


Ernestown Barracuda Swim Club

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Happy New Year
2	3 Session II of Junior Barracudas Starts	4	5	6	7	8
				Perth Meet		
9 Regular Practices Start	10	11	12	13	14 Gift Card Orders Due	15
16	17	18	19	20	21 EBSC Meet	22
				Ontario Cup - U of T		
23	24	25	26	27	28	29
30	31					



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EOSA Team Champ Qualifiers

The following swimmers have qualified for the EOSA Short Course Champs (February 3-5). Swimmers must qualify in the 200 or 400 free and the 200 IM.

Dru Pierson, Lydia Vanden Angel, 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, Chad Coleman, Megan Dowling, Georgia Duff, Carolyn Poucher, Courtney Buchanan, Abby Sutherland, Brianna Coens, Bronwyn Crowford, Jesse Thomas, Kristin Buchanan, Hannah Sutherland, Emanuelle Delaney, and Amanda McCormack.

The last chance to qualify for EOSA Team Champs will be at our January 21st meet

Bus Trip to Olympic Trials in Montreal

- EBSC is planning a one day bus trip to Olympic Trials in Montreal
- The day planned is Friday March 30th
- Events: 200 fly women, 100 free men, 200 IM women, 800 free women
- Hannah Sutherland will be swimming the 200 fly; Allie Duff will all be swimming the 200 IM and Amanda McCormack will be swimming the 800 free on that day
- **More details to follow**



Coaches Corner

Youth Cup 3 Stars

- ☆ Brianna Coens
- ☆ Carolyn Poucher
- ☆ Sophia Smith

KBM Meet 3 Stars

- ☆ Kaliah barker
- ☆ Dru Pierson
- ☆ Logan Clancy



Swimmers Changing Groups

- Congratulations to Sean Ditmore, Katrina Hartman, Sage Hartman and Hayley Maloney for achieving the standards to move to Age Group 2

Great Job on the Holiday Training Camp;

- Andie Ledoux and Brianna Coens had perfect attendance;
- The top 5 distance swimmers for the Senior group were Andie Ledoux 100.4 km, Brianna Coens 97.5 km, Hannah Sutherland 91.5 km, Courtney Buchannan 87.5 km and Sarah Rebec 81.6 km
- The top 5 distance swimmers from Age group 3 were Tina Cai 60.7 km, Matthew Suo 59 km, Paige Palmer 57.5 km, Emily Barker 55.5 km and Vanessa Gervais 40.8 km
- Courtney Buchannan did the most push-ups 1,040
- James Xie did the most sit-up 1,675
- Matthew Suo did the most chin-ups 280

2012 Meet and Event Schedule

Date	Meet/Event	Location	Meet Type	Qualifying Times
Jan. 6, 7, 2012	Mike Brown Meet	Perth	Age Group	No
20-22	Ontario Cup	University of Toronto	Senior	Yes
21	Invitational	Ernestown	Age Group / Senior	No
Feb. 3-5	EOSA SC Champs	Nepean	Age Group / Senior	Yes
16-19	Eastern Champs	Gatineau, QC	Senior	Yes
25, 26	Short Course Fanale	Kingston	Age Group	No
March 1-4	Junior Provincials	Etobicoke	Provincial	Yes
27-1	Canadian Olympic Trials	Montreal	National	Yes
April 20-22	Team Champs	Brantford	Maximum 30 Swimmers	
May 26	KBM SC Fanale	Queen's University	Age Group	No
June 1-3	EOSA LC Champs	Nepean	Age Group / Senior	Yes
9	EBSC Meet	Ernestown	Age Group	No
29-1	LC Junior Provincials	Nepean	Age Group	Yes
July 19-22	Summer Nationals	Edmonton	National	Yes
25-30	Age Group Champs	Calgary	Age Group / Senior	Yes
July 28-Aug. 4	Olympic Games	England		

*** The Long Course meet schedule is yet to be finalized**

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