

# Ernestown Barracuda Swim Club

## January 2010

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

|   |  |           |   |   |  |   |
|---|--|-----------|---|---|--|---|
|   |  |           |   | <b>1</b><br><br><b>Happy<br/>New<br/>Year</b> | <b>2</b>   | <b>3</b>  |
| <b>4</b><br><br>Regular<br>Practices<br>Start | <b>5</b><br><br>Junior<br>Barracudas<br>Starts | <b>6</b>  | <b>7</b>                                  | <b>8</b>                                      | <b>9</b>   | <b>10</b><br><br><div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <b>Sharks<br/>Meet</b><br/>                     Warm-ups<br/>8am                 </div> |
| <b>11</b>                                     | <b>12</b>                                      | <b>13</b> | <b>14</b>                                 | <b>15</b>                                     | <b>16</b><br><br><div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <b>Ontario Cup - U of T</b> </div> | <b>17</b>   |
| <b>18</b>                                     | <b>19</b>                                      | <b>20</b> | <b>21</b><br><br>EBSC<br>Board<br>Meeting | <b>22</b>                                     | <b>23</b>  | <b>24</b>   |
| <b>25</b>                                     | <b>26</b>                                      | <b>27</b> | <b>28</b>                                 | <b>29</b>                                     | <b>30</b><br><br><div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <b>EBSC<br/>Meet</b> </div>        | <b>31</b>   |

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### EOSA Qualifying Standards

- 10 and under boys must meet the prerequisites in 100 IM and 200 free.
- All other 12 and under swimmers must meet the prerequisites in the 200 free and 200 IM.
- 13 and over swimmers must achieve the prerequisites in the 400 free and 200IM.
- Once the free and IM standards are met, a swimmer can enter any six events in the meet.

| EOSA           | 200 Free | 400 Free | 200 IM  |
|----------------|----------|----------|---------|
| Girls 10/under | 3:25.21  |          | 3:49.46 |
| Girls 11       | 3:02.56  |          | 3:26.00 |
| Girls 12       | 2:51.00  |          | 3:13.57 |
| Girls 13       |          | 5:45.17  | 3:07.66 |
| Girls 14       |          | 5:28.52  | 3:01.88 |
| Girls 15/over  |          | 5:23.36  | 2:58.15 |

|               | 200 Free | 400 Free | 200 IM         |
|---------------|----------|----------|----------------|
| Boys 10/under | 3:27.09  |          | 100 IM 1:57.85 |
| Boys 11       | 3:03.23  |          | 3:30.23        |
| Boys 12       | 2:50.32  |          | 3:12.76        |
| Boys 13       |          | 5:42.17  | 3:02.59        |
| Boys 14       |          | 5:28.52  | 2:55.26        |
| Boys 15/over  |          | 5:23.36  | 2:52.09        |

### Coaches Corner

#### Youth Cup 3 Stars

- ☆ Stef Ruksys
- ☆ Allie Duff
- ☆ Brianna Coens

#### KBM Meet 3 Stars

- ☆ Danae Morris
- ☆ Jaycee Farmer
- ☆ Madison Edgar

### Club Records Set in December

Congratulations to Stef Ruksys for setting 3 Senior club records at Youth Cup. Stef set new records in the 400 free, 800 free and 1500 free.

### Swimmers Changing Groups:

The following swimmers have achieved the standards to move to the next training group.

Madison Edgar, Danae Morris, Courtney Buchanan, James Morris, Savannah Thibeault, James Xie, Sophia Smith, and Carolyn Poucher. Congratulation swimmers.

**Sharks Meet - Sunday January 10th**  
**Kingston Military Pool**  
**Warm-up 8-8:45am**

**EBSC Meet - Saturday January 30th**  
**Warm-ups**  
**13 and Over 8-9am**  
**12 and Under 1-2pm**

### Meets/Events

| Date                     | Meet/Event            | Location              | Type                | Qualifying Times |
|--------------------------|-----------------------|-----------------------|---------------------|------------------|
| Jan. 10, 2010            | Ice Breaker Meet      | Base Kingston Pool    | Age Group           | No               |
| 15-17                    | Ontario Cup           | University of Toronto | Senior              | Yes              |
| 30                       | EBSC Meet             | Here                  | Age Group / Senior  | No               |
| Feb. 12, 13, 14          | EOSA SC Champs        | Nepean                | Age Group / Senior  | Yes              |
| 18-21                    | Eastern Champs        | Nepean                | Senior              | Yes              |
| 25-28                    | SC Junior Provincials | Etobicoke             | Age Group           | Yes              |
| 27-28                    | Short Course Finale   | Kingston              | Age Group           | No               |
| <b>No Meets in March</b> |                       |                       |                     |                  |
| April 1-4                | Spring Nationals      | Montreal              | National            | Yes              |
| 16-18                    | Team Champs           | Brantford             | Maximum 30 Swimmers |                  |
| May 7-9                  | Festival of Spring    | Nepean                | Age Group / Senior  | Yes              |
| 23                       | GO Meet               | University of Ottawa  | 13 / over swimmers  | No               |
| 28-30                    | Ontario Senior Champs | London                | Senior              | Yes              |
| 30                       | SC Last Chance Meet   | Base Kingston Pool    | Age Group           | No               |
| June 4-6                 | EOSA LC Champs        | Nepean                | Age Group / Senior  | Yes              |
| July 1-4                 | LC Junior Provincials | Nepean                | Age Group           | Yes              |
| 22-25                    | Age Group Nationals   | Winnipeg              | Age Group           | Yes              |
| 28-31                    | Senior Nationals      | Victoria              | National            | Yes              |

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