



LEGENDS LEDGER

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Clare A



Cameron H



Logan S

Poseidon Swim Meet Review

We had 95 Legends swimmers compete at the Poseidon Swim Meet in Carbonear January 14-16 with great results throughout the meet. Two swimmers qualified for NL SC Championships for the first time at the meet, both in the 12&under 200m Breaststroke, Lydia with a time of 3:49.98 and Pascale with a time of 3:49.86. Our club had a strong showing in the aggregate awards. In the 10&under girls, Clare was 3rd. We swept the 10&under boys with Cameron finishing 1st, Max 2nd and Will 3rd. In the 11&12 girls Catherine placed 2nd, with Molly finishing 3rd. Colin was 1st in the 11&12 year old boys category. Emma finished 3rd in girls 13&14 and Logan was tied for 1st in the boys 13&14.

It was a very good training meet for our team, offering all of the distance events. Many of our younger swimmers swam their first 200s and 400s at the meet. These longer events are important for the long term development of our athletes. Swimmers need to focus more on technique and their aerobic swimming to race the 200s and 400s which is exactly what we are focusing on while training through January. In February we will begin to work more on the details as racing as swimmers prepare for SC Champs and SC East Coast Championships in March. Congratulations to Nicole, Sarah J, Taylor, Kaitlyn and Chris D who all completed their first 1500m Free! Kali, Antonia, Cameron, Colin and Nathan B all completed their first 800m Freestyle at the meet! Olivia G, Margret, Abby W, Jennifer K, Grace C, Hannah H, Erin M, Sarah W, Cassidy, Emily N, Will, Shane and Liam CM all swam their first 400m Freestyle at the meet! A great starting point for everyone in these important events!

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Upcoming Events:

- Marlins/Legends Time Trial - Mount Pearl - January 29th
All swimmers pre-competitive/competitive not qualified for Champs
- Legends/Marlins Time Trial - Aquarena - February 5th
All swimmers qualified for SC Championships
- SC East Coast Championships - Saint John - March 3-6th
Qualified swimmers only
- SC Championships - Deer Lake - March 11-13th
Qualified swimmers only - Legends focus meet for all qualified

Poseidon Swim Meet Review



Legends 100% Best Times

Olivia G, Maura M, Andrew M, Rochelle M, Kathleen N, Matthew R, Kathleen S, Lydia S, Abby W, Sarah W, Olivia Y

Legends 75+% Best Times

Clare A, Nathan B, Liam CM, Megan C, Allison C, Sarah D, Emily F, Antonia F, Claudia G, Nicole H, Margret H, Sarah J, Jennifer K, Roy L, Will L, Kathleen M, Cassidy N, Gwenyth P, Pascale R, Lucas S, Colin S, Jonah W, Maggie W



SC East Coast Championships - Saint John - March 3-6th Qualified Swimmers

14&unders need to qualify in 200 or 400 im and 200 or 400 free

12&under Michael Da, Catherine S, Beth T, Molly W

13&14 Davin B, Dawn C, Emma D, Walter FO, Katie G, Caroline H, Stefan H, Meg M, Darragh M, Gabe S, Laura S, Jack T, Maggie W

15&over Owen D, Chris D, Reniel E, Leo F, Peter G, Victoria M, Curtis M, Sam N, Jessica N, Rebecca O, Laura T, Sarah T, Victoria T, Samantha T, Louise T, Marty W, Nathan W

14&under 1 event - needs 1 more time either im or free to qualify

Max B (has 200fr), Iain C (200im), Jenny G (200im), Chris M (400fr), Ben N (200fr), Liam O (200im), Erin WS (400fr)



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Eastern Nationals 2011
London, ON - February 17-20

Owen Daly Leo Froude
Catherine Silotch

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

Owen Daly Leo Froude
Logan Slade Catherine Silotch
Emma Dornan



SC NL Provincial Championships - March 11-13, 2011 - Deer Lake
Qualified Swimmers

12&under Clare A, Josh B, Max B, Grace C, Michael Da, Sarah D,
Ben Di, Ben Do, Abby E, Jenny G, Olivia G, Cameron H, Liam L,
Erin M, Jennifer M, Ben N, Eve O, Shane R, Pascale R, Lydia S,
Catherine S, Colin S, Beth T, Amelia T, Marcie W, Molly W
13&14 Davin B, Dawn C, Declan D, Kathleen D, Michael Do, Emma D,
Walter FO, Allee F, Katie G, Jenna G, Nicole H, Caroline H,
Stefan H, Sarah J, Meg M, Felix M, Chris M, Tim M, Darragh M,
Liam O, Gabe S, Logan S, Laura S, Jack T, Erin WS, Maggie W
15&over Jill A, Elizabeth B, Iain C, Owen D, Chris D, Reniel E, Daniel F,
Leo F, Peter G, Roy L, Victoria M, Curtis M, Sam N, Jessica N,
Rebecca O, Michaela R, Kaitlyn S, Laura T, Sarah T, Victoria T,
Samantha T, Louise T, Martin W, Nathan W

Travel Teams Selection Criteria - full criteria on our website

Atlantic Tri - Team

Travel to the Tri-Meet (Ontario vs Quebec vs Atlantic) in Halifax May 18-22nd
4 swimmers each age girls born 98, 97, 96, 95 and boys born 97, 96, 95, 94
Swimmers must be qualified for Canadian Age Group Championships
Then they will take the top 4 swimmers for each stroke + 400im + 400fr fina pts
All eligible swims must take place this season up to SC East Coast Champs

NL Swimming Provincial Travel Team

Travel to the Edmonton Keyano Invitational depart May 2 return May 9.
12 swimmers total (at least 4 girls + 4 boys) based on top 3 swims at SC NL
Championships in Deer Lake March 11-13, limit to swimmers born 93 +before

Both of the travel teams have expenses but do have funding from Swim NL.

Reminders...

- **Upcoming Schedule Changes**
Regularly scheduled practice for the next few weeks except for during the Time Trials on Saturday, Jan 29 and Saturday, Feb 5. Swimmers not participating in the Jan 29 Time Trial will have regularly scheduled practice. Swimmers not participating in the Feb 5 Time Trial will have their practice cancelled.
- **Marlins/Legends January 29th Time Trial**
For all pre-competitive and competitive swimmers who are not qualified for SC Champs (see list above). The time trial is at the Mount Pearl Pool 6:15-9:00am. Register by Wed, Jan 26.
- **Legends/Marlins February 5th Time Trial**
For all swimmers who are qualified for SC Championships (see list above). The time trial is at the Aquarena from 6:00-10:00am. Registration due by Wed, Feb 2.
- **SC Championships - March 11-13**
Team travel information is available on our website. Registration deadline is Wed, Feb 2.
- **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 helmieng@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.
Jan 29 - Backstroke Feb 5 - Breaststroke