



OGIES MONTHLY NEWSLETTER

June 10th

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AWESOME OGIES

This past month, we have seen so much great work from all our Ogies and we are proud of how hardworking they have all been.

Improvement- All the Ogies have shown tremendous improvement. At the start of this season, they were struggling with confidence with the new skills being learnt. Now they all look like completely different swimmers. They are starting to master the skills that were hard to do at the beginning and hard work has been shown at every practice. Improvement is definitely showing!

Meet Attendance- Meets are a super important (and super fun) part of our season as summer swimmers. Attending meets helps you become part of our Ogopogo Family. They are where you really build connections, not only within our Ogies group but with all the Ogo swimmers and even with the other Okanagan swimmers. We would like to recognize our Ogies who attended our first two meets: Juliana Salvati and Mckinley Clement both attended the Revelstoke meet. Bryce Smirl, Rowan Hughes, Mira Siggers, and Elodie Sandler, all attended the meet this past weekend in Princeton. Everyone did amazing in all their races and we can't wait to see even more of you at the rest of the meets this season!

Leadership- This season we have lots of new swimmers in our group! And we have really appreciated seeing all our more experienced swimmers step up and help get all our new swimmers familiar with how our practices work. They have all been listening to the coaches and putting in lots of effort into what we are doing. They have all really helped the success of the group as a whole and we are so proud.

Everyone has really been doing so amazing, keep up the great work Ogies!

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WHAT'S HAPPENING AT THE POOL

This past month we have been doing A LOT of flutter kick, sidekick, streamlines, and dolphin kick. These skills are all very important in swimming, so doing them well is essential and our priority. All our swimmers are doing very well, and they have all built very strong foundations which is great because then we can add more difficult skills!

Over the next month, our goal is to start working on swimming freestyle. Although freestyle seems fairly simple, doing it well is not easy. All their hard work on sidekick and flutter kick is really going to pay off when we get into the harder skills. We are also planning to start focusing more on backstroke basics this month. Usually, backstroke is easier for swimmers to learn, so it shouldn't be too much information to take in!

If you have any questions, concerns, or you would like more details about our plans for this summer, please feel free to contact us at: jcogopogo@gmail.com.

REMINDERS

We have loved seeing so many water bottles on deck! Staying hydrated during practice is extremely important. We will keep on reminding swimmers to bring their water bottles and take sips throughout practices.

We have been timing the swimmers (test sets) so we are better able to track their progress. We also like to have those times for our report cards (which we handed out this past week, hopefully, your swimmers have passed those on to you). Although test sets only take about 10-15 minutes, we really want to be able to focus on progressing strokes and improving your child's swimming. We will still be doing tests sets, however, there will be dates set in place for testing. If your swimmer is unable to attend, that is totally fine, you will just not see times on their report cards. We only have two more tests this season. We will be testing Monday, July 1st and Wednesday, July 3rd. (Please note that your swimmer will only have to do the test set once. If they attend both days, they will work on something else during the tests.) We will let you know the last test dates in our next newsletter.

Although we love meeting all the parents and answering questions, we just ask that you do not ask us questions while we are coaching. We want the swimmers to be our top priority during practice. If you have any questions or concerns please email us, or come to talk to us in the ten minutes before activation (3:30-3:40) or ten minutes after practice (4:45-4:55). Thank you so much for your cooperation. Feel free to contact us- jcogopogo@gmail.com

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UPCOMING EVENTS

June 15th to 16th- Lumby Meet

Held at the Lumby Outdoor Swimming pool. This meet is always a blast, with father's day breakfast, and if we are lucky, the bannock lady will be there!

June 19th- Swimathon

At H20, during regular practice times. This is a fundraiser for our club where the swimmers swim the most laps they can in our 45 minutes practice.

June 22nd to 23rd- Ladner Meet

This is a new meet we are attending outside of our region. Held at the Ladner Outdoor Swimming Pool.

June 29th to 30th- Merritt Meet

Held at the Nicola Valley Swimming Pool (Indoors).

July 1st and July 3rd- Testing

During regular practice, usually takes 10-15 minutes. Swimmers will swim a timed 50m flutter kick, a 25m free, and a 25m back.

July 6th to 7th- Kelowna Meet

Our home meet! Held at the H20. This is always a great meet with a lot of Ogo team spirit, not to be missed!

July 8th- July Newsletter sent out

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