



Long Course East Coast Champs



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We had some great results at LC East Coast Champs! We took a young team of 23 swimmers to the meet and it was a good travel experience for everyone. The highlights of the meet were Owen Daly and Leo Froude qualifying for Age Group Nationals! Owen qualified in three events, dropping 24 seconds to swim a 4:31.34 in 400 Free, dropping 9 seconds to swim a 2:13.53 in the 200 Free and dropped 13 seconds to swim a 2:33.23 in 200 Back! Leo took 24 seconds off of his best 400 IM time and swam a 5:30.63 to qualify. Both boys swam incredibly well and it was very exciting for the rest of the team to see such strong racing from our younger swimmers. We also had two medalists at the meet with Katie Gillespie swimming to a bronze medal in the 200 Brst and Owen racing to a bronze in the 200 Free. Both medalists were at the bottom of their age group. Our team did a fantastic job of supporting each other throughout the meet and it was a great way to end the season for our swimmers not attending age group nats.

HEAD COACH REPORT

We are very excited to head to Age Group Nationals in Calgary this weekend! Our team consists of two girls Leah and Nadine, and six boys Leo, Owen, Reniel, Curtis, Brandon and Gabe. The team will train in Lethbridge for five days then head to Calgary for the competition July 24-27th. Check out www.swimming.ca to follow our swimmers results! Make sure to watch the Olympics in August, it should be the fastest swim meet ever and a great motivator for next season!
Coach Brad

UPCOMING MEETS:

- Age Group Nationals - Calgary
July 24-27th Qualifiers only.
Follow on www.swimming.ca
- Beijing Olympics
August 11-17th
Watch the racing on tv!

THE LEDGER



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Age Group Nationals

July 24-27th, 2008 in Calgary

Legends Swimmers:

Leah, Nadine, Brandon, Curtis,
Reniel, Owen, Leo, Gabe

LEGENDS COMPETITIVE SWIMMING SPEED CAMPS

We are running camps through the summer, it is a great idea to attend a camp or two to refine swimming skills and keep feel for the water over the summer. Camp info is on our website. You can still sign up for camps if you are interested.

GROS MORNE CAMP

Information is on our website, there are 55 swimmers from across the province attending, swimmers with NL Champs times who still want to register can print the form off of our website and submit it to the Swim NL office before July 31st.

GROUP MOVES FOR 2008-2009

Families should have received letters in June/July regarding group moves for next year so that training plans can be made ahead of time. If you have not received your group letter, please contact the office.

A SPECIAL THANKS TO OUR SPONSORS:

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PETRO-CANADA





Hannah, Avis and Leah 'warming up'



Sam leading the team cheer



Cori, Victoria, Samantha during warmups



Hannah and Leah



Jack, Victoria and Amy



Enjoying one of our short walks throughout the weekend.



Legends sitting on the bleachers



Peter, Laura, Rebecca and Samantha showing off their pipes.



Amy and Rachel



Jack lost his tooth at the meet.



Avis with his role model.

100% Best Times

Amy
Way to go Amy!

75+% Best Times

Katie, Avis, Owen, Danielle,
Hannah, Leo, Rachel

LC East Coast Champs Open Water Swim



(clockwise from top) Kate + Rachel on the dock, mass start, Rachel Kate Sam, Sarah Leah Hannah, Billy, Owen, group flex, best friends, Sarah Hannah getting some good advise.



1km swim

- 1st 10-13G Katie - 16:08
- 1st 10-13B Sam N - 15:44

2km swim

- 4th 12-14G Rebecca - 30:11
- 5th 12-14G Danielle - 30:17
- 6th 12-14G Sarah - 32:44
- 4th 12-14B Peter - 30:11
- 5th 12-14B Owen - 30:14
- 5th 15-18G Hannah - 30:09
- 6th 15-18G Leah - 30:14
- 6th 15-18B Avis - 30:17

5km swim

- 1st 12-14B Billy - 19:45

BIG FINISHES

(clockwise from top right) Billy, Sam, Rebecca w/Leah, Avis, Owen w/Hannah, Owen w/Hannah again, Emily, Danielle, Katie

