



LEGENDS LEDGER

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Laura Chris Catherine Stefan Caroline Logan

SC East Coast Championships Swim Meet Review

The Legends had a fantastic meet at the Short Course East Coast Championships in Saint John, NB last weekend. Six swimmers traveled to the meet with four of them racing to best times in all of their events. Catherine led the way with four gold medal swims and one silver medal in the girls 12&under age group. Catherine won the 12&under girls top achiever for her great swimming throughout the meet. She also broke a 14 year old provincial record in the 12&under girls with her time of 29.56 in the 50m Freestyle and qualified for the Canadian Age Group Championships in the 400m Freestyle with a time of 4:50.79 for the first time. Logan also had an incredible meet finishing fourth in four events as a 13 year old in the 13&14 age group. He also swam to his third Canadian Age Group Championship qualifying standard with a time of 4:37.33 in the 400m Freestyle. Stefan narrowly missed the 13&under Canadian Age Group Championship time by .06 with a huge drop in the 200m Freestyle and swam in four finals at the bottom of his 13&14 age group. Chris D made two second swims with big drops in all of his events. Laura had big drops in her 100m and 200m events and narrowly missed 100% best times. Caroline raced to a silver medal in the 50m Breaststroke in the 13&14 year old girls. A great sign for SC Champs!

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Upcoming Events:

- SC Championships - Deer Lake - March 11-13th
Qualified swimmers only - Legends focus meet for all qualified
- Spring Splash - Aquarena - April 8-10th
All competitive swimmers
- Provincial Performance Meet - Mount Pearl - April 29-May 1
Competitive swimmers qualified for East Coast
- Provincial Development Meet - Ganer - May 6-8
Competitive swimmers not qualified for East Coast
A great first travel meet for our younger swimmers!

SC East Coast Championships Meet Review

Legends Finals

Caroline 2nd 50m Brst

Stefan 4th 200m Free, 6th 400m Free, 6th 100m Free,
7th 50m Free

Catherine 1st 50m Free, 1st 400m Free, 1st 200m Free,
1st 200m Back, 2nd 400m IM

Logan 4th 100m Free, 4th 50m Back, 4th 200m Back,
4th 100m Free, 6th 100m Back

**NL Provincial Record
11&12 Year Old Girls
50m Freestyle
Catherine Sllotch - 28.56
old record - 28.77 (1997)**



**Legends 100%
Best Times**
Chris D,
Stefan H,
Logan S



NL Short Course Championships

The Legends have 72 swimmers traveling to the NL Short Course Championships in Deer Lake this weekend. 51 swimmers are traveling with the team and 21 swimmers are traveling on their own. This is always one of our biggest meets of the year and it is a meet that makes the most of the Newfoundland swimming environment. Over 200 swimmers will be participating in the meet making a very exciting atmosphere for the heats and finals racing throughout the weekend. The swimmers race in their events in the morning and then the top 6 qualifiers (Deer Lake has a 6 lane pool) for each age group race again in finals each night. Medals are given out for each event and the swim meet creates a lot of exciting races with important sprints to the finish.

To add to the excitement, 16 swimmers will qualify for the NL Swimming Provincial Travel Team that is attending the Edmonton Keyano International Age Group Meet in May this year. The Legends will be aiming to put over half of the swimmers on the travel team this year. Last year we had four Legends qualify for the team and they had a great experience racing in a top age group meet. The team also spends time training in Edmonton and spends some time seeing sites around town.

The meet is also marks the end of our 'Short Course Season'. After SC Champs, swimmers will begin focusing on racing Long Course (short course races are in 25m pools, long course each length is 50m long). In our province we have the only pool that can hold Long Course meets, but it is a very important part of national and international swimming. The Canadian Age Group Championships - our biggest meet of the year - takes place at the end of July and it is a long course meet. Canadian Age Group Championships split all of the 18&under swimmers in Canada into age groups that race at the end of the season each year. The next level of swimming in Canada is Senior Nationals which includes meets like Olympic Trials and World Championship Trials where the top swimmers of all ages race to make the Canadian National Team. These meets are also all long course. Short Course swimming is often more exciting and really emphasizes swimmers ability to turn quickly since there are twice as many turns in a race.

Short Course Championships are also our biggest on-island team travel meet. Even if swimmers are not traveling with the team, we expect a little more from every swimmer at these meets, the same way we would if we were traveling off-island. Swimmers must be in team shirts whenever they are on deck. During finals we ask all swimmers to wear our new blue shirts. We are the biggest team in Newfoundland and we like to look like it at these meets. While warming up and racing all swimmers wearing caps must wear our team caps. During preliminaries and finals we ask all swimmers to stay from the start of warm-ups to the end of each session to help cheer on their teammates and become more a part of the meet. This meet is the first big step to our swimmers who will look to qualify for off-island travel meets - East Coast Championships (short course and long course - the best in Atlantic Canada), Pointe-Claire, Trois-Rivieres, Fort Lauderdale and ultimately to the Canadian Age Group Championships.

Swimmers attending NL Short Course Championships:

12&under Clare A, Josh B, Max B, Grace C, Michael Da, Sarah D, Ben Di, Ben Do, Abby E, Emily F, Olivia G, Cameron H, Liam L, Hannah M, Erin M, Jennifer M, Ben N, Morgan O, Eve O, Shane R, Pascale R, Catherine S, Lydia S, Natalie S, Colin S, Beth T, Amelia T, Marcie W, Molly W

13-14 Dawn C, Declan D, Kathleen D, Emma D, Antonia F, Allee F, Katie G, Nicole H, Caroline H, Stefan H, Sarah J, Felix M, Chris M, Tim M, Darragh M, Liam O, Gabe S, Logan S, Laura S, Jack T, Erin WS, Maggie W

15&over Elizabeth B, Iain C, Owen D, Chris D, Reniel E, Amy F, Daniel F, Leo F, Peter G, Roy L, Curtis M, Sam N, Jessica N, Kaitlyn S, Sarah T, Victoria T, Samantha T, Louise T, Martin W, Nathan W



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

Owen Daly
Leo Froude
Logan Slade
Catherine Silotch
Emma Dornan

NL Provincial Record
11&12 Year Old Girls
200m Backstroke
Catherine Silotch - 2:29.70
old record - 2:34.14 (2003)



Eastern Nationals Review
Catherine was the lone representative for the Legends at the Eastern Nationals in London, ON. Catherine qualified as an 11 year old and swam as a 12 year old in one of the top meets in our country. She competed in the 15&under age group where she will be moving up the rankings for the next three years. Her top swim was the 200m Backstroke, she broke the NL Provincial Record by over four seconds with a time of 2:34.14. One of our club's main goals for this year is to get more swimmers to meets at this level and Catherine will be leading the way for a long time.

Reminders...

- **Upcoming Schedule Changes**

No swimming for Competitive Groups Thursday, March 10 - Monday, March 14 due to NL SC Championships. Pre-competitive swimmers will have regular practice.

No swimming for Competitive Groups in the mornings of March 15-18 except for the National and Top 2 practice on Wednesday morning will go ahead as regularly scheduled.

No swimming for Competitive Groups Saturday, March 19 - Wednesday, March 23 due to our yearly break after the short course season. Pre-competitive will have regular practice.

- **Swim For Hope**

Friday March 18 4:00pm-4:00am for all the competitive and pre-competitive swimmers
It is our biggest fundraiser of the year and a fun night for all of the swimmers.
Information in weekly emails and on our website.

- **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.