**Langley Meet**

WOW! What a great meet for our swimmers! From the bottom level to the top level, we had SOOOOO many swims and swimmers that had improvements and made finals.

Thanks to our coaching staff, our swimmers and ALL parents who were there to help out with officiating! Thanks to Langley for hosting a great meet and allowing all of our swimmers to participate in these events.

***Gabriela breaks another TWO RECORDS!! 50 free and 200 I.M. for 10 & unders!!***

***CONGRATS. As well, she was making finals swims for 12 & unders.***

Our swimmers at the bottom of their age groups, continued to make second swims and we had a total of SIX women in the 100 free final for 14 & under as well as sweeping the top 4 spots in 14 & under for the 100 and 50 FREE events as well as top 3 for the 200 free. It was phenomenal to see so many of our swimmers make second swims and continue to get better at night in most cases. This is what we are looking for and want continued success in this manner going in to the future in order to have our TEAM ready to get results at Provincial meets.

***We had a total of 345 BEST TIMES over the weekend with heats and finals according to the report from our database! Fantastic job.***

\*\* Now the focus is to get ready for the next meets in December. As the Langley meet was one where we were looking at swimmers being able to perform in a tough environment with lots of events and finals swim – to meets that allow our swimmers to be rested and tapered to perform at their best!

SKSC, Hollyburn, Pointe Claire, Spartan LMR and FASTSWIM will be the meets in December where we want our swimmers to be at their BEST!

Make sure that you stay on board with attendance, effort and being able to do the sets the way that they are supposed to be done. Work hard, stay healthy and get to where you want to – set your goals, not only performance, but practice goals, eating goals, hydration, rest, sleep and other things that directly affect how you will perform in the near future.

We have this upcoming weekend OFF, to allow you to get extra rest and have family time and then about two more weeks of work before coming down to get ready for the upcoming meets.

GOOD LUCK and GO FINS!!