



Happy February!

Thank you to everyone who attended the January Movie & Pizza social, we had a great turnout! If you were unable to make it or still have more questions, please see this [FAQ document](#).

Reminders:

- Reminder that there is a designated drop off area at the H2O, please follow the signs and be safe during drop off and pick up.
- Start thinking about hotel/camping bookings for summer swim meets.

Important Upcoming Dates:

- Sunday Feb 11th: Mini Meet 12:30pm-5:00pm
- Week of Feb 12th- Feb 16th: swimmers that attended the Mini meet can only attend one (1) practice this week. *This does not apply to Ocat swimmers nor swimmers that did not attend the Mini Meet.
- Monday Feb 19th: No Practice Family Day
- Feb 20th- Mar 12th: Swimmers Final Assessments and Summer Group Placement will be announced
- March 18th - April 1st: No Practices- Spring and Easter Break
- April 2nd: AM Practice Resumes
- April 3rd: PM Practice Resumes
- April 29th: Last PM Practice for Winter Maintenance Season
- April 30th: Last AM Practice for Winter Maintenance Season
- May 1st: Summer Season Begins

Coaches Corner:

I hope everyone enjoyed our Winter Team Social, The Movie Night! It's a wonderful way to meet other parents and teammates "off the pool deck" while enjoying a movie together or getting more informed of the upcoming event, The Mini Meet!

The Coaching Team will continue getting the swimmers ready for the Mini Meet. We have been doing our Meet Warm up during practices so the swimmers will know what to do for the meets warm up. We will focus on Starts, Turns, Relay Order, Relay takeovers and "All the little things" while continuing to focus on technical development for all 4 strokes.

For the Mini Meet, Swimmers will be divided into two teams (Green Team and the White Team) and placed on Relay teams. This information will be posted once the meet entries have been completed. Coaches will announce on TeamSnap and also post on the wall during practices the swimmers relay teams are and which team they are on.

When it comes time prior to the evening or the morning of the Mini Meet and "something comes up" that you will not be able to attend the meet, Please contact Coach Dawn ASAP so she has time to "scratch" the swimmer from the meet and have time to "adjust" the relay teams if able to do so.

ALL swimmers that are Registered for the Winter Maintenance Season attending the Mini meet will be placed on the relay team *as best we can pending based on swimmers attendance. Please let me know if your child has to leave early and will not be able to attend to the relays. This way we coaches will not put them on a relay. *We strongly believe in the phrase: "Don't let your teammates down." Hence why all who attend the meet are assumed they will be able to be on the relay.

Any questions or concerns "on/off pool deck" related issues regarding the swimmers practices and/or for swim meets please reach out to the Director of Swimming- Coach Dawn email: elsborgs@gmail.com Cell: 587-830-0037

See you on the pool deck with your **BOTTLE OF WATER!**

Coach Dawn, Corbin, Caleb, Gina, Jenna, Mackenzie, Kasia, Eva,
Jr. Coaches Isla, Julia, Alex, Ellie, Julianna and Mika

Fundraising Info:

Way to wet your whistles, Ogos ~ our refundable returns have raised almost \$1100 this season! CAN you believe we have kept over 32,000 containers out of our landfill while fundraising for our club?!

To keep this going take your clear bags to the Return-it-Express depots (Kent Rd, Dease Rd, or St. Paul in North End), use phone number **250-870-8099** to print out stickers, label your bag and toss it in the Express Drop Box.

***** FEBRUARY FUNDRAISER *****

Instructions to order your take-out dinner for after the mini meet from Hillcrest Foods for our February Fundraiser are below:

1. Fill out the [order form](#) by Feb. 7th- you can fill it in online or print it out and fill in
2. Take a photo of your order form and email or text to Jeffie
3. Send an etransfer to Jeffie
4. Pick-up your dinner at H2O after the mini meet on Feb. 11th

Jeffie- 250-870-8099

jeffie.bridge@gmail.com

15% of the proceeds will go to the Ogopogo Swim Club!

Thank you for your support.

Winter Fun Mini Meet!

We are excited to once again host our Winter Fun Mini Meet! On **Sunday February 11th 2024 from 12:30pm-5pm** we invite you to join the Ogos at H2O for a fun introduction to what swim racing is like. We strongly encourage all swimmers to sign up. For more info, [click here](#). There are no disqualifications and no minimum requirements for participation. Please click [here](#) to sign up for your volunteer time, thank you in advance!

12:30pm- Swimmers warm-up

*** Please arrive on time and have your swimmers ready to get in the water**

1:00pm- Races start

5:00pm- Meet ends

*** Note, ending time is approximate**

Thank you!



February Birthdays!

Alex Stretch

Keon Tehrani

Reubin Buffam-Toal

Atticus Verstraete

Julia Valdez

Will McCaig

Amelie Furey

Giselle Schmidt

Isla Truscott