing 6 swimmers from the National level and 1 swimmer from the Provincial group, with many placing in A and B finals for multiple swims.

In Westerns we had many unforgettable memories including:

- Tommy's amazing story telling skills
- Runs fantastic vacation swims
- Tommy's amazing ability to place in B finals
- Aidan always going to lane 8
- Tommy spilling milk everywhere
- Nick dying on the pool deck
- Sophia carrying the backpack with everyone's valuables
- Tommy sucking on Powerade like a child, and
- Other things Tommy did or didn't do (like bring the sign).



We met old swimmers Janusz used to coach, and other annoying teams we didn't like.

Watching Janusz die laughing when Tommy says or does something stupid was definitely the most fun.

This was not only a good learning experience but a great example of the ferocity and heart of every swimmer.

All the swimmers would also like to thank Janusz for planning and helping each swimmer realize their full potential at the competition!

Double thanks to Janusz from me on behalf of the team ☺☺ (bacon bomb).



# CONGRATULATIONS TO OUR GRADS!



**Bonnie Wang**

I started competitive swimming and joined Otters when I was 9 years old. For next year, I will be going to Carnegie Mellon University in Pennsylvania, and I'll be continuing swimming there.

I would like to thank all my coaches and teammates for an amazing 8 years full of my best memories, and I'll be back next summer!



**Ry Cyna**

Started competitive swimming? 10 years old  
 Joined Otters? 15 years old  
 Plans for next year? Theoretical Astroparticle Physics specifically tau neutrino research at Queens  
 Funniest memory at Otters? Jack breaking the door at Provincials



**Kaiwen Liu**

I started competitive swimming at the age of 6 and joined the West Vancouver Otters Swim Club when I was 9 year old.

Next year I plan to study Biomedical Engineering at UBC and one of my best memory with the Otters was when I was playing Drawful with my teammates at Provincials.



**Nicholas Hilkewich**

I started competitive swimming and joined the Otters at 15 years old.

I plan to go to SFU to study criminology next year.

My best memory was the drive to the airport after Edmonton this season or seeing my family cheer me on in Saskatchewan.



**Uzak**

Started competitive swimming? 6 years old  
 Joined Otters? 16 years old  
 Plans for next year? Honours Biochemistry and Business at Waterloo University  
 Funniest memory at Otters? Provincials. Jack breaking the door.



**Adam Frost**

Started competitive swimming? 13 years old  
 Joined Otters? 16 years old  
 Plans for next year? Criminology at SFU University  
 Funniest memory at Otters? Coach Norman's capacity for eating!  
 For example, eating three slices of pizza at once by stacking them on top of each other.

# WHAT ARE YOU MOST EXCITED ABOUT THIS SUMMER ?



"Travelling to see my family"  
(Head Coach Janusz)



"Cooking Classes"  
(Gemma, AA)



"Visiting my grandparents"  
(Adam, AA)



"Sleeping & Eating"  
(Sirius, Prov)



"Sleeping"  
(Ethan, AA)



"Eating"  
(Assistant Head Coach Norman)



"Being Outdoors"  
(Isa, Prov)



"Sleeping"  
(Baran, AA)



"Playing with my cats"  
(Alexa, AA)



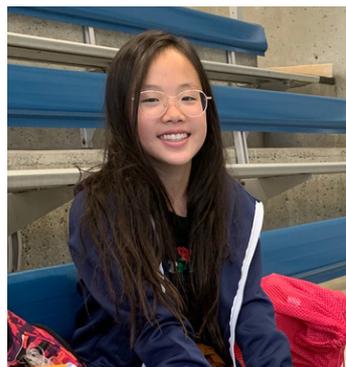
"Going to the PNE"  
(Kisely, AA)



"Paddle boarding & Kayaking"  
(Onur, Prov)



"Spending time with friends"  
(Julia, LMR)



"Going to China"  
(Queenie, AA)



"Staying up late"  
(Cassie, AA)



"Napping!"  
(Samantha, Nat.)



"Family time, riding my motorcycle & open water swimming"  
(Coach Ali)

# WHAT ARE YOU MOST EXCITED ABOUT THIS SUMMER ?



"Spending time with friends."  
(Anton, AA)



"Road Trips"  
(Martinez, OSA)



"Beach & Friends"  
(Natascha, Prov)



"Swimming"  
(Coach Paul)



"Sleeping & Gaming"  
(David, Prov)



"Reading"  
(Ashley, Prov)



"Swimming, Hiking & Sleeping under the stars"  
(Coach Colleen)



"Beach & Paris"  
(Ariel, OSA)



"Going to the Beach"  
(Kaiwen, Nat.)



"Sleeping, coaching & friends" (Sophia, Nat.)



"Vacation & free time" (Aidan, LMR)



"Road Trips"  
(Tyler, LMR)



"Going out with friends"  
(Cici, AA)



"Kayaking"  
(Michelle, AA)



"My family visiting"  
(Soha, OSA)



# Swimming & General News

Inspirational story of the month: Success in the pool is ordinary-Profile on Mary Meagher. This is a fantastic piece on a 13 year old swimmer's determination and grit and how she used it to achieve her goals in the pool. At the age of 13, Mary T. Meagher decided that she was going to break a world record.

<https://www.yourswimlog.com/mary-t-meagher-success-is-ordinary/>

Here's Penny Olesiak being interviewed about her training and her swimming comeback this year. "Taking last summer off helped Penny Olesiak refocus on her training. Oleksiak's reinvestment in training showed when she won the 200m freestyle at 2019 Canadian Swimming Trials in a personal best time of one minute, 56.92 seconds.

<https://www.swimming.ca/en/news/2019/06/13/taking-last-summer-off-helped-penny-oleksiak-refocus-on-her-training/>

An excellent article with thoughts on competing and family stress and how to develop the best possible parent - swimmer relationship. "For the swimmer who worries about disappointing his/her parents"

<https://www.yourswimlog.com/for-the-swimmer-who-worries-about-disappointing-their-parents/>

Etobicoke Master swimmer - 95-year old Kalis Rasmussen recently broke 5 world records! See this video of Etobicoke Master swimmer - 95-year old Kalis Rasmussen. She recently broke 5 world records when she moved into the 95 to 99 age group.

<http://a.msn.com/01/en-ca/BBWpakT?ocid=se>

Great blog piece by George Raveling on how to deal with setbacks or injuries in sport and in life. "A minor setback is always preparing us for a major comeback" - George Raveling

<https://mailchi.mp/coachgeorgeraveling/march162019-887157?e=36bdda2a94>

"Here's an excellent article that has suggestions on how to handle the one challenge that most competitive swimmers have from time to time. What can you do When Your Self-Confidence Drops Right Before the Big Race?"

<https://www.yourswimlog.com/confidence-drops-before-race/>

# Otters Swimmers & Families...

# WE LOVE INPUT



**Have a great idea for our next newsletter? Have great photos to share? Please direct any suggestions or questions about the contents of this Bulletin to the Editors: Rob Hartvikson or Amy Yuen.**

**Email your suggestions and feedback at [otters.registrar@gmail.com](mailto:otters.registrar@gmail.com) or come and chat with us. We are always near the pool!**

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。