



Nov  
2022

# TITANS

## NEWS

[www.rmsctitans.ca](http://www.rmsctitans.ca)

[headcoach@rmsctitans.ca](mailto:headcoach@rmsctitans.ca)

I can't believe it is already November and the holiday season is just around the corner! Our pool deck has never been busier, and so full of energy, and we are so excited to see all our returning and new RMSC swimmers on deck each day. It has been a busy first few months, with our swimmers competing at the Rapids Mini-Meet and PASS Meet and the VPSC Fall Invitational, and we hosted our first Fast Friday of the season on Friday, October 28th! We have an exciting month ahead with our Titans Fall Invitation coming up on November 26th and 27th. We will need lots of support from our community for this event, so mark off that date on your calendar!

### Volume 2



### Speedo 40% Sale

<https://team-aquatic.com/>

As part of our partnership with Speedo this season, we are excited to offer our membership 40% off all Speedo products on the Team Aquatic Supplies website twice a year. Our first of the two sales are coming up with the information available below. This is a great chance to pick up spare goggles and training suits, or to grab a new racing suit for any of our older swimmers. I know I will be grabbing some stocking stuffers for the kiddos with Christmas just around the corner!

**When:** Sunday, November 6th to November 13th (midnight)

#### Discount Code: HAN500Speedo40

\*Please note that this discount code will only work on SPEEDO items, but you are more than welcome to order other brands with your purchase.

Please make sure to read through the information email that was sent out for more detailed information!

### Fast Friday # 1- October 28th

Our first Titans Fast Friday of the year happened on Friday, October 28th with over 85 of our RMSC swimmers descending on MRLC for a night of racing and some Halloween fun! The coaches were so impressed with everyone's support for each other and the cheering during all the races. Big congrats to **Wyatt Wittkopf-Honey** for winning the Ghostly Costume Contest during the event! We would also like to congratulate all the swimmers who dove off the blocks for the first time! Go Titans Go!

### Where to Find Us!

A reminder to please make sure to follow us on Instagram and Facebook! We are constantly posting updates and reminders on each platform and both platforms a great way to stay up to date on what is coming up throughout the season!

@rmsctitans

<https://www.facebook.com/rmsctitans>







## Poinsettia Fundraiser

Running Until November 20th

This is a general fundraiser to support the RMSC Titans High Performance Fund, which will support our highest level swimmers as they compete at Western, National and Trials levels. As this is a general fundraiser, your participation does not credit your individual fundraising account.

<https://ridgemeanowsswim.growing.smilesfundraising.com/home>

[www.rmsttians.ca](http://www.rmsttians.ca)



## Titans Fall Invitational

November 26th - 27th, 2022

We are so excited to be hosting not one, but TWO LMR level competitions this season! This is a great chance for our club to host swimmers from around the lower mainland, and a great way for your family to earn some of their Member Participation Points! Please make sure to read through the MPP Policy below, on how you can earn points while supporting the club:

### RMSC Member Participation Policy

For more information on how to start the path to become a Swim BC Official, please email:

[officials@haneyswim.ca](mailto:officials@haneyswim.ca)

We have a goal in the club to have at least 1 PARENT from each family Red Pin certified as an SNC Official by the Titans Fall Invitational coming up on November 25th and 26th. In order to do this, the **Intro to Officiating** E-module needs to be completed online. It is a super easy course and great way to learn about the sport! For more information and instructions on how to access the e-modules, please check out the document at the link below:

[Guide to Officiating E-Modules](#)

## VPSC Fall Invitational October 22nd and 23rd

On October 22nd and 23rd a group of 20 of our RMSC swimmers headed to the UBC Aquatic Centre for one of the first competitions of the season, and their first chance to get off the blocks against some of the top swimmers from around the LMR. **Jesse Rogers, Zahra Martin, Charlotte Beatty, Larry Cui, Joshua Povazan, Sofia Povazan, and Daniel Neumann** this was one of their first Invitational swim meets, and a first chance to swim some new races at which they excelled! **Pavlo and Ilya Dolzhenko, Kirin Bullock and Tyson Perkin** had a great meet, with huge best times across multiple events. All 4 boys qualified for the Swim BC Divisional Championships across multiple events over the two day meet. **Keenan Gander and Juan Arango** showed that they are swimmers to watch over the next couple years, with big best times in the 200 Backstroke and 200 Butterfly. **Stephanie Schneider and Kay Suen** had a great first meet of the year, achieving best times in multiple events, and are both starting the season, where they finished off during the 2021/22 season.

Next up for RMSC is the Rapids Distance LMR in Richmond, BC and the ISC Bennett Cup in Victoria BC from November 11-13th.

