



Ernestown Barracuda Swim Club

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
				EOSA SC Champs - Nepean		No Sunday Practice
6	7	8	9	10	11	12
13	14	15	16	17	18	19
			Eastern Champs - Gatineau			
20	21	22	23	24	25	26
Family Day No Practice					KBM Meet	
27	28	29	March 1	March 2	March 3	March 4
			Junior Provincials - Nepean			

Ernestown Barracuda Swim Club

February 2012

“It’s All a Part of Swimming”

- Crowded warm-ups, cold water, hot pool decks; “it’s all a part of swimming”.
- False starting, swimming in the wrong heat, swimming in the wrong lane, missing the wall, miss counting your 200, missing your event; “it’s all a part of swimming”.
- Showing up at the wrong time, showing up at the wrong pool, showing up at the right pool but the wrong weekend; “it’s all a part of swimming”.
- Goggles falling off, cap falling off, bathing suit falling off; “it’s all a part of swimming”.
- Getting disqualified at the Olympics; getting disqualified at a Provincial Championship, getting disqualified in your very first meet; “it’s all a part of swimming”.

Eastern Canadian Championships

February 16-19; Gatineau, QC
 Good luck to Amanda McCormack, Hannah Sutherland, Brianna Coens and Emanuelle Delaney; who will be competing against some of the best swimmers in the country.

“When nothing seems to help, I go and look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it - but all that had gone before”

- Jacob Riis

Coaches Corner

Perth Meet 3 Stars

- ☆ Lauren Dowling
- ☆ Paige Palmer
- ☆ Nick VanderSchoor

EBSC Meet 3 Stars

- ☆ Evan Jackson
- ☆ Sean Ditmore
- ☆ Katrina Hartman



Swimmers Changing Groups

- Congratulations to Coral Paterson for achieving the standards to move to Age Group 1 and Thomas Lee for achieving the standards to move to Age Group 2.

EOSA Team Championships

The following swimmers will represent EBSC at the 2012 Eastern Ontario Short Course Championship from February 3-5th in Nepean.

Dru Pierson, Lydia Vandenbergel, Lauren Dowling, Taylor Howe, Logan Clancy, Kaliah Barker, Paige Palmer, Vanessa Gervais, Ryna Hu, Tina Cai, Emily Barker, Ashley Pascoal, Sophia Smith, Madison Edgar, Sarah Rebec, Andie Rose Ledoux, Jakob Tulk, Luke Tulk, Nathan Little, Nick VanderSchoor, Matthew Suo, Megan Dowling, Georgia Duff, Carolyn Poucher, Courtney Buchanan, Abby Sutherland, Brianna Coens, Bronwyn Crawford, Jesse Thomas, Kristin Buchanan, Hannah Sutherland, Emanuelle Delaney, and Amanda McCormack.

Good luck swimmers

2012 Meet and Event Schedule

Date	Meet/Event	Location	Meet Type	Qualifying Times
Feb.	3-5, 2012	Nepean	Age Group / Senior	Yes
	16-19	Gatineau, QC	Senior	Yes
	25, 26	Kingston	Age Group	No
March	1-4	Nepean	Provincial	Yes
	27-1	Montreal	National	Yes
April	20-22	Brantford	Maximum 30 Swimmers	
	28, 29	University of Ottawa	12/under swimmers	No
May	11-13	Nepean	13/over swimmers	Yes
	26	Queen’s University	Age Group	No
June	1-3	Nepean	Age Group / Senior	Yes
	16	Ernestown	Age Group	No
	29-1	Nepean	Age Group	Yes
July	19-22	Edmonton	National	Yes
	25-30	Calgary	Age Group / Senior	Yes
July	28-Aug. 4	England	Olympic Games	

Gold, Platinum and Age Group 1 Swimmers will be invited to all meets that have no qualifying times

Barracuda Website: www.ernestownbarracudas.net