

March – April 2017

KLAC Stingrays



CONGRATULATIONS TO MAYHEVE RONDEAU!



Mayheve represented KLAC at the Ontario Spring Provincial Championships in Brantford on March 2-5th, 2017.

Her impressive results during the day lead to even more remarkable swims in the Finals. In the Girls' 16 and over category, Mayheve not only earned Personal Best Times but also placed 4th in the 100m Breaststroke, 6th in the 200m breaststroke and swam to a Bronze Medal Finish in the 200m Freestyle!

**Congratulations on your hard earned accomplishments,
Mayheve!**

MARCH BREAK

March 13th – 17th, 2017

PLEASE BE REMINDED THAT THERE ARE NO SWIM PRACTICES DURING MARCH BREAK. REGULAR WORKOUTS RESUME MONDAY MARCH 20, 2017.

HAPPY MARCH BREAK!!

Upcoming Swim Meets

March 25

NEOR#4 Developmental Meet – Long Course (March 25&26 - Sudbury)

April 8

TAS Top Fish #3 (Timmins)

April 28

Mile of Gold Invitational
(April 28-30 – Kirkland Lake)

**** If you are interested in being an official at any of the above meets (timekeeper, strokes & turns, etc.) please contact Kelly at klacstingrays@gmail.com**

Volunteer Point Opportunity!!

Swim-A-Thon Volunteer positions available are:

- Breakfast Prep. & Servers
- Lane Counters

If you are interested in volunteering in these positions please contact Nancy Breen, Swim-A-Thon Coordinator to get your name on the list at nancy.breen@cscdgr.education

Swim-A-Thon is just around the corner! There are still a few more spots left at the grocery stores – please see the sign-up sheet on pool deck for availability.

Swim-A-Thon is a requirement for all swimmers. This year's Swim-A-Thon will be held on Saturday, April 22nd, 2017 from 7:30am-9:30am. A Pancake Breakfast will follow for all swimmers!!

CONGRATULATIONS TO KATE & ADDISON IVANOV!

The Ivanov Girls were the winners of the SWIM-A-THON early bird prize draw!

Great job to all swimmers who are out there getting those Swim-A-Thon pledges! With only 6 weeks left until our Swim-A-Thon **we have already reached 65% of our goal!** Keep up the great work Stingrays!

Well Done Top Fish Swimmers!!

February 2017

Great Job to KLAC's youngest & newest 'Rays who attended the TOP FISH Swim Meet in February! We once again had a packed house at the Kirkland Lake Community Complex with many great results from our swimmers. There were some nerves and lots of excitement!

You all swam great races!

Way to Go Stingrays!



“It’s okay to be scared. Being scared means you’re about to do something really, really brave.”

A Special Thanks goes out to all the parents and older swimmers who gave their time and donated to our bake sale and officials/coaches hospitality room. You make these meets run smoothly and so successfully - Thank you!

Mini-Rays Spring Bootcamp

March 21-31, 2017

KLAC is holding their Spring Bootcamp once again! This year our Boot camp will be held from 4-5pm on March 21, 23, 24, 28, 30, and 31. The cost is \$24 and is a wonderful introduction to competitive swimming.

If you know of any children interested in trying out swimming please let them know about our Bootcamp. More information can be obtained by emailing klacstingrays@gmail.com or calling Kelly, Registrar 705-570-2356.

UPCOMING TEAM PHOTOS

Date: Tuesday, April 4th, 2017

Time: Individual Photos at 4pm, Team Photo at 4:45pm

Cost: \$30 for 1 individual photo and 1 team photo (payment will be received on April 4th, 2017)

Upcoming Officials Clinics

March & April 2017

A **Strokes & Turns Clinic** will be held on Wednesday, March 29th at 6:30pm.
Chief Timekeeper will also be provided if time permits.

A **Chief Finish Judge Clinic** will be held on April 18th, 2017 at 6:30pm.
If time permits, a Recorder/Scorer Clinic will follow.

To sign up contact Kelly @ klacstingrays@gmail.com or call/text at 705-570-2356.

A Message from your Away Meet Manager:

If your swimmers are attending the NEOR#4 Long Course Swim Meet in Sudbury (March 25-26), a block of 15 rooms have been booked at the Hampton Inn on Regent Street (705/523-5200). The Rate is \$149.00/ night. Rooms available: 9 rooms with 2 queen beds and 6 rooms with just 1 King bed (please book your room according to need). When booking this block please book under confirmation # 88072586 and the name KLAC. You must also state if checking in on Friday evening or Saturday.

If your swimmer is attending the Fred Rams Invitational Meet in Timmins (May 27-28). A block of 12 rooms have been booked for the Holiday Inn under the name "KLAC".

If you are unsure if your child can attend these meets please speak with their coach. Any other questions email me at tanyamitic@hotmail.com. Swimmers are responsible for their own accommodations costs.

Happy Birthday Shout-Outs!



Kate N.

Drew M.

Anthony D.

Jordan T.



Benjamin H.

Gabriel D.

ATTN: Coaches, Swimmers, Swim Parents, Board Members

If you have a story, message, picture, recipe, etc. that you would like to share in the next Newsletter please send submissions to klacstingrays@gmail.com