



SC CHAMPIONSHIPS

Meet Registration forms are in the weekly email this week and are due by Wednesday, February 18th. All qualified swimmers should be attending SC Champs. Every year it is our largest team travel meet and a great experience for all swimmers involved. After two years in Corner Brook, the meet takes place in Gander this year March 6-8th. Swimmers can travel to Gander and stay with their family or friends but we encourage swimmers to take part in our team travel. We will be taking a bus to Gander departing on Thursday, February 5th at 4:00pm from the Aquarena and returning on Monday, February 9th, swimmers can be picked up at 12:00pm at the Aquarena. The meet has heats and finals over three full days. Each morning the swimmers race in heats and in the evenings the top six swimmers of each age group race again in finals. SC and LC Champs are the top meets in our province and give our swimmers the experience of racing in a heats and finals format. The type of racing they will be doing as they move through East Coast Champs, Age Group Nationals, Eastern Nationals and Senior Nationals, as well as team travel meets like Pointe-Claire and Fort Lauderdale.

Legends SC Championships Qualified Swimmers:

Sophia, Hannah, Danielle, Karen, Cori, Davin, Aaron, Iain, Dawn, Declan, Kathleen, Owen, Maria, Emma, Reniel, Zame, Amanda, Amy, Daniel, Alison, Leo, Katie, Peter G, Caroline, Sonja, Emily I, Peter I, Stefan, Miya, Roy, Meg, Victoria M, Aileen, Brandon, Curtis, Billy, Kate, Rachel, Sam N, Emily N, Jess Nor, Jess Nos, Liam, Rebecca, Sam P, Nadine, Catherine, Logan, Laura S, Laura T, Sarah T, Victoria T, Sam T, Jack, Louise, Amelia W-S, Maggie, Martin, Nathan

HEAD COACH REPORT

We currently have 59 swimmers qualified for SC Champs! Swimmers can still qualify at the Poseidon Meet this weekend in Carbonear, let's try to get over 60 swimmers qualified and attending Short Course Championships!

The next month is very important for training as swimmers prepare for SC Champs. Make sure your attendance is high and that you are doing something away from the pool to improve your swimming! Drink more water, eat more vegetables or get more sleep to help your performance in the pool everyday! Coach Brad

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Showing off prizes from last years Swim For Hope

UPCOMING MEETS:

- Poseidon Satellite Meet –Carbonear
February 6-8th
All Competitive Swimmers
- Eastern Nationals—Halifax
February 12-15th
Nadine , Brandon, Aaron
- NL SC Championships– Gander
March 6-8th
Qualifiers Swimmers Only
- Spring Splash - Aquarena
April 3-5th
- Canada Games Trials -CornerBrook
May 1-3rd Qualifiers Only
- SJL Time Trial - Aquarena
May 12th 5:45-9:30am
- NL LC Championships - Aquarena
May 29-31st Qualifiers Only

THE LEDGER



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Age Group Nationals

July 16-19, 2009 in Montreal

Qualified Legends Swimmers

Leah, Alex,

Brandon, Reniel, Owen, Aaron

Swim For Hope

2009 Launch Party

5:30-7:00pm Friday, February 13th

PE 2028

All Legends swimmers
should attend!!!

CARBONEAR SWIM MEET - February 6-8th

Warm-ups: Friday 6:00pm, Saturday 8:15am, 3:30pm, Sunday 9:00am

These are the times that swimmers should be ready and on deck.

SCHEDULE UPDATES - updated schedule on website

Friday, February 6th - no competitive practices due to Carbonear Meet

All pre-competitive practices will run as normal.

Saturday, February 7th - no practices due to the Carbonear Meet

Friday, February 20th - no Aquarena so pre-competitive and Top 1,2,3 at Mun Pool from 3:15-5:00pm. AGP, AGD, AGI and AGY are all at the MUN Pool from 4:45-6:30pm.

Friday, February 27th - no Aquarena so pre-competitive and all non-SC Champs qualifiers at the Mun Pool from 3:15-5:00pm. All SC Champs qualifiers are at the MUN Pool from 4:45-6:30pm.

GROUP POTLUCKS

National, Top 1,2 - Friday, February 27th at 6:00pm - more info tba

AGP, Top 3 - Friday, February 20th at 7:00pm - more info tba

AGY, AGI, AGD - during the last two weeks of February

SWIM FOR HOPE DATES

Friday, February 13th 5:30-7:00pm PE2028 Swim For Hope Launch Party

Sunday, February 22nd - Swim For Hope Blitz

Sunday, March 15th - Swim For Hope Blitz

Friday, March 20th - Swim For Hope 4:00pm - 4:00am

Please contact Laurie at ltwells@mun.ca for more information or if you can help out with organizing or finding donors.

FUNDSCRIP

Fundscrip is an easy way for you to make money to put towards swim meets and socials. Interested parents should contact Helmiem at helmiem@warp.nfld.net or check your weekly email.

Legends January 17th Time Trial Results

We ran two time trials in one morning for all of our club's and Mount Pearl's SC Championship qualified swimmers. The LC Time Trial was the first time this season that our swimmers raced in the LC set up and the SC Time Trial was more distance oriented.

100% Best Times at LC Time Trial

Sophia A, Davin B, Dawn C, Kathleen D, Maria D, Emma D, Amy F, Daniel F, Allison F, Peter I, Stefan I, Meg M, Victoria M, Catherine S, Logan S, Laura S, Sarah T, Louise T, Maggie W, Martin W, Nathan W

100% Best Times at both SC + LC

Dawn C, Maria D, Meg M,
Maggie W, Martin W, Nathan W

Mount Pearl January 24th Time Trial Results

Congratulations to Caroline and Iain who qualified for SC Championships at the Mount Pearl Time Trial! Caroline qualified in the 200m Breaststroke and 200m Individual Medley and Iain in the 200m Backstroke. We had more swimmers get closer to their SC Championship times at the time trial so we should see some great swimming at Carbonear. 36 Legends swimmers competed at the Mount Pearl Time Trial. Our team swam to over 60% best times throughout the meet with many swimmers competing in new events for the first time in their swimming careers!

100% Best Times

Elizabeth B, Michael B, Olivia B,
Iain C, Sarah D, Jenny G,
Caroline H, Chris M, Tim M,
Darragh M, Stephen T, Erin W-S