

TSUNAMI WAVES

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

WELCOME - - Well, here we are again – another season! I thought it important to let you all know some of the plans for the first half of what promises to be an exciting and challenging season. We have had a tremendous fall registration. It has been a few years since TSUNAMI had one this good. At last count we have 37 registered in the competitive program and approximately 15 in the FUNdamentals. WOW!

I want to let you all know that I will be away for the first three weeks of October. During my absence, we will juggle the coaching schedule with Deidre taking over my group and assuming the senior coaching role. Veronique Jager former Coach of BlueWave will be assisting by taking over Deidre's group during this period.

New faces on deck this year; Jodie Greve is our Monday through Friday afternoon life-guard. Under Lianne Saunders mentorship former competitive swimmers Emma Lavery, Sydney Galesloot and Cory Zydyk have assumed the FUNdamentals coaching duties. Thanks guys.

A special note of thanks to all the parents who helped out with the registration at the pool, with the numbers that we had, we could not have done it without you. THANK YOU!

Hugh

TSUNAMI BOARD 2008 - 2009

President – TBA

Secretary – Brian Lavery - - 250-724-6287

Registrar – Deidre Reed - - 250-723-5435

Treasurer – Sandra Clarke - - 250-723-0200

Director – Rod Mitchell

Director – Gittan Klemestrud

Director – Kevin Clarke

Director – Maggi Slassor

Director – Karen Webb

We need parents to help us run the club, if interested please contact our secretary Brian Lavery 250-724-6287.

CALLING ALL PARENTS - - Sunday, November 16th (9 AM – 2 PM) – We will be hosting our first of three meets for this season - Vancouver Island Regional Swim Meet # 2. We have done an excellent job in past running meets and there is no reason to believe we'll do anything less this time. The swimmers are 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 - - - **NO PREVIOUS EXPERIENCE NECESSARY** - - **WE NEED YOUR HELP** - - - **EVERY FAMILY'S INVOLVEMENT IS NEEDED IN SOME WAY** - - - - **THANK YOU!**

UPDATED SWIM MEET SCHEDULE - - If you receive this as a hard copy the schedule will be on the back - - If you receive this via e-mail the schedule will be on page 2. Families will be advised of any scheduling changes.

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>



TSUNAMI Tag Day - - Friday, October 10th & Saturday, October 11th 2008 - - Gittan Klemestrud 250-724-9645 will coordinate the Tag Day - - This is one of three Club fundraiser - - Gittan will be contacting you by e-mail and/or phone - - Please support this event. . .

The other fundraiser are the April '09 Swim-a-thon and the ever ongoing bottle/can drive at the 4th St Recycle depot. – We have an account at the depot. .

FUNdamentals Mentor & EAG Coach - - Lianne Saunders

MAG Coach & Club Registrar - - Deidre Reed

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

<http://www.tsunamiswimteam.org/>

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



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.

The Swim Meet Calendar to January 2009

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

FUNDamentals - 'Learning the Basics'

MEET	DATE	LOCATION	MEET TYPE
Mini-Meet	November 26 th	Port Alberni	In House

EAG - 'Learning to Train'

MEET	DATE	LOCATION	MEET TYPE
VIR Rotation # 2	November 16 th	Port Alberni	Club
Mini-Meet	November 26 th	Port Alberni	In House
VIR Rotation # 4	January 11 th	Port Alberni	Club

MAG - Dynamos - 'Learning to Compete'

MEETS	DATE	LOCATION	MEET TYPE
VIR Rotation # 1	October 19 th	Courtenay	Club
VIR Rotation # 2	November 16 th	Port Alberni	Club
Mini-Meet	November 26 th	Port Alberni	In House
VIR Rotation # 3	December 6 th or 7 th	Ladysmith	Club
VIR Rotation # 4	January 11 th	Port Alberni	Club

MAG - Challengers - 'Learning to Achieve'

MEETS	DATE	LOCATION	MEET TYPE
VIR Rotation # 1	October 19 th	Courtenay	Club
VIR Rotation # 2	November 16 th	Port Alberni	Club
Mini-Meet	November 26 th	Port Alberni	In House
**VIR Rotation # 3	December 6 th or 7 th	Ladysmith	Club
Crystal Clear Invitational (2)	Early - December	Victoria	Club
VIR Rotation # 4	January 11 th	Port Alberni	Club
CRKW Eliminator (2)	Jan 31 st - Feb 1 st	Campbell River	Club

TAG - 3 to 6 Pack - 'Learning to Succeed - Goal Oriented'

MEET	DATE	LOCATION	MEET TYPE
VIR Rotation # 1	October 19 th	Courtenay	Club
Nanaimo Fall Invitational (2)	October 25 th & 26 th	Nanaimo	TAG
Island Cup Invitational (3)	November 7 th to 9 th	Victoria	TAG
VIR Rotation # 2	November 16 th	Port Alberni	Club
**VIR Rotation # 3	December 6 th or 7 th	Ladysmith	Club
Crystal Clear Invitational (3)	December 12 th to 14 th	Victoria (Island Swim)	Club
VIR Rotation # 4	January 11 th	Port Alberni	Club
VIR S/C Champs (3)	January 16 th to 18 th	Courtenay	AA
CRKW Eliminator (2)	Jan 31 st - Feb 1 st	Campbell River	Club

PLEASE NOTE:- Depending on a swimmer's level of achievement, some of the meets listed above will take precedence over others. - Should any of the above dates conflict with your family schedule (and your swimmer's attendance), please inform the coaches well in advance of that particular event.

September 30th 2008