



# ***RDCSC***

# ***SPLASH REPORT***

***November 2, 2011***

## **2010-2011 Executive**

President – Terry Little  
Vice President – Travis Broen  
Past President – James Brown  
Secretary – Chanelle Stayer  
Treasurer – John Iatrou  
Bingo Chairperson – Glenn Cossey  
Director – Char Andrew

## **Coaches:**

National & P1 – Mandi Smith  
Provincial 2 – Brittney Moline & Kelsey Krieger  
Development 1 – Kristy Penhale  
Development 2 – Cam Grant  
Pre-Competitive – Brianna Bailey, Rebecca Miller,  
Dallas Little

## **Website:**

[www.reddeercatalina.ca](http://www.reddeercatalina.ca)

## **Barb's Office Hours:**

Mondays & Fridays 8:30 a.m.-1:30 p.m.  
Wednesdays 1:00-5:00 p.m.

## **RDCSC**

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## **Email:**

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[barb@reddeercatalina.ca](mailto:barb@reddeercatalina.ca)

## ***Thank you:***

- Chanelle Stayer and Shelley Demaere for organizing the Orientation Brunch
- to all who attended the brunch
- to Sandi Smith for ordering the club jerseys
- all the families that participated in the Student Union Ticket Pak Fundraiser and Almond Sales fundraisers
- Sandi Smith & Shelly Demaere for chaperoning in Saskatoon
- Angela Menzel for taking the chaperone bag to the Sylvan Meet

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## ***Equipment:***

If you are interested in named silicone caps, please contact the swim office. You must order 4 with the same name and the cost is around \$60 for the 4 caps. Twelve names are needed before the order can be placed.

There are now smaller size Speedo backpacks available in the office in color royal blue. The cost is \$50.

If you are waiting on the new style fins or a club jammer, they are still on order and should be arriving soon.

There are still club t-shirts in the office to be picked up. The cost was included in your registration fee.

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## ***Winners:***

Congratulations to the Vida family, winners of the IPOD for Student Union Ticket Pak Sales and to the Robinson family, winners of the Stuffie Backpack for almond sales.

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***If anyone is interested in doing the fruit & juice fundraiser again this year, please contact the office.***

# ***P1 and National NOVEMBER NOTES***

***Hello Everyone!!***

What a great month of OCTOBER!! We had a lot of great training sessions and worked really hard through September and October and had some AMAZING results to show for it!! Congratulations to all the swimmers on the Personal best times, new qualifying standards and club records.

- \*New Sr National Qualifier – Marshal Parker
- \*New Western National Qualifier – Rebecca Smith
- \*New CIS Qualifier – Brianna Bailey
- \*New Age Group National Qualifier – Lainie Wareham
- \*New A Qualifier – Presley Waknuk
- \*New MQT/B Qualifiers – Alyssa Roussel

(The above are FIRST TIME qualifiers for the meets listed, with so many great outcomes I may have missed one or two, let me know if you were missed and I will notify everyone!!)

## **NEW CLUB RECORDS:**

- 11+12 Girls – Rebecca Smith 800free and 100 back
- 13+14 Girls – Emma MacDermaid 800 free
- 17 + O Girls – Becky Miller 50 Breast, Alana Skocdopole 400 IM, 4 x 50 FR (Becky Miller, Brianna Bailey, Alana Skocdopole, Halle Loyek), 4 x 50 MR (Sarah Broen, Brianna Bailey, Alana Skocdopole, Becky Miller)
- Open Girls – Alana Skocdopole 400 IM, 4 x 50 FR (Becky Miller, Brianna Bailey, Alana Skocdopole, Halle Loyek)
- 15 +16 Boys – Marshal Parker 100 free and 200 free

## **Dates to remember in NOVEMBER:**

- NOV 5-6: Cascade Blue and Cascade Gold Meets (In Calgary)
- NOV 8: 7pm Squad meeting (Grey area, on deck Michener Pool)
- NOV 11: NO SWIMMING Pool is Closed for Remembrance Day
  - \*Pool is open November 12<sup>th</sup> and there will be regular swimming and Ignite practices
- NOV 16: AGM
- NOV 19/20: Poppy Swim Meet
  - \*Morning practice on November 19<sup>th</sup> will still take place for those not attending Poppy. There will be no afternoon practices on November 19<sup>th</sup>.

## **SWIMMERS OF THE MONTH:**

**National Squad** – This swimmer has done a great job showing lots of dedication to stroke improvement and working really hard at grasping technique aspects and improving her work off the wall of each turn. Keep up the great work Emma MacDermaid!!

**Provincial 1 Squad** – This swimmer is working really hard on a daily basis and making. She drives over 45mins each way to practice and trains on her own Tues/Thurs mornings in Ponoka. Her hard work and leadership through example is a great addition to our team! Keep it up Presley Waknuk!!

## **BIG THANKS!!**

Thanks so much to our Saskatoon Chaperones!! Shelly DeMaere and Sandi Smith did a great job keeping our kids fed and watered... and making sure they slept too! Without the help of dedicated parents, I wouldn't be able to focus on the pool and our performances. Big thanks Shelly and Sandi for all you did for me and our athletes!!!

## **November Parent Challenge:**

Okay, so I didn't get a lot of responses on the pushups... so here's one that might be easier to try to do. I challenge each parent to drink a minimum of 8 cups of water a day in November. A lot of our athletes are forgetting to drink water and dehydration is playing a role in our fatigue levels. So parents, are you up for it?? No pushups this time... just the hydration challenge!!

I am really looking forward to some great results in November as we move into the competition phase of our Short Course season. Good luck to EVERYONE!! As always, should you be interested in setting up a meeting with me to discuss your child's athletics please feel free to contact me and we can arrange a time. ([coach\\_mandi@hotmail.com](mailto:coach_mandi@hotmail.com))

## ***See You at the Pool***

***Coach Mandi Smith  
Head Coach - RDCSC***

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## ***Provincial 2***

Wow, what a great start to the season! Swimmers are blowing us coaches out of the water with their awesome hard work and great attitudes! Keep it up little fish!

November will be a very busy month for us, as we have the Cascade Blue Swim Meet as well as the Poppy Invitational. We are very excited for these swim meets because we expect to see some fast swimming! Just a reminder as well: there is a Squad Parent Meeting on November 7<sup>th</sup> after practice and there is NO SWIMMING on November 11<sup>th</sup>.

Some more reminders: PLEASE make sure your swimmer has a water bottle at practice. Hydration is extremely important to maintain while swimming. As well, we have been noticing that some swimmers are trickling in late to morning practice. Morning practices on Wednesdays start at 6:15 am, so that means that the kids are jumping at the pool at 6:15 am. Please make sure your swimmer is on time.

***Thanks, and see you at the pool!***

***Coach Brittney and Coach Kelsey***

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## ***Development 2***

The first meet of the year (Sylvan Lake -- October 29, 2011) was a great success. All D2 swimmers attending competed well and now know how a swim meet runs and what is expected of them. Coach Brittany and I are proud of all our swimmers as they never gave up and raced very well in all events posting many best times and for a lot of swimmers first times. I am happy with the results and look forward to our future competitions. We now know what to work on before our next swim meet in Edmonton November 19th and 20th. (We will review backstroke turns and breaststroke turns with underwater pullouts.)

During the month of November, in addition to backstroke and breaststroke turns, we are going to continue to work on stroke technique for freestyle, backstroke, breaststroke and start introducing butterfly. We are also going to take a look at breathing patterns as many beginner / intermediate swimmers have a tendency to hold their breath underwater and this interferes with balance and relaxed swimming (especially in freestyle). Less than two months into the season and things are progressing swimmingly!

**The swimmer of the month for October 2011 is Jaleesa Zaparniuk .** She always works hard in practice, listens to the coaches, and leads by example in the water and during dryland. Keep up the great work Jaleesa!

***Coach Cam***

# **ANNUAL GENERAL MEETING**

**WEDNESDAY, NOVEMBER 16**

**6:30 P.M.**

**Oriole Park Elementary School  
5 Oldbury St., Red Deer**

**(swim practices in the afternoon are  
cancelled to allow parents to attend)**

***Your attendance is important!***