

SKSC

SURREY KNIGHTS SWIM CLUB

Team Bulletin Dec 23, 2020

THANK YOU

It's been a long 9 months following guidelines and procedures. A huge thank you to all the swimmers for their continued adherence and diligence to all the protocols to keep the program safe and running. All the coaches are extremely proud of how the swimmers have been managing themselves, especially our younger swimmers.

A big shout to all the parents as well for their continued adherence of all the policy and procedures. We know it's frustrating to not be in the pool with your swimmers and we appreciate all your trust in us during this time.

The pool staff have also noticed all your hard work and thank you for helping them keep the facility safe and open.



Keep up the great work!



Program Updates

New Schedule

- The Grandview pool reopening has been pushed back once again- this time to February so new groups and schedules will not come into effect until then. SKSC will remain on the current schedule until we learn more.
- No dates have been released for the reopening of the Guildford Pool

Group Placements

- All members currently active in the program should've received a group placement email for the new schedule. Don't have one, please email registrar@surreyknights.com
- If you are currently on our hold list and want to start up again, please email registrar@surreyknights.com
- Again, new group placements will not be in effect until the new schedule unless your swimmer is told otherwise. Tentatively this is in February.

Swimmer Achievements

Despite the pandemic, swimmers have been busy excelling both in and out of the water. Check out the following that's happened to SKSC over the past few weeks behind the scenes. Congratulations to all swimmers!

University



Zoe Froh is finally off to University of Idaho for January to start up her collegiate swimming. Best of luck Zoe!



Stephanie Lee has officially signed with Columbia University in New York for 2021-2022.



Trey Schwingenschleogl has signed with the University of Victoria for 2021-2021.

CSI : Pacific Sport BC

Following swimmers were nominated for Pacific Sport tracking

- Adam Wu
- Natalie Wongsoputro
- Arianna Hunsicker
- Coach Dave & Coach Reg

For more info about about Pacific Sport
<http://www.pacificsportfraservalley.com>

Swim Canada: Paris and Beyond Swim Camps



Adam Wu has been selected for various virtual swim camps based on his performances last season. He recently participated in a Swim Canada distance camp in November. Adam will also be participating in a Swim Canada Butterfly camp in January 2021.

[Olympic Trials Top 30 List](#)

Swimmers on this list are eligible to potentially receive an invitation in these events for the 2020 Olympic and Paralympic Swimming Trials. Swimmers will be invited until 20 spots in each event are filled.

SKSC Alumni Justice Migneault swimming at UBC ranks 11th in the 100breast and 21st in the 200IM. Adam Wu is 25th for the 200Fly, and 28th in the 800 Fr and 1500Fr. Fingers crossed for those invitations!

Still waiting on the Para Swimming Selection List!

Community

Tavisha Kochhar has been busy with her cause Tavisha's Helping Hands. Over the past few months she's raised and donated the following by selling masks, collecting recyclables and monetary donations:

- \$400 Canadian Mental Health Association (CMHA Vancouver-Fraser)
- \$2000 for COVID-19 Health Workers and Surrey Memorial
- \$600 BC Children's Hospital
- \$400 St Paul Hospital Foundation
- \$1000 Vancouver General Hospital & UBC Foundation
- \$400 to BC Cancer Foundation



For more information, please check out her website www.tavishahelpinghands.com or her [facebook page](#)

Holiday Schedule and Break



Please note there will be no workouts from Thursday, Dec 24th to Saturday, January 2nd. (except HP/HPJ, [see schedule here](#)). There is a [modified schedule](#) Sun, Jan 3rd for HP/HPJ/J1/J2 only.

Workouts will run based on the current schedule for all groups starting Monday, January 4th

Happy Holidays and Happy New Year from all the coaches and the SKSC Board!

Holiday Hours

Please note most coaches will be taking time off from Thursday, December 24th through to Saturday, January 2nd. Please expect delayed or no response until Monday, January 4th.

- Coach Amber and the registrar will be replying to emails on Monday, December 28th and Thursday, December 31st through this time. Please email any billing questions or concerns before December 31st.
- If you require [immediate](#) assistance please contact Coach Reg (coachreg@surreyknights.com).
 - For a COVID-19 matter, such as a positive test, please email coachreg@surreyknights.com and vice-president@surreyknights.com, or call the club number 604-377-7807.

Masters Swimming (Adults)

- Pre-registration for our Masters program will open early January with an expected start date in February
- Workouts will run Tues/Thurs/Sun AM at SSLC
 - You can choose 1, 2 or 3 days a week
- Pre-registration fees are fully refundable up to 1 week after the start of the program so you can try it out before committing
- For more information, check out the [club website here](#) and email skscocoaches@surreyknights.com

Team Gear Kits - FINALLY!!!

- Most team gear kits have been distributed.
 - If you have not received yours, please email coachdave@surreyknights.com
 - If you need to exchange your size or cap style...
 - please place the shirt in a ziplock bag and a piece of paper with the swimmers full name and shirt size required.
 - This is the only way we will accept exchanges.

Fundraising Updates:

- Next gift card order deadline is Friday, January 8th
- Did you know you can earn FRP credit for referring new members?
- Any fundraising ideas? Email fundraising@surreyknights.com

The SKSC Board is currently looking for someone to fill the secretary position. Tasks include taking minutes and various fillings to keep the society in good standing.

Interested parents please email coachreg@surreyknights.com or president@surreyknights.com

Articles, Activities, Links, Etc....

- Stay in Shape Over the Holidays
 - [Here is a link the drylands we did May and June through COVID](#)
 - Try to do something active for at least 30-60mins each day
- [8 core exercises better than sit ups](#)
- [Healthy eating over the holidays](#)
- [12 tips to healthy eating over the holidays](#)
- [Parkinson's Law - Manage Your Time More Effectively](#)

