

# Region of Waterloo Swim Club

Spring 2006

## Head Coach Report

*From the desk of Dean Boles*  
March 2006



Welcome to all the new ROW members who have joined since January. Be an informed parent and swimmer...ASK if you are not sure of something.

The timing of this newsletter is at an appropriate time as we enter the last part of the season and for some it is better known as the Long Course season where most competitions are in the Long Course (50m length). ROW has traditionally been very strong in this meet format for a number of reasons. We recognize that Long Course swimming is important (more than short course), we also are fortunate to have a 50m facility to train in as well that we get to compete in many LC meets (3 at home). As the season progresses now, it is hoped more LC training will be available (it has its challenges as the pool has many other activities using it on a weekly basis). I believe the approach we take has a more of a long term one and we see our swimmers not only catch but pass the swimmers from other programs that once were ahead earlier in the season.

Couple of key components to ensure successful Long Course swimming:

- 1) Technique (perhaps more vital than for SC)
- 2) The need to be fitter, as you don't have turns to help maintain speed
- 3) Always striving for faster swimming in practice
- 4) Develop and exhibit a positive and competitive attitude

We look forward to the meets and the anticipated improved times.

Forty swimmers from groups Ad 2 up to Sr 1 will be selected to represent ROW at the Division 1 Team Championships held in Etobicoke at the end of April. Congratulations to those swimmers and prepare well!

We look forward to the upcoming competitions at home and away. At home we have the \*California Spa & Fitness Spring Turbo meet (April 1&2); the \*ROW Money Meet Invitational (May 5-7, a ROW series (April 28) and Taking Up the Slack Meet (May27). \*(notes new sponsorship for our meets)

Added to this busy schedule, the ROW swim club has been asked to host a Provincial Tri Meet and Training Camp the 2<sup>nd</sup> week of May(12-14) with Ontario, Quebec and the Atlantic provinces. This is a great opportunity for swimmers and parents to see the emerging swimmers of the future in action in both competitive and training

# The Row Review

ROW

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# Today's Preparation... Determines Tomorrow's Achievements

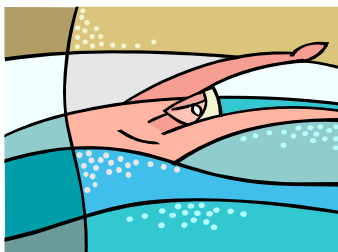
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Amongst all the competitive events we have some major club events coming up:

The "2<sup>nd</sup> Annual" Silent Auction April 8th featuring a lot of great items for bidding as well as former ROW Member and Olympic Bronze medallist Dr. Mike West will be on hand as our MC for the evening. The first week of May will be Swimathon Week (this year we will schedule during the week during regular practice time. And to round out the year the annual club picnic and banquet will be the early part of June. Please mark on the calendar these important events.

The "2<sup>nd</sup> Annual" Silent Auction will take place and no different than swimming, the more successful you are, the more challenge is to equal or better past performances. With the membership base of ROW, we should again be very successful. The money earned will enable the club to put in place some excellent programs initiatives to help swimmers with competition costs etc. Please do your part and make this a successful event. (my buddy from Molson's will have another major prize for us)

The 18 month forecast & plan of where we would like the club and its swimmers to be is now upon us. Our Goals and Objectives were clear and I'm proud to announce that we have met most of the objectives—we have increased our membership by approximately 20% nearing our goal of 300 swimmers—we have advanced our swimmers from novice to competitive level (the former TOP 1 to the new group of AD 3), we doubled the number of Provincial qualifiers. We have yet to do the formal performance analysis of the program compared to the rest of the country but we will share this when we have it complete. Although we have made some very good progress, we need not to stop there, we have challenges to meet, times and records to surpass and swimmers to realize their potential. I must commend my staff for a job well done and I look forward to even better results down the road.



Congratulations to Zach Summerhayes for being selected to the Ontario Provincial Age Group camp to be held in Sudbury April 7<sup>th</sup> weekend. And by all accounts of the boxes of medals that come into the office for swimmers, you are swimming well—Good Job!

Congratulations to Jeff Belliveau for acceptance to University of Cumberland in Kentucky-- he will be starting in the fall.

A farewell and a big thank you to coach Aynsley Garriock (Top 1&2) who is graduating from WLU and moving home to Barrie.

As I close, I remind everyone ROW is a "Competitive Swim Club" and it shares the ideal of Athlete Focused—Coach Lead—Administratively Supported. The Mission, Vision and Values of the club are illustrated on the Website: [www.rowswimming.ca](http://www.rowswimming.ca) and are consistent with any successful organization. I hope all of you will take on the responsibility to protect and embrace the principles and guidelines that ROW has developed over past 30 years.

We aim to continually create and maintain unique and special programs that support unique and special accomplishments. In order to foster excellence, we must act differently than is the norm in other environments. Our mission requires a special environment, that is uncommon and with special action, and continued attention to the intention to excel.

ROW has a strong tradition of swimming excellence with focus on all levels of swimming from beginner to the experienced. We are proud of the 30 years in the competitive swimming business with outstanding achievements from the local level all the way to the Olympic and International arenas. We are also proud of the fact that our swimmers not only develop into good swimmers but great citizens!

ROW is pleased to offer swimming programs lead by enthusiastic, hard working and knowledgeable coaches for your swimmer to enjoy and thrive in the sport of competitive swimming. Our coaches have backgrounds from competitive swimming and various other aquatic programs to Olympic level experience.

We hope everyone will value excellence, hold fast swimming, good training and thorough preparation in extremely high regard. We encourage ROW swimmers to welcome difficult, goal-oriented challenges that will help them to be technically better, faster and fitter.

To help achieve what we are capable of, we need everyone working in the same direction with not only a positive attitude but continue to support in all the initiatives that will enhance your swimmer's swimming.

All the best

Dean



## AD I Report

**Coach Albert Burgund and Coach Tom Fuke**

LONG COURSE! Yahoo! We are trying to make sure that we do get some long course training times for all the groups. We have a few meets coming up fast starting with our own Spring Turbocharge meet (April 1<sup>st</sup>) – Team Champs will be later on at Etobicoke and is limited to qualifier as chosen by Dean – we are looking at a similar formula as last year = top swimmers in each age group and fastest relays (this way we can score the most points).

I am planning to get some underwater video taping done within the first few weeks. This will allow swimmers to “see” themselves the way I see them and hopefully will facilitate **skill development** which will be the focus for the first six weeks of the program. From there we will move toward **aerobic endurance** (distance work – sustainability) and **anaerobic capacity** (lactate tolerance – speed work= maintaining a high stroke rate).

Our SWAD swimmer: Jessica Tuomela will be competing at the SWAD CANAM meet in London, ON and at the Electrabel Paralympic Championships in Belgium. You will also see her on deck at our meets with “Jetta” her guide dog. Please introduce yourselves and make Jessica feel at home in our ROW family. Jetta is very friendly but please remember she is more than a pet – she is working and her job is to be Jessica’s eyes.

Hopefully everyone had a chance to watch some of the highlights from Australia where our Commonwealth swimmers have done a great job – check them out on line too! That being said all ROW swimmers should spend a few minutes each week on-line informing themselves as to what is happening in the swimming world.

Congratulations on a very successful short course season. To those of you who made best times, to Regionals qualifiers and medallists, to Provincial qualifiers and medallists, and to those who represented ROW at the Eastern Canadian SC Championships - especially Jessica Tuomela, who broke 5 Canadian SC records in the S11 category - WAY TO GO ROW!

Let’s make sure that we stay on our game and get to practice early. Bring all of our equipment. Do all the dry-land exercises. Race as fast as we can and have fun.  
Coach Albert

The first quarter of 2006 is already coming to an end, and when I think back to that first week in January, I remember hoping that I would see some definite improvement in my swimmers by now. Not only has that happened, but also the improvement they’ve shown has gone beyond what I was expecting!

The biggest improvement has come in kick. Weekly, I have been making the group do a test set consisting of 16x50m with a pace time of 1:15. The goal is to arrive at the wall before the 1:00 mark on all 16. Once a swimmer achieves this, the pace time falls back to 1:10, and so forth. As of right now, only ONE swimmer out of 17 has yet to succeed at the 1:15 pace time! This is a great indicator of how much improvement has occurred.

Another major improvement has happened in the group’s ability to train long distances. We have done more than three practices in which the total metres have exceeded 5000. That is five kilometers of swimming in two hours, and this is very impressive.

This improvement, while fantastic, is not anywhere close to what these swimmers are capable of, and for the most part, potential is NOT being reached as a result of poor attendance. I require that my swimmers make five out of every six practices, something that very few of them have achieved. Those who have know who they are – and they are easy to spot, too, because for the most part they are in the fastest lanes! Please realize that as parents, you have a role to play in your child taking the “next step” in his or her swimming career. I see AD1 as a transition from competing for fun to competing for serious goals (while still having fun!). In order to make this transition effective, 80% attendance is essential. Some swimmers have made fewer than half the practices since January, and while there always seem to be good excuses, the missed work adds up. Illness happens to everyone, though a good rule to remember is this: if your child has a head cold, he or she can swim. If your child has a chest cold, let him or her have 1-2 practices off. However, a week off because of a cold is totally unnecessary, and very harmful to your child’s swimming progress.

Finally, before I outline the meet schedule, another reminder about training equipment and times. I have asked that both hand paddles (the bright orange Speedo kind) and flippers (about a foot longer than the toe, Speedo is best) be added to your child’s swimming gear. We’ve already started using the paddles, and we will use the flippers for the first time shortly. Flippers make swimmers go very fast, so those without will be frustrated... please help avoid this problem by making sure all equipment has been purchased. Fitness Classics at Waterloo Town Square is the place to go. Also, a reminder that Friday practices now run from 5-7 pm, with a mandatory dryland session after the water time. Both groups of AD1 will be doing this.

Coach Tom

## AD1 Report - continued...More from Coach Tom!

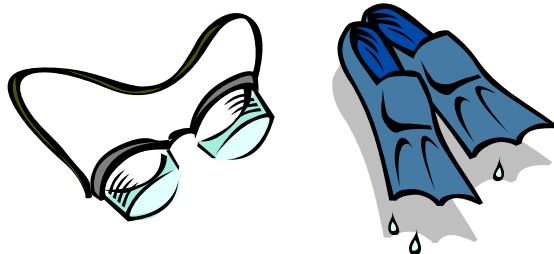
Now for the meet schedule:

- **April 1 – Spring Turbocharge**, at WLU. There are events on Sunday but my swimmers are only swimming Saturday, though Saturday has morning and afternoon swims.
- **April 21- 23 – Team Champs**, in Etobicoke. The team is selected by the coaching staff, 40 swimmers total from all age groups.
- **May 5-6-7 – May Invitational**, at WLU. Three-day meet, details when it gets closer.
- **May 27 – Taking Up The Slack**, at WLU. One-day, two sessions.
- **June 9-10-11 – Regional Championships**, in St. Catharines. Qualifiers, like in Brantford in February.
- **July 6-7-8-9 – Provincial Championships**, in Nepean. Qualifiers, like in London in February.
- **July 14-15-16 – Dr. Paul Hauch Meet**, the outdoor meet in London. This is our end of the season meet and we want everyone to be in attendance!

As strange as it may seem, that outdoor meet in London is less than 16 weeks away as I write this on March 20. This long course season will go by VERY quickly, and I am as excited as I have ever been about coaching. It is my goal for my 17 swimmers to have everyone qualified for Regional Championships, something that is totally realistic IF attendance gets better. I can fully guarantee that 95% of my Regional qualifiers will have been to at least 75% of practices. It really is that simple.

I hope everyone's March Break was as fun as mine was, and let's dive into the long course season with excitement, drive, and focus. I have nothing but good feelings about where we're headed as an AD1 group.

Should you have any questions, please email them to me and I will get back to you as soon as I can!  
Coach Tom



## AD2 Report - Coach Chuck Meklensek

Welcome back from the March break everyone! I hope you all had a good rest and have been dreaming about fast swimming.

We have had some great results in the group since our last newsletter. We had 3 swimmers qualify for the Provincial Age Group Championships held in London at the end of February. Congratulations to Julia Borges, Julia Hewitt and Shannon Eby. They represented ROW with pride, sportsmanship and spirit. Let's see how many of you qualify for this summer's provincials being held in Ottawa. We also had swimmers compete in the Regionals and the Burlington Meet. Some pretty fast swims.....for now!

Hopefully you have all had a chance to check out the results from the Commonwealth Games being held in Melbourne, Australia. Canada won a gold medal in the Men's 200 Meter Breaststroke. We are on our way. To check out the results you can log onto the games website at [www.melbourne2006.com.au](http://www.melbourne2006.com.au).

The entire coaching staff, and that includes me, is looking forward to a great Long Course season. We are fortunate to be able to train long course every so often as many other teams do not have access to facilities like ours. It is important that many aspects of your training are done well to give you the chance for great performances. Here are a few:

- 1) Come to all or most of the workouts
- 2) Compete vs participate
- 3) Longer strokes make you faster
- 4) Start each length in the fastest position possible – Streamline!
- 5) Wear a hat outside. Ear infections HURT!
- 6) Breakfast, Lunch, Dinner and snacks. Do all and do all healthy as a family!

The most important thing to note:

***Habits are very hard to break...so make as many good ones as you can and begin changing the bad ones!***

As always, I am available before and after workouts for chats with parents. You can email me at [coachchuck@rowswimming.ca](mailto:coachchuck@rowswimming.ca) with any questions you may have.

Let's all have a great long course season!  
Chuck

## SR 2 Report - Coach Rob Aburto

Short course season has come and gone, and now the group prepares to take on new challenges in long course season. Yet, in passing short course season, and enjoying the March Break, it is a great time to reflect on the progress made so far this season.

In attending several meets, many people have risen to the occasion and taken home the illustrious mystery box by being named the "Senior 2 Swimmer of the Meet". So far, the winners have included Alex Marsh, Matt Jamieson, Emily Peterson, and Vicki Rawn. Many swimmers have come close, and it'll be exciting to continue to watch the battle for the mystery box in the upcoming months.

The swimmers have taken great form and are continually improving as a hard working training group. The past few months have seen hundreds of kilometres, thousands of push ups, leg lifts and squats, and hours of difficult dry land activities. The most important thing that this group has done is shown a strong dedication to fast swimming. It will be exciting to watch the results in the upcoming months, as the group shoots for personal best times, provincial standards and club national standards.

## AD3 Report - Coach Dawn Button

In Dawn's group in AD3 we are still busy getting the basics down so that we have them all the time. Congrats to the swimmers who have moved up to AD2 and will now be with Chuck. We have the Turbo next weekend (April 1) only on the Sat. am so that all the parents are aware of this, the entries are posted in the upper hall at WLU. Do not forget that there is no workout on Monday, April the 3rd. On a personal note kudos to all the ROW families who are on the EBY food tree. This is a good thing and should be noted.

Yours in Swimming,  
Dawn

## TOP2 Report - Coach Aynsley Garriock

Top 2 just finished our second session of the 2005-2006 swim season without any problems. I want to thank all the parents for being so gracious to driving your young swimmers to practice. This program would not run as smoothly if it was not for your support. I want to also thank the swimmers for trying their best and working so well with our coaches.

Aynsley had to resign as the coordinator for Top 2 because she will be graduating and would not have been able to finish off the third session. She wishes all the best to the swimmers. Kiara Hanemaayer will be taking over. You can contact her at [pepsicola2@hotmail.com](mailto:pepsicola2@hotmail.com). Have a great third session!!

## Swim Canada's CEO - Pierre Lafontaine - His Tips and Hits!

### Pierre's Top 10 Psych Songs to get you going at a swim meet:

1. Eye of the Tiger – Survivor
2. Song #2 (Woo Hoo) – Blur
3. Chariots of Fire theme song
4. Firestarter – Prodigy
5. Right Now – VanHalen
6. Elevation – U2
7. Thunderstruck – AC/DC
8. We will Rock you – Queen
9. The Final Countdown – Europe
10. Lose Yourself - Eminem

### Pierre's Top 10 Tips to Swim Fast at your next big meet:

1. Cut off soft drinks and fried food
2. Increase your flexibility pre & post workouts
3. Arrive at the pool 15 min earlier to prepare for a great program
4. Look forward to racing and set a positive environment around yourself
5. Increase your water intake
6. Sleep 30 min extra minutes per day = 3.5 hour per week of resting
7. Come home earlier on weekends. Go to a 7 o'clock movie instead of a 9 o'clock
8. Have your homework schedule planned and talk to your teacher and principal about your up coming meet.
9. Try to stay healthy by avoiding sick people at school.
10. Dress appropriately for the weather. Cover your head and keep your feet warm.

## President's Message - Tracy Judges

March 26, 2006.....13 days to the Silent Auction.....Less than 3 weeks. For those who were not at the Auction last year, you missed a great night. Dave is starting to sweat again but I think Chris Bennett might be more. I think Tracy B nearly filled her car last year. This year, I really want that BBQ.

It is an evening to mingle and chat with ROW friends, time in between to get around and put your name on all those great item ( items) Oh the excitement of it all. Tickets will go on sale soon, lists of items coming in will be circulated and we hope to see many of you there. If you have not had time to go to your favorite restaurant or shop or business, please do so this week. We need time to ready bid sheets and prepare for the night of.

The next few months will be extremely busy. The upcoming meet season is our busiest as we have a long course pool. Plans for next year start pretty much as soon as the Silent Auction ends. Thank you to all families who donate their time and energy to making our Club a success. Thank you to ROW's Coaching staff, the Board of Directors: Tracy Bennett, Brenda Ben, Dave Summerhayes, Jane Begy, Ann Eby, Audrey Kemp, and Debbie Woodhall, and to list a few of those who also contribute so much - Gary Gfroerer in Meets; Angus, Sandy and Brenda, Officials Committee; Tanis in Supplies; Anne P.M, Cathy, Anne D, Teresa and the rest of the food committee; Brian Hughes, Website maintenance, and Darlene in the office etc, etc, etc, etc. We could not do it without you.

Plans are in the works for our AGM in May, the annual (not to be missed) ROW picnic and more. Keep reading your emails.  
Tracy Judges



## Fundraising Report - Dave Summerhayes

We are excited to invite all ROW members and friends to our 2nd Annual Silent Auction! The auction will take place on Saturday April 8th, 2006 at the Victoria Park Pavilion beginning at 7:00pm.

It promises to be a wonderful evening for everyone! We are fortunate to once again welcome Mike West - former ROW Olympian - as our MC for the evening. The setting promises to be festive with fun decor, wonderful appetizers, desserts, spirits and door prizes!

We have an impressive list of auction items to date - including a hot tub, BBQ, boom box and Swim Camps! We will be accepting items until the day of the auction. We thank you for your efforts to obtain donations and encourage every family to secure an item for the event.

As with any event, we are most grateful to the volunteers who have dedicated many hours to ensuring this event is a success! Thank you for your support!

Tickets are now available!  
Please contact one of the following people:  
Dave Summerhayes 747-3500 or email [h.a.s.painting@on.aibn.com](mailto:h.a.s.painting@on.aibn.com),  
Kimberly Ellis-Hale [kellis@wlu.ca](mailto:kellis@wlu.ca),  
Tracy Judges [t.judges@rogers.com](mailto:t.judges@rogers.com),  
Tracy Bennett [mortgage.money@rogers.com](mailto:mortgage.money@rogers.com),  
Jane Begy [jbegy67@rogers.com](mailto:jbegy67@rogers.com).

Tickets are \$30.00 a couple or \$20.00 pp. It should be easy to arrange pick-up of your tickets at the pool.

**Donated items for silent auction are coming in slowly, we really need all members of the club to solicit donations for the auction. Please contact Kimberly Ellis-Hale ([kellis@wlu.ca](mailto:kellis@wlu.ca)) to let her know what you have acquired, where you are going and who you are approaching for donated items. There are less than 2 weeks to the auction so please try your best to get donations.**

If anyone has any bartending experience with Smartservice please contact David Summerhayes asap.

## **Sponsorship Committee - Tracy Bennett**

We are proud to add California Spa & Fitness to our list of sponsors. They will sponsor our Spring Invitational on April 1st. They are Ontario's oldest and largest supplier of hot tubs, saunas and home fitness products.

California Spa & Fitness  
490 Weber Street North  
Waterloo, ON 519-747-7754  
[www.calspafit.com](http://www.calspafit.com)

Also, our May Money Meet is sponsored by Mortgage Intelligence. There will be \$1000 in cash prizes for the 15 and over category for each of the 100's. \$75.00 for the first place male and female. \$25.00 for second place male and female and Speedo products for 3<sup>rd</sup> place male and female for each of the following events:

- 1) Event 29/30-100 Fly Male and Female
- 2) Event 33/34-100 Back Male and Female
- 3) Event 41/42-100 Breast Male and Female
- 4) Event 87/88-100 Free Male and Female

Then, we will give \$100 to the top performance SNC swim for one male and one female. The coach of the top performing male and female will receive a Speedo coaching bag.

We would like to thank our sponsors for the 2005-2006 Swim Season:

Haney, Haney & Kendall  
Fitness & Swim Classics  
Tracy Bennett-Mortgage Intelligence  
Spectro Skin Care GSK  
Chikopi Swim Camp  
Clevernet Solution  
Logchek Ltd/Veritrans Corporation  
Spicer Corporation  
Kitchener-Waterloo direct.info  
Hire a Student Painting Company  
Ingo Sweaters  
California Spa & Fitness  
1-800-GOT-JUNK

If anyone is interested in sponsoring the club personally, or through a business please contact me directly at [sponsorship@rowswimming.ca](mailto:sponsorship@rowswimming.ca).

Also, work on getting those silent auction items to make this year a huge success. It is a great night, so plan to attend April 8th.

## **Membership Committee/Office Report- Darlene Bester and Ann Eby**

Welcome to the following new ROW swimmers (since January '06):

### **SR 2**

Alexandra Marsh From Australia  
Tatum Stewart From U.S.A.

### **AD1**

Samuel Stewart From U.S.A.

### **AD2**

Katie Wilson  
Regan Alexandra  
Bartlett Green  
Anastasiya Zanko

### **AD3**

Becky Littleton

### **TOP 1**

Emily Arlein-Roth  
Nathan Bauman  
Madison DeBeaulieu  
Jan-Willem Scheele

### **GHSS**

Marianella Cascante

### **TOP 2**

Bianca Armbruster  
Evan Bauman  
Garrett DeBeaulieu  
Nicholas Fauteux  
Kirsten Gerger  
Mariam Ibrahim  
Ocoee Longrigg  
Josee Clair Malenfant  
Connor Mavin  
Ian Mavin  
Ethan McCulloch  
Emily Pazuk  
Aiden Rice  
Emma Rice  
Owen Rice  
Luke Roberts  
Hendrick Scheele  
Hannah Shields  
Hayley Sopik

## Communication Committee - Jane Begy

I hope that you enjoy the Spring Issue of The ROW Review!

You are receiving this newsletter in a hard copy format! For many of us, the internet remains the main avenue for communication. The same can be said of the ROW swim club. The majority of our information is distributed through email. Please check your email every few days to keep up to date and in touch with our happenings!

I have been very fortunate to have a dedicated group of parents who act as parent liaisons for each group and forward you all the information you need (and maybe more sometimes!). I wish to extend a most sincere thank you for all your efforts!

SR 1: Debbie Woodhall  
SR2: Tracy Judges  
AD1: Jane Begy  
AD1: Sarah Quanz  
AD2: Kimberly Ellis-Hale  
AD3: Jackie Meyer  
TOP1: Chris Bell  
GHSS: Lisa Dony

I also wish to acknowledge the efforts of Brian Hughes - our webmaster who keeps our web site updated! - and to John Kendall who is our media liaison. Thank you both for all your time and support of ROW swimmers!



@,.com,.ca, .net, ....check us out@  
[www.rowswimming.ca](http://www.rowswimming.ca)

## Silent Auction Items.....a few highlights!

Starbucks - gift basket  
WLU Book Store - women's large sweat outfit ... blue and pink  
WLU Sports Camp - 1 week general camp  
Swanson's Home Hardware - gift basket  
Vincenzo's - gift basket  
Cowboys and Angels - gift certificate for hair cuts  
Poker Set  
Skills Plus - \$100.00 off a week of Skills Plus Camp  
Words Worth Book Store  
Mystery Book Store  
Angie's Kitchen  
Sole Restaurant  
Waterloo Inn  
Luci's Mud House  
GOLF North Golf certificates  
Flower arrangement  
Roots duffle bag - black  
Roots tote bag - black  
Wine opener set  
Staples gift certificates (4 X \$50.00)  
Dark green micro fiber men's golf wind breaker (large)  
Dark green micro fiber men's golf wind breaker (extra large)  
Golf umbrella - wooden handle  
\$100 membership to Grand River Karate  
1 week Swim II Win Swim Camp (session #1: Mon-Fri August 21-25, 2006)  
1 week Swim II Win Swim Camp (session #1: Mon-Fri August 21-25, 2006)  
Day of Golf with Chuck at Heron Golf Links  
Full business website design and hosting  
1 hour Private Swimming Lesson with Chuck  
Signed Swim Cap by Michael Phelps  
Microwave: 700 watt GoldStar Waveplus II  
\$5 x 10 gift certificates - Sketchley Dry Cleaners  
\$100 gift certificate - Young Drivers of Canada  
Fairdinklim Aussie Sweat Top - exchangeable into any size or colour  
Complete car clean - Forbes Toyota  
\$100 gift certificate - Pizza Nova  
BBQ  
Spa chemicals - California Spa and Fitness - \$100.00  
Sport event - Raptors or BlueJays tickets?  
Oil change  
Boombox  
McGinnis Front Row Restaurant Gift Certificate  
Golf shirt and balls  
Logo'd shirt  
Travel kit/neck pillow  
Sweatshirt  
Poker Set - stainless steel case  
Small suitcase  
2 Powers of Attorney for the Management of Property  
Golf passes  
Gift Certificates  
Round of Golf for Two at Deer Ridge