

THE LEDGER



VOLUME 10, ISSUE 13

MARCH 24, 2010

UPCOMING MEETS:

- Little Legends Super Skills Competition - Aquarena
March 27 - 8:15-10:00am
- Spring Splash - Aquarena
April 9-11 All Competitive Swimmers
- Edmonton Keyano - Provincial Team
Victoria, Victoria, Sarah, Leo
April 29-May 2
- Provincial Invitational - Gander
May 7-9 All Competitive Swimmers
- Legends Time Trial - Aquarena
May 15 All Competitive Swimmers
- LC Championships - Aquarena
May 28-30 Qualified Swimmers Only



SWIM FOR HOPE

This year's Swim For Hope was our best ever! Thanks to everyone who came out to help throughout the organizing, our two blitzes, registration nights and the actual Swim For Hope event! It is our team's biggest fundraiser and thanks to the efforts of our entire club, we raised the more money this year than we ever have before! The biggest thank you goes to our Swim For Hope Coordinator, Louisa Gillespie, who's hard work organizing the event really paid off as the Swim For Hope was an exciting event all night with everyone going home happy!

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Age Group Championships 2010

July 22-25, 2010 in Winnipeg

Qualified Legends Swimmers

Brandon, Aaron, Reniel, Mike,

Owen, Curtis, Leo

Eastern Nationals 2011

Qualified Legends Swimmers - Owen

FUNDSCRIP

Buy Gift Certificates for the stores you already shop at and money goes into your swimmer account to pay for meets, etc. For more info go to www.fundscrip.com or email Helmien at helmien@warp.nfld.net.

SCHEDULE UPDATES -

Saturday, March 27th - Pre-Competitive Super Skills Competition 8:15-10:00am at the Aquarena for all of our Little Legends swimmers
Easter Practices - There will be no practices on Good Friday or Easter Monday, competitive swimmers will have practice on Saturday April 3. Wed/Fri Pre-Competitive can train on Thursday, April 1st with the Tues/Thurs group. During the week following Easter, the schedule has some changes, please check our April Schedule.

SPRING SPLASH - April 9-11 at the Aquarena

WarmUps: Friday 7:00pm, Saturday 7:30am 6:30pm, Sunday 7:30am

Registration Deadline is Wednesday, March 31st

We encourage all of our competitive swimmers to attend!

SPRING SPLASH OFFICIALS

Parents please contact Lesley at lesleyannturner@hotmail.com if you can help officiate, we need as much help as possible!

New parents - we will be offering a Level 1 Timing Clinic on Saturday, March 27th from 7:00-9:00am at the Aquarena, if interested please also contact Lesley at lesleyannturner@hotmail.com.

GANDER INVITATIONAL - May 7-9th

Gander Registration Information will be out next week, we would like to send as many competitive swimmers as possible. This is a great first travel meet on-island for our swimmers in AGF, AGI and AGY. If you have any questions please let us know.

Head Coach Report

Thanks to everyone for a great first half of the season! We have had a very unusual season so far without a travel meet in December and a much different Fall Classic. We continued building our training throughout the fall and winter towards our big travel meets in February and March to fantastic results. At Eastern Canadian Champs, Short Course East Coast Champs and NL Short Course Champs we raced as a team stronger than we ever have! Our swimmers made huge drops in time, aggressively took out races and swam at their best on relays, all skills that we've been working on over the past few years! Numerous provincial and club records were set and we have never had as many swimmers in our 'Under 30 Club' or '200 Freestyle Standards' with many more just missing the cut! We also have more swimmers than ever before aiming to qualify for this summer's Age Group Nationals with seven already qualified.

Now we look forward to the long course season which will be in full swing as we host the rest of our province at our own Spring Splash meet April 9-11. At the Spring Splash our younger swimmers will be aiming to qualify for NL Long Course Championships and our more experienced swimmers will be racing for entry standards for our big long course travel meet, the Fort Lauderdale Speedo International. As a team the short course season did show us a few things we need to put more focus on. Our starts and turns need to be done correctly and a higher speed more often in practice. Our swimmers also need to focus on their kicking, which will greatly help their speed in and out of their walls. These will be our main focuses as we start building up meters and preparing to swim even better in the second half of our season!

Every practice and race is important as we move forward, let's make the most of them! Brad

Legends 200 Freestyle Standards

Age Group Nationals		Age	Gold	Silver	Bronze
Girls	Boys				
		10	2:45	2:55	3:10
		11	2:35	2:45	2:55
2:17.6		12	2:27	2:35	2:45
2:12.4	2:12.3	13	2:20	2:27	2:35
2:10.1	2:07.2	14	2:15	2:20	2:27
2:09.8	2:03.4	15	2:11	2:15	2:20
2:08.2	2:01.0	16	2:07	2:11	2:15
2:08.2	1:59.4	17	2:03	2:07	2:11
2:08.2	1:59.4	18+o	2:00	2:03	2:07

Standards are SCM

GOLD Owen (14) Logan (12) Brandon (17)
Emma (12) Catherine (11)

SILVER Maggie (12) Martin (14) Meg (12) Walter (12)
Leo (14) Mike (15) Curtis (16) Reniel (16)
Gabe (12) Jack (12) Chris M (12)

BRONZE Beth (10) Katie (13) Dawn (12) Victoria M (15)
Laura S (12) Neria (13) Sam N (14) Caroline (12)
Iain (14) Davin (13) Stefan (12) Declan (12)
Liam O (12) Tim M (12)

Under 30 Club

				Nadine Rockwood	17	28.63	sc
Owen Daly	14	24.25	sc	Logan Slade	12	29.10	sc
Aaron Buckingham	17	24.44	sc	Iain Cowley	14	29.11	sc
Brandon McKay	17	25.54	sc	Victoria Tremblett	16	29.13	sc
Curtis McKay	16	26.02	sc	Billy Mercer-Daley	16	29.16	sc
Mike Mather	15	26.03	sc	Catherine Silotch	11	29.22	sc
Reniel Engelbrecht	16	26.12	sc	Sarah Tremblett	16	29.49	sc
Leo Froude	14	27.41	sc	Aileen McAleese	17	29.50	sc
Peter Gregory	16	27.93	sc	Emma Dornan	12	29.56	sc
Martin Whelan	14	28.32	sc	Victoria MacKay	15	29.86	sc
Sam Newhook	14	28.46	sc	Nathan Wilson	16	29.93	sc







SFH '10







