



# Hyaction

*Official Newsletter of the Hyack Swim Club*

FALL 2008  
Volume 2, Issue 1

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### Director of Swimming Report – Head Coach Mark Bottrill

The weather sure cooperated with us during our double-pool shut down this September/ October. With only a handful of drenched days the rest of it was very pleasant, and the slightly chilly mornings for the older swimmers got them into the water quick!

In short, not too much disruption except for some traffic battles I am sure. In any event, the season is now underway. All groups have had at least one meet and we are set to host on Nov 8/9 our own annual meet. In the first meet, shake off the rust from lack of racing, show the coaches what we need to see, and then a few weeks of training to the second meet and show how much we learned. It is important of course, to show up ready to compete hard at the November meet, as by the time we get to December, the cycle concludes and everyone from all the teams around will be looking to be in tip-top form. Some swimmers find themselves having the experience of being 'woken' up at the December meet and then getting on it for Christmas camp. We want to be ahead of the game going into camp looking forward, working on the excitement of early season success.

Looking ahead at a glance, this season we have a very busy travel schedule for our provincial groups and above. With both SC and LC AAA's a

travel meet, as well as Westerns in Edmonton (hotels and transportation is never an inexpensive proposition in Alberta these days), a travel meet to Youth Cup in December, Edmonton (EKI) in May, and Age-group and Senior Nationals in Montreal the standard parts of the season add up for families and swimmers who are seeking out the best in competition. As the season unfolds and the swimmers performances accrue, there are late season incentive meets in England, Washington and California the coaches are considering adding to the calendar, finishing off the season. Performance levels will dictate the necessity of these meets. Otherwise we have chosen to stay fairly local with our meet calendar, which should help with the bottom line over the season. However, it always seems to be a matter of taking competition more seriously when you travel. For meets in town we need to be focused, there is plenty of good racing here too for all levels.

**Josef Nagy visit:** The top ranked breaststrokes and IM'ers in Hyack have been selected to attend the Josef Nagy clinic this Saturday, Nov 01 at CCAC. The attendees will have the honor to work with one of the foremost experts on breaststroke in the world, and for all

## Hyack Fall into Finals Invitational

Saturday and Sunday, November 8-9, at CCAC

**WHOLE CLUB COMPETING...!**

Heats and Finals Meet for Regional and up swimmers.  
Mini-meets for Olympic Way and Grassroots!

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our coaches who will also be there it will be chance to take hands on information back to the programs they coach. FYI, apart from the technical work that Josef will speak to, he also packs a punch with his workouts, there is no easy fix for you to learn technique only, Josef's workouts are well known to be extremely demanding. In this clinic we may not see that, however, Annamay Pierce will attest to his program's commitment levels. This clinic was made possible through the Hyack High Performance and Coach Education funds, as well as the small user fee assessed to our swimmers. We hope to offer more of this type of opportunity down the line on other stroke disciplines.

*Coach Mark*

### Senior / PE News

Team BC/Canada Games: The selection criteria for Paul Bergen are now posted. You need to swim fast by the end of November if you are planning on making it! For Canada Games this summer, swimmers serious about getting a Senior National time

(or two!) should also be prudently studying the rankings for making this team. Both **Mike** and **Andre** have made their year's Canada Games team as have other swimmers who have furthered themselves from this opportunity.

Hyack Fall into Finals November 8/9: we are going into this meet prepared to race hard on just program change rest. If you have been following the program you will have a nice bounce from just a slight change in the program dimensions leading into the meet. By this I mean it won't be several days rest before. We are going to hold the line on rest until it is time to do so.

*Coach Mark*

### Youth National / CGP

#### Provincial News

I would first of all like to welcome some new swimmers to the Youth and Provincial group training dynamics. **Sarra Leung** has been a great addition to the Youth group while **Christopher Polok** has proved, in very short period of time, that he is ready for

the challenges the Provincial group has to offer. Their additions will only help in creating an environment of hard work and focus towards achieving individual and group goals.

The Orange / Black / White tri-meet at the beginning of Oct was a great way to start the racing season. You should be looking to build upon these racing opportunities as we move through the competitive season. On the horizon we have VPSC / Hyack November / Richmond / Youth Cup or PCS with a couple of school competitions rounding out the next couple of months. Be sure to check with your pool newsletters for upcoming events as well as your meet calendar I will be handing out in the next few days.

A special note goes out to **Stefan** who attended a Prospects camp in Victoria with 32 of the top 13 and 14 year olds in the Province. There he attended 10 sessions (5 swim / 2 dryland / 2 sports psychology and one nutrition) over 3 days. Hopefully he learned a few things about his training and what he needs to do better in order to be competitive, not only at the

## Special report from Beijing....

## From Katherine Jiang – CCAC Provincial



*Katherine from her view of the swimming finals.*

"The 2008 Beijing Olympics Games was so exciting to watch. Out all of, the National Aquatics Center which is also called the water cube was the most dramatic. The water cube design is based on natural formation of soap bubbles which give a random, organic appearance. The individual bubbles were incorporated into a plastic film and tailored like a sewing pattern. An entire section was pieced together and then put into place within the structure. There are interior and exterior films. The plastic film was then inflated and continuously pumped. I watched Michael Phelps's 3 events- 200 fly semi-final, 100 fly final, 200IM semi-final as well as women's 100 breast, 200 breast. I saw Rebecaa Soni, Ryan Lochte, Dara Torres and many more... Everyone stands up in the last 100m or 50m. 35%of the audience was Americans, and 45% was Chinese, and 20% was other people from other countries."

provincial level , but at the national level as well. Congrats on your selection and hopefully we can get a few more swimmers selected to these provincial initiatives over the course of the season.

*Coach Andrew*

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## CCAC Provincial / Jr Provincial News

Congratulations to each swimmer who attended on the successful High School and Orange vs Black vs White meet during the last few weeks. It is very important to represent the Hyack a little better each and every time, to put a little extra effort in every event and meet.

I saw lots of confident swimmers on the meets, so let's keep up with this positive attitude all the time! I also saw that everybody tried to bring the best out of themselves which is very promising. I would be happy to see the same attitude on the weekday practices as well. Regular attendance is important if you wish to make a progress. To be a successful competitive swimmer you must always be dedicated to your training.

An important notice: make sure you guys warm up before and warm down after the race really well. Also please try to find an activity [such as listening to music, reading] that helps you relax between races during swim meets or before regular practices during the week. It is important to achieve a mental calmness regularly so you will be able to focus when needed. Being on the top mentally is as important as being on the top physically.

We are just before the Short Course season,

so let's work together to get the best out of it. Let's see how much can we improve. Let's take it as a challenge so by the end of this season we can tell, how much that extra effort meant. You will see the result of your hard work on your times!

Believe in yourself because You CAN do it!!

Go HYACK!

*Coach Frici*

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## CGP Jr Provincial / Regional News

As this new season has begun you are perhaps filled with the energy that brings you to the pool and the willingness to train everyday and are enthusiastic about it. This is especially noticeable this year following the Olympics in Beijing.

Soon however the weather will turn to cold and wet and it will always seem like it is night (as you come to the pool in the AM and when you leave in the PM). Staying excited about your swimming could waiver, so I have several ways to keep your enthusiasm. As this is an opening, welcome back letter I will only give you one for now.

Set up a 'Daily/Weekly routine'. Getting into a routine will keep you on top of things and help avoid that overwhelming feeling. Staying on top of your school work, helping out at home which will enable your parents the time to drive you to the pool?

Setting, doing and keeping your routine now will be so beneficial in the coming months.

Always keep in mind that it takes a nearly 30 days in order for a habit to get established. Start working on yours...the sooner the better.

Congrats to the following individuals for their achievements thus far this year:

- **Devon** and **Hannah** New swimmers into the Regional group.
- **Wendy** and **Mark** for being selected to the 2012 group practice.
- **Devon** and **Chris** for their CGP Swimmer of the Month nomination in Sept.
- **ALL swimmers** and **parents** who were flexible and committed to the adjusted schedules to start the year!

*Coach Neil*

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## CGP Jr Provincial 2 News

Congratulations to our JP swimmers for their first meet of the year out in Delta. **Alastair W.** showed that he is very capable of getting and racing with good technique and had a fantastic 200 IM swim. **Karch T.** and **Rebecca B.** both had fantastic 400 freestyles getting best times and staying with race strategies. It was a fast meet and I hope everyone had fun so congratulations to those guys! As we move through the rest of the early part of the year I hope we can continue to improve our deligency towards proper turns through all practices and get ready to work hard and become EXCITED to race at swim meets! Lets have a fantastic year!

*Coach Brad*

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# ORANGE vs WHITE vs BLACK

Team Intersquad, Saturday October 11<sup>th</sup>.

...Orange... 208

...Black... 211

...WHITE... 263

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CCAC Jr Provincial 2 /  
Highschool News

Welcome back to all the swimmers that are returning, and a big high five to all our new fishies! We had a great first month outside, and I know we all enjoyed the sunshine, but it is great to be back inside and really getting into the season.

I just want to send out a big reminder to everyone that you need to come prepared for every practice, with a big smile, and all your required equipment.

Equipment needed:

Highschool

- Flippers
- Pull-buoy
- Water bottle
- Running shoes
- Shorts, t-shirt, and sweatshirt

Junior Provincial 2

- Flippers
- Pull-buoy
- Paddles

- Mesh Bag
- Snorkel
- Water bottle
- Running shoes
- Shorts, t-shirt, and sweatshirt

If you need to order equipment, you can print an order form off the website and return it to your coach with payment. Please make sure this is done ASAP!

I am very excited to have everyone in the pool this season, everyone brings some great strengths to the group, and I hope we can have a lot of fun, while improving in the pool, and staying fit!

*Coach Sarah*

CCAC Regional News

Welcome Regional swimmers! I would like to welcome all returning Regional swimmers and also all new Regional swimmers (**Natalie Kyle, Nicole Cheng, Andrea Szto, Chun Sing Leung, Kinga Wisniewska, and Angel Yang**). The Regional group is the first truly competitive group; many of the

swimmers will be competing against swimmers from other clubs for the first time of their swimming career. From going to LMR Champs to AA Champs, there are many more opportunities for the kids to race and have fun! I am very anxious to see what this year will bring. The Orange White Black Intersquad meet was a very good start for the kids in the Regional group. The VPSC meet out at UBC on October 25-26<sup>th</sup> will be the first meet that the swimmers get to race other clubs. There will be some very fast swimming there! Ultimately, by the end of the year, the kids should all be aiming for qualifying for AAA's!

*Coach Norm*

CGP Olympic Way News

Welcome to the 08/09 swim season! After an exciting 2008 summer Olympic Games I hope everyone is back and excited to train for the new season. I'd like to welcome **Matei**,

Special report from Beijing....

Exert from Lesley Christensen's blog,  
much more at: <http://lesleyinbeijing.blogspot.com>

Drew's Results from the Beijing 2008 Paralympic Games:

- 5<sup>th</sup> 200 IM: 2:36.67
- 6<sup>th</sup> 100 Fly: 1:06.98
- 8<sup>th</sup> 100 Backstroke: 1:15.46



*Drew on the big scoreboard in the finals at the Watercube!*

"I've never been so excited as I was tonight at the Water Cube! Drew put the world on notice tonight that he's a force to be reckoned with. Following his sixth place position in prelims, he put in a solid effort in finals and maintained his position, defeating two very fast opponents.

We were finally able to talk to Drew tonight after his race, and he reports that he's feeling great. He was very excited about his improvement in the 100 fly, and was very pleased that he's now faster than Emma in this event! He's hoping to get us passes to the Athlete's Village in the next week or so, so that will be an interesting visit.

The Water Cube was packed to the rafters with cheering fans, and Canada was in fine form. The first final for Canada of the night saw three of our swimmers ranked first, second and third, and that's exactly how they finished. It was a clean sweep for Canada in the S13 (partially sighted) Women's 100 fly! Congratulations to Valerie Grand'Maison, Kirby Cote, and Chelsey Gotell. It was so great to hear our anthem and see our flags flying."



## September Swimmers of the Month

CCAC	CCAC	CCAC		CGP	CGP	CGP
<b>Age-Group (Reg/JP/Prov)</b>	<b>Olympic Way</b>	<b>Grassroots</b>		<b>Grassroots</b>	<b>Olympic Way</b>	<b>Age-Group (Reg/JP/Prov)</b>
Angel Yang	Benjamin Siska	Joshua Kozelj	<b>Swimmer of the Month</b>	Jakob Garricks	Tijana Djasic	Devon Joanis
Erin Hamilton – Chris Chiu	Allison Cohen - Brianna Mau – William Troung	Tanya Mozafari – Erin Coueslan Lauren Engman	<b>Mini-Stars / Runner Ups</b>	Madeleine Leblanc	Jennifer Soros - Iam Campbell- Grieve	Angela Siemens - Christopher Polok

**Andrei and Pierse, Luka M** to our Olympic Way group.

Thank you to anyone that managed to make it out to Eagle Ridge pool in Coquitlam for the inconvenient start to our season. Now that we're back at CGP it's time to get down to business. As we continue to work on stroke technique and proper turns early in the season I'd like to congratulate **Jennifer S., Iam C.G., and Matei** for their continued improvement and leadership in practice. **Tijana D., Lukas S., and Jennifer S.** for their ever growing desire to be on time and lead activation.

*Coach Brad*

### CCAC Olympic Way News

Hello all new and returning Olympic Way Black swimmers! I am very excited to be coaching at CCAC again this year. This is the same pool where I started my swimming and coaching career with Hyack! After swimming at Eagle Ridge for the month of September, it is nice to be out of the rain and the cold. I would also like to congratulate **William Troung** for

## OLYMPIC WAY Stroke Camp

**Saturday October 11**

Lucy Liu  
Haiti Sun  
Lucas Slotman  
Connor Toomey  
Grace Hu  
Alison Cohen  
Allan Launer  
Aleks Mersketov  
William Truong  
James Hunter  
Sorena Bouhemish  
Tianna Djasic  
Remy Zhang  
Bobby Botev  
Ebby Alimoradi  
Lauren Dalton  
Elizabeth Crockett  
Christina Lemieux  
Priya Sidhu  
Kiana Billan

being a Mini-star for the month of September. Throughout the year, we will be doing lots of kick and stroke technique. My main goal for the year is to have all the kids qualify for their Regional time of under 4:00 for 200 IM or under 5:40 for 300 Free. The first swim meet that the kids will get a chance to race in will be the October minimeet on October 25<sup>th</sup>. Good luck to all swimmers!!

*Coach Norm*

Now that we are back at CCAC, it is time to get down to business! I am very excited to watch our OW Whites improve this year; they all bring some great talent and amazing attitudes to the pool. We are really going to focus on creating good habits throughout the season, and then moving on to finding some speed while still focusing on our technique.

Just a reminder about what each swimmer should bring to the pool every practice. All Olympic Way White swimmers should have ordered a pair of flippers by now. If you have not, you can print the order form of the website and bring it

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along with the payment to the pool. Also remember to bring your cap and goggles to every practice, along with a water bottle. An extra towel and running shoes are also great to have for dry land before practices.

I would like to send out a huge welcome to all our new swimmers, and a big welcome back to all returning members. We have made it a group goal to try to have everyone under 2:15 for 200 IM by mid season! So lets keep up the good work, and continue to have fun!

See you at the pool!

*Coach Sarah*

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## CCAC Grassroots News

NO REPORT

### GR Coaches:

*Maria, Norm and Gaby.*

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## GRASSROOTS Stroke Camp

Saturday October 18

Lauren Engeman  
Mackenzie Katz  
Cathy Liu  
Michael Tse  
Alvin Ding  
Kai Wing Kong  
Zachary Lee  
Venus Seyedi  
Anahita Sourate  
Camelia Xu  
Jessie Xu  
Maggie Xu  
Sean Kirkwood  
Nerys Kirkwood  
Madeleine  
Mia

## Annual Hyack Awards Banquet:

### SWIMMERS OF THE YEAR AWARDS

#### Female Youth National:

Emily Gerson, 200 Backstroke 2:27.12 (665 points) Age Group Nationals  
Calgary

#### Male Youth National:

Mathew Hua, 400 Freestyle 4:31.11(562 points) LOSC Annual LC Invitational

#### Female Junior National:

Vanessa Hanbury, 200 Freestyle 2:06.38 (800 points) Beijing Olympic Trials  
2008

#### Male Junior National:

Michael Cai, 100 Breaststroke 1:02.95\* (873 points) FINA World Junior  
Championships Monterrey Mexico \*BC 15-17 Provincial Record

#### Female Senior National:

Vanessa Hanbury, 200 Freestyle 2:06.38 (800 points) Beijing Olympic Trials  
2008

#### Male Senior National:

Michael Cai, 100 Breaststroke 1:03.61 (846 points) Summer Nationals 2008

*For the 2008-09 season the National swimmer categories will be revamped. There will be reduction from 3 categories to 2 (no longer awarded will be Junior National Swimmer of the year). This change is a reflection of the SNC split for the Age Nationals and Senior Nationals, as well as to recognize meet performance at Senior National Championships. The Youth swimmer of the Year will be ages 16 & Under, and the Senior National swimmer of the year will ages 17 & Over. The criteria for Youth swimmer will be based on FINA points on a single swim performed LC during the year, and for Senior National swimmer it will be top placing at the Senior National Championship as opposed to point score.*

## CGP Grassroots News

Although it was a crazy start this September, we are very pleased to hear that some of the Canada Games Pool grassroots made it out to the practices. That shows devotion! A special congrats to **Jakob Garricks** (September swimmer of the month) and **Madeleine Leblanc** (September mini-star). Remember that by attending all practices, and pushing yourselves at practice, anyone can get swimmer of the month. Right now we are working towards the Grassroots Mini Meet, which is taking place during the Hyack Invitational Meet (Nov 8-9).

*Coaches Sabina and Hannah.*

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## BC, National, PanAm Records set during 2007-08:

### *Pan-American*

Drew Christensen (SWAD)  
50m Freestyle LC - 29.30  
100m Butterfly LC - 1:06.98  
200m IM LC - 2:35.57  
400m IM LC - 5:37.94

### *Canadian*

Drew Christensen (SWAD)  
100m Backstroke LC - 1:15.46  
100m Butterfly LC - 1:06.98  
200m IM LC - 2:35.57  
400m IM LC - 5:37.94

### *BC Provincial*

Michael Cai (17&u Boys)  
100m Breaststroke - 1:02.95

*Annual Hyack Award's Banquet:*

**SWIMATHON AWARDS**

**Top Fundraiser(s) in the Club:**

11&under:		12&over:	
1/ Brian Fung	\$413	1/ Matt Hua	\$555
2/ Colin Kruger	\$327	2/ Siobhan Newell	\$455
3/ Amanda Dhaliwal	\$250	3/ Ryan Kharboutli	\$440

**SCHOLARSHIPS:**

DB Perks Scholarship: Michael Cai

**VOLUNTEER OF THE YEAR:** Anna Godkin

**EXCELLENCE AWARDS:**

Harinder Rai Award:  
Vanessa Hanbury, 200 Freestyle 2:06.38 (800 points) Beijing Olympic Trials 2008  
Therese Score Award:  
Michael Cai, 100 Breaststroke 1:02.95\* (873 points) FINA World Junior Championships Monterrey Mexico \*BC 15-17 Provincial Record

50m Backstroke SC – 0:28.01  
200m Backstroke SC – 2:03.22  
50m Butterfly SC – 0:25.62  
200m Butterfly SC – 2:01.38  
50m Backstroke LC – 0:28.91

Michael Cai:  
50m Breaststroke SC – 0:29.24  
100m Breaststroke SC – 1:02.55  
200m Breaststroke SC – 2:14.43  
100m IM SC – 1:00.94  
200m IM SC – 2:03.71  
400m IM SC – 4:23.67  
50m Breaststroke LC – 0:29.60  
100m Breaststroke LC – 1:02.95  
200m Breaststroke LC – 2:20.85  
200m IM LC – 2:08.20  
400m IM LC – 4:31.20

Courtenay Catlin, Talise Grossman,  
Kathy Qu, Vanessa Hanbury:  
4x100 Medley Relay SC – 4:26.58

Kristina Lawson, Siobhan Newell, Kathy Qu, Vanessa Hanbury:  
4x100 Freestyle Relay SC – 3:54.73

Vanessa Hanbury, Siobhan Newell,  
Kristina Lawson, Kathy Qu:  
4x200 Freestyle Relay SC – 8:26.05

Vanessa Hanbury, Kathy Qu, Kristina Lawson, Siobhan Newell:  
4x100 Freestyle Relay LC – 4:06.85

Michael Cai, Andre Kudaba, Danny Brimm, Rudi Plesch:  
4x200m Freestyle Relay SC – 8:00.91

Andre Kudaba, Rudi Plesch, Michael Cai, Danny Brimm:  
4x100m Medley Relay SC – 4:01.48

**Senior:**  
Vanessa Hanbury  
100m IM SC – 1:07.02

Michael Cai:  
50m Breaststroke SC – 0:29.24  
100m Breaststroke SC – 1:02.55  
200m Breaststroke SC – 2:14.43  
100m IM SC – 0:57.89  
200m IM SC – 2:03.71  
50m Breaststroke LC – 0:29.60  
100m Breaststroke LC – 1:02.95  
200m Breaststroke LC – 2:20.85

Andre Kudaba:  
100m Backstroke SC – 0:56.84  
50m Butterfly SC – 0:25.62  
50m Backstroke SC – 0:27.59

**Hyack Team Records set during 2007-08:**

**10&Unders:**

Hau-Li Fan  
200m Freestyle SC – 2:30.38  
400m Freestyle SC – 5:10.45  
800m Freestyle SC – 10:47.83  
1500m Freestyle SC – 20:20.11  
200m Backstroke SC – 2:42.81  
200m Breaststroke SC – 3:15.27  
200m Butterfly SC – 2:52.46

Haydn Pak  
100m IM SC – 1:25.55

Connor Lee, David Pinsky, Hau-Li Fan,  
Taylor Vander Baaren:  
4x50m Freestyle Relay SC – 2:21.32

Mark Pang, Chris Chiu, Haydn Pak, Ruslan Bajevs:  
4x50m Freestyle Relay LC – 2:32.75  
4x50m Medley Relay LC – 2:59.89

Wendy Yang, Paige Catlin, Ji Won Choi,  
Nikki Whitwick:  
4x50m Freestyle Relay LC – 2:24.56

Wendy Yang, Cassie Wang, Ji Won Choi,  
Nikki Whitwick:  
4x50m Medley Relay LC – 2:41.56

4x50 Freestyle Relay LC – 2:39.57

**11-12 Year old:**

Igor Gasovic-Varga  
100m IM SC – 1:13.68

Shaelynn Zaurrini, Lily Kanamori, Maddie Neufeld, Regina Chan:  
4x200m Freestyle Relay SC – 9:58.55

**13-14 Year old:**

Emily Gerson  
200m Backstroke SC – 2:21.92

Matthew Hua  
50m Breaststroke LC – 0:33.30

Daniel Gomez  
100m IM SC – 1:07.66

**15-17 Year old:**

Kristine Lawson  
50m Backstroke SC – 0:30.43

Kathy Qu  
200m Butterfly SC – 2:18.35  
100m IM SC – 1:08.64

Vanessa Hanbury  
200m IM SC – 2:21.21

Andre Kudaba:

**AGE GROUP AWARD WINNERS**

<b>Female</b>	<b>400 Fr + 200 IM</b>	<b>10&amp;under</b>	<b>400 Fr + 200 IM</b>	<b>Male</b>
Nikki Whitwick	8:54.49	1 <sup>st</sup>	8:06.37	Hau-Li Fan
Wendy Yang	9:09.40	2 <sup>nd</sup>	8:56.51	Haydn Pak
Ji Won Choi	9:36.50	3 <sup>rd</sup>	9:35.76	Chris Chiu
<b>Female</b>	<b>Top 5 200m &amp; up swims, must include each stroke, SNC points</b>	<b>11-12</b>	<b>Top 5 200m &amp; up swims, must include each stroke, SNC points</b>	<b>Male</b>
Lily Kanamori	2392	1 <sup>st</sup>	2030	Stefan Milosevic
Shaelynn Zaurrini	2079	2 <sup>nd</sup>	1549	Igor Gasovic-Varga
Maddie Neufeld	1995	3 <sup>rd</sup>	1401	Connor Lee
<b>Female</b>	<b>Top 5 100m and up swims, must include 1 IM, SNC points</b>	<b>13-14</b>	<b>Top 5 100m and up swims, must include 1 IM, SNC points</b>	<b>Male</b>
Emily Gerson	3091	1 <sup>st</sup>	2724	Matt Hua
Noemi Sorros	2523	2 <sup>nd</sup>	2676	Roman Bajevs
Joanna Leung	2458	3 <sup>rd</sup>	2544	Milan Milosevic
<b>Female</b>	<b>Top 5 swims SNC</b>	<b>15-17</b>	<b>Top 5 swims SNC</b>	<b>Male</b>
Vanessa Hanbury	3971	1 <sup>st</sup>	4083	Michael Cai
Kathy Qu	3704	2 <sup>nd</sup>	3779	Andre Kudaba
Siobhan Newell	3600	3 <sup>rd</sup>	3100	Rudi Plesch

**2007-08 Team BC Swimmers:**

12&u Regional Campers – Lily Kanamori, Maddie Neufeld, Nikki Whitwick, Connor Lee, David Pinsky, Hau-Li Fan, Stefan Milosevic, Igor Gasovic-Varga, Lillian Lo, Paige Catlin

Provincial Teams –

- Roman Bajevs – Fall 2007 Prospects Team (Victoria Camp) and Spring 2008 Prospects Team (BC vs Alta meet and camp)
- Matt Hua – Spring 2008 Prospects Team (BC vs Alta meet and camp)
- Andre Kudaba – Fall 2007 Youth & Junior Team (camp and THills)
- Michael Cai – Fall 2007 Youth & Junior Team (camp and THills)
- Vanessa Hanbury – Fall 2007 Youth & Junior Team (camp and THills)

**2007-08 Canadian National Teams:**

- Andre Kudaba – SNC Junior European Tour Team
- Michael Cai – FINA World Junior Championships (Monterrey Mexico) 50 Breast: 29.60, 100 Breast 1:02.95 6th  
- North American Challenge Cup (Edmonton, AB) Gold: 100 Breast 1:05.52/ 200 Breast 2:20.46/ 400 IM 4:34.43, Silver: 200 IM 2:10.84, Bronze: 400 Freestyle 4:11.01
- Drew Christensen – Paralympic Games (Beijing)



Mike and Andre have started their 1<sup>st</sup> years at Cornell and the University of Calgary respectively.

Hyack thanks our sponsors  
and friends:



"Come Play With Us"  
NEWTON BINGO COUNTRY  
401A – 7093  
KING GEORGE HIGHWAY  
604-590-3230  
SURREY, BC



## Hyack Club Contact Info

Club Office: 604-461-0550

Fax: 604-461-0551

Web Page: [www.hyack.com](http://www.hyack.com)

### Head Coach, Director of Swimming

Mark Bottrill at: [bottrill@hyack.com](mailto:bottrill@hyack.com)

### Assistant Head Coach, Club Registration

Andrew Lennstrom at: [lennstrom@hyack.com](mailto:lennstrom@hyack.com)

### Club President:

Tom Kudaba at: [tkudaba@shaw.ca](mailto:tkudaba@shaw.ca)

### CCAC Age-Group Coaches

Head Coach - Frici Lazlo at: [frici@hyack.com](mailto:frici@hyack.com)

Sarah Kudaba at: [sk\\_mermaid@hotmail.com](mailto:sk_mermaid@hotmail.com)

Norm Ng at: [norman.mang@gmail.com](mailto:norman.mang@gmail.com)

Gaby Yeung at: [gabyceyung@hotmail.com](mailto:gabyceyung@hotmail.com)

Maria Fernanda at: [mafer0402@hotmail.com](mailto:mafer0402@hotmail.com)

Natasha at: [maplegirl\\_49@hotmail.com](mailto:maplegirl_49@hotmail.com)

### CGP Age-Group Coaches

Neil Jones at: [memberservices@hyack.com](mailto:memberservices@hyack.com)

Brad Reid at: [coachbradreid@hotmail.com](mailto:coachbradreid@hotmail.com)

Hannah Thorlakson at: [coach\\_hannah@hotmail.com](mailto:coach_hannah@hotmail.com)

Sabina Sarbu at: [hkissezz@yahoo.ca](mailto:hkissezz@yahoo.ca)

Will Wang at: [wpwanger@yahoo.com](mailto:wpwanger@yahoo.com)

### Adult Training (Masters / Trifit) Coaches

Bonsor Masters - Brad Reid at: [coachbradreid@hotmail.com](mailto:coachbradreid@hotmail.com)

CCAC Masters – Frici Lazlo at: [frici@hyack.com](mailto:frici@hyack.com)

CCAC Trifit – Leo Ho at: [leoho423@hotmail.com](mailto:leoho423@hotmail.com)

CCAC Trifit – Sarah Kudaba at: [skudaba@hotmail.com](mailto:skudaba@hotmail.com)

CGP Trifit – Norm Ng at: [norman.mang@gmail.com](mailto:norman.mang@gmail.com)

*Hyack*  
swim club

'Valuing the pursuit of competitive excellence'

valuing the pursuit of competitive excellence

FALL 2008

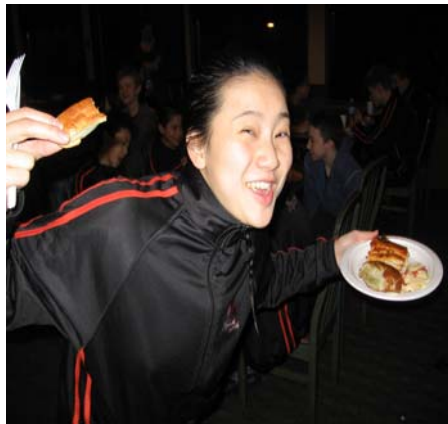
Memories of 2007-08....



Emma and Drew in Beijing.



The boss...Coach Mark



Happy and hungry Q-ball...!



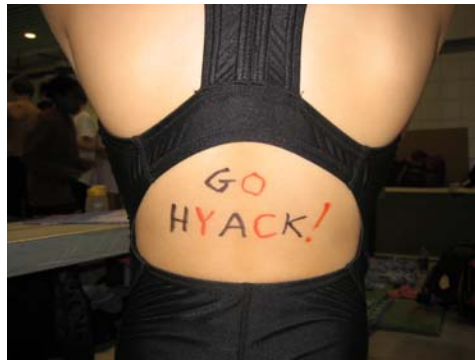
Magic of the watercube.



Who's that not in a team suit!



Ku.....sleepy....



...um...GO HYACK...



Booga booga...



Connor says, "yeah, baby!"



Nice goggles.



Eewwww, aliens in Roman's armpits