



# Hyaction

*Official Newsletter of the Hyack Swim Club*

SPRING 2009  
Volume 2, Issue 4

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## Director of Swimming Report – Head Coach Mark Bottrill

Long Course season now is upon us and with that the swim year will roll by fast as the weather warms. With far fewer long course racing opportunities on the calendar it is important for our families to clear their calendar to take advantage of the ones that do come by. It is somewhat different than the short course season where there always seems to be a meet around to race at.

Looking forward at the

age group calendar we have many swimmers excited about the chance to race at the Edmonton Keyano International, which has been a terrific meet over the 30 plus years it has run. I recall certain times when the meet had over 1,000 competitors. This meet will best prepare us for our own meet, where we have two American teams committed to coming as well as all the top local talent. It will be a preview of the Long Course AAA's and Age Group Nationals. Of course, by the time this meet comes around our swimmers will be in top physical form and ready to go and win some money!

### **Short Course Championship Meet Highlights**

#### **BC "AA's" February**

- 5 new "AAA" qualifiers: Paige Catlin, Alex Kyle, Katherine Jiang, Angela Siemens, Kirsten Lee

#### **Canada Western's February**

- Siobhan Newell medals in the 800 and 1500 Free

#### **Canada University (CIS) February**

- Andre Kudaba helps UCSC to 2<sup>nd</sup> place, sets 3 Hyack records.

#### **BC "AAA's" Feb/March**

- Haydn Pak-2<sup>nd</sup>, Wendy Yang-6<sup>th</sup>, Mark Pang-6<sup>th</sup>, in the overall 10&u SwimStars aggregate

- Provincial Champions – Vanessa Hanbury, Siobhan Newell, Kathy Qu, Kristine Lawson, Wendy Yang

#### **Spring Senior Nationals March**

- Andre Kudaba and Michael Cai – multiple "B" Finals

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## Senior Group News

Canada Games Team: from the BC Senior Championships in January through to the Spring Nationals in March there were 6 swimmers in the hunt for a berth on the BC Canada Games team. After the cycle concluded congratulations can be bestowed on **Siobhan Newell, Vanessa Hanbury, Mike Cai** and **Andre Kudaba** who all qualified for the meet which will be held in PEI this August.

We had some terrific swims from our athletes in the mix as they fought to make it; a big hand to **Rudi Plesch** and **Kristine Lawson** (who both made their National times over the period) and **Kathy Qu** who resisted valiantly through a lengthy bout of flu to compete as hard as she could.

From the Westerns through to AAA's the senior group enjoyed some great racing success. **Emily Gerson** won silver and bronze medals in her backstrokes at provincials to come with a meter of her national times. **Courtenay Catlin**, not to be outdone, came within a whisker of her National time as well in 100 Back and had a magic 400 IM. **Matt Hua** has continued his success this year and was a factor in finals at AAA's scooping up medals in 100-200 Breast. Finally, **Kirsten Lee** who has shown steady improvement

and swam herself into the 400 Free final at her first AAA's.

Spring Nationals was FAST! What an electric atmosphere with Annamay's world record too! The entire pool was cheering her on. Everyone there (including the swimmers in the breast final) wanted her to get the record. Fantastic energy! Our group competed well, **Mike Cai** won the b final in the 200 Breast with a club record time, and **Andre Kudaba** was solid in his flys as he raced in the B finals. **Kristine Lawson** came close to a second swim in the 50 back finishing 19<sup>th</sup> at her first nationals.

*Coach Mark*

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## Provincial Elite News

First I'd like to welcome our new member for the PE group **Katie**, and then to congratulate **Ryan** and **Andrea's** newly acquired AAA times. It won't be their first AAA times. There will be a lot more to come. Senior and PE swimmers took a fresh dip at the Langley Olympian pool soon after our spring break. It's the very first long course meet. The meet absolutely served it's purpose "A wake Up Call" to remind our guys what does it take to finish up season. So, let's get it done, and get it done right.

*Coach Will*

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## Youth / CGP Provincial News

The Hyack time trial in March brought to a close the short course season. Many of you have achieved some of the goals you had set while some fell short of their target. It is a good time to reflect on what you can do better the next time around (just 12 weeks until AAA's Long Course and 14 weeks until Age Group Nationals) in order to move closer towards your performance goals. Do not wait to make changes to areas you want to improve. You can't expect to go 6,5, or even 4 fast dolphin kicks off each wall at a meet if you don't do any in practice!

Some of the highlights from Feb/March include **Erin, Jaymes** and **Angela** competing at AA Champs achieving 15 best times, 12 finals, and 1 new AAA swim (**Angela** in the 12 yr old girls 200 Br). AAA champs had much of the same with over 40 best times, 5 new AAA swims, 16 Finals, and 5 medals (**Stefan**-2 silvers in the 100 and 200 Bk, **Sarra**-silver in the 200Fr and bronze in the 400 Fr, and **David** - a silver in the 12 and Under 200 F.R.). Our short course time trial had 7 best times with **Christopher** achieving his first Age Group National time in the 200 Br. His 2:51 now earns him a trip to Montreal in mid August. We should also be sure to congratulate him on his

recent promotion to the Youth group.

Special congratulations goes to **Stefan** who has been selected to represent Team BC at the annual BC vs Alberta dual meet in Kamloops April 23<sup>rd</sup> to 25<sup>th</sup>. His trip will include up to 6 practices and a dual meet with many of the top 14 and unders in Western Canada.

Hopefully the time off over spring break has recharged the batteries for the last push to the end of the season. There is no time to rest from now until the end of the year as the long course season is relatively short with a number of events packed in. Some upcoming events on the horizon include our annual Swim a Thon this weekend, CDSC next weekend and EKI at end of April all of which are meant to lead up to our May long weekend meet. Lets be ready to race!

**Coach Andrew**

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## CCAC Provincial / Jr Provincial News

2009 has started out as a very good year for the JP and Provincial group. The last two months was an eventful and exciting month in JP and Provincial swimmers' life. Since our last Hyaction our swimmers raced at Langley Challenge Meet, AA Champs, AAA Champs, Winskill Meet, Hyack Time Trial. Every swimmer walked away from the meet with great swims to be proud of.

### Highlights from the meets:

#### Langley Challenge Meet:

100% best times - **Brian Fung, Haydn Pak, Taylor Vader Baaren**

#### AA Championship:

*New AAA swimmers:*

**Katherine Jiang** 100 m breast, **Alex Kyle** 200 m breast

Swimmers in the finals and on

the podium: **Mia Bottrill** - 100m back 7th, **Jamie Engman** - 100 m fly 5th, **Katherine Jiang** - 100 m breast 1st, 200 m breast 6th, 50 m free 8th, **Alex Kyle** - 400 m IM 1st, 200 m breast 3rd, 1500 m free 3rd, 400 m free 4th, 100 m back 4th, 200 m back 4th, 200 m free 5th, 100 m breast 6th, **Petya Mineva** - 100 m back 3rd, 200 m back 8<sup>th</sup>, **Cassie Wang** - 200 m breast 6<sup>th</sup>, **Jonathan Zhang** - 200 m breast 5th, 200 m IM 6th, 100 m breast 7th

AAA Championship: was an incredibly hard meet for Provincial and JP swimmers.

Swimmers in the finals and on the podium: **Ku Chiu** - 50 m free 3rd, 100 m free 4<sup>th</sup>, **Brian Fung** - 100 m breast 5th, 200 m IM 8th, 200 m IM 8<sup>th</sup>, **Haydn Pak** - 100 m back 2nd, 100 m free 2nd, 200 m IM 2nd, 400 m free 2nd, 50 m free 5th, 200 m free 7th,

100% best times - **Chris Chiu**

12 & under Relays Provincial group members: 200 m free relay 2nd - **Chiu Ku - Taylor Vander Baaren - Connor Lee**, 200 m medley relay 5th - **Brian Fung - Chiu Ku**, 400 m medley relay 7th - **Chiu Ku - Brian Fung - Connor Lee**

Hyack Time Trial: 100% best times - **Ku Chiu, Brian Fung**

During the short course season JP and Provincial swimmers swam lots of

***To all the Swimmers, Parents and Coaches of the Hyack Swim Club;***

*On behalf of my wife Karen, daughter Kallee and myself I would like to thank everyone for their gifts and warm wishes on the birth of our first child, Kallee Emerie Chow Lennstrom, born January 26th, 2009 at 6lbs 9 ounces. It has been a tremendous amount of fun with every day bringing new challenges and learning experiences. It is amazing that in such a short time we are already commenting on how fast she is growing up! Keep on the lookout for the Hyack Registration in the fall of 2014! See you at the pool,*

***Andrew, Karen and Kallee Lennstrom***

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meters. We had some improvement in the strokes technique, but we cannot be satisfied with everything. As we head into the long course season JP and Provincial swimmers will see this trend continue with regular practice attendance along with a good work ethic. With more In the spirit of challenging practices swimmers need to remember the importance of stretching in between, and after the dry land and swim practices. Stretching is also a part of your improvement in a more

relaxed manner. Also remember few commands: streamline, hard push off turns and more (fly) kicking. The results off the all hard work will be present at the meet.

I don't doubt we are on our way to another successful long course season. I'm looking forward to writing report more from of our groups and swimmers great performances as the season progresses.

*Coach Frici*

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## CGP Jr Provincial / Regional News

Such a busy time for Hyack and all of swimming in BC and Canada. Many exciting results and stories from across the country proving that Canadians are again making a name for themselves on the International scene.

Obviously the major highlight was **Annamay Peirce's WORLD RECORD in the 200m Breast** at the Senior Nationals. Hopefully many of you were able to watch the webstream from the Hyack link. If not it is still on the Swimming Canada website. I'm sure Michael Cai, who was next up in the men's B final of the 200 Breast, used some of that loud crowd and positive energy to win his B final in a new Hyack Senior record... It is a great time to be excited about swimming!

Back in our neck of the woods our young swimmers were progressing very well and their level of competitions. **Paige Catlin, Dilip Rathinakumar, and Devon Joanis** continued the Champs season at the BC "AA's" in Chilliwack. Paige raced to her 1<sup>st</sup> "AAA" standards in the breaststroke events while Dilip and Devon earned multiple medals and many best times.

**Nicole Godkin**, in her last 10&u meet, led the younger Regionals with some great, tough swims at the Langley 10&u meet.

### 2012 Training Group – Spring 2009

*Spring/Summer Standards – Youth National group member or "Summer AAA" standard for Reg/JP/Prov.*

#### 10&unders:

**Wendy Yang, Mark Pang, Devon Joanis**

#### 11-12:

**Paige Catlin, Haydn Pak, Brian Fung, Connor Lee, David Pinsky, Taylor Vander Baaren, Chris Chiu, Inder Pooni.**

#### 13-15:

**Sarra Leung, Katherine Jiang, Chris Polok, Ku Chiu, Noemi Soros, Igor Gasovic-Varga, Stefan Milosevic, Daniel Gomez, Justin Rozecki, Vincent Guindon**

We head to the stretch run for this group. I hope everyone takes something home from it each Friday night. It sure is a lot of fun to coach. Every time we try to do a training element such as working on a tough set of 100's to bring up our fitness, and then the rest of the session revolves around some skills on the strokes. With some of the swimmers aging up shortly, should you lose your AAA time you will have a one month period to reclaim it so you can stay in the group. Race Hard!

*Coaches Mark, Andrew, Frici*

Paige then joined **Wendy Yang** and **Mark Pang** to face the best in the province at the BC "AAA" Champs. Paige raced well at the new level earning points for the club making 1 Final. Mark and Wendy raced very well with the top 10&unders, both finishing 6<sup>th</sup> overall in the tight aggregate standings. Wendy earned her 1<sup>st</sup> Provincial Crown when she won the 50 Butterfly in a new Hyack 10&u Team Record. Mark also raced up in a couple of 11&u events making finals in the 200 Freestyle.

Devon will join these 3 at the Summer AAA's as he earned his 1<sup>st</sup> standard at the Winskill LMR in March. Also racing very well there was **Victoria, Hannah, Rebecca, Jennifer, Amanda** and **Jelena**.

Following the meets, Dilip led the groups into the Spring Breaks camps and was recognized as a Swimmer of the Camp runner-up. With great attendance and work continuing from the camp, it looks like a great spring season coming up!

*Coach Neil*

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## CGP Jr Provincial 2 News

April has come and finally some sun! March was a hectic month for a lot of people with spring break falling right in the middle of it. Congratulations to **Rebecca B** and **Lauren D** Who had 100% attendance and a very solid effort throughout the camps.

Another notable is **Kate G** who had a good attendance throughout, and despite some rough feeling sick days put in a good effort none the less!

Early in the month we had a swim meet all the way out in Tsawwassen. **Rebecca B** had a best time in the 50 fly going 47.32, **Justin K** had five out of six best times and had his greatest improvement (of seven seconds) in the 200 back going 2:40.21. **Karch T** was another notable with a best time in the 50 fly going 37.00.

Now that the group has combined with the Provincial elite group the opportunity to race within practice is always there. It is time to step up the training in the back half of the year and look forward to a successful long course season. There is one LMR coming up and then it's our home Hyack Invitational that we need to get ready for.

Reminder to all swimmers to have their own labelled equipment and water bottles at all time and now that the weather is right to be ready to go outside! Just keep swimming!

*Coach Brad*

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## CCAC Jr Provincial 2 / Highschool News

The high school group has always been so much fun to coach and this year has not been any different! You guys have done a great job, and I hope you keep up the good work. Just a reminder that as the weather gets nicer make sure you bring your dryland

gear so that we can go outside and enjoy the sunshine (in other words, run your butts off!)

Remember that our Swim-a-thon is coming up on April 11<sup>th</sup>, and I am so happy that everyone is participating! Make sure to check your folder or talk to your coach about information on the event. As always if you have any questions, please don't hesitate to contact me! See you at the pool!

*Coach Sarah*

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## CCAC Regional News

The Regional group has been swimming very well for the past 2 months. They swam great at the Langley Novice meet in February and did very well. After that meet, **Sabrina Porreca** and **Danaka Brown** swam at the AA Championships in Chilliwack. Despite being a pretty long meet and also their first AA Championships, they still performed very well. Winskill Dolphins was up next on the Regional agenda. **Chun Sing Leung** managed to snatch a couple of 2<sup>nd</sup> place finishes and also a couple of 3<sup>rd</sup> place finishes. Overall, some very fast swimming at swim meets. During Spring Break, the Regional group also had a great camp. Results of the training at that camp will show at the upcoming meets.

Both the 10 & under group and the 11 & over group have been training very well. New to the 11 & over group, we have

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**Elizabeth Stewart, Harry Liu, Don Kang, and Owen Xie.** The 11 & over group has stepped up its game and is training much better than before. With an influx of new swimmers into the group, there are also swimmers moving up. **Alyssa DeStefano, Allan Lee, and Paula Soto** are moving up to the Junior Provincial 2 group. Congratulations everyone!

For her outstanding performance at both Chena and AA's **Danaka Brown** was the Runner-up for Swimmer of the Month in February. **Nicole Cheng** is the Swimmer of the Month for March because of her work ethics in practice. The coming months looks very promising!

**Coach Norm**

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## CGP Olympic Way News

Hello again to everyone! Hope Spring break was a blast for most of you and those that went away had a great trip! For Olympic Way groups March was a good month to start to get into some real training.

We have a few new group moves to welcome. **Avalon S** and **Tijana D** are officially Olympic Way Black swimmers as well as **Jakob G** and **Madeline L** are officially Olympic Way White swimmers.

During Spring break we had a fantastic camp which entailed back to back swimming days with some

## Hyack Team Records this Winter...

**March 2009** - 10&u Boys 4x50m Medley Relay - 2:41.84  
*Mark Pang, Jeremy Au, Haydn Pak, Devon Joanis*

**March 2009** - Kristine Lawson, 15-17 Girls 50m Backstroke - 0:29.41

**March 2009** - Kathy Qu, 15-17 Girls 200m Butterfly - 2:17.63

**March 2009** - Michael Cai, Senior Men 200m Breaststroke - 2:14.09

**March 2009** - Michael Cai, Senior Men 50m Breaststroke - 0:29.17

**Feb. 2009** - Kathy Qu, 15-17 Girls 200m Butterfly - 2:18.31

**Feb. 2009** - Wendy Yang, 10&u Girls 50m Butterfly - 0:34.54

**Feb. 2009** - Senior Women 4x50m Medley Relay - 1:59.60  
*Kristine Lawson, Siobhan Newell, Kathy Qu, Vanessa Hanbury*

**Feb. 2009** - Kristine Lawson, 15-17 Girls 50m Backstroke - 0:29.60

**Feb. 2009** - Kristine Lawson, Senior Women 100m Backstroke - 1:02.89

**Feb. 2009** - Kristine Lawson, 15-17 Girls 100m Backstroke - 1:02.89

**Feb. 2009** - Haydn Pak, 10&u Boys 50m Freestyle - 0:31.04

**Feb. 2009** - Andre Kudaba, Senior Men 200m Backstroke - 2:00.90

**Feb. 2009** - Andre Kudaba, Senior Men 100m Butterfly - 0:54.30

**Feb. 2009** - Andre Kudaba, Senior Men 50m Butterfly - 0:25.16

fast IM racing. **Luka M** and **Hattie S** were the most consistent attending swimmers so a big thank you goes out to them for their continued efforts. Thank you to everyone else that made the effort to appear.

Right before spring break started we had a mini meet to see where we were at. Some good swims on a short turn around were done and should be noted.

**Christina L** after swimming right on her best times all morning managed a twenty second best time in her 50 free and breaking the minute barrier going 57.46 was awesome! **Tijana D** went 4 for 6 best times with her best improvement in the 100 IM by eleven seconds. **Jakob G** was 100% best times of the swims he was able to do. **Andrei P** continued to improve with a twelve second

best time in the 100 IM going 2:20.68 and two other 5 seconds improvements in the 50 Breast and 50 Fly. Lastly **Lucas S** almost broke that 2:00 Barrier in 100 IM which is half way to the regional time going 2:00.86.

We are just two short weeks away from the Langley Olympian meet. The next couple weeks will be spent trying to get our racing strategies and focus within races ready to go. Come to practice ready to race, work hard, and most importantly have fun! See you in the pool!

***Coach Brad***

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## CCAC Olympic Way News

### WHITE

I would like to Congratulate all the swimmers who attended the Micro Meet and the Stroke Camp on Spring break Good Job guys keep working hard on your technique!!! **Connor McKay, Summer Zhang, Lauren Dalton, Jimmy Wu, Eddy Wu, Robert Wang.**

***Coach Mariah***

We are now well into our season, and wow has it gone by quickly! Everyone has been doing a great job, so keep up the good work! Good job to all the swimmers that came out to all or part of the Spring Break Camp. We had a fantastic time, and really focused on our turns and streamlines. I hope to see all the hard work that

you guys put in show up in practices and in our next swim meet. Thanks to **Brodie, Bobby, Anahita, Lily, and Angela** for coming out and joining in on the fun.

A reminder to everyone that our annual Swim-a-thon is coming up on April 11<sup>th</sup>. Make sure that you are getting out there and trying to get some support and pledges. Neighbors, family, and friends are all good people to ask! If you are unable to make the event, please let your coach know, and you will have a chance to make it up during the following week.

As always if you have any questions, please don't hesitate to contact me! See you at the pool!

***Coach Sarah***

### BLACK

February and March have been eventful months for all Olympic Way Black swimmers. They swam great at all the mini-meets as well.

During spring break, some of the Black swimmers came out and did a fantastic job at the Spring Break camp at CCAC. Their hard work really payed off; 6 Olympic Way Black swimmers qualified for their Regional times at the Langley Novice meet in February. **James Hunter, Aleks Mezentsev, and Connor Toomey** will be moving up to the Regional 10 & under group. While **Colin Kruger, Kyle Lee, and David Moon** will be moving up to the Regional 11 & over group.

Jessica Rumble also went to the Langley meet and

qualified for her Level 1 time in the 100 IM going 2:10.34. **Allison Cohen** and **Amber Jhin** will also be special invites to the Regional 10 & under practice on Saturday morning from 7:00-9:00am. Because of her hard work and dedication, **Brianna Mau** is a new addition to the Black group. Great job everyone!

Some of these young swimmers were also invited to the Winskill Dolphins meet before spring break. **James Hunter, Colin Kruger, Connor Toomey** and **Kyle Lee** came out to that meet and swam very fast! Now that they are in the Regional group, they will be able to swim at even faster meets!

Last but not least, we would like to congratulate **Kyle Lee** for being the Runner-up to the Swimmer of the Month for February and to **Connor Toomey** for being the Runner-up to the Swimmer of the Month for March. Congratulations boys.

***Coaches Norm & Frici***

### ORANGE

The CCAC orange group is progressing very well in their butterfly skills. Each swimmer is starting to understand how butterfly works. Over the last couple months 4 swimmers have moved up to the Regional group. Congratulations to **Elizabeth Stewart, Harry Liu, Owen Xie** and **Don Kang**. We also have new swimmers **Jessica Jiang, Bowen Fong** and **Emily Boyco**. Good job to **Priya**

*Team BC Winter Updates...*



Congratulations to 13 year old **Stefan Milosevic (Backstroke)** who has qualified for Team BC's Prospect squad this spring. He will compete in the BC vs Alberta Camp and Dual meet the weekend of April 24-26.



Congratulations to **Siobhan Newell (distance Free)**, **Vanessa Hanbury (sprint Free)**, **Michael Cai (Breaststroke)** and **Andre Kudaba (Butterfly)** who all qualified for the Canada Games which will be held in PEI this August.

**Sidhu** for achieving a best time in her 200 IM at the swim meet. Don't forget about the Swim-A-Thon this weekend!

Great job to **Elizabeth Stewart** for being the Runner up to the Swimmer of the Month for the month of February! **Harry Liu** was the Runner up to the Swimmer of the Month for the month of March!

*Coach Natasha*

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## CCAC Grassroots News

During these past few months the GR1 have been improved in their technique. **Zachary Lee** does great dives and his breaststroke kick looks much better keep it up Zachary!!!!!! **Kai Wing** has been working very hard on his butterfly and is always searching for improvement good job Kaiwing!! **Venus** has been improved her breaststroke and her dives Nice work!!!!

As well I would like to mention mayor improvements have been made in GR2. **Danae Echeverria** has made great improvement on her butterfly and she keeps doing her beautiful streamlines and dives. **Jennifer Wu** has showed good improvement on her dives and she is always on time and ready to go and puts forth and strong effort during workout. **Lauren Engman** has been working really hard on her butterfly and dives. **Eddy Wu** has been swimming better and better his streamlines on his back are much better, Good Job Eddy!!!!.

**Robert Wang** has managed to keep his feet together on fly kick and I am impressed with his improvement on his butterfly Great Job Robert!!!. **Alexis Plavan** has been spending a lot of time working on improving her stroke technique and she is doing very well. **Allison Cohen** is

always on time and ready to swim and work hard her hard work is greatly appreciated. **Alex Guerra** is a swimmer who comes to practice with a smile on his face, his wonderful sense of humor and his strong listening skills helps him to improve on his technique specially on breaststroke and backstroke kick. **Enoc Li** has been working very hard on his dolphin kick keep working hard Enoc!!!!!! **Danny Cooke** and **Tony Vainer** have been working on their breaststroke kick keep working hard guys!!!!

To everyone who attend the Mini Meet WELL DONE!!!!!! Lets keep it up the hard work!!!

A Special congrats for all the kids that attended the Stroke Camp last Saturday April 4th at CCAC:

GR1: Kai Wing Kong , Maggie XU, Jessie Xu, Maggie Zhang, Sean C, Sean K, Brie, Kedin  
 GR2: Mackenzie Katz, Allison Cohen, Alexis Plavan, Jennifer

Wu, Colin Wu, Michel Tse, Tony Vainer, Camilla Xu, Mei Yuang, Cathy Liu, Maya B, Neryse, Tsj

**GR Coaches: Maria, Norm and Vanessa**

## CGP Grassroots News

The Grassroots kids have been working very hard this past month. The Grassroots 1's have been working on dives and flip turns, while the Grassroots 2's have been learning how to use the clock and swim longer distances.

Our SOM for March was **Molly McCormack** and the runner up was **Dusan Mitrovic**. The Grassroots had a stroke camp at CCAC on April 4<sup>th</sup>. Those who attended got a chance to work on their butterfly technique, play games, and hangout with their friends from the other pool. As we approach the sunny months we would like to remind all Grassroots to bring running shoes so that we can do activation outside in the sun! See you on deck.

**Coaches Sabina and Hannah**

## Winter Memories...

HYACK Swimmers and Parents...!

Reminder to make a disk and give to your coach or send an email to

[memberservices@hyack.com](mailto:memberservices@hyack.com)

if you have any great pictures you'd like to see in the next Hyaction or on the web...

### Hyack's 1<sup>st</sup> 2014 GR registrant:



...learning how to streamline...



Proud parents...

### BC "AA" Champs:



The girls chillin' out...





Getting psyched for relays...



Eeeewwww...what is that!



Podium finish! New AAA qualifiers Katherine and Angela leading the way.

	<p>Check out a very cool video on the history of Canadian swimming here:  <a href="https://www.swimming.ca/100YearsofExcellence">https://www.swimming.ca/100YearsofExcellence</a></p>
	<p>Check out Anamay Pierce's WORLD RECORD swim here:  <a href="https://www.swimming.ca/flash/09springnationals-webcast/200br-WR.html">https://www.swimming.ca/flash/09springnationals-webcast/200br-WR.html</a></p>

**BC "AAA" Champs:**



Boys team relay silver...



Girls staying warm, nice towel color...!



Sarra looking fwd to her swims...



Devon – new "AAA" qualifier 400 Free!



Gents on the ferry.



It's relay time, always fun for Hyack!

**Winskill LMR:**



Coach Frici and mini-Soros...



LMR vets on the right, rookie gents on the left...

**Tony Lyon's Marathon Swim:**



Ready to tackle the challenge!  
Swimathon not such a big deal, eh kids!



5:30 AM, Hyack Youth kids lending a hand long course...



5:30..... PM, Seniors turn in the afternoon helping pace Tony...



Retro pick.....who's in the middle...?



## Swimmers of the Month

### FEBRUARY

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>
Katherine Jiang	Brianna Mau	Erin Coueslan	<b>Swimmer of the Month</b>	Andrew Brozovic	Christina Lemieux	Mark Pang
Petya Mineva Danaka Brown	Brody Young Elizabeth Stewart Kyle Lee	Allison Shaw Eddie Moon	<b>Mini-Stars / Runner Ups</b>	Nasira Kovari	Stewart Crombie Hattie Sun	Inder Pooni Tom Sun

### SWIMMERS OF THE SPRING BREAK CAMP

	<b>OW White and Black</b>	<b>OW Orange and JP "2"</b>	<b>Age-Group (Reg/JP/Prov)</b>
<b>Swimmer of the Camp</b>	Lauren Dalton	Rebecca Burnett	Hayden Pak
<b>Mini-Stars / Runner Ups</b>	Hattie Sun Luka Maletic	Lauren Dresselhius Harry	Dilip Rathinakumar William Truong Cassie Wang

### MARCH

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>
Nicole Cheng	Harry Liu	Danae Echeverria	<b>Swimmer of the Month</b>	Molly MacCormack	Lucas Slotman	Devon Joanis
Cassie Wang Alex Kyle	Connor McKay Connor Toomey	Daniella Low Kai Wing Kong	<b>Mini-Stars / Runner Ups</b>	Dusan Mitrovic	Duncan Ready Andrei Popescu	Kate Gibson Paige Catlin

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  
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