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SAVE THE DATE

February 22 - 24: Winter Age Group Championships, Vancouver Aquatic Centre

March 7 - 10: Winter Provincial Championships, Canada Games Aquatic Centre, Kamloops B.C.



January 18 - 21, 2019

CDSC INVITATIONAL

by Anchie Xu

On Jan 18-21, there were 54 swimmers from Elite, Senior A/B, Age A/B, and Gold group who took part in the CDSC invitational. After the winter break, it was the first swim meet in 2019. Showing dedication, swimmers took Friday school off to participate in the three day meet. Gators made best efforts to compete and to achieve personal goals. Their hard work paid off. Congratulations to Jonathan Xiong, Kieu-vy Nguyen, now qualified for Winter Age group championship, and Emily Tam now qualified for Winter Provincial championship.

We are proud to announce the names of the BC championship qualifiers!

Winter Age group championship qualifiers:

Rebecca Chen	Leta Rainer	Kieu-vy Nguyen
Rachel Anne Ronque	Terrance Wen	Kaylee Hoang
Emily Jou	Jonathan Xiong	Nathalie Ng
Effie Li	Keisha Van Buckley	

Winter Provincial championship qualifiers:

Tommy Chung	Elsa Sun	Alexander Wen
Jack Wei Lin Li	Yu An Sun	Carson Wong
Nathan Li	Emily Tam	Nathan Wong
Yvette Sin	Mya Tsai	



PPP @ MEETS

When volunteering at any meets, you will earn some points (PPP) toward the position that you are working on. For example, below are some positions that every swim meet will need:

Safety Marshall: work only 30 min during warm up – earn 1 PPP

Timer: work counts per session – earn 6 PPP

Chief Timer: work counts per session – earn 10 PPP

Stroke & Turn Judges: work counts per session – earn 10 PPP

CERTIFICATION

Level I (red pin)

Completion of the following:

- Introduction to Swimming Officiating clinic (aka Timer clinic)
- Safety Marshal clinic
- Registration in the Swimming Canada Officials Registration System: contact Caroline Tran, Gators' Club Officials Director (COD)

Level II (white pin)

Completion of the following:

- 2 successful deck evaluations in the role of Timekeeper
- Stroke/Turns Judge clinic and obtain 2 successful deck evaluations
- 1 additional clinic listed below and obtain 2 successful deck evaluations: Chief Timekeeper, Clerk of Course, Chief Finish Judge (CFJ) / Chief Judge Electronics (CJE), Meet Manager, Starter

Level III (orange pin)

Completion of the following:

- All of the clinics listed under Level II
- Recorder/Scorer clinic
- 2 successful deck evaluations in 3 additional positions listed under Level II
- Conduct the Level I - Introduction to Swimming Officiating clinic under the supervision of a Level IV or V official.

Note: The Recorder-Scorer clinic may be taught at any time, once official is working on their Level II, in combination with the Meet Manager or CFJ/CJE clinics as deemed appropriate. It is recommended the Recorder-Scorer clinic be taken prior to or in conjunction with the Meet Manager clinic. There are no deck evaluations required for the Recorder-Scorer position.

SPOTLIGHT: OFFICIALS

by Caroline Tran



Have you considered taking Officials training at home?

SwimBC is now offering Officials Level 1 Clinics ONLINE through their website: www.swimming.ca/en/clinics/. You must take both clinics in order to complete Level 1. Parents will receive 2 PPPs for taking a clinic.

The two clinics are:

- 1) Introduction to Swimming Officiating Clinic and Quiz
- 2) Safety Marshal Clinic

<http://www.swimming.ca/en/clinics/>

Please give yourself 2 hours for these online clinics. The material is not difficult but the system will not allow you to skip any pages so you have to go through all the slides. It is highly recommended that you take notes. This will help when you take the multiple-choice tests at the end of the clinics.

The new Rules Books (Canada) are now available for \$12 each. If you wish to purchase one or for any questions regarding Officials clinic, roles/duties, the benefits when you become SwimBC Official, or even need an advice for which clinic you should take, etc, please contact Caroline Tran at c_tran@hotmail.com

Download the latest
FINA Masters Rules
2017 - 2021



MEET A BOARD MEMBER



WHO IS
**PAUL
WONG?**

Meet Paul Wong. He is the Vice President of the Gators Swim Club.

Here's what Paul's peers say about him:

"Paul is just a "can-do" kind of guy."

"Paul is super helpful and can usually be found pitching in at swim meets when there is a shortage of officials."

"Paul has a passion for sports."

GUESS WHO'S BACK



For those who did not understand last month's Meet a Board Member piece, guess who is back to say hello... the President of the Gators Swim Club, Arthur Tsai.



COACH'S LANE

by Jennifer Zhao

Hi everyone,

Let's talk about how swimmers can fuel their bodies at swim meets so they can maintain energy and power through those long, exhausting hours. You may have heard the coaches yell several times "put those candies away for after!" I promise we aren't just the candy Grinch. I'm here to tell you exactly what we should fuel our bodies with, so we can feel energized and perform well.

I will refrain from posting a long list of foods to eat because all you will need to know is the two differences between this macronutrient, carbohydrates, the most common source of energy for our bodies. Sure, carbohydrates all look quite similar and provide energy, but carbohydrates come as either simple, or complex. A simple carb is already in its most basic unit, which means it is quickly digested in the body, providing a short rush of energy. The energy won't last long until the body crashes, following a feeling of fatigue, resulting in a desire to eat more food.

Foods that fall into this "bad carb" category would be white bread, cake, candy, sugary drinks and so on. Now why do we want to consume complex carbohydrates? Complex carbs are digested slowly resulting in energy released at a steady pace. This will provide prolonged energy and a greater sense of satisfaction. Some foods classified as a complex carb are nut bars, oats, sweet potatoes, a large variety of vegetables, and anything whole wheat such as pasta and bread.

So, swimmers, next to you reach for that delicious looking cupcake with the light blue icing on top, substitute for a whole grain muffin. Small changes like that will make you feel better, swim better, and maybe even win a medal!

Jennifer





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 » Coaches Monthly Meetings
3	4	5	6	7	8	9 » EVENT LMR Championships » LMR Championships
10 » EVENT LMR Championships » LMR Championships	11	12	13	14	15	16 NO PRACTICE
17 NO PRACTICE	18 » B.C. Family Day NO PRACTICE	19	20	21	22 » EVENT Winter Age Group Championships » Tier I Winter Championship Short Course	23 » EVENT Winter Age Group Championships » Tier I Winter Championship Short Course » Coaches Monthly Meetings
24 » EVENT Winter Age Group Championships » Tier I Winter Championship Short Course	25	26	27	28		

There is no practice for everybody on Feb 16, 17 and 18 as it is BC Family Holiday.

There is no morning practice for Elite and Senior A group on Friday, Feb. 22, at VAC.

Elite and Senior A who do not attend the BC Age Group Champs will practice at Templeton Pool from 4:00pm to 6:30pm on Friday, Feb. 22; for Saturday, Feb. 23, please go to Templeton Pool from 6:30am to 8:45am. Anchie will coach on both days.