

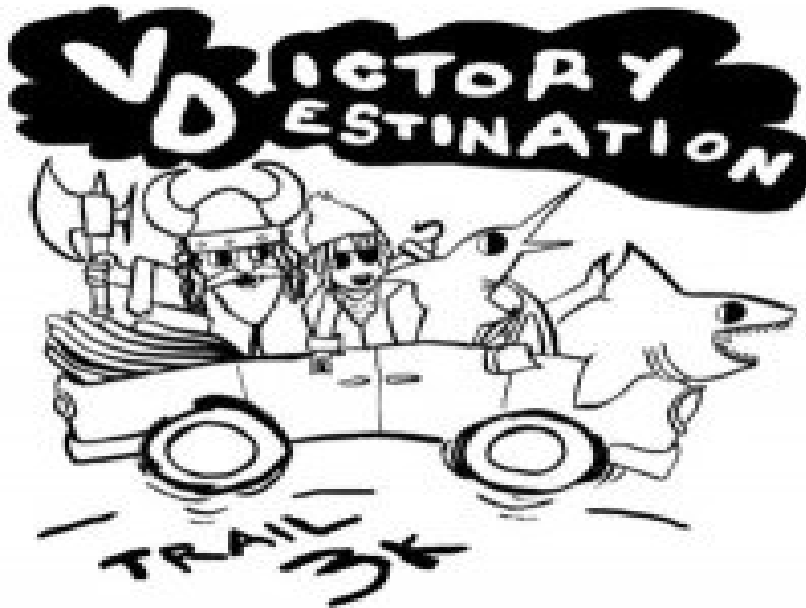
August 5, 2008



*"Winning has always meant much to me,
but winning friends has meant the most."
- Babe Didrikson Zaharias*

👤 The Hammer 👤

The Official Newsletter of the Vancouver Vikings



2008 Vancouver and District Team

Coaches Corner

Group 1

It was a long weekend, but everyone managed to pull-off some good swims. Congrats everyone!

For those Group 1s who won't be continuing on with us to Trail and those who's last summer with Vikings has just concluded, it was a pleasure seeing you all again and enjoy the rest of your summer vacation!

For PQs swimming this week, you must remember, despite whatever personal and seasonal best performances you had at Regionals, you must stay hungry. **STAY HUNGRY FOR MORE!** There is always room for improvement and even the little things (and of course the big things too) make a huge difference

in your technique and racing. I'm looking forward to the next week and a half of training in preparation of Provincial. See you on deck,

Ben

Group 3A

Congratulations to all the swimmers that competed at regionals. I am very proud of every one of you for what was accomplished. Every stepped up individually and as a team when they were called upon. The hard work we put in these past couple months really showed.

For the non PQs, this week will be a focus on technique and reviewing the 4 strokes. You will get another chance to race on Fri. in the time trials at practice. No dryland for you guys this week.

For the PQs, these next two weeks will be recovery followed by, a few intense practices and then a half week of taper leading towards provincials. Bring skipping ropes and runners to all the dryland workouts as usual. One of our main focuses leading up to provincials will be practicing hard in the morning. The majority of fast swimming occurred in the finals at regionals, but provincials is a lot faster so we want to make sure we are ready to go so that we can get that second chance for finals.

Desmond

Group 3B

Congratulations Group 3B, Congratulations....

Regionals was a great success. We had numerous best times. We also had many medal winners . I would like to first thank the parents for their commitment to the group and the swim club. All the time put in driving your kids to different pools as well as meets has paid off. There were many memorable moments this weekend. I would like to specially recognize our individual event provincial qualifiers this year:

Div 1 Boys

Kenny Liu (50 Fly and 50 Back)

Div 2 Girls

Elizabeth Suen (50 Fly)

Kirsten Gilberg (50 Free and 50 Breast)

Div 2 Boys

George Lin (50 Back)

James Lin (50 Breast)

Justin Leung(100 IM, 50 Fly, 50 Back, 100 Free)

Mac Brown (50 Fly)

I would also like to specially recognize the people who swam on relays that qualified for provincials. These are just as important if not more important since they give double the points for team standings at provincials. The following people should be recognized (Kenny, Elizabeth, Kirsten, Maddie, Vienne, Tiffany, Lucy, George, James, Justin, Mac, and Tyler). Those who do not have provincials please come out to our non-PQ practices. Those of you who have qualified please attend the 3B PQ practices. The schedule should be posted on the website. Remember that we have a regional practice this Saturday at the NSWC pool. The information should also be on the website. All swimmers should be proud of what they accomplished this weekend. Whether you were trying to get an A time or trying to win a medal, or trying to qualify for provincials each and everyone of you raced and put yourself on the line. As coaches we could not ask any more of you. We will be transitioning to even more technical aspects as we prepare swimmers for Provincials as well as next year. Again, thank you to all the parents for your constant support and dedication to the swim club. I would also like to thank Loretta for her great work as this years

group parent. See you at the pool!

Marc & Whitney

Mv1

Congratulations to everyone who swam at Regionals! This weekend was filled with amazing and memorable swims! All of you MV1 swimmers did such an awesome job and it made me super proud of our group! I even lost half of my voice because I was cheering so hard for all of you! Congratulations to all the swimmers who made finals, achieved best times and qualified to Provincials! You are all truly remarkable.

I would like to take this opportunity to thank every individual MV1 swimmer for all of their efforts. You have all worked tremendously hard and this weekend, all of that effort and dedication shown through! I would also like to thank the fantastic and unbelievably wonderful parents of the MV1 swimmers! If not for your commitment to get the kids out to practices and your willingness to give up weekends and sleeping in, the kids would not be where they are. THANK YOU SO MUCH!

For the next week, there are still practices schedule for those who did not qualify for provincials. These are an excellent opportunity to get a final week of training in before you all get to enjoy the rest of your summer vacations! Please come out and I hope to see you all there!

For the provincial qualifiers, please attend the scheduled practices directed for the MV swimmers. Here we can focus on the particular strokes and races for which you will be swimming at Provincials! I can't wait to see you all on deck!

Once again, thank you to all for your devotion!

- Tammy Nguyen (nguyen.tammy@hotmail.com)

Mv2

Regionals was awesome. You guys have come a long way since week 1. I love all the great attitudes I saw towards racing. Everyone went best times and relays were amazing. Div 1 boys and girls qualified a relay for provincials which did not happening last year, so great job.

Please continue to come to practice even if you're a non PQ. These will be fun and very helpful toward your swimming. I hope to see everyone there.

Sarah