

# UCSC DinoLine News

## News from Canada's Top Swim Club

### Head Coach Club Report

#### Mike Blondal

Hello Swimmers and Parents,  
Over the past few months since the last Dino line there has been a lot of swimming. We have attended 17 swim meets between Jan and March and all reports are that the swimmers times are improving and that as a team we have tons of energy and are increasing our medal hauls at those meets.

We broke Canadian Records 11 times and provincial records 16 times (These can be found in the Daily Record section of the Dino Line). Congratulations to all, from the youngest record breaker ten year old Oliver Bidrman to the 21 year old Katy Murdoch. Congrats to the swimmers and a real big CONGRATS to the coaches who work tirelessly to help you

succeed.

The women won the CIS National Title for the first time in the U of C's history with Erica Morningstar named Rookie of the Year, and the men finished second by a mere 27 points after winning the title last year. At the provincial Age Group Championships we placed third with a marked improvement over the meet last year in swimmers, making the finals, in medal count, and points. At the senior level we place 10 swimmers on Canada's World Student Games Team (names to follow after SNC confirmation) that will go to Belgrade in June to compete as well two swimmers made the Canada Games team for Alberta (David Woodman and David Demitrov) and two for

B.C. (Andre Kudaba, Julianne Brown)

As we move into the summer long course season we will compete in many meets but focusing our swimming on the AG Trials, Provincial AG's, Provincial Seniors, Age Group National, World Championship Trials and the International meets (World Student Games, World Championships, British Nationals, Canada/Russia/ Britain Dual meet and the Canada Games).

Swimmers and parents need to focus on training well and attendance as well as nutrition, nutrition, nutrition.

Have a good Summer of Swimming

Mike

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### General News

#### Dinomyte Swim School—Spread the Word

The University of Calgary Swim Club will be running 3 one week Dinomyte Swim School sessions in July. The Swim School will run Monday-Friday for a 30 minute block between 4:30-6:30pm. This is a learn to swim program

for children ages 5-12. Each session will run for 1 week starting July 6. Children can register in all 3 session if they wish.

The registration fee is \$50 per child. This program is

second to none when teaching swimming skills. Please help spread the word!

Registration is done through Lorna at 220-2772.

#### AGM 2009

The date for the 2009 Annual General Meeting has been set for Wednesday, June 10, 2009. As we all have a vested interest in the ongoing success of our Club it is important that as many people as possible attend.

## The Editors Report

### New Information for UCSC Members

Welcome to our latest edition of the UCSC DinoLine. We have had some great feedback about our first edition and, hopefully, you will find some new improvements that will make it an even more positive experience.

This edition we are introducing 2 new features:

1. Our Advertiser Corner; and
2. The Daily Record.

Our Lane Advertisers have shown our club a fantastic commitment in supporting our endeavours. In order to help support them we are giving each of our lane advertisers the opportunity to deliver their message to our members.

What we can do is show these great companies and people our support by using their products and services whenever possible. Their contributions help us to provide the best program possible and we want them to join us as long term supporters. Your help in this is invaluable. By letting them know you are a UCSC member you will help our Club establish itself as a valuable advertising resource.

With regards to the Daily Record, we think it is important to recognize the significant achievements that our swimmers accomplish; not only to reward them but also to help inspire all of our

swimmers to greater and greater personal triumphs.

You will also notice in this edition a short notice about our upcoming Dino-myte Swim School. This is a great opportunity to get out there and spread the news about UCSC. If you are aware of any friends and family that might be interested in the program please do not hesitate to refer them to Lorna. Our Club is exceptionally strong at the Development level and we want to keep this momentum going.

Until next edition, we look forward to any comments. If you are interested in assisting in the publication of DinoLine please contact us at [ucscnews@yahoo.ca](mailto:ucscnews@yahoo.ca)

## Jeffisms — The TREX Report

### Jeff Welechuk

Let's see... I really don't know what to say that hasn't already been conveyed in my DinoCup write up or is on the calendar... I'll just start typing and see what pops into my mind.

So this is the time of year that the stands start going crazy with rumors and chit chat. Remember page 10 of the parent manual? If you are uncertain about something you have heard or are unclear about something going on in the pool ask me. I will hang around after each practice just come up and ask. Emails and phone calls also work. I can't seem to figure out why things in the stands start to become more intense... After experiencing the short course season both swimmers and parents gain an understanding about Age Group trials and Provincials. All of a sudden your swimmer is talking about goals and times that they would like to achieve and this filters through to the parents that start to take closer note of what's happening. There are discussions in the

stands somebody says something without a full understanding of what is going on and a rumor gets started. If uncertain simply send me an email or ask.

Refer to page 11 of the parent manual...

**"let's keep the lines of communication open... if uncertain about anything just ask."**

let the swimmer drive the times and goals. As a parent ask yourself this simple question: "Is my swimmer happy?" If the answer is yes then what's the problem? If they are unhappy, have them talk to the coach.

I just realized that what I am trying to say is let's keep the lines of communication open... if uncertain about anything just ask. Even if you just need to vent send me an email!

There have been some group movements, which tend to cause stir in the stands, I have communicated to families individually. If you have any questions about the movements just ask and I will provide you with an honest answer. The TREX squad is now at 27 swimmers with two

swimmers with MQT times from Shouldice doing visitations until the end of May. When Shouldice finishes in May they will join the squad in preparation for Trials.

Fernie is coming up this weekend. This is a travel meet for the swimmers where they will travel with the team and stay with the team in condos. Just a note on what's happening... I will be traveling with the team on Friday and coaching for the first session. I will be heading back to Calgary Friday night and then off to Edmonton for Masters swimming provincials Saturday and Sunday. Ashley has her exit interview/presentation type thing Friday morning at the University and won't be able to travel up on the bus. She will drive up afterwards and should be there for the start of the meet on Friday. Ashley will be there for the remainder of the meet. If you need to chat about this catch me at the pool or send me an email.

Jeff

## **Danger with Dimitrov — NDG and YAG**

### **Emil Dimitrov**

A very successful short course season is over for the YAG and NDG swimmers. We are now transitioning into long course season, the swimmers carry on with increased volume and intensity throughout their loading period. They adjusted very well to the required technique changes and learnt more details about racing tactics as well. Dry land workouts were done with much more enthusiasm than ever before. They learnt what the purposes of the energizing exercises before swimming are, although stretching after practice is not enough yet. We worked hard and had fun though the preparation period and main competitions. These are their accomplishments:  
PB times - 71 for YAG; 73 for NDG.  
Most time improvement winners are:

YAG Seniors -Ricardo Sanchez 76.5 sec;  
Juniors-Yuri Kisil 106.76 sec  
NDG Seniors -Gord Masson 52.53 sec;  
Juniors- Corbin Pratt 57.76 sec  
A or B finals - 31 for YAG; 59 for NDG  
Podium Finishes:  
YAG: 2 Bronze (Mackenzie Kary and Madi Strange)  
NDG: 1 Gold (Nikki MacLeod), 3 Silver (Chelsea Shaul, 2 Bryce Pratt), 5 Bronze (3 Nikki MacLeod, Bryce Pratt and Duncan Donaldson)  
**\*New 200 FR Relay Club Record\*** for girls 13-14 (Nikki MacLeod, Chelsea Shaul, Carina Fan and Carling Jones)  
**New Westerns qualifying times:**  
Carlo Villarreal, Chelsea Shaul, Nikki MacLeod and Carling Jones  
**New AG Nationals "Club" members:**  
From YAG - Mackenzie Kary, Yuri Kisil,

Josiah Butt  
From NDG-Duncan Donaldson, Derek Ostrom, Anthony Mak, Gordon Masson, Sean Kubik, Bryce Pratt, Corbin Pratt, Jack Graham  
Both groups swam above 100 K volume for the first time through the month of Feb (124K YAG/141K NDG).  
**AB / BC Duel Selectees**  
Carina Fan, An Trinh, Nikki MacLeod, Yuri Kisil, Bryce Pratt, Mack Kary and Corbin Pratt  
**South/ North Meet Selectees**  
Kelsey Crocker, Leah Wookey, Alyssa Gabris, Juliana Talen, Paris Ellis, Jarod Tsang,

## **Development Group Developments**

### **Randi Willisko**

Wow - the season is flying by with only two months of swimming left! It was great to see all the excited swimmers, coaches and parents on deck at the University last week.  
The winter season came to a close with the Crazy Hat Day Junior Circuit. Congratulations to all swimmers! You have come so far from where you were in

September.  
The development program had swimmer Luke Hudson from Shouldice represent UCSC at both the Alberta Age Group Trials and the Alberta Age Group Championships. Way to go Luke!  
All 10 & Under development swimmers had the opportunity to attend Dino Cup last weekend. UCSC was a dominating

group of 145 swimmers from the Churchill, Shouldice and TREX programs. For most development swimmers this was the largest competition attended. Enjoy the last two months of swimming! I look forward to seeing you all again soon!

## **Important Points to Ponder**

### **Officiating Points**

The coming and passing of Age Group Championships doesn't only signify the end of short course swim season... it also officially wraps up the points calculations for your officiating requirements and resets your officiating points to zero for the long-course season.  
It is important to keep in mind your officiating point requirements as we progress so that you can avoid any

potential penalties that might be incurred. It is more important to understand just how vital officials are to the success of both our meets and those of other clubs who are hosting events.  
Without our parent volunteers, meets cannot be held and if we all simply "paid a penalty" none of our children would be swimming.

Please check the DinoBook in the members' section to confirm your requirements.  
If you are looking to upgrade your skills, the Calgary Winter Club is hosting a drop-in clinic for all positions on May 9, 2009 at 9 am. We encourage you to show up and get the extra skills needed to make our meets a success.

## Randi's Rap — Junior Age Group Report

### Randi Willisko

Welcome to the Long Course season. Hello to Carlos, Aliya, Karleigh, Bianca, Sara and Judy - the newest members of the JrAG!

The JrAG is coming off a well deserved Spring Break. Training had stepped up after the winter break/training camp and after 11 weeks of hard work and competition the JrAG swimmers were ready for a much deserved rest.

**Horns Invitational** in Lethbridge from January 30-February 1 was an opportunity for swimmers to see where they are and what needed to change before Age Group Trials and Age Group Champs.

**Alberta Age Group Trials** was attended by 4 JrAG swimmers - Sofia, Ghyslaine, Olivia and Haley. The girls participated in the 13-14 200 Freestyle Relay and achieved a Bronze. Congratulations to all four on a good meet.

**Alberta Age Group Championships** - March 20-22 - was a huge success.

JrAG had 17 swimmers attend: Ben, Kelsey, Kendra, Paris, Alyssa, Olivia, Mark, Karl, Liam, Rayna, Eric, Kali, Juliana, Terence, Conrad, Jarod and Erin. JrAG swam a total of 80% Best Times and all swimmers did a very good job. Some highlights:

**Ben Blondal** Bronze 100 IM; **Kelsey Crocker** 100 % Best Time, Gold 50 and 100 Breast; **Alyssa Gabris** 100 % Best Time; **Eric Rendall** 100 % Best Time; **Jarod Tsang** Silver 50 Back, Bronze 100 Back; **11-12 Girls** 200 Medley Relay SILVER; **12 & Under Boys** 400 Freestyle Relay Silver; **11-12 Boys** 200 Freestyle Relay Silver; **11-12 Boys** 200 Medley Relay Bronze.

Congratulations to **Kelsey, Alyssa, Juliana, Paris, Jarod** and **Mark** who have been selected to represent Team South at the Alberta North/South Dual Meet and Camp.

JrAG is off on the annual Fernie trip

this weekend. This competition will be held as a meet/camp. All swimmers will travel and stay with the team. On Saturday, all JrAG swimmers will be racing in the 13&Over session. This will give us an opportunity to race as a team and participate in classroom session and team building activities in the afternoon.

Only 13 weeks until Alberta Age Group and Senior Champs! Are you doing everything you can to keep healthy? This is a busy time of year with school beginning to wind down and swimming stepping up. Are you getting enough sleep... or are you up until 10:00 on Friday evening? Are you eating well to fuel your body... or are you snacking on chips before workout? Remember that you can work hard in the water but if you are not taking care of yourself outside the pool it will show in your training and racing.

## Year Round Landscaping

### The Benefits of Using Us for Your Landscaping Needs

Doing your own landscape design and construction is often not the least expensive option. The benefits of hiring a professional are well worth it. Not only can we save you time and money, but a professionally landscaped yard can significantly increase the value of your home as much as 15%.

Year Round Landscaping Inc. is a private, locally owned company built on the strengths of our experienced staff. We specialize in project management, construction and design. We provide service from planning to planting and can manage small to large projects with ease.

Landscapes today are more sophisticated and require sensitivity to the environment, whether it is proper drainage, native plant material or incorporating natural elements into your yard. The more detailed a plan is the easier it will be to ensure the outcome you desire.

Our focus has always been on our customers' satisfaction. We work to gain the trust of our clients through our knowledgeable staff, quality workmanship and

budget management. With proper planning we can even break your project into affordable phases over several years.

Our professional team can create a sustainable yard that will minimize up-keep and maintenance costs. Careful planning and spending money wisely will leave you with a yard you can enjoy for many years to come.

Feel free to call us at any time for your landscaping needs at (403) 236 1948 or visit us at [www.yearroundlandscaping.com](http://www.yearroundlandscaping.com)



## **N2 Report**

### **Kevin Anderson**

What a great short course season for N2! The season ended with some incredible performances that led swimmers to Canadian Records and various Alberta and Canadian teams.

FISU Games (World University Games) - Allison Long and David Dimitrov were both selected to represent Canada at the FISU Games in Serbia this summer. Their performances at the Canadian Nationals qualified them for the competition. Allison's 31.3 50Br was her selection event and David's 4:16 400IM earned his selection. This is definitely a world class event and will be exciting for these two high school athletes to dawn their Team Canada uniforms and race a world class field. Allison's time ranks her 40th in the world in her event!

Canada Games - David Dimitrov, Mike Lowenstein and Dan Blattler were all selected to represent Alberta at the Canada Games this summer in P.E.I. Once again a great opportunity for our athletes to participate in a games oriented competition.

Canadian Record - Allison Long and

Kirsten Weevers helped Katy Murdoch and Erica Morningstar from N1 set a Canadian Record in the 4X100 Medley Relay at the National Championships. First time on the podium at Senior Nationals and they get a Gold medal and a Canadian Record...pretty awesome.

New National Qualifiers - Stefan Priopoe, Pam McGhee and Eric Anderson qualified for Senior Nationals. Their performances will move them up the national age group rankings this year. Stefan and Eric will both be eligible to take a run at trying to make the Youth Olympic Games next year for swimmers born in 1992 and younger.

North American Challenge Cup - I assume that David Dimitrov has made the Canadian team for the North American Challenge Cup in Mexico but the team list has not been completed as of yet so we will have to wait and see.

These are just some of the highlights this short course season. There were many individuals who had some extraordinary swims and I congratulate all of you. Training has ramped up quite a bit

as we enter into the long course season with many opportunities ahead for our swimmers. It will be exciting to be a part of their success once again. Through the National Coaching Institute I have accessed a grant for professional development and will be at the University of Southern California working with world renowned coach, David Salo for a week until April 18. It should be a great learning and coaching opportunity for me and will allow me to broaden my thinking in terms of training and athlete development.

Moving into long course season means renewed commitment to individual goals. Adequate rest, a good diet to maintain a healthy weight and fuel the body, proper stretching to help prevent injury and an outstanding work ethic will be required by all swimmers. With a great bunch of athletes in N2, I am confident they will remain focussed on all of these components. To sum up, I would like to welcome the new swimmers in the group. You have all demonstrated these qualities in week 1 of training and will be enjoyable to work with all of you!

## **The Totally Board Report**

### **UCSC Board of Directors**

The past few months have seen some significant events to our Club both administratively and in the pool.

As a Board our role continues to be to implement and develop the administration of the Club. We have seen strengthening in terms of our financial situation and in terms of our planning for the current and upcoming seasons.

we continue to reap the rewards of our "new" relationship with the University of Calgary. In the near future we will hopefully see the addition of new starting blocks and we will con-

tinue to work to improve the facilities we have access to.

The date for the AGM has been set for Wednesday, June 10, 2009 at 5:30pm. The location is still to be determined but please watch your email for further information. Your attendance is important to ensure that we can continue to hear and respond to the concerns of our members.

There are a few Board positions to be filled for the next year including:

1. Director of Competitions
2. Director of Finance

### 3. Directors at Large

Our Board plays a vital role in supporting the ongoing operations of the Club. Your commitment to the Board helps us to ensure that we can continue to develop our Club into the premiere organization in not only Calgary but throughout Canada. For more information on these roles please check out the DinoBook in the member's section of the website or contact Mark Shaul at [mark.l.shaul@marsh.com](mailto:mark.l.shaul@marsh.com)

## George's Special Cream

### Relief for Swimmers Skin Irritations from Chlorine and Water Exposure

Like most good things in life, George's Special Dry Skin Cream didn't happen overnight. The cream is the creation of pharmacist George Doherty. In 1995- the coaxing of a local dermatologist and western Canada's harsh weather- inspired Doherty to concoct a skin cream to treat chapped hands, cracked feet and itchy legs.

"I destroyed my wife's cake mixer trying to get the lumps out of my cream," laughs Doherty. "I don't think she was too happy about that part."

As word of mouth spread about how George's Cream worked like no other, Doherty hired a local manufacturer to tinker with his secret formula and make it better. In 1998, he began marketing George's Cream to local pharmacists and friends and the rest as they say is history.

Fast forward to 2005. Since making the transition from pharmacist to entrepreneur in late 2004, Doherty's company has achieved its greatest marketing milestone- \$1 million in annual retail

sales. Not bad for a pharmacist turned entrepreneur.



Doherty attributes much of this marketing success to the fact that he has been able to sell George's Cream (available in a 450 gram jar and a 90 gram tube), through national and independent pharmacies, drug chains and grocery retailers across Canada.

Doherty is almost apologetic about his cream's success. More important than the record sales

achievement and status as a top selling therapeutic moisturizing cream, is that fact that his home grown formula has gained a reputation in western Canada for controlling dry, itchy, scaly skin. He also continues to receive customer testimonials describing how George's Cream has been helpful in treating problem skin conditions such as eczema, psoriasis, and common ailments such as sun and wind burn.

"What is very rewarding is the fact that many, many users have told us the amazing benefits they experienced while

using it on eczema and psoriasis," says Doherty. "Much to my surprise, however, is that women have been telling me that George's Cream works well as a night cream." For swimmers suffering the effects of chlorine burn or the long term effects of water damage George's Cream provides relief to sensitive skin.

Doherty also attributes the success of George's Cream to being upfront about the contents of his non-prescription "secret formula".

"Our ingredients are listed on the outside of every package," explains Doherty. "We do not use Urea or Lanolin in George's Cream because we believe that these ingredients cause skin reactions.

They can also be irritants to damaged skin. George's Cream also has no additives and is fragrant free." Doherty also made it clear that George's Cream was tested only on humans and not animals.

So, how do you stop the "winter skin itch"? Doherty recommends rubbing George's Cream from head to toe right after a shower or bath to lock in the moisture.

Website: [www.georgescream.com](http://www.georgescream.com)

## Coming Up Roses

### Future Meets, Events and Fun

In the next short while the following events and meets will be on our busy spring calendar:

#### Meets

Apr 17 to 19 - Fernie Invitational  
Apr 24 to 26 - Chinook Classic  
Apr 30 to May 12 - Europe Trip  
May 2 - UCSC Pentathlon  
May 9 to 10 - Spring Fling Jr. Meet

May 22 to 24 - UCSC TREX Meet

May 22 to 24 - Zajac Grand Prix

#### Events

May 29 UCSC Year End Party and Awards Night

- Please see the website for more details. This is a great evening for both swimmers and parents alike.

June 10 - Annual General Meeting

- Location to be determined. Please watch your emails for further information.

All in all we have a very busy long course season planned. We look forward to great swimming and great fun.

## Swimmers — Self-Talk to Faster Times Talk Yourself Into a Faster Swimmer

*Below is an article that may help your swimmer understand how the power of positive thinking and reinforcement can significantly affect swimming performance. Matt Leubers is a full-time swim coach, works with all ages and skill levels of competitive swimmers, fitness swimmers, and triathletes, from novice-level swimmers to national age-group champions to record-setters.*

How many of us talk to ourselves? I mean before, during, or after we swim - I know I do, and I'm sure most everyone else does as well. What we say makes a huge difference in how we perform. Negative words can crush a performance; positive words can result in a swimmer doing what they may have previously thought impossible.

Misty Hyman's performance in the 200 Butterfly (2000 Sydney Olympics) is a great example. Misty stayed relaxed and positive by telling herself she was trained and ready. And was Misty Hyman's self talk for the 200 butterfly successful - I'd say so! In sport, talking to yourself is called self-talk, and it's a cost-free way to improved practices and races. It should be part of every swimmer's (really, every athlete's!) sport psychology or mental toolbox.

Self-talk can be broken down into several categories depending upon how and when you do it. A few of these self-talk

categories are: Practice Performance, Practice Technique, Meet Performance, and Meet Technique.

### Swimming Practice Performance Self-Talk

Use this to help you stay on track during a tough swimming set, or when you just don't want to put out the swimming effort the way you know you should. Repeating words to yourself, over and over, takes your mind off of the negative and moves you towards the positive, helping you perform better. Tell yourself things like: "Hard work is good!" "I feel strong!" "Push this repeat!"

### Swimming Practice Technique Self-Talk

This comes in handy all the time. Using words or a count as you move through a stroke can make your technique much better. This includes things like: Counting 1-2-3-4 to coordinate arms, legs, and breathing in butterfly. Using cue words during a breaststroke pullout, like stretch, out, together, down, slide, kick. Repeating a

word or series of words to remind you to keep doing something, like kicking in backstroke.

### Swimming Meet Performance Self-Talk

This happens before you swim, during

your race, and even after your swim. Before the race, you might assure yourself that you are ready. Tell yourself about how you prepared for the event, and that you are set for a great swim. During the race, some of those practice performance self-talk words or phrases can be used, like "I feel strong" or something similar. After a race, review both the good and things that happened and the things that you would do differently if you did the race again. Frame them in a positive light - "next race, I will take 4 breathes on the first 25" rather than "next time I won't breath so much going out" - and you will get better results. I imagine your coach will go over the things that you can improve upon and will also remind you of the highlights of the performance.

### Swimming Meet Technique Self-Talk

This is very similar to swim meet practice technique self-talk, only you want to simplify it as much as possible. Rather than think of a long series of words while you swim, you may knock it down to just two or three - or maybe just one. You might also alternate a "technique" word with a "performance" word. Something like "STRONG - KICK - STRONG - KICK" could be used, with the words timed to help you maintain a good stroke rhythm.

There are many ways you can help your swimming. Talking to yourself is an easy, simple way that every one of you can make yourself better in workouts or meets. Practice it every day.

*Reprinted from About.com*



**"positive words can result in a swimmer doing what they may have previously thought impossible"**

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The University of Calgary Swim Club provides high performance training and experience on an ongoing, program-wide basis to a wide range of athletes. We strive to provide the best opportunity for your current or potential swimmer to achieve success not only in the pool but in life both today and in the future. With swimmers aged from 6 to 26 we can provide the leadership and camaraderie necessary to ensure that your swimmer obtains the best possible experience.

Feel free to contact us at any time with regards to your swimmer so that we can show you what our program can offer both on an athletic and personal basis.

Mike Blondal—Head of Swimming

## The UCSC Daily Record — UCSC Record Setting Performances

Congratulations to the following Dinos on their superb performances since our last DinoLine and for being great role models to all of our athletes...GO DINOS GO:

|                   |   |
|-------------------|---|
| K. Murdoch        | 100 Back - 2 AB records and 3 CAN records<br>200 Back - 2 AB records and 1 CAN record |
| Hanna Kubas       | 50 Back - 3 AB records  |
| Erica Morningstar | 200 IM - 1 CAN record<br>200 Free - 1 CAN record                                      |
| K. Aspinall       | 50 Fly - 1 AB record  |
| Oliver Bidrman    | 10 and Under 50 Breast 1 AB Record<br>10 and Under 100 Breast - 1 AB Record           |
| David Dimitrov    | 15—17 Male 200 Fly - 1AB Record   |
| Allison Long      | Senior Women 50 Breast - 1 AB Record  |

### Canadian Relay Records - 6

#### Women 4x200 Free - Can Cup

E. Morningstar, K. Peterson, H. Kubas, B. Hendriks

#### 4x200 Free - Can Cup

E. Morningstar, K. Peterson, H. Kubas, B. Hendriks

#### Women 4x100 Free - CIS

E. Morningstar, S. Mitchell, K. Murdoch, B. Hendriks

#### Women 4x200 free - CIS

E. Morningstar, K. Peterson, K. Murdoch, B. Hendriks

#### Women 4x100 Free Relay - Nationals

K. Murdoch, A. Long, K. Weevers, E. Morningstar

#### Women 4x100 Medley Relay - CIS

K. Murdoch, E. Morningstar, O. Okelly, S. Mitchell

### Provincial Relay Records - 5

#### Boys 200 Medley Relay AB Record—AG Champs

C. Roberts, O. Bidrman, C. Shaul, S. Keller

#### Women 4x50 Free R - Nationals

E. Morningstar, K. Peterson, K. Murdoch, B. Hendriks

#### Men 4x50 Free Relay - Nationals

K. Aspinall, K. Gillespie, B. Hankewich, D. Blattler

#### Women 4x50 Medley R - Nationals

H. Kubas, A. Long, S. Mattson, E. Morningstar

#### Men 4x50 Medley Relay

D. Langlois, C. Tobin, K. Aspinall, B. Hankewich