



Newsletter!

Three months practice Review by Head Coach Xiaoping:

What coaches have done for Development Groups

I can see that all coaches have been working very hard on setting up seasonal plans and coaching on pool decks. Coaches always work together to analyze swimmers' technique during practice so that the weekly workout can be more suitable for developmental groups. As a result of the coaches' great efforts, all our developmental swimmers have made great progress in all the four strokes after a very short period of time. Many swimmers are also displaying high spirit and are showing up earlier in daily practices. Among those swimmers who work harder and are eager to learn, five have qualified for LMR standard and several have come very close to LMR standard in the recent Pass Meets.

Great Improvement in Competitive groups

From the competitive groups, most swimmers have improved their technique a lot and have achieved better times in swim meets. Even though the practice time is not suitable for everybody, all swimmers have been working hard to improve their endurance, physical condition and technique. Three swimmers have achieved BC AAA standard and five have achieved BC AA standard. During the recent "Fast Swim Classic", two swimmers from our competitive groups have achieved Age Group National standards, and two club records have been broken. We also got 12 gold plus two first in 50 free of eliminator, five silver and three bronze.

Areas we need to improve on

Although our swimmers did a great job in the early season, there are still some areas that we need to improve on. For example, some swimmers have kept very low attendance and have shown up late for up to 40% of practices during September and November. Some swimmers have not been working hard enough in the last three months, and as a result their swim times improved much slower, and they also have some impacts on other swimmers in practice. We plan to have a regrouping after March 2009 to make sure all the groups work well, if the situation still cannot be improved.

Training during School Winter Vacation

It is school winter vacation now. We are having more diving, turns, and fly technique practice for the developmental groups during this vacation. For all the competitive and high competitive groups, we will be having more endurance training, physical training and best stroke technique practices from Dec 22 to January 7, 2009.

Meets in January, February and March

Our swimmers have done a great job in the CDSC pass swim meet, the SFU/SFA LMR and the Fast Swim. Next year, we will attend the SFU/Gators LMR during January 10-11, the LMR Champs during January 31-Feb 1, the BC AA meet during Feb 13 -15, the Western Champs during Feb 12-15 and the BC AAA Champs in Victoria from Feb 26 to March 1. The next Gators Pass meet will be in March 2009.

Swim-A-thon

Fifty swimmers have attended the Swim-A-Thon on Dec 13. Please send in the swim-a-thon money in an envelope to our treasure Mrs. Yu Chen if you have already collected the money. Swimmers who did not swim on Dec 13 will be scheduled to participate in the Swim-A-Thon next week by group.

BC Arthritics Swim and Congratulations

Age group swimmers will represent our club to attend the Arthritics Swim in UBC Aquatic Center on January 17 from 9am to 11am. Congratulations to Philip for being selected as a member of the BC Team to attend the 2009 Pacific coast All Star meet on January 10 and 11, 2009.

Marry Christmas and Happy New Year!

Records from recent swim meets

Fast Swim Classic - December 05, 2008-December 07, 2008

Gold:

Corea, Samantha,	15 & Over 50 Freestyle, 27.40
Corea, Samantha,	15 Year old 50 Freestyle, 27.76
Corea, Samantha,	15 Year old 100 Freestyle, 1:00.21
Corea, Samantha,	15 Year old 50 Backstroke, 30.90
Corea, Samantha,	15 Year old 100 Backstroke, 1:05.18
Corea, Samantha,	15 Year old 200 Backstroke, 2:20.78
Corea, Samantha,	15 Year old 50 Butterfly, 29.40
Liu, Kevin,	12 Year old 50 Freestyle, 27.97
Liu, Kevin,	12 Year old 50 Breaststroke, 35.85
Garabandic, Philip,	12 Year old 200 Breaststroke, 2:55.02
Kim, Aiden,	13 Year old 50 Breaststroke, 34.43
Kim, Aiden,	13 Year old 100 Breaststroke, 1:14.57

Silver:

Corea, Samantha,	15 Year old 100 Butterfly, 1:06.54
Liu, Kevin,	12 & Under 50 Freestyle, 27.58
Liu, Kevin,	12 Year old 100 Breaststroke, 1:20.43
Kim, Aiden,	13 Year old 200 Breaststroke, 2:44.87
Yu, Christopher,	15 Year old 200 Breaststroke, 2:37.89

Bronze:

Liu, Kevin,	12 Year old 200 Breaststroke, 2:59.88
Yu, Christopher,	15 Year old 100 Breaststroke, 1:13.25
Ge, Kevin,	15 Year old 200 Breaststroke, 2:40.84

First in 50 free of eliminator:

Corea, Samantha
Liu, Kevin

Other finals:

Lam, Elaine,	11 & Under 50 Backstroke, 37.56
Lam, Elaine,	11 & Under 100 Backstroke, 1:21.20
Lam, Elaine,	11 & Under 200 Backstroke, 2:51.27
Jiang, Linda,	14 Year old 50 Breaststroke, 40.02
Jiang, Linda,	14 Year old 200 Breaststroke, 3:00.24
Garabandic, Helen,	11 & Under 200 Butterfly, 3:16.99
Lam, Tracy,	15 Year old 50 Backstroke, 35.82
Liu, Kevin,	12 Year old 100 Freestyle, 1:05.89
Garabandic, Philip,	12 Year old 200 Freestyle, 2:27.84
Garabandic, Philip,	12 Year old 400 Freestyle, 5:07.64
Garabandic, Philip,	12 Year old 100 Breaststroke, 1:22.28
Garabandic, Philip,	12 Year old 200 Individual Medley, 2:36.05
Garabandic, Philip,	12 Year old 400 Individual Medley, 5:44.52
Xu, Calvin,	12 Year old 200 Freestyle, 2:34.16
Xu, Calvin,	12 Year old 50 Backstroke, 37.96
Xu, Calvin,	12 Year old 100 Backstroke, 1:20.21
Xu, Calvin,	12 Year old 200 Backstroke, 2:49.15

Macdougall, Sean,	14 Year old 50 Freestyle, 28.07
Macdougall, Sean,	14 Year old 100 Freestyle, 1:01.11
Macdougall, Sean,	14 Year old 200 Freestyle, 2:20.08
Macdougall, Sean,	14 Year old 400 Freestyle, 4:52.55
Macdougall, Sean,	14 & Under 1500 Freestyle, 18:56.60
Lei, Calvin,	14 Year old 100 Breaststroke, 1:21.31
Lei, Calvin,	14 Year old 200 Breaststroke, 2:54.60
Yu, Christopher,	15 Year old 200 Backstroke, 2:25.70
Yu, Christopher,	15 Year old 100 Freestyle, 59.73
Maric, Emil,	15 Year old 100 Butterfly, 1:09.96
Maric, Emil,	15 Year old 200 Freestyle, 2:12.58
Maric, Emil,	15 Year old 50 Freestyle, 27.96
Maric, Emil,	15 Year old 100 Breaststroke, 1:19.02
Ge, Kevin,	15 Year old 100 Breaststroke, 1:13.97
Ge, Kevin,	15 Year old 200 Individual Medley, 2:26.63
Cheng, Kyle,	16 & Over 100 Breaststroke, 1:13.34

SFU-SFA LMR 2009(SC) – Nov. 15, 2008 – Nov. 16, 2008

Gold:

Lam, Elaine,	400 Individual Medley, 6:46.37
Liu, Lan,	50 Freestyle, 37.61
Liu, Lan,	100 Freestyle, 1:25.32
Li, Cecily,	100 Breaststroke, 1:48.10
Liu, Lan,	200 Breaststroke, 3:36.74
Liu, Lan,	200 Individual Medley, 3:21.57
Lam, Elaine,	100 Backstroke, 1:21.51
Xu, Calvin,	400 Individual Medley, 6:10.86
Wang, Ken Ming Sheng,	50 Freestyle, 30.96

Silver:

Li, Cecily,	200 Individual Medley, 3:21.57
Duan, Jenny,	400 Individual Medley, 6:52.89

Bronze:

Lam, Elaine,	200 Freestyle, 2:54.72
Dai, Grace,	50 Freestyle, 34.07
Dai, Grace,	400 Freestyle, 6:24.98
Ma, Rachel,	50 Breaststroke, 49.65
Yu, Wendy,	200 Breaststroke, 3:37.59
Yuan, Tina,	50 Freestyle, 32.60
Yuan, Tina,	100 Butterfly, 1:27.21
Duan, Mason,	200 Freestyle, 3:02.98
Xu, Calvin,	200 Backstroke, 2:48.19

For more information on swim meets results, please check website:

<http://www.swimming.ca/meetlist.aspx>

Upcoming events

Swim meets in 2009

January 10-11 th	SFU/Gators LMR
January 31-Feb 1 st	LMR Champs
Feb 13 –15 th	BC AA meet
Feb 12-15 th	Western Champs
Feb 26 to March 1 st	BC AAA Champs (Victoria)
March	Gators Pass meet

List of contacts

Coaches:

Head Coach: Xiaoping Lu (gatorsswimclub@shaw.ca)
Assistant Coach: Bo Huang (greatchenhuang@hotmail.com)
Assistant Coach: Nichole Teo (nicole_a_teo@hotmail.com)
Assistant Coach: Alexandar Sladojevic (slada79@hotmail.com)

Board Members:

President: Mike Wong (kgswimclub@shaw.ca)
Vice President: Changying (Chelsey) Xu (cxu@ddai.net)
Treasurer: Yolanda Chen (ly_cy@yahoo.com)
Registrar: Carol Pan (minpan@shaw.ca)
Registrar: Shirley Pan (luogroup@hotmail.com)
Secretary: Mike Xu (xiangpx@telus.net)

Administrative Staffs:

Equipment Manager: CiCi Chen (songalbert1@yahoo.com)
Official Coordinator: Mike Xu (xiangpx@telus.net)
Progressive Fundraising Coordinator: Joanna Ha (joannahahaha@yahoo.ca)
Bingo Coordinator: Wanyne Macdougall (lau01@telus.net)
Shake-the-Can Coordinator: Ling Li (Yuanyltina@yahoo.ca)
Fundraising Chocolate Coordinator: Jane Zou (evermax@shaw.ca)
Event Coordinator: Doris Chen (cydoris1@yahoo.com)
Volunteer Points Coordinator: Janice Lee (le@mail.ssvs.tn.edu.tw)
Email & Phone tree Coordinator: Linda Chen (linda.chen@interfor.com)
Newsletter Editor: Sherry Zhao (sherryzhao01@yahoo.com)

If anyone has any articles, pictures, events, or anything else you would like to add to the next issue of our newsletter, please email sherryzhao01@yahoo.com Thanks!

Thanks for our sponsors...



Contact Us!

Mailing Address:

KILLARNEY GATORS
6260 KILLARNEY STREET
VANCOUVER BC
V5S 2X7

Head Coach: Xiaoping Lu

604-789-2819 xiaopinglu@gatorswimclub.ca

President: Mike Wong

kgsimclub@shaw.ca

Registrar: Carol Pan

minpan@shaw.ca

Shirley Pan

luogroup@hotmail.com