

YOU OTTER KNOW

The Quarterly Newsletter of the West Vancouver Otters Swim Club



National, Provincial, AA Team off to Winnipeg

HEAD COACH REPORT

JANUSZ KACZMAREK, HEAD COACH

NORMAN NG, ASSISTANT HEAD COACH

Welcome back! We hope everyone had a chance to recharge their batteries and motivate themselves during Spring Break for the 2nd part of the season!

Otter swimmers, so far, have had a busy 2019. Our Otters Swim Academy has been growing rapidly. Currently, we have 84 swimmers enrolled in OSA. Every time there is a competition, OSA swimmers show up in force; participation for competitions is around 85%!

With this many swimmers competing, there are also many successes. Many of the Beluga swimmers have qualified for their sub-3:45.00 LMR 200 IM time. We are looking forward to finishing the season strong!

Our LMR to National groups had their championship competitions these past couple of months. Here are some details:

LMR Championships - Feb 9-10, 2019 - Watermania, Richmond

- 16 Otters competing from LMR to AA groups
- 11 podium finishes (1st, 2nd or 3rd place)

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THE MORNING THE NATIONALS COACHED

OTHER NEWS WITH THE OTTERS



- 2 new Age Group Championship qualifiers -
Madelyn Merrigan and Clare Liu

**Age Group Championships - Feb 22-24, 2019 -
VAC, Vancouver:**

- 17 Otters competing from LMR to Prov groups
- 8 podium finishes
- 1 club record - Girls 11-12 200 Back SC - Natascha
Borromeo - 2:26.07S

**Prairie Winter International - Mar 7-10, 2019 - Pan
Am Pool, Winnipeg:**

- 24 Otters competing from AA to National groups
- 20 podium finishes
- 2 club records - Girls 11-12 100 and 200 Back LC -
Natascha Borromeo - 1:08.82L (100 Back) &
2:28.94L (200 Back)
- Natascha's 100 Back is also ranked 3rd in Canada
for Girls 12 & under as of March 26, 2019

One of the biggest meets of the year is also coming
up in April.

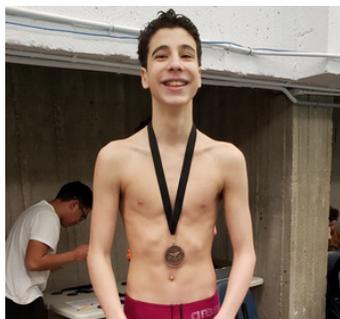
The 2019 Western Canadian Championships are
going to be held in Edmonton, Alberta from April
11-14, 2019.



LMR Champs Feb 2019

Top swimmers from all of Western Canada will be
competing. We will have 7 Otters attending the
competition; Tommy Dong, Run Qian Gong, Sophia
Hartvikson, Nicholas Hilkekich, Aidan Smith, Bonnie
Wang, and Jessica Zhang will be racing in Edmonton.

Stay tuned on Meet Mobile for Live Results! Looking
ahead, we will have information for the Summer
Program (for OSA/LMR swimmers) and the July
Training Camp (for AA, Prov, and select LMR
swimmers) available soon. Summer camps are a great
time for swimmers to learn new skills and compete
for best times. Be sure to sign up early!



Prairie Winter, Winnipeg Mar 2019



Age Group Championships Feb 2019

MESSAGE FROM THE PRESIDENT

KELLY MERRIGAN

Greetings Fellow Otters

We have now entered the final third of our competitive year. As our swimmers push themselves to finish the year strong perhaps we should all consider the topic of sportsmanship.

Recently there has been an up tick of issues involving complaints about poor sportsmanship, by both swimmers and their supporters, involving uncivil conduct to other swimmers, teammates and officials. It has not reached a crisis level but in these last months it would be a helpful exercise to remind ourselves of the need to comport ourselves properly.

We are a community based and supported team that depends on the good will of others to succeed. The community at large supports us not only because we produce great swimmers but because, more importantly, we produce great citizens.

Otters almost without fail turn their athletic success into academic, social and career success.

If you are not learning good sportsmanship as you learn to be a great swimmer you are cheating yourself out of the most important life experience the sport has to offer.

Good sportsmanship is the display of good manners in an athletic context. Good manners are your passport to success in life.

Let's all concentrate on finishing this season with our great reputation as good sports intact and enhanced and ensure our passports get the good sport stamp of approval.

Otterly Yours
Kelly Merrigan (Pres. WVOSC)



OSA at Development Meet



Youth Development Group



LMRs at DSSC Meet Mar 2019



Nationals at CDSC Jan 2019

MESSAGE FROM THE TEAM CAPTAINS



SAMANTHA ZASTRE

Greetings swimmers, it has been a great quarter for the otters and I am particularly proud of each and every one of you!

Congratulations for all the great results at Age Group Championships, Prairie Winter and to everyone who competed at other meets. There were many best times which I am so proud to see. I know that it is always great to see your hard work pay off. So, keep the great training up and get ready for more amazing results!

On a more personal note, this season has been a challenging one for me as many of you are probably aware of. I have been injured and unable to train or compete at my best. I am so blessed to have such a supportive coach and team who have helped me through this. I have learnt that it is at these times that you need to focus on your goals and allow them to motivate you and stay positive. Continue to find alternative ways to stay in shape and don't allow yourself to lose hope when things get tough.

With that being said, I am so excited to see what the rest of the season has in store for each of you. With not much time left in the season, it is important to train hard, aim high and know that there are lots of exciting competitions to come.

So good luck otters I know you are all going to do fantastic things!

Best of luck,
Samantha

"With not much time left in the season, it is important to train hard, aim high and know that there are lots of exciting competitions to come!"

KAIWEN LIU

Greetings fellow Otters,

Coming out of spring break, I hope everyone has enjoyed their well deserved rest and are excited for the final phase of this swimming season.

Last quarter saw a positively outstanding push for growth with a plethora of unforgettable moments and memories to share.

The Christmas training camp had us huffing and puffing through demanding sets and, especially reminiscent of my experience, saw roller coaster-like levels in both performance and spirit as you would likely catch me willowing away like a drowning fish nearing the end of practice.

Moreover, the amount of snow this year had me resonating with Aidan, Victor and Run as they frolicked around in the fresh powder, casting snow angles in their wake and drinking soup in the eye of the storm.

During spring break, the National Group has been training non-stop with challenging workouts and grueling dry-land directed by Coach Janusz to further inspire you on your journey.

I hope that the times we put out will provide added motivation and enthusiasm, forming a base for what you will one day aspire to become. We team captains are truly excited to see what miracles may arise from this final chapter of this season.

GO OTTERS!

Sincerely,
Kaiwen.



The Morning the Nationals Coached the LMR, AA & Prov Swimmers!

Kisely Barbic, one of our AA swimmers took time out of her busy schedule to write a short overview of the morning!

Thanks Kisely!

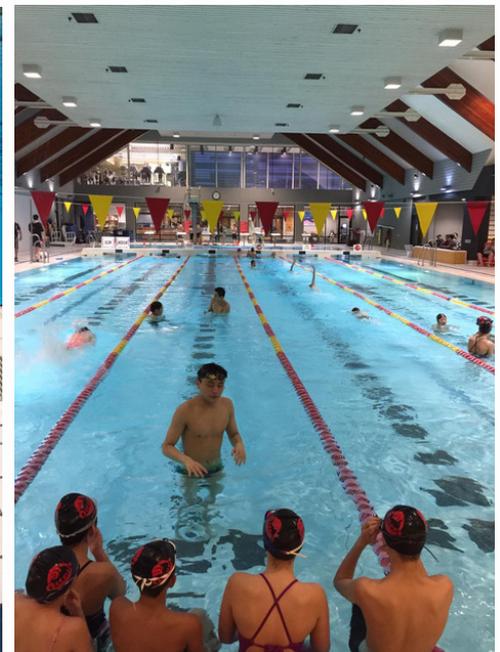
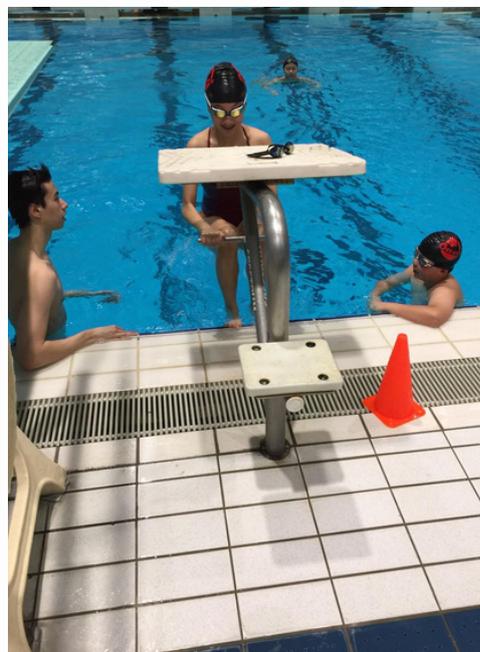
On the morning of February 16th the AA/Provincial and LMR got to experience coaching from the national squad.

We were divided up into groups to work on technique, speed and have fun. There were six stations, we each had 10 minutes at each station.

Highlights include... Synchronized pair freestyle with Samantha, Turns with Aidan, Bonnie and Kaiwen, Underwater kicks with Sophia and Starts with Victor and Nick.

Overall it was a great way to start a morning. Not only did we have fun, but we experienced new ways of coaching. I feel lucky to be part of a club that is a community, where we can work and learn from each other.

Kisely Barbic



HOW DO OSA & LMRS STAY WARM IN WINTER?

Fuzzy boots
(Tyler)



Warm, fuzzy blankets
(Cassie)



My fuzzy bathrobe
(Aidan)



I stay warm on my head, hands and feet!
(Michelle)

I wear my Otters hoodie that I won at Swim-A-Thon
(Ariel)

Wiping dry, putting on my shirt, robe and shoes
(Ethan)



HOW DO AA SWIMMERS STAY WARM IN WINTER?



Fuzzy Socks!
(Gemma)

My parka & my
sweatpants
(Juliana)

My Tier 1
Hoodie &
sweat pants
(Queenie)

Layers & Uggs!
(Isavella)

My onesie
(Cici)

My fuzzy Jolyn
(Kisley)

Keeping my
socks on!
(Sirius)



Eating!
(Adam)



HOW DO PROVINCIALS STAY WARM IN WINTER?



Infinity Scarf & Parka. My feet are naturally warm!!
(Natascha)

Sleeping in my bed!
(Jessica)

I stay warm because my mum makes me wear thick jackets
(Nika)

Tiger Balm from Singapore
(Ashley)

Waterproof runners, warm socks & an Otters T over my hoodie!
(Onur)

A steaming hot bath!
(Adam)



HOW DO NATIONALS STAY WARM IN WINTER?



I run all the time, so it's easy to stay warm.
(Aidan)

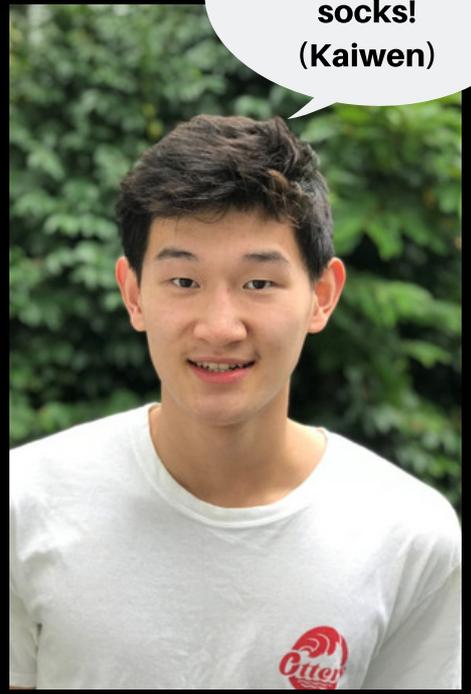
I don't need pants, I have a towel and my crocs keep me warm.
(Victor)

Not with a toque, because they make me look like an egg.
(Run)

I raid my mum's closet!
(Sophia)

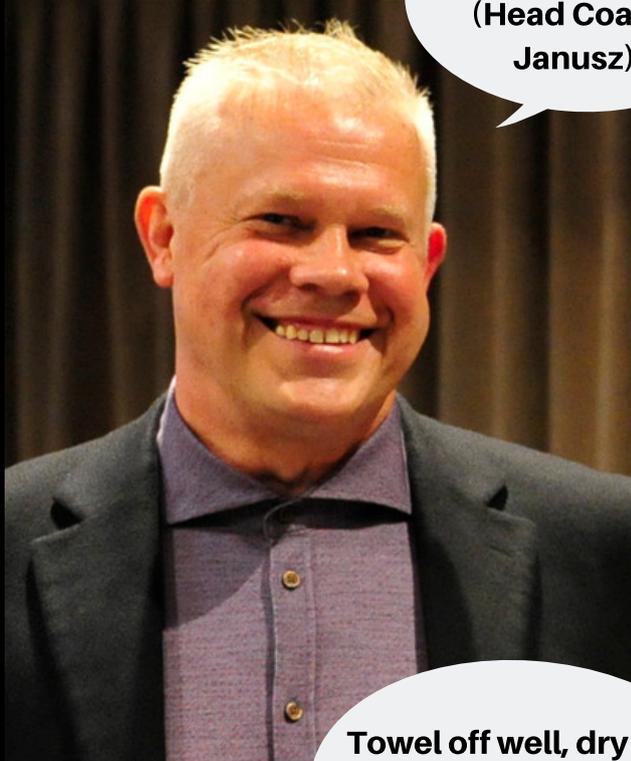
A warm toque
(Samantha)

Wear thick socks!
(Kaiwen)



HOW DO COACHES STAY WARM IN WINTER?

**Wear a Toque!
(Head Coach
Janusz)**



**Eat lots of food!
(Assistant Head
Coach Norman)**



**Towel off well, dry hair
& ears, dress warm &
eat a cooked meal
(Coach John)**



**Wrap up warm &
drink hot tea
(Coach Paul)**



OTHER NEWS WITH THE OTTERS



Congratulations to Bonnie Wang (Nat.) for her acceptance into Carnegie Mellon for Fall 2019....



...and to Nick Hilkewich (Nat.) for his acceptance into SFU for Fall 2019. Congratulations!



Congratulations to Adam Frost (Prov.) - attending RCMP training camp!



Well done to Ryan Martin (Prov.) who won a silver medal at an international jazz competition!



Congratulations to Gabby Bourgault-Kennaley (Prov.) for raising \$9k at Pink for Christmas, for charity!



Ry Cyna competed at the Vex Robotics Competition Provincials!

Club Record Breakers - Great job!



Aidan Zhang for the Boys 10&U 400m Free and the 800m Free



Natascha Borrromeo for the Girls 11-12 200m Back SC, 100m Back LC & 200m Back LC.

Look what we found?! A West Vancouver Otters Bag from the 1970s!! (Thanks Coach Paul for the photo!)

LINKS TO PHOTOS



CDSC Meet Jan 2019 - click here:
https://www.teamunify.com/SubTabGeneric.jsp?team=canwvosc&_stabid_=194732



LMR Champs Feb 2019 - click here:
https://www.teamunify.com/SubTabGeneric.jsp?team=canwvosc&_stabid_=195283



Age Group Champs Feb 2019 - click here:
https://www.teamunify.com/SubTabGeneric.jsp?team=canwvosc&_stabid_=195586



Winter Prairie Meet Mar 2019 - click here:
https://www.teamunify.com/SubTabGeneric.jsp?team=canwvosc&_stabid_=195858



DSSC LMR Meet Mar 2019 - click here:
https://www.teamunify.com/SubTabGeneric.jsp?team=canwvosc&_stabid_=196462



All 2018-19 Photos - click here:
https://www.teamunify.com/TabGeneric.jsp?tabid_=87458&team=canwvosc

Don't forget to sign your child's photo disclaimer here:

<https://www.teamunify.com/EventShow.jsp?id=1009186&team=canwvosc>

If you would like to submit a photo for our newsletter or website please email the photo to:
registrar.otters@gmail.com.



Swimming & General News

Many of you will have already seen this thoughtful article on our very own Emily Overholt and her courageous battle with depression after the 2016 Olympics.

Very inspiring and a great example for us all in how to deal with challenges in our lives. And congratulations to Emily for recently winning the North Shore Comeback athlete of the year award! (see link below)

<https://theprovince.com/sports/hockey/nhl/vancouver-canucks/ed-willes-sinking-in-depression-olympic-swimmer-overholt-given-love-help-hope>

<https://www.nsnews.com/sports/north-shore-s-best-celebrated-at-annual-sport-awards-1.23667403>

This article is over a month old, but it gives a good summary of the 2019 OUA Swim Champs and the University of Toronto dominance back east. Kylie Masse and Becky Smith were the female stars, of course. And Chris Ruus, (one of our own Otters!) did great in this competitive meet, getting a bronze in the 50 backstroke with a time of 26 seconds.

<https://gobadgers.ca/news/2019/2/7/womens-swimming-swimming-championships-oua-records-fall-varsity-blues-lead-the-way-after-day-1.aspx>

For anyone who hasn't come across the blog of Olivier Leroy, it's worth a read. He is a former competitive swimmer and now writes periodically for SwimSwam. He has some worthwhile material for competitive athletes on his website, and I have linked a number of his articles below.

5 Science-Backed Reasons Tracking Your Workouts Will Make You a Faster Swimmer. The easiest way to get more from your training is by evaluating your training. Here are 5 proven perks to writing out your workouts at the end of the day.

<https://www.yourswimlog.com/track-your-workouts/>

And yet another article on how to be a good swim parent. Our excitement or expectations or anxiety at a swim meet can be contagious to our child.

<https://swimswam.com/swim-parents/>



Otters Swimmers & Families...

WE LOVE INPUT



Have a great idea for our next newsletter? Have great photos to share? Please direct any suggestions or questions about the contents of this Bulletin to the Editors: Rob Hartvikson or Amy Yuen.

Email your suggestions and feedback at registrar.otters@gmail.com or come and chat with us. We are always near the pool!

The aim of this WVOSC Information Bulletin is to be a quarterly bulletin that provides general updates and gives you handy shortcut links to the Otters website and other informative websites. It is intended to supplement (and not replace) the detailed regular emails from the Registrar and coaches. The articles that are linked to above are solely for reader interest and none should be taken as representing the views of any of the Board members or coaches. As always, we welcome any suggestions on what to include in this bulletin and how to make it most useful. For anybody wishing to read this in another language, Google Translate is a possible tool to use. Here is the link to it: <https://translate.google.ca/>. I hope this included translation below is useful as well.

问候父母，

此WVOSC信息公告的目的是一个季度公告，提供一般更新，并提供方便的快捷链接到Otters网站和其他信息网站。它旨在补充（而不是取代）注册服务商和教练的详细常规电子邮件。我们欢迎就本公告中包含哪些内容以及如何使其最有用提出任何建议。对于任何希望以其他语言阅读的人，Google翻译是一种可能的工具。这里是它的链接：<https://translate.google.ca/> 我希望这包括翻译是有用的。