



- UPCOMING MEETS:**
- Speedo International - Fort Lauderdale
June 24-27 Qualified Swimmers Only
 - LC East Coast Champs - Aquarena
July 1-4 Qualified Swimmers Only
 - Age Group Champs - Winnipeg
July 21-25 Brandon, Aaron, Owen,
Curtis, Reniel, Leo, Mike, Logan,
Catherine

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- LEGENDS YEAR END ACTIVITIES**
- SUPER SKILLS**
7:15-8:45AM
SATURDAY, JUNE 12
AQUARENA
ALL PRE-COMPETITIVE
- LEGENDS MINI-MEET**
6:15-9:00AM
SATURDAY, JUNE 19
AQUARENA
ALL SWIMMERS
(PRE-COMP & COMPETITIVE)
- SJL AGM, BBQ, AWARDS**
12:00-3:00PM
SATURDAY, JUNE 19
FRENCH SCHOOL
ALL SWIMMERS

LC CHAMPS REVIEW

We had some very strong racing throughout the weekend at Long Course Championships as our swimmers raced to another Provincial Championships title! We had 70 swimmers competing and it took a big effort from each one to accumulate our 7,350 points. Our younger swimmers led the way taking five of a possible six 12&under Top Achiever Awards! Congratulations to Emma (t-1st), Catherine (t-1st), Caroline (3rd), Logan (1st) and Walter (3rd)! Our 15&over girls also swept the Top Achiever Awards thanks to the strong swimming of Kelsie (1st), Victoria T (2nd) and Emily I (3rd)! The swim of the meet definitely went to Logan with his provincial record setting and Canadian Age Group Championship qualifying time of 2:32.84 in the 200m Backstroke! Logan also set a new provincial record in the 50m Backstroke with a time of 34.42. Emma wasn't far behind just missing the Canadian Age Group Champs standard in the 200m Freestyle by .33 with a time of 2:21.43, this swim also qualified her for the NL Provincial Team. Catherine set one more record for our club with a great swim of 34.21 in the 50m Backstroke! We had a huge number of best times and a lot of swimmers qualify for Fort Lauderdale at the meet!



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Age Group Championships 2010

July 22-25, 2010 in Winnipeg

Qualified Legends Swimmers

Brandon, Aaron, Reniel, Mike,

Owen, Curtis, Leo, Logan, Catherine



SCHEDULE UPDATES -

The last day of practice for pre-competitive swimmers will be either Thursday, June 24th or Friday, June 25th.

The last day of practice for competitive swimmers not attending LC East Coast Champs will be Friday, June 25th.

FORT LAUDERDALE-

Updated Fort Lauderdale information is posted on our website.

Right now the following swimmers are attending:

Neria, Danielle, Owen, Emma, Reniel, Leo, Emily I, Sam N, Gabe, Liam O, Logan, Sarah T, Victoria T, Catherine S, Davin, Nadine, Aaron, Nathan, Katie, Laura S, Caroline, Dawn, Billy, Erin
If any other swimmers want to attend, we need to know ASAP!

LEGENDS YEAR END BBQ, AWARDS and AGM

Saturday, June 19th - 12-3pm at the French School. The AGM will take place from 12:00-1:00pm (while the swimmers play games outside) and the BBQ/Awards will run from 1:00-3:00pm.

All pre-competitive and competitive swimmers and their families are encouraged to attend!

SWIM NL ANNUAL SPEEDO AWARD WINNERS

FEMALE SWIMMER OF THE YEAR - Nadine Rockwood

MALE SWIMMER OF THE YEAR - Brandon McKay

COACH OF THE YEAR - Ariel Ward

An amazing showing from our club earning these three awards!

LC East Coast Championships

This year our team and province will be hosting Long Course East Coast Championships. The meet runs with timed finals on Thursday, July 1st and heats/finals on Friday-Sunday July 2nd-4th. It is the one time every three years that our age group swimmers have the chance to race against swimmers from outside the province in our home pool. Last time we hosted the meet, we were beat by a very strong Halifax Trojan team and we are aiming to win the meet and take back the East Coast Championships title this season. We will need all of our East Coast Championship qualifiers to attend the meet, anyone who cannot make it should contact the office. Registration information is on our website, the registration deadline is Monday, June 21st.

LC East Coast Championships Qualifiers:

Hannah A, Neria A, Tim B, Danielle B, Karen B, Cori B, Aaron B, Dawn C, Erin D, Owen D, Michael Do, Emma D, Reniel E, Walter F-O, Amanda F, Amy F, Brett F, Leo F, Katie G, Peter G, Caroline H, Dayna H, Emily I, Miya J-G, Meg M, Victoria M, Chris M, Mike M, Aileen M, Brandon M, Curtis M, Sam N, Emily N, Jessica Ns, Liam O, Rebecca O, Nadine R, Kelsie R, Gabe S, Catherine S, Logan S, Colin S, Laura S, Laura T, Leah T, Sarah T, Victoria T, Samantha T, Maggie W, Marty W, Nathan W

Long Course Championships

Top Achievers

12&under Girls 1st Emma/Catherine 3rd Caroline

12&under Boys 1st Logan 3rd Walter

15&over Girls 1st Kelsie 2nd Victoria T 3rd Emily I

Legends Swimmer of the Sessions

Leo F, Iain C, Elizabeth B, Caroline H, Ben N, Eve O, Sarah J, Marty W, Danielle B, Chris D, Logan S, Ursula D, Cameron H, Sarah J, Peter G, Amy F, Kaitlyn S, Emma D, Michael Do, Max B, Elissa B, Emily I, Sam N, Elizabeth B, Meg M, Molly W, Cameron H



75%+ Best Times

Jillian A, Neria A, Elizabeth B, Elissa B, Davin B, Iain C, Michael Do, Emma D, Chris D, Leo F, Olivia G, Nicole H, Stefan H, Liam O, Meg M, Felix M, Billy MD, Darragh M, Sam N, Gabe S, Catherine S, Logan S, Colin S, Kaitlyn S, Beth T, Amelia T, Erin WS, Maggie W

100% Best Times

Max B, Michael Da, Ursula D, Walter FO, Cameron H, Caroline H, Sarah J, Chris M, Ben N, Liam O, Laura S, Molly W



Long Course Championships



New Canadian Age Group Championships Qualifiers

Logan Slade

New Fort Lauderdale Event Qualifiers

Neria (100fr, 50bk), Danielle (100bk), Davin (50fr), Iain (50fly), Chris D (50fly), Leo (100bk), Peter (50fr), Caroline (200im, 100bk), Stefan (50fr), Meg (50bk, 100bk), Chris M (100br, 200im), Billy (50bk, 50br), Liam O (200im, 200fr), Gabe (100fr, 50bk, 50br, 200fr), Catherine (200fr), Laura S (200fr), Beth (100br), Victoria T (200fr), Erin (100fr), Marty (100br)



New Provincial Records from LC Championships!

Logan Male 11-12 200m Backstroke 2:34.75 and 2:32.84 broke Skylar Pike's 1998 record of 2:36.07

Catherine Female 11-12 50m Backstroke 34.21 broke Morgan Lye's 2007 record of 34.22

Logan Male 11-12 50m Backstroke 34.42 broke Owen Daly's 2008 record of 34.50

Female 11-12 4x100m Medley Relay - Catherine, Caroline, Emma, Maggie 5:11.68 old record - 5:24.30 from 2008

Male 11-12 4x100m Free Relay - Logan, Walter, Chris, Gabe 4:37.59 old record - 4:53.66 from 1983

Male 11-12 4x100m Medley Relay - Logan, Liam O, Gabe, Walter 5:31.45 old record - 5:33.11 from 2007



New Provincial Team Qualifiers

Emma Dornan

Vancouver Travel Team

Nine swimmers traveled to Vancouver for 11 days to participate in two swim meets and train with different programs. Dayna, Nadine, Aaron, Adam, Brandon, Curtis, Owen, Reniel and Tim took part in the trip. On the first day the swimmers loosened up at the Richmond Aquatic Centre then met their billets for the Hyack swim meet. The swimmers raced at the Hyack Festival Youth Cup against top age group swimmers from BC, Alberta and Washington. Owen swam very well reaching finals in all of his races and taking home prize money for winning the sprint freestyle events (50m, 100m, 200m) as well as the butterfly events (50m, 100m, 200m). Brandon reached finals in 7 events, Adam in 3 events, Nadine in 2 events and Reniel, Aaron and Curtis all made one final. After the meet the swimmers stayed in a hotel in downtown Vancouver and began experiencing the culture of one of Canada's most beautiful cities. The swimmers had a day of site-seeing, biking around Stanley Park and swimming in the outdoor 2nd Beach Pool. To prepare for the Mel Zajac Jr Canada Cup Meet they swam two practices with the CHENA Swim Team and a practice with the Canadian Dolphins Swim Club as well as a smooth swim in the outdoor 137m long Kits Beach Pool.

The Mel Zajac Jr Meet was held at the UBC Aquatic Centre and included some of Canada's top swimmers as well as a team from China, swimmers from the USA and Australia. The meet was a new challenge for the swimmers as they had to swim best times in the morning in order to qualify for finals at the senior seeded meet against tough competition. Aaron led the way for our team with best times in 5 of his 6 events and reached the 'C' finals in both the 50m and 100m freestyles. In finals Aaron knocked off more time and moved up places in each event. Aaron was also just missed finals in the 50m fly and back. Owen was just over finals in the 200m free and his fly events.

This is the type of experience that our swimmers really need racing in a new environment and learning to swim fast in heats. Some times could have been better but it was very fast swimming for this time of year and a great sign for fast racing in the summer.



New Provincial Records from Hyack Youth Cup!

- Owen Male 13-14 200m Freestyle 2:01.52
broke his own record of 2:04.04
- Owen Male 13-14 100m Butterfly 1:01.05 and 1:00.63
broke his own record of 1:01.18
- Owen Male 13-14 100m Freestyle 55.86
broke his own record of 56.18
- Owen Male 13-14 400m Freestyle 4:22.40
broke Iain Tennent's record of 4:24.28 from 1987
- Owen Male 13-14 50m Butterfly 27.39
broke his own record of 27.47

New Provincial Records from Mel Zajac Canada Cup!

- Owen Male 13-14 200m Freestyle 2:00.74
broke his own record of 2:01.52
- Owen Male 13-14 100m Freestyle 55.85
broke his own record of 55.86

Vancouver Travel Team



Clockwise from top left corner
All-you-can-eat sushi & Korean BBQ,
training at Richmond Pool, 3rd beach (in Stanley Park),
training at 2nd beach pool, biking through Stanley Park,
biking around Stanley Park,
more Sushi & Korean BBQ



Vancouver Travel Team



Clockwise from top left corner
Training with Chena,
Harvey exploring,
Short hike in North
Vancouver,
Huge pasta feed at
Anton's (only Curtis
& Brad ate it all),
Outdoor training
pool at UBC,
meeting at Zajac,
Brandon pre-race at
Zajac,
North Van walk

