

NEWSLETTER



Sharing Values of Friendship, Team Pride, Staying Healthy and Community Support

IN THIS ISSUE

Cover Stories and Events.....1,2
 Coach's Lane.....3
 What is a PASS meet?.....3
 Calendar.....4

NEED GIFTS?



Assortment of swimming gear available for purchase.

Fair and reasonable prices!

For orders or more information, please contact Coach [Anchie Xu](mailto:anchieux@hotmail.com) at anchieux@hotmail.com



SUNDAY DECEMBER 2, 2018

ANNUAL CHRISTMAS PARTY

hosted by Killarney Gators Swim Club

Please join us for hors d'oeuvres and buffet dinner.

A gift for all swimmers and a chance to win door prizes!!!



Get your tickets NOW from your pool rep or contact INO BANESIU (ino_c@yahoo.com). **LIMITED TICKETS AVAILABLE.**

KILLARNEY: Esther Wong / John Chiu
 TEMPLETON: Steven Wong
 BRITANNIA: Cindy Sin

Tickets are \$15 per adult or \$10 per child (5-18), children under 5 are free. CASH or preferably CHEQUE payable to Killarney Gators Swim Club

SHOUT OUTS



Dear Gators Parents and Guardians,

We just completed another successful meet co-hosted with SFU. Our swimmers performed well and many achieved improved times!

Gators Swim Club would like to take this opportunity to thank everyone who volunteered in the various roles during this meet. Without your support, none of this would be possible.

The club would also like to extend a special thank you to **Ling Li** (Gators meet coordinator) for all her preparation work and guidance during this past weekend.

Regards,

Gators Swim Club

NEW LMR QUALIFIERS

CONGRATULATIONS!

Aaliyah Caviles and Edward Louangxay

DID YOU KNOW?

Want to see more pictures? Then go to <https://www.flickr.com/photos/101967117@N08/albums/with/72157703681904934>



NOVEMBER 17 - 18, 2018

SFU / GATORS JOINT LMR

by Anchie Xu



On November 17th and 18th, our club co-hosted SFU-Gators LMR at the SFU swim pool. During the two days, four sessions meet, there were 16 swim clubs, and over 350 swimmers participated. Gators was represented by 64 swimmers.

For the young swimmers, it was an important trial to acquire competitive knowledge, and exercise the racing skills and tactics. For the senior athletes, this meet provided an opportunity to rehearse pre- and post-race routines, reminding the swimmers of the purpose of practice and providing a reference point for the rest of the season.



Our swimmers demonstrated superb team spirit during the races: caring, encouraging and cheering for each other. We got countless ribbons from this meet.

Great work, everyone!

For a complete list of the meet results, please go to https://www.teamunify.com/bcgs/doc/_/20181120_SFU_Gators_LMR_Results.pdf



WHAT IS A PASS MEET?

Progressive Assessment Skill Sessions (also known as PASS meet) is the introduction to competitive swimming. At this level, swimmers are still learning their strokes and swimming 200 IM. Typically, swimmers will compete against swimmers of their own club, or with a few neighboring clubs. All swimmers are eligible to compete in this level. The main focus for swimmers at this level is to achieve 200 IM (all four strokes in the order of 50 meter butterfly, backstroke, breaststroke and freestyle) under 4:00 minutes. By doing so, they will be eligible to attend the next level competition.

Specifically for our developmental group, PASS meets are important for our swimmers because this is the gateway to competitions for all swimmers. Between the three Vancouver clubs, each club hosts one PASS meet per year to allow developmental swimmers to have a taste of competition. While the goal is to have fun at competition, it is important to strive for under 4 minutes for 200 IM to gain the eligibility to compete at even bigger competitions. Since each year only three PASS meets are offered in a season, it is important that our developmental group swimmers attend these meets to allow swimmers to progress further in competitive swimming.

NEXT PASS MEET:

DECEMBER 16, 2018 6AM - 10AM

@ VANCOUVER AQUATIC CENTRE



COACH'S LANE

by Kyle Cheng

Hi everyone!

Kyle here to talk about the benefits of rest and recovery after training. I have noticed many swimmers have multiple activities going on besides swimming. These busy schedules can put our swimmers at risk for burnout. With swimmers working hard at the pool, it is important to be getting enough rest between practices.

The body repairs and strengthens itself during the time between each practice. If swimmers do not give the body enough rest, then the body will not be back to a healthy level to train. Continuous training/activities with lack of rest will weaken even the strongest swimmers. It is important that swimmers are not overloaded with many activities that do not allow them to get enough rest. This is especially pertinent for swimmers who juggle multiple activities that leave them going to different practices every single day of the week (not including swimming as we schedule rest practices in with our regular practices). While we do want our swimmers to be reaching out to different areas of expertise, it is also important to do it in a balanced way, so that swimmers can excel in all areas.

Getting enough rest is critical to our swimmers' performance as it benefits them physically and mentally. On a regular basis, a child is to have 8 - 10 hours of sleep (dependent on individual needs), where as they get older they can reduce to closer to 8 hrs. It is also recommended that swimmers should at least have one rest day that allows them to wind down from all their activities during the week. This rest period is physically necessary to allow muscles to repair, rebuild, and strengthen. While mentally, it allows the swimmers to relax their minds as they juggle school, swimming, and other activities.

One of the most overlooked aspect of an athlete's schedule is sleep. Sleep deprivation can hinder performance in the short run and ruin an athlete's sporting career in the long run. In general, one or two nights of poor/little sleep won't have too much impact on performance, but consistent lack of sleep will impact a swimmer's growth, muscle recovery and mood. As most growth happens during sleep, it is important that swimmers get enough sleep on a daily basis to keep up with the heavy demand needed from swimming. Mood needs to be kept in check as that affects swimmers' motivation and the information that is absorbed during practice.

Training and resting work together to help build strong swimmers, while preventing burnout. To allow the greatest improvements, we must balance the two improving forces (training and resting)! Hopefully everyone is getting enough rest while out of the pool since that is where all the improvements are made!





December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 » Killarney Pool Closure » Coaches Monthly Meetings
2 » EVENT Gators Xmas Party » Killarney Pool Closure	3 » Killarney Pool Closure	4 » Killarney Pool Closure	5 » Killarney Pool Closure	6 » Killarney Pool Closure	7 » Killarney Pool Closure	8 » EVENT Spartan Santa LMR » Killarney Pool Closure
9 » EVENT Spartan Santa LMR » Killarney Pool Closure	10 » Killarney Pool Closure	11 » Killarney Pool Closure	12 » Killarney Pool Closure	13 » Killarney Pool Closure	14 » EVENT FastSwim Classic » Killarney Pool Closure » Fast Swim Classic	15 » EVENT FastSwim Classic » Killarney Pool Closure » Fast Swim Classic
16 » EVENT FastSwim Classic » EVENT CDSC PASS Meet » CDSC Pass Meet 06:00 AM - 10:00 AM » Killarney Pool Closure » Fast Swim Classic	17	18	19	20	21	22
23	24 » Christmas Holidays NO PRACTICE	25 » Christmas Holidays NO PRACTICE	26 » Christmas Holidays NO PRACTICE	27	28	29
30	31 » New Years Day Holiday NO PRACTICE					

NOTABLES!

1. Elite and Senior A swimmers who do not attend the Spartan LMR on Sunday, Dec 9, please go to Templeton Pool from 8:45am to 10:45am instead of 6:45am to 9:00am.
2. As most Elite and Senior A swimmers are attending the Fast Swim Meet, from Dec 14 to 16, we will cancel swimming at Renfrew Pool on Friday, Dec 14. Senior A swimmers who do not attend the Fast Swim Meet, please go to Templeton Pool with Anchie from 4:00pm to 6:30pm; for Saturday, Dec 15, swimmers who do not attend the Fast Swim Meet, please go to Templeton Pool from 6:30am to 8:45am.
3. Our developmental group swimmers will be attending the CDSC Pass meet on Sunday, Dec 16, from 6:00am to 10:00am at Vancouver Aquatic Center (VAC) in downtown with coach Maria. Please check the details on our website and show up on time.
4. For the Renfrew Pool holiday schedule, we will not be swimming at Renfrew on Saturdays, Dec 22 and 29. Gold and Silver swimmers will practice at Killarney Pool from 6:30am to 8:00am on both days.
5. There will be no morning practice at VAC on Friday, Dec 28, due to VAC holiday pool schedule.