

TSUNAMI WAVES

For *TSUNAMI's* Swim Families - -
CHRISTMAS '08 - UPDATE

FALL '08 Recap - - WOW! What a fall it has been! We have doubled in size from last year; we can now boast 55 pre-competitive and competitive swimmers. As you can appreciate this has presented some challenges, and some changes are needed. This will be reflected in some schedule changes which are highlighted below.

TSUNAMI 2009 – ALL NEW-Practice Schedule

EAG – Veronique's Group – Monday, Wednesday & Friday 3:15 – 4:30 PM.

MAG – Deidre's Group – Mondays & Wednesdays 3:15 – 4:30 PM – Fridays 3:15 – 4:45 PM

TAG – Hugh's Group – Mondays & Wednesdays 3:30 – 3:45 PM dry land exercise – 3:45 – 5:15 PM pool – Friday's 3:15 – 5:00 PM pool.

Early Mornings with Hugh – (selected swimmers) – Tuesday & Thursday 6:00 – 7:15 AM.

We realize that starting at 3:15 PM will be a challenge for some and we regret any inconvenience; however, we were left with few options.

A PRACTICE MISSED IS AN OPPORTUNITY LOST

The final swim practice and annual swimmers' Christmas party will take place on Friday, December 19th at the pool. We encourage those swimmers who do not normally attend Friday's practice to come to this one. This event is being coordinated by coaches Deidre and Veronique. We're asking the parents for some cookies or other delightful munchies that will help the kids celebrate the season. A special e-mail will be sent to all of the parents.

A special note of thanks to all the parents who helped out at various times throughout the fall. We could not have done it without you. THANK YOU!

Hugh

CALLING ALL PARENTS - - Sunday, January 11th (9 AM – 2 PM) – We will be hosting our second of three meets for this season - Vancouver Island Regional Swim Meet # 4. We have done an excellent job running past meets and there is no reason to believe we'll do anything less this time. The swimmers have been training hard and deserve this opportunity to show their stuff in their home pool. - - Home swim meets tend to be an 'all hands on deck' event, so save Karen Mitchell a call 250-724-6155 and please sign up now - - - **WE NEED YOUR HELP** - - - **EVERY FAMILY'S INVOLVEMENT IS NEEDED IN SOME WAY** - - - - **THANK YOU!**

DID YOU KNOW - - Revenue Canada grants a tax credit to families with children involved in a sports program. For info go - <http://www.cra-arc.gc.ca/whtsnw/fitness-eng.html>



December & January are Bottle Drive Months
It's time to clear out those old refundable bottles and cans to make room for all of those NEW presents you will be receiving. - - Please take time to drive them to the 4th Street Recycling Depot, drop them off and ask to have them added to the TSUNAMI account - - Please support this ongoing event. . .

EAG Coach - - Veronique Jager
250-724-1401 – e-mail veronique.j@shaw.ca

MAG Coach & Club Registrar - - Deidre Reed
250-723-5435 – e-mail dreed@live.ca

Senior & TAG Coach - - J. P. Hugh Sproule
Phone: 250-724-6677 email: pa-tsunami@shaw.ca

<http://www.tsunam swimteam.org/>

**Our Aim is to be – Athlete Centered
Coach Directed – Parent Supported**

We are looking to recruit 3 or 4 more parents to become TSUNAMI Board members - - This is YOUR Club - - PLEASE consider joining the team - Thanks -



TSUNAMI would like to acknowledge the ongoing support it receives from the following organizations: – the British Columbia Lottery Corporation, the Alberni Valley Gaming Association, the City of Port Alberni Parks and Recreation, the Port Alberni Toy Run and our local TIM HORTONS.

December 11th, 2008

TSUNAMI's Poet Laureate

I was so moved when Ezra present me with a copy of his poem, that I asked permission to share it with all of you (Ezra is a 13-year-old TAG swimmer). Please enjoy!

Swimming - By Ezra Tsai

At the beginning of each new week
My body and soul long to swim.
My ears ache for the swift beat-
The rhythm of my very own feet-
The lapping of water over my face
And my legs' never-ending pace.
But when my head enters the water
Troubles drift out of me
And I feel so wonderful
As a dolphin at home in the sea.
Things may try to stop me
But they can't, as you will see
It may be bad experiences in the past,
Not swimming very fast
Or even having my legs in a cast.
The list of things that might happen
Is long and vast.
I don't believe I could see the lists last,
No, not even if I read fast.
Now what I really want to say is
I love my Tsunami Swim Team
Every time I say its name I always proudly beam.
I especially like my coach Hugh.
Compared to him there's none but a few.
He's always joyful and kind,
But when you finally get it right
His face glows with delight.
Now that is quite a sight.
In the end what I really want to say is
That water, swimming, rivers and the sea
Are really a big part of me.

Christmas Time Many Years Ago - - - I was working as Director of Aquatics at the Halifax YMCA. One of my duties was to coach the 60-strong Halifax 'Y' Neptune Age-group Swim Club. Unlike today's teams I was coaching all by myself - 3 practices after supper, 1 Saturday afternoon and 5 early morning practices with the older and more experienced group. Although we had fewer meets in those days (about 8 to 9 a year) they did sometimes take on a life of their own. This coaching program plus a very full teaching schedule at the 'Y'

usually required more time than the average 40-hour week.

It was near the first of December and my health took a turn for the worst - I came down with plural pneumonia. I was off work for 11 days and could only return part-time for two weeks when the 11 days were up. Here is where the Christmas spirit kicks in. I had a cadre of older competitive swimmers (approx 9 or 10 guys & gals, all 16 to 18 years old). While I was sick and during recovery, they took over the team and ran it successfully, and helped out by teaching my Monday through Friday after school and Saturday morning swimming instruction classes.

The wonderful thing about this is that I am still in touch with most of this group today. They are spread all over Canada and the world - one is in China, another in Florida - one in West Vancouver and the rest spread throughout the Maritimes. Awesome - what a truly great Christmas gift!

Hugh

Swim Meets to April 5th 2009

'Swim meets are a vital training component. Meets allow us to assess the effectiveness of our program and the athletes' progress.'

Sunday, January 11th - VIR # 4 - 'New Year Kick-Off' Here at the Echo Pool in Port Alberni.

Fri - Sun, January 16th - 18th - VIR S/C (AA) Championships, Courtenay.

Sat/Sun, Jan 31st - Feb 1st - CRKW 'Eliminator' Campbell River.

Sunday, February 8th - VIR # 5 - Nanaimo

Sat/Sun, Feb 21st & 22nd - COMOX Invitational (A & under) Courtenay.

Thurs - Sun, Feb 26th - Mar 1st - SwimBC S/C (AAA) Championships, Victoria.

Sunday, March 8th - VIR # 6 - 'March Madness' Here at the Echo Pool in Port Alberni.

Wednesday, March 11th - TSUNAMI Mini-meet here for FUNDamentals, EAG & MAG.

March 16th - 20th - School Spring Break

Sunday, April 5th - VIR # 7 - Campbell River