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SAVE THE DATE

- March 16 & 17:** Delta Sungod Swim Club March LMR, Delta
- April 6 & 7:** Langley Olympians Swim Club (LOSC) Invitational, Langley
- April 13 & 14:** Winskill Dolphins LMR Meet, Watermania, Richmond
- April 11 - 14:** Western Champs, Edmonton
- April 27 & 28:** Surrey Knight Invitational
- May 4 & 5:** West Coast Open, Richmond Rapids / Watermania
- May 11 & 12:** SFU/ SFA LMR, SFU Aquatic Centre, Burnaby
- May 26:** Gators Club Trial
- June 15 & 16:** LMR Champs, Walnut Grove, Langley
- June 16:** Gators year end BBQ and Trophy Presentation, South Memorial Park, Vancouver
- June 21 - 23:** Tier I Summer Championship Short Course, Chilliwack



February 9 - 10, 2019

LMR CHAMPIONSHIPS

by Anchie Xu

On Feb 9 & 10, we had an excited crew of 39 athletes participate in LMR championship at Watermania. This meet was a good chance for the swimmers to win the medals and show off their mental toughness. It was great to watch the swimmers put in consistent efforts throughout the day, challenging each other from event to event. Through all of Gators' hard work, we got 6 Gold, 8 Silver, 9 Bronze, 5 Fourth, 9 Fifth, 10 Sixth, 11 Seventh, and 10 Eighth for the individual events; and we got 1 Gold, 2 Bronze, 1 Fourth, 2 Fifth, and 1 Sixth for the Relays. Great job, everyone! Congratulations to Jessica Jou who qualified for Winter Provincial championship!



INDIVIDUAL EVENTS:

Gold Medals:

- Jessica Jou: 50 free
- Kie-vy Nguyen: 100free, 100fly
- Elsa Sun: 50 breast
- Emily Tam: 100 fly
- Leo Zhi: 50 breast

Silver Medals:

- Ella Leong: 50 back
- Kie-vy Nguyen: 50 back
- Helen Shen: 50 breast
- Yvette Sin: 200 IM, 200 fly, 50 breast
- Elsa Sun: 50 fly
- Yu An Sun: 200 breast

Bronze Medals:

- Sephora Lee: 50 breast
- Kie-vy Nguyen: 50 fly, 100 back
- Helen Shen: 200 back
- Elsa Sun: 50 back
- Tony Ung: 400 IM
- Jonathan Xiong: 50 fly
- Leo Zhi: 50 fly, 50 free

RELAYS:

Gold Medals:

- Female 12 & over 200 Medley Relay: Jessica Jou, Yvette Sin, Teresa Le, Elsa Sun

Bronze Medals:

- Female 11 & under 200 Free Relay: Melissa Zeng, Kie-vy Nguyen, Janine Lee, Leeya Zhang
- Male 11 & under 200 Free Relay: Ryan Wang, Tony Ung, Eric Banesiu, Jonathan Xiong



THIS MONTH'S STAR

GREAT JOB ON THE WEBSITE RICHARD CHOW!

Richard is our club webmaster who spends countless hours maintaining and updating the website.

With help from the registrars, Katie and Sarah, the new website launch, now including mobile friendly access, was a great success!

SWIMMING FUN FACT

The largest swimming pool in the world is 1,013 meters long and up to 35 meters deep.



February 2019

GATORS WEBSITE - NEW LOOK



by Richard Chow

Our Gators website was upgraded to a more modern and more mobile-friendly website in Feb 2019.

Primary goals/highlights of the upgrade:

Home-page should be a dashboard for quick access to information such as: When's next practice or event? What's latest news? This is the reason the "Classic" template was chosen for the upgrade, as it's home-page was the most dashboard-like.

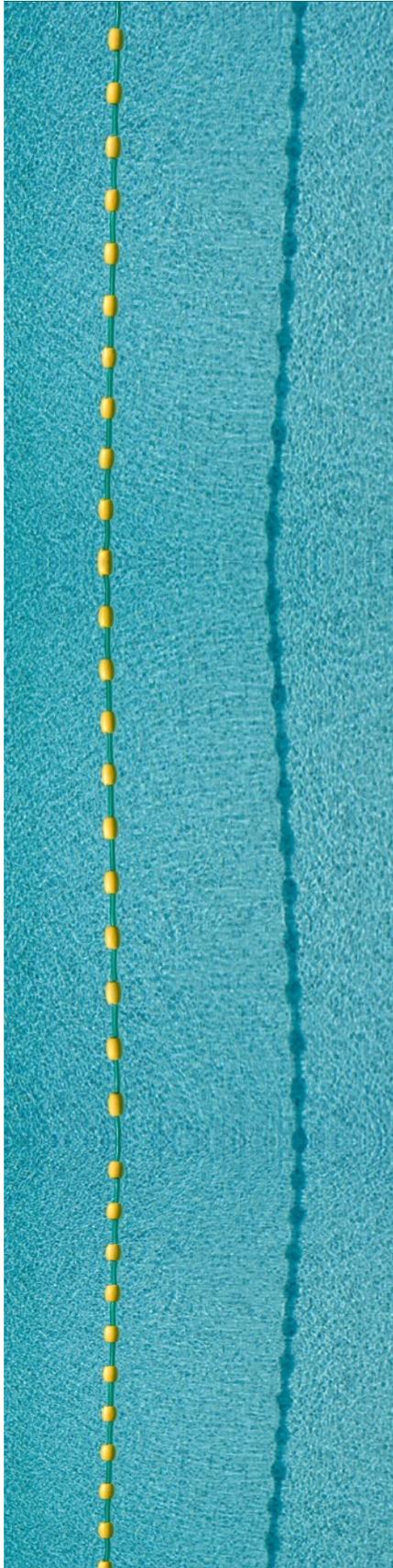
Re-organize the contents to make it easier to find things. For example, registration information is now all in one page.

Minimize internet-data-usage and cpu-usage on the browsing device, particularly for mobile-users. Hence the auto-slide for photo-slideshow is turned off; users can still manually slide the photos themselves.

Enable easy website navigation for mobile-users. Command-button equivalents of the most important top-level menus were added to almost every page (as much as possible, some pages are auto-generated and their layout cannot be modified).

New Calendar has changed substantially. Users of calendar subscriptions will need to re-export and re-import calendar urls from the new Calendar.





COACH'S LANE

by Sisi Zhou

Hi everyone,

We all know that proper nutrition and training are important components to a swimmer's success. However, there is another key element which is frequently overlooked in this equation - getting enough sleep. Sleep is one of the best forms of recovery but with a busy practice, school, and extracurricular schedule, sleep can often be the first to take a back seat.

The National Sleep Foundation recommends that the average person gets 7 to 9 hours of sleep per night. If you fall below the recommended minimum hours of sleep, the possibility of fatigue, low energy, poor focus, and slow muscle recovery increase.

A study conducted on swimmers from Stanford's swimming teams found that performance, alertness, and mood have been positively impacted when athletes invest in an extra 1-2 hours of sleep per night. Their 15m sprint was on average 0.51 seconds faster and they also saw an increase in performance to their reaction and turn time.

So, in short, sufficient sleep can make you a faster swimmer. Make sure swimmers are getting enough quality time between the sheets as it is the easiest performance booster.

Here are some simple things swimmers can do for better sleep:

1. Try and create a sleep routine.

Go to sleep and wake up around the same time every day, allowing your body to get on a schedule.

2. Take a nap if you do not get at least 7-9 hours of sleep per night.

Getting a 10- to 30-minute power nap is enough to boost mental and physical performance.

3. Avoid watching TV or using the computer and cellphones right before bed.

Letting your body and mind relax will allow you to fall asleep faster and get a most restful sleep.

Sleep tight!

Sisi



March, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1	2
					Developmental Time ... Elite, Senior A Group Senior A Group Age A & B Group Gold, Silver & Bronze... Alligator, Crocodile & ...	Elite, Senior A Group Age A & B Group Senior B Group Gold & Silver Group
3	4	5	6	7	8	9
	Templeton Pool Closure					
Bronze, Alligator & G... Age A & B Group Senior B Group	Senior B Group Elite, Senior A Group Gold, Silver & Bronze... Age A & B Group Alligator, Crocodile & ...	Elite, Senior A Group	Senior B Group Elite, Senior A Group Gold, Silver & Bronze... Age A & B Group Alligator, Crocodile & ...	Winter Provincial Championships Senior B Group Gecko Group Elite Group Alligator, Crocodile & ... Salamander Group	Winter Provincial Cha... Elite, Senior A Group Senior A Group Age A & B Group Gold, Silver & Bronze...	Winter Provincial Cha... Elite, Senior A Group Age A & B Group Senior B Group Gold & Silver Group
10	11	12	13	14	15	16
Templeton Pool Closure						
Winter Provincial C... Winter Provincial Cha... Bronze, Alligator & G... Age A & B Group Senior B Group	Senior B Group Elite, Senior A Group Gold, Silver & Bronze... Age A & B Group Alligator, Crocodile & ...	Elite, Senior A Group	Senior B Group Elite, Senior A Group Gold, Silver & Bronze... Age A & B Group Alligator, Crocodile & ...	Senior B Group Gecko Group Elite Group Salamander Group Alligator, Crocodile & ...	Elite, Senior A Group Senior A Group Age A & B Group Gold, Silver & Bronze...	Delta LMR Sun God Delta Sungod Swim... Elite, Senior A Group Age A & B Group Senior B Group Gold & Silver Group
17	18	19	20	21	22	23
Templeton Pool Closure						
Delta Sungod Swim... Delta LMR Sun God Bronze, Alligator & G... Age A & B Group Senior B Group	Spring Break					
24	25	26	27	28	29	30
Templeton Pool Closure						
Spring Break	Elite, Senior A Group Gold, Silver & Bronze... Alligator, Crocodile & ...	Elite, Senior A Group	Elite, Senior A Group Gold, Silver & Bronze... Alligator, Crocodile & ...	Gecko Group Elite Group Salamander Group Alligator, Crocodile & ...	Elite, Senior A Group Senior A Group Gold, Silver & Bronze...	Elite, Senior A Group Gold & Silver Group
31	1	2	3	4	5	6
Bronze, Alligator & G...						

Practice changes for March 2019:

1. Templeton Pool will have their annual maintenance from March 4 to 31. An alternate practice schedule for Senior B, Age A and Age B has been sent out. If any swimmers from these groups have any further questions regarding the schedule change, please contact their respective coach.
2. There will be no practice for everyone from March 18 to 24 for Spring Break.
3. There is no Renfrew Pool practice on Sat, March 30. Gold and Silver swimmers will train at Killarney on Sat, March 30, from 6:45am to 8:00am.

Check the calendar on the website for more specific information about practices, pool closures and events. <https://www.teamunify.com/team/bcgsc/page/calendar#/views/month>