

S U M M E R 2 0 1 8

# NWRSC Meet Guide

eat . see . do . stay



## Welcome!

These are our favorite things to eat, see, and do while attending the swim meets.

We hope these suggestions enhance your visits to some beautiful communities on Vancouver Island.

Seasoned swim families have discovered these gems over the years, while watching their kids and enjoying the meets. We hope you enjoy them too!

## About NWRSC

The Nanaimo White Rapids Swim Club provides coaching and organizational support for both recreational and competitive swimming and water polo. This family-centered youth swim club fosters social and skill development focusing on each athlete's personal best, in a safe and fun, community-based program.



## Save the Date!

**Saturday May 26**

**Blue and White Meet  
@ Kin Pool**

**Gourmet Pizza Food  
Truck**

**Saturday May 26**

**Parent Social**

**6 pm**

**Location: Crown and  
Carriage**



# COWICHAN INVITATIONAL ICEBREAKER MEET

June 2-3, 2018

## Eat

### DUNCAN GARAGE CAFÉ & BAKERY

Classic, heritage building with a café, bookstore and bakery. Good vegetarian, and healthy take-out options.

Location: 101-330 Duncan Street, Duncan

Hours: Sat 7:30am-6pm and Sun 8:30am-5pm

## Eat

### SAISON MARKET VINEYARD

A delectable bouquet of gourmet foods freshly made in the market vineyard kitchen.

Location: 7575 Mays Road, North Cowichan

Hours: Sat and Sun, 9am-4pm

## Eat

The DAYLINER CAFE celebrates 'a passion for food with integrity', and proudly supports local farms, communities and businesses.

Location: The Saltair Station House at

10445 Chemainus Road, Chemainus

Hours: Sat and Sun, 8:30am-3:30pm

## See and Do

Join other parents on the **8<sup>th</sup> Annual Bike Ride to the First Meet!**

Meet at the NAC at 8:30 am and ride to Ladysmith, then on to the **Dayliner Café** at 10445 Chemainus Road. From there, enjoy the lovely back roads to Cowichan.

Duncan Garage Café & Bakery



Saison Market Vineyard



Dayliner Cafe



Bike Ride to the Meet

# OAK BAY INVITATIONAL MEET

JUNE 16-17, 2018

Howard Johnson



Accent Inn



Saanich Commonwealth Place



Elk/Beaver Lake Regional Park



## Eat

There is a small deli and coffee shop in the Commonwealth Pool.

Broadmead Village is just across the highway and has a grocery store and a number of small eating places.

## Stay

Howard Johnson at Elk Lake is the closest hotel to the pool and has a restaurant with very good family friendly food – breakfast is terrific!

Accent Inn on Blanshard Street is also a favorite as it is close to Red Robin and not too far from the pool. Breakfast is included and it is clean and comfortable. There is a second level deck for socializing as well.

Camping options include the Island View (see Sidney Invitational).

## See & Do

Nearby, Elk/Beaver Lake Regional Park has a beautiful and level 10km pathway. It is shaded and lovely for a run before the meet starts.

Parents have been known to coordinate a ride to the meet, taking the Mill Bay ferry and enjoying world-class scenery, especially from Mill Bay to the ferry terminal.

The Saanich Commonwealth Place houses a library, kids' pool and weight room/fitness facility for those with restless youngsters or other family members!

SUMMER 2018

# COMOX VALLEY INVITATIONAL MEET

June 23-24, 2018



The White Whale



Mudsharks Coffee

## Eat

### THE WHITE WHALE

Everything on the menu is crafted from scratch in-house.

Location: 975 Comox Road, Courtenay.

Hours: Sat 11:30am-late, Sun 11:30am-late

The White Whale is very close to the pool!  
Nice deck overlooking the river!

## Eat

### MUDSHARKS COFFEE

Organic coffee and homemade salads/sandwiches for take-out.

Location: 250-4<sup>th</sup> Street, Courtenay

Hours: Sat 7:30am-5:30pm, Sun Closed

## Eat

### GLADSTONE BREWING CO. AND GUERILLA PIZZA

Fill your growler, sample some microbrews or gourmet soda while enjoying the best pizza around – locally sourced ingredients.

Location: 244 4<sup>th</sup> Street, Courtenay, B.C

Hours: 10 am to 12 am



Gladstone Brewing Co.

## Stay

In the past, our club has camped at the *Puntledge RV Campground*. It is right on the Puntledge River and only a few kilometers from the pool. Impromptu potlucks and corn shucking has been known to occur!

*Holiday Inn Express* – The water slide is a fan-favorite

*Old House Hotel* – Pool and hot tub, with kitchens available. Oh Spa onsite.



Puntledge RV Campground

SUMMER 2018

## CAMPBELL RIVER SALMON KINGS INVITATIONAL MEET

July 7-8, 2018

### Eat

#### FOGGDUKKERS COFFEE

A quaint hut on the seawall overlooking Quadra Island. Great coffee, waffles, local baked goods etc.

Location: 907 South Island Highway

Hours: 6am-6pm daily

### Eat

#### SALMON DINNER IN THE PARK

On Saturday the Salmon Kings provide a BBQ salmon dinner with salads and beverages. Get tickets early on-line.

Watch for details!

### See & Do

The Campbell River meet is known for its **Saturday night Air Band Competition**. There are Junior and Senior categories and the competition is intense! It is a highlight of the season.

**Centennial Park** and outdoor pool (Alder and 4<sup>th</sup> Ave) has a playground, tennis courts and lots of shade.

**The Rotary Seawalk** is a beautiful place for a Sunday morning run before the meet starts.

FoggDukkers Coffee



Salmon Dinner in the Park



### Eat

#### DICK'S FISH AND CHIPS

Some swim families have been going here for years after the meet on Sunday. Known for yacht watching and excellent fish and chips made fresh with zero trans-fats and gluten-free batter option.

**\*\*NEW Location:** 660 Island Hwy B, Campbell River

Hours: 11:30am-dusk daily

#### BEACH FIRE BREWING AND NOSH

HOUSE 594 11<sup>TH</sup> Avenue

Kids are welcome, fabulous small plates!

### Stay

Camping is available in **Centennial Park** by the pool. There is a nominal fee and there are porta-potties and showers. Many swim-clubs camp here as it is convenient and great for team building!

**Best Western Austrian Chalet** offers mini-golf, indoor pool/hot tub, breakfast, and is close to the pool and seawall. This hotel is a staple for White Rapids families.

Beach Fire Brewing



## SALTSPRING ISLAND STINGRAYS INVITATIONAL MEET

JULY 20-22, 2018

Mexican Potluck



SaltSpring Market



### Stay

Salt Spring accommodations can be expensive and scarce, so our club has reserved a Salt Spring family farm for camping. There is a large field, portapotties, treed sites, but no hook ups. Booking information will be emailed to all families. No pets permitted.

### See & Do

**Open Water Swim** on Friday. Some parents have been doing the 1km swim in Saint Mary's or Cusheon Lake for years. The parent heat is after all the swimmer's heats.

**Parent Relay** – like our Nanaimo Meet, Salt Spring hosts a 50m parent relay on Saturday, at which some parents have been known to wear interesting costumes. Stay tuned!

### Eat

This year, the Nanaimo White Rapids Annual Mexican Potluck is at a Salt Spring family's farm on Saturday evening. Every family brings a Mexican themed food item and there is a Piñata for the kids. Most camp on Salt Spring so we bring our own food. Grocery stores include Thrifty's and Country Grocer in Ganges.

The swim meet concession is renowned for its rice balls and delicious Salt Spring Fruitsicles!

**Market** - The pool is walking distance to the village where the Salt Spring Island Market takes place on Saturday mornings (8:30am-4:30pm). It is not to be missed! Artisans, bakers, cheese makers, farmers and musicians make this a packed event. Grab some take-out for back at the pool.



Salt Spring Island



Open Water Swim

Howard Johnson



# SIDNEY PIRANHAS' INVITATIONAL MEET

JULY 14-15, 2018

## Eat

There is also a small deli and coffee shop in the Commonwealth Pool.

Broadmead Village is just across the highway and has a grocery store and a number of small eating places.

Elk/Beaver Lake Regional Park



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Saanich Commonwealth Place

