



LEGENDS LEDGER

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Great Start to the 2010-2011 Season!

Our first competitions have already taken place and our team looks great! We had 80 swimmers compete at the CBS Provincial Development Meet and another 23 swimmers travel to Corner Brook for the Provincial Performance Meet! Both meets had a huge percent of best times and our team did a great job cheering each other on and starting the year with incredible spirit! Full CBS results are included in this ledger. Corner Brook results will be in next week's ledger.

Meets are a great way for swimmers to

gauge their improvement throughout the year and we encourage all of our swimmers to participate in as many meets as possible. Stepping up on the blocks and racing swimmers in the next lane is a different experience than can be found in practice. Swimmers really need to focus on the little things that are important in racing each day at practice to make those skills more reliable. Young swimmers will often get disqualified for little errors that they know the rules on but once they are caught up in the racing environment they often aren't always

focusing. Our older swimmers have the same problem but with more complex skills like accelerating into turns, dolphin kicks off the wall and breathing patterns. As swimmers get older they need to make each of these skills a habit by constantly doing them correctly in practice and in racing situations.

These skills in practice all mean a lot more to each swimmer when they are frequently racing and seeing their times go down. We had a great start and now we need to keep improving!



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Upcoming Events:

- Fall Classic– Aquarena - Nov 5-7th
For all competitive swimmers
- Legends Time Trial - Aquarena - Nov 13th
For all competitive swimmers 6:30-10:00am
- Gander Invitational - Dec 3-5th - competitive swimmers
- Megophias Invitational - Trois Rivieres - Dec 3-5th
Qualified P1 / P2 swimmers only
Pre-Registration Deadline - Monday, November 1st
- Legends Time Trial - Aquarena - Dec 18th
For all competitive and pre-competitive swimmers 6:30-10:00am



**CBS
Meet
Pics**



Fall Classic Information - November 5-7th

We have over 110 swimmers registered for the meet - the most Legends to ever attend any swim meet!

Warm-Up and Events Schedule - Please have swimmers on time ready to go at the below times.

Friday PM	Warm-Up 4:40pm	Events 50fly, 100fly, 200fly, 50free, 100free
Saturday AM	Warm-Up 7:10am	Events 50back, 100back, 200back, 50brst, 100brst, 200brst, 4x50medley relay
Saturday PM	Warm-Up 4:40pm	Events 4x50free relay, 1500free, 800free, 400free, 200free
Sunday AM	Warm-Up 7:10am	Events 100im, 200im, 400im, 4x200free relay

Swimmers need to bring - team shirts (if they have them), team caps, suits, extra goggles, towels, healthy snacks, water bottle

Parents - we will need a lot of help officiating, please contact Catherine Shortall at 709cate@gmail.com .

If you are new to swim meets and are interested in helping out without officiating, we need a lot of people to help with set-up, take-down before and after the meet. We also need parents interested in learning the electronic system, if interested please contact Deb Noseworthy at sjlmeetmgr@gmail.com.

CBS Provincial Development Meet Review

Top Achievers - Awarded at the Meet
based on points awarded from placing in individual events from the meet

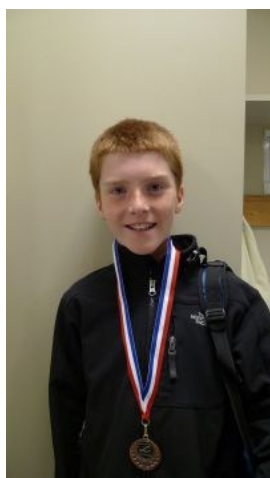
10&u Girls	3rd Lydia Slade
10&u Boys	1st Max Breen
	2nd Cameron Hickman
	3rd Josh Battcock
11&12 Girls	1st Allison Froude
11& 12 Boys	3rd Ben Newhook
13&o Girls	2nd Laura Snow
13&o Boys	3rd Chris Marmouche



100% Best Times

Josh B, Elissa B, Max B, Daniel B, Grace C, Meghan C, Allison C, Declan D, Emily D, Abby E, Olivia G, Margret H, Cameron H, Emma H, Liam L, Rochelle M, Ben N, Kendall N, Cassidy N, Eve O, Alyson P, Katie P, Nicholas P, Shane R, Pascale R, Kathleen S, Lydia S, Amelia T

Best Times are given to swimmers if they officially (no dq) better their previous best time or swim an event for the first time.



Josh



Cameron



Max

75+% Best Times

Clare A, Michael B, Nathan B, Sophia B, Michael Da, Sarah D, Ben Di, Emily F, Antonia F, Jenna G, Victoria G, Nicole H, Hannah H, Simon H, Sarah J, Sarah L, Chris M, Nadia M, Tim M, Erica M, Jennifer M, Kathleen N, Morgan O, Taylor O, Matthew R, Lucas S, Abby S, Laura S, Michael T, Kathleen T, Beth T, Caroline W, Jonathan W



Lydia



Ben



Laura



Chris

Legends Swimmer of the Sessions

The coaches award these to swimmers after each session based on effort, performance and team spirit.

Kendall N, Pascale R, Josh B, Cameron H, Ben N, Nicole H, Chris M, Rochelle M, Lydia S, Grace C, Sarah D, Sarah J, Laura S, Abby E, Michael T, Sophia B, Ben Di, Liam L, Taylor O, Kathleen D, Erica M, Amelia T, Darragh M



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Eastern Nationals 2011
London, ON - February 17-20

Owen Daly
Catherine Silotch

Age Group Championships 2011
Montreal, QC - July 27-31

Owen Daly
Curtis McKay
Logan Slade
Catherine Silotch

Megophias Invitational 2010
Trois Rivieres - Dec 3-5

P1 99-98 Beth, Caroline, Molly, Colin
97-96 Dawn, Katie, Laura S, Maggie, Neria, Chris M,
Darragh, Davin, Declan, Gabe, Jack, Liam O,
Logan, Stefan, Tim M
95-94 Amy, Kaitlyn, Louise, Michaela, Rebecca,
Samantha, Victoria T, Chris D, Iain, Roy, Sam N
93-before Elizabeth, Jessica, Billy, Daniel, Nathan, Peter

P2 99-98 Catherine
95-94 Sarah T, Victoria M, Leo, Owen D
93-before Curtis, Reniel



Reminders...

- **Upcoming Schedule Changes**
Week of Mornings Off - Tuesday, October 26th to Monday, November 1st
All morning practices are off for Legends swimmers - including Saturday (although National swimmers can still make morning practices with MUN)
A mid-Fall break to get some extra rest and energize for the upcoming meets.
No competitive practices Friday PM Nov 5th or Saturday Nov 6th due to the Fall Classic
- **Megophias Invitational - December 3-5 - Trois Rivieres**
The pre-registration form and deposit are due on Monday, November 1st so that we can make team travel plans. This will be a great off-shore travel meet for our team and we are hoping to send 40 or more swimmers to the meet!
- **Legends SC Time Trial - Saturday, November 13th 6:30-10:00am Aquarena**
For all competitive swimmers with the Legends. Sign up sheets out next week.
- **Citrus Order - Individual Fundraiser**
Citrus Order information is on our website, if you're interested in participating please contact Kerri Wareham at markwareham@nf.sympatico.ca. Order Deadline - November 11th.
- **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 information visit: www.fundscrip.com or if you have questions email Helmi Engelbrecht helmien@warp.nfld.net or call 754-3204.
- **Sea-Hawks Competitive Stroke Technique Clinics - Registration on our website.**
4:00-6:00pm Saturdays at the MUN Pool. Focus on developing new skills for each stroke.
Nov 13 - Freestyle Dec 11 - Butterfly Jan 15 - Breaststroke Jan 29 - Backstroke