

Kamloops Sunrays Synchronized Swim Club

MESSAGE FROM OUR HEAD COACH:

Hello Athletes, Coaches and Parents,

I can't believe it's February already. We have so many exciting things coming up as we enter into competition season.

January 18-20 our National Stream athletes attended their Provincial Qualifiers in Richmond. They looked amazing in their suits and made us proud. In 13/15 Solo category Karina Aujla placed 3rd, 13/15 Duet Kate Liebe and Keira Fawcett placed 3rd while Nadia Curtis and Rosina Fraser-Bowden placed 4th. The 5 athletes then joined forces along with Norah Mallett to place 2nd in the 13/15 Team Event.

In the Senior Technical Solo and Free Solo category Charlotte Ribalkin placed 2nd and swam a personal best in both of her routines.

Our Provincial Stream athletes and Star/Intro athletes are currently getting prepared to compete in the Interior Fun Meet being held in our home pool March 02. Come on out and support our athletes. A detailed schedule will be send out by your team coach within the next couple of weeks. Our National Stream team and Senior Solo will be putting on a demonstration at this meet as well.

GOOD LUCK SUNRAYS!!!!!!

Please read on for more information!

Tina Naveri

Head Coach



UPCOMING EVENTS

February 18

No Practice

March 2

Interior Fun Meet

March 17

Spring Break Starts

Athlete of the Month:

October: Mady Harper

November: Sofia Centeno

December: Samantha Fraser-Bowden

January: Kiran Fellenz

MORE NEWS

MESSAGE FROM OUR PRESIDENT:

Special shout out to all of the volunteers who have come forward to help with the CAS-Championships we are hosting in May. We have created a few sub committees to organize the various tasks Artistic Canada needs us to handle. There is still time to help out on a committee or during the event, just send me an email.

We recently purchased a SQUARE for payment processing. We can accept credit cards or debit cards. If anyone is interested please reach out to Susan or myself. We are happy to meet you at the pool to take care of any payments that are outstanding.

Lastly, as we approach competition season, the executive would like to wish all of the athletes the best of luck. Word hard and have fun! Being part of a team is what synchro is all about.

Mandy Curtis
President

Important Dates To Remember

February Dates to Remember:

February 18 2019 Family Day – No Practice

March Dates to Remember:

March 02 2019 Interior Fun Meet – Intro, Star, Provincial Stream, NS Demo

March 06 2019 Provincial Stream/Star – No Practice

March 08-10 2019 National Stream, Provincial Qualifiers – Surrey

March 09 2019 Provincial Stream – No Practice

March 13 2019 Star – Last Day of training before Spring Break

March 16 2019 Provincial Stream – Last day of training before Spring Break

March 17-24 2019 Provincial Stream/Star – Spring Break (NS See Calendars)

March 25 2019 Provincial Stream/Star – Back to Training

March 24-31 2019 National Stream, National Qualifiers - Montreal



Reminders & News

Club Caps:

All competitive Sunrays athletes are required to wear the new style of club cap. If your daughter requires a new club cap please contact Kerry Cardwell (bangersandsmash.kc@gmail.com), We will now charge the cap directly to your account.

Club Photos:

We will be having a photographer come in to take team, solo, duet and club photos. Once a date has been solidified information will be sent to all families.

February / March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
-Family Day – No Practice (all club)						
25	26	27	28	1	2	3
					-Interior Fun Meet (all club)	
4	5	- No Practice (PS/Star)	6	7	-NS Provincial Qualifiers	8
					-NS Provincial Qualifiers -No Practice (PS/Intro)	9
						-NS Provincial Qualifiers
						10

NS = National Stream, PS = Provincial Stream, Star = Recreational Stream, Intro = Intro to Synchro