



COACH'S CORNER

FEATURING BRIAN BORTIGNON

Hello Mantas Community!

It's been an amazing start to the season so far. The energy each and every night is tangible and I thank the Swimmers, Parents, Coaches, and Executives who make this environment possible. For those of who are new to the club, I hope you have felt welcomed by our community and encouraged by early progress in your athletes.

I feel fortunate to be surrounded by a team of coaches who have shown true leadership in their groups and are focused on each individual's development. With each passing week, the swimmers who consistently attend practices, listen to their coaches, and work hard (all while having some fun, too!) will notice immediate improvements in their strokes and speed. As I mentioned at the Kickoff, the path toward excellence requires patience.

As the season progresses, the environment we train in will change both physically and mentally. Physically, the swimmers will soon be training at different pools and in warmer weather. Hydration, nutrition, and preparation will be key - both at practices and for those who attend swim meets. Mentally, swimmers will be motivated by their success in practice and will be eager to apply those skills in competition. By June 1, there will be a mere 63 days until the Simon Fraser Regional Championships!

I encourage all swimmers to attend at least one swim meet this season. They are a fun way to show off your skills, enjoy the outdoors, and spend time with your BMM besties! Some of you may be new to competitions - I assure you that your first experience will be both positive and memorable. As a reminder, each swimmer must complete one legal race at any point in the season to qualify for Regionals.

Finally, I am pleased to remind you that for the first time in our club's history, we will be hosting a full, two-day swim meet. We hope you will attend PREMIERE for a unique and historical event!

Brian

Meet our New Coaches

Swim-a-Thon

Thursday, June 21st

Divisions 1-3:
Kensington: 7-9 pm

Divisions 4-8:
SFU: 6:30-9 pm

Back by popular demand – the swim-a-thon fundraiser challenges swimmers to swim as many laps as they can within the time limit.

Each swimmer will raise money towards their challenge. Who will raise the most?



Coach Conor

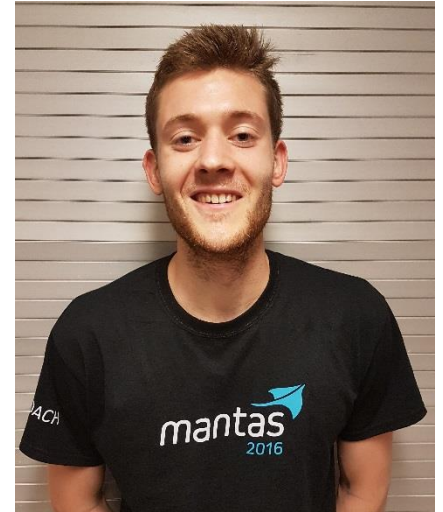
Hello Mantas!

I'm Coach Conor McDonnell, This is my 10th year coaching in BCSSA and first with the Mantas; I previously coached with the Coquitlam Sharks for 9 years as well as being their head coach for 5 years. I have swam in BCSSA for almost 20 years and I also swam with the Haney Seahorses for a number of years.

My hope is that my passion for swimming rubs off on the kids and they want to be their very best in and out of the pool. I have my degree from UFV and am currently pursuing a career in law enforcement.

A fun fact about me is that I am a huge movie buff so I see movies a lot and analyze and critique them on my own scale :) I can't wait to see what the kids all do this season, the mantas have been a very welcoming club so I'm very appreciative of that and I couldn't ask for a better group go Coach this season as all the kids have been great thus far!

I'm very excited for the rest of the season!



Coach Igor

Hi Mantas!

I am Coach Igor Lazic and I am joining summer swimming for the first time this summer in a coaching capacity. I am grateful to have been accepted into the Mantas family and look forward to helping swimmers learn the foundational skills of competitive swimming, as well as seeing them improve on their results in competition.

This spring, I completed my penultimate year of study in the Criminology Program at SFU. I am lifelong swimmer who swam with the Simon Fraser Aquatics swim team in high school and, later, for the Simon Fraser University varsity swim team. I enjoy the sport because it provides athletes with a means of improving their health and fitness while developing an attitude and self-discipline that will serve them well in all their chosen endeavors. My favorite memories as a swimmer involve proving myself wrong and achieving results that I previously thought were out of reach.

A fun fact about myself: One of my favorite memories is of scuba diving in Hawai'i among sharks and eagle rays.

Mantas Premiere Meet – June 2-3, 2018

Registration Information:

Sign-up deadline is quickly approaching! All swimmers who would like to compete in this meet must sign up on Active by **May 19th**.

Sign-up website:

<https://swimportal.active.com/?a=284326504>

Volunteers:

The Mantas Premiere cannot run without volunteers. Thank you so much to all the parents and families who are helping out! Final volunteer positions will be emailed out to the team very shortly.

Raffle Baskets:

Our fundraising committee is looking for donations for our raffle baskets. The money raised from the raffle baskets will be used to cover the cost of hosting the meet.

We would appreciate if each training group put together a basket of their choice. Alternatively, individuals can simply donate money to the fundraising committee. All money donated will be pooled for raffle baskets.

If you chose to donate money instead of doing a training group basket, you can submit the money to any member of the executive.

We thank you in advance for your generous support.

One Time Donations:

Would you or your company like to donate a prize for our swim meet? Our fundraising committee is accepting donations for raffle baskets and prizes for the bell races. Individuals or companies who donate prizes will be highlighted on our meet program.

What to Bring to the Meet:

Required for swimming:

- Racing suit
- Optional: second bathing suit for warm up (this allows the swimmer to change out of the wet bathing suit after warm up to dry off and stay warm)
- Goggles
- Caps are highly recommended but not required
- 2 towels – they get wet quickly from getting in and out of the pool so much
- Deck shoes – sandals to wear on the pool deck

Required for in-between races:

- Shorts, t-shirt
- Pants, sweatshirt and rain jacket on colder days
- Running shoes for in between races on colder days
- Water bottle
- Healthy snack and lunch, or money to buy food from concession

Optional, but highly recommended:

- Pop-up cover / sunshade
- Camping chairs (enough for kids and parents)
- Entertainment – such as cards, music, books
- Cash – the concession sells food all day long

Important Notes:

It is recommended by the coaching staff that swimmers remain in the day camp area and refrain from overly fatiguing activity. Hydration is also an important part of maintain energy levels.

Coaches are not responsible for swimmers during swim meets. Coaches will remain on the pool deck for the duration of the meet, while swimmers will be in the grass fields. Parents are responsible for their children for the duration of the swim meet. Please do not leave young children unattended.

Thank You BC Summer Swimming Association!

The BCSSA recently awarded the Mantas with a one-time funding grant. The money will be used towards some much needed equipment and a coaches training session. The coaches will participate in sessions focused on swimming injury prevention and nutrition.

Swim Equipment:

Please ensure you label all swimming equipment with your child's name. Coaches are not responsible for each swimmer's equipment – it is the responsibility of the swimmer to collect all their gear before leaving the pool.

If an item is forgotten at the pool, and the coach sees it, the coach will try to return it to the rightful owner. If any items are lost, please check with your coach and with the pool's lost and found bin.

SFU Parking Passes:

Each family is allowed one SFU parking pass. If you have still not picked up your parking pass, please email Heather at liaison@burnabymantas.ca to organize a pick-up time.

Mantas Sleep Over and Picture Day

Save-the-Date – the Mantas Annual Sleep-over is booked for **Tuesday, July 10th** at Kensington Outdoor Pool.

This event, a Mantas tradition, is a great opportunity for our swimmers to bond with their teammates. After team and individual photos, pizza will be served, followed by a movie and activities such as ultimate Frisbee, glow-in-the-dark capture the flag, photo scavenger hunt, card games, and much more!

Swimmers will set up tents and sleep in the fenced-in field around Kensington Pool. Our amazing group of coaches will volunteer their time to spend the night at the pool with our swimmers to ensure they are safe throughout the night.

Parents are invited to stay for the evening movie if they like, and should help their child set up their tent and sleeping area. While most parents will then leave to sleep in the comfort of their own beds, parents of very young children can sleep over as well if they prefer.

Parents will need to pick up their children from the pool by 8 am the next morning.

A sign-up link with more information will be sent to all families closer to the date.



Upcoming Swim Meets



“Don’t put a limit on anything. The more you dream, the further you get”

(Michael Phelps)

<i>Date</i>	<i>Event</i>	<i>Location</i>
June 2-3	Burnaby Mountain Mantas Premiere Swim Meet	Margaret & Paul Savage Pool, SFU
June 8-10	Burnaby Barracudas Grand Prix Meet	Central Park Pool, Burnaby
June 15-17	PoCo Marlins A/B Meet	Centennial Pool, Port Coquitlam
June 23-24	off	off
June 30-July 1	Port Moody Aquarians Golden Spike Invitational	Westhill Pool, Port Moody
July 7-8	North Van Cruisers Hootenanny Meet	Watermania, Richmond
July 14-15	Vancouver Vikings Meet at the Beach	Vancouver Aquatic Center, Vancouver
July 20-22	Sharks in the Park Meet	Spani Pool, Coquitlam
July 28 - 29	off	off
August 3-5	2018 Simon Fraser Regional Championships	Central Park Pool, Burnaby
August 17-19	2018 BCSSA Provincial Championships	Guildford Recreation Center, Surrey

BCSSA Swimmer Divisions

BCSSA divides swimmers into 8 different divisions so swimmers compete with others close to their own age. A swimmer’s age as of April 30 of the year is used to determine the swimmer’s category. Below is a table of the BCSSA’s division formula:

2018 BCSSA Speed Swimming & Synchro Divisions		Birthdate
Cat “O”	Div “S”	
O-Cat. 8 (17 & over)	Div. 8 (O8) 20+	Apr 1998 & before
	Div. 7 (S7) 17-19	May 1998 - Apr 2001
O-Cat. 2 (11-16)	Div. 6 (S6) 15-16	May 2001 - Apr 2003
	Div. 5 (S5) 13½-15	May 2003 - Oct 2004
	Div. 4 (S4) 12-13½	Nov 2004 - Apr 2006
O-Cat. 1 (10 & under)	Div. 3 (S3) 10½-12	May 2006 - Oct 2007
	Div. 2 (S2) 9-10½	Nov 2007 - Apr 2009
	Div. 1 (S1) 8 & under	May 2009 & later

Swimming in the News

To The Little Girl In The Swim Cap And Goggles

I hope that you never take this time in your life for granted.

By MacKenzi Thibodeaux

To the little girl in the swim cap and the goggles:

When school finally lets out for the summer, most kids your age look forward to leisurely days of staying up until late in the night and getting up even later in the day. They look forward to sleepovers at friends' houses on weeknights and going on weekend trips, but not you. You are special. You will spend your summers getting up at the crack of dawn to go to the local pool for practice and getting up even earlier to travel to the local swim meets. You, sweet girl, are a swimmer.

I'm not sure what got you here, maybe your mom signed you up for it in hopes of you getting better at swimming, (like mine did) or you begged her to do it because it was what all of the girls in your class were doing this summer; regardless of the reason, you are here. And there will be times in the future when you regret signing up, but then you realize all that those summer practices and meets taught you, and you will not want it to end. Honestly, I don't think that you realize just how much you will learn from being a swimmer, I know that in the beginning I did not.

Whether you stick with it through high school, or stop after a few summers, there is no denying that the lessons you learned will still be there inside of you. The friendships that were formed from all of those early morning meets and practices and seeing who could touch the bottom of the pool without the coach noticing will last the rest of your life. The memories and self-discipline formed at that pool will forever be ingrained in you, and your love for the water will never go away. Cherish this time you have, time of learning new things and making new friends, because all too soon one thing will lead to another and life will get busy or you will grow up and have to "throw in the towel" on something that defined a major part of you for such a long time.

I envy you, getting to experience this all for the first time. There is truly nothing like being on a swim team, though you more than likely do not realize that right now. While those 8 am summer practices mean that you cannot spend the night out like the other kids in your class can and the vast majority of your weekends will be taken up by swim meets all over, you should be so grateful that you get to experience this. You have the opportunity to meet, and become best friends, with people who you would not have met under any other circumstances in life. You learn discipline by having to go to bed early and wake up early, not so much the discipline of not eating, because let's face it – swimmers eat all of the time, but as far as everything else goes, those are qualities that you will carry with you, and benefit you, for the rest of your life. The added bonus is that you get to swim every day of the summer, and who wouldn't love that?!

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